



Photo by Jan Morier

Blaze Harmony McLean, a participant of the City's Play Escapes program was enjoying gardening in North Central.

## From “the Worst” to the Best

By Shirley Xie

With two summers of hot sweat, the North Central Community Garden project earned its biggest harvest, by winning a \$1000 cash award from a national gardening initiative competition.

The competition was put on by Toronto-based Vision TV and Winnipeg-based Merit Motion Pictures, the producers of the *Recreating Eden* gardening series.

In Vision TV's news release, the sponsors commented, “A group of volunteers from a Regina, Sask. neighbourhood that Maclean's Magazine called ‘Canada's worst’ banded together to turn a weed-choked and rubble-strewn lot into a thriving oasis for healthy food.”

The Grow Regina and the North Central Community Association started the first garden last spring on 1300 blocks of Rea Street.

This year, the project has bloomed into four gardens. The other three are each located on Retallack, Robinson and Garnet streets.

Jan Morier, co-chair of the project is a big fan of the *Recreating Eden* series. She approached the television show producers last year, requesting for financial support and also explained to them the significance of the gardens to the community. “We have the philosophy

that food security is equally important as building community,” said Morier.

She noted, “(Through gardening, the residents) can get wonderful nutritious food and they're getting to know their neighbours. That all adds up to increase safety.”

Participants of the Road to Employment program at the Rainbow Youth Centre joined the gardening team this year.

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### Inside

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Introduce a program that allows you to watch a Rider game for FREE!

**P4 Girl at Risk**  
Girl Guides Volunteer Mentor Judi Kehler tells you “a success story.”

**P6 Memories, Traditions, Pride**  
This year's National Aboriginal Day celebration was a great success.

**P10 Entertainment**  
Signs in the community will give you a good laugh.



FROM THE EDITOR



Hi, neighbours,  
Hope you are enjoying the summer a lot. The August issue has a rich content and I wish you will get some helpful information from the paper.

Sincere congratulations to our community garden project. The hard work of our gardeners is given a national nod.

The Go Green program is running smoothly. Participants of the program are enjoying the Rider games and the meaningful recyclable pick-ups.

On page 4, a volunteer mentor from the Girl Guides program may give you a solution on how to help girls at risk. Her story might get you inspired!

We will also introduce you with an aboriginal clothing line creator, Lance. His success experience will give you some good business ideas.

Last but not least, our delivery person Garth Solar collected some funny signs from our community. You might find those signs look familiar. Hopefully they will bring you a good laugh!

There will be many programs running during the summer. Just pay close attention to our paper!

Shirley Xie

# The Last Fans to Leave

BY DAUNA DITSON

Long after Rider home games end, 35 to 40 Rider fans stay behind at Mosaic stadium.

These fans, who are mainly from North Central Regina, get free tickets and are paid to collect beer cans from the stadium after the games.

The crew of worker fans who clean up after home games are hired through a recycling program called Go Green . This program is a partnership between the City of Regina, the Saskatchewan Roughriders and the North Central Community Association (NCCA).

Pam Rice, project facilitator with the NCCA said, "People were finding that the [North Central] community wasn't benefitting from having the stadium and having all these events in the community, and so [Go Green] was a way of trying to find ways the community will benefit."

The Go Green program started last year. Before then, City of Regina workers were responsible for cleaning recyclables out of the stadium. Now the Roughriders give free tickets to Go Green workers and the profits from recycling the cans pay their wages, which start at \$40 a game.

The Go Green program recycles over \$3,000 in cans after each game. After workers are paid, any extra money goes to



Photo by Shirley Xie

Go Green participants were collecting recyclable garbage after a Roughrider home game.

a graffiti prevention and removal program in the community.

Jay Gundrum and her husband Kent are among the Go Green workers who enjoy watching the games and cleaning up afterwards. There are many benefits from the Go Green program, the Gundrums said in an interview after the Riders beat the Montreal Alouettes July 19.

"First of all, we're recycling – keeping people from throwing this stuff out and cluttering up the earth. Secondly, we get to see the Riders... And thirdly, it's just a good feeling to do this," Jay said.

Kent said, "(The Go Green program) brings the people together, it keeps the community occupied, money goes back into the community, and it's keeping

the community cleaner."

Jay had never been to a Rider game before joining the Go Green program, but

because we kept their field clean and they didn't trip over any beer cans," she said with a laugh.



Photo by Shirley Xie

Ally Burkholder was working hard for Go Green clean up.

is relishing the opportunity to help the team by keeping the stadium clean.

"You're a Rider fan and you're cleaning their field and in some little way it's like we made them win,

To get involved with the Go Green program and sign up for an orientation, call the North Central Community Association at 791-9888 or stop by the office at 1264 Athol Street.\*

## MISSION STATEMENT OF NCCA

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.

