



North Central residents like Tanya Desjarlais have the chance to vote for what matters most to them in the upcoming federal election.

Photos by Dauna Ditson

## Voting in North Central

BY DAUNA DITSON

As the federal election approaches, local candidates have a lot to say about why residents should vote for them.

In individual interviews, the candidates for the Regina Qu'Appelle area -- which includes North Central -- said crime, the environment and poverty are among the most important issues that Canadians want the federal government to address.

The candidates said North Central residents are concerned with poverty, hous-

ing, crime, education and childcare. Though the candidates agree on what the major issues are, they disagree on what to do about them.

There are four candidates running in the Regina Qu'Appelle area. They are Conservative Andrew Scheer, New Democrat Janice Bernier, Liberal Rod Flaman, and Green Greg Chatterson.

Scheer was elected to represent Regina Qu'Appelle in 2004 and 2006. In both previous elections, the NDP candidate was close

to catching Scheer, followed by the Liberals and then the Greens.

Scheer said everyone should vote because "politics affects every aspect of your life -- from what kind of TV programs you can watch to how fast you can drive on the roads."

"If you want to have a say in how your life is affected ... you need to vote," he said.

North Central residents have the most to lose from a government that doesn't address their needs, Bernier said, adding "I think

that First Nations people (and) young people have the ability to make a huge difference in the outcome of elections."

"I don't think they realize how much potential or how much power they actually have by... carefully considering and weighing the issues, looking at the parties and seeing who best addresses the issues or the areas of their lives that are most important to them and then going out to vote," she said.

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A group of youth came to volunteer in our community during the summer



FROM THE EDITOR



Hello North Central.  
My name is Dauna Ditson and I'm the new editor at the *Community Connection*. I am also in charge of marketing and communications for the North Central Community Association.

I graduated from the University of Regina School of Journalism in 2006 and have since worked in reporting and in marketing communications. Now I'm happy for the opportunity to be here sharing community news with you.

You may start to notice a few differences with the *Community Connection*. While the newspaper is a project of the North Central Community Association, my goal is to make sure each issue reflects a fair and objective view of the community.

This fall is an exciting time as Canadians head to the polls to vote for their favourite parties and candidates.

This election is a great opportunity for North Central residents to take a stand on important issues -- such as crime and the environment -- by voting for the candidates who will make a difference both in North Central and in Canada.

I hope you will make the effort to vote and to help shape the future of our country. \*

# Working to improve rental housing

## Community Association takes recommendations to City Hall

By DAUNA DITSON

In August, the North Central Community Association (NCCA) met with City Council to discuss how to improve substandard housing.

According to City of Regina statistics, there are 28,000 rental properties in the city. The city considers approximately 3,000 of these homes to be substandard, while approximately 280 -- or one per cent -- are in terrible condition.

Currently City workers aren't allowed to go inside to inspect homes unless they are responding to a complaint or unless police, firefighters or health officials are involved.

Rather than waiting for an excuse to inspect potentially substandard homes, NCCA community coordinator Rob Deglau asked the City to consider taking a more proactive approach.

Deglau made a case for licensing rental units and inspecting all rental properties each year to make sure tenants are having their needs met.

These annual inspections would cost \$25 to \$75 a year but the resulting increase in quality homes would be well worth the expense, Deglau said.

Even if the fee were passed on to tenants through increased rents, some tenants would be fine with paying more for better living conditions.

Linda Otway, who rents in North Central, is one of these tenants.



Photo by Dauna Ditson

Linda Otway poses with her newly repaired rental home. Otway, who is a former university professor, has had repeated problems with her rental property.

Otway lived in a home where raw sewage was leaking into the basement, where the furnace would get so uncontrollably hot it melted her plastic laundry basket, and where the bathtub hot water tap was stuck running full blast and costing her over \$500 a month.

Even though Otway was living in less than ideal conditions, she said she stayed at her rental home because she didn't have the money to move somewhere else.

Living in substandard housing is "chronic and there's just no way out of it," she said, adding she wouldn't mind paying more to know her home is being inspected and is safe to live in.

City councilor Michael Fougere listened to the NCCA's proposal and said he applauded the community association's "indisputably good intentions."

Even so, the problem with substandard housing is too big to fix by simply licensing rental units, Fougere said, adding that landlords shouldn't be held accountable if tenants trash their properties.

