



Doreen Lloyd - Resource and Support Facilitator

Homelessness is still a key problem within the community and the city. Recently there was a call to the office about a mother and four children living in their van. Fortunately, the apartment block on 1212 Retallack Street is going through major renovations and individuals and families are being settled in the apartments. The partnership with the landlord Rahima Athari, who owns two apartment blocks, has been beneficial. People in crisis are provided shelter and we have taken turns advocating for financial assistance. The apartment at 1223 Rae Street is now a work of art, thanks to the vision and creativity of Roberto Lopez Lopez and volunteer artists.



Doreen Lloyd hauls in much-needed furniture for tenants' new 'lease on life'. Needed as much are volunteers with good trucks, strong backs and big hearts to help with delivering and moving.

Artist **Roberto Lopez Lopez** created this mural with the help of the North Central Community Association and landlord **Rahima Athari**.



photos by Jessica Hanna

Family are the
people I care about
most in this world.
I have people I call
family that I am not
even related to,
but it means I care
about them a lot.



Josh Wasacase

Regina citizens are still coming forward to provide clothing, furniture and household goods. One telephone call that warmed our hearts and tear ducts came from a senior with terminal cancer who was ecstatic that someone could use her lifelong treasures so that she would not have to throw things in the garbage.

Stability and help from community support workers for people in these and other North Central apartments is essential to success in their day-to-day lives. Many of the tenants are dealing with a multitude of problems but safe and affordable housing is no longer one of them. The apartments are drug- and alcohol-free.

We are thankful to the people in the office and throughout the city who invested dollars, donations and time. They have given Christmas back to those who were homeless but are now on their way to better lives. They initially sought help from North Central Community Association and through caring partnerships, they will be home for Christmas.

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COMMUNITY Voices

YOUR VOICE

Personal Stories Inspire and Motivate

By Judith Silverthorne

The Writing Project for the North Central Family Centre (NCFC) began in earnest at the beginning of June this year, after a spectacular launch featuring presentations by two Freedom Writers of movie and book fame. Tanya Payne and Tony Becera inspired approximately a dozen young writers to participate in the project, which ran for 5 months over the summer and into the fall.

The main group comprised those who had been part of the Dirty Dozen Marathon Team. They wrote about their own personal experiences and about how their lives had been changed by being part of NCFC and marathon running. The need to extend participation to others, who were associated with the Family Centre in some way, quickly became apparent and all were welcomed.

The numbers expanded and dwindled at times with adults and those under the age of twelve joining the core group. Fluctuations for participation also occurred due to interruptions of going on holidays, spending time on the reserves, people moving away from or into the area. As a result, eight remained throughout the entire course and completed their personal stories with potentially more being completed over the course of the next few weeks.

The results were achieved through a series of writing exercises and activities, a visit to Chapter's Book Store and some diligent work tapping into creative energy, placing pen to paper, and putting memories to the test. The honest sharing of the participants' stories has emerged into ones that are sure to bring encouragement to others who have experienced or are experiencing similar ways of life. Others who are struggling with how to improve their lives, or are looking for some form of motivation, may find that glimmer of hope in knowing that others have managed to break free of past encumbrances and have found some healing in telling their stories.

These excerpts were not edited. Their stories are as they wrote them, without changing the language, spelling or grammar as part of the authenticity of their voices.

You can contact Judith through the North Central Family Centre website at www.northcentralfamilycentre.com



Before I was involved with the marathon, I didn't go much outside of Regina. Now I get to out more often and see the world. When Ben started the marathon, he was already a marathon runner.

Running the marathon made me feel good and I now know I can do it. Ben made us feel like winners.

"FINALLY CHRISTMAS CAME AND WE GOT TO GO HOME FOR A HOME VISIT AND WE WERE EXCITED BECAUSE MY MOM FOUND A HOUSE, THAT MEANT WE WERE ABLE TO COME HOME AND LIVE WITH OUR MOM. I THINK THAT WAS THE BEST CHRISTMAS EVER."

MAKAYLA * *

I came from a big family so we hardly ever got anything. My Grandparents raised me, not only me, but my other 4 siblings. We barely had any money at times. My Grandma could not afford too much such as clothes for us. We always got used clothes given to us from our cousins, which we didn't mind, because we were used to not getting anything.

We lived on a small reserve where everyone knows everyone's business in a flash. My Kokum and Mushum raised us because my mother felt unstable to take care of us, but she was always there. My Grandparents were great people; they helped everyone. They opened their small home to help anyone even though they hardly had anything but their big hearts.

The house we lived in was quite small with a bunch of broken down cars in the back. We had 3 dogs, but dogs and cats came and went all the time. We also grew up around most of our uncles and cousins. Everyone's house was at least 20 steps away from each other. We called it the village. So we were always with our family. My siblings and I spent most our days outside making mud pies in the summer and sliding in the winter.

On the reserve, there isn't very much to do but go to school and come home and play in the coulee. It was the same thing every day. My grandparents always went to bingo, and our older cousins would babysit, but never paid any attention to us. So when my grandparents would leave, we always felt like they were leaving us to watch ourselves. We always felt alone when our Kokum and Mushum left.

It was very hard for us when my Kokum started getting sick. She could not really take care of us and my mom was still unstable. So we were forced to go into a foster home, which was 5 hours away from home. We were taken to a small town, which didn't feel like home at all. It took a long time to adjust. We were there for a month. Our foster mom wasn't nice at all. She always found reasons to give us heck and spankings.

