



Photo by Shirley Xie

Houses are boarded up in the North Central area, while some local residents find it is hard to have a rental place with a reasonable price.

Less for More

BY PAM RICE

Brenda Evans and her family of five are moving into a two-bedroom apartment because they can't afford anything else. After getting a written notice telling her that she has to get out of her apartment in 27 days, they have to find a new place to live.

The rising cost of rent is forcing the Evans family to increase their monthly payment from \$735 for a three-bedroom to \$850 for a two-bedroom. "My daughter is going to have

to sleep in our room," said Evans. Now with her rent getting even higher, Evans feels they are no longer an average Regina family. "We're in the poor house," she said.

Local community organizations are observing these problems every day. Morris Eagles of Welfare Rights says that the housing situation has gone from bad to critical.

Faith Myers of the Regina Housing Authority agreed that there is a housing crunch right now. With more than 160 people

on the waiting list for low-income housing units, Myers says they don't have enough housing for everyone on the list.

"Housing quality has never been as bad as it is now," said Eagles. He emphasized one of the major concerns developing through the housing shortage.

He says that people are so desperate for a place to live so that they won't report unsafe living conditions. "Tenants are afraid that they will get kicked out and have nowhere to

go," Eagles said.

In response to Eagles' statement, Dwayne Flaman, City of Regina By-law Enforcement Branch, said, "(I) haven't heard that one."

As far as Eagles is concerned, it's clear what needs to happen with housing at both the government and the municipal level. Eagles recommended implementing rent control and requiring landlords and properties to be licensed.

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Inside

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Jan Morier will give you updates on our community garden.

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Linguistics translator Bill Cook will teach you Cree in a fun way.

FROM THE EDITOR



Hi everyone,
My name is Shirley and I'm the new editor for our newspaper *Community Connection*. We have some updates on the newspaper. We increased the pages of the paper from eight to twelve, including four coloured pages. The circulation boosted to 6,000 from 4,500.

Within this issue, concerns regarding housing shortage and rental problems are discussed. Pam Rice's front-page story and useful information from the Office of Residential Tenancies (ORT) on page 9 will give you some directions about rental issues.

The unique North Central Photojournalism Project involving students from Scott Collegiate had its first exhibition at the T.C. Douglas building foyer on May 29. After four months of basic photography training given by previous editor Mark Taylor, the students created a visual record of our North Central neighbourhood they call home. The newspaper includes some of the students' excellent art work on coloured page 6 and page 7.

With a lot of positive feedback, the *Community Connection* continues Bill Cook's Cree crossword. In addition, he created a simple game to demonstrate how you can teach a language in an interesting way.

On top of all this, the Summer issue of *Community Connection* also keeps our community projects updated to our neighbours. With the summer approaching, our community garden is getting active. You can find Jan Morier's story about the project which has been chosen as Canada's Best Community Garden. Further, another eight youth have graduated through our T² program (former Youth Employment Program). What do they think about their achievement?

Lastly, the NCCA is committed to making this newspaper meet your needs. we need to hear from you. So please, let us know what you think we should be printing in these pages. Contact me at the NCCA. Enjoy the weather,

Shirley Xie

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

Change the World One Garden at a Time



NCCA President Brenda Mercer's daughter Sarah is watering the garden.

Photo by Jan Morier

By JAN MORIER

"*Recreating Eden* is a multi-award winning international lifestyle/documentary series produced by Merit Motion Pictures. Through vivid images of nature and beautiful narration, we are invited to witness how a single plant can elicit memories of the past, is able to heal emotional pain, excite our creative imagination, and most importantly provide us with an example of how the pure beauty of nature can transcend the troubles of our modern world."

So tell me: how can our community, once dubbed "Canada's Worst Neighbourhood" transcend this stereotype? By replacing old handles with new ones. How about: "North Central - home to one of Canada's Best Community Gardens"? Friends and neighbours who volunteered in last year's garden on the 13-block Rae Street will humbly accept that honour! Oh, forget humble - let's stand on a rooftop and shout it out! The Recreating Eden Community Garden Initiative will have a plaque installed and funds awarded to purchase gardening tools.

Last spring, folks from Grow Regina and North Central Community Association planted one garden. We took a weed- and-rubble-infested lot and transformed it into an oasis for healthy food. You can watch last summer's labour and love in a short video on You Tube (www.youtube.com - search for North Central Regina).

