

# Bright Futures

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FROM THE PRESIDENT



Greetings Neighbours,

Spring is almost here so it's time to start making plans to get our North Central Community Garden ready for planting. If last year was any indication then the community garden was a huge success. Here is the link for a video about the garden, it's well worth a look: <http://www.youtube.com/watch?v=qDgLv0GS8M>

Community garden committee meetings have just begun so if you have a green thumb (or would like one) please call the NCCA office and we will give you more information on how you can get involved as there are many opportunities and I am sure we can accommodate you.

The committee is always looking for volunteers of all ages to help out with the planting, weekly watering, weeding and the harvest in fall. So if you have a few spare hours between June and September please feel free to pitch in. Or, if you haven't got the time but would still like to help our community grow we would also be happy to take any spare gardening tools you might like to donate. Below is my wish list of tools I think will really go a long way to help make this year's community garden another success.

- wheelbarrows
- spades
- rakes
- pitchforks
- hoes
- stakes
- hand weeders
- cords/netting
- trowels
- hoses, nozzles, sprinklers
- gloves
- buckets/watering cans
- garbage bags
- rain barrel
- palettes for compost

We are really excited and are looking forward to this year's community garden. Get involved now and help us make this year the greenest one yet!

Your friend,  
  
Brenda M.



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
RQ Health Region	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

Are you a member of the NCCA already?  
Have you renewed your membership this year?  
Do you want to become a member?  
To find out more about membership benefits or how to become a member, call our office at: 791-9888

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The *North Central Community Connection* is distributed to over 4,300 households and 200 businesses in the North Central area. Copies are also available at the North Central Community Association and various other North Central venues. Opinions expressed in the *North Central Community Connection* are not necessarily those of the North Central Community Association. We welcome all letters and submissions. The editor reserves the right to accept or reject and edit all submissions.

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

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

**Our Values**  
All people. Respect. Caring. Pride

From the Editor



Hi everyone,

You're probably wondering who took that stunning photo on the cover of this issue of the *Community Connection*. The photographer is Jessica Strongquill, one of several Scott Collegiate art students currently taking part in a photojournalism project funded by the Saskatchewan Arts Board.

If you'd like to see more of the great pictures these budding photographers are producing just keep reading, they've all got at least one shot in this issue. I also encourage you to visit their online gallery at [www.flickr.com/photos/24354919@N02/](http://www.flickr.com/photos/24354919@N02/).

Another cool addition to this issue of the *Community Connection* is Bill Cook's Cree crossword, to your right. If you don't already know Cree, Bill has made sure you'll be able to say a few words by the time you put this down.

On top of all this, the Spring issue of *Community Connection* also features a new section for you renters out there as well as several informative stories detailing new and helpful services available to North Central residents.

Lastly, the NCCA is committed to making this newsletter meet your needs. To do so, we need to hear from you. So please, let us know what you like, what you don't like, and what you think we should be printing in these pages. And be warned: If we don't hear from you I'll track you down! Seriously. Because for the next month and a half it will be my job to go out into the community, gather as much feedback as possible and, ideally, create what is truly a community newsletter.

See you on the streets,  
  
Mark Taylor

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New sweat lodge opens in city



Elder Mike Pinay of the Peepeekisis First Nation is silhouetted by the setting sun as he extracts hot coals for the first ever ceremony at the new sweat lodge facility near the Paul Dojack Centre. *Photo by Mark Taylor*

By Morgan Reed

Regina is now home to a brand new indoor/outdoor sweat lodge facility. Elder Mike Pinay of the Peepeekisis First Nation has been an instrumental part of the sweat lodge project since its inception.

Several First Nations communities outside Regina have their own sweat lodges but there were none in the city. Pinay noticed a need. “A lot of our people don’t have transportation. Here in the city we can pick them up and take them.”

The lodge was built in mid-January in northwest Regina near the Paul Dojack Youth Centre. There used to be a sweat lodge on the property of the Dojack Centre but there were restrictions associated with using it. Pinay said people weren’t comfortable having to sign in and out when they attended the sweats, causing some elders to become frustrated and unhappy with the situation.