Until one day I finally got the guts to tell our social worker what horrible things she had done to us, and immediately he moved us to another home which was like 20 minutes away from the small town on a reserve. We were there for a month too and our new foster mom was hardly ever home because she was going through a divorce.

Finally Christmas came and we got to go home for a home visit and we were excited because my mom found a house, that meant we were able to come home and live with our mom. I think that was the best Christmas ever. We met our stepdad; he was awesome. We called him Dad right away. We also had a baby sister that we actually got to know more. She lived with my mom.

My Grandma and Grandpa passed away. It was hard to cope

BOB

— — — — JIM

About two years ago I began coming to the Centre. I came with my friend and it was fun, so I kept coming back. I went swimming, played football, and hockey. It's fun to come here and be with the other homies. I went on two Marathons. Two of the other runners helped me. Bob and Alyx. I went to Winnipeg and Ottawa. I had been to the ice glaciers before that.

I used to bumper shine before I came to the Centre and I used to smash windows and start garbages on fire. I also used to stomp out little kids too. When I started coming to the Center. I stopped doing all that stuff and started taking care of my little sisters. I still bumper shine in winter time, cause it's fun. My other homies do it with me. I started bringing my little sisters here. I want to get my driver's licence and get a job. I want a job that pays me lots of money. I want a job that makes me happy and so I want to go to work every day. I don't want to work with people who pee me off.

I like skateboarding. I like math and science. I'd like to be a scientist that does technology, like working with robots in the future.

MAKAYLA

with. There were so many changes in my life.

Then we got introduced to the Centre. This was maybe about 8 years ago or maybe even 9. I lost count. The Centre became our second home. We were there all the time. At first the Centre was a small building, maybe the size of a one bedroom house. We loved the Centre ... it kept us away from bad things anyways. Then the Centre built a bigger building and changed their name to North Central Family Centre. There became more programs, and more kids showed up.

My first job was actually at the Centre, an after school job. My sister and I were in charge of the crafts program. And trust me I wasn't very crafty so I'm glad my sister was there to help me. My family and I lived in the hood (North Central Area) all our lives. So we were used to everything. The way you actually stay away from trouble is just mind your own business, and the street people will kinda just leave you alone.

The Hood wasn't that bad. I mean "yeah" they had the gangs and the drug sellers, but all my life in the Hood I've never seen a gang member or new a drug seller. I've met so many people working at the Centre everyday. People with the same lives as me. So my job was easy and I didn't feel like I had to impress anyone.

Big hearts abound *at the* Welfare Rights Centre

Situational poverty, mental health issues, addictions, abusive home life, refugee status – any of these circumstances could affect you or your loved ones.

In conversation with
Marg Friesen, Welfare
Rights Centre (WRC)
by Jan Morier

Welfare Rights is in the business of understanding - understanding who their clients are and how they can serve them better. They search for ways to create understanding and make the general public more aware of the challenges of inequality. They foster understanding through the mire of information around housing, legal issues and government bureaucracy.

They are led by Marg Friesen, whose life's work and passion has been focused on empowering people to become self-sufficient.

No one agency can address all of the needs swirling around poverty, so Welfare Rights Centre collaborates and refers with other human service agencies in the Regina area. Marg sees the need to enhance WRC's own program offerings with more lifeskills training.

WRC keeps the lines of communication open for those in dispute with social workers, landlords or the legal system in an effort to keep relationships healthy. They can also appoint trustees to help clients with budgeting issues.

The seven staff members at Welfare Rights Centre put their money where their mouths are by hiring their own clients for jobs around the office. Just now an office renovation project is bustling with movers, cleaners, painters and carpet layers.



Marg's wish list at Christmas is for a city with people who exchange good wishes with their neighbours. She urges you to remain open to the plight of those living in poverty and offer them prayers, respect and understanding. You are encouraged to give the gift of your time by volunteering with an agency that serves human beings living in poverty.

On October 20, 2009, Randy Reid takes his daily walk in downtown Regina, in hopes to collect some money for food.
© Nicole Gerhardt



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

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

Togetherness is a
special moment
when everyone comes
together to share
proud and happy,
or be there
for support & guidance
when we really need it.

 Nigel Kaiswatum

Welfare Rights Centre
1042 Albert St, Regina S4R 2P8
PH: 757-3521
Monday to Friday 8:30 a.m. to 12
noon and 1 p.m. to 5 p.m.

- Advocacy
- Housing Advocacy
- Housing Registry
- Trusteeship
- Shopping Assistance
- Referrals

"Our mission is to improve the quality of life for social assistance recipients and others with low income in the community of Regina. We assist by providing services for individuals and families to enrich their lives in the areas of positive lifestyle choices, financial management, family support, community involvement and improvements to overall health and well-being."



SEARCH Student Energy in Action *for* Regina Community Health

by TaraLee Houston Community Co-ordinator
for SEARCH

I am excited to be a part of the energetic and dedicated team of volunteer students and board members of SEARCH. As the co-ordinator for this new non-profit organization, I will help to establish SEARCH programming and organizational infrastructure, in conjunction with the board and community.



I have dedicated myself to the human services sector for over 10 years in Regina. I am passionate about caring and supporting children and families in our community in Saskatchewan through my volunteerism, education and employment. I have a dynamic and positive personality and I love to immerse myself in our community. I am currently a weekly volunteer for Girl Guides of Canada, a regular volunteer at the MS Society of Canada and REACH (Regina Education & Action on Child Hunger).

I am a Graduate of Luther College at the University of Regina with a Bachelor of Arts degree and I have also participated in a year-long community leadership program with Leadership Regina.