If you think that a community gar-

den in North Central is a wasted effort - we're happy to prove the nay-sayers wrong! People cared for, respected and enjoyed the bounty. Radishes, peas, potatoes, beans, cucumbers, squash, swiss chard, beets and those gorgeous tomatoes fed many families and apartment-dwellers last summer. Friendships were planted, along with the tiny seeds. We all benefitted from the first annual North Central Community Garden.

So, this year we've added three more shiny new plots to our turf. On May 31st, an amazing group of volunteers swarmed the 13-block of Rae, Retalack, Robinson and Garnet to play in the rich topsoil donated by the City of Regina.

Lunch sizzling on the barbecue hosted by the Salvation Army brought neighbours out to Albert Community School. The children displayed their bounding energy - courtesy of Dino Bouncer. All were thrilled to see a beautiful, productive garden plot where a vacant lot had been the day before. Curiosity and interest will invite neighbours to see how the garden is doing, to pull a weed here and there, to sit on the bench and watch the flowers grow. Never underestimate the therapeutic value of a garden.

Our gardens will also provide healthy food security for the residents of these blocks and others. The harvest will be shared by those who need it; any surplus will be sent to Regina's Food Bank.

• Please turn to page 3

FROM THE PRESIDENT

The Trip to Minneapolis

Fielding Nair International who will be the contractor for our shared facility invited the partners of the project to visit some shared facilities in Minneapolis.

One of the most remarkable moments during my Minneapolis trip was our visit to the High School for Recording Arts and it's as called as "Hip-hop school" by the locals. The students from the school have access to studios, so that they can produce their own CDs and work as a musician/producer. Two students showed us around the school. Every Friday the students are allowed one-hour break-out time. With the lights turned down, approximately twelve groups of students or individuals performed for us on the stage in a club atmosphere. It was absolutely awesome and it was really inspiring!

Right now parents, educators and communities are always talking about how to keep enrollment consistently high, so that graduating classes in North Central can continue growing. Having the access to the facility at the hip-hop high school gives a strong incentive to the youth to go to school. If a student gets the school work finished, then he/she is rewarded the time to go to the studio to produce and record CDs. Many of the students are from low-income families. Some youth have to travel one hour and twenty minutes to get to the school, which to me, shows a lot of commitment.



NCCA President Brenda Mercer

There are a lot of respect between students and teachers in most of the schools that we have visited in Minneapolis which is very similar to here. Teachers are called advisers at the school. Students can work on different paces based on their own individual ability.

People from the City of Regina, the Regina Qu'Appelle Health Region, the Regina Police Service, the Regina Public School Board, the Albert Library and the North Central Community Association went on the business trip.

The shared facility is a joint project and was initially discussed approximately two years ago. Due to a limitation of office space and a large scale of renovation required by some of the old buildings, the new facility will fulfill the functions in different areas. It will also allow a better service for students, clients and residents.

I think through this tour of different sites, it has shown us some new teaching styles, which will definitely bring new perspectives to our community and future leaders.*



Mercer is watching students' performances at the High School for Recording Arts.

Best in Canada



Photo by Jan Morier

An vacant lot in North Central was turned into a nice garden through the project.

• **Continue from page 2**

Ongoing supporters helping in the garden (some who live in North Central, some who don't) include a MP, MLA, two city councillors, ex-gang members, federal government employees, university professors and students, a City of Regina Police officer, parents and children from the neighbourhood and residents from the seniors' apartment on

Rae Street - who confessed they were too afraid to take an evening walk - until the garden!

During that magical day in this safe haven - people dropped their old labels and became gardeners, carpenters, artists, mentors, designers, chefs, VOLUNTEERS!

The Community Gardens in North Central - the opposite of neglect.*

Housing Shortage

• **Continue from page 1**

More urgently he pointed out the construction of affordable and subsidized housing is crucial to alleviate the pressure on high rental payment.

According to Bob Pringle, the newly-created Provincial Task Force on Affordable Housing has developed a comprehensive report on the provincial housing situation. Pringle and his team have visited Sas-

katchewan communities to figure out what to do about the problem. The Minister of Social Services will review the report and consider its recommendations when writing future policy changes and development.

"The (economic) boom has happened here so quickly that I don't think it's realistic for anybody to expect that the (housing) needs can be met that quickly," said Myers. She has been getting

more calls from people in urgent need of housing who says there aren't any houses available for them.

