



# North Park Richmond Heights Community Association Newsletter

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Fall 2023

[nprh.ca](https://www.nprh.ca)



## Monarchs in North Park

This past June, long time resident of North Park, Denise Beaulieu, was in her back alley when she spotted something incredible: monarch butterfly larvae. Monarch butterflies are one of the most threatened butterfly species in North America and are a species of special concern in Canada. Over the past decade it is estimated that approximately 90% of monarchs have disappeared due to loss of habitat. These amazing creatures migrate more than 4000km from Canada to their wintering grounds in Mexico. As the climate changes, monarchs' migration has shifted to Saskatchewan, and they need a supportive habitat to survive.



Since 2013, Denise, recently retired from the College of Agriculture and Bioresources, has sought to create friendly habitat for monarch butterflies in North Park and Richmond Heights. She has always been passionate about the outdoors and the environment, "a major issue with changing weather patterns is our loss of diversity, and that means wildlife of all types, including insects." Each year she has been growing, propagating, planting and distributing milkweed plants to those in our neighbourhood who share her interests. She has planted a row in her back alley, planted some in her gardens, and partnered with different organisations in the city including community gardens.

Milkweeds are key because female monarchs only deposit their eggs on the lower leaf surface of the plant and once the larvae hatch the caterpillars exclusively eat milkweed leaves for food. Without milkweed, the monarch caterpillars cannot survive. However, due to change in climate, urban growth and agriculture, milkweeds are in decline and viable habitats are shrinking, contributing to the rapid decline of the species.

**North Park  
Richmond  
Heights  
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**Directors at  
Large**  
Tina Nivon  
McGillivray

Judi Hassen

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For ten years Denise sought to increase the monarchs' habitat by planting and distributing milkweeds throughout our community, and for the past nine years there was no evidence of monarchs. This all changed on June 26, 2023. Denise was checking her plants when she spotted monarch larvae on the milkweed in her back alley. "It was so exciting", Denise explained. "I couldn't stop telling everyone about it". She took hundreds of photos and even hung photos in the hallway of her office.

She carefully watched their development as the larvae hatched into caterpillars. Unfortunately, the caterpillars disappeared a few days later. However, Denise is optimistic that since they have found the milkweed, future monarchs will come to the community to lay their eggs, "it gives me hope that if they came this year, they will come again".

Denise believes, "we can all do our small part to support wildlife diversity" and this one step. "Wouldn't it be wonderful if our community could be a friendly place for monarchs".

Denise is happy to tell you more if you are interested in learning about how you can support the monarchs. She will have seeds available in the fall and plants in the spring. Please contact the North Park Richmond Heights Community Association to get more information. You can also often buy milkweed plants in garden centres. Denise's determination to support monarch butterflies in North Park Richmond Heights is an inspiration to us all. Let's be a monarch friendly neighbourhood that can help this vulnerable species thrive.



Article written by Reyn Lauer

Photos courtesy of Sarah Lauer and Denise Beaulieu

### **We Want Your Ideas!**

The Community Association wants your ideas to build our community. This feedback is really important as the Community Association plans its strategy over the next several years, including events, programs and advocacy we can provide to make this an even better neighbourhood.

Use the QR code or the following link: <https://tinyurl.com/2p8urjt2>



**Stay tuned on our Facebook page for the  
AGM announcement in October!**  
For programming visit our website [nprh.ca](http://nprh.ca)

**Email** [nprhcommunityassociation@gmail.com](mailto:nprhcommunityassociation@gmail.com)  
**Text or Call** 306-500-8234

