



Herchmer Community School is dismantled bit by bit, leaving its empty classrooms and hallways visible from the street.

Photo by Dauna Ditson

Tearing down and building up

By DAUNA DITSON

As a North Central elementary school is being demolished, a community high school waits to learn if its building will also be torn down.

Herchmer Community School's doors remained closed this fall as the Regina Public School board decided to tear the elementary school down and send the students to the Wascana, Albert or Kitchener community schools this year. In coming years, the students who would have gone to Herchmer will go to Wascana Community School.

The school yard at Herchmer looks bleak as snow falls on the piles of bricks that used to be walls.

For sale signs on houses across the street make the grounds look even more desolate.

Terry Lazarou, spokes-

person for the school board, said as much of the school would be recycled as possible.

There is a possibility the current Scott Collegiate building may also be torn down, but the high school is not closing.

Instead, the building may be removed because it is not big enough to suit the needs of the school and surrounding community.

The Scott Collegiate building currently serves 240 students and houses the North Central Police, the North Central Community Association and the Albert Scott Community Centre.

While the building is already being shared, the expansion would make it possible for 13 community organizations – such as Four Directions Community Health Centre and Albert Library – to be included within the facility.

Fielding Nair International, a school design company from Minneapolis, is working to come up with the best plan to develop Scott Collegiate as a shared facility.

Project Coordinator Allan Lefebvre said the new building would be four to five times bigger than the current facility.

Three options are under consideration for the shared facility, he said.

One option is for the old school to stay standing, with new buildings and levels being added to the existing school.

The second and third options involve tearing down the high school but incorporating heritage aspects of the old school – such as the brick work, doorways and windows – into the bigger facility.

The second option would have the building stretch around the edges of the

lot, with a large outdoor area in the centre.

The final option is similar to the second, but has the building in the centre with several smaller green spaces spread throughout the property.

Lefebvre has been talking with community members and organizations to make sure the new facility will meet their needs.

The feedback he has received to date has been split between those who want to save the old building and those who want to start over, he said.

No matter which option is used, Lefebvre said everything would be done to make sure “the flavour of Scott will be carried over into the new facility.”

Lefebvre said community members can go to www.northcentralsharedfacility.ca to learn more about the design options and to offer feedback.

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FROM THE EDITOR

A survivor remembers



By DAUNA DITSON

A few years ago, I had the opportunity to hear a Holocaust survivor speak about his experiences as a prisoner in a concentration camp in World War II.

Philip Riteman spoke in a crowded room, his voice soft but his words powerful enough to bring his audience to tears.

After he finished speaking, I thanked him for being so brave in sharing what he had experienced.

Then he asked me to make him a promise. He asked me to remember his words, to share his pain and to remind others how blessed we are.

Here, as promised, is Riteman's story.

Rolling up his sleeve, Philip Riteman, an Auschwitz survivor, showed a permanent reminder of the hell he lived through as a Nazi prisoner.

The number 98,706 has been burned onto his flesh and into his memory.

In a presentation he gave at the University of Regina, Riteman teared up when speaking of his experiences during the Holocaust.

His father, mother, brothers and sisters were all killed during the Holocaust.

Riteman was just 14 years old when he was herded off

to the notorious concentration camp where 125,000 men were kept prisoners.

He witnessed countless murders and was forced to burn the resulting stacks of bodies.

Riteman had to watch as men in groups of seven were lined up and shot in front of mass graves.

When their bodies fell into the pits, dirt was thrown in to cover them. Then the next seven men were brought forward to die. And so it continued.

Even Riteman's best friend was murdered in front of him. Riteman told of how Nazis threw his best friend into a water trough. The boy was covered in freckles, and the

Nazis scrubbed his body with steel wool to remove them.

Riteman heard his friend screaming and dying as his skin was scraped off.

Then Riteman had to help carry the body to be burned.

Years after being freed, Riteman is haunted every day by what he lived through.

"I couldn't believe it was happening and I still dream about it," he said.

Struggling to hold back tears, he wondered why he was the one who survived.

Although it was hard for him to talk of what he witnessed, Riteman felt he had a responsibility to

share his experiences. "Maybe I survived to talk to you today," he said.

Riteman wants younger generations to remember the atrocities that took place to make sure it never happens again.

"Millions and millions of souls are listening to me speak," he said in reference to the 6,000,000 Jews who were murdered by the Nazis.

"Teach your children to love," he said. "I always tell the younger generations to be good to each other."

Riteman reminded his audience how fortunate they are to be free.

"You're all living here in heaven but really you don't know," he said.

Remembrance Day

Photos by Jason Wiens



Left:

Veterans in wheelchairs receive a round of applause at the Brandt Centre Remembrance Day ceremony.