“When you go to a ceremony, you’ve got to feel good about what you’re doing,” says Pinay. “If there’s something bothering you when you’re at a ceremony, then that’s not right.” The sweat lodge is currently located

inside a specially built structure so it can be used in the winter. Along with volunteers from all walks of life, Pinay helped erect the building himself. “We had city police there, we had gang members there, we had drug addicts there,” recalls Pinay, adding it took the group 11 days to finish the project, which was funded by local organizations including the North Central Community Association. When the weather warms up Pinay said the lodge will be moved outside.

Pinay explains sweat lodges are for spiritual healing and renewal and are a necessity in the First Nations culture. “It just kind of overwhelms you sometimes, how much our people are hurting inside. But that’s what they come here for, to get that out.”

The sweat lodge and building it is in has been a busy place since it opened. The first sweat was held the day after the lodge was finished and there have been at least one or two sweats a week since.

For more information, or if you are interested in attending a sweat ceremony, contact Mike Pinay (535-6751) or Larry Oakes (527-5567). *Morgan Reed is a University of Regina journalism school student.*

Do you want to learn Cree?

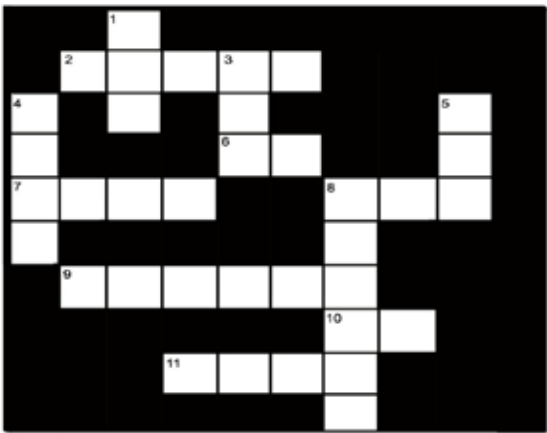
Created by Bill Cook

rockcree@hotmail.com

Below is a list of Cree words. There will be 3 writing systems I will introduce to help you understand and pronounce the words. First, is the Standard Roman Orthography (SRO) this is the most popular writing system in teaching. Second, I will be using my own twist on the phonetic alphabet using English sounds. Lastly, I will give you the English translation of the words written in SRO. Go ahead, try to say one!

SRO	Eng. Pronunciation	Eng. Translation
1. sĭkwan	[seek-gwan]	Spring
2. wāpĭkwaniy	[wop-pick-gwan-nee]	flower
3. pīsĭm	[pee-sim]	sun
4. pihtikwī	[peet-tick-gwee]	come in
5. āstam	[aah-stum]	come here
6. mitho-kīsĭkāw	[mith-tho-kee-sick-gaaw]	it’s a nice day
7. kimowan	[kim-me-one]	it is raining
8. maskosiya	[musk-kuh-see-ya]	grass
9. asiniy	[us-sin-nee]	rock

CREE CROSSWORD (th dialect)  
\* answers in English Translation




Across

- 2- wāskahikan [wah-skay-gun] (has a roof)
- 6- namōtha [na-moo-the] (opposite of 'yes')
- 7- niyānan [nee-yaa-nun] (a number)
- 8- api [up-pi] (opposite of 'stand')
- 9- wāpĭkwaniy [wop-pick-gwan-nee]
- 10- kĭspin [kee-spin] (What \_\_?)
- 11- kimowan [kim-me-one]

Down

- 1- atim [uh-tim] (a pet)
- 3- pīsĭm [pee-sim]
- 4- pimahtisowin [pim-maat-swin] (opposite of death)
- 5- astotin [us-to-tin] (wear on head)
- 8- sĭkwan [seek-gwan]



Fluent in the Rock Cree (th dialect) language, Bill Cook is a Cree linguistics translator and instructor. Originally from the Southend- Reindeer Lake area of Northern Saskatchewan, Bill has lived in Regina since 1999. When he’s not creating Cree crosswords, Bill is always looking for other creative ways to spread the Cree language by developing teaching tools and language games.