"I'm not sure there's one solution that will fix [issues around low income rental properties]," he said.

Fougere went on to note that the cost to license rental properties could make housing "even less affordable when the intentions

were just exactly the opposite."

After much discussion, the City councilors decided the issue of licensing rental units is not something the City is responsible for. The councilors voted to pass the NCCA's proposal on to the provincial and federal governments for them to review.

Rather than waiting to see if the federal or provincial governments follow up on the NCCA's suggestions, tenants and landlords have other options available.

Tenants and landlords can contact the Regina Rentalsman (see below) to make sure their homes are kept safe and livable.\*

## What you need to know about rental repairs

The following information is from the Public Legal Education Association of Saskatchewan.

Tenants must keep their rental properties clean and repair any damages they or their guests cause.

Landlords are responsible for making sure the building is safe, keeping appliances in good condition, and making sure the power, gas and water services work.

The landlord is not allowed to refuse to make repairs, even if the repairs were necessary before the tenant moved in.

If the landlord will not make the repairs, the tenant can ask the Rentalsman to:

- tell the landlord to make the repairs,
- allow the tenant to make the repairs,
- or to let the tenant subtract the cost of the repairs from future rent.

Tenants are not allowed to:

- stop paying rent until repairs are looked after,
- or to subtract the cost of the repairs from future rent without an order from the Rentalsman or without an agreement from the landlord.

The Office of the Rentalsman is located at 2151 Scarth Street in room 120. The office phone number is 787-2699.\*

### 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)

Voting is a powerful way to change the way the country is run, he said, adding "there's enough Aboriginal vote in this constituency to elect a candidate." \*



# How voting works

By DAUNA DITSON

The Canadian elections take place Tuesday, Oct. 14 from 7:30 a.m. to 7:30 p.m..

**You can vote if:**

- 1) you are a Canadian,
  - 2) you are at least 18 years old,
  - 3) and you can prove your identity and your address.
- To prove who you are and where you live, you have three options.

- 1) You can show your driver’s license or other government-issued ID that has your picture, name and current address on it.
- 2) You can provide two pieces of ID, both showing your name and one that also shows your address. For example, you would be allowed to vote if you took your health card and power bill to the polling station.
- 3) You can go to the polling station with someone who is on the government’s list of voters who live in the same polling area as you. If that person has proper ID, he or she can vouch for you so you will be allowed to vote.

**Where to vote**

Elections Canada will mail an information card to every registered voter. Keep the card when you get it because it will tell you where to go to vote.

If you don’t get a card or if you have moved since the last election, call Elections Canada (at 1-800-463-6868) to find out how to register to vote.

**Why your vote is important**

All Canadians who are old enough to vote have the right to participate in choosing who runs the government. Voting is a way to show your support for the way things are or to de-

mand change from the government. Party leaders Stephen Harper, Stephane Dion, Jack Layton and Elizabeth May each get one vote. So do you. On election day, your vote is just as important as theirs.

Candidates in Canada are elected when they win more votes than anyone else running for government in their area. Winning candidates don’t need to win over 50 per cent of the votes. All they need is one more vote than the candidates they are competing against. This means your vote could potentially determine who gets elected.

**Election facts**

Almost 15 million Canadians (65 per cent of eligible voters) voted in 2006 in the last federal election.

North Central is part of the Regina Qu’Appelle riding. In the last election, close to 31,000 people from the riding came out to vote.

Saskatchewan gets to elect 14 candidates. In the last election, Saskatchewan elected 13 Conservatives and one Liberal.

In the 2000 federal election, only 25 per cent of young eligible voters went to the polls. This means that three out of four young voters across Canada passed up the opportunity to influence the government.

Did you know even prisoners have the right to vote? North Central residents in prison during an election can still vote for the candidates campaigning in their home areas, but not for those campaigning in the area where the prison is located.

To learn more about how to vote or for information for young voters or voters with special needs, go to [www.elections.ca](http://www.elections.ca) or call Elections Canada at 1-800-463-6868.

You can also contact Elections Canada to get information about voting in a variety of aboriginal languages, including Plains Cree.



This is a sample of what the ballot for the Regina Qu’Appelle riding will look like. You will receive a ballot at the polling station. To vote, place an X in the circle by the candidate you support.