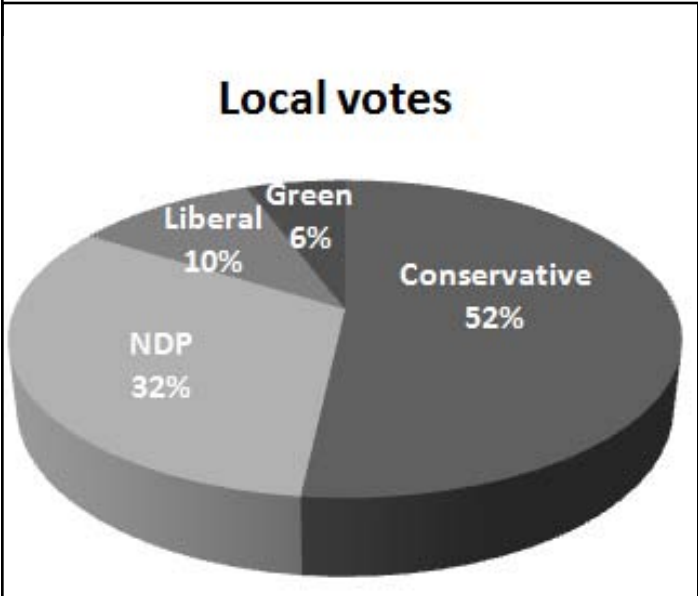
Below:

Canadian flags mark the graves of many of those who were killed fighting for peace in remembrance of their sacrifices.

Election results

On Oct. 14, North Central residents had the opportunity to vote and to shape the future of the country. Conservative Andrew Scheer (pictured to the right) was re-elected to represent North Central and the rest of the Regina Qu'Appelle riding. This is Scheer's third term in government.

Scheer earned 14,000 votes, while his closest competitor NDP Janice Bernier received 8,700 votes.



Overall, more Conservative candidates were elected in this election than in the previous one. Even so, the Conservatives are still leading a minority government.

The NDP also gained seats in Parliament, while the Liberals lost seats. Despite participating in the televised election debate, the Green Party didn't win any seats.



Stay safe this winter

SUBMITTED BY ELIZABETH POPOWICH OF THE REGINA POLICE SERVICE

You would think that the business of policing doesn't change much throughout the year. But just as Regina residents are adapting to the cold and preparing for the holiday season, the Regina Police Service is also making adjustments for winter. For instance, crime prevention and safety messages change with the seasons. Here are some tips that can help you have a safer winter season.

Winter Driving – Every year, we all need a reminder to slow down for winter driving conditions. Snow, ice and reduced visibility can affect your reaction time, the way your vehicle responds and your stopping distance. Remember that the speed limit is the maximum allowed under ideal driving conditions. In winter, conditions are usually less than ideal. Give yourself extra time to get to your destination and, if you're heading out onto the highway, check the road conditions.

Protect your vehicle – Incidents of auto theft are less than half what they were in 2001, but auto theft continues to be a challenge for Regina citizens and police. Always lock your vehicle. Never leave the keys in the car and don't leave it running and unattended – a practice that's more common in winter. Remove all valuables from plain sight by stowing them in the trunk or taking them with you. This is especially important during the Christmas shopping season. Use a steering wheel locking device because it's relatively inexpensive and it protects a large investment.

Protect your home – Good locks and good lighting can deter would-be thieves from breaking into your house while you're not there. Even when you are at home, it's a good idea to lock your doors once you're inside.

If you are travelling over the holidays, ask a friend to pick up your mail, shovel your driveway and keep an eye on your house.

Celebrate responsibly – There are lots of opportunities to celebrate over the holidays and that may involve consuming alcohol. If you drink, don't drive. Police will be paying special attention to detecting impaired drivers over the holiday season. Plan ahead and always arrange for a safe ride home.

Be part of the solution – Every citizen can help make Regina a safer community by reporting any suspicious activity to police. Report crime promptly; it can improve the chances of solving the case. If you see a crime in progress, call 9-1-1. If you have information that can help solve a crime, call police at 777-6500 or call Crime Stoppers at 1-800-222-TIPS (8477).

The Regina Police Service extends wishes for a safe and happy holiday season for all!

HIV cases increasing in Regina Health Region urges residents to get tested

INFORMATION PROVIDED BY THE REGINA QU'APPELLE HEALTH REGION

In the summer, the Regina Qu'Appelle Health Region (RQHR) launched a campaign encouraging people to get tested for HIV and sexually transmitted diseases (STDs).

"We have a serious health concern in our community," said Dr. Maurice Hennink, RQHR's deputy medical health officer.

"We have seen a disturbing increase in the number of new HIV cases in Regina over the past five years and we expect the trend will continue."

"The aim of our awareness campaign is to urge people to get tested, especially if they are engaging in risky activities, such as injection drug use, unprotected sex or casual sex," he said.

Everyone should get tested for HIV and STDs, regardless of race, gender, age or sexual orientation because no one is immune to contracting HIV or STDs, said Hennink.

Public Health figures show that:

- In 2007, there were 36 new cases of HIV reported. This is three times more than the 12 cases that were reported in 2003.
- More than half the cases reported in 2007 were among females.
- Aboriginal people accounted for 69 per cent of all new HIV cases in 2007, a significant increase from 42 per cent in 2003.

More cases have already been reported this year than last year. As of late November, 52 HIV cases have been diagnosed in Regina in 2008.

The public awareness campaign is the latest effort by Public Health to address the HIV problem.

Public Health also provides testing and counseling in Regina through the following groups: AIDS Programs South Saskatchewan, Carmichael Outreach, the Street Workers' Advocacy Project and the Health Region's STD/ Sexual



Health Clinic. image: www.freeimages.co.uk

Testing and counseling are also provided to inmates at the Regina Correctional Centre.

Hennink notes there are very simple actions people can take to protect themselves from contracting HIV or other sexually transmitted infections. Using a condom during oral, vaginal or anal sex is one of the fundamental ways.

