

Annual General Meeting

MONDAY JUNE 18th
7:00 p.m.

- To conduct the Association's membership meeting
- To hear reports from the Board of Directors & committees
- To hold elections for board members
- To discuss programs and services running out of the North Central Community Association.

Meeting held at:

Albert Scott Community Centre,
1264 Athol Street (corner of Athol
& 7th Ave.)

Memberships available at the door
• Phone: 791-9888
• E-Mail: ncca@sasktel.net

We would like to express how important it is to hear from you - the community!

We have a lot of information about what is going on now, and what will be going on in the near future. Snacks and refreshments will be served.

Community Notice!

An Organization called "People against violence everywhere" (P.A.V.E.) has been soliciting donations from area residents claiming that they are offering programs at the Albert Scott Community Centre.

Please be advised that this organization **IS NOT** offering any programs at this centre.

Spring Community Clean Up

Our goal is to pick up large items that do not fit in the alley dumpsters, usually left by people who do not have the means to dispose of them. We encourage all residents to participate by placing them alongside the dumpsters before 9:00 am.

We are also looking and welcoming **volunteers** the more support the clean up will be! Once again we will start the clean up at 9:00 am at the Albert Scott Collegiate field. Lunch will be provided to all of those who volunteer their time to help North Central become a cleaner and safer place to live.



**Saturday
June 16th
9:00 a.m.**

If you have any questions or concerns please call the office at 791-9888.

If you are interested in this opportunity and helping your Neighbourhood look better and be a safer place, please call Crystal at 791-9888.



This year the NCCA Fall Fest will be held on September 15th from 1:00 p.m. to 5:00 p.m.

It will be a day full with events taking place at the Albert Scott Community Centre, Scott Collegiate and outdoors, with games and a FREE Barbecue.

We invite each and everyone to come out and enjoy the day and have fun with your neighbours.

Registrations are now open for the "Pie & Cookie" contest as well as the "Local Talent Show", If you are interested in any, give us a call to register:

for Pie & Cookie contest:
766 7540 - with Lisa

for Local Talent Show:
791 98888 - with Julianna

Community Paint Day With Your Safety In Mind

Graffiti is a growing problem in North Central and Regina as a whole. The North Central Community Association (NCCA) would like to help out. We are organizing a Community Paint Day, in partnership with the Farm Credit Corporation.

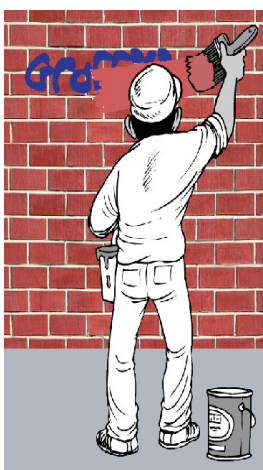
Community Paint Day will be held Wednesday, **July 18, 2007**. Letters will be sent to almost 400 properties that we know have graffiti. Even if you don't get a letter but you have graffiti that you want it painted over please call the NCCA office and register your property.

Tell your friends, family, and neighbours! We will cover as much graffiti as possible, but it will be done on a first come-first served basis.

Community members who volunteer at least two hours of their

that day will receive snacks, refreshments and a FREE lunch! The more people we have volunteering, the more graffiti we can cover. Please come out and support this project!

After the Community Paint Day,



After the Community Paint Day, we want to be able to continue to offer the painting service to people in the community who have graffiti on their property.

We are hoping to find a small group of people who are dedicated and willing to continue painting

over the graffiti as it comes up and people report it.

We will be running this through the Hire a Neighbour Program.

The cost for supplies and payment for your time and effort will be covered by the cost charged to the property owner.

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FROM THE PRESIDENT



I would like to start by thanking all the volunteers who have devoted countless hours to committees over the past year, as we are a volunteer organization and each of us owes a heartfelt "Thank you" to these dedicated people.

As we celebrate our 31st anniversary of this Association, it is important to recognize all of its accomplishments, its members and leaders both past and present.

The Association has grown significantly over the years and been a leader in helping to improve the area for the residents and visitors. Projects currently in process or planning include the Youth Employment Program (YEP), Regina Anti-Gang Services (RAGS), Community Clean-up, Fall Fest, National Aboriginal Day, to name a few.

Although there has been much accomplished there is still more to do. Your participation is needed to continue on with our mission.

There are also many ways you can get involved - from becoming a member of the Association or volunteering at one of our events that sparks your interest.

We hope you will join us moving forward with all the positive work that is currently going on here in our community of North Central.