This voting information is provided through Elections Canada.\*



**SUBMITTED BY TERRANCE CHINN**  
**DIRECTOR, OFFICE OF RESIDENTIAL TENANCIES**

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.

**1. What happens if I don’t know how to contact my landlord?**

A landlord is obligated to provide you with the address for service and telephone number of the landlord or the landlord’s agent and a telephone number the tenant may contact in the case of emergencies, including emergency repairs, if that number is different from the number of the landlord or agent. If the address for service is not provided, the tenant can get help from the Office of Residential Tenancies.

**2. Can the landlord take away the washer and dryer that was originally provided or raise the charge for the coin-op in my building?**

A landlord cannot terminate or restrict providing services or facilities, which would include a washer and dryer, without first getting an order from the Office of Residential Tenancies allowing this to be done. As well, a landlord cannot increase any charge for a service or facility without permission from the Office of Residential Tenancies. So if coin-op charges are to be increased, the landlord would have to get permission.

**3. What happens if I leave some of my personal possessions at my old rental unit that I have now abandoned?**

A landlord has a duty to treat abandoned goods reasonably. The landlord can’t just take your things to the dump if they have value. A landlord can apply to the Office of Residential Tenancies for an order allowing them to dispose of abandoned property. If you want your property, take it with you, or at the very least, leave contact information with your landlord.\*

## Meet your candidates

You’re invited to come to a question-and-answer session with the candidates who want your votes.

New Democrat Janice Bernier, Liberal Rod Flaman, and Green Greg Chatterson have committed to attending the forum to address community questions and concerns. As of press time, Conservative candidate Andrew Scheer had not decided if he would attend.

One of these candidates will be elected to be a part of the federal government, so let’s make sure we know what the candidates stand for before heading to the polls.

All-Candidates Forum  
Indian and Metis Christian Fellowship  
3131 Dewdney  
October 7 at 7:00 p.m.

If you have questions for the candidates but won’t be able to go to the question-and-answer session, you can contact the candidates’ campaign offices.

- Andrew Scheer 586-2707

Janice Bernier 949-2777
- Rob Flaman 522-8507

Greg Chatterson (306) 332-6906

or (306) 331-7966 (cell)



# Brightening up the neighbourhood



Danyelle Watson smiles as she poses in front of the collection of artwork she helped youth at the Dewdney Pool create. (See pictures on Page 7.)

Photo by Dauna Ditson

By DAUNA DITSON

Danyelle Watson, a lifeguard with an arts education background, brightened up the Dewdney Pool this summer.

Watson spent many summers as a lifeguard and has worked at pools around Regina, but she said there was always something different and special about the Dewdney Pool.

"A lot of the kids have nothing but they share everything they have," she said. "Everyone knows how to swim because the kids there teach each other."

Watson loved the sense of community she saw

at the pool. "Everybody cares about everybody and everybody knows everybody (at the pool)," she said.

When Watson decided to contribute to the community, she put her education to use by teaching art classes on the grass beside the pool over the summer.

Watson had 15 to 50 kids showing up for her classes depending on the weather. Close to half of the kids were there everyday, she said.

One of her art students, a curly-haired four year old named Aiden Rosebluff, came out regularly. His mother, Jen Rosebluff, said Aiden enjoyed the classes and liked painting the best.

Watson taught most of the classes herself, but brought in several guest artists to show students other artistic styles.

Watson's students -- aged two to 16 -- had the opportunity to experiment with different types of art. The students learned to make Anima portraits, Plains Indian landscapes, surreal art, graffiti tags and more.

After a month of summer classes -- which ran daily Monday to Friday -- the participants got to leave the last of their creations at the Dewdney Pool front entrance as part of a lasting mosaic.

Watson said she organized the art program because "kids love to have positive reinforcement and to have a chance to show off what they can do."

"Kids learn really well through art and it's a great opportunity for them to express themselves," she added.

Watson watched the kids change as the classes progressed. Some became more open and friendly, while others learned to behave themselves.

The kids were really excited about her art classes and were helpful all along, always making sure paint brushes were washed and offering to carry her art supplies, she said.

The mural is about community, but it's also about how much fun the kids had during the summer, she said.

"They're so proud of what they did. Everybody knows somebody who did one," Watson said.