I am currently working out of the North Central Community Association office at Albert Scott Community Centre (upstairs), thanks to the welcoming and wonderful staff at NCCA.

SEARCH is an interdisciplinary student-run after-hours health clinic offering services from the Four Directions Health Centre beginning this winter. For more information visit me at the office weekdays or e-mail me at: reginastudentclinic@gmail.com

Family means everything!
It means love, wholeness,
happiness & just someone
who is always going to
be there for you,
no matter what.

 Summer Delorme

Greystone Bereavement Centre

By Wendy Bright, M.A., Bereavement Counsellor

During the holiday season, many people feel the pressure to spend more and do more. It can also seem like there is pressure to be cheerful and happy on the outside, no matter how you are feeling on the inside. There doesn't seem to be any space for sadness, anger, or frustration in this season. This time of year can be especially difficult if you are grieving. And if you can't find a way to feel happy, it is common to feel guilty on top of it all! Making a plan ahead of time for how you would like to handle things during this season can help lessen the stress you might feel.

A first step might be taking some time to think about what is really important to you during this season. What is the spiritual meaning of the holidays for you? What are some of your favourite holiday memories? What really matters to you at this time of year? And what are the things you could easily let go of? If you decide, for example, that spending time with people whom you care about is important, perhaps you could choose to share a meal together instead of exchanging gifts. You might also think about having a 'recycled' holiday with only second-hand gifts, or making homemade gifts.

Reaching out for help is another step in making the season less stressful. Who are some of the people you trust to help and support you through the holidays? Who are some of the people I would like to spend less time with? Maybe you need someone to help put up your decorations or to help with your shopping. Perhaps it is help in the way of having someone who will really listen to what is going on for you. This might be a friend, a family member or a counsellor. We all need support at times in our lives.

If you have a friend or family member who is grieving at this time of year, offering your support to them can give you a chance to feel good about helping another. People often feel like they don't know what to say to someone who has had a loss. Most often there are no words that will take away another's pain; but simply having someone who is with them and listening to their story can feel very good.

Another useful step in planning for the holidays is making some space for relaxation. What do you enjoy doing? What things allow you to have some time off from everything else that is going on around you? What activities help you to connect with how YOU are feeling? This could look a lot of different ways depending on your interests. It might be listening to music, cooking, walking, praying, sleeping, dancing, or taking a bath.

The holiday season can be a wonderful and enjoyable time if you plan ahead by making healthy choices about what's important to you, asking for help when you need it, and allowing time for relaxation.

Reference:

Holiday Hope: Remembering Loved Ones During Special Times of the Year (1998).
(Karen Dorshimer-Chaplin & Ed Holland).

COPIING through the HOLIDAY SEASON

For many individuals and their families there is little comfort and joy in the overwhelming pressures of the season.

Greystone Bereavement Centre

700B – 4400 4th Ave.
Regina SK S4T 0H8
766-6946

Hours of Operation:
Monday to Friday
9:00 am – 12:00 pm
1:00 pm – 4:30 pm

The Greystone Bereavement Centre offers bereavement programs and services related to death losses. There are three counsellors on site who provide individual counselling as well as other grief support activities. For further information please call the number listed above or visit our website at www.rpci.org/gbc

John Howard Society Regina Council

Phone 757-6657 Ext. 229

www.sk.johnhoward.ca
2505 11th Avenue,
Regina, SK S4P 0K6

The John Howard Society of Saskatchewan is an independent voluntary organization composed of citizens who accept responsibility for understanding and dealing with the problems of crime and the criminal justice system in a creative, humane and progressive manner. The Society fulfils this responsibility through reform, advocacy, direct service and public education.

John Howard Society Regina Council

By Murray Logan
Institution and Community Caseworker

I certainly have encountered numerous situations over the years which involve individuals, as well as their families, who are involved with the Criminal Justice System on both sides of the bars. I am engaged in the day-to-day connecting of inmates with lawyers, guiding people through the process of applying for a Pardon, setting men up with housing, food, treatment for substance abuse, employment and education possibilities upon their release as well as getting them started on re-applying for Identification which has become lost along the way. I also do try to connect families, parents and loved ones with men or women who are incarcerated, either for courtroom reasons or in the way of Probation or Parole, or with Pre-Release plans.

I may also become involved in Immigration concerns for men or women in jail who are being held for those reasons. In the community I help some people with a ride to the Food Bank, or with clothing, and still others with job connections or education connections.

During the up-coming December Christmas holiday season, I assist them with handing out the Sunshine Bags at the jail. I also try to connect those who are experiencing a tough time on the street with the Downtown Banquet for the Homeless at the Delta Hotel where we receive a certain number of tickets from the United Way to give out.

To keep it simple we at the John Howard Society, as well as myself, meet individuals every day who are either North Central Heroes or North Central Survivors where we do our best to bridge with the resources that are there in the shape of other organizations, or which we try to make happen ourselves.

In light of the fact that we choose to be part of the solution and not part of the problem, as was the way with our mentor John Howard over 200 years ago, the best quote I have seen yet as a motivator as well as a consolation has come from the Holy Bible, Matthew 25:35-36,40. *For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me. (40) Truly I say to you, as you did it to one of the least of these my brethren and sisters, you did it to me.* (the words of Jesus Christ)

I hope this small contribution of words will be of help in the encouragement of those who are in need of solace for their souls as well as sustenance for their lives all of the time, but particularly during this tough and often emotionally constricting season.