Mission Statement

Working together with the community of North Central to enhance the quality of life by representing, promoting, developing partnerships and unifying our community and its image

New R-Mobile store from REACH will open permanently at the Albert Scott Community Centre for your convenience.

More information to follow in our Next Newsletter...

North Central
Phone Numbers

Schools

Albert	791-8539
Herchmer	791-8448
Kitchener	791-8516
Sacred Heart	791-7290
Scott Collegiate	791-8415
St. Luke	791-7248
Wascana	791-8528

Organizations & Agencies

AIDS Programs South SK	924-8420
Albert Library	777-6076
Bylaw Enforcement	777-7000
Chili for Children	359-7919
Community Assoc.	791-9888
Community nurse	757-1046
Community Centre	777-7033
Community Mobile R Store	347-3224
Fire Safety (storage of materials, safe exits & smoke detectors)	777-7830
Four Directions	766-7540
Gathering Place	522-7494
IMCF	359-1096
Police	777-6450
Rainbow Youth Centre	757-9743
Regina Police Substandard Housing Enforcement Team	777-6399
Rental Housing Supplement Program	787-4723
Regina Inner City Community Partnership	777-6771
RQ Health Region	766-7755
Rentalsman	787-2699
SaskPower (electrical & natural gas related inspections)	566-2500

.....

Did we missed your number?
You want the number of your agency in this space?

Contact us and we can add it:
7919888

Attention all Home Owners!

Tired of the rental house next door?
Tired of landlords not fixing up the property?
Tired of boarded up properties?

North Central wants to have a housing forum on the concept of Licensing of Rental Properties.

If you are interested please give us a call to register 791-9888

WHEN ALL ELSE FAILS, TAX THE POOR!

North Central Community Connection is the official publication of the North Central Community Association and is published on a quarterly basis.

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The North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at the North Central Community Centre and various North Central businesses and other venues. Opinions expressed in The North Central Community Connection are not necessarily those of the North Central Community Association. We welcome all letters and submissions. The Editor reserves the right to accept or reject and edit all submissions.

North Central Community Connection
1264 Athol Street
Regina SK S4T 7V3
Phone: 791-9888
E-Mail: nccs@sasktel.net

The NCCA is an elected group of volunteers whose goal is to improve the neighbourhood in every way. The Board meets regularly in the Albert-Scott Community Centre

OUR VALUES:

- * All people
- * Respect
- * Caring
- * Pride

Congratulations to Ward 6 Councillor Wade Murray who refused to support a motion by city council that would see city administration do yet another study on the concept of implementing a base tax. Here we go again.

The reality of a base tax is that homes in the older neighbourhoods could see a huge tax increase, in many cases doubling or even tripling their tax. Here is how it works; in a base tax system, a fixed dollar amount per living unit would be added to the municipal portion of each property tax bill, regardless of a property's assessment.

Implementing a base tax increases the property tax paid on lower-assessed properties and decreases the property tax paid on higher-assessed properties.

A base tax does not increase or decrease the total taxes collected by the City it just moves it around from the top paying homes to the lower paying homes.

This community association has always fought against base tax. We realize that our taxes are much lower than other area's of the city, but we have to ask ourselves why? We see that there are so many homes that are dilapidated and run down that they bring the price of housing down in the inner city.

Remember, taxes are based on the market value of our homes. When we researched those dilapidated houses we found that they are not homeowners but mostly absentee landlords. So now because of the actions of outsiders, we as a community are looking at being penalized.

What is harder to understand is that this community has always stated that these houses need to be licensed and inspected on an annual basis to bring up the standard of housing in the community? Land-

lords continue to control the property values in this community.

The cities own reports state that there are over 3,000 houses below minimum standards.

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390 Albert Street N., Regina, SK
Phone: 306-949-5747
Fax: 306-949-5521
Monday to Thursday 8 am to 8 pm
Friday 8 am to 6 pm • Saturday 9 am to 5 pm
www.frankbuckagencies.com

Celebrating Over 25 Years of Service

SGM
CANADA

We applaud the work of the Housing Standards Enforcement Team in their work at tackling the worst houses in the community, but we are afraid that it is too little action too late.

The community has went as far as submitting a research report on housing regulations, that showed best practices around North America of how other municipalities are dealing with slum housing. We have been in contact with the City of Toronto they have a movement growing there to license rental properties as a means to improve housing.

All we ask is, lets look a little bit out of the box and see what is working elsewhere. If we could remove 3,000 of the worst rental homes in Regina, what would happen? Taxes would increase because property values would increase not because somebody legislated you to pay more.