Nevertheless, the future policy changes and development will come too late for the Evans family. The five-member family will have to live in a two-bedroom apartment for at least six months before they can even apply for a three-bedroom, which will increase their already-high rent even more.*

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SGM CANADA

OPINION

Facing the Criticism



By Chelsea Jones

I wasn't scared of North Central until after Maclean's magazine called Regina "Canada's Worst Neighbourhood."

I was in Winnipeg when I read Jonathon Gatehouse's article about

mayor, and a group of concerned citizens spent roughly two hours trying to correct Maclean's during a press conference. Things are getting better, they promised, even though there's work to be done.

I couldn't believe how offended people living outside of North Central and the core had become. They seemed more concerned with protecting the city's reputation than healing its troubled neighbourhoods.

Mayor Pat Fiacco's insistence that Regina deserves more credit is a message that still seems to ring true for some. I know people who dismiss the article as false, claiming that there is not much poverty in Regina because they don't see it,

and that if you have enough money for drugs you should have enough money to live comfortably, and that taking money for sex simply isn't something young girls do in this city. They think Regina is too small for that sort of thing.

As some of my friends moved to the North Central, I spent even more time there. My fear eased. I began to meet people in North Central who didn't fit Gatehouse's descriptions of drug addicts and criminals. Instead, they're ambitious people who choose to settle in the neighbourhood for what it can offer, not because they have to. They cozy into their homes in North Central each night, and sleep unharmed.

Others undeniably fit Gatehouse's description for reasons often beyond their control, yet, I question whether or not these

people warrant the title of "Worst Neighbourhood" as Maclean's suggests.

As I began to understand the neighbourhood dynamics, I went back to my original assumption -- North Central is not something to be afraid of.

However, Maclean's had already categorized the neighbourhood as "the worst," and you can't get much lower than that. This stirred up the kind of fear that leads to denial. This fear, I realized, is actually the scary part.

I am convinced, however, that Jonathon Gatehouse was not lying about what he saw when he wrote that article. After all, the guy's a journalist -- writing things as accurately as possible is his job. His story is true and fair enough -- it just doesn't emphasize the

good bits.

His article made us blush. Some of us became defensive, others remained apathetic, and some sat back and sighed in relief (finally, somebody was paying attention). Luckily, organizations in North Central continued their work, and began getting more press.

Still, I struggle to think of other neighbourhoods in Regina that make a point to support North Central.

The reaction to Gatehouse's article was a much-needed commentary on our city -- even more so than the article

itself, which has become outdated.

North Central and the core are reclaiming their identities as safe, healthy neighbourhoods. How-

LYRICS BY STUDENTS

So Far, So Good

Chorus (x2)

It ain't that hard core
It's everything I hope for
This is my life
And good times will down pour *

So far, so good
Where I live
Understood
Washington Park
And this ain't no falsehood *

Verse - Shone Sparvier

In my hood
If yo broke turn to boostin'
Steal cars and cruising
and teen prostitution
Need a solution but nobody wanna think
Everybody wanna get high
Everybody wanna drink
Okay, well tell me
how is that gonna change things
Nothing

Verse - Tanner Kay

People look at me and only see what they wanna see
They look at this place for what it is not what it's gonna be
Canada's worst neighbourhood that's what they callin' it
If we all unite as one, we can reverse all of it
Drugs and alcohol is definitely a part of it
But the bad attitudes in people
They be stallin' it
Too much mistakes
Opportunities untaken
So they say forget the good and take the bad and replace it
You look at these people you be thinking it's so bad
But you realize these kids never chose their dad, never chose their mam-ma, never chose their habitat

You wanna hear what I think about my hood...how was that? *

Chorus (x2)

Verse - Josh Steves

Anything goes
Opportunityz open and close
You go down you get up
Like your mon-

ey that flowz
I stand out
Look for a good route
Jump the gun
Succeed with a lot of help
We live and learn
With slow burnz and down turnz
Something goes wrong and I'm always concerned
Nine to five I'm shining
Like the city lights on my path of doin' right...
Yeah, it's the city life
When the night falls in a neighbourhood
So small
You don't know it all
Crazy comes off the wallz
Everyday things, late night change
Clip my wings for the
good life rain
I'm on a ledge just hangin' on memoryz long

