

## Transition to Trades Trading Up...

By Carla Jensen

**Transition to Trades** is a program which assists individuals between the ages of 18 and 30 to begin careers in construction and trades. Training in trades takes place both in the classroom and through a variety of community construction and deconstruction projects.

Transition to Trades offers eight weeks of free training and certificates in First Aid, WHIMIS, CSTS and Fall Protection at no cost to participants, as well as equipping them with basic tools and construction attire. Classes cover things like: labour

standards, resumé writing, apprenticeships, communications, money management, and much more. As well, participants receive instruction on how to use basic tools and gain hands-on experience on construction projects like basic framing, fence building, and renovations. For many participants, this program can be the first step on the road to a rewarding career. Transition to Trades is funded by CanSask (Canada-Saskatchewan Career and Employment Services) and is located at 2910 5th Avenue. To add your name to the waiting list, call 791-9530.



Bear Kaisowatum and Austin Pawluk

## Participant Profile: Alvin Deegan

Alvin Deegan knows what he wants out of the Transition to Trades program. He wants to give back to his community. Born in North Central Regina, Deegan left at a young age and grew up in foster care before returning to the area earlier this year. He says that he sees a lot of improvement in the neighbourhood since Macleans' 2007 article dubbed North Central "Canada's Worst Neighbourhood" and he wants to be part of the positive change he sees around him.



Deegan plans to pursue a career in the trades, perhaps apprenticing as a welder. He joined Transition to Trades in January, seeking the skills to escape unemployment



Harmony Nayneecassum & Francine Goulet

and the menial duties of casual labour. When discussing his hopes and career goals, he stressed his need for independence. No fan of having supervisors breathing down his neck, he sees the skills he is gaining as his key to gaining greater respect and independence on the jobsite.

Deegan appreciates the hands-on experience he is gaining – learning to use tools and develop practical skills. But just as important, he says, is the time in the classroom which balances out the work experience. These classes have broadened Deegan's understanding of trades and the opportunities that exist in the field. The classes also offer life skills and opportunities for self-discovery, as well as a sense of solidarity with fellow participants. While the paycheque offered by the program is certainly welcome, Deegan says, it is far from his main concern. The reason he is here is that the program is preparing him to make a successful transition to a career in the trades. Transition to Trades will give him the tools he needs, both literally and figuratively, to build a better community.

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Hello and Happy New Year North Central!



This is our first