## OUR VALUES

All People Respect Caring Pride

If you need any help, please contact us at :  
(306) 791-9888  
or visit:  
[www.nccaregina.ca](http://www.nccaregina.ca)

## Need help repairing your Fence? Shingling your Garage? Fixing your steps? Painting?

North Central youth, who are looking to make a career in the trades are willing to go to your place and do the work through the T-squared program. You supply the materials. We supply the manpower.

Call the T-Squared program at 791-9530





**Did we miss your number?  
Want the number of your agency in this space?  
Contact us and we can add it:  
791-9888**



## FROM THE PRESIDENT New Members on Board



President Brenda Mercer

Greetings friends and neighbors,  
On June 16th we held our annual general meeting in the multi-purpose room at the Albert-Scott Community Center with neighbors renewing and purchasing new memberships. Three new members joined us to replace the retiring Tom Wright and Jan Morier who both gave their time and passion to participate in ongoing activities in our community. Thank you so much for all the great work!!! It is my pleasure to welcome Carol, Cassidy and Jordan and we are looking forward to working with them over the 2008 - 2009 year.

I would like to take this opportunity to share with you a letter we received just prior to the AGM.

*"In my opinion North Central Community Association continues to lead the way in pursuing creative options for positive*

*change in North Central Regina. The commitment to listen to the concerns and ideas of the citizens of North Central ensures that citizens have a space in which to contribute to the change they desire in their community. Most recently their efforts in developing and initiating delivery of Regina Anti-Gang Services demonstrated their commitment to responding to issues that concern the citizens of North Central Regina and of the entire city. The Association demonstrated significant leadership in being among the first partners to contribute to the development of the Winter Sweat Lodge that was built in our community this past January. North Central Community Association is strengthened by the courage to take risks in pursuit of change and improvement and this in turn strengthens the resolve of citizens in the neighbourhood to make a difference."*

**Jeff Christiansen**  
Coordinator-Regina  
Regional Intersectoral Committee

If you have any concerns, issues, or questions that you would like to raise, please feel free to contact our office.

Wishing you a safe and happy summer.

Brenda M  
President

# Prize given to the gardens



Photo by Jan Morier

Brooke Arcand, a participant of the Play Escapes program was holding a plant from the garden.

### • Continue from page 1

Charleen Stevenson, the co-facilitator of the program said the garden project is beneficial to her program participants in two different ways.

"First and for the most (the program organizers) thought it would help with building their sense of com-

munities, getting to know other people from other agencies in a positive way. (The project helps) community networking. The second way is life skills, by learning about gardening," Stevenson pointed out.

The gardening experience also evokes good memories, said Morier. "When I'm working along

side with some aboriginal people from our community, a lot of them are remembering working along side their grandmothers and parents...and how their grandmothers would teach them things about the plants and how they would taste the corn freshly picked."

Amanda Pratt, who is helping out in the gardens through the Road to Employment program shares the same feeling as Morier. "When I used to grow up with my grandparents, I always used to sit in the garden and ate the peas and carrots," said Pratt. "I miss those days. I honestly do."

Morier said food produced in the gardens will be handed out during the North Central Fall Fest in September. "So the fall fest can be served as a harvest fest as well," she said.

The national prize means a great deal to Morier and other volunteer gardeners. Morier said she felt "pride in a job well-done and honour to our community."

Along side the North Central gardens, Greenest City based in Toronto and Bayview Memorial Park Stream restoration located in the Township of Oro-Medonte, Ont., are the other two winners of the competition.\*

**Monday**  
Night Football

**Touch Football**  
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**Crown Investments Corporation**  
of Saskatchewan

The 2008 Ehrlo Monday Night Football League (MNF) Kick-off skills camp: Monday, August 25th at 6:00 pm (Location TBA - call 751-2411 for more details.)

Members of the Saskatchewan Roughriders and the Regina Thunder will be in attendance for the camp! MNF is a free, drop-in touch football program for boys & girls ages 8-16.

North Central Area, Monday nights from 6-8pm, starting Sept.1st at the Scott Collegiate field.



Photo by Shirley Xie

The board and community members were listening to the reports from the NCCA during the AGM.



Hello everyone,

Congratulations to all the neighbours in our community, who have been doing their part by cleaning up the alleys, cutting the grass and looking out for each other. The Neighbourhood Watch Program is alive and well in our area and I would encourage everyone to keep an eye on your block. If you see something that looks out of place report it. Bylaw concerns can be directed to 777-7000 and police matters should be reported to 777-6500.

If I can be of assistance, please feel free to contact me.