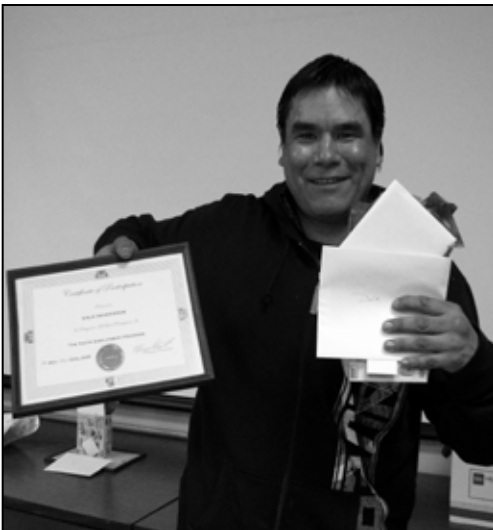


Chorus (x2)

Congratulations to Our New YEP Graduates



Angela Crowe



Dale Henderson



Dallas Moosewaypayo



Ryan Donauer



Tanya Aspace



Marcus Wesaquate



Lyndon Lonechild



Mathew Brown

If you are interested in the Transactions for Trade (T²), the successor of the Youth Employment Program,
Please contact Lori Lovas or Wanda Claire at (306) 791-9530

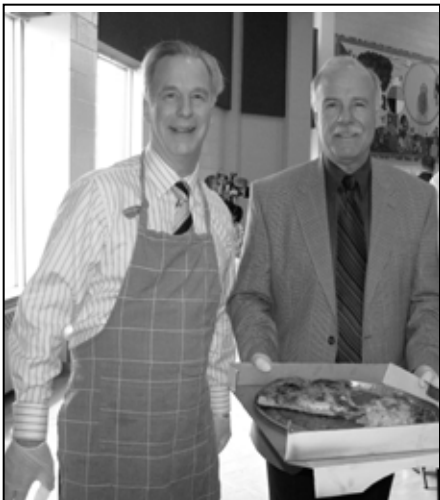
Ministers are Serving



Minister of Social Service Donna Harpauer is giving a certificate to Susan McArthur, Chili for Children Program Manager



Minister June Draude and Minister Bill Hutchinson are serving food with their colleagues at the Chili for Children Program.





**Do you own a pet?
Are you thinking of getting a pet?
Are you interested in helping pets in your area?
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Join the Regina Humane Society for a summer of learning & loads of fun! For youth ages 5-12, the program includes:

- Activities & games based on Animal Welfare & Pet Healthcare
- Demonstrations to help you care for your pet
- Storytelling, crafts, & many more activities

PLUS

- Prizes & giveaways for you & your pet!

For more information contact Betty Lou at 543-6363 (ext. 224)
or e-mail rhs.education@sasktel.net



Regina Humane Society

Stop in at one of our four locations:

July 14 - August 14

Albert Scott Community Centre
1264 Athol St. (Tuesdays 10 - 11am)

Kitchener School
840 Athol St. (Tuesdays 2 - 3 pm)

Core Ritchie Neighbourhood Centre
445 14th Ave. (Thursdays 10 - 11am)

Coronation Park School
3105 - 4th Ave. N (Thursdays 2 - 3pm)

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



HEALTH
SENIOR / ELDERS

Our health department offers:

- Free Diabetes Checks
- Free Blood Pressure monitoring
- Foot care by a trained professional at a minimum cost

Residents of North Central pay

- \$ 5. for an office visit
- \$10. for a home visit

North Central Meals - \$4.00

Tuesday at 12 noon & Thursdays at 12 noon are open to seniors 50+ with monitoring available by the nurse.

OUR WORLD, OUR STYLE

NORTH CENTRAL PHOTO EXHIBITION

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Photo by Aimee Anaskan from Scott Collegiate



Photo by Aimee Anaskan



Photo by Aimee Anaskan



Photo by Jeri Lee Wright from Scott Collegiate

More Place to Play!



Photo by Mark Taylor

Ashley Comstock gets the sweet spot on the ball as he hits pop flies to participants of the Regina Rescue Mission on a Scott Collegiate ball diamond.

.....

BY MARK TAYLOR

Ballplayers from North Central and surrounding areas may soon have a field of dreams to play on. Perry Boyko, a local community leader and youth worker at Regina Treaty/Status Indian Services (RTSIS), is currently putting together what is known as the Baseball Tomorrow Fund (BTF).

A joint initiative between Major League Baseball and the Major League Baseball Players Association, the mission of the BTF is to promote and enhance the growth of youth participation in

baseball and softball by funding programs, fields, coaches' training and the purchase of uniforms and equipment. Grants are designed to allow applicants to address needs unique to their communities. Funds are intended to finance a new program, expand or improve an existing program, undertake a new collaborative effort, or obtain facilities or equipment.

