

Shared Facility Design Revealed



After months of deliberation, the Steering Committee of the North Central Shared Facility has selected a conceptual design for the Shared Facility. The new facility is planned to fill the entire block where Scott Collegiate now sits. The two-storey complex will house a variety of community-based organizations and service providers, including Scott Collegiate, the Albert Library, Four Directions Health Centre, the North Central Community Association, and many more. These partners will be integrated and work cooperatively, sharing much of the new space. Design features include an on-site community garden, hard-surface courts and a competition-sized soccer field, as well as a café and child care facilities.



Community consultations were held throughout 2008-09 leading up to the design selection. These included a "Learning Café" about the Shared Facility that was held May 28 2008, and a Design Festival, Community Gathering and Feast on October 4, 2008, as well as numerous stakeholder consultations. After reviewing community input and consulting with stakeholders and the architecture firm who created the design, Fielding Nair International, the Steering Committee made the selection.

The integrated facility will not only provide more room and bring groups physically closer together; it will also allow groups to collaborate in new ways. Approximately half the space in the new building will be shared space, not designated for a single organization or user group. "This is not just a building," states the design document, "It's an opportunity to redefine relationships in a culture of respect and co-operation, rebuild the "heart" of North Central, and positively impact the lives of residents."

Elder Isodore Pelletier of the First Nations University was involved in the stakeholder

consultations. "I think it's an excellent idea," he says, "I hope they go through with it. If students have the supports in this facility— like babysitting — they may be encouraged to stick with it. If it helps them finish high school, from there it is not far to go to move on to someplace like the First Nations University."

Julie McKenna, Deputy Library Director for the Regina Public Library and member of the Steering Committee, explains that the library in the shared facility will integrate the resources of the Regina Public Library and the Regina Public School Board, the first partnership of its kind in Regina. She anticipates that the new library space, expected to open in 2013, will provide many opportunities and will help the library better serve its users. "The shared space will promote everyday intergenerational activity," she says, adding that the library is striving to ensure that the new space will be welcoming to everyone in the community.

The design is also intended to support an innovative learning model which is being used successfully at Scott Collegiate.

article by Carla Jensen
graphics courtesy of Fielding Nair Int'l

INSIDE

- P2 Construction in North Central
Graffiti Removal**
- P3 Go Green in Full Swing /
Art Class Mural on Dewdney**
- P4 Community Voices: Shared
Facility**
- P5 Ron Lawson /
Community Cleanup**
- P6 Atoskata / Homelessness /
To be Afraid**
- P7 Scott Collegiate**
- P9 Beautiful NC! / Smudge Walk**
- P10 Sharing Language /
NCCA History Project**
- P11 Beat Diabetes**
- P12 Freedom Writers
Cree Crossword**
- P14 Community Gardens Update
Community Calendar**

continued from page one

“Learning Across the Community” is a form of project-based learning that sees students earning academic credit for interactive, real-life projects in the community. Past examples include a dinner theatre, photojournalism project, and hip hop project, which were all carried out in conjunction with various community partners. “Students and partner agencies work together to create win-win situations in which they help each other meet their desired outcomes,” says Scott Collegiate principal Rod Allan, “It’s like forming a community within a community.” For example, students might learn about nutrition while doing volunteer work with REACH, Regina Education and Action against Child Hunger, and they could earn credits in health while working with the Four Directions Health Centre.

Steering Committee Chairman Michael Redenbach stresses that the current design is still in conceptual stages. While it represents an ideal vision of the facility, the end product will depend upon the funding commitments forthcoming from all levels of government. The Committee hopes to receive approval from the Province this summer, a timeline which would see construction beginning as soon as the spring of 2010.

In the spring of 2009, the Regina Public School Board made the decision that the existing Scott Collegiate building would not be preserved as part of the new Shared Facility. This contentious decision was based on financial considerations. Preserving the turn of the century building, which was estimated to cost an extra three to five million dollars, was deemed unfeasible. As a conciliatory measure, the new design plans to incorporate elements of the structure and spirit of the old building in a legacy project that will be created in collaboration with Scott Collegiate students. Some concerned residents argue that more needs to be done to preserve this heritage building. For community reactions to this decision, see the Community Voices column on page 4.

Partners in the project include the City of Regina, Regina Police Service, Regina Public Library, File Hills Qu’Appelle Tribal Council, Ministry of Education, Ministry of Corrections, Regina Catholic Schools, Regina Public Schools, Regina Qu’Appelle Health Region, Service Canada, and the Scott Infant and Toddler Care Centre.

A series of public events are planned for the fall of 2009 and throughout the coming year to present information, answer questions, and gather feedback from the community. For more information on the Shared Facility and the new conceptual design, visit their website at: www.northcentralsharedfacility.ca.

Construction in North Central

Building a stronger community

By Greg Girard

Driving down Retallack Street just a few blocks north of Dewdney, on a stretch of road whose low density makes it look more like a grid road than an urban street, there is an empty lot grown over with weeds and small shrubs. Every block in the North Central, Heritage (Core) and Eastview neighbourhoods seems to have at least one such lot. Many of these empty lots are never redeveloped, and so they lie and wait for someone to make use of them. But are these empty lots doomed to stand vacant indefinitely?

While there are a number of inspiring plans for empty lots, urban planning theory favours the construction of new homes. “Home-building in these empty lots, [known as infill housing], is the most economically sound and energy efficient use on every level” explains Lesley Hindle, a planner with Planning and Development for the City of Regina. “It improves neighbourhood perceptions, which leads to higher property value and stimulates private re-investment. Because infill housing makes use of existing infrastructure – roads, power, water etc, it is very efficient for the immediate community, and indeed the city as a whole. At the end of the day I think what you achieve with infill housing is increased community stability. We want them to be places people want to move to, not from.”

One local homebuilder has found a way to make infill housing increasingly cost-effective and efficient. Bud Anderson, owner of Sentry Homes, describes a host of advantages of the Structural Insulated Panels (SIP) his company uses, which are made of styrofoam sandwiched between two layers of magnesium board: “they do not support mold or pest infestation, they’re fire resistant, they’re very hard to dent or puncture on both the interior and exterior, and they are incredibly energy efficient.” How energy efficient? Well because of the SIP panel design, and the fact that there is no basement, only a heated crawlspace,

they typically reduce energy costs by about 40 per cent compared to a similarly sized stick-frame house.

Here’s the real kicker, these houses go from a dirt lot to a finished house in 45 days! Because the panels and framing are fabricated almost entirely offsite, the houses are simply pieced together like giant puzzles, with very little on-site waste. Moreover, because of its simple, puzzle-like construction, it can provide employment as well as valuable construction knowledge and training to people with very little experience.



Sentry Homes crew constructs an infill house using SIP panels

“The simplest solution to the lot availability issue is the redevelopment of inner city areas where a significant amount of vacant lots exist today” says Anderson, “we picked needles off of this lot, broken bottles, two feet of weeds, we cleaned it all up, put a brand new house on it, and I would say we had 10 to 15 people from the surrounding area come by telling us, how nice it was to see someone building in the neighbourhood.”

Empty lots aren’t always bad and there are a number of other creative initiatives that have been successfully implemented and used for ‘urban regeneration.’ Community gardens are an excellent use of space that not only improve the aesthetic appeal of a lot that would otherwise be an ungainly mess of weeds, but also provide sustainable nutrition to residents of the area. In addition to the obvious benefits, community gardens also improve the sense of community and security in a neighbourhood, which also leads to better physical and psychological health. Another innovative solution, used in some other cities, is the creation of small parks, known as “pocket parks,” in which small one-building lots are frequently converted into recreational green spaces, which also help to improve the sustainability of an area. While these are good small scale solutions, Hindle and Anderson stress the importance of infill housing, given the large number of vacant lots in the area.

A significant amount of infill housing is currently under construction in North Central Regina. Infill housing is lauded by planners like Hindle, as a way to stabilize and revitalize the community. Eventually, the new housing stock may also have a positive impact on the shortage of affordable rental housing in Regina.