North Central Photojournalism Project



Above are just two examples of the quality of work being produced by Scott Collegiate Art 20/30 students currently participating in a photojournalism project funded by the Saskatchewan Arts Board. At left is a portrait of Scott student Jennifer Pelletier by Chiret Sabiston and at right is Josh Steeves’ action shot of Aboriginal hip hop artist Eekwol during a recent workshop at the school. To see more photos from the photojournalism project please visit: [www.flickr.com/photos/24354919@N02/](http://www.flickr.com/photos/24354919@N02/)



# North Central's one and only grocery store



The groceries are cheaper, the line ups are shorter, and you can even pay with your debit card at the R Healthy Food Store, located on the second floor of the Albert Scott Community Centre at 1264 Athol Street. *Photo by Janel Squirrel*

By Christine Jakubowski

Prior to November, North Central resident Sharon Hunt rode the bus to Superstore or Extra Foods to get groceries. Or, if she needed something immediately, she would walk to the corner store “and pay a fortune” for goods.

But she doesn’t have to do that anymore. The new R Healthy Food Store located at the Albert Scott Community Centre on Athol Street provides reasonably priced foods in a convenient location for North Central residents.

“We needed something like that in this area,” said Hunt. “I come (to the centre) every Tuesday and Thursday . . . it’s quite handy.”

The store is open from 10 a.m.

to 2 p.m. every weekday. It provides items such as dairy products, meats, whole grains, fresh produce, frozen vegetables, canned goods, juice and eggs—all at low prices.

“It’s the cheapest you can buy within that community,” said Chuck Sutberry, executive director of Regina Education and Action on Child Hunger (REACH), the organization that developed the program. “It’s the only place in North Central Regina where you can get fresh fruits and vegetables.”

Although convenience stores occasionally sell fruit, Sutberry said it is much more expensive, as are other groceries.

“If you look at the milks and things that we have compared, the convenience stores are generally 25 to 50 per cent more than

grocery stores,” said Sutberry.

In addition to already low prices, this store also accepts emergency food vouchers from social services and milk vouchers from the Regina Qu’Appelle Health Region. They also have a discount card for families on social assistance which gives an additional 15 per cent off milk. People can pay for their groceries through debit as well as cash.

Sutberry said REACH hopes to be able to provide a larger store in the future which may carry additional products such as wild rice, blueberries, game meats and bannock. The R Healthy Food Store replaced the R Mobile Store which was open once a week. *Christine Jakubowski is a University of Regina journalism school student.*

## Family centre offers new education program

By Maria Cootauco

It’s been a few years since 25-year-old Dwayne Machiskinic was last in school. In January, he went back. “It refreshes my memory,” Machiskinic said of being back in the classroom.

In September, the North Central Family Centre launched its GED program, a curriculum that helps its students achieve their GED diploma in roughly nine months.

Machiskinic signed up for the program under the urging of the centre’s founder and director Sandy Wankel. “She had enough courage to put words into my head that I needed my education and I needed something more than what I was doing before,” he said.

Today, Machiskinic says he’s staying out of trouble and is learning a few things along the way. Things he wouldn’t have been learning on the streets of North Central.

For one, it’s difficult to imagine anyone discussing the topic of world history with Machiskinic, his new favourite subject.

“It helps me think about our culture and history,” Machiskinic explained. “Like the aboriginal history and world history – how the Europeans first came about and how they traveled without actually using a plane or anything like that. They travelled the world by boat. How they coped with other races without violence. Nowadays, when you look at somebody, they look at you differently.

“It’s more or less like guidelines. If you’re not thinking right, you’ll end up in a position you’re not supposed to be.”

And when he goes home at night, the education doesn’t stop. His younger brother has proven to be an interested audience to Machiskinic’s newfound knowledge.

Yesterday, I did three units in math and

he asked me, ‘How’d you do that?’ I explained it and he goes, ‘I should go to school,’” Machiskinic said. “It’s probably giving him more inspiration.”

After a short pause to think about his new role as a student, Machiskinic laughed.

“I feel like there’s much more I can do after school,” he said. “I feel like I’m on cloud nine. Like I’m capable of anything. Being in school makes me feel greater than being with anyone else right now. It helps me focus on one subject. It helps me be more patient with myself and others. I’m very glad I enrolled.”