If his application is successful, Boyko said the funds would be used to upgrade the diamond behind The Gathering Place (located at 4001 Third Avenue North) with a grass

infield and outfield, dugouts, lights, and an outfield fence. "It would be a really good ball diamond," Boyko said.

Boyko is also hoping to secure enough funding to cover the cost of uniforms, gloves, bats and balls—basically everything required for a new baseball or softball league.

"The cost of putting a kid in a league is outrageous, especially for low-income families," Boyko says. "This is to benefit the community and bring some enjoyment to kids who can't afford to play

baseball or softball."

Boyko said a new baseball diamond would also help revitalize North Central and the communities surrounding it. "There are blocks with five boarded-up houses on them and garbage everywhere. The city keeps talking about revitalizing. Well, we've got this field, why don't we develop it?"

Boyko is hopeful his application will be successful because a BTF grant has already been awarded to another community in Saskatchewan, the Duck Lake Minor Ball Club, in 2003. The Duck

Lake Minor Ball Club serves the rural municipality of Duck Lake and the Beardy's & Okemasis First Nation reserve. Thanks to the grant, funding was provided to purchase equipment and uniforms for the approximately 100-150 children who participate in the program each year.

Boyko still has some work to do to complete his grant but if successful, he said the new field will be up and running within a year or two.

For more information on the Baseball Tomorrow Fund, visit www.mlb.com.*

ANIMAL WELL FAIR



Where?
Albert Scott
Community Centre Park
1264 Athol Street

When?
Saturday, August 23
1:00 - 4:00 pm

What?
FREE Food, Prizes,
Giveaways & Fun!



Regina Humane Society



Hello everyone,

Please do not hesitate to call me if you have any concerns regarding any city program or issue.

Wade Murray
City Councillor
Ward 6

Home: 522-8683
Cell: 596-1035
email: wmurray@regina.ca

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LETTERS TO THE EDITOR

Garbage in Alleys

I am sick and tired of cleaning up the mess in our back alleys. Why do people think that they can stack the over flow beside the dumpster. Don't people know that it is usually their neighbours that have to pick up all garbage that is left over in the alley? Do people not have pride in their neighbourhood or respect for their community? I think it is time for the City of Regina to begin to issue fines to stop this from happening. People will think different if it comes out of their own pocket.

North Central Resident John Simpson

* You opinions and thoughts about our community will be a great asset to our newspaper *Community Connection*. If you want to raise public awareness over any issues that you feel important, please send us an e-mail to marketing@northcentralregina.ca or drop a mail to the editor at 1264 Athol Street, the NCCA office.*

Needle Injury Prevention in the Summer

Why should you worry about used needles?

--Each year the Regina Qu'Appelle Health Region receives reports about children or adults finding used needles on playgrounds or other places in the community. In some cases, a child or adult has been injured by the needle.

--The needles have fallen out of garbage during disposal or have been discarded after use.

Are used needles dangerous?

--Yes. When a needle has been used, there is often blood left inside. The blood can contain bacteria and viruses. Some of these can cause dangerous diseases like AIDS and Hepatitis. If a child or adult is poked by the needle, he or she can become infected with the disease.

What should you tell children to do about used needles?

--Please tell children NEVER to touch or pick up a used needle. They should tell an adult.

What should you do if you poke yourself with a needle?

--Wash the area with soap and warm water. See a doctor immediately at the closest hospital emergency department.

How can an adult safely get rid of a used needle?

- Get an empty non breakable hard-sided container that needles can't poke through. The container must have a lid. You can use an empty pop bottle or a small coffee tin.
- Put the container on a flat surface.
- Pick the syringe up by the barrel end using pliers or tongs and keep the pointed needle end away from you.
- DO NOT try to put the cap back on the needle. Many injuries happen this way.
- Put the needle in the container. Put the lid on tightly and tape the lid on. Wash your hands.



- Place the container in a safe place where it won't be opened by children.
- Take the container to the nearest needle disposal drop box or
- Call The Street Project at 766-7799 to arrange for someone to pick it up within a few days.

What if you use needles at home for medical purposes?

- Purchase a yellow "sharps" container from a drug store. A variety of sizes are available. Do not fill it past the "fill line". Filling the container past the fill line increases the risk of a used needle poking through the container. When the container reaches the "fill line", it can be taken to any drug store with a waste disposal program.
- By practicing safe needle disposal, you will be helping to provide a safe play environment for all children.