"It's been really rewarding and I'm really glad I did it," Watson said, adding she missed getting hugs from the kids when classes ended.

Watson started at a teaching position in Kipling in the fall, but she had so much fun at the Dewdney Pool project that she hopes to come back and teach other community arts programs involving painting or drama.\*

## Fall Fest

Volunteers prepare hot dogs and hamburgers for North Central residents during the annual Fall Fest celebration Sept. 13.

Photo by Dauna Ditson



## Road construction

Streets were blocked off in North Central in September as City workers dug deep into the earth.

Photo by Dauna Ditson





# SPRAYPAINTING OVER GRAFFITI

*YOUNG ADULTS MAKING THE COMMUNITY LOOK BETTER*

Photos by Dauna Ditson

During the summer, the North Central Community Association hired inner-city youth to paint murals over graffiti. This mural is located at Red Ribbon Place at 2735 5th Avenue.

**Right:** Paint fumes and the hot August sun were no match for a group of young adults on a mission to make their neighbourhood look better.



**Left:** Art supplies sit in the parking lot waiting to be used up.

**Right:** This medicine wheel is the central image for the 5th Avenue mural.

**Below:** Painters incorporate their handprints into the mural design.



**Below:** Katherine Daniels, 21, giggles with Mike Gerrand while she works. “I like that I’m spray painting for a good cause and not tagging,” she said.



**Below:** Carl Kiraly, 23, sprays a heavy coat of paint to enhance one of the flags in the mural. “I’m pretty amazed with what you can do with a couple of cans of spray paint,” he said.





# BRIGHTENING UP DEWDNEY POOL

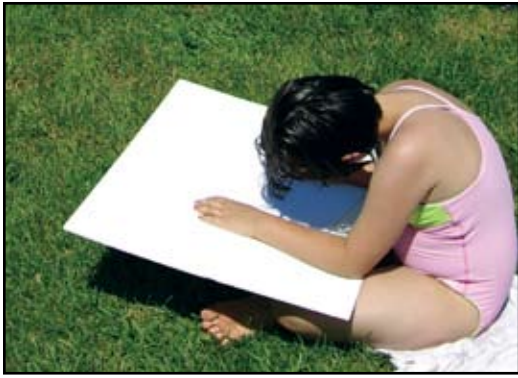
*North Central kids had the opportunity to take free art classes over the summer and to put their creations up on display.*

.....

Photos provided by Danyelle Watson



**Above:** Four-year-old Aiden Rosebluff enjoys Watson’s art class.



**Above:** Artists concentrate on their creations.  
**Below:** There is quite a variety in the mural art.



**Above:** An art student admires one of the paintings on display.

**Across:** Danyelle Watson talks with her art students the day their paintings are unveiled at the Dewdney Pool.

*Please see Page 5 for more about Watson and the Dewdney Pool art project.*



# Having fun and helping out



Photo by Anna Nowakoski

The team of Street Invaders pose, taking a break from their efforts to help make North Central Regina a better place.

The streets of North Central Regina were invaded by friendly faces when a group of Christian youth called Street Invaders came here in the summer. The youth, who came from all across western Canada, had the opportunity to help out with various projects in the community. Before returning home, the youth interviewed each other about their experiences here and reported on their findings. These are their stories.

**By Merrissa Karmark**

As a 17 year old, Haley Thulien knows the myth that all teenagers are “lazy and not interested in community” needs to change. She came to North Central Regina from Coronation, Alberta with a love of helping others and with hopes of making a difference in both her own life and the lives of others. Haley feels that North Central is moving forward as a community and that there are many friendly and motivated people working to create a safe, positive environment. She also found that residents

are proud to live here and that most don't agree with the label of being the most dangerous neighbourhood in Canada. When Haley returns home, she hopes to bring some of the community spirit she experienced here back with her.



**By Joshua Müller**

Here to make a difference, Damien Kurek has come to North Central Regina for two weeks to serve the people of the community. Damien, age 18, from Consort, Alberta, is helping with leading the Street Invaders team. For him the most fun thing he has done in North Central has been working with the kids and youth, as well as doing work projects such as maintenance on the community gardens. Damien's first

impression of North Central was very different than that of Maclean's. He said, “although [North Central] is a community that will have to overcome some of its struggles and stereotypes, it looks like a great place to work and live.” Some of Damien's hobbies include politics, golfing, volleyball, basketball and youth ministry.