**Wade Murray**  
City Councillor  
Ward 6

Home: 522-8683  
Cell: 596-1035  
E-mail: [wmurray@regina.ca](mailto:wmurray@regina.ca)

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# Humor in the Hood

COLLECTED BY GARTH SOLAR

Our newspaper delivery person Garth Solar collected some of the signs he saw while he was delivering the paper for our neighbourhood. We encourage you to join our newspaper team as well and welcome all submissions from the community. We hope these signs can bring you a big smile. Enjoy!

	A Dog and His Associates Live Here.	Beware of the Dog. The Cat Has a Bad Attitude, Too.
	Ring Doorbell and Run. Our Dog Needs the Exercise.	(Bird House) Mailbox Home Tweet Home
Never Mind the Dog. Beware of the Owner!	A Young Chick and an Old Rooster live here.	Fido Can Make It to the Fence in 1.8 Seconds. How About You?

## “It’s a Way of Life”



Photo by Shirley Xie

Lance was showing his cloth line logo. The spirit of “Akicita” motivated him in his whole life.

• Continue from page 8

Q: Do you think that’s a good marketing strategy?  
A: Yeah, that’s one of the things – hyping things up. Making it bigger than it is. My main source of advertising now is word of mouth... My clothes have been on “Moccasin Flats”. So they’ve been on T.V. It’s even been on “To Serve and Protect”. I had a friend who was slammed around by the cops on the show, which is like “Cops,” but the Canadian version. He was handcuffed and you could see my sweater on him.

Q: Do you think your clothing line right now is your

priority in life?  
A: It’s more or less a hobby because I don’t need the money that badly. It’s more of an image and lifestyle. I just won’t sell it to everybody. There’s a certain (type of) person that I want wearing them. Does that sound mean? I don’t want somebody who is drinking and partying all the time to be wearing them out.  
Q: What kind of lifestyle are you pursuing through your clothing line?  
A: The Akicita lifestyle is a whole lifestyle of trying to make change, not only in your own life, but in society. Making where we live

better. Starting to care for people. Looking after your children. Trying to be the best person you can be. It’s really hard because they have a code of ethics that they have to live by and not everybody can do it. Say you have five different warrior societies, they would take the top four of each group and then create one by themselves. The Akicita are like the top. They’re the best of the best.  
Q: What kind of inspiration do you think you can bring to at risk youth?  
A: Lead by example. If they see me wearing my clothing line and doing good

Did you know...

- That Kidsport is a children’s charity?
- That Kidsport is designed to help children facing financial difficulties participate in community sports programs?
- That youth up to age 18 may apply for and receive funding for sports activities through their sports organization?

Application forms are available by calling the Regina KidSport™ office at 775-3433 or visiting our website at: [www.reginakidsport.com](http://www.reginakidsport.com)

Dear Neighbours,  
Working with you in North Central.

Your NDP MLA,  
*Warren*

Warren McCall, MLA  
Regina Elphinstone-Centre  
2900 5<sup>th</sup> Avenue • Ph 352-2002 • Fax 352-2065 • [warren.mccall@sasktel.net](mailto:warren.mccall@sasktel.net)

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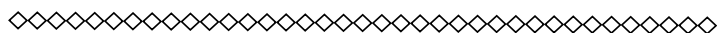
things and trying to be a better person, then they’re going to want to emulate that. And it’s cool to wear because everybody wants one.... You know, mine is the first trademarked Aboriginal clothing line in Canada.  
Q: What are you going to do in the future with your clothing line?  
A: I’m going to keep rockin’ it.\*



OPINION

# Girls at Risk

## A Success Story



Girl Guides participants were selling cookies.

By JUDI KEHLER

In the fall of 1997, the community coordinator at Albert Community School in the heart of Regina Inner City contacted the Regina Girl Guide office requesting help to form Girl Guide units at her School. Albert Community School is the first and only elementary school in Regina to be designated as a First Nations School. The enrolment is 99% Aboriginal, as is the community where it is located. The Outreach Worker hired by Saskatchewan Council to promote Guiding in the Aboriginal Communities across Saskatchewan was asked to investigate the request. Ten years later, Sparks, Brownies, and Guides are an integral part of their Community plan and a model to other Community Schools in Regina.

The Saskatchewan Girl Guides had developed "Kiskinowasinahikan", which in Cree means "The Guide Book", bringing Aboriginal Culture to the Girl Guide program. It was an inaugural Guiding Program Supplement that integrated Aboriginal philosophies and traditions through implementation of Native crafts, games and stories. The leaders were trained in how to use the regular Programs and the Aboriginal Supplement. Adaptations were made to fit the needs of the First Nations' beliefs. As an example, because the Owl is a bearer of bad news, usually death, in the First Nations' culture, the Brownie leaders were not called "Brown

Owl" etc. but chose to use other forms of address, often their own names.