Let your community association know what you think. Call your councillor and thank him for taking a stand. Let the other councillors know how you feel. Lets work with them to find a solution in dealing with slum housing. Lets hold a community forum on rental housing.

Rob Deglau
Community Coordinator

North Central Tenants Survey The Results

At the beginning of this year, the NCCA conducted a survey to renters in North Central, the Core and Eastview. This survey was a huge success with 367 usable surveys; 266 came from people living in North Central.

What did we find out?
81% of people surveyed were not receiving the Saskatchewan Rental Housing Supplement.

28% said they felt their home was not safe. The area, neighbourhood activities, break-ins and assaults, the condition of the house and insufficient security were the top reasons for this response.

High rent and utility costs were the number one reason why 68% of people said they found it difficult to find a house that meets their needs.

Almost half of those surveyed stated that they had lived in a

that they felt was safe, healthy and met their needs, but they were not able to continue living there, affordability was the number one reason why they had to leave.

Affordability is also the number one reason people choose to live in North Central; they appreciate the area and location (being close to work, school, and amenities).

The majority of people reported that they performed the duties that are typically the responsibility of the renter, however outside of the major repairs such as furnaces, water heaters, appliances and plumbing issues, tenants reported that they also took on a large amount of tasks for which the landlords are legally responsible.

Only 63% of those surveyed from North Central knew what the Office of the Rentalsman was and why it exists. While 54% reported having at least one incident where they felt they should have filed a complaint against their landlord, only 45% of those who thought they should have filed a complaint took steps to do so. The most common reasons for not filing a complaint were that the tenant did not know how, did not want the hassle, or they chose to just move out instead of dealing with the issue.

The full results of the survey are available through the NCCA office.

Thank you to everyone who took the time to fill out the survey, we appreciate all of the information and stories you shared with us.

Congratulations to the winners of the draw!

Shawna Windigo - Walmart gift certificate (donated by Smith's Insurance)

Tammy Lagimodiere - Computer (donated by the NCCA)

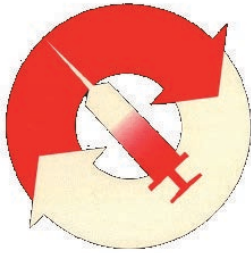
Laird Allary - Portable DVD/MP3 player (donated by Canadian Tire North)

June Merle - Gift certificate for Melrose Place

Terry Sun - City of Regina gift pack (gym bag, water bottle and facility passes)

Needle Exchange Program

Why We Do It..?



**HIV infection
rate in Regina &
Area is just
over 3.4%**

About a decade ago Canada was reeling from the report that it was the country with the worst HIV rates in the western world, this was in the down town east side Vancouver, among people who inject drugs. It was an embarrassment to Canada.

Apart from this, the spread of HIV infections from this downtown community to the suburbs also prompted the government to action. The epidemic there could not go unchecked.

At the same time the HIV infection rates among people who inject drugs was rising across the country now hovering at around 50% of all new HIV infections.

Needle Exchange Programs began as a response to the HIV epidemic among this population. It started in Europe many years earlier and is a proven way to reduce HIV infections among people who inject drugs. There was a significant decline in infection rates in Edinborough and Liverpool after the introduction of Needle Exchanges Programs.

At AIDS Programs South Saskatchewan we started providing Needle Exchange Services for the same reason, only to reduce the HIV infection rate among the drug using population. It has worked. The HIV infection rate in Regina & Area is just over 3.4% where in other Canadian Cities it is over 30%. So Needle Exchange Programs do work if done in a way that reduces barriers for users and is a safe environment for them.

Needle Exchange Programs do more than reduce infections they are a place to connect for referral to treatment and other services, a place to get health information and support and at AIDS Programs access to Ribbons of Hope Life Skills Group for people who don't meet the criteria to access other groups and services. Inclusion of all of our members of society is key to making a difference in the lives of those living on the fringes of society. APSS Needle Exchange has evolved to meet some of those needs.

The staff at APSS do go out and pick up needles in the community, feel free to call 924-8420. This does NOT apply to private property.

We have recently produced a DVD that shows continuous messages in the needle exchange area. The messages include keeping the community clean and safe and taking responsibility for children's safety. We will see over time if this is effective.



Where?
Albert Scott
Community Centre Park
1264 Athol Street

When?
Saturday August 18
1:00 - 4:00 pm

What?
FREE Food, Prizes,
Giveaways & Fun!