In addition, reducing the number of sexual partners also limits the risk of infection. Avoiding the use of injection drugs, or at least not sharing needles, is important.

For those who are concerned they may have been exposed to HIV or STDs, Hennink recommends they be tested, either through a family physician, a medical clinic, or the Health Region's STD/ Sexual Health Clinic at 2110 Hamilton Street in Regina.

For more information about HIV and AIDs, call the provincial toll-free HealthLine at 1-877-800-0002, visit the Health Region's website at www.rqhealth.ca or contact a Public Health nurse in Regina at 766-7703.



Kids' Contest

Do you love to draw? Are you 14 or younger? Draw us a picture that shows what you love most about your community. If your picture is chosen, we will print it in the next issue of our newspaper.

Bring your pictures to the North Central Community Association at 1264 Athol Street. Be sure to include your name and age. Good luck!



www.freeimages.co.uk

Student Essay Contest

Write a 400 to 500 word essay on "The Power of Youth" and you could win some cash.

The first place essay in Regina will win \$300, second \$200 and third \$100 from the Regina Downtowners Optimist Club.

Winning essays could be submitted for provincial and international awards of up to \$6,000.

To enter, you must be under 19 years old. The deadline is January 31. For entry forms and rules, contact Rick Folk at 789-0639 or rdfolk@sasktel.net.




www.freeimages.co.uk



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Celebrating Over 25 Years of Service



Looking in, looking out

Student video project features North Central

Evan Tyler, a fine arts student at the University of Regina, produced a video on people’s perceptions about North Central. His video was screened outside Scott Collegiate on November 15 for the community to see. The following is Tyler’s account of his project.

By EVAN TYLER

My video project developed from a Visual Arts – Intermedia class, which is the last class I will take before graduating with my fine arts degree.

The focus of the class was “boundaries and borders.” I began to reflect on this theme and how I could artistically explore the borders of the North Central neighborhood.

I chose this as a subject because it was an obvious border and because my partner Mariel encouraged me to explore the idea further.

North Central has the geographical boundaries of the railroad tracks and two major roads: Albert Street and the Lewvan Expressway.

The MacLean’s article calling North Central “Canada’s Worst Neighbourhood” also pointed out another division as the article was a scathing critique about the social and economic circumstances of this neighborhood.

In my current art practice, I often use video and art installation to explore various themes.

In this project, I set out to use the camera lens to travel through the streets of North Central in order to reflect the reality that presents itself through video investigation, through visual images and through conversations I had with residents I encountered.

In the context of the “borders and boundaries” theme, I have come to an understanding that borders are not only geographical but exist on multiple levels. I set out to explore this by probing the physical, cultural and spiritual spaces

that divide us.

As well, I took the camera lens to an external viewpoint -- that is outside the geographical borders of North Central -- and engaged with others to give them an opportunity to “look in” and express their thoughts.

My goal was to present the viewers with explorations of borders and how they relate to identity.

I wanted to show how the external world views North Central, how the residents themselves view their neighborhood and how residents view those outside of their borders.

In my blog (art490.blogspot.com), I called this project “Looking In, Looking Out?” because it captured the essence of the project and my role as an artist and observer.

In my exploration of North Central, I set out to talk to the residents and explore the culture and society of the area. I also wanted to capture the visual images of the streetscapes. I discovered that this area has been in a state of transition and change, and is continuing in a state of flux.

My exchanges revealed many different concepts of what constitutes essence or identity.

What I found was a tremendous number of community-based groups, including churches and artists, involved in creating socially positive activities and input. Also, rather than a homogenous group of people, I found a multi-cultural community with an active artistic group.

As well it was apparent that some of the residents want to be heard and to

Left: Evan Tyler visits North Central Regina to learn more about the community. Tyler spent the fall semester working on a video which discusses North Central.

express their life experiences, opinions and suggestions ranging over a wide spectrum of positive and negative viewpoints. In this way, my camera lens often represented some hope to speak up and be heard.

I discovered that while North Central has challenges, it also has great potential. It has an interesting and varied history.

A neighborhood is sometimes defined by how it is described, and it is often described by outsiders who are looking in.

This work, as I stated, is “looking in” and “looking out” of the borders that surround North Central, and offers only a glimpse of both perspectives.

Want to watch Tyler’s video?

Go online and check out Tyler’s blog: art490.blogspot.com.

The video will be posted on his blog indefinitely for anyone who missed the community screening but would still like a chance to see the video.



Photo by Dauna Ditson



Merry Christmas

miyo-manitôwikisikanisik

Teyatie Gonezu

Miyo Nipayahmihaow

Message from the Minister

The word Christmas brings joy to my heart. It weaves a delightful spell of nostalgia over us as we gather with family and friends, sharing in the traditions of the season. May the spirit of Christmas bring you peace, hope and love now and through the New Year.

Honourable June Draude
Minister of First Nations and Métis Relations



**Saskatchewan
Ministry of
First Nations and
Métis Relations**



Stay warm for less

SPONSORED FEATURE FOR SASKENERGY
INFORMATION SUBMITTED BY MINDY WOLOSCHUK

With energy costs on the rise, many Regina residents have started to make important home upgrades as a way to save energy and money.