We knew that registration fees, uniforms, and transportation to events would be a big problem. Finding money to register, uniform, and provide books, activities, and transportation has been an on-going source of concern. For the ten years of operation we have been fortunate to have successfully applied for community and service club grants. The Community Initiatives Fund and the Urban Aboriginal Commu-

the mother of a very dedicated girl banned her from coming as punishment for some misdeed.

When girls moved to Foster Care but continued to attend the school, we tried to make it possible for the girl to come to the meeting and then go home to her Foster Home, often using the Taxi service. We developed the philosophy that if we had ten girls, it didn't matter whether it was the same ten all year. Registration was paid for ten. However, with the development of the iMIS girl registration program, it became more difficult to register "Jane Doe" members.

Over the ten-year period we have touched the lives of over 100 girls and several women in the Albert Community School units. One girl registered as a Guide in 1999, then moved away. Last year she phoned the Regina Area office to see if Girl Guides was still meeting at Albert School because



Girls were proudly receiving the badges.

nity Grant Program have been the source of most of the funding. Without this funding, Girl Guides in the inner city and core area would not have been possible.

Attendance was sporadic, with a few core members. Girls "dropped in" after they saw some of the activities that were taking place. Some came regularly; some would just suddenly not be there. They lost interest, the family moved, or the girl was moved to Foster Care. In one instance

she was now back in Regina attending high school and wanted to do some volunteer work in her community. One of our leaders brought her daughter to join Sparks and became a leader. The next year her sister joined her as a leader. Between the two of them they now have a Pathfinder, Brownie, and two Sparks with two younger girls waiting to become Sparks when they are old enough.

In 2000 Saskatchewan

held Mosaic, an Inter-provincial Camp held on Treaty Four land in the Qu'Appelle Valley. We took 28 girls, 10 Sparks, 8 Brownies, and 8 Guides for a day at an Interprovincial Camp. The camp was held on First Nations land and many of the activities were based on an Aboriginal Theme. The Albert School units were invited to stay for a PowWow and Feast at the end of the day. The following year, 2001 we registered 31 girls! In 2004 the Albert School Unit along with other Regina members took a bus to Visitors Day at Discovery 2004, held at Can-Ta-Ka-Ye on Lake Diefenbaker. We camped every year either at the Regina Area Camp or at CanTaKaYe, the Saskatchewan Provincial camp. There was 100% attendance at camp!

The Albert Community School Guide program became a model for three more units in community schools in Regina inviting girls from the inner city and core area to become part of Girl Guides. If one school can "touch the lives" of 100 girls, just imagine what four schools can do!


But success did not come without barriers to overcome. With grant funding, the financial barrier was removed. By using community schools for meetings, the program was brought to the community. The grant funding provided transportation to events. Recruiting and maintaining leadership had, and will remain one of the biggest barriers. Often the women are in situations that makes it impossible for membership: they cannot pass the Criminal Record Check (CRC) because of something that has happened in their past; they do not have the confidence to step forward and lead a unit; the paperwork is daunting or in some cases they cannot read; they are often transient, moving


often for various reasons. There are not enough devoted Guiding Mentors to provide assistance to the units on a consistent and on-going basis.

What can we expect of the future? The most will be to assist these groups to remain viable, for example, the hiring of an Outreach Mentor to oversee the existing groups and to investigate the possibilities of groups in other community school areas, and to recruit solid, reliable leaders or that the school would become the sponsor of the Girl Guide program, as is done in some countries. However, once the dedicated leaders at the individual schools are no longer able to conduct the programming, the truth is that the Girl Guide program will probably die in that school. In my opinion this is the sad truth and I for one hope I am wrong.

Albert Community School has completed 10 years of Guiding programs, Thomson Community School has completed 8 years and Herchmer Community School has completed 7 years. McDermid Community School had a Guide unit for 3 years but closed due to lack of leaders. That's a total of 28 Guiding years, and many, many girls have "been touched by Guiding". So, is it a success story? We have been able to keep a Guide programs in inner-city schools for five to ten years. For now, as we look back on the past decade, we are proud to have kept Girl Guide programs alive in these inner-city schools, and we know that the Guiding Vision is being fulfilled every time we can offer a space to a girl or woman who wants to be a Member of our vibrant, dynamic Movement. We are, indeed, helping to shape a better world!\*

Kehler is the Regina Area Girl Guides Volunteer Mentor





Guides Canada

Girls 5 yrs to 15 yrs are welcome to join Girl Guides. Sparks (5 & 6 yrs), Brownies (7 & 8 yrs), Guides (9-12 yrs), Pathfinders (13-15 yrs) will hold registration at Albert Community School, 1340 Robinson St. on Monday, September 15, 2008 from 6:00 to 7:00 PM.