Graffiti Removal

By Corporal P. Selinger,
Regina Police Service

The City of Regina and The Regina Police Service are committed to removing graffiti from our community and we need your help. Graffiti is a community problem that has a negative impact on our city. It is very important to remove graffiti as soon as possible from your property so it does not attract more graffiti. Please take the time to report graffiti to the City at 777-7000 for clean up or The Regina Police Service at 777-6500. Let us all work together to keep our city beautiful and to wipe out graffiti crime.



GO GREEN in Full Swing

By Jessica Hanna

North Central residents are working hard for the third year in a row on the Go Green recycling program. They stay behind at the end of Saskatchewan Roughrider games to clean up all of the recyclables that the fans leave behind.

For ten days a season, people from all over the province come to North Central to watch the Roughriders shine. They come to be entertained and have a good time. The fans park in the neighbourhood and walk through our streets making their way to Mosaic stadium. In that brief period of time they get an impression of North Central. They see our houses and yards, our businesses and parks and our people. At the football games, thanks to the Go Green program, North Central residents are represented well and identified by the Green T-shirts with a recycling logo on the back.

Richard Meic, a veteran Go Green worker and Team Leader, expects this season to be the busiest yet. Meic says “Rider fans are interested in going to the games now.” This is a good thing for North Central and the Go Green program because when the stands are full there are more people buying drinks, and that means there are more cans to generate money for the program. All of the workers are paid through the recyclables at the end of the night. The little bit of money that each worker makes adds up to a lot of extra cash for community residents. We typically make around \$3000.00 a night from all of those cans. That is a lot of picking and sorting, but the workers are happy to do it. The left over money that is not used to pay people their wages goes toward cleaning up the neighbourhood.

The program teaches participants valuable skills, such as how to show up for work on time, how to work hard, and how to work as part of a team. Meic started with Go Green because he wanted to learn leadership skills. He enjoys leading people and wants to gain more experience in managing groups of people. Go Green is a great opportunity for him to gain those skills.

The program benefits people in other ways as well. All workers get a free ticket to watch the football game. Often before people started working for Go Green they had never been to game, even though the stadium is right here in our community. The free tickets, a bonus that the Riders generously provide, are a great perk for those workers who are Rider Fans.

The Go Green program is a partnership between the City of Regina, the Saskatchewan Rough Riders and the North Central Community Association with the support of Sarcan and Premiere Van Lines. If you are interested in working a game, call the office at 791-9888 to sign up for an orientation.

Ron Taypayosatum
shows his
Go Green Pride!



Art Class Mural Brightens Dewdney Avenue

By Jessica Hanna

Scott Collegiate students reaffirmed their engagement in the community by erecting a mural on the side of the 7-Eleven

building on the corner of Dewdney Avenue and Robinson Street. With the help of professional artist Aaron Clarke, the high school art students designed and painted the mural.



photo by Greg Girard

All of the students in the class had input into the design and the final product. David Sims, a grade ten Art student explains: “We put two pictures together and then kept on adding things [to the design]. It worked out really well.” After the design was completed all of the students got together and painted the mural. They learned the process of putting up the mural, from putting together the initial design, to priming the wall, creating an outline on the wall, painting the wall, and painting multiple coats to achieve the desired effect.

The mural did not go up without some challenges. The weather was not very cooperative, which was sometimes frustrating for the students. “Every day it rained we had to put everything away and then come back the next day” says Sims. Sims was about ready to give up but he persevered and came back to make sure that the mural was finished.

Jenna McNab a Scott Collegiate art student thought that putting up a mural in our own community was a good opportunity. She is proud of her work here. “I think that it is pretty cool that people are going to drive by [the mural] and see my name” said McNab.



photo by Jessica Hanna

The bright colours and attractive music themed design are eye-catching, and a great way to showcase the talent of the students. The students not only get to see the result of their hard work every time they walk by, they also have the satisfaction of having played a part in making our community more beautiful. Judging by the amount of positive comments heard by the students when the mural was being painted, community members are also happy to see the mural go up.

The goal of the Go Green reinvestment strategy through the North Central Community Association is to do many more murals in North Central. Murals are a great way to showcase local talent and give people artistic voice and they are proven to reduce the amount of graffiti in the area.

This mural was made possible by 7-Eleven and the Go Green program of the North Central Community Association.

photo by Greg Girard



SHARED FACILITY: New Building **Enhances Educational Opportunities**

By Mathew Blackwell

A school's mandate is, above all else, to serve the needs of students in the best possible way. While Scott Collegiate has provided an adequate level of service throughout its years, it is also clear that change is necessary and is coming, and that building a completely new building is the way to go.

I suppose that I should start out by iterating that I am not a member of the community. I've never lived in North Central. My connection to Scott Collegiate is as a substitute teacher with Regina Public. As well, I assisted and did research on the Scott Dinner Theatre project. Understandably, my views skew towards viewing the issue of Scott Collegiate and the Shared Facility through the lens of education rather than from an architectural standpoint.

As far as I can tell, the benefits of keeping the existing structure as part of the new North Central Shared Facility are far outweighed by the prohibitive cost and decreased level of service. With the recent announcement by the provincial government of the removal of a school board's ability to set their own taxation mill rates, the school

boards themselves cannot approve any major increases in capital spending; rather, they must receive that funding from the provincial government. Regina Public is, then, not able to fund the increased cost of keeping the edifice intact. And the edifice is all that would be staying, at any rate. The current Scott Collegiate building would need to be completely gutted, the outlying wings of the building would be demolished, the roof would need to be replaced, and the entire building would have to be underpinned. This is an exorbitant cost to save a building which will neither fit into the plans of the new facility nor offer as high of a quality of education, despite the best efforts of Scott Collegiate's extremely capable teachers.

Scott Collegiate is moving towards "project-based learning," which in essence ties the current Saskatchewan high school curriculum to real-world projects. The teachers at Scott have done an amazing job of this already, and having a building tailored to meet the needs of projects will be a boon to teachers and students. With Four Directions Health Centre, the Regina Public Library, a day care and more involved in the Shared Facility, students will have an opportunity to experience the most innovative and best possible education. Keeping the old Scott Collegiate building, however, would mean that the rooms could not be designed with the best possible configuration for project-based learning – it would have to be designed with current walls in place.

Having poured over the designs extensively, I am satisfied that the current design offers the best possible combination of educational quality, cost effectiveness, environmental and architectural design, and meeting the needs of students, teachers, and community members. While I certainly understand the feeling of nostalgia attached to the building, the mandate of Regina Public Schools is to provide the highest quality of learning to students, and this is exactly what a new structure can provide.

HAVE YOUR SAY! Contribute an opinion piece to future issues of North Central Community Connection! Community Voices - Your Voice.

SHARED FACILITY: Scott Collegiate **Part of our History**

By Dakota McFadzean

During wartime, if an army wishes to eradicate another culture, it's common for soldiers to destroy museums, galleries, and historical buildings—to obliterate the culture's past. Without cultural artifacts or a physical reminder of history, the victims' spirits are more easily broken.

In Regina, we don't need a war to lose our cultural identity because we allow it to happen every time we allow another old building to be demolished.

Since the North Central Shared Facility was announced two years ago, I've watched in disbelief as each new plan produced by the Steering Committee whittled the building down to fewer and fewer bricks.

I've always seen Scott as a bright spot in my community. It's a beautiful old building, which is a rare phenomenon for most Regina neighbourhoods. But it's more than a just a building. Like many Reginans, generations of my family have attended Scott since it opened in 1923. The school has touched thousands of lives over the last 86 years. Various members of the Shared Facility Steering Committee have regarded such thoughts as simply being sentimental, not to mention unrelated to the education of young people.