Enrollment in the GED program at the North Central Family Centre is free of charge. If you are interested in learning more, call Bev Kulach at 1-866-254-6032. *Maria Cootauco is a University of Regina journalism school student.*

## FOR RENT 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.

Rental-related questions can also be answered over the phone at 787-2699. Visit our website at: <http://www.justice.gov.sk.ca/officeofresidentialtenancies>.

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. Can my landlord increase my rent?

Yes. Right now, there is no cap on how much a landlord may increase your rent. However, if you rent month to month, the landlord MUST provide you with a written notice at least 3 full calendar months before the increase is to take effect.

### 2. How many times can a landlord increase my rent in a year?

There are no caps on the number of times a landlord can raise rent in a year. It is also important to note that repairs or renovations are not justified reasons for a rent increase. A landlord cannot try to evict you or raise rent in retaliation for justified complaints.

### 3. What should I do if there are things that have to be fixed in the place I am renting and the landlord isn’t fixing them?

You should talk to your landlord about the repairs or renovations that need to be done. You should also make a request to your landlord in writing and keep a copy for yourself. If the landlord is not responding reasonably to your requests, you can apply to the ORT for a hearing and we can listen to the complaints and order any necessary repairs or renovations. In serious situations where health and safety are at risk, you should also try to contact Public Health Inspectors 766-7755 or the Building Maintenance Bylaw inspectors with the City of Regina 777-7000.



# More police for North Central



The front desk of the police service centre inside the Albert Scott Community centre at 1264 Athol Street. Photo by Shanda Perkins

By Christine Jakubowski

A new policing district created at the beginning of this year is aiming to better serve Regina's inner city neighbourhoods—including North Central.

Previously, the city was divided into two policing

districts—the North and the South.

However, according to Sgt. Sheree Ortman of the Regina Police Service's new Central District, these two districts split up areas where more policing resources are needed—the North Central, Downtown and Core Ritchie areas.

With the creation of this new district, these three neighbourhoods will now fall under one jurisdiction, meaning more attention can be given to the needs of people in these areas.

“(Officers are) concentrated more into this area rather than being spread out into a different district,” Ortman said. “They basically split the pie into three pieces rather than two.”

Through the Central District there are more resources not only because the district is smaller, but also because there are more officers assigned to the area.

In total, 20 officers now work out of the community police service centre (located in the Albert Scott Community

Centre at 1264 Athol Street) including four shifts of patrol members.

There are seven main issues the Central District is focussed on: prostitution, arson, domestic violence, drug and alcohol offences, robberies, break and enters, and substandard housing. Each officer is assigned to concentrate on one of these issues.

“Other patrol officers will not have that kind of thing assigned to them—these officers do,” Ortman said. “They become kind of specialists in that area.”

By becoming more focussed, the Regina Police Service may be able to discover the roots of issues, which hopefully will result in solutions.


“I think you get more in tune with what's happening with the community, especially if it's a smaller area, and I think you learn in a more effective way what's causing the problems when you're assigned to a more concentrated area,” Ortman said. “We try to see what we can do to alleviate, or at least reduce some of the problems.” Christine Jakubowski is a University of Regina journalism school student.



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**Greetings everyone!**

Spring has almost sprung, let's bring it in with a bang by cleaning up winter's waste.

**Wade Murray**  
City councillor  
Ward 6

Home: 522-8686  
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email: wmurray@regina.ca


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Dear Neighbours,

As the NDP MLA for Regina Elphinstone-Centre, I am grateful to have the opportunity to work for you and with you. If I can help you with a provincial government matter, please contact my office. Take care!

  
Warren McCall, NDP MLA

Regina Elphinstone-Centre • 2900 5th Avenue •  
Ph 352-2002 • Fax 352-2065 • warren.mccall@sasktel.net

**Hire A Neighbour!**


Spring is here and there's cleaning to be done. If you need some help with your yard work, put one of these signs (available at the NCCA office) in your window to let Hire-A-Neighbour workers know.