SOULS HARBOUR RESCUE MISSION

In conversation with
Derek Moore, Souls
Harbour Rescue
Mission - by Jan Morier

From their separate origins as Souls Harbour Mission House (soup kitchen) 20 years ago and the Regina Rescue Mission (recovery programs) which began 10 years ago, the service agency that is Souls Harbour Rescue Mission is a force for goodness in our city.

No mortal is immune to rough patches in life and we may need a ‘hand up’ now and then. Whether it’s a friend’s counsel, a bed for the night, or some nutritious food to keep our strength up. There will always be people living below the poverty line, so there will always be a need for services to humanity - like Souls Harbour Rescue Mission.

Souls Harbour serves all who are in need. There may be a small number among the marginalized who abuse the spirit of the offer of help, but that is often rooted in a mental health or addictions issue. Some people need the service as a stepping stone, some are always going to need the help. Some are sacrificing to give a better chance to their children. No one is turned away.

Making Spirits Bright

At Souls Harbour, it’s the generosity of the volunteers and staff matched by the goodwill of the corporations and private citizens that make the spirits bright. Those corporations and individuals who sponsor and serve holiday meals can feel among the blessed. Funding an evening of 200-300 meals doesn’t just stop at cutting a cheque. Donor corporation’s staff are fully involved in serving and cleaning up after the feasts.

Traditional offerings from Souls Harbour Rescue Mission have served up to 900 people in multiple sittings. This holiday season, Souls Harbour is holding a full week of meals, alternating traditional turkey and all the trimmings, with other comfort foods.

People come to the feasts as much to visit as to share a meal. They crave the company of others and consider each other as family. Children delight in games in the craft area after their meals. New immigrants take in basics of the English language. Every age group is seen. Souls Harbour does not monitor how many meals a week they take.

Overall, those receiving the meals are grateful, often sticking around to bus tables and wash dishes. People feel needed when they help, they have a feeling of giving back. Perhaps it conjures warm memories of their ‘happy golden days of yore’.

Souls Harbour Rescue Mission is impressed with the consistency and volume of volunteers. They recruit help year ‘round and if you can’t help at the Christmas banquets you can sign up for Easter or Thanksgiving. There will always be a need.



The dining room is small, but spirits are light, as one by one members of Souls Harbour Rescue Mission wander in for the night’s meal.

photo © Marcy Velestuk October 30, 2009

The soup kitchen at 1836 Halifax St. is open from December 1st to 23rd, Monday to Friday. The meals are served at 5:00 p.m. to the public.

Some special meals have been booked:

- Friday Dec 4
- Monday Dec 7
- Tuesday Dec 8
- Friday Dec 11
- Monday Dec 14



There will be more special meals booked the closer we get to Christmas

Note: Life Change Programs and Emergency Shelter only provide food to those who are staying at their locations.

PLEASE CLIP AND SEND WITH YOUR GIFT TODAY

Complete Holiday Dinner—\$3.11



We need your help to serve hot meals or provide other essential services to hungry, homeless, hurting people in the Regina area this Holidayseason.

For just \$3.11, you can provide a hot meal or the safe shelter and spiritual help that can be the start of a new life.

Please help us feed and care for hungry, homeless, hurting people by mailing your gift today.

☐ \$15.55 helps 5 people

☐ \$118.18 helps 38 people

☐ \$27.99 helps 9 people

☐ \$236.36 helps 76 people

☐ \$_____ to help as many people as possible

☐ Please charge my:   

Card No. _____ Expiry Date _____

Signature _____

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

Name _____

Apt. _____ Address _____

City/Prov./PC _____

Phone (____) _____

E-mail _____ @ _____

Please make your cheque payable to:
SOULS HARBOUR RESCUE MISSION
P.O. Box 3356 Stn Main, Dept. SAX09CC
Regina, SK S4P 3H1
Location: 3535 8th Avenue
www.soulsharbourrescuemission.org

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

OUR 19TH YEAR OF SERVICE TO THE NEEDY

Family is a word that describes a group of people who watch out for each other, through thick and thin. You don’t necessarily need to be blood related to be family.

Tiffany Couperthwaite



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Advice for Life

CREATE
Connecting Regina Educators & Artists Through Expertise

BY JAN MORIER

OH BOY! I LOVE CREATE CLASSES AT ALBERT SCHOOL THIS FALL. WE PRACTICED PORTRAITS, EXPRESSIONS, ACTION FIGURES & FANCY LETTERING!

Kamisha Green, Allana Whitequill

I WONDER HOW LONG I CAN HOLD THIS POSE...

Albert teacher Renée Ludwig helps with action figure drawing!

Jan sez: I was thrilled for the chance to work with two North Central Community Schools - Albert & Wascana - delivering a social studies lesson through cartooning! This was a fun way to tap into children's creative minds and see what comedic & artistic talent would shine!

WE PRACTICED LAYERING FACES AND BODIES TO PLACE OUR CARTOON CHARACTERS

Of course if you move west you'll have to give up your fine things.
 Don't fret dear, of course you'll need your wedding china!

Storyboarding gave the students a way to organize their thoughts. "What Did They Need the Most" was an exercise in group decision-making. Special thanks to teachers Gail Digby, Renée Ludwig (Albert) and Barbara Slywka (Wascana) and all the students! See you in the funny papers!

Draydin Cyr, Kashten Geddes, Paige Reinhart

CREATE (Connecting Regina Educators & Artists Through Expertise) is a unique program which allows students to experience topics covered in their core curricular areas through Visual Art, Dance, Drama and Music. All teachers in Regina Public Schools who teach grades 3, 4 or 5, are assigned a professional artist from the community. The artists work with classroom teachers, providing them with exceptional one-on-one professional development, by designing one-of-a-kind educational experience for their students.