But for many families, keeping their homes heated this winter will be enough of a challenge without trying to find extra money for energy efficiency upgrades.

To ease the stress on Saskatchewan families, a variety of provincial programs and incentives have been developed to help them save energy and money.

The cold prairie winters will be that much warmer as SaskEnergy wants to ensure all families -- regardless of income -- have access to programs to help them manage their energy usage and save money.

EnerGuide for Houses

Thousands of homeowners have participated in the Saskatchewan EnerGuide for Houses grant program.

The program works in cooperation with the federal ecoENERGY Retrofit-Homes program and provides up to \$10,000 (\$5,000 provincial and \$5,000 federal) to homeowners based on specific energy efficiency upgrades they make to their home. To qualify for the grant program, a pre- and post-retrofit evaluation must be completed.

To date, the top two retrofits under the Saskatchewan EnerGuide for Houses grant program are upgrading a standard furnace to a high efficiency furnace with a DC variable-speed motor and adding insulation.

These upgrades not only provide a higher level of comfort for families during colder months but they also provide significant long-term energy savings.

Saskatchewan Home Energy Improvement Program (SHEIP)

As a top-up to the Saskatchewan EnerGuide for Houses program, SHEIP was developed to assist low and moderate income homeowners and rental property owners housing low-income tenants in pursuing energy efficiency retrofits.

Households with a combined gross annual income below \$52,000 can apply under the program for a maximum grant of \$4,000.

The level of assistance depends on the type of dwelling, location (north or south Saskatchewan), household income, and the age and number of people living in the home.

Eligible upgrades include installing an ENERGY STAR® qualified high efficiency furnace, adding insulation, and draft proofing. Draft proofing coverage includes caulking, weather stripping materials, foam inserts, foam tape, expansion foam and door sweeps.

For homeowners that qualify for the maximum grant available, it typically covers the entire cost of the pre and post-retrofit evaluations and an ENERGY STAR® qualified high efficiency furnace.

Share the Warmth

SaskEnergy, Salvation Army and SIAST volunteers team up to help homeowners lower their energy costs. Homeowners can receive up to \$200 in free energy efficiency upgrades.

Anyone can apply, but preference is given to homeowners with an annual combined income of no more than \$45,000.

The 2008 project wrapped up in October, but those wanting to apply for the 2009 Share the Warmth project can visit saskenergy.com or contact their local Salvation Army.



Photo provided by SaskEnergy

A SaskEnergy volunteer installs a programmable thermostat. Setting the thermostat at a lower temperature while no one is home is an easy way to save energy and money.

ENERGY STAR® Loan Event

For a limited time, homeowners can finance the purchase and installation of an ENERGY STAR qualified high efficiency furnace with a DC variable-speed motor or an ENERGY STAR qualified boiler at prime rate (on approved credit) through a SaskEnergy Network Member.

\$15 Programmable Thermostat Rebate

Purchase a programmable thermostat rebate and homeowners can receive up to a \$15 rebate on their SaskEnergy bill.

PST Exemption

Saskatchewan residents do not have to pay PST on ENERGY STAR qualified furnaces or boilers.

For more information on these programs or for more ways to save energy this winter, visit saskenergy.com.

Low cost ways to save

Want to save energy, stay warm and help protect the environment this winter? Follow these easy low-cost tips to lower your energy bills and make your home or rental property cosier.

- Clean or replace your furnace filter every month or two. A dirty filter reduces airflow and forces the furnace to run longer.
- Lower your thermostat by 4° to 5°C at night and when no one is home. You will save two per cent on your heating bill for every 1°C you turn down your thermostat.
- Apply weather stripping to windows, exterior doors, garage doors and attic doors.
- Use plastic window film inside to help prevent heat loss.
- Check for leaks by looking for spider webs. If there's a web, there's a draft.
- Plug gaps around pipes, ducts, fans and vents that go from heated to unheated spaces.
- Feel for drafts or burn incense sticks to help identify air leaks around windows, electrical outlets, vents and exterior doors. Apply a sealant to stop the leaks.
- Open south facing blinds and let the sun in. If you have large windows that don't receive direct sunlight, keep the blinds closed.
- Book a SaskEnergy Network Home Heating Tune-Up or SaskEnergy Home Check-Up.

- Annual furnace maintenance ensures your furnace is running safely and at peak efficiency. Visit saskenergy.com for more information on inspections.
- Keep return air grills and heating vents clear of furniture, rugs and drapes to avoid interference with the flow of heat throughout your home.
- Close the damper on your fireplace to prevent warm air from escaping through the chimney.
- Use energycheck, a quick and easy online tool at saskenergy.com that determines the big energy users in your home and offers suggestions on how to save money and energy.



Photo provided by SaskEnergy



Share the Warmth volunteers seal windows with plastic to trap heat indoors.

CLEANING UP THE NEIGHBOURHOOD

Photos by Dauna Ditson

North Central is much cleaner now that dumpsters full of its garbage have been taken to the landfill. The fall community clean up took place on October 4. It was sponsored by the North Central Community Association.



Above: Trucks carrying the trash to the dump struggle to keep pace with the amount of garbage coming out of North Central.



Above: Purple shag carpet, shopping carts and all kinds of worn-out furniture were among the contents picked up.

Below: Andrew Fuller turns piles of dead trees and branches that were dropped off into a truckload of wood chips.