Regina
Humane
Society



**Part of Your
Community**



TeleService - 1.800.667.7477
www.conexus.ca

Youth Employment Outreach Initiative

We are offering individual employment counselling for youth between the ages of 16-29 who are looking to become employed, want to get ready for employment, trying to return to education or are leaving education/programming (either voluntarily or graduating) or those who simply don't know what they want to do in terms of employment.

Our goal is to help youth transition into employment or education successfully. At Work Prep we realize the importance of education so any youth interested in returning to or continuing school would be given support in the same way, just in terms of education. This is open to those between 18-29 who are not on SAP or TEA and open to any 16-17 year old. Those who are on SAP or TEA can also come to Work Prep by getting a referral from their worker.

Another aspect of the Initiative is working in the community with other youth serving organizations. We can provide presentations and workshops around employment to youth within other agencies. The topics we can cover range through all aspects of employment from employment barriers to what employers expect from employees and beyond. Basically we would adapt materials to meet the needs of the agency as specified by them.

Our hope is to link more youth serving organizations together, and provide services to organizations that may not have the resources to do it all on their own. We are here to help build the youth employment focus capacity of community

All of the services mentioned are free both to individual clients, as well as other organizations.

Funding is provided by the United Way Tomorrow Fund. Anyone interested can call Work Prep @ 757 9096 and speak with Tennille (Youth Employment Outreach Coordinator).

Peyakowak hosts the 4th Annual Indigenous Elementary Achievement Awards

The Peyakowak Committee Inc. will be hosting the 4th Annual Indigenous Elementary Awards on June 30th at IPSCO Place - Queensbury Centre. "Our awards are a way to celebrate the student's accomplishments and it also gives their families and teachers the opportunity to celebrate their success. We hope to inspire them to further their education," said Lloyd Carrier, Executive Director of Peyakowak.

Students are nominated in six categories:

- § Honour Role
- § Perfect Attendance
- § Role Model
- § Community Involvement /Extra-Curricular Activities
- § Alternative Education Program
- § Outstanding in Sports

Vice-Chief Lyle Whitefish, whose FSIN portfolio includes education and youth, will be the keynote speaker; also presenting are Sarah Longman, equity consultant for the Regina Public School Board, and Joanna Landry, Coordinator of First Nations, Inuit & Métis

Education Services with Regina Catholic Schools Board will also be speakers at awards. Screen and stage performer, Lorne Cardinal, known most recently for his role as Const. Davis Quinton on Corner Gas, will be the events special guest this year.

Tickets are \$45 per person and a corporate table can be purchased for \$360.

Peyakowak (which means 'they are alone') has been helping families who have children in care, by providing family support, addictions counselling and family violence counselling for more than 20 years. The Awards are a way to give back to the families and recognize the achievements of Indigenous elementary students in both the public and Catholic school boards. Students are nominated by principles, teachers and counsellors from public school and the Regina Catholic from Kindergarten - Grade 8.

The Indigenous Elementary Achievement Awards were started in 1999, to provide an incentive for our First Nation children to stay in school. At the time Peyakowak was working with numerous First Nation youth that were having trouble staying in school. The Awards focused on building the self-esteem of the students to continue their education. The Awards continued for a second year in 2000, but due to lack of funds it was discontinued.

In 2006, Peyakowak (They Are Alone) Committee Inc. organized a new committee to continue with the Awards. With the hard work and numerous fundraising efforts (bingos, steak nights, garage sales, soup and bannock sales) as well as corporate donations, contrib-

towards a successful Awards night in September 2006.

This years fundraising efforts included a celebrity basketball tournament, with local celebrities challenging members of the Saskatchewan Roughriders. Peyakowak is also having merchandise bingos and selling raffle tickets to help sponsor student's tickets and their families.

"We received a great response from the community for last year's event and hope to improve on that success for this year," said Carrier.

These achievement awards are a great opportunity for Peyakowak and the community to recognize our Aboriginal students for their hard work and accomplishments.

For more information, please contact:
Brenda Stevenson,
Coordinator, Indigenous Elementary Achievement Awards
(306) 525-9689
Email: peyak03@sasktel.net

Peyakowak (They Are Alone) Committee Inc.



1650 Angus Street
Regina, Sk
S4T 1Z2
Phone: 525-9689
Fax: 525-6164

Email:
peyak01@sasktel.net

peyak02@sasktel.net
(Family Violence Program)

peyak03@sasktel.net
(Indigenous Elementary Achievement Awards)



Well summer is here, and its going to be a great summer!

Do your part, get out and walk around, talk to your neighbours. Building our community is about what each of us can do, criminals don't want to be seen, so take a walk, our streets and parks will continue to improve.

Also I hope to see many of you my friends helping out at the upcoming community cleanup!