**Want to be a  
Hire-A-Neighbour  
worker?**

The NCCA is always receiving calls from people who need work done around their home. If you could use some extra money and are interested in working these odd jobs, please call our office at 791-9888. Then just


1. Look for this sign
2. Knock on the door
3. Ask what work needs to be done
4. Agree on a price
5. Do a great job!







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# The North Central Family Centre

- News and Updates -  
By Sandy Wankel, Executive Director

The North Central Family Centre is a registered non-profit organization serving Regina's inner city children, youth and families. Located at 2931-5th Ave, NCFC offers a wide range of structured programs and activities, and an opportunity to participate in educational, sports, recreational, social and cultural activities. NCFC believes strongly in community, delivers programs designed to improve the quality of life for inner-city residents, and is committed to the revitalization of Regina's North Central community.

## Dirty Dozen Marathon Team

One and a half years ago a dream was born at NCFC. Fifteen youth attended a meeting and were told if they trained for six months, they would be able to run the International Marathon in Las Vegas, Nevada. Though a daunting task, it was seen as an opportunity to encourage the 15 youth to believe in themselves and reach their full potential.

After five months of vigorous training, these fifteen youth not only registered for the Las Vegas Marathon but successfully completed all 26 miles in the desert heat. A year and a half later we are pleased to report that while some of the kids have returned to school and others have secured full-time and part-time employment, most have remained with the team. What's more, they have become positive role models and were even featured in a recent Cooper Rock Productions documentary called "Running Against Crime."

The "Dirty Dozen" Marathon Team, which has grown to include 22 youth, is now embarking on a new season and is open to anyone interested in joining as long as they submit to drug testing and be both alcohol and tobacco free. Our 2008 schedule is as follows:

May 25	Ottawa Marathon
July 16	Calgary Marathon
August 24	Dirty Dozen Marathon at Sask. Beach
Sept. 14	Queen City Marathon, Regina
Dec.6	International Reggae Marathon, Jamaica

## Boxing

Our boxing program every Thursday night at the Regina Boxing Club has become an event our youth look forward to and find quite therapeutic. If you too are interested in boxing lessons please call us at 347-2552.

## Second Annual African Fundraising Event

Our second annual fundraising event for Sudan, Africa, was planned and hosted by our NCFC youth. Last year the event raised \$1,700.00, all of which was sent to the children victimized as a result of the atrocities occurring in Darfur, Sudan. This year our kids raised in excess of \$2,000.00, all of which was sent towards construction of a school in Sudan. Please give us a call if you would like to help or learn more about this cause.

## Taste of Spring

NCFC is once again the charity of choice for Taste of Spring. Though tickets sold long ago for this popular event, we are always looking for volunteers to help out.

## GED Classes

NCFC, in partnership with Piapot First Nations and the South East Regional College, is now offering GED classes at our Centre. Anyone interested in pursuing your GED, can contact our office.

For more information regarding programs or activities please phone us at 347-2552, or drop by 2931 5th Avenue for a cup of coffee and a chat.

Have a great Spring!

# Got a tough row to hoe?

Then please, let us do the work!

Following the success of last year's community garden, the North Central Community Association (NCCA) is looking for more garden plots to plant.

So if you have a space in your yard you're not using and would like to make beautiful, let us know. We'll plant it this spring, tend it this summer, harvest it in the fall, and share the fruits of our labour with the community all winter!

Also, if you don't have a garden but would still like to help out, the NCCA is looking for donations of garden tools.

For more information call the NCCA at 791-9888

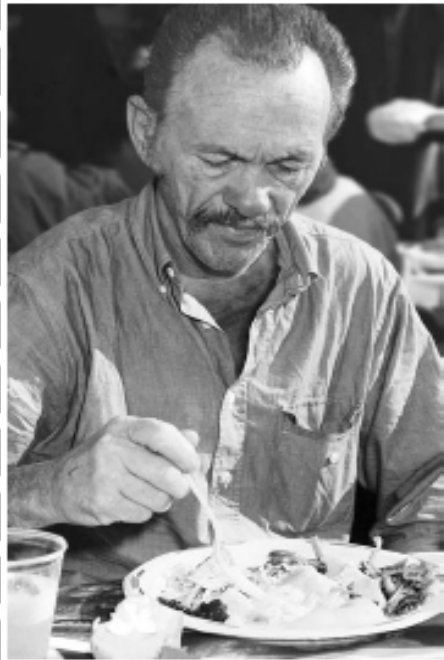


## Community Family Easter Dinner

Saturday March 22, 11:30 a.m.  
Good News Chapel (formerly Sacred Heart Church)  
1380 Elphinstone St.