Do we celebrate Canada Day and Treaty 4 out of sentiment? Is it so terrible to preserve reminders of our ancestors? If caring about the past is sentimental, then why is our society so strongly influenced by heritage and tradition? Why do we have museums and art galleries? Why do we keep Government House and the Legislative Building? To say that caring about history is simply sentimental is to say that history doesn't matter.

A sense of heritage and culture is important for young people too. As an artist, much of my work has involved teaching art classes to kids across the province, particularly in North Central. I've found that kids respect things when they feel connected to them. When I was a student at Scott, the school's history was something that informed my identity and filled me with pride for my community. Heritage buildings like Scott remind us all that we're part of something bigger.



photo credit: Greg Girard

Those of us who have been advocating for the preservation of Scott are reasonable people. We understand that not all buildings can be saved. We are excited for the impact that the Shared Facility could have on the neighbourhood. We realize that money is tight. All we are asking is for the oldest portion of Scott Collegiate to be included in the Shared Facility—to build the future upon the past instead of eradicating the past altogether.

The Shared Facility's stakeholders include the School Board, Qu'Appelle Health, the Public Library, the City Police, and the City of Regina. Yet none of these groups have suggested a solution to preserve Scott. In fact, little real effort has been made at all.

I find it sad that our leaders lack the creativity, intelligence, and political will to maintain something that could be enjoyed for centuries. In the early 1920s, the working-class residents of North Central had to fight for a high school to be built north of the train tracks, and their voices ensured that Scott would be an academic school instead of a trade school. They wanted better for their kids, and I think the people of today's North Central want the same thing.

But with the stroke of a pen and the crash of a wrecking ball, a nearly 90-year-old building that was the finest of its day, a building that was fought for ... will be gone forever.

And as I watch in shock as another one of our cultural artifacts is destroyed, I feel my desire to keep fighting slowly fade. I struggled to write this article and contemplated just giving up and remaining silent. With another cultural artifact gone, our spirits are more easily broken.

Lawson Takes the Lead on Alley Cleanup

By Carla Jensen

When Ron Lawson, a North Central resident of more than 30 years, saw the litter and neglect afflicting the back alleys of the neighbourhood, he took matters into his own hands. Rather than complaining or calling the authorities, he got down to work.

With the help of neighbourhood volunteers and hired hands, Lawson led a cleanup of the back alleys in the spring of 2008. Last year, Lawson and his team took more than 75 loads of back alley garbage to the dump, removed more than 100 incidences of graffiti, purchased 75 baskets of flowers to hang on telephone poles, and hired many community members to assist with the cleanup – all at Lawson’s personal expense.

They began with one back alley. After seeing the remarkable improvement in the area and the positive feedback from the community, they carried on to clean up more than 50 blocks over the course of the summer. First, Lawson and his team would clean up around the dumpsters, then trim all the overgrown grass, trees and bushes, remove piles of brush, mow the alley and finally remove much of the graffiti.

Why do they do it? “We love Regina,” says Lawson. “We want to try to put back into the community. We want to help new families that are coming into the neighbourhood see what a nice place it can be.”

But despite the scope and scale of his efforts, Lawson emphasizes that he cannot do it all alone. “This needs to be a community effort. It is about neighbour helping neighbour.” Indeed, the sense of community is one of the main benefits of the undertaking for Lawson. When he goes through the alleys, he talks to the residents. Rather than just complaining about disrepair, Lawson makes an effort to learn the stories behind each case. Last year, he bought and donated several lawn mowers to single mothers whose yards were neglected not for lack of will, but because they lacked the means to buy or hire the necessary tools. Now, thanks to Lawson, those families are playing an active part in the maintenance of their yards and neighbourhood.

This year Lawson is looking for funding to help cover his expenses, but he vows to continue working with the community to make it a clean and beautiful place to live.

Thank you Ron Lawson!



photo credit: Greg Girard

**RON
LAWSON
~ a North
Central
Hero!**

Confessions of a Community Cleanup Volunteer - or - How Can I Guilt You into Helping?

By Jan Morier

As a veteran of the North Central Cleanups I’d like to share some observations with readers of the *Community Connection*. Yeah, I know there are those who have been helping a lot longer than me, but they’re all too polite to write about it. Now I’m approaching that age when I’m entitled to whine a little, so here goes.

On those set spring or fall Saturday mornings, haul yourself out of bed and wander over to the parking lot of Scott Collegiate. You’ll see friends and neighbours filtering in, sucking back Timmy’s coffee and doughnuts from boxes. You’ll see Denise with her street maps. You’ll wave at Rob while he’s on his cell pleading with somebody to come out and lend a hand. Nobody’s rushing, because there are so few of us. We’re visiting while the huge red Loraas bins line up like empty toy boxes.

Our team hops into somebody’s truck to get started. We cruise to the south end of our map and scout out the lanes. It doesn’t take long to find large piles beside the bins and fill up our first truckload. On the slow drives back to Albert-Scott Community Centre there’s plenty of time to visit and joke around. That’s the nice part.

At HQ we see volunteers waving hand signals to back up the truck to a red bin. Or maybe they’re dancing the Hokey-Pokey. We can’t be sure. So we drop our load then take off for more. The ground crew separates hazardous stuff like propane tanks, iron scraps that can be sold, and anything else to be recycled.

When items are well inside the property line, we’re not sure whether they are meant for the cleanup. Our choices are: hauling off private property and getting yelled at, or leaving garbage behind and getting yelled at.

During last fall’s cleanup we were yelled at through a fence: “You’re not supposed to dump garbage if you don’t live here you know!” We laughed and said “okay, we’ll put it back beside the bins where we found it!” We told the neighbour that she was perfectly right - but in this case we were hauling it away! “Oh!” she said, “what a good idea.” It is a good idea. We wish more people would think so.

And don’t get me started on the trees! North Central Community Association pays for the rental of a wood chipper and crew, but volunteers’ work is much harder and more dangerous if we have to load and unload entire tree

limbs. We appreciate that you are pruning the trees on your property, but can you appreciate that we are volunteers trying to tidy the whole community? Just pretend you are hauling your own debris to the dump. Would you be able to physically handle the volume of untrimmed branches and safely transport the load? What makes you think a couple of middle-aged women can? You know the city won’t pick up tree debris if it’s not bundled - why should we? If branches have been left out in your alley for a long time, it’s just a bonfire waiting to happen. Help us out here!

Did you know that many of the volunteers are close to the senior mark? Working a full 7 or 8 hours just about did me in, so I’ve had to cut back. But I’ll admit to a great satisfaction in helping to clean up our neighbourhood. I salute the many community volunteers and organizers and the businesses that supply NCCA with tools and treats!

A lot of things go through your mind when you’re hauling smelly garbage the old-fashioned way. Mostly, “why am I - a 50-something woman - doing this, while many a younger, more able-bodied neighbour isn’t out here?” Then the mind wanders to “how can I convince those able-bodied ones to help?”

There are 4,500 houses in North Central Regina. With only 20 volunteers, on a good turnout, we can’t hope to reach all of the addresses. So if you expected your pile of stuff to be hauled away, and it wasn’t - don’t get cranky, that’s my job. Come and do your share to clean up North Central. That’s your job.

Did you know??

- The NCCA supplies work gloves, doughnuts and coffee, lunch and bottled water?
- We need helpers riding along in trucks AND trucks with drivers.
- We need workers at the drop off site (parking lot & field of Scott Collegiate) to unload the trucks, fill the dumpsters, and separate recyclables.
- You can start a ‘shift’ any time of the morning or afternoon and put in whatever time you can. If you want to join us for lunch and give us a couple of hours that would be great!

MOVED!
FROM
JULY 18

put unwanted stuff
by the dumpster
the night before

SATURDAY
SEPTEMBER 26
North Central
COMMUNITY CLEAN UP!

Atoskata: helping youth, helping the community

By Greg Girard

Atoskata is a Cree word meaning “work at it” which is exactly what the eligible participants of this initiative will be doing. The Atoskata Youth Restitution program was created in December of 1994, in response to the “Oldsmobile gang”, and the growing number of auto thefts occurring at the time. The program, which is funded by Saskatchewan Social Services, Saskatchewan Justice, the Regina United Way and Saskatchewan Government Insurance, sought a more constructive means of punishing young offenders than incarceration.