Please call 777-7000 report graffiti, alley litter, runners on power lines, anything that takes away from our community. If I can be of service please call me.

Home 522-8686
Office 777-7180

City of Regina 777-7000 Fax 777-6406
E-mail: wmurray@regina.ca

Aboriginal Toast Masters Club of Regina is now accepting registration for a 8 week training course, one evening a week.

If you need to build some self Confidence and desire to be a good public speaker this training is for you.

Call Louis Kenny at 525-1518 or stop by at 1280 Cameron Street to register. You will receive a certificate from a recognized International Training Company.



Hello everyone in North Central!

It is a great honor to continue to serve you as, Chairperson, of the Ganging Up on Violence Committee, at the North Central Community Association.

As you all know a lot is going on in the community to deal with the ongoing violence that we are all experiencing and I'm sure that it hit close to home for many of us.

I assure you that we are working hard to come up with many ideas and strategies to combat the gang violence and gang recruitment. It is of great importance that you as a community member continue to get involved to help us achieve a greater sense of peace and security in our neighborhood.

The Month of May 2007 was geared to anti-gang initiatives and anti-violence activities, for everyone to educate, them selves of this ongoing struggle to stop First Nations from killing First Nations people in our community. This is the sad reality of our existence living in poverty, alcohol, and drug abuse, prostitution and the lack of respect for fellow human beings.

On May 2, 2007, we hosted the "Once Were Warriors" National Tour, at Albert Scott Community Center. The parallel between First Nations problems and the Maori people of New Zealand are very similar; alcohol and drug abuse, that leads to violence against our women and children is portrayed in this amazing film and is a must see to all concern with our plight in the community.



Alan Duff and Henare O'keefe in their Regina presentation this past May 2, as part of their National tour, At the Albert Scott Community Centre

The Regina Treaty Status Indian Services (RTSIS) held a "Smudge Walk" on May 11, 2007 that saw about 400 people participated in smudging our streets. Smudging, is a First Nations ceremony that clears the Mind, Body and Spirit and prays for those whom are in need of healing.

One of the questions we asked at the first "Community Leaders Forum on Gang Violence" on December 2, 2007, about what strategies were needed to prevent recruitment of young people into gangs,



March Against Violence, May 25th, 2007

- The majority of the groups, discussed, the need to develop anti-gang education and First Nations cultural awareness, programs, that promote pride of one's self and others in the community. And programs that discourages youth from getting involved in gangs and educates the entire community of gang related issues and awareness.

· It was also noted that there should be programs to help in the spiritual and healing process of families, that have lost loved ones to gang violence and violence in general.

· The need for a long term economic strategy to assist First Nations and Metis youth, in leadership and in business development training within the City of Regina.

· The entire community must show all youth that they are loved and that we all care for their personal well-being.

The loss, of true First Nation knowledge of what a family is, What a warrior is, Respect for our women and there sacredness, The sacredness of the child, all concerns and teachings that must come back into our community, now, and not ten years from now!

All of these issues were brought back to the community on May 26, 2007 "Community Forum on Gang Violence II" and we hope to have others from the First Nations community step up to the plate

with real solutions, to our ongoing problems.

If you have any question's or comments about what we do don't hesitate to contact us at 791-9888 Thank-you and God Bless!

Building A Community Approach



COMPUTERS FOR SALE!



Computers for kids is selling computers for less than ever before!

You can buy now a starting computer for as low as \$75.00 All systems include a monitor, keyboard, CD drive, and mouse with Windows 98 or later, Microsoft Office, virus and spyware checkers and network cards for immediate Internet access.

All standard systems are sold with 100% warranty for 6 months. We do not charge labor.

We are not responsible for physical damage to the machine and will charge for parts replacement. Systems purchased from Computers for Kids must be serviced here for your warranty to apply.

Hire A Neighbour!

Summer is here, and what a better way to help your neighbour than by hiring him!

If you need to have your lawn mowed put up the sign in your window to let them know.



Follow these steps:

1. Look for the signs
2. Knock on the door
3. Ask what work they need to have done
4. Agree on the price
5. Do a great job!

Our Special Thanks...



Thank you to the following sponsors who provided coupons for the people who completed the tenant survey:

Bonanza
Burger King
Houston Pizza (Albert St. location)
The Matrix
McDonalds
Red Lobster

And to the sponsors who provided prizes for the draw:

Melrose Place North
The NCCA
Robin's Donuts
Smith's Insurance
Canadian Tire North
The City of Regina
CONEXUS Credit Union



Looking for extra money?