The CIF Grant provides funding for Registration Fees.

**For more information contact us at 306-352-8057**





## FAQs

The Office of Residential Tenancies (ORT) provides information on rights and responsibilities of residential landlords and tenants. Our office is located at 120 - 2151 Scarth Street and offers the services of an information counsellor.

The ORT seeks to provide ways for tenants and landlords to resolve rental disputes. To do so we sit down, listen to both sides of the story and make decisions that both parties should follow. Our Regina office issues over 5,000 orders each year for residential tenancy disputes.

Following are some FAQs (frequently asked questions):

**1. Before I end a tenancy, what do I need to do?**

If you have a month-to-month tenancy (lease), you must give a written notice to your landlord a full calendar month before you leave, i.e. notice to be served by at least July 31st to be able to leave by August 31st. If you rent from the first of the month to the end of the month, you can't give a notice on July 10th to be out by August 10th, it has to be at the end of August for a full calendar month to pass by. If you don't serve a proper notice, you may end up paying rent for the unit if it isn't rented out. If you wish to be notified if the rental unit is to be shown and be given an opportunity to be present, you should provide your landlord with a telephone number or e-mail address for contact two hours prior to entry. A fixed term tenancy (i.e. January 1, 2008 to July 31, 2008) ends as it states in the tenancy agreement and no notices have to be provided to end the tenancy.

**2. In which conditions, the landlord can take your security deposit?**

The landlord can use a security deposit or damage deposit at the end of a tenancy to offset any type of loss caused by the tenant. This could be for cleaning, repair, rent in arrears, rent lost, outstanding utilities, among others. A landlord has seven business days after the end of the tenancy to either return the deposit or make a claim for the deposit at the Office of Residential Tenancies, if the tenant has not consented in writing. In the case of a tenant on assistance, the Ministry of Social Services very often guarantees the deposit to the extent of the shelter allowance. Attempts will be made to contact the tenant about the claim against the deposit and they have an opportunity to dispute the claim and have a hearing. If they can't be located or don't reply, an order will be made allowing the landlord to keep the deposit and in the case of Social Service guarantees have the guarantee paid out to the landlord. If a landlord doesn't give the money back or make a claim, a tenant can obtain an order from the Office of Residential Tenancies for the landlord to return the deposit.

**3. Are smoke detectors mandatory in the rental units?**

City of Regina Bylaws make it mandatory that rental accommodations have smoke detectors wired into the electrical circuitry rather than battery operated. Contact the City if your unit does not comply.

**4. Can a new tenant force the landlord to sign a new tenancy agreement?**

If you have a new owner of the rental unit, they are bound by the existing tenancy agreement (written, verbal or even implied). The new owner cannot force you to sign a new tenancy agreement.\*

# Arts Around Us

Over the past summer, Common Weal has introduced the community of North Central Regina to the Dewdney Avenue Project. The project is a multi-disciplinary art project that engages the communities of North Central Regina in conversation and interaction about the history of the community of North Central. Four nationally recognized artists have been invited to work with the community of North Central to create artwork based on the area, history and communities of the community and Dewdney Avenue. Artists Edward Poitras, Cheryl L'Hirondelle, Terrance Houle and Sandra Semchuk will all be working directly with the community members and organizations to create their own art based on the community and it's people. Dewdney Avenue was chosen as a starting and focal point for the project because of its geographic, social, economic and historical significance within the city of Regina.

In the late 19th century, Edgar Dewdney became active in Colonial politics, representing the electoral district of Kootenay in the Legislative Assembly of British Columbia. After British Columbia joined the Canadian confederation in 1871, he served as a Conservative Member of Parliament for the riding of Yale. He was appointed a member of Prime Minister Sir John A. Macdonald's cabinet in 1879, where he served as Indian commissioner for the Northwest Territories until 1888.

In 1881 Macdonald arranged Dewdney's appointment as Lieutenant Governor of the Northwest Territories. Dewdney resigned his seat in the Commons, but remained Indian commissioner during his term as Lieutenant Governor, which lasted until 1888. Responsible government had not been granted to the Northwest Territories, so Dewdney was the Territories' head of government. Perhaps Dewdney's most notable decision in office was changing the territorial capital in 1883 from Battleford to present day Regina – a featureless location without water, trees, or topography, but a site where he had secured substantial real estate for himself adjacent to the Canadian Pacific railway line.

A major east-west artery in the city of Regina, Dewdney Avenue is named after him. Government House, the original Territorial government building and the local detachment of the RCMP and national training centre are on Dewdney Avenue, as is a significant portion of North Central Regina, recently deemed "Canada's Worst Neighbourhood: by Maclean's Magazine. Hemmed in by the CN and CP railways, and major arteries including Albert Street, the Lewvan and Dewdney Avenue, the community of North Central is geographically, economically and socially isolated from the rest of the city of Regina.