Youth are sentenced to the program for car thefts and other relatively minor offenses. They work on various projects, including the removal of large waste items (mattresses, couches etc.) that accumulate around alleys and dumpsters in the inner city. The hourly rate they earn goes into a bank account for their victims, which helps to ease the monetary loss they have incurred. Youth sentenced to this program take responsibility for their actions, and work off their debt.

The program affords troubled youth the opportunity to experience mentoring relationships with aboriginal elders as a form of traditional healing, while also providing suitable compensation to the victim of the crime. This initiative demonstrates that effective youth justice can be delivered through community partnerships. “In addition to avoiding jail time,” explains Murray Keewatin of the Regina Alternative Measures Program “when they complete their restitution, they will not incur a criminal record” he said. “The essence is that they learn from their mistake.”

“Atoskata is typically a ‘first stage’ alternative measure to incarceration,” explains program coordinator Trevor Pelletier, “we generally only deal with first or second time offenders.” The Atoskata program operates in conjunction with other organizations that refer youth to the program for restitution work, these include: Corrections, Policing & Public Safety, Help Eliminate Auto Theft (HEAT) program, Regina Alternative Measures Program (RAMP), and the John Howard Society.

By meeting with the victims to apologize and hear victim impact statements, offenders come to understand how destructive behavior hurts the whole community. Participants also see how the work they do cleaning up the neighbourhood helps revitalize and improve the whole community.



Hope everyone has a great summer and enjoys the many programs and family events we have in our community! If you need anything, please feel free to contact me.

City Councillor
Wade Murray
522-8686 or 596-1035

HOMELESSNESS GROWING FAST, says report

By Carla Jensen

The Homelessness Research Project at the University of Regina has revealed staggering statistics about the rise of homelessness in Regina. The report released in June 2009 reveals that while the general population of Regina rose by 3% from 2006 to 2008, the number of individuals using emergency shelters jumped by 30% during the same period. The report’s authors, Rebecca Schiff and Hirsch Greenberg, estimate that 362 people are sleeping in shelters every night in Regina, with approximately 3,000 different individuals using emergency shelters last year.

WINTER IS LOOMING AS A DANGEROUS DEADLINE

With homelessness growing five to ten times faster than the population, emergency shelters are feeling the strain. Most shelters are full almost every night, and many groups, such as single women, are finding that they have no place to go. My Aunt’s Place, a shelter for women and children operated by the Regina YWCA, closed its doors on April 30, 2009, exacerbating the gap in shelter services. Louise Burns Murray of the YWCA explains that they are working to secure a new location. “We are determined to have a new facility and be fully functioning by the beginning of next winter at the latest,” she says. However, the YWCA is struggling to find funding and a suitable location and winter is looming as a dangerous deadline.

Ward 6 City Councillor Wade Murray commented that the numbers are hardly surprising, considering the growing socioeconomic problems and the low vacancy rate associated with a growing city. “What is even more of a problem,” he says, “is the lack of visibility of the larger problem – the people couch surfing, camping out and overcrowding. Many people are simply unaware [of the degree of hidden homelessness], and that is why they find these statistics so shocking.” However, Councillor Murray stressed that the municipal government has few tools to deal with the lack of affordable housing, aside from voicing their concerns to provincial and federal governments.

Despite their limitations, residents have been sending strong messages to their municipal officials. Citizens packed the gallery at the City Council meeting on June 22nd to express their concern about condominium conversions and support new affordable housing initiatives.

Doreen Lloyd of the North Central Community Association explains that the increase in homelessness is indicative of a growing income gap in our city. She stresses that, “homelessness should be a grave concern, not only to those worried about poverty and social justice, but for everyone who wants Regina to be a healthy and livable city.”

To be Afraid?

By Ally Watson

It is no secret that First Nations women seem to be more prone to going missing than any other race of women — that even an evening walk alone feels like a grim task to a First Nations woman. Numerous groups, focused events, and interview upon interview have all been key in bringing to light the issue of missing First Nations women. As a First Nations woman, I know how it feels to walk alone. I feel paranoid, targeted and almost forgotten. But how does everyone else feel?



In many cultures of the world, women are viewed as sacred and are highly regarded. It is no different for First Nations people. Women play a crucial role as life-givers and are revered as the stronger of the two sexes. So when a woman goes missing, it’s bound to affect the community. Without their mothers, who will the next generation of girls look to as role models?

Scores of First Nations men are affected and upset by the matter. As sons, brothers, fathers, uncles or grandfathers to missing women, First Nations men have every right to worry. I cannot recall how many times I’ve had a male friend or family member express worry for me. They say, “Be careful. Call me when you get home. If you need a ride, just call.”

I asked my male friends the question, “How do you think we can prevent First Nations women from going missing?” I received the same answer from most of them: “First Nations women or girls should not walk alone at night.”

It seems like such an easy suggestion to follow. But what happened to free will? It’s a horrible thing to be afraid of leaving your house at night in case you get abducted. A good friend once told me that, “anyone should be allowed to leave their house and feel safe.” I wish that could be true. Imagine living in a world without locks, which has inherent trust and respect for all...

As a First Nations woman, I’ve always wondered what my place is in the world. I know it is not my place to be surrounded by fear and negative stereotypes — no one in the world deserves that. I am a woman, and I will be treated equal to all others. I deserve that, right?

But why are my fellow First Nations women disappearing? Something like that really messes with you. I have friends, family and acquaintances who know a missing woman. I bet they never expected them to go missing. It’s hard to grasp the idea that it can happen to anyone.

What can you do in the end to prevent this horrible tragedy from happening to you? There are many ways: you can walk with friends or tell someone where you are going, for example. Although this might feel unnecessary at times, I would rather be safe than sorry. I hope that every other woman feels that way.



**Albert-Scott
Community Centre**

**SATURDAY,
SEPTEMBER 12**



Rod Allen
Principal



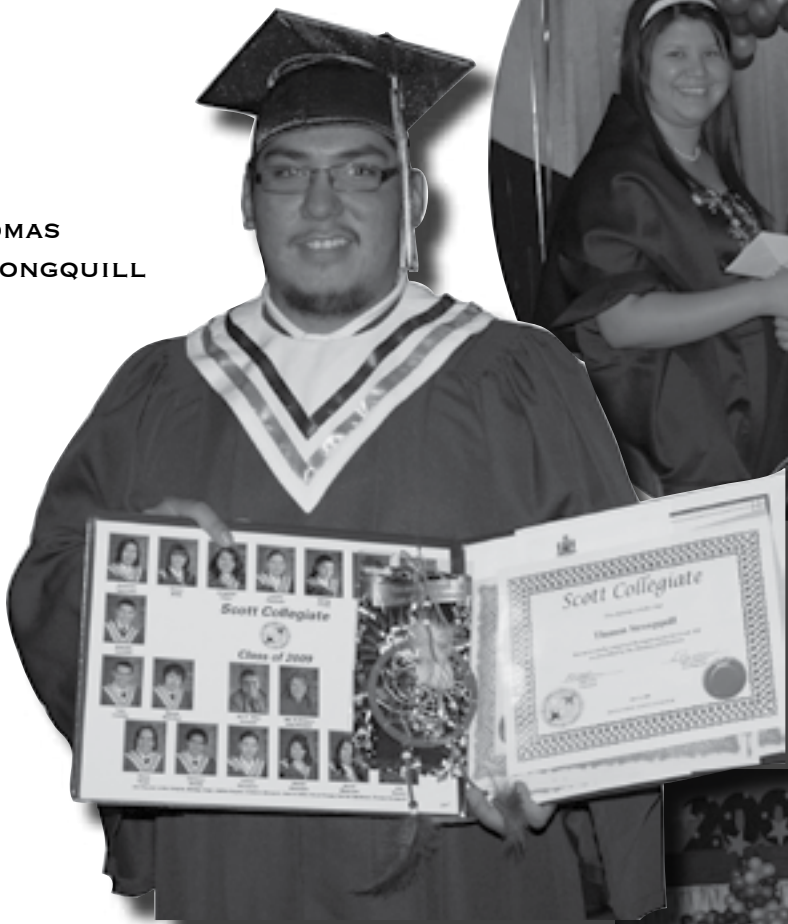
Nancy Buisson
Vice-Principal

**Welcome to the 2009/2010
school year!**

Scott Collegiate will be utilizing a semester system that will wrap around some quarter classes still being offered. This means that Scott will now align more effectively with other Regina Public high schools for reporting periods, three-way conference days, and final evaluation weeks. However, we will still be flexible enough to offer some classes which can be completed in a quarter (half a semester) for those students who want to finish more quickly or join at various points throughout the school year.