Every day the North Central office receives calls from people needing some work done around their home, if you are interesting and want to be consider for any of these opportunities, please call our office, 791-9888

This is part of the Hire a Neighbour Program

Work continues on a shared facility for North Central

A Steering Committee is moving forward on the development of a business case for a facility in North Central shared by a variety of agencies and services working together to improve residents' access to services and programs. The vision is a partnership between community, schools and service providers delivering programs and services with a focus on youth and families within a vibrant, thriving neighbourhood.

A consultant has been hired and is meeting with a variety of groups to build the business case and design for the facility. Over May and June students, teachers, community residents and community-based agencies have an opportunity to look at the working model and give feedback about the model. At the October 4 North Central Community Association Open House, residents will have another opportunity to see the results of those discussions and give feedback.

The organizations that make up the Steering Committee include the North Central Community Association, Regina Qu'Appelle Health Region, Regina Public School Board, Regina Public Library, Regina Police Service, City of Regina, Service Canada, Department of Community Resources, and Department of Learning.

For more information, please call the North Central Community Association at 791-9888 or Karen Rowan at 766-6104.

CONGRATULATIONS ON PURCHASING YOUR BIKE!



PROTECT Your investment

NCCA has been pleased with the response from the people on the Bicycle Licensing Program! And we encourage you to do it too, and ride your bike safe.

Why should you license your bike?

THEFT PREVENTION & RECOVERY – having a bike license increases the chances of having your bike returned to you, if it is stolen.

ACCIDENT VICTIM IDENTIFICATION – Provides a means of identifying accident victims, especially children, who usually carry no identification.

MONEY FOR BIKE PROGRAMS – license revenue is re-invested in to the community to support a comprehensive bicycle recovery program.

IT'S INEXPENSIVE – New licenses costs \$5, and there is NO ANNUAL RENEWAL FEE! Licenses are valid for as long as you own the bike – and transferring ownership is only a \$2 fee!

IT'S EASY! – Licenses Available at: City of Regina (City Hall), and the North Central Community Association.

IT'S THE LAW! – Every bike in Regina MUST be licensed

To register your Bike, please contact:

North Central Community Association

1264 Athol St.
Regina Sk. S4T 7V3
Ph. (306) 791-9888
Fax. (306) 757-1052

Building Homes For Our Families



Photo by Jean Clive
Site Selection Chair, HRH

The objective of this project is to provide home for two families in Regina, another build is anticipated in the Fall. The Habitat for Humanity has set a goal to provide 10 homes per year by the year 2010.

The Support from the City of Regina helps to reach these goals of building homes and serving families in our community.

Habitat for Humanity Regina Inc. requested that the City of Regina sell the 50 foot lot located at 1548 Garnet Street, to build a duplex, at the same time they asked that the City provide with funding through the Social Housing Reserve to cover the cost of this property.



Photo by Jean Clive
Site Selection Chair, HRH

Warren McCall, MLA



Hello my name is Warren McCall, and it is my privilege to serve as the Member of the Legislative Assembly for Regina Elphinstone-Centre.

I was born and raised in North Central, and my wife and I are proud to call North Central our home. It is my aim to work with you and for you as we build a better North Central.

If you require any assistance with a provincial government matter, please contact my office

Regina Elphinstone-Centre
2900 5th Ave
Ph 352-2002 Fax 352-2065
E-mail:
warren.mccall@sasktel.net



Do you want free Rider tickets?
Do you want \$40.00?
Do you want both of these in one night?

The Riders and the NCCA have teamed up. The NCCA needs between 15 and 20 people to volunteer to clean up all of the recyclable drink containers after each home game. The people who do this get tickets to the game AND will get paid \$40.00 for their work. It should take about 2 hours after the game to clean up. If you are interested, call the NCCA office. The first home game is set for June 22 at 7:00 p.m! Come on out and cheer the Riders on!!!

Other home games:

- Sunday, July 8 - 5:00 p.m.
- Friday, July 13 - 8:00 p.m.
- Saturday, July 28 - 1:30 p.m.
- Saturday, August 18 - 8:00 p.m.
- Sunday, September 2 - 2:00 p.m.
- Saturday, September 22 - 5:00 p.m.
- Saturday, September 29 - 1:00 p.m.
- Sunday, October 21 - 1:00 p.m.
- Saturday, November 3 - 2:00 p.m.