Photos: Jan Morier
 Students pictured are in grades 3 & 4 at Albert Community School.

CREATE is a program of Regina Public Schools
 1600 4th Avenue
 Regina, SK, S4R 8C8

The CREATE program was established to focus on the current needs of students in our system.

The program has flourished in the past decade and we look forward to the future educational opportunities that Regina artists will be able to create for elementary students.

Our artists offer new and innovative ways to achieve increased Literacy and Numeracy. Artist Visits also enable students to form relationships with professional artists from their community.

Each school year, 30 CREATE artists complete approximately 1200 artist visits throughout our system.

CREATE Program Philosophy

* The primary focus of CREATE Artist-Educators is to aid students academic success across their core curricular areas. The main objectives of the CREATE program are:

* To enhance the academic success of students through arts-based learning experiences with a focus of increased literacy/numeracy.

* To provide an equal opportunity for every student system wide from grades 2/3 to 5/6 to share a mutual experience through a variety of art forms, thus raising the global arts community of our schools.

* To create effective collaborations between Regina Educators and Artist for the purpose of innovative education and on-site professional development in a variety of arts disciplines. The skills taught by CREATE artists may be used by the teacher in core subject areas throughout the academic year.

* To enable artists to develop the tools and skills necessary to integrate their art form into an educational setting.

(CREATE)

To me,
 togetherness means
 just being around the
 people I love,
 even if it is not
 a holiday or
 a special occasion,
 just being together
 because we love
 the company.

Foena Fourhorns

Round Dance and Feast
Honouring Our Youth
 was held in November
 at The Gathering Place.
 Sponsored by Common
 Weal Community Arts
 Inc. and North Central
 Community Assoc.

photos © Gerry Ruecker, 2009



Rod Allen
Principal



Nancy Buisson
Vice-Principal

Message from the Office

Hello Everyone. It's hard to believe that the first semester is more than half over. We have had a very busy fall. Congratulations and thanks go out to our girls' volleyball team and to their coaches for all their hard work and the excellent job they did representing our school. Our cross country team represented Scott Collegiate well at the two inter-school meets that they attended. Students in attendance enjoyed a very successful school dance earlier this fall. We have had a number of students involved in Peer Support and ACT retreats. The information these students have gained as part of their

training will have far-reaching benefits for the school and the Scott community. Thanks to all the staff who have given extra time to students in a wide range of activities this fall.

With winter coming we see the start of basketball season. This year we will have a Junior girls team and a Senior boys team. Please take the opportunity to come out and cheer our teams on to victory!

Scott Collegiate has formalized a partnership with the Paul Martin Aboriginal Education Initiative and the Regina Chamber of Commerce. This partnership will give Scott students at the grade 11 level the opportunity to not only learn how to start a business but the seed money and mentorship to actually get their business operational. Students get to keep 90% of their profits, with the remaining 10% going to a charity of their choice. We are the fifth school to be part of this Entrepreneurship program which has had great success to date.

Finally, please be sure to phone or drop in at any time should you have questions or concerns. Education is a shared responsibility and we welcome your comments and input.

On behalf of the Scott Collegiate staff we wish you a safe and peaceful holiday season.

Rod Allen

Nancy Buisson

UPCOMING EVENTS at Scott Collegiate

Dec 1 st	girls' basketball plays at Western Christian College
Dec 7 th	boys' basketball at Scott
Dec 9 th	boys' basketball at Scott
Dec 10 th	midterm reports
Dec 16 th	noon dismissal for staff meeting; double header basketball at Scott
Dec 18 th	community holiday luncheon
Dec 22 nd	last day of classes
Jan 6 th	classes resume
Jan 13 th	Scott Community Council meeting 5:15
Jan 18 th	no school for students; PD for staff
Jan 27 th	last day of semester one
Jan 28 th	no school for students
Jan 29 th	no school for students
Feb 1 st	semester two commences

Scott Infant and
Toddler Centre
3350 7th Avenue
Phone: 523-3510



Tammy Pedersen has been the Executive Director of the Scott Infant and Toddler Centre (SITC) since 1995.

“Our priority of course is the children who are in our care. Our mission is to provide a safe, secure, healthy environment for the children. In addition, we try to assess and watch for any developmental delays that may occur including speech. Our educators provide an environment that promotes learning with the infants and toddlers in our care.

The second component of our program is to offer support services to the parents. This includes educational support in the areas of parenting skills, child development, budgeting, resumé writing, nutrition, crisis intervention, post partum, breastfeeding, biting, potty training, stress, custody and access, assistance in filling out applications such as child tax, treaty card health card applications, emotional support and linking parents with other community supports in the area (i.e legal aid). This is not an exclusive list, we first get to know the families we serve and find out what their needs are and go from there.

In my opinion, family or togetherness really is a group of people that gather in a common area with common interests or goals who help and assist each other in a non-judgmental way. It's a place where people feel safe to discuss their problems and grow in a positive environment.

I always enjoy walking into the daycare and seeing the babies smiling, laughing or learning to walk. I love seeing parents interacting with their children and seeing the bonding that is taking place. I especially love it when parents start to understand the importance of what they do with their children really affects how they learn and grow. It really is a rewarding job.”

My name is Kashala Checkosis, and I am 17 years old.

I like to play basketball. I also enjoy being with Tayshaun and teaching him new things.

Our son is Tayshaun James Masyne
Checkosis Kequahtooay. He was born on
July 26th, 2009 at 11:02 a.m.
at 6 pounds, 9 ounces.

My Family is the
Foundation of my
Heart.