**By Ruth Ross**

Claire Pritchard likes to experience things for herself. She is an 18 year old who comes from the small town of Thompson, Manitoba. Her first impression of North Central was that it looked like any other neighbourhood, even though she had been prepared for the worst. “I believe in the small voices... reaching out to people where they are to empower them,” Claire said. She really sees the potential for good in North Central too. She believes that the kids and youth in North Central are doing a really great job of getting involved and really knowing their community. Her lasting impression is that North Central is a place that is really changing because of the people who love and have faith in it. She said she will never forget her experience in North Central.



**By Claire Pritchard**

Merrissa Karmark signed up to come to North Central Regina because she wanted to help and better understand the people of her province. Growing up in Wadena, Sask., Merrissa developed a passion for writing and photography, which eventually got her a job working for the local newspaper. This made her aware of others' opinions, so she was really impacted by the time spent surveying local residents about crime in North Central. The opportunity to talk to strangers and hear their often wildly different opinions about the neighbourhood helped her, “get the jist of North Central.” Merrissa says her experience here “inspired me to go back home and get more involved in the community.” The notion of community gardens really interests her as they are simple, affordable and anyone can be involved. She sees them as symbols of openness, trust and hope in a community.



**By Sheraea Hagan**

Ruth Ross, a 16 year old from Langley B.C., joined Street Invaders this summer for the first time. She says that Street Invaders has so far been a life changing experience. Ruth's first impressions of North Central Regina were that it is a nice and close community. After spending two weeks in here, she felt that people can be safe and that there are a lot of hard-working people who are succeeding in making a difference in their community. Compared to her hometown, North Central has quite a few community activities and opportunities for people to get involved. Ruth thinks it is great to see people trying hard to clean up the neighbourhood and get people involved to make it an even better place to live. This has shown her that she can make a difference in her own community, just like people are making a difference here.





# Youth here to make a difference

By Courtney Wiebe



This summer Aynsley Gray, an 18 year old from Stonewall, Manitoba, decided to go on her fifth year of Street Invaders. During these two weeks, she fixed up some houses, cleaned up

some yards, helped the community association and worked with the Morning Star church organizing youth events and helping with Vacation Bible School. She was a little scared at first because of people telling her how dangerous this area is. While spending time in North Central, she learned that it is a very progressive community that is working hard to lessen the crime. She sees a lot of hope in the community and knows the people haven't given up. She's left with the lasting impression of a neighbourhood that's full of strength, hope and phenomenal people. She has enjoyed her time here and hopes that this community will continue their path of making a difference. As for Aynsley's future, she is heading to Australia in January to go to a Christian college.

By Aynsley Gray

Brandon McDonald, 17, came to North Central from Calgary, Alberta. He loved working with his Street Invaders team because of their passion to help others and their acceptance of his crazy self. He's enjoyed North Central for its residents' openness to each other and equal desire to improve their community. Brandon's first impression was that North Central was a gloomy neighbourhood and in need of help. But after spending two weeks in the community, he couldn't get over the people and the beauty of the area, saying, "It's hard to describe – it's kind of an abstract beauty." Brandon is very good at drama and making people laugh, and is looking forward to finding ways to help his own community as well.



By Brandon McDonald



Jenelle Heckbert, 14 years old, is from Brooks, Alberta. Her first thoughts of North Central Regina was that it was a little scary, but she felt safe with her team around. Now that she has spent almost two

weeks here, the community is starting to grow on her and she will be sad when it is time for her to leave for home. Her favourite activity in North Central was running the Vacation Bible School put on by Morning Star Ministries. It involved singing, stories, snacks, crafts and games for all the children in the community from ages seven to 12. Jenelle's hobbies are playing the guitar and drums. She also enjoys dancing, especially jazz, hip hop and ballet. If Jenelle feels called to come back to North Central Regina, she will be glad to return because of all the positive experiences she has had in the community.

By Jenelle Heckbert

Joshua Müller is 16 years old. He lives in Hudson Bay, Sask. Street Invaders go to several places all over Alberta, Saskatchewan and Manitoba. This year Josh's team came to North Central Regina. Josh said his favourite thing about the community was seeing how it is setting



programs in motion to help make North Central a better place and to lower the crime rate. He said the most fun thing the team did was helping out at a kids' camp. "It's good to see all the kids having fun with the music, crafts and games," he said. Josh's hobbies are music, computers and spreading God's love.