Registration for classes will begin on Monday, August 24th, and students return to school on Thursday, August 27th. The first holiday is Labour Day, Monday, September 7th followed by Thanksgiving Day, Monday, October 12th.

THOMAS
STRONGQUILL



SKYLA LAVALLEE
RECEIVING AWARD
FROM TEACHER
ROSEANNE TOPP



**SCOTT GRADUATION
2009 AWARD WINNERS**

Governor General's Academic Medal
CARSON BOLEN

General Proficiency Awards
ASHTIEN KNIPFEL, ALLY WATSON

Dr. Peter Hemingway Memorial Bursary
THOMAS STRONGQUILL

SaskTel/Scott Collegiate Partnership Scholarships
**SKYLA LAVALLEE, STEVEN MCARTHUR,
THOMAS STRONGQUILL**

Scott Community Grade Twelve Literacy Award
THOMAS STRONGQUILL

Scott Collegiate Community Involvement Award
ALLY WATSON

Scott Infant & Toddler Centre Parent Recognition Awards
**ALYSSA WASACASE
AMAYA DUSTYHORN
SUMMER SANDERSON
JOSEPHINE CAPPO
THOMAS STRONGQUILL
ROSEMARY AGEOUTAY**

English Language Arts — **CAMERON SMOKE**
Mathematics — **STEVEN MCARTHUR**
Visual Art — **ALYSSA WASACASE**
Physics — **CARSON BOLEN**
Psychology — **CARSON BOLEN**

Scott Blues Spirit Award — **CAMERON SMOKE**
Willow Award
AMAYA DUSTYHORN, LARISSA THOMPSON
Most Improved — **SONYA PASQUA**
Attendance — **STEVEN MCARTHUR**

GRADUATES 2009

1. Rosemary Agecoutay
2. Carson Bolen
3. Josephine Cappo
4. Amaya Dustyhorn
5. Julian Gambler
6. Ashtien Knipfel
7. Skyla Lavallee
8. Steven McArthur
9. Creedance Mosquito
10. Alannis Oakes
11. Jonathan Paley
12. Jasmine Papequash
13. Aaron Pasap
14. Sonya Pasqua
15. Summer Sanderson
16. Cameron Smoke
17. Thomas Strongquill
18. Larissa Thompson
19. Alanna Wasacase
20. Alyssa Wasacase
21. Ally Watson



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Beautiful North Central
Contest
Homeowners proudly show
the beauty
of their yards and gardens.

Winning entries demonstrate the results of hard work and tender care. Thank you to Ethel & Roy Shanner, Jay Shaw, Hannah Watson.



all photos by Greg Girard



FILE HILLS QU'APPELLE
TRIBAL COUNCIL
SMUDGE WALK
MAY 29, 2009



Takra Captain and Team encourage healthy activity



A powerful scene of community at the Scott Collegiate schoolgrounds

SHARING LANGUAGE: MY EXPERIENCE

By Natalie Owl

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Artist Jeff Crowe Image courtesy of Cathy Wheaton



Every week at the language circle is different: some new faces, some more familiar. By the end of the night, we all know each other a little better after listening to each other get tongue twisted, draw blanks or burst out laughing.

I am part of the Language Circle that meets at Albert Library. I am really honoured to share what I know of Anishnabemowin and very excited to be with others who have such dedication and passion for their Native language. What I like most is listening to my children hear others speaking Ojibwe.

Something more happens at the circle than just learning a language. We share who we are, our favourite memories and funny stories, and why learning the language is important to each of us. Every circle is our time to share and grow as First Nations people.

Albert Library staff have been great in giving us the time and space to meet with community members who want to learn, to share and take pride in their own language. A big thank you to everyone who came out and we hope to see you when the program resumes in September.

For information on the Native Language Circle, contact [Natalie Owl] at 545-5990 or by email at natalieowl@hotmail.com

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Advice for Life



Farewell and Good Luck to Lil Wright

North Central Community Association's Health Co-ordinator. Thank you for all of the care and compassion you've brought to our neighbourhood for six years.

Our community thanks you for all the Blood Pressure & Blood Glucose Readings, Home & Hospital Visits, Health Teachings, Doctor Referrals, Foot & Hand Care, Counselling, Medicine Reviews & Treatments

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HISTORY PROJECT - NCCA



The Community Research Unit (CRU) of the University of Regina and the North Central Community Association will be working on an exciting community history research project this fall. This project will develop a timeline of significant people and events from the North Central neighbourhood and compile written profiles in a publicly accessible database. This project will help to promote pride in the community through increased awareness of the important contributions of current and former residents in the fields of politics, sports & recreation and arts & culture. Do you have any photos or memories to share? 791-9888.

New HIV/AIDS treatment announced

Submitted by AIDS Program
 South Saskatchewan

AIDS Programs South Saskatchewan (APSS) excitedly welcomes the news of new breakthroughs in AIDS treatment. A team of Canadian and U.S. researchers announced in June that a combination of antiviral drugs and chemotherapy appears to be successful in combating HIV/AIDS. "We are very excited about this news and anxiously awaits further developments," says Laurie Sampson of APSS.

APSS is anxious to help inform the community about the spread of HIV/AIDS at its annual conference on October 1, 2 and 3 at the Regina Inn. Delegates will include anyone infected with HIV/AIDS or involved in the medicine of HIV/AIDS, as well as Social Workers, educators, housing, addictions, mental and public health issues, alternative health, corrections, community based research and youth. Details are available on the APSS website at www.aidsprograms-southsask.com or by phoning 924-8420.

The keynote speaker for the conference will be Cleve Jones who worked with Harvey Milk on the San Francisco Democratic County Central Committee. Harvey Milk's story was depicted in the 2008 Academy Award Winning movie "Milk". Cleve Jones co-founded the San Francisco AIDS foundation in 1983. Tickets for the Keynote dinner are \$60 at APSS at 924-8420.

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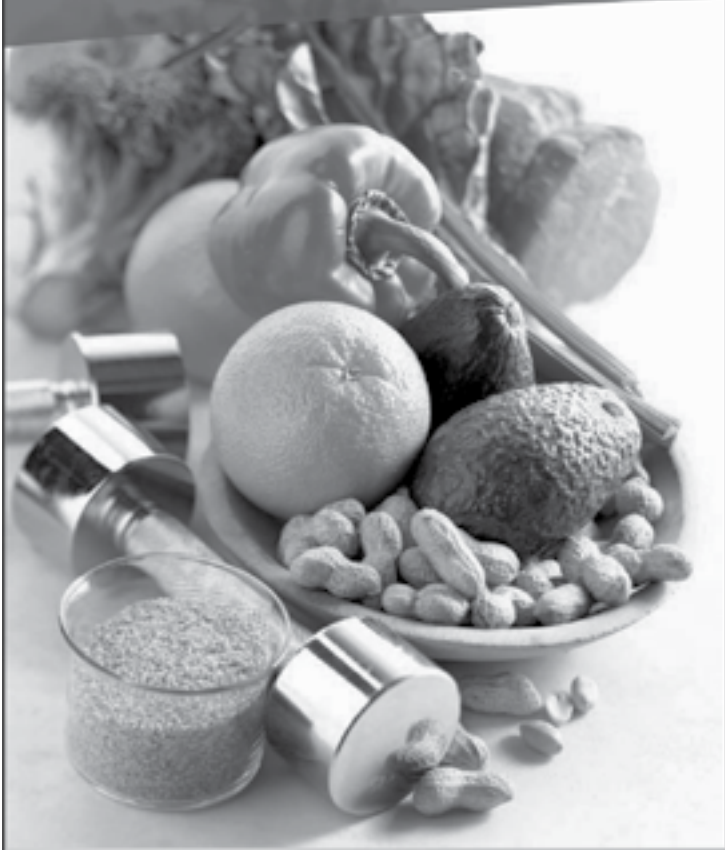
Pharmacy at SAFEWAY

SAFEWAY

Canadian Diabetes Association

Eat To Live Well

Healthy food helps manage diabetes



Date:
Tuesday, August 11, 2009

Time:
4 p.m. to 8 p.m.