Brandon Oakes

Now that I have a son family means something important in my life. Now that I have a son, I have more responsibilities and more work,

but having a baby isn't so hard like most people say and think it is.

But my life has changed by the responsibility, the sleeping, the time. Other than that, I just love having my own little baby boy.

I like having my baby here with me at school in the Scott Infant Centre because it can get pretty lonesome when you are not with your little one all the time. I like that I can go downstairs and see him any time I want.

What I like best about the Scott Infant Centre is that they are here spending their days with our babies so that we can go back to school. I'm also thankful for them always being there when we need them, even through some of our bad days and our worse days, they are always there anytime.

I'm Robert James Kequahtooway and I am 18 years old.

I love playing basketball and I help coach the Scott girls' basketball team. My interests are helping people if they ask me and watching TV with my son, mostly sports like basketball, football, and hockey.

I think Family means to make sure you have a good future like finishing high school and finding a good job so I can support my son and so that he can have a good future for himself.



Tammy, Kashala,
Tayshaun & Robert

Since having a baby my life never changed, just my school life did because before I had a son, I dropped out of school year after year. Then I had a son and my school life is way better this year than all the years combined.

I enjoy having Tayshaun at school with me because if I want to go and see him, I just go downstairs. And, I like that we don't have to pay for him to go to daycare while we are at school getting an education.

I like that all the staff downstairs in the Scott Infant Centre are kind and respectful, and they take good care of my son Tayshaun.

Optimist Club Sponsors Student Essay Contest

The Downtowners Optimist Club of Regina is encouraging local students to take part in the 2010 Optimist International Essay Contest and be eligible to win cash prizes and scholarships ranging from \$100 to \$6,000.

This year's topic is "The Internet: Today's Evolution or Tomorrow's Menace?". Essays must be 400-500 words in length. To take part, students must be under the age of 19 as of December 31, 2009. Essays are judged at the club level, with the winning essay sent to the district level (Alberta, Montana, Saskatchewan and Northern Wyoming), and the winning essay there sent to the international level.

Prizes are as follows:

Club level:

- 1st place: \$300 & medallion
- 2nd place: \$200 & medallion
- 3rd place: \$100 & medallion

District level:

1st place:
\$2,500 post-secondary scholarship & plaque

International level:

- 1st place:
\$6,000 post-secondary scholarship & plaque
- 2nd place:
\$3,750 post-secondary scholarship & plaque
- 3rd place:
\$2,250 post-secondary scholarship & plaque

The entry deadline is January 31, 2010.

For entry forms and rules, please contact Rick Folk at 789-0639 or rdfolk@sasktel.net, or Lisa Wilson-Sturm at 757-2132 or lwsturm@sasktel.net. For more information, visit www.optimist.org

The Regina Homelessness Information Network

Announcing the launch of a new e-mail list dedicated to sharing information about housing and homelessness issues in Regina.

The **Regina Homelessness Information Network** (RHIN) will be a resource for all who are concerned to discuss and share news, information, and resources on these critical issues. You are invited to post news items, job announcements, reports, any other resources, and to discuss topics relevant to housing and homelessness issues in Regina.

If you are interested in homelessness issues in Regina you may subscribe and feel free to forward this information to others who may be interested in subscribing.

To post a message to this list e-mail: rhin@majordomo.uregina.ca

Subscription to this list is open to any interested individual so please distribute widely to your contacts. To SUBSCRIBE, e-mail rhin@majordomo.uregina.ca

Rebecca Schiff, Ph.D.
Homelessness Project Co-ordinator
Adjunct Professor
Justice Studies, CL 307
University of Regina
3737 Wascana Parkway
Regina, SK S4S 0A2

(Office) 585-4873
www.pathwaysregina.com



Seasons Greetings!

Thank you for your support in the '09 election. As always, I'm here to act on your concerns. Please call me anytime 596-1035 or e-mail me at wmurray@regina.ca

Councillor Wade Murray

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Hank and Mindy resting after searching the Regina streets for more things they can collect or sell for change.

Photo Credit: © Jackie Hall Oct. 20, 2009



Celebrate the Season *with* Albert Branch

Community Feast

Monday, December 7, 4:00-6:00 pm

Albert Branch's Community Feast is a time to celebrate the North Central Community and Albert Branch – your *local* public library. Elders will oversee this traditional First Nations feast beginning with a pipe ceremony, burning of sweet grass and/or sage and an offering followed by the feast. First Nations protocol will be followed. Join us for an evening of honouring our community. Pre-registration not required.

Albert Branch
1401 Robinson Street
777-6076

RP Regina
LC Public
Library

Come & Go Tea

Wednesday, December 16, 6:00-8:00 pm

The staff of Albert Branch invite you for some Christmas cheer at our annual Come and Go Tea. Refreshments will be served.

Kids Christmas Party

Wednesday, December 16, 6:00-8:00 pm

Kids, step into the Albert Branch for some fun! Listen to holiday stories, create holiday crafts and receive a goodie bag to take home. Refreshments will be provided. Pre-registration not required.



The Creator's Christmas Promise



*The Creator who made you says,
 do not be afraid – I will save you.
 I have called you by name – you are mine.
 When you pass through the deep waters,
 I will be with you.
 Your troubles will not overwhelm you.
 When you pass through the fire,
 you will not be burned.
 The hard trials that come will not hurt you.
 For I am the Lord your Creator,
 the maker of heaven and earth who saves you.
 Do not be afraid – I am with you!
 From the distant east and the farthest west,
 I will bring your people home.
 I will tell the north to let them go
 and the south not to hold them back.
 Let my people return from distant lands
 from every part of the world.
 You are my own children,
 and I created you to bring me glory.*

Adapted from Isaiah 43: 1-7



Indian Métis Christian Fellowship

Building an aboriginal worshipping/working community serving spiritual and social needs.