**Have your say!**

## Fall Programing

Program	Instructor	Age	Location	Time (PM)	Start & End Dates	Classes	Days	Cost
Bootcamp	Leah	Adult	Ecole St. Paul Gym	6:30-7:30 PM	Starts Sept 11 No class Oct 9 & Nov 13 Last class Dec 11	12	Mon	\$75
Pickleball	Svetiana	Adults	NPW Gym	6:30 - 8:00 PM	Starts Sept 11 No class Oct 9 & Nov 13 Last class Dec 11	12	Mon	\$15
Bootcamp	Christine	Adult	Ecole St. Paul Gym	6:15-7:15 PM	Starts Sept 12 No class Oct 10 Last class Dec 12	13	Tues	\$80
Yoga	Bernie	Adult	NPW Gym	6:30 – 7:30 PM	Starts Sept 20 Last class Dec 6	12	Wed	\$100
Open Gym	Allison	*6 & under	Ecole St. Paul Gym	6:00 – 7:00 PM	Starts Sept 14 No class Nov 16 Last class Dec 14	13	Thurs	\$0
Open Gym	Allison	*7 +	Ecole St. Paul Gym	7:00 – 8:00 PM	Starts Sept 14 No class Nov 16 Last class Dec 14	13	Thurs	\$0

\* Flexible to accommodate family groups

Online program sign-up will begin Sunday, September 3<sup>rd</sup> <http://www.nprh.ca/programs>

Programs may be canceled if an insufficient number of registrations are received by September 10th to allow the program to proceed. Please register early!

Programs may change. Consult our website at <http://www.nprh.ca/> for the latest program details. If there is any discrepancy between the information contained in this newsletter and the website, the website shall be considered correct. A separate community association membership (NPRHCA or other) is no longer required for participation in our programs.

In an effort to ensure everyone who wants to participate in a program can, cost-as-a-barrier assistance, KidSport or JumpStart applications are available for those facing financial hardships. To inquire/apply, please contact [nprhcommunityassociation@gmail.com](mailto:nprhcommunityassociation@gmail.com) All inquiries are kept confidential.



# École St. Paul School

Come join us at our beautiful elementary school in North Park  
Early French Immersion programming – Start as early as Kindergarten  
Busing available

For any questions about our school or French Immersion,  
contact us or stop in during the day!

306-659-7430 • 1527 Alexandra Ave



“Tourtières” (Meat Pies)  
at St. Martyrs Canadiens

We are currently planning **our fall “Tourtières” fund raiser**. If you are interested in reserving a few for Christmas. They are \$20.00 each.

Deadline for ordering is October 15,  
2023. Please call or email Muriel to reserve  
ASAP 306-665-1829  
(church office) or Email: [mhill@rcdos.ca](mailto:mhill@rcdos.ca)



### Holy Covenant Church

Potluck Supper  
every 3<sup>rd</sup> Thursday of the month at 6:00PM

Coffee Group  
Every 2<sup>nd</sup> Friday of the month at 10AM  
Any questions please contact Judi at  
[jhassen@sasktel.net](mailto:jhassen@sasktel.net)

The Community Association is excited to drop a custom North Park Richmond Heights t-shirt soon!

Steve and Whitney Thompson of Hardpressed, and proud residents of North Park, have donated their time to print and produce a new take on our beloved pelican. Pre-orders will be available on our Community Association website. All profits will go towards helping the Community Association offer programs and events to continue to build our thriving neighbourhood.

Stay tuned on our Facebook or Community Association website!"





The  
**Vibration  
Healer**

#bewildplusfree

Tanner (Tanya) Myrfield-Wolfe  
306-202-9345  
tannervibration@gmail.com

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Contact us

Full Page..... \$140  
Half Page.....\$110  
Quarter Page.....\$85  
Business Card size..... \$50

Send your PDF or JPEG to

Tina – [nprh.ads@gmail.com](mailto:nprh.ads@gmail.com)



**COREY TOCHOR**  
MP | SASKATOON—UNIVERSITY

[corey.tochor@parl.gc.ca](mailto:corey.tochor@parl.gc.ca)  
306-975-6133



# Nathaniel Teed

NDP MLA | Saskatoon Meewasin

*"Proud to serve to residents of North Park and Richmond Heights!"*

**306.374.TEED**  
814 3rd Ave North  
[saskatoonmeewasin@ndpcaucus.sk.ca](mailto:saskatoonmeewasin@ndpcaucus.sk.ca)



**Stronger.  
Together.**



Trade your Treasures!  
Curbside Swap  
Saturday, Sept 9<sup>th</sup>