We hope that through audio, video and photography, and with the collaborations between artist and the community, to create work, which will become a voice of the community. To find out more about Common Weal and it's upcoming projects, visit [www.commonweal-arts.com](http://www.commonweal-arts.com).\*

Submitted by Common Weal

## License Your Bike



### Six Reasons why you should license your bike.

- 1. Theft Prevention and Recovery**
  - Sends warning to would-be thieves: "This bike is registered with law enforcement agencies."
  - Increases the likelihood of your stolen bike being found and returned.
- 2. Accident Victim Identification**
  - Provides a means of identifying accident victims, especially children, who typically carry no identification.
- 3. Money for the Bike Programs**
  - License revenues are reinvested into the community to support a comprehensive bicycle recovery program.
- 4. It Is Inexpensive**
  - A new license costs only \$5 and there is NO ANNUAL RENEWAL FEE! Licenses are valid for as long as you own the same bike. The transferring ownership in ONLY \$2.
- 5. It Is Easy**
  - All bike licenses are processed by the North Central Community Association.
- 6. It Is the Law**
  - Every bike in Regina must be licensed.

The logo for Habitat for Humanity, featuring a stylized house icon and the text "Habitat for Humanity".

We're building homes.

Today. Tomorrow. Next week. Next month. Next year.

A photograph of a small, single-story house with a gabled roof, likely a Habitat for Humanity project.

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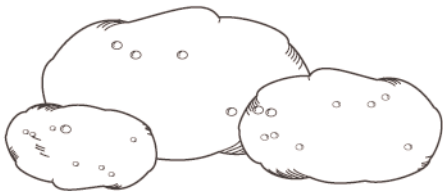
Hey Kids! What vegetable am I?



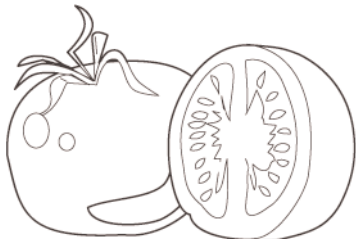
I climb up vines and you can crunch me with the whole pod or open me up for little treats.



I'm green on the outside, white on the inside! Delicious in salads or pickled.



Round and brown - I'm a hidden treasure underground. Can be baked, boiled, mashed, or fried!



Some are yellow, most are red, some are tiny, most are large. The jewel of the garden - delicious sliced on toast or cooked into salsa!



Juicy red when ripe - so sweet on your cereal or ice cream. It's berry - berry tasty!

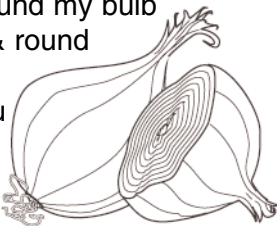
Please Respect your Community Gardens



VEGETABLE	days to ripen	WHEN READY
Radishes	30 days	June 31st (mostly woody now)
Lettuce & Spinach	40 days	July 9th
Peas	62 days	July 30th
Beans (green & yellow)	60 days	July 28th
Beets	50-60 days	after July 20th to 30th
Tomatoes	65-80 days	August 3rd-18th (depending on variety)
Bell Peppers	60+ days	after August 1 or later
Carrots	68 days	August 6th or later
Cucumbers & zucchini	72 days	August 10th
Potatoes	80 days	August 18th or so
Corn	85 days	August 23rd
Onions		green ones - 30 days, cooking onions - mid-August
Sunflowers		late August or early Sept
Herbs		pick leaves and make into tea any time now
Strawberries		let them develop into red berries and then pick - ongoing

Colour your garden crop

My tops are green and underground my bulb is white & round and can make you cry!



I'm bright red and grow underground, I'm very tasty in borscht!



I don't look like a bell - or do I? I start out green and might turn red, yellow or even purple! Cook me into your salsa!



A main food of the First Nations People grows tall on stalks - you need to peel it to see it! But if you pick it before it's ready - uh oh...

Volunteers Laura and her Mum decorate the Community Garden Shed located on the Robinson Plot





# The Aboriginal Brand



Lance poses in one of his Akicita Res Wear designs. He started his clothing company by himself, with loans from his friends, in 1997.

BY SHIRLEY XIE AND DAUNA DITSON

Q: How did your clothing line start?  
A: I got tired of buying other people's clothes... I was hanging out with a friend and I asked how much his shirt cost and he said, "\$45." I started thinking I was in the wrong business so I thought I'd create my own [clothing line].

Q: What do you want to show people through your clothing line?  
A: It's not a clothing line to me; it's a way of life. The word Akicita I heard it when I was 15 and I asked around and found out that it means warrior. It's a Sioux word and it's from a warrior society a long time ago.