By Thomahawk Tames

Sheraea Hagan, a first time Street Invader, comes to North Central Regina at age 16. Her goal this summer was to serve others. Sheraea feels like she has accomplished her goal, but doesn't want to stop here. Sheraea was slightly unprepared coming to Regina. She was apprehensive about coming because of the Maclean's article, that called North Central the worst neighbourhood in Canada. But since being here she has seen the truth. For the past two weeks she has been going out into the community and has been listening to stories from community members. Leaving at the end of these two weeks, Sheraea will always remember the people she managed to help and helping the community as a whole.



By Hayley Thulien

Courtney Wiebe is 17 years old and in Grade 12. She lives in Caronport, Sask. She enjoys playing basketball and volleyball and loves to sing. A little uneasy entering what Maclean's magazine called, the "worst neighbourhood" in Canada, she was delighted to find that in reality North Central Regina is no

different than any other city community. Compared to Caronport, she finds Regina to be bigger with a greater variety of personalities. The most interesting things she did while in North Central



were helping take a survey and working with youth at Morning Star Ministries because everyone was so outgoing. She loved spending time with the youth and getting to know them.

By Damien Kurek

Thomahawk Tames, a first time Street Invader, comes to North Central Regina at age 19 to serve the people of the community. Over the two weeks being here, Thom has worked with others on projects like upkeep of the community gardens, painting and helping with youth and children's events at the Morning Star church. He has seen the real North Central, not the North Central that was unfairly portrayed by Maclean's magazine. Thom sees North Central Regina as a vibrant, accepting community that is growing and changing. Although there are



some downfalls, overall the two weeks here have been a positive learning experience. Thom said the work of the locals, local churches and the North Central Community Association is positive and is making a HUGE difference in the community at large. He looks forward to seeing North Central Regina and the young people here becoming great people recognized all over Regina, Saskatchewan and even Canada.\*

## 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.

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(Formerly Moffitt's Pharmacy)

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# Want to volunteer in the community?

## Here's how to get started

INFORMATION SUBMITTED BY **LISA WORKMAN**

Volunteers are very important in our community. North Central is fortunate to have many non-profit organizations that provide valuable services.

These agencies all rely on their volunteers to operate. There are boards and committees as well as all kinds of programs, projects, fundraisers and community events to get involved with.

The Dream Team Volunteer Central -- led by a volunteer committee, Four Directions and the North Central Community Association -- is a program to connect volunteers with opportunities to help out in North Central.

Potential volunteer opportunities include preparing materials for classes or daycare, assist-

ing with the Family Basket or Good Food Box programs, participating in community clean ups and working on community gardens.

When you sign up to volunteer with the Dream Team, we will try to find volunteer activities that fit with your interests and abilities. The best way to begin looking for a volunteer opportunity is to start with what you know and what you are interested in.

Besides connecting you with volunteer opportunities, the Dream Team coordinator can work with you on career planning and can even connect you with other resources in the community.

For more information or to get started with the Dream Team, call Lisa at Four Directions (766-7549) or Crystal at the North Central Community Association (791-9888.)

- Volunteering gives you:
- ☐ A chance to help others
  - ☐ Increased self esteem
  - ☐ Opportunities to meet new people
  - ☐ Valuable work experience
  - ☐ A chance to share your knowledge
  - ☐ More pride in your community and in yourself
  - ☐ A chance to learn new skills or develop your existing skills
  - ☐ Opportunities to get out of the house
  - ☐ A more positive outlook for the future
  - ☐ An understanding of what is going on in your community
  - ☐ A chance to keep active
  - ☐ Connections with potential employers
- Just imagine what you could help the Dream Team do to improve our community.\*

# Cooking up a better future



Madelyn Kayseas checks the temperature of the meat in the smoker outside .....at the Regent Par 3 kitchen.

Photo by Dauna Ditson

**SPONSORED FEATURE BY DAUNA DITSON**

Before she started working at a golf course training kitchen in Coronation Park, Madelyn Kayseas, 21, said her culinary abilities were pretty much limited to whipping up soup and noodles.