Above: Community members unload the contents of a truck into one of the dumpsters.

Below: Got Junk volunteers take a break from all the heavy lifting with Rob Deglau from the North Central Community Association as they wait to unload their truck.



Below: Volunteer Vaughn Reimer rescues an exercise machine from the trash. Items still in good shape were collected to be given away at a free-for-all later that afternoon.



SCHOOL’S OUT FOREVER AT HERCHMER

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Photos by Dauna Ditson

Herchmer Community School’s walls are slowly coming down as the former North Central elementary school is dismantled.



Four Directions Community Health Centre Newsletter

Not all programs run weekly, please call 766-7540 for information

Monday	Tuesday	Wednesday	Thursday	Friday
Primary Care Clinic 9:00 a.m.-4:00 p.m.	Primary Care Clinic 9:00 a.m.-4:00 p.m.	Addictions Counsellor 9:30 a.m.-4:00 p.m.	Primary Care Clinic 9:00 a.m.-4:00 p.m.	Primary Care Clinic 9:00 a.m.-4:00 p.m.
Counsellor available 9:30 a.m.-4:00 p.m.	Addictions Counsellor 10:00 a.m.-12:00 p.m. Gather and Grow 10:30 a.m.		Addictions Counsellor 9:30-11:30 a.m.	Counsellor available 9:30 a.m.-4:00 p.m.
Reclaiming our Lives: Creating our Tapis and Cooking Circle 1:00-3:00 p.m.	Chronic Conditions Nurse Educator 1:00-4:00 p.m.	Primary Care Clinic 1:00-4:00 p.m.	Chronic Conditions Nurse Educator 1:00-4:00 p.m.	Living in Balance 1:00-3:00 p.m. Drop-in All are Welcome!
	Drop - in Immunization 1:00-4:00 p.m.	Drop - in Immunization 1:00-4:00 p.m.	Drop - in Immunization 1:00-4:00 p.m.	
	Mossbag/Quilting 1:00-3:00 p.m. *Must be Healthiest Babies Participant	Prenatal Classes and Cooking Circle 1:30-3:30 p.m.	Mom's Support Group 1:00-3:00 p.m.	
	Recovery Group 1:00-3:00 p.m.	Good Food Box or Family Basket pick-Up 1:00-4:00 p.m.	Recovery Group 1:00-3:00 p.m. at Albert Scott	

Living in Balance

1:00 - 3:00 p.m.
Every Friday
Information, food and
fun for a healthy life.
Everyone welcome!

Dream Team Volunteer Central

Wednesdays
4 p.m. - 6 p.m.

Join us! Drop in volunteer
and information session

Reclaiming Our Lives - Creating Our Tapis

Parenting classes based on
the traditional tipi
teachings.



Primary Care Clinic

Able to diagnose, treat and
prescribe for common illnesses.

766-7541

Available at Four Directions and at
new location: 1056 Albert St.— 766-6370

Focus on Fathers



A parenting
and support group
for fathers

Gather and Grow

10:30 a.m.
Tuesdays
A parent and child playgroup.
Ages 1 to 5.
Come have fun

Counselling and Addictions Services

Drop-in counselling
Monday and Friday
All Day

Drop-in addictions counselling
Tuesday and Thursday Mornings
All Day Wednesday

Recovery group
1 p.m. on Tuesdays

Recovery group
1 p.m. on Thursdays.
At Albert Scott Community Centre

Drop that remote and get outside!

Get Dressed!

Make sure boots and other clothing fit
properly and are dry. Dress in layers that
can be adjusted as needed. Make sure
everyone's head, ears and hands are
covered. Be ready to cover up faces.
Take care!

Stay dry. Remember to adjust clothing if
someone is too hot or too cold. Take
breaks from the cold to warm up.
Watch for any signs of numbness or pain

Have fun!

Make snowmen, a snow castle and
snow angels.

Play a winter version of your family's
favourite games - snow tag, snow
soccer, snow bowling, snow hide and
seek or snow catch.

Make outdoor chores into the family
Winter Olympics featuring the Shovelling
Race, the Take-Out-the Garbage
Obstacle Course and the Dog Walking
Marathon.

Don't forget sledding, skating, hockey,
skiing and walking.

Inside?

Turn up the music and dance! Dust off
that exercise video or take a new one
out of the library. Take the family to
open gym nights, the community centre
activities, indoor swimming pools and
the library.

Prenatal Classes

For first time and
repeat moms



Drop-in Immunizations

See our public health
nurses and make sure
your child's immunizations
are up to date.



Mom's Support Group



Mom's time to meet once a
week to share.

Remember.....

Keep everyone inside if it is -40° C
and listen for any windchill warnings.

If you or your family members do
experience any numbness or pain,
gently move the body part that is
affected and warm it by holding it
against your body. Do not rub!

North Central Community Association Newsletter

Community cleanup

This year the North Central Community Association's community cleanup was a big success.

The cleanup was an exciting way for the residents of Regina to come together to clean up this neighborhood while enjoying the great outdoors.

We appreciate each time the community comes out to support our cleanup and to help us.

The cleanup allows us to properly dispose of or recycle bulky items that do not fit into the City's refuse containers.

The cleanup also helps prevent more garbage from being thrown into the streets or being illegally dumped in the alleys.