Q: Why is this word so important to you?  
A: In some of the Akicita stories you can read about, there was a warrior tribe that was coming to their camp and there were only 30 warriors in the camp along with all the women and children, so 10 guys stayed behind while the other 20 left with the people. Those 10 people knew that they were going to die because the warriors

that were coming outnumbered them. They sacrificed their lives so that everybody else could get away. To me it means that there's no one person greater than the whole of the tribe, that we're all equal.

Q: Tell me about your logo.  
A: It's a god from Central America. He's the god of garbage. The gods were going to be destroyed in their world and nobody wanted to sacrifice themselves to save themselves so the god of garbage said he would do it for everybody. He jumped into the sun and sacrificed

himself so everybody else could live.

Q: How did you get started?  
A: I got a loan for \$1,200 from two older friends so I came up with a business plan and they helped me market everything. They helped me get a lawyer. So I spent \$5,000 on clothes and I spent \$6,000 on legal fees and a lawyer and another \$1,000 on posters and cards and stuff like that.

Q: How did you approach your marketing?  
A: Well, it's kind of funny. When I first started I couldn't read and write very well and I read a book called "No Logo" because I was so interested in selling clothes. That book "No Logo" talks about how clothes are made and manufactured in different parts of the world and it talks about brands... and how they market their stuff. So I read that book and that's how I learned to read really well. [Starting this clothing line] helped me change my life. Because if I could sell these clothes, it proved to myself that I was worth something more than people were telling me I was.

Q: Do you remember your first client?  
A: I do. My grandma passed away shortly after I got my first stuff made. She got my very first shirt. She was buried in one of my shirts with a blue jean jacket over it. She didn't get to see my clothing but she saw drawings of them, of ideas I had.

Q: How's the business going?  
A: When I first started, in one summer [the summer of 1998] I made a profit for myself of \$45,000 in three months. It took about six or seven months for them to get my clothes done. It was \$5,000 worth of clothes: shirts in all different sizes, hats, sweaters and jackets. I bought the posters first, then I went to the people who do the screen printing and said, "I have this idea. I have a cheque for \$5,000. Can you do it for me?" I picked the place that gave me the best price. I sold most of my stuff before the clothes were even done. Laughs.

Q: How did you do that?  
A: I went around talking about it, putting up posters and stuff. On the posters it said, "Coming soon Akicita Res Wear. Then people would ask, "What is it?" and I would say "I can't tell you. Do you want to buy one?" And people started giving me money.  
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# MEMORIES, TRADITIONS, PRIDE