Needle Drop Boxes

--Individuals can dispose of

single needles or needles in small containers in the needle drop boxes. Large containers will not fit into the drop boxes. If an individual requires assistance with disposing of large quantities of needles please call The Street Project at 766-7799

Needle Drop Box Locations in Regina

1. **North Central:** Alley between 1100 Block Cameron and Garnet Street (off of 5th Avenue).
2. **Downtown Core:** Alley by Core Community Park - 1800 Block Montreal Street.
3. **Downtown:** Alley behind 1965 Albert Street (East side)

Please note that large containers will not fit into the needle drop boxes.

For more information, call the Health Line at 1-877-800-0002.



The Office of Residential Tenancies (ORT) provides information on rights and responsibilities of residential landlords and tenants. Our office is located at 120 - 2151 Scarth Street and offers the services of an information counsellor. The ORT seeks to provide ways for tenants and landlords to resolve rental disputes. To do so we sit down, listen to both sides of the story and make decisions that both parties should follow. Our Regina office issues over 5,000 orders each year for residential tenancy disputes. Following are some FAQs (frequently asked questions):

- 1. Can a landlord refuse to rent to you?**
A landlord cannot refuse to rent to you because of your family status (single, married, with kids, etc), race, creed, age, that you are on social assistance, etc. The only exception is seniors complexes that have been designated legally for people 55 years and older.
- 2. Is it legal for landlords to enter and show your suite after you decided to end your tenancy?**
When you inform your landlord that you are going to end tenancy, a form is available for you to fill out to give notice to the landlord that you are no longer renting the suite. If you'd like to be there when the landlord

- is showing the suite, you can leave your phone number or e-mail address. If he/she gets hold of you, you have two hours to get there. If they are not able to get hold of you, they can go in.
- 3. Do the landlords have the rights to enter your space any time?**
You are entitled to your privacy. Landlords cannot just come into your space whenever they want to unless it is an emergency or you have given notice to end the tenancy. Otherwise, they must need consent from you or have given you a 24-hour written notice. In the written notice, they must inform you when they will be entering your place. They don't have to tell you the exact time that they will be there but they should leave a window of no more than four hours (for instance, they can tell you they will be at your place between 12 pm to 4 pm) Landlords also need to explain why they will be coming in. The notice must be given within seven days of their coming-in (they cannot leave a note saying they will be coming in to check the smoke detectors in 3 weeks). They must enter your space between the hours of 8 am and 8 pm.

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

1 800-O-Canada servicecanada.gc.ca

Service Canada brings together information on Government of Canada services and benefits under one roof.

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Service Canada

Learn through Playing

By **BILL COOK**

Tānsi. Since becoming a language teacher I found that using games that are familiar and fun is a great way to incorporate a language. Games make the learning experience interesting because nobody wants to sit through a boring lesson.

It is important to get the learner to become interested in what you are talking about. Be creative and enthusiastic about the topic. Have fun with it. Get the learner to interact with others through team-work or individual competitive based games. Always have some sort of reward system in place. Always start slow with easy words, like singulars before moving to plurals. Start with words that are commonly used and make it practical. Don't use words they will never use on a daily basis.

There are a number of 'Cree' activities that I have created. These activities can be used for all languages. In this issue, I will introduce you to an activity that I have found to be very popular with students. It is my 'Cree Pictionary' activity game, it goes as follows:

'Cree Pictionary'

Supplies: chalk board, flip-chart or paper, chalk or markers, two paper bags, flash cards, pencils and prizes for the winner.

Preparation:

-pick the words you want to learn.

-then write all the words on the flash cards.
-then fold them up and put the words into one paper bag, from where they will be selected.
-write the names on paper, then divide the names, fold and put into a separate paper bag.

Set-up:

-announce the 'rules' you have set out for your game, e.g. no yelling out answers, raise your hand ...etc. It's your rules. Proper pronunciation is a MUST in this game. Do not give points if the words are not said right. (Important: if they pronounce the words wrong then they will continue to say it wrong. Consult someone that is fluent).
-pick names out of the paper bag to make teams or play individually.
-write the teams on board or paper, so you can keep score.

The Game:

-A player from each team has to go up to the drawing board.
-they pick a word from the paper bag.
-then draw it. If they can't draw they can also act it out.
-their team guesses the word from the drawing.
-which ever team pronounces the word correctly gets the point.
-take turns.
-and finally and most importantly, be creative and have fun!