This surplus of trash takes away from the beauty of North Central and negatively affects our quality of life, but offering a community cleanup is one way to tidy up the neighbourhood and to give neighbours a chance to work together to improve their community.

The North Central Community Association is always looking for volunteers. There are many ways and many reasons to get involved.

The top five reasons to volunteer for our community cleanups are:

1. You will help North Central become a cleaner, safer place for your family, friends and neighbors.

Too often the garbage that is cleaned up is not just unsightly, but can be dangerous too.

2. Community involvement gives volunteers a sense of ownership and pride in the community – in their community.

3. Helping with the cleanup is a great way to exercise and maintain a healthy lifestyle.

4. Volunteering sets a good example for others. Your children and others around you may make the same choices you do.

5. Participating in the cleanup or sponsoring it is a great way for residents and businesses to show how much they care about our community.

Once a date is selected for the next cleanup it will be advertised in the newspaper. You will be informed of the cleanup date, time and guidelines so that everyone that can participate will have enough advance notice to do so.

If you have any ideas that could help make North Central cleaner and greener please phone the NCCA office at 791-9888 or email cleanup@nccaregina.ca with your ideas.

See Page 6 for pictures of this year's cleanup.

Your neighbour,
Brenda M



North Central Community Association President
Brenda Mercer

Healing through art

BY NOREEN DRAKE

The recent hiring of artist in residence Gordon Keewatin, through a partnership with Common Weal Community Arts and the North Central Community Association, has made it possible for this artist and Prince Albert Grand Council Elder to move to our city.

Keewatin from the Montreal Lake Cree Nation will, for the next year, spend his working hours imparting his natural talent and love for Cree Nation arts and crafts to residents of all ages.

Keewatin's discovery of his innate passion for artistic expression first came about as a silver lining in a dark cloud that hovered over his young life.

At the age of four the young Keewatin was diagnosed with tuberculosis, a disease that plucked him out of his community and kept him in isolation for the next seven years of his life.

However, it was in the Fort San sanitarium in Fort Qu'Appelle that Keewatin spent his formative years being tutored privately and encouraged to pursue his apparent knack and love for drawing.

After his recovery at the age of 11, Keewatin was sent away to join his siblings at the residential school in Portage La Prairie, Manitoba. There at the school, Keewatin's teachers continued to encourage his artistic ability, which proved to be a constant in his life until the time of his Grade 12 graduation.

After that, in his own words Keewatin went off the right path into a life of addictions. For many years his talents lay dormant until a time came in his late thirties when Keewatin was able to decide that he wanted a better life, a life of recovery and healing.

Now in his 60s, Keewatin has 'under his belt' a Fine Arts degree from the University of Regina (2004), many and varied Indian traditional and modern works of art to his name, and – likely most important – many healing milestones in his journey to wholeness.

Keewatin attributes his change of direction and success over the last 20 years to the wise advice and help of good people. In particular, he thanks the addictions counselors that stood with him and the many elders that spoke wisdom into his life as he opened his heart to what they had to give.

Though Keewatin admits his personal healing journey is ongoing, he believes beginning it is key to start the healing process for so many broken lives and broken families in today's society.

Keewatin's focus in working in the North Central community is to promote that healing process among our residents.

He believes one way to do it is by working with and encouraging the children in their artistic abilities.

He hopes to help them discover the truth that they are all individually gifted and can use their gifts to express their own viewpoints and contribute in a positive way to the world



Gordon poses in front of a few pieces from his collection.

around them.

Keewatin also desires to commit his time assisting new, possibly adult, First Nations artists in unlocking their individual talent and creativity to show pride in their own cultural heritage and to express it in their art.

On his 'coming soon' agenda, Keewatin plans to hold a round dance in the community and organize some healing circles. Keewatin believes they are tried and proven venues that will help move forward the communication process and reconciliation needed to heal individuals and hurting families among the First Nations and broader community.

The Common Weal Arts Community southern artistic coordinator Keri Shaw believes their partnership with the North Central Community Association in hiring the talented and trained artist Keewatin will help empower First Nation residents and the whole North Central community to tell their stories in their own voices.

For more information on the vision and mandates of Common Weal and the local artists they support, visit their website at www.common-weal.com.

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 791-9888 or visit www.nccaregina.ca.

Upcoming Programs @Albert Library

Creating Holiday Memories with Laurie Weaver

Celebrate the holidays by creating memorable crafts for the whole family. Please call to register.

Saturday, December 6, 1:00-3:00 pm
Letters to Santa Stocking

Saturday, December 13, 1:00-3:00 pm
Candy Cane Planter



Learn How to Make Bannock

Wednesdays, December 3 & 10, 6:30-8:00 pm
Bannock is one food product common to virtually all Aboriginal peoples in Canada.

Community Feast

Monday, December 8, 4:00 pm
Albert Library's Community Feast is a time to celebrate the North Central Community and Albert Library. Bowls and cutlery will be provided. Elders will oversee this traditional feast. Please join us.



Come and Go Tea

Tuesday, December 16
6:00-8:00 pm
You are invited to celebrate the holiday season with Albert Library Staff. Delicious refreshments will be served. Please join us.

Family Movie Nights

Wednesdays, January 7, 14, 21 & 28, 6:00-8:00 pm
It's c-c-cold outside! Bring the whole family and warm up with hot chocolate and snacks with hot-off-the-shelves new releases at Albert Library.