3131 Dewdney Avenue, Regina, SK S4T 0Y5 Canada

Fax: (306) 359 – 0103 Tel: (306) 359 – 1096



Dream Team Volunteer

Central is a network of volunteers. Anyone who is interested in volunteering in the community of North Central can sign up for volunteer opportunities. We work with many community agencies to offer a variety of activities. The project is lead by a volunteer committee and the North Central Community Association.

Call to sign up as a volunteer or to offer a volunteer opportunity Lisa - 766-7549 to submit info for the bulletin email: lisa.workman@rqhealth.ca



RHealthy Food Store,
1264 Athol Street
(upstairs NCCA)
1 volunteer every
Monday 11:30 a.m.
– approx 1:30 p.m.
Assisting REACH
staff: preparing produce
for sale (bagging), and helping
customers. Call: 347-3224

YMCA Tutoring Program needs
volunteers in the following areas:
Grade 8.....Reading & French
Grade 11.....Math 20 (ADHD)
Grade 5.....French
Grade 10.....Math
Grade 12.....Math, English and
Social (GED Prep)

Tutoring will take place at the
Downtown YMCA on Tues, Weds
and Thurs between 3:45 – 6:30
p.m. It would only be once a week.
PH: 757-9622 ext. 234. For
information please call: 541-4915

**URGENT OPPORTUNITIES**

Chili for Children Our days are as
follows:

Mon, Weds, Fri. 11:45 a.m. 12:24
p.m. Our most critical day being
Mondays.

Volunteers are needed to set up,
serve, supervise and clean up.
Also, volunteers are needed to
help with fundraising efforts, such
as selling raffle ticket and working
at the merchandise bingos. Please
call: 359-7919.

From the Editor

By Jan Morier

Family and Togetherness. Who
can argue with those states of mind
as being desirable at Christmas or
any time of year? This issue of *North
Central Community Connections* takes
a look at definitions of family, which
may have a slightly different spin on it.

I'm very impressed with the excerpts
from the journal writings of the NC
Freedom Writers. Their memories,
both recent and early formative, give
me a glimmer of understanding when I
compared them to the easy childhood
I enjoyed. The reflections of Janine
Taylor's students at Scott Collegiate
sparkle throughout this paper, and
we're so grateful for their continued
contributions. They remind us that family
members are not always blood relatives.
From my vague understanding,
that's the expression of gang members -
unfortunately their practices are based
on power and cruelty and they soon learn
that their 'family' disappears when one of
them is caught. Their existence while in
prison is far removed from family and a
huge loss of human potential. Mental
illness and addictions remind us that there
are other kinds of prisons.

Bless the workers in the trenches who
keep bodies and souls together. Bless
those who are alone or homeless. Let's
all make the effort to know what's going
on with our neighbours, to greet them
as valued community members. You
don't know what circumstances they've
endured, but through these writings in
our newspaper, you may get an insight.

We've all come through different sets
of circumstances and history to find
ourselves living here. For most of us it's
working out great. Let's agree that North
Central Regina has challenges and try to
help one another to get past them. If not
by lending a hand, then by offering a
prayer to whomever you pray to.

Merry Christmas Neighbours! Hold
your Families close.



I'm either seeking wisdom
from on high, my head is in
the clouds or I'm watching that
pigeon and ready to dodge!
A good balance is always the
best.

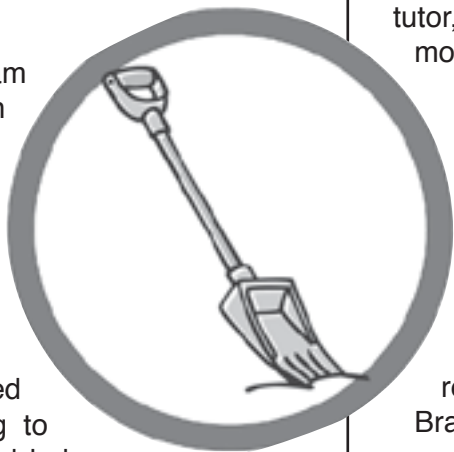
HIRE A NEIGHBOUR

by Denita Stonechild

Do you need your snow shovelled,
light housekeeping or other home
maintenance?

The **Hire a Neighbour** Program
has all the wheels in motion for the
winter. Now it's your turn to participate
with community and making the
program a success. 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
is to give your neighbour and yourself an
opportunity to help each other. Registered
Workers and Work Orders are handled
by the North Central Community Centre.

For more information call NCCA at
791-9888 to have your name registered
and the work ordered processed.



Library News: If you are interested
in learning more on becoming a
volunteer tutor, contact ya@reginalibrary.ca
for more information.

Holiday Hours

December 24th: closed at 5:00 p.m.
December 25 – 27: closed
December 31: closed at 5:00 p.m.

For more information on these and
other exciting things happening at
Regina Public Library visit
www.reginalibrary.ca or call your
Albert Branch directly at 777-6076.

WATCH for an exciting **Family Fun
Day** announcement in the next issue
of *Community Connections*. North
Central Community Association usually
holds this event in December but are
making a move to celebrate February's
new holiday - Family Day! In 2010 this
will be February 15.