MY COMMUNITY CALENDAR

Care & Share

- Tuesday June 5
Care & Share Lunch
11:45 a.m.
Albert Scott Community Centre
- Tuesday June 12
Care & Share Lunch
11:45 a.m.
Albert Scott Community Centre
- Saturday June 16
Community Clean-Up
9:00 a.m.
Albert Scott Community Centre
- Monday June 18
Annual General Meeting
7:00 p.m.
Albert Scott Community Centre
- Tuesday June 19
Care & Share Lunch
11:45 a.m.
Albert Scott Community Centre
- Thursday June 21
National Aboriginal Day
Breakfast 8:00 a.m.
Albert Scott Community Centre
- Tuesday June 26
Last day before Summer brake
Care & Share Lunch
11:45 a.m.
Albert Scott Community Centre
- Monday June 25
North Central Board Meeting
7:00 p.m.
North Central Community Association
- Wednesday July 18
Community Paint Day
from 9:00 a.m.
to 5:00 p.m.
- Monday July 23
North Central Board Meeting
7:00 p.m.
North Central Community Association

National Aboriginal Day

Come and join us on June 21 at 8:00 a.m. to our pancake breakfast, to start the celebration on National Aboriginal day.

There will be entertainment throughout the morning, drummers and dancers. Come out and have a fun morning with us, is **FREE** and open to everyone!

Are your kids sitting around the house playing video games?
Do you want them out - working in the community, camping, travelling?
Do you want them to acquire leadership skills and have a busy fun-filled year?

Have them join Army Cadets! If your child is at least 12 years of age, stop in at the Regina Armoury Tuesday evenings from 6:30pm - 9:30pm or call us at 352-9844!



Office
984 - A Albert Street

Monday to Friday
From 10:00 am to 4:00 pm

Ph. 790-4727

Andrew Scheer M.P. Regina-Qu'Appelle

We welcome all seniors to come and join us and enjoy a nutritious meal and card bingo served up with a lot of friendship.

There will be a nurse on hand at all times. Lunch starts at 11:45 a.m. at the Albert Scott Community Centre.

Starting June 26th, Care and Share Lunch will be put on hold for the summer and will be back on September 11th.

Walking Club

Monday, Wednesday & Friday at 8:00 a.m.



The program is designed to provide a safe place for adults to get together and exercise in a quiet comfortable setting and improve their physical fitness.

In case any problems occur, there is a staff member on hand at all times.

Pastor Beverly Kenny from Ochapowace First Nation would like to welcome you to a time of fellowship and good gospel singing.

Shekinah Glory Church meets every Thursday at 6 pm and Sunday at 11:00 am at 1280 Cameron Street.

Regina Friendship Centre at also offers free coffee and toast every day from 9:00 am to 11:00 am; Free lunch from 12:00 - 1:00 pm

Do you have an event, an announcement, a new program running at your agency that you would like to advertise in the North Central Community Association Newsletter?

Give us a call !
791 9888

PlayEscapes is a **FREE** summer drop-in program for children entering Kindergarten through Grade 7.

It takes place at 21 parks and community facilities across Regina, from July 10 to August 18. PlayEscapes offers child facilitated play opportunities through a range of activities. It also provides an excellent volunteer opportunity for youth aged 12 to 19.

For more information on this program visit www.regina.ca or call 777-7000.

Ehrlo Sport Venture

Programs presents the 2nd season of the Ehrlo Soccer League (ESL) at Parkdale Park (4th & Princess)!

Kick-Off Camp – June 23rd from 1-4pm (location TBA)
Season – Parkdale Park
June 26th – July 28th
Wrap Tournament – July 28th from 10-2pm (U of R – Ram's Field)

Gordon Indian Council Inc. Annual General Meeting

Sacred Heart Auditorium
–1380 Elphinston St. –
June 18th

Meeting 4:30 – 6:30 (adults only)
Supper 6:30 – 8:30 (open to other family members)

For Gordon Urban members **ONLY**

For more information call:

Viola at 757 53 23 or
Vera at 352 7051

Grandmothers caring for grandchildren talking circles

Are held on the fourth Friday of every month.

The next two talking circles are scheduled for June 22nd and July 27th.

Talking circles are held at Four Directions Health Centre (3510-5th Avenue in Regina) between 1:15 and 3:15 pm.

Childcare and rides will be provided if booked in advance. Please call Sharon at 585-5766



Do you own a pet?
Are you thinking of getting a pet?
Are you interested in helping pets in your area?
... then stop by Pet S.T.O.P.
(Pet Supply, Training and Outreach Program)



Regina Humane Society

Join the Regina Humane Society for a summer of learning and loads of fun! Directed primarily for youth ages 5-12, this program includes:

- Activities and games based on Animal Welfare and Pet Healthcare Topics
- Demonstrations to help you care for your pet
- Storytelling, skits, crafts, and many more activities
- PLUS
- Prizes and giveaways for you and your pet!