Computers for the Community

Albert Library hosts a community computer lab open for everyone! A lab instructor is available at all times to provide assistance.

Monday: 3:00-6:00 pm

Tuesday: 3:00-7:00 pm

Wednesday: 3:00-7:00 pm

Thursday: 3:00-6:00 pm

Friday: CLOSED

Saturday: 12:00-5:00 pm

Sunday: CLOSED



Join the Albert Library Committee

The Albert Library Committee meets the first Thursday of every month to advise the Library in the areas of staffing, selecting books and planning programs. The Community Library Committee helps to bring the needs of the community to the branch staff, thus helping to define the services the Library provides. The Library Committee has undertaken numerous initiatives over the past 28 years, e.g. established a computer lab, hosted conferences, and hired a Storyteller-in-Residence. Please call Albert Library at 777-6076 if you are interested in joining the Albert Library Committee or drop in for more information.

North Central Community Website

Do you have an event to post online or need resources for north central organizations? Check out the North Central Community Website: www.northcentralregina.ca

Albert Library
1401 Robinson Street, 777-6076

Albert Library is on Facebook. Get regular updates and contact us anytime. Become a fan today!



COMMUNITY CALENDAR

Every December Monday
Christmas dinners
These free holiday dinners are provided by Souls Harbour Rescue Mission. Come to 1836 Halifax. Dinner will be served from 5 to 7 p.m.. Call 543-0011 for more.

Tuesdays
Care & Share
Healthy and affordable lunch for seniors will be served in the multipurpose room at the Albert Scott Community Centre at 1264

Athol. Meals cost \$4. Call 791-9888.

Wednesdays
Soup and Bannock
Come to the Indian and Metis Christian Fellowship for lunch at noon. The centre is at 3131 Dewdney Avenue. All are welcome. Lunch costs \$2 for adults and 25 cents for children. Call 359-1096 for more.

December 11 and every second Thursday
Free Legal Advice Clinic

The Aboriginal Family Service Centre offers free legal advice from 12 to 3 p.m. at 1102 Angus Street. For more information contact Char at 525-4161 or afsc@accesscomm.ca.

Thursdays
Free hockey league
Children and youth aged 8 to 18 who can skate are welcome to participate in the Ehrlo Outdoor Hockey League at the Grassick Park rink from 6:30 - 8:30

p.m. on Thursdays. Hockey will start December 18 or January 8 depending on weather. Call 751-2411 to join.

Saturday, December 13
Family Fun Day
All are welcome to come to the Albert Scott Community Centre for food, games and fun. If you're really good, Santa might stop by! For more information, call 791-9888.

Thursday, December 25

Christmas Day
Thursday, January 1
New Year's Day
Tuesday, January 13
Women's outreach begins
Want to develop self-esteem and resolve relationships? This course runs 9 am - 3:30 p.m. Tuesdays through Thursdays at 2134 Winnipeg Street. Orientation sessions are December 15, January 6 and January 9. Call Kathy at 757-9096 or 533-2117.

FREE CLASSIFIED ADS

Wish a friend happy birthday, announce a room for rent, advertise a garage sale here and more, all for FREE!
Get your personal ads for the February issue to us by the middle of January. Call us at 791-9888 or send an email to marketing@northcentralregina.ca.

Rest in peace, Linda Otway. The North Central Community Association was sorry to learn of your passing. Our condolences to your family, friends and neighbours.

Merry Christmas to the Sentis family. May you have a festive, fun-filled holiday.
Happy fifth birthday from all your aunties, Ben! We love you!

Merry Christmas to one and all, from Jessica.
Congratulations on your adorable new baby, Alan and Amanda. Merry Christmas too, from Shan.

Special Thanks to Our Printer:



**44 Fairford St. W.
Moose Jaw, Sask.
S6H 1V1**

**Main Office: (306) 692-6441
Press Plant: (306) 694-8342**

The **North Central Community Connection** is a bi-monthly newspaper published by the **North Central Community Association** (NCCA). The newspaper strives to be fair and balanced in its coverage of news, current events and community issues. The *Community Connection* is written for the people of North Central in hopes of building community and providing valuable information.

Editor/Design/Layout
Dauna Ditson

Thanks to those who contributed to this issue


Brenda Mercer
Elizabeth Popowich
Evan Tyler
Jason Wiens
Mindy Woloschuk
Noreen Drake
Regina Qu'Appelle Health Region

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.

Opinions expressed in The *North Central Community Connection* do not represent the NCCA.

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
Fax: 757-1052
E-Mail: marketing@northcentralregina.ca



North Central Phone List

Schools

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

Organizations & Agencies

AIDS Programs South	924-8420
Albert Library	777-6076
Albert-Scott Community Centre	777-7033
All Nations Hope	924-8424
Bylaw Enforcement	777-7000
Chili for Children	359-7919
Circle Project	347-7515
Circle Project Childrens' Centre	569-3988
North Central Community Assoc (NCCA)	791-9888
NCCA nurse	757-1046
Mobile R Store	347-3224
Ehrlo Sport Venture Programs	751-2411
Fire Safety	777-7830
Four Directions	766-7540
Gathering Place	522-7494
IMCF	359-1096
Police	777-6450
Rainbow Youth Centre	757-9743
RAMP	352-5424
REACH	347-3224
Regina Police Substandard	
Housing Enforcement Team	777-6399
Rental Housing Supplement Program	787-4723
North Central Family Centre	347-2552
Public Health Inspector	766-7755
Rentalsman	787-2699
SaskPower (inspections)	566-2500
SCAN complaint line	1-866-51-SAFER
Kids help phone	1-800-668 6868
Food Bank	791-6533
Welfare Rights Centre	757-3521