Send in your events for the FREE
LISTING in **Community Calendar**
or **Announcements** section of your
North Central Community Connection
newspaper! **Deadline January 15!**

Announcements

A virtual bouquet goes out to
Cindy Tripps. She deserves a huge
kudo! My family had to cancel
Hallowe'en due to being really sick,
and my kids didn't get to go out
trick or treating. Cindy heard, and
left us a care package - one bag with
a bunch of treats for each kid. It
really made their day the next day -
and the effort/sentiment was really
appreciated by us parents who felt
bad about not being able to go out,
or even hand out candy from our
home (nobody wants the flu with
their Aero bar - right?).



Thanks Cindy! *Pauline Gabriel & Family*

On Friday, November 20, the University
of Regina and the University of Regina
Alumni Association honoured five
remarkable U of R alumni at the fifth
annual Alumni Crowning Achievement
Awards.

The recipients once again prove that
U of R graduates are involved in every
imaginable human pursuit and are
dedicated to making the world a better
place - every day.

Corey Matthews BEd '03, an educator
with a passion for leading youth from
the inner city who draws from personal
experience to relate to his students, is
this year's **Outstanding Young Alumnus**.

Congratulations Corey - you do
North Central proud!

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THE **Board of Directors and Staff** OF
North Central Community Association
wish you a **Christmas filled with
Togetherness, Warmth and Peace.**

**It has been our pleasure in serving you
and we look forward to many
good things for our neighbourhood
in the coming year.**



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: Jan Morier
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

Angels 4 Warmth Wendy Bright
Marg Friesen Jessica Hanna
TaraLee Houston Doreen Lloyd
Murray Logan Derek Moore
Jan Morier Scott Collegiate
Denita Stonechild
Janine Taylor & Classroom of Scott Collegiate
Mark Taylor's SIAST Photo Journalism Students
Judith Silverthorne & The NC Freedom Writers
Lisa Workman

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 *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.

**DEADLINE for FEBRUARY ISSUE -
January 15, 2010**

North Central Community Connection
1264 Athol Street
Regina SK S4T 7V3
Phone: 791-9888
Fax: 757-1052
e-mail:marketing@northcentralregina.ca



Worth a Thousand Words

A number of the photos used in this issue of *Community Connections* were crafted by students of SIAST's Photo Journalism class instructed by Mark Taylor. Mark is a former editor of this newspaper who initiated the Photo Journalism classes at Scott Collegiate.

Mark offered his SIAST students for assignments in and around North Central to illustrate the stories the Newspaper Advisory Committee had in mind. Their good works appear in this issue and will be used in upcoming ones. We are grateful for Mark's help and for passing his skills along to his students.

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.

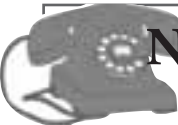


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Cassidy McFadzean
Alicia McQuarrie
Derrick Moore
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Cindy Tripps



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
Morning Star Ministries.....	757-8421
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 Kidz	565-6206
Transitions to Trades	791-9530
Welfare Rights Centre.....	757-3521
Women of the Dawn	791-6504

Did we miss your number?
Want the number of your agency in this space?
Call us to add it: 791-9888



In Your Community: Tools for Workers In a Tough Economy



United Way presents a free public information session for individuals coping with job loss and hoping to re-enter the workforce.

Connect with representatives from numerous organizations that offer support and information in the following areas:

El claims & process
Addictions
Financial counselling

Career coaching
Stress Management
Resume development

Family counselling
Training & skill
development

Tuesday, January 5th, 2010

Place: Albert Scott Community Center

1264 Athol St. Regina, SK

Event Host: North Central Community Association

Time: 9:30 a.m. – 4:00 p.m.

For further information contact;

Doreen Lloyd - North Central Community Association – 791-9888 or
Kirk Brown - United Way of Regina – 751-4750 Ext 761

"Christmas is doing a little something extra for someone."

~ Charles Schulz, 1922-2000
"Peanuts" Cartoonist

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

Four Winds Gospel Fellowship Café



Photos ©
Brittany
Marshall
Oct. 29,
2009

Four Winds Gospel Fellowship Café on 5th Ave in North Central Regina. Pastor Patrick Linklater and his wife Felicia, who run the Café, prepare an Indian Taco for a patron.

The Four Winds Gospel Fellowship Café offers an outreach program so that less fortunate people are able to afford a meal.



Trays of bannock cool on a table top at the Café. The café boasts the best bannock in town!

Angels 4 Warmth - 10 Years Strong!



Down in her basement, Arlene Kenville of Angels 4 Warmth sorts through the knitting that members of the charity have created.

Most of the members of **Angels 4 Warmth** are seniors who enjoy knitting and crocheting because it gives them something to do and a way to contribute to their community. The monthly meetings are also an enjoyable social event. "It's rewarding," says Arlene Kenville. "It makes you feel good - and it makes the people who receive the warm clothing feel good."

The gifts of warmth are greatly appreciated by recipients, including cancer patients at the Allen Blair Cancer Centre, seniors at the Sunset Extendicare Home, premature babies at the General Hospital, and individuals in need throughout the city.

Member Thelma Childs emphasizes that the group is always in need of volunteers and donations. The group is happy to come visit interested groups to give knitting and crochet lessons and present information about their organization. They accept donations of wool, material for quilts, used clothing, and the drink tabs and stamps that they collect on behalf of the Pasqua Hospital.

Congratulations Angels 4 Warmth, knitting the community together!

The charity Angels 4 Warmth meets on the first Wednesday of every month to knit clothes and blankets for non-profit organizations. Thelma Childs, a long-time member, keeps busy knitting for their charity all month long.

photos: © Brittany Gallagher,
Oct. 29, 2009



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