For more information contact Tara or Tammy at 543-6363 (ext. 237 or ext. 224) or e-mail Pet_S.T.O.P@hotmail.com

Stop in at one of our four locations:
July 12 - August 17

Albert Scott Community Centre
1264 Athol Street (Thursdays 10 - 11am)

Kitchener School
840 Athol Street (Thursdays 2 - 3 pm)

Rick Hansen Centre
1010 McCarthy Blvd (Fridays 10 - 11 am)

Pasqua Neighborhood Centre
263 Pasqua Street (Fridays 2 - 3 pm)

We welcome two-legged participants only. No pets please.



Another family in North Central fixing their house thanks to the homeowner repair program

Homeowner Repair Programs

Saskatchewan Housing Corporation (SHC) and Canada Mortgage and Housing Corporation (CMHC) provide funding for a number of programs and services for low to moderate income households.

Financial assistance is available through forgivable loans or non-repayable contributions. These funds can be used for repairs, renovations, accessibility modifications, the creation of low-income rental units and home adaptations for seniors. Some of these programs are:

Homeowner Residential Rehabilitation Assistance Program — Homeowner RRAP

The Homeowner RRAP offers financial assistance to low-income households who own and occupy substandard housing to enable them to repair their dwellings to a minimum level of health and safety.

Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP Disabilities)

The Residential Rehabilitation Assistance Program (RRAP) for Persons with Disabilities offers financial assistance to homeowners and landlords to undertake accessibility work to modify dwellings occupied or intended for occupancy by low-income persons with disabilities.

Home Adaptations Program (HASI)

This program helps homeowners and landlords pay for minor home adaptations to extend the time low-income homeowners can live in their own homes independently.

Emergency Repair Programs (ERP)

The Emergency Repair Program assists low-income homeowners to make emergency repairs required for the continued safe occupancy of their houses.

Saskatchewan Emergency Repair Program (SERP) - provides financial assistance to low-income homeowners or occupants in communities with more than 2,500 people to make emergency repairs required for the continued safe occupancy of their houses.

Saskatchewan Home Adaptations for Independence Program (SHAIP) - offers financial assistance to low-income, non-senior homeowners and tenants who require modifications to their home or suite to maintain independent living

For more information call:
Regina Housing Authority 525-2377



Saskatchewan
Housing
Corporation

An Agency of
Community Resources



Primary Health Care’s goal is to help people improve their health

Primary health care is about more than treating people when they are sick. It is about helping people maintain or improve their health, manage their chronic condition, and prevent illness. Health is a state of physical, mental, spiritual and social well-being, so that people can take part to the best of their ability in their community.

Many things affect your health. Access to nutritious food, good housing, and a good start in life for children are some of the things that lead to good health. The Regina Qu’Appelle Health Region (RQHR) works with neighbourhoods and agencies to make healthy choices easy for individuals and families.

In North Central, many community partners help people access nutritious food. The Good Food Box is purchased in advance at an affordable cost and picked up at a variety of locations. The ‘R’ Mobile Store offers North Central residents the opportunity to purchase fresh food right within the neighbourhood at the Albert Scott Community Centre. Through the Cooking Circle, offered at RQHR’s Four Directions Community Health Centre, people on a limited income get hands on experience in food preparation. The classes are offered along with the parenting and prenatal classes.

Giving children a good start in life helps build a healthy community for the future. Whether it is through giving support to breastfeeding moms at Four Directions Community Health Centre, or providing the “Reclaiming our Lives – Creating our Teepee” parenting class, RQHR supports healthy child development.

KidsFirst Regina is a home visiting program, delivered through several community agencies, which support parents in achieving their goals and developing good parent-child relationships. The program is directed by a Management Committee representing several partners, including RQHR. The region is also part of other initiatives like the Regina Alliance of Asset Champions that brings together over 40 groups devoted to the development of strengths and assets in our children and youth.

Sometimes, in spite of their best efforts, people develop chronic conditions like diabetes or asthma. The region is offering a new program called “Live Well with Chronic Conditions” that will help people learn to manage their chronic disease. It

It gives practical suggestions for coping with the everyday challenges of chronic illnesses and teaches you to manage your condition, gain confidence and feel more positive about life.

And that’s what it’s all about. Improving the health of individuals, families and community by improving the conditions in which people live and supporting their choices for healthy living.

If you would like more information about these programs, please contact Four Directions Health Centre or the North Central Community Association.

“Healthy people, families and communities”