But since she started working at the clubhouse restaurant, called .....at the Regent Par 3, she's been learning to make much fancier meals.

Her boss, Brian Rice, said he wanted his three apprentice chefs to make all the food served in the restaurant from scratch. He taught them how to make specialty salads, apple cinnamon pancakes, hickory-smoked prime rib and more. Some days

Rice would take his staff on field trips -- once he took them out for a cheese tasting -- to help them get used to trying new things, both in the kitchen and in their lives.

Besides teaching them to cook, Rice said he was also trying to help his staff learn work skills and become more employable.

The restaurant, which was a North Central Community Association (NCCA) pilot project, was designed as an opportunity to provide inner-city youth with work experience and the opportunity to make connections within the food industry.

.....at the Regent Par 3 opened in late August and ran through September. Since the restaurant was based out of the Regent Par 3 clubhouse, it closed when the

golf course shut down for the season.

Rice said he hopes his staff will go back to school or continue working in higher-end kitchens and building careers for themselves now ....at the Regent Par 3 has closed. Rice had also been looking for potential employers to take on his staff once their time with him ran out.

Rice said he thinks the opportunity to work in the restaurant has the potential to change the lives of his employees. Kayseas would agree. She dropped out of high school, but said working in the restaurant was a chance of a lifetime. She is now considering a career in cooking, and plans to take a cooking course at SIAST.

Kayseas hopes to turn her life around and said working at the restaurant has made a big difference for her. Completing her training program at the restaurant is "something I can accomplish and something I can be proud of," she said.

If the restaurant trial run proves successful and the results look promising, the NCCA would like to train new apprentice chefs each spring and open the restaurant through future golf seasons.

In addition to providing training opportunities for inner-city youth, the NCCA also undertook the restaurant project to help revitalize the Regent Par 3 golf course.\*

.....at the Regent Par 3

would like to congratulate our trainee chefs on completing their employment at the golf course restaurant. We wish you all the best and hope your futures are full of success.

**Frank Buck Agencies**

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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**



# COMMUNITY CALENDAR

**Tuesdays, September 9 - late spring**  
*Care & Share*  
Healthy and affordable lunch for seniors in the multipurpose room at the Albert Scott Community Centre, 1264 Athol. Call 791-9888.

**Wednesdays, September 24 - November 26**  
*Aboriginal Crafting Circle*  
Join our traditional aboriginal crafting circle. Some sessions may include: how

to make sweat dresses (to be worn when taking part in a sweat lodge), how to make ribbon arm bands for pallbearers (worn at funerals), and how to make beaded lanyards. 6:30 - 8:30 pm. Albert Library is at 1401 Robinson. Call 777-6076.

**Saturday, October 4**  
*Menu Planning*  
Albert Library invites community gardeners to join in an information session on the basics of menu planning

on a budget. 1:00 - 3:00 pm. Albert Library is at 1401 Robinson. Call 777-6076.

**Tuesday, October 7**  
*All-Candidates Forum*  
Come out to hear what the candidates have to say on important issues. 7:00 pm at 3131 Dewdney.

**Saturday, October 11**  
*Thanksgiving lunch*  
Lunch is provided by Souls Harbour Rescue Mission at 1380 Elphinstone. Begins around 11:30 am. Call 543-

0011 for more information.

**Saturday, October 11**  
*Canning Session*  
Albert Library is holding a canning information session from 1:00 - 3:00 pm. Albert Library is at 1401 Robinson. Call 777-6076.

**Tuesday, October 14**  
*Federal Elections*  
See Page 1, 3 and 4 for information on the elections. 7:30 am - 7:30 pm.

**Thursday, October 16 & Tuesday, October 28**

*Flu Shots*  
Shots available at the Albert Scott Community Centre in the multipurpose room.

**Friday, October 31**  
*Halloween Night Face Painting @ Albert Library*  
Free face painting for all! 3:00 - 5:00 pm.

**Tuesday, November 11**  
*Remembrance Day Services*  
Please be at the Agri-dome by 9:45 am or at the Victoria Park cenotaph by 10:30.

## FREE CLASSIFIED ADS

Wish a friend happy birthday, announce a wedding, advertise a garage sale here and more, all for FREE!  
Our newspaper comes out in October, December, February, April, June and August. Get your personal ads for the December issue to us by the middle of November. Call us at 791-9888.