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

All Nations Hope AIDS Network
is pleased to announce:
The Second Annual Aboriginal
HIV/AIDS & Hepatitis C Conference
“In the Spirit of the Family”
Elders and Youth



February 11 & 12, 2009
Ramada Yorkton
100 Broadway Street, East
Yorkton, SK
Phone: 1-800-667-1585
Fax 306-782-2121
For Group rate Quote # 583



Register Early to ensure your seat at this annual event!

Who should attend?

Front line workers, professionals, students, youth, people living with HIV/AIDS and/or HCV, addiction counselors, Chiefs/Council members, Physicians, and any community member who wants to make a difference.

Features:

- Keynote: Colby Tootoosis
- Grand Entry with flags and honor songs for people living with HIV/AIDS and/or HCV
- Entertainment: Eekwol and Mils
- Traditional teachings & ceremonies
- Displays with current resources and tools
- Round Dance and Giveaway

Join us for an inspiring and informative two days of training, networking, healing and sharing skills. Traditional teachings, tools, knowledge and ceremonies will be an essential part of the conference.

- ***Scholarships will be available for populations at risk.
- ***Youth and Elders registering together will be given special rates.
- ***Call for Abstracts deadline set for November 28, 2008.
- ***Scholarships deadline set for December 15, 2008.
- ***All forms are available on our website.



For more information:
All Nations Hope AIDS Network
2735 5th Ave, Regina SK S4T 0L2
Ph: (306) 924-8424 Fax: (306) 525-3698
Toll Free: 1-877-210-7622
Email: lquewezance@sasktel.net
Website: www.allnationshope.ca

Fun Holiday Treats
Easy to make, delicious to eat

Holiday baking doesn't the chocolate into the need to be hard work. molds. These delicious little Step three chocolates are easy to Wait for the chocolates make and make great to harden. To get them holiday gifts. ready faster, put the You will need: molds into the fridge for a few minutes.

- Melting chocolates
- Plastic mold trays, such as the ones that come inside advent calendars
- Microwave-safe bowls
- Candy cane pieces (optional)

Step one
Heat the chocolate in the microwave on a low temperature, stirring often until it melts.

Step two
Sprinkle candy cane pieces into the molds. Then use a spoon to pour

Step 5
Pop the chocolates out of the molds and enjoy. Eat them yourself or give them out as sweet and easy holiday gifts. Happy eating and happy sharing!



May the coming holiday season be a time of celebration and sharing, a time of friends and family!

Warren McCall, MLA
Regina Elphinstone-Centre · 2900 5th Avenue ·
Ph 352-2002 · warrenmccall@sasktel.net

GET MORE
ATTENTION!

ADVERTISE WITH US.
CALL 791-9888 FOR PRICES AND PROMOTIONS.

PLEASE CLIP AND SEND WITH YOUR GIFT TODAY.

Complete Thanksgiving Dinner—\$2.58



We need your help to serve hot meals or provide other essential services to hungry, homeless, hurting people in the Regina area this Thanksgiving.
For just \$2.58, you can provide a hot meal or the safe shelter and spiritual help that can be the start of a new life.
Please help us feed and care for hungry, homeless, hurting people by mailing your gift today.

- ☐ \$12.90 helps 5 people ☐ \$98.04 helps 38 people
☐ \$23.22 helps 9 people ☐ \$196.08 helps 76 people
☐ \$_____ to help as many people as possible

Please charge my: ☐ ☐ ☐

Card No. _____ Expiry Date _____

Signature _____

Donate online at www.soulsharbourrescuemission.org, or call (306) 543-0011.

Name _____

Apt. _____ Address _____

City/Prov./PC _____

Phone (____) _____

E-mail _____ @ _____

SOULS HARBOUR
RESCUE MISSION

Please make your cheque payable to:
Souls Harbour RESCUE Mission
P.O. Box 3356 Stn Main
Regina, SK S4P 3H1
Location: 3535 8th Avenue
www.soulsharbourrescuemission.org

SAX08CC

Costs are average and include the expense of preparing and providing meals. A receipt for income tax purposes will be sent to you.
Souls Harbour RESCUE Mission is a Registered Canadian Charity #86984 6030 RR0001
OUR 18th YEAR OF SERVICE TO THE NEEDY

Get involved

Want to share your views on issues in our community?

The Community Connection is always looking for community members to write for us and to submit photos.
Call us at 791-9888 for more information.

Congratulations

The North Central
Community Association would like
to congratulate the
recent graduates
of our trades
training program.

We wish you the
best in your new
positions with Habitat for Humanity.

Healthy
Food Store

Open Monday to
Thursday 12 - 4
Friday 9 - 12
1264 Athol Street

Save On:

Fresh Fruit & Veggies
Milk, Dairy & Eggs
Breads & Bakery
Meat, Pasta & Rice
Soups & Juices
and much more...



REACH

Regina

Capital

Regina