Location:
Albert-Scott Community Centre
1264 Athol Street, Regina

Cost:
Free and families are welcome

Contact:
Please phone Lori at 584-8445 ext. 224
or Doreen at 791-9888

Attend two workshops then enjoy a healthy and delicious BBQ.

Workshops

- Basics of diabetes and food
- Stretching your food dollar
- Cooking demo: cheap & tasty
- Burning it off with exercise
- Shopping: what's in store?

Supporting Sponsors:

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diabetes.ca 1-800-BANTING (226-8464)

By Lori Latta
of the Canadian Diabetes Association

Most people in our community know someone who is affected by diabetes. By 2010 there will probably be 60,000 people in Saskatchewan who know they have diabetes, and another 30,000 people who have diabetes and don't know it! The worst thing is, as many as half of those cases could have been prevented.

The causes of diabetes are complex, but food plays a big role. To prevent and manage diabetes, people need to eat regular, balanced meals. This will help regulate the sugar in their blood. Healthy eating includes at least five servings of vegetables and fruit daily, whole grains, reduced fat, and fewer packaged foods.

Many households can't afford a nutritious food basket all the time. When other costs go up -- like rent, utilities and transportation -- families may cut back on food. This is especially true when food prices are high.

On a tight budget, anyone might be tempted to skip fruits and vegetables. It is easier and cheaper to fill up on grocery store "bargains" like macaroni, hot dog buns or packaged food. But if the food is low in fibre, protein, or vitamins and minerals, it is not good for you and may contribute to diabetes.

The Canadian Diabetes Association and other community groups in Regina would like to help you eat as healthy as you can. Come to "Eat to Live Well" Community Barbecue and Diabetes Education Event on Tuesday August 11 at the Albert Scott Community Centre.

Come to this free BBQ to find out about local programs that can provide healthy foods when your family food budget runs out. You can also attend workshops on how to shop, plan and cook meals that give you the best nutrition for the least amount of money. And learn more about how food and exercise can help you prevent and manage diabetes.

You can also drop by the office of the Canadian Diabetes Association at 917A Albert Street to look at our resources on diabetes, get in touch with support groups, work on diabetes advocacy for low income people, or volunteer to help educate others in your community. E-mail reginainfo@diabetes.ca.

Here are some "Eat to Live Well" tips:

- Buy whole grain flour and pasta on sale, and store it in airtight containers so it lasts longer.
- Don't buy "instant" packages of porridge, rice or pasta – they cost more than the ones you cook yourself.
- Don't spend money on sweet drinks – even fruit juice. Drink milk or water, and spend your money on whole fruit.
- Buy a large block of skim milk cheese and keep it in the freezer.
- Use a slow cooker to cook cheaper cuts of meat, dried beans, peas or lentils.
- Eat more beans and lentils! Their fibre evens out blood sugar and makes you feel full longer.
- Check out community resources like the Good Food Box, community gardens, community kitchens, food banks, and meals on wheels.

FREEDOM WRITERS Launch program in Regina

By Greg Girard

A program called the Freedom Writers project, which involves learning how to write and communicate thoughts and emotions effectively, has been introduced in Regina to see if the success of the original project can be reproduced. The idea came to Regina via local filmmaker Lori Kuffner, after seeing the movie *Freedom Writers*. It is a story about one teacher's creative approach to a class project. Erin Gruwell had her students keep journals of their personal thoughts and emotions, and anything else on their mind. Gruwell compiled her student's [anonymous] entries into a book, *The Freedom Writers Diary*, which later became the subject of the movie. "When the North Central Family Center decided it would be a good opportunity for these kids to write their stories, it just seemed like a logical thing to happen" said Kuffner.



Tanya Payne tells students about her experience after the Freedom Writers' Luncheon

On Wednesday May 27, members of the original Freedom Writers, Tanya Payne and Mauricio (Tony) Becerra, spoke at a luncheon to a crowd of nearly 250 students and community group members from the inner city, and then to an even larger crowd of around 500 people immediately following the luncheon. "A lot of us, we have the older generation in our family that don't really understand that message" said Becerra "and it's hard for them to show us the way to do it, so we have to pave our own path." When asked what her message to the students would be, Payne remarked "I would really like the students here to know that, whether it's writing, or running a marathon, whatever it is they choose, there is something they can do to make a positive change in their life"

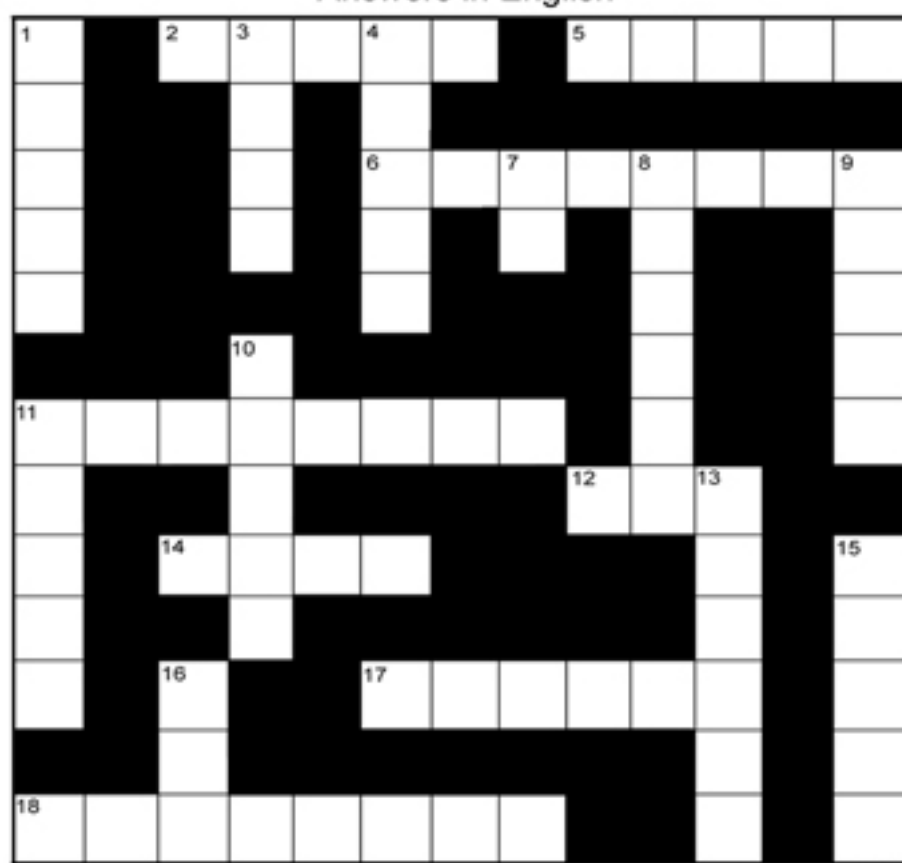
The Lunch was to help raise money for the project that will hopefully teach youth the liberating power of education and the ability to articulate themselves. The first participants in the program are the so-called Dirty Dozen marathon team. "After the documentary [on the Dirty Dozen], we had so much positive feedback on them," offered Sandy Wankel, executive director of the North Central Family Center. "The question was always asked how are they doing and what's going on." So far it's mainly the Dirty Dozen in the program, but Wankel hopes the program will continue into the future. "This is a program we see for the long haul. We're just trying to build it, and we have a really good start" she said.

