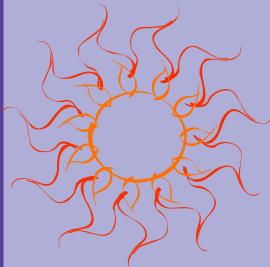


New Match:

Rebecca & Cara



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RSVP for all events at: 525-2141 ext. 123



YWCA - Big Sisters of Regina

JULY & AUGUST 2011

Big Sister Summer 2011 Events

Y's Ways for Summer 2011

We are trying some new events this summer and hope that you will be as excited about them as we are!

Little Leaders

Little Leaders is an opportunity for our Little Sisters to show off their BIG potential and develop their leadership skills! Our Little Leaders this year will be at all of our events helping out just like a volunteer would. Some of them are even taking the initiative to plan different activities that they will teach to the other Littles. We are very excited for this opportunity for our Littles to learn new life skills and have an opportunity to give back.

Life like Mine

Life like Mine is a chance for us to learn about other places

and cultures. We will have 'passports' and will 'travel' to a different country every Tuesday night. We will enjoy the country's traditional food, watch a video about the country and do a physical activity or craft. Part of the fun is... you can help us out with the food prep. We have recipes from each country and would love if you and your Little made the dish and brought it out to the event! Bring your receipts and we will reimburse you! The following are the countries that we will be 'visiting'. See counties, dates and details below:

July 5th 6-8 PM-Sudan

July 12th 6-8 PM -Iran

July 19th 6-8 PM -France

July 26th 6-8 PM Japan

Aug 2nd 6-8 PM -Canada

"Life Like Mine" is at the YW!

Re-scheduled Event: Afternoon on the Farm

Come out for a fun afternoon at the farm with horses, face-painting, scavenger hunt, wagon rides and wiener roast!

Make sure you dress for the weather: wear old clothes, and bring hats, sunscreen, & bug spray!! At Big Sister Gilliane's Farm on

Saturday July 23rd from 1:00-4:00

everyone attending must bring signed waiver form. Directions to the farm are on the back of the waiver form!!

Events in Regina (more on page 2!)

Lieutenant Governors Garden Party-FREE July 1st 1-4:00

The Garden Party will feature Regina Riot-Keven Kasha's Dixieland Band, Saskatchewan Express, the Queen City Caring Clowns, the Wa Wa Klowns, Suzannah of Mounties, RCMP Horses, and so much more. Children's activities include Bubble

Blowing, Fun with a Parachute, Balloon Animals, Face Painting, and Kanga Cricket. Complimentary lemonade, cookies, popcorn, and candy floss, will be available at the hospitality stations. Government House will be open for tours, to use the washroom facilities. At 2:00 p.m., there will be a program on the main stage. The program will include

greetings by the Lieutenant Governor, and a performance by Saskatchewan Express.

Regina Fringe Festival Kick-off Event:

July 6th from 10:30am-11:30 am at Artesian on the corner of 13th and Angus Street. Join the celebration of the 7th Annual Regina International Fringe Theatre Festival's Official Kick-off Event.

Cinema Under the Stars

The Cinema Under the Stars is the movie event of the summer! Regina Downtown hosts this free, outdoor series over six nights throughout July and August. Bring a cozy blanket and your loved ones to Victoria Park for this family movie night with a twist.

Victoria Park @ Dusk
Wednesday nights

Cinema Under the Stars is a free event where family, friends and children of all ages are invited to watch movies under the stars on a giant inflatable screen in Victoria Park.

July 6: MegaMind

July 13:

Harry Potter & The Deathly Hallows

Part 1 (Just in time for the premiere of Part II)

July 20: Rio

July 27: Back to the Future

August 10: To be announced

August 17: Tangled

Regina “Kids” Fringe Fun for the whole family, and its FREE! July 9th 10:00-1:00 at the Royal Sask Museum!

10:00-10:45 WIGGLE (Like You Can't Sit Still) Cuz Kevin sure can't. In fact, he may just be squirmier than your child. Kevin taught jello how to wiggle... Come test your **wigglesomeness** against the international wiggle master. Oh, and he tells real real good stories.