Happy birthday, Melodie! Your whole family hopes you love being 11.

Wanted: ping pong table in good condition. Call 546-4843.

Wanted: writers to contribute news and opinion pieces. Call 791-9888.

Congratulations on buying your first home, Shannon!

Happy birthday, Trudy. We hope you have a great year. -- from the NCCA staff

Good luck in the baby crawl races, Katrina! You're so very cute.

### 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 the official bi-monthly publication of the **North Central Community Association (NCCA)**.

Editor/Design/Layout  
Dauna Ditson

Contributors to this issue  
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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.

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](mailto:marketing@northcentralregina.ca)

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



### North Central Phone List

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	924-8420
Albert Library	777-6076
All Nations Hope	924-8424
Bylaw Enforcement	777-7000
Chili for Children	359-7919
Circle Project	347-7515
Circle Project Childrens' Centre	569-3988
NCCA	791-9888
NCCA nurse	757-1046
Albert-Scott Community Centre	777-7033
Mobile R Store	347-3224
Fire Safety	777-7830
Four Directions	766-7540
Gathering Place	522-7494
IMCF	359-1096
Police	777-6450
Rainbow Youth Centre	757-9743
R.A.M.P	352-5424
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 (electrical & natural gas related 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**



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.souls harbourrescuemission.org](http://www.souls harbourrescuemission.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.souls harbourrescuemission.org](http://www.souls harbourrescuemission.org)

SAT08CC

Costs are average and include the expense of preparing and providing meals. A receipt for income tax purposes will be sent to you.

**OUR 18th YEAR OF SERVICE TO THE NEEDY**

## ON THE LOOKOUT FOR TOOLS

T2, our trades training program, is looking for donations of new or used tools.

We would really like:

- 8" post hole auger
- portable 10" 15 amp motor table saw
- electric jack hammer
- automatic leveling lazer that beeps
- compressor with single nailer, finish nailer, **broad** nailer, flooring nailer and a spiker
- 10" miter saw
- small pry pars (cat's claws)
- saws of all sizes and blades
- screwdrivers with bits and accessories

T2 Trades Training  
2910 5th Ave.,  
Regina, Sask.  
S4T 0L3  
Phone: (306)791-9530  
E-mail: [t2@nccaregina.ca](mailto:t2@nccaregina.ca)

# Care & Share

Seniors are invited for delicious healthy lunches at the Albert-Scott multi-purpose room on Tuesdays.

Meals cost \$4.00 and you're welcome to stay for Bingo afterwards.

Have questions? Feel free to call Crystal at the North Central Community Association at 791-9888.

Join us September 30, 2008 11:30am to 4:30 pm for cake & refreshments to help us celebrate our 1st Anniversary!

**RECEIVE ONE FREE LOAF OF BREAD!**

(With a minimum \$5 purchase)

**The R-HEALTHY FOOD STORE**

located in the Albert Scott Community Centre  
1264 Athol Street (2nd floor)



# GET MORE ATTENTION!

ADVERTISE WITH US.

CALL 791-9888 FOR PRICES AND PROMOTIONS.

## 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 Centre**  
**1264 Athol Street**

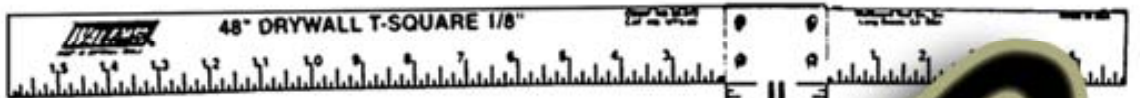
**We would like you to:**

- 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
- Have the willingness to learn
- Practice safety first
- Want to learn new skills
- Want to have fun

Ladies do you know there are  
**PINK**  
**Steel Toed Boots!!!!!!!!!!**



## TRADES TRAINING PROGRAM

**What:** Trades Training ...your hours could count towards apprenticeship.

**Who:** youth 16-30 years ...Female and male

**When:** Now... continuous intake

**Contact:** Wanda Clare  
2910 5th Ave.  
(306)791-9530  
[t2@nccaregina.ca](mailto:t2@nccaregina.ca)

**Call Now! Limited Space!**  
**Let us help you start your career!!**