*NATIONAL ABORIGINAL DAY CELEBRATION PHOTO EXHIBITION*

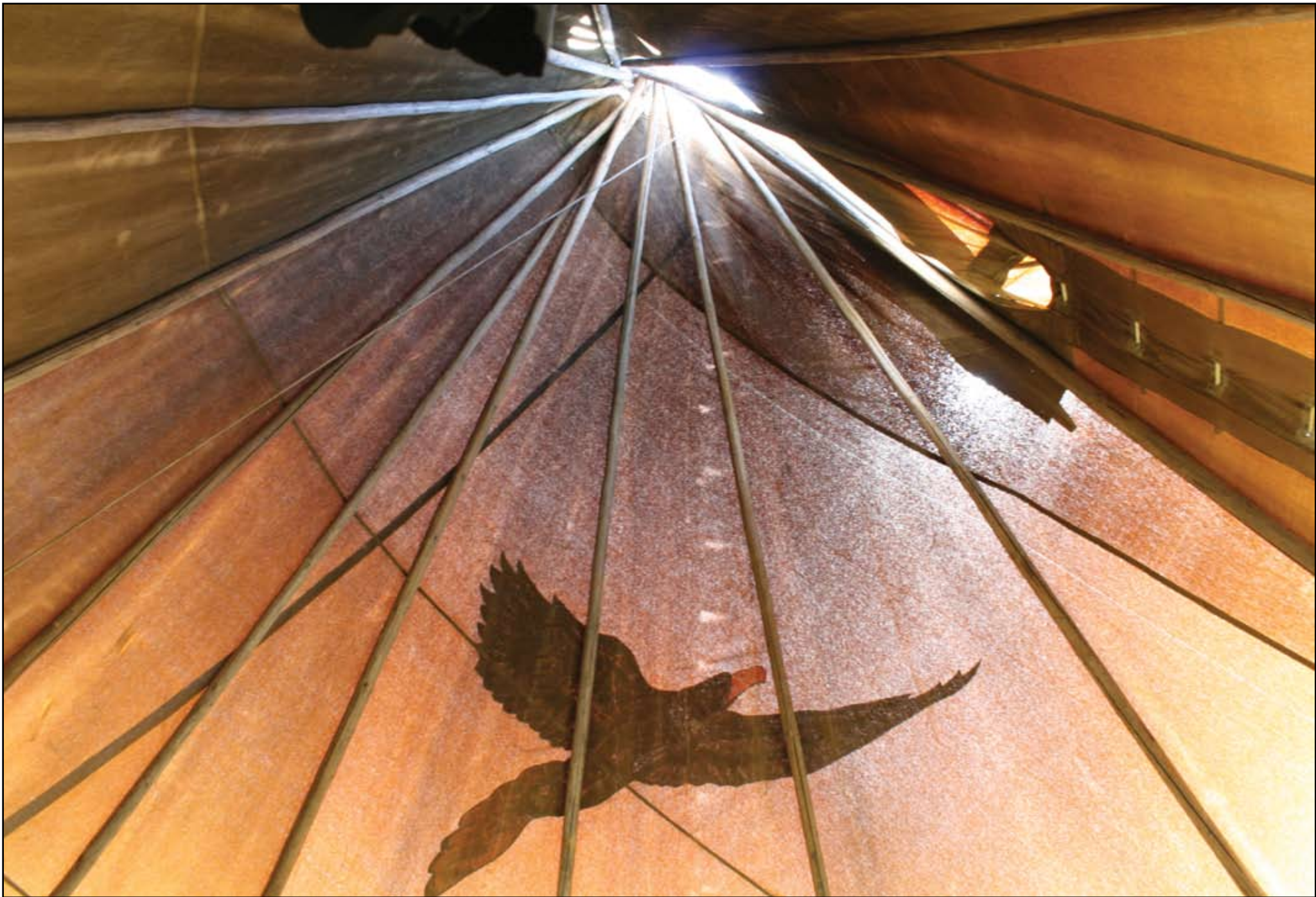


Photo by Shirley Xie

The North Central Community Association hosted the National Aboriginal Day celebration on Friday, June 20. Teepees were set up on the green by Scott Collegiate for the traditional pipe ceremony.



Photo by Shirley Xie

The Canadian Forces kindly volunteered their time in helping with the breakfast and the day's events.



Photo by Shirley Xie

Powwow dancers dressed in their regalia, providing the community with an excellent performance.



Photo by Shirley Xie

The dignitaries were preparing for the grand entry. They showed their strong support to our North Central community.



UNDER THE SPOT LIGHT

CANADIAN SCHOOL BOARD ASSOCIATION’S VISIT TO OUR NEIGHBOURHOOD



Photos by Shirley Xie  
Gillian McCreary, former assistant deputy minister of Saskatchewan Learning was giving a speech.



Photos by Shirley Xie  
Mike Redenbach from Regina Qu’Appelle District was giving a presentation on the shared facility project during the conference.



Photos by Shirley Xie  
NCCA Coordinator Rob Deglau was introducing the projects that the association is working on to the crowd.

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PHOTO EXHIBITION CON’T



Photo by Shirley Xie  
The Saulteaux Feather drum group along with other groups preformed for our National Aboriginal Day Celebration.



Photo by Shirley Xie  
Two performers dressed in their traditional and grass outfits, dancing on the green, to celebrate the important day for the First Nations people.



Photo by Shirley Xie  
NCCA staffs Crystal Keewatin and Roberta Dubois who devoted themselves to make this event happen had interviews with CBC TV.

Special Thanks to Our Sponsors  
of the National Aboriginal Day  
celebration:

NCCA  
Scott Collegiate  
City of Regina  
FHQ Tribal Council  
Salvation Army  
Regina Police Services  
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Home games

Thurs, Aug 7 @ 8:00 p.m.	Sun, Aug 31 @ 1:00 p.m.
Sat, Sept 20 @ 7:30 p.m.	Fri, Oct 3 @ 8:00 p.m.
Sun, Oct 19 @ 1:00 p.m.	Sat, Oct 25 @ 4:30 p.m.



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## Community Clean-Up

**North Central Community Association**  
is hosting the annual community clean-up.  
**FREE LUNCH** for all volunteers

**Date:** Saturday, October 4, 2008.  
**Time:** 9:00 a.m. to 3:00 p.m.  
**Location:** Albert Scott Community Center  
1246 Athol Street

**We require all residents to:**

- Place all unwanted items beside bins.
- Place all loose items in garbage bags.
- Please do so by the night before or the morning of the clean-up day.

**Volunteers and Trucks Needed!**

**For more information, please contact the NCCA at 791-9888.**

# Calling All Youth!!!



**DO YOU :**

- Have a desire to work in the housing construction
- Need the training
- Have certificates
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- want to learn new skills
- want to have fun

Ladies do you know there are  
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