10:45- 12:00 Face Painting and Balloon animals

12:00-1:00 World Champion Hoop dancer, Terrance Littletent, collaborates with inter-disciplinarian, Chanz Perry, to produce a cross-cultural fusion of First Nation Hoop Dance and North American Hip Hop. Both engaging performers share a historical, educational, and inspirational, outlook of the two dance genres.

For more information visit www.reginafringe.com

Regina Folk Festival: Aug 5-7

The RFF offers a fantastic children's area with music, dance and crafts for children of all ages. The RFF Children's Area runs from 11:30-5:30 on Saturday & Sunday and is absolutely free of charge! Visit the Children's Area and enjoy music and crafts for kids of all ages. Good times will be had by all while taking in children's concerts and Interactive theatre, dance and voice workshops! Please see the schedule for a listing of artists performing during the day of the Children's Stage.

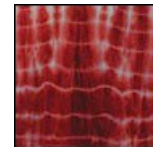
Easy Tie Dye Guide for Kids!

What You Need: various colours of fabric dye (available at Michaels, Wal-Mart, Gales), rubber bands, rubber gloves, marbles, tap water, garments such as t-shirts, cotton shorts, old jeans

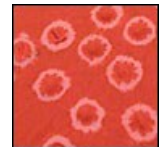
What You Do: Start rubber-banding. See pictures for the effect you want!



sunburst



lines



circles



marble and several rubber bands

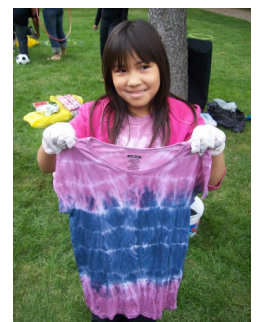


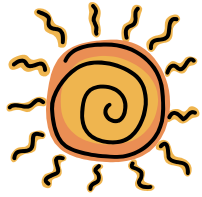
rubber bands only



marble and one rubber band

Prepare the dye according to the package. Be sure to wear rubber gloves to protect your hands! Dye can be just as damaging as bleach to your unprotected skin. Dip the fabric in the dye OR squirt the dye on to the fabric. The longer you let the colour set, the darker it will be. Remove from dye and rinse in cold water. Carefully remove the rubber bands to reveal your new design! No design will be the same as another and different effects can be obtained by combining methods.





July 2011



Sun

Mon

Tue

Wed

Thu

Fri

Sat



1

2

Happy B-Day
Brenda!

3

4

5

6

7

8

9

Happy B-Day
Keanna

"Life Like
Mine"-Sudan

Happy B-Day Jaida!

Urban Adventure Camp

GirlSpace
6:30-8:30 PM

10

11

12

13

14

15

16

"Life Like
Mine"-Iran

Happy B-Day Mandy!

Urban Adventure Camp

Happy 1 yr Janne &
Trinity

Happy B-Day Tracy!

17

18

19

20

21

22

23

Happy B-Day Sun
Bright!

"Life Like
Mine"-France

Happy B-Day Sarah!

Urban Adventure Camp

Happy B-Day Elly!

Afternoon on
the Farm
1-4:00

24

25

26

27

28

29

30

"Life Like
Mine"-Japan

Happy B-Day Amie!

Urban Adventure Camp

31 Happy B-Day
Deleelyn & Abby!

August 2011



Sun Mon Tue Wed Thu Fri Sat

	1 Happy B-Day Justina!	2 "Life Like Mine"-Canada	3	4	5	6
			Urban Adventure Camp			
7	8 Happy B-Day Cassidy!	9 Happy B-Day Amanda!	10	11	12 Happy B-Day Erin!	13 Happy B-Day Sandra!
			Urban Adventure Camp			
			Happy B-Day Angelique!			
14	15 Happy B-Day Vicky!	16	17 Happy 2 yr. Angeline & Katrina!	18	19	20
21 Happy B-Day Shelley!	22 Happy B-Day Sidney!	23	24	25	26	27
28 Happy B-Day Kelly-Lynn!	29 Happy B-Day Leslee & Venus!	30 Happy B-Day Kaleigha!	31			