Gifts for all and meals prepared by Souls Harbour RESCUE Mission  
in partnership with Melrose Place North.

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## Dine and Discover Information sessions



The North Central Community Association is presenting a number of information sessions. All begin at 6 p.m. at the Albert Scott Community Centre. Coffee, soup and bannock will be served at each session.

### Wednesday, March 19

Habitat for Humanity

Interested in owning your own home?

Are you currently employed with a total income below \$52,000 per year? You may be on your way to qualify for a Habitat for Humanity home! Join us to find out more.

### Thursday, March 25

Do you live in a house that has mice?

Mold? Structural problems? Do you know someone who does? Come discover what the Housing Enforcement team is all about and you can make sure your home meets health and safety standards.

### Thursday, March 27

Tenants and Landlords Rights and Responsibilities

Our research indicates many people in North Central don't know how to file a complaint against their landlord and have never heard of the Office of Residential Tenancies.

This session will go over what the Office of Residential Tenancies can do for you as well as the rights and responsibilities of both tenants and landlords.

Pre-registration appreciated - 791-9888



## Scott Collegiate

is currently looking for parents of students to join its School Community Council (SCC), a newly-created group committed to the growth and development of Scott's student community.

If you would like to join the team or learn more about the SCC, let our school community coordinator know.

Contact Del Majore at 751-2889

## Youth Employment Counselling



Regina Work Preparation Centre  
2022 Halifax Street

Open to anyone aged 16-29 not collecting social assistance or transitional employment allowance. A great opportunity for youth to learn about employment readiness and/or get connected to education or employment.

Call Tennille at 757-9096 to book an appointment.




# COMMUNITY CALENDAR

<p><b>Monday March 17</b> Family reading night 6 - 7:30 p.m. Sacred Heart School</p> <p><b>Saturday March 22</b> Community Family Easter Dinner 11:30 a.m. Good News Chapel (formerly Sacred Heart Church) 1380 Elphinstone St.</p> <p><b>Thursday, April 10</b> Scott Collegiate Dinner Theatre Fundraiser Doors Open 5:30 p.m. Show begins 6 p.m. Scott Collegiate Auditorium</p> <p><b>Thursday April 15</b> Family reading night 6 - 7:30 p.m. Sacred Heart School</p> <p><b>Saturday April 19</b> Comedy Benefit with Don Burnstick Rainbow Youth Centre Call 757-9747 for details</p> <p><b>Saturday April 19</b> Spring into Fun Bingo 2-5 p.m. Albert Scott Community Centre Multipurpose room</p>	<p><b>Thursday April 22</b> Family fun night 6 p.m. Sacred Heart School</p> <p><b>Tuesday May 6</b> Mass 1 p.m. Sacred Heart School gym</p> <p><b>Monday May 12</b> Family reading night 6 - 7:30 p.m. Sacred Heart School</p> <p><b>Friday May 30</b> Feast of the Sacred Heart of Jesus – Statue dedication Sacred Heart School</p> <p><b>Thursday June 5</b> Carnival 4:30 - 6:30 p.m. Albert School</p> <p><b>Friday June 20</b> Mosaic of Aboriginal Culture 1 - 5 p.m. Albert School</p> <p><b>Saturday June 21</b> National Aboriginal Day Various events throughout the community</p> <p><b>Wednesday June 25</b> Mass 10 p.m. Sacred Heart School gym</p>	<p><b>Every Wednesday</b> Soup &amp; Bannock Lunch 12:00 p.m. Indian Métis Christian Fellowship</p> <p><b>Kitchener School</b> - Student activities -</p> <p><b>Tuesdays</b> Boys &amp; girls club 3:30 - 5 p.m.</p> <p><b>Thursdays</b> Singing, drumming and dancing 3:30 - 4:30 p.m.</p> <p>RAMP Rats weekend program Fridays 3:30 - 9 p.m. Saturdays 2 - 9 p.m.</p> <p><b>Recovery group</b> Every Thursday 1:00 p.m. Albert Scott Community Centre</p> <p><b>Last Monday of every month</b> NCCA Board Meeting 7:00 p.m. Albert Scott Community Centre</p> <p><b>Regina Work Preparation Centre</b> SMART Recovery© Self Management and Recovery Training Program Every Tuesday 1:30-2:30 p.m. 2022 Halifax Street Call Work Prep at 757-9096</p>	<p><b>Albert Scott Community Centre</b> 1264 Athol <b>Sundays</b> Drop in floor hockey 12 - 3 p.m. Ages 10-17</p> <p><b>Monday - Friday</b> Afterschool program 3:15- 5:30 p.m. Ages 6- 12</p> <p><b>Mondays, Fridays &amp; Saturdays</b> Teen drop in 6:30- 9:30 p.m. Ages 12 - 18</p> <p><b>Wednesdays</b> Games night/open gym 6 - 8:30 p.m. All ages</p> <p><b>Tuesdays</b> Girls' night 6- 8 p.m. Ages 10 - 15</p> <p><b>Care &amp; Share</b> Care &amp; Share is back and ready to serve up some nutritious meals. Lunch starts at 11:45 a.m. every Tuesday in the multipurpose room at the Albert Scott Community Centre.</p> <p><b>Walking Club</b> The club meets every Monday Wednesday and Friday at 8 a.m. in the multipurpose room at the Albert Scott Community Centre,</p>
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Does your organization have an important event, announcement, or new program it would like listed in the Community Connection's Community Calendar section? It's free! Just call 791-9888 and let us know.



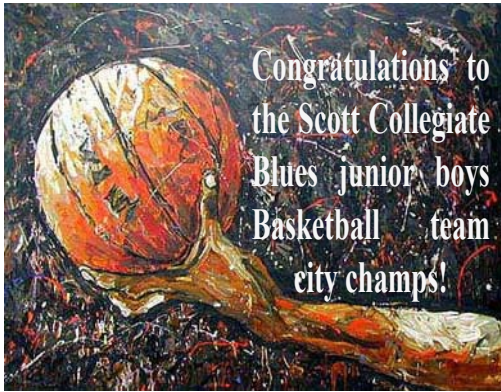
is once again offering a free volunteer tax service!

If you are unable to complete your income tax return by yourself and are unable to pay for assistance, the Community Volunteer Tax Program is for you.

Service begins March 10, 2008 and ends May 1, 2008. Hours of operation are 10 a.m to 3 p.m. by appointment only. Call 791-9888.

Volunteers will not complete returns for deceased persons, bankrupt individuals, or those who have capital gains/losses, employment expenses, or business or rental income expenses.

The NCCA is located at 1264 Athol St.



Congratulations to the Scott Collegiate Blues junior boys Basketball team city champs!

**Connecting Social and Economic Development:  
Enterprising Options for North Central and Regina**

Join us as we explore community economic development options from across the prairies - Presentation by Brendan Reimer -

March 26, 2008  
7 p.m.  
Pasqua Neighbourhood Recreation Centre  
263 Lewvan Drive

Successful Community Renewal Now  
For more information contact  
April Bourgeois at Coop Ventures  
359-1962

**Circle Project**  
Satellite Programs  
- free and open to all -  
Held at Circle of Life  
1459 Retallack Street

Tuesdays  
9 a.m. –12 p.m.  
Addictions/Lifestyle counselling

Thursdays  
9 a.m. –12 p.m.  
Anger Management counselling

All services are first come, first served. To reserve a spot call **347-7515**.

**Free income tax service**  
For individuals with incomes of \$25,000 or less

Every Wednesday and Thursday from March 5 to April 30

Welfare Rights Centre  
1042 Albert Street

Call 757-3521 for more information

**Four Directions Community Health Centre**  
3510 5th Ave.  
766-7540

**Drop-in counselling**  
9:30 - 4:00  
Monday and Friday

**Drop-in addictions counselling**  
9:30 - 4:00  
Wednesday

**New Dream Team drop-in**  
4:00 p.m. to 6:00 p.m.  
Wednesday  
Pop by for coffee, some company, an activity or a chat about volunteering.

**Living in Balance**  
Friday  
1:00 p.m. – 3:00 p.m.  
Information, food and fun activities for a healthy life.  
Everyone Welcome

**Baby Crawl!**  
March 20, 2008  
2:00 p.m. to 4:00 p.m.  
Crawlers' immunizations must be up to date.  
Call **766-7540** to register.  
To update immunizations, drop in between 1:00 p.m. and 4:00 p.m. Tuesday to Thursday

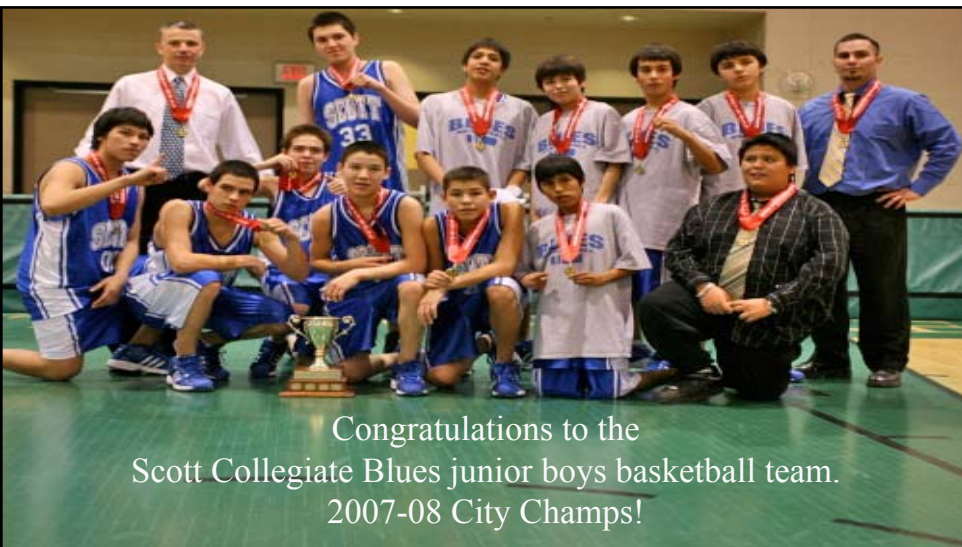


 Partnering to enrich your community



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1-800-667-7477 • [www.conexus.ca](http://www.conexus.ca)



Congratulations to the  
Scott Collegiate Blues junior boys basketball team.  
2007-08 City Champs!

## SÂKÊWÊWAK ARTISTS' COLLECTIVE



MARCH 13-16, 2008

# STORYTELLERS FESTIVAL 2008

## THREADS OF CHANGE

ALL EVENTS WILL BE HELD AT  
SCOTT COLLEGIATE,  
3350 - 7TH AVENUE,  
UNLESS OTHERWISE INDICATED.

FOR MORE INFORMATION, CONTACT  
SÂKÊWÊWAK ARTISTS' COLLECTIVE AT  
780-9485 OR VISIT  
[WWW.SAKEWEWAK.ORG](http://WWW.SAKEWEWAK.ORG).



Scott Collegiate  
A Community High School  
3350 7th Avenue  
Regina, SK, S4T 0P6  
Phone (306) 791-8243  
Fax (306) 791-8644



Hello All,

The students of Scott Collegiate invite you to become part of their Dinner Theatre Fundraiser on April 10, 2008. The evening will include a live performance and a three course meal, both prepared and delivered by Scott students. You will also have a chance to take a piece of the evening home during a silent auction featuring traditional First Nations artwork.

The Dinner Theatre Project is an innovative approach where grade 10 students earn credits through integrated learning. This type of learning allows students to use their creative minds and hands to develop practical skills that may one day lead to a career. This is a critical step in keeping many of our at risk students engaged in a positive experience. Funds raised by the evening will support future project-based learning opportunities for students.

You can support Scott students and their Dinner Theatre Fundraiser by becoming an event sponsor, by purchasing tickets, a corporate table or by donating items for the silent auction or door prizes. A sponsorship form is attached for your convenience. Please call Kelley Christopherson at 791-8243 or email Jennie Davies at [jennie.davies@rbe.sk.ca](mailto:jennie.davies@rbe.sk.ca) for further information.

Sincerely,

Scott Collegiate Dinner Theatre Project



Ministry of  
Education