"It was built around the idea of these kids telling their stories," explains Judith Silverthorne, a local writer working directly with the youth to help teach them how to write effectively and think critically. So far the program has yielded positive response "some of the siblings and even some of the parents want to participate" says Silverthorne, "we wanted to continue on hoping that we could inspire these kids to keep doing whatever they were doing, and of course there's always the added benefit of improved literacy skills and educational goals."

Cree Crossword

by Bill Cook

Answers in English



CCW0901

Household Objects

Down

1. wîpahikan [wee-pay-gun]
3. wâskotînikan [waas-ko-tee-nik-gun]
4. mîcowînatîk [meets-so-wee-naa-tik]
7. cikâstîpathîcîkan [cik-gaa-stee-pa-thee-chik-gun]
8. âcîpahîkan [at-chee-pay-gun]
9. astisak [us-tiss-suk]
10. ayimîhwân [ay-ya-meek-gwaan]
11. tihtapiwin [teet-tup-win]
13. sâkipîcîkan [saak-ki-pits-chik-gun]
15. sîwîpîcîkan [see-wi-pits-chik-gun]
16. minîhwâkan [min-nee-gwaa-gun]

Across

2. othâkan [uh-thaa-gun]
5. môhkomân [moogo-maan]
6. mîsiwîkamîk [mee-si-wee-gum-mik]
11. mamâtâwi-apacîcîkan [mum-maa-taa-wi-up-pa-chee-chi-gun]
12. nipîwin [nip-pee-win]
14. cîstâsîpon [chees-taas-see-puwn]
17. wâsinamân [waas-see-num-maan]
18. akocîkan [uk-kuh-chik-gun]

Answers: Down-1broom, 3lamp, 4table, 7tv, 8remote, 9mitts, 10spoon, 11chair, 13drawer, 15phone, 16cup. Across-2plate, 5knife, 6bathroom, 11computer, 12bed, 14fork, 17window, 18cupboard.

For questions, please contact: rockycree@yahoo.ca



Welcome to the neighbourhood
SWAP! The Street Workers Advocacy
Project moved to their new office at
1355 Albert Street. Shown here are
Lonnie Nahbexie and Barb Lawrence.

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Chimatawa Dance Troupe

*National Aboriginal Day Celebrations
Friday, 19 June 2009*



The Chimatawa Fancy Dancers are: Skye Bighetty, Eileen Colomb, Kimberly Bighetty, Destiny Topilikon, Shaylyne Bigstone, Miranda George-Cote, Junestarr Topilikon. The dancers thank Joni Adamcewicz, Betty Krohn, Linda Colomb and others for helping them to create their dance outfits and learn the fancy dance steps and hip hop moves.

The Spirit of Chimatawa



Do not let anyone look down on you because you are Aboriginal, but be an example for the community in your speech, your behaviour, your love, faith and purity. Do not neglect the spiritual gifts that have been given to you by Christ the Creator. Practice these things and devote yourselves to them. Watch yourself and your teachings. Keep on doing these things, because if you do, you will build up yourselves, your families, and your community.

Adapted from 1 Timothy 4: 12-16



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Update

By Brandy Morris,
Community Garden
Co-ordinator

Spring and summer were unusually cold, making conditions unfavourable for plants to flourish - but they proved their resilience and are now growing vigorously. Posters will be featured on the signs at each garden, confirming what is ready to be picked and when.

The posters will also announce upcoming community volunteer days. The philosophy of the Community Gardens is "Help Yourself" and everyone is welcome to work in or harvest from the gardens at any time. If you want to get involved but would like some guidance or company, the community volunteer days are an excellent opportunity to learn about gardening and share the experience with community members.

The Gardens are for everyone to enjoy, please don't hesitate to walk through any garden and take a look around. Placards are placed at each garden with detailed information on each plant.

On July 27 & 29 and August 4 & 6, the North Central Community Association and Common Weal Community Arts are teaming up to establish a community art project. It will take place at the Robinson Street Garden, from 2 to 4 pm each afternoon. We are encouraging everyone to get involved in this effort. Look for posters at each garden as well as the Albert Scott Community Centre. For details call 791-9888.

The Gardens are located on the 13-block of Garnet, Robinson, Rae and Retallack Streets.

In August join me in one of the gardens weeding and watering on Mondays & Fridays between 1 and 4.

The Four Directions Dream Team Volunteers will be in the gardens Wednesdays 4 - 6 pm and Thursdays 10 am to noon.

Thank you to our Sponsors

The Evergreen Home Depot
Rebuilding Nature Grant
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Indian Métis Christian Fellowship
Smiths Insurance
Gwen's Healing Gardens
Dutch Growers
Globe Theatre
West 25th Greenhouse
Plant Ranch
Grahams Tire Service Ltd
Nisse Foundry and Design
Over the Hill Orchards
Dino Bouncers
Tim Hortons
The Salvation Army

Correction from June issue of *Community Connections*: The name of the grant supporting the community gardens is the Evergreen Home Depot Rebuilding Nature Grant.



From the Editor

By Carla Jensen

Dear Readers,

This issue looks at renewal - the cleaning, greening, and improvement of our neighbourhood by members of our community. We are pleased to showcase the contributions of a few exceptional projects, programs and individuals. Still, there are far more people helping to improve and revitalize North Central than we can possibly acknowledge here. Much remains to be done but, as the old saying goes, 'many hands make light work.' (Are your hands among them? If so – thank you!)

My six months at the North Central Community Association have flown by all too quickly and it is already time to bid you all farewell. Unfortunately, my departure is but one of the far-reaching changes underway here at the *Community Connection*. With the news that funding will not be renewed to hire a new editor at the end of my contract, the future of this publication is in question. The NCCA and community volunteers are working hard to find a way to continue producing this community newspaper. I invite you to contribute your comments, suggestions, or letters of support as the newspaper makes this transition. More than anything, the publication will rely on volunteers in the coming months. If you are interested in writing, editing, marketing, or any aspect of the production of the *Community Connection*, please contact Rob Deglau at 791-9888.

Though I will be leaving Regina shortly to pursue further education, I look forward to returning to North Central Regina and discovering what kind of growth and changes have taken place in the neighbourhood. When that time comes, I hope that I will be able to pick up a copy of the *Community Connection* to read about the latest community news and events.

Being part of the *Community Connection* has been a joy and a learning experience. In the past six months, I have gotten to know many of North Central's staunchest advocates and have begun to see the neighbourhood through their eyes. North Central Regina is a neighbourhood with a lot to offer. It is a community whose strength lies in its people – including readers like you! Just picking up this newspaper is an act of engagement with your community. Thanks for reading, North Central!



Community Calendar

Ehrlo Soccer League will continue at Parkdale Park from 6:30-7:30pm on **Aug 10**, wrapping up on Aug 16. It's a free, drop-in league for kids ages 8-12. **Ehrlo Monday Night Football (MNF)** begins at Scott Collegiate following our kick-off camp on Mon, **Aug 31**. MNF is open to youth ages 8-18 in two age divisions (junior, ages 8-12 and senior, ages 13-18). For information and registration for both leagues call Ehrlo Sport Venture at 751-2411.

Sepak Takraw Demonstrations/Public Participation at "Eat To Live Well" Outdoors at North Central Community Association **Tues Aug. 11**, 4-8 p.m. North-Central Sepak Takraw Nights The Oasis, (inside old church, corner of 7th Ave. & Garnet St.) Tuesdays, 6-8 p.m., all ages welcome. For more information on Sepak Takraw events, contact Rick Engel 584-8778.

Teddy Bear Clinic – bring your ripped or broken stuffed animals to be repaired – **Mon. Aug. 17** from 1-4 pm at 4-Directions Health Centre. For info: 766-7540.

First day of school for Regina Public Schools: Aug. 27th

The Changing Face of AIDS Conference Oct. 1, 2 & 3 Regina Inn. For details call Laurie S. at AIDS Programs South Saskatchewan at 924-8420

A Contemporary **Women's Outreach Program** offered by Regina Work Preparation Centre in partnership with NCCA at Albert Scott Community Centre. Orientation Dates: **Tues. Aug 18** at 1:30 & **Tues. Aug 25** - 1:30 held at Albert Scott Community Centre. Program runs 3 days a week (Tues. Weds. & Thurs.) for 6 weeks. Programs begin: **Tues. Sept 1 & Thurs. Oct 8**. For information contact: Kathy Palmer at 757-9096 or 533-2117

Gather and Grow **Preschool Playgroup** at the Four Directions Health Centre. Come play with your little ones from 10:30 to 11:30 am every Tues. For information, call 766-7540.

A Community Garden **Sculpture Project** will be hosted by the North Central Community Association and Common-Weal Community Arts. To help out with the art project, come to the Robinson Street garden (across from the Albert School) on **July 27 & 29**, and **Aug. 4**. Sculpture viewing and celebration will take place **Aug 6** at 2pm. For information, contact Brandy at 791-9888.

First Nations Language Speaking Circle Albert Library, 1401 Robinson St. 777-6076 **Tuesdays, Sept 15 - Dec 1**, 6:30 - 8pm Everyone Welcome. Come out and learn a First Nations Language for free!

AIDS Walk for Life - Sept 18, Red Ribbon Place. Registration 10-12am, Opening Remarks 1:00 followed by walk.

Third Annual **Aboriginal HIV/AIDS HCV Conference - Nov 15-17**. The Theme is Women: Keepers of the Tipi. To register, visit www.allnationshope.ca

Announcements

"Congratulations on your graduation Naomi Rogers!" - Love Mom

The True Wheels Bicycle Shop is open at 766 Angus Street. Used bike parts and bicycle recycling. Open Mon. to Fri. 1 – 5pm.

Community Satellite Book Collection - Now more locations to borrow a book in North Central for adults, parents, youth, children and babies. NEW! Popular and recent titles to enjoy! Check out the book collections at:
Red Ribbon Place, Women of the Dawn: Kohkum & Moshum Inc, Rainbow Youth Centre, Four Directions Health Centre, Indian and Métis Christian Fellowship



**SATURDAY,
SEPTEMBER 12**



Where?

Albert Scott
Community Centre Park
1264 Athol Street

When?

Saturday, August 22
1:00 - 4:00 pm

What?

FREE Food, Prizes,
Giveaways & Fun!



Regina
Humane
Society

From the President

Regardless of our individual situations, our day to day challenges, we are blessed to be living where we are: in Canada, envy of the world; in Saskatchewan, envy of Canada; in Regina (what's not to LOVE); and, may I be so bold, in North Central - a great community - a community on the move. Location! Location! Location! Location!

We, my wife Lil and I, moved in 2001 from the west side of the



City into North Central. The NCCA, (North Central Community Association) welcomed our interest, and 'conscripted' us. Eight years have flown by.

Once again, I have the privilege of being elected president of the NCCA board, taking over from Brenda Mercer, who, as President for the past three years has led our Community forward with wisdom, enthusiasm, and plain hard work. We applaud you, Brenda, for your efforts.

Did you know that some of our Regina areas do not have active community associations? And none are as active as our NCCA. Under the leadership/oversight of our 12 member board, and the administration ably directed by our Community Coordinator/CEO, Rob Deglau, great progress has been made toward achieving our Community Vision - a safe, healthy, caring Community of which we are proud.

Our progress (or lack of it) is a reflection of our pride of community. Every one of us has the option of being a cheerleader. The North Central Community Connection you are holding in your hands is meant to inform, excite, and encourage each us, each resident, to catch the Vision and contribute to achieving it.

Do not forget that you have the right, and are welcome to attend Board meetings. However, be forewarned - you may end up on a committee!

On behalf of NCCA, I wish each of you a great summer. Try to take some time to enjoy family and friends. Visit the Community Gardens!

Regards, Tom Wright - President,
North Central Community Association

The Board of Directors of North Central Community Association wishes to express our sorrow at the passing of **Noreen Drake**. Noreen has been involved on the Board and Committees since 2003. Always a passionate voice for our neighbourhood, Noreen had a way of navigating and negotiating issues with a common sense approach.

While taking a class at INCA (Indian Communication Arts) at FNUC in 2005 Noreen chose an assignment to design a tabloid-style newspaper for North Central Community Association (expanding on the newsletter format). Noreen designed a mock up of *Community Connections* with a masthead that included these words: **Listening To Your Voice, Printing Your Stories, Building Our Community**. You're holding the results in your hand.

We are so grateful for Noreen Drake's friendship and vision and we will miss her dearly.

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

Editor: Carla Jensen
Design & Layout: Right Brain Creative Services

Thanks to those who contributed to this issue:

Mathew Blackwell	Bill Cook
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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 Albert Scott Community Centre and various North Central businesses.

Opinions expressed in the 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.

The North Central Community Connection
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Mission Statement of
North Central
Community Association

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.



Board of Directors
Election Results

Tom Wright.....President
Jordan d'Almeida.....Vice President
Greg Hamblin.....Treasurer
Carol Kirk.....Secretary

Members at Large

Mark Docherty
Cassidy McFadzean
Alicia McQuarrie
Derrick Moor
Kevin Nagy
Rebecca Richards
Rebecca Schiff
Cindy Tripps

NORTH CENTRAL PHONE LIST

Schools

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

Organizations & Agencies

Aboriginal Skilled Workers Association.....337-0400
AIDS Program South Saskatchewan.....924-8420
Albert Library.....777-6076
Albert-Scott Community Centre.....777-7033
All Nations Hope.....924-8424
Bylaw Enforcement.....777-7000
Chili for Children.....359-7919
Circle Project.....347-7515
Circle Project Childrens' Centre.....569-3988
Ehrlo Sport Venture Program.....751-2411
Fire Safety.....777-7830
Four Directions Community Health.....766-7540
Gathering Place.....522-7494
Indian M tis Christian Fellowship (IMCF).....359-1096
Kids Help Phone.....1-800-668-6868
Mobile Crisis Services.....757-0127
North Central Community Association (NCCA).....791-9888
North Central Community Health Office (Nurse).....757-1046
North Central Community Police Service.....777-6450
North Central Family Centre.....347-2552
Oxford House Society of Regina Inc.205-3598
Pasqua Hospital.....766-2222
Public Health Inspector.....766-7755
Rainbow Youth Centre.....757-9743
Regina Alternative Measures Program (RAMP).....352-5424
Regina Education & Action on Child Hunger (REACH)....347-3224
Regina City Police.....777-6500
Regina Crime Stoppers.....545-8477
Regina Fire Department.....777-7846
Regina Food Bank.....791-6533
Regina Police Substandard Housing Enforcement Team..777-6399
Regina Sexual Assault Line (24 hrs).....352-0434
Rentalsman.....787-2699
R Healthy Food Store.....359-0541
Safer Communities & Neighbourhoods (SCAN)..1-866-51-SAFER
SaskPower (inspections).....566-2500
Saskatchewan Rental Housing Supplement.....787-4723
Souls Harbour Rescue Mission.....543-0011
Street Culture Kidz565-6206
Welfare Rights Centre.....757-3521
Women of the Dawn791-6504

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brenda@brendamercer.ca
www.brendamercer.ca

This ad created and paid for by the Committee to Elect Brenda Mercer to City Council



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**Regina
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www.rcsd.ca