*If you have any questions or for more game ideas, please contact me at: rockcree@hotmail.com

Do you want to learn Cree?

by Bill Cook

rockcree@hotmail.com

Welcome once again, to the Cree section. In this issue we are going to try a Cree matching game, what you have to do is: match the Cree word on the left written in SRO, [with pronunciation] to the picture on the right side using a line. And also, I added a new Cree crossword with animal names as the theme. Go ahead, give it try!

Cree Matching (animals)

1. wāpos [wop-puhs]

2. atim [ut-tim]

3. maskwa [musk-kwa]

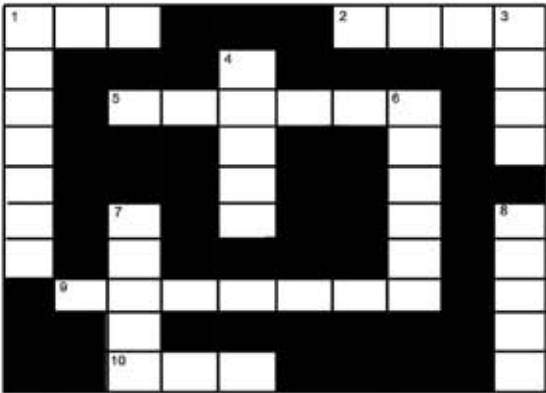
4. kōhkōs [kooh-koos]

5. mōswa [moose-wa]



CREE CROSSWORD (th dialect)

* answers in English Translation



Across

- 1- mostos [muhs-tuhs] (farm animal)
2- mähikan [maah-yi-gun] (What time is it Mr. ____?)
5- amisk [um-misk] (sounds like: 'lever')
9- wacask [what-chusk] (a kind of rat)
10- wihwāskisiw [wee-wah-skee-suh] (has antlers)

Down

- 1- pākāhkwan [paa-kaah-kwaan] (sounds like: 'kitchen')
3- kinosiḡ [kin-nuh-seew] (lives under water)
4- pisiw [piss-suh] (a noble bird)
6- wāpos [wop-puhs] (a jack ____)
7- āhpakosiḡ [aap-puck-kuh-sees] (Mickey ____)
8- mistatim [miss-tut-tim] (farm riding animal)

Solution #1



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.

A Recipe for You

Dianne Songer – volunteers her time as a cook at the Indian Métis Christian Fellowship Centre's soup and bannock program. Dianne's bannock is some of the most popular at Soup and Bannock Wednesdays. She was kind enough to give us her recipe and encourages you to whip up a batch yourself. it's easy:

Mix the following in one large bowl:
4 cups warm water
2 tablespoons sugar
1 teaspoon salt
2 tablespoons yeast
Let rise for 15-20 minutes at room temperature

Add 8-10 cups flour
- Mix and knead then place in a greased/buttered bowl
- Cover with tea towel and let rise for 30 minutes.
- Punch down
- Let rise again for 30 minutes
- Roll out into an inch thick sheet then cut up and deep fry until golden brown



Photo from www.for.gov.bc.ca/rsi/fnb/bannock2.jpg

If you have any good ideas for our entertainment section, please feel free to contact the editor Shirley Xie at 791-9888 or send an e-mail to: marketing@northcentralregina.ca

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COMMUNITY CALENDAR

Four Directions Community Health Centre

Drop-in Counselling
Monday and Friday
9:30 am - 4:00 pm
Drop-in Addictions Counselling
Wednesday
9:30 am - 4:00 pm
New Dream Team Drop-in
Wednesday
4:00 pm - 6:00 pm
Living in Balance
Friday
1:00 pm - 3:00 pm

Scott Collegiate

Tuesday June 3
Service Canada Centre for Youth Presentation & Booth
Start at 11:30 am
Thursday June 5
Awaisisuk Powwow at Mosaic Stadium
From 1:00 pm to 3:00 pm
MADD Mass Media Presentation
Start at 10:30 am
Friday June 20

National Aboriginal Day Celebration

Rider Games

Friday June 13 at 7:00
Thursday June 19 at 7:00
Saturday June 28 at 5:30
Friday July 4 at 7:00
Saturday July 12 at 4:00
Saturday July 19 at 5:00
Sunday July 27 at 5:00
Saturday August 2 at 6:00
Thursday August 7 at 8:00
Thursday Aug. 21 at 7:00
Sunday August 31 at 1:00
Sunday Sept. 7 at 3:00
Saturday Sept. 13 at 7:00
Saturday Sept. 20 at 7:30
Sunday Sept. 28 at 1:00
Friday October 3 at 8:00
Monday Oct. 13 at 2:30
Sunday Oct. 19 at 1:00
Saturday Oct. 25 at 4:30
Thursday Oct. 30 at 7:30

Hire a Neighbour

Do you have skills in carpentry, lawn care, and household maintenance?
The Hire a Neighbour Pro-

gram has all the wheels in motion for Summer 2008. This program helps the community residents and improves the economic level and employment for our valued residents. (If you are looking to make some extra money, and help a North Central neighbour). All you need to do is to give your neighbour an opportunity and yourself, to help each other. Registered workers and work orders are handled by the North Central Community Centre.
For more information call 791-9888 for Denita Stonechild to have your name registered and work order processed.

North Central Community Association

Annual General Meeting
Where: Albert Scott Recreation Centre 1264 Athol St
When: Monday June 16, 2008 at 7:00 pm

You are invited to attend the NCCA annual general meeting.

North Central Community Association is one of the most successful community organizations in the city of Regina. Our community association runs over 20 separate programs and employs over 300 of your neighbours directly and indirectly throughout North Central. From community garden initiatives to a compre-

hensive hire-a-neighbour strategy, your association is helping to push the envelope in rejuvenating your neighbourhood. Do you have a background in business, organizational behavior, project development, job coaching, mentorship or are you good at interacting with people? If so then we need you to be a part of a dynamic organization. Call 791-9888 for information on becoming a volunteer board member.



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

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 quarterly publication of the North Central Community Association (NCCA) . Design/Layout/Editor Shirley Xie	Community Centre and various North Central businesses.
Contributors to this issue: Pam Rice Jan Morier Chelsea Jones Brenda Mercer Mark Taylor Bill Cook Dianne Songer Regina Qu'appelle Health Region The Office of Residential Tenancies	Opinions expressed in The <i>North Central Community Connection</i> do not represent the NCCA.
The <i>North Central Community Connection</i> is distributed to over 4,000 households in the North Central area. Copies are also available at the North Central	We welcome all letters and submissions. The editor reserves the right to accept or reject and edit all submissions.
	North Central Community Connection 1264 Athol Street Regina SK S4T 7V3 Phone: 791-9888 E-Mail: marketing@northcentralregina.ca
	The NCCA is an elected group of volunteers whose goal is to improve the neighbourhood in North Central. The Board meets regularly in the Albert-Scott Community Centre.



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Photo courtesy of Saskatchewan Tourism



Dear Neighbours,

As the re-elected NDP MLA for Regina Elphinstone-Centre, I am grateful to have the opportunity to continue working for you and with you.

Sincerely,

Warren

Warren McCall, MLA
Regina Elphinstone-Centre
2900 5th Avenue · Ph 352-2002 · Fax 352-2065 · warren.mccall@sasktel.net



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Annual Community Meeting

You are **invited** to attend the North Central Community Association (NCCA) annual general meeting

Where: Albert Scott Recreation Centre
1264 Athol St.

When: Monday June 16, 2008 at 7:00 pm

Do you have a background in business, organizational behavior, project development, job coaching, mentorship or are you good at interacting with people? If so then we need you to be part of our dynamic organization. Call **791-9888** for information on becoming a volunteer board member.

Go GREEN!

Would you like to watch some Roughrider home games...

FOR FREE?

Would you like to earn \$40.00 per game?



Go-Green volunteers were celebrating Rider's victory last year.

The Riders have partnered with the North Central Community. The NCCA needs people who are reliable and mature (at least 12 years old) to clean up all of the recyclable drink containers after each home game. The people who do this get tickets to the game AND will get paid for their work. It usually takes about 4-5 hours to clean up. We will also be looking for some "fill in" team leaders. The work is not easy and we need people who are willing to come out and work hard for the entire time. Everyone works until the entire stadium is cleaned so the harder you work, the less time it takes!

Home games that are left:

- Fri. June 13 @ 7:00 p.m., Sat. June 28 @ 5:30 p.m., Sat. July 19 @ 5:00 p.m.,
- Sun. July 27 @ 5:00 p.m., Thurs. Aug 7 @ 8:00 p.m., Sun. Aug 31 @ 1:00 p.m.,
- Sat. Sept 20 @ 7:30 p.m., Fri. Oct 3 @ 8:00 p.m., Sun. Oct 19 @ 1:00 p.m.,
- Sat. Oct 25 @ 4:30 p.m.

If you are interested, let Pam know and we can schedule an orientation (needed before you can work).
North Central Community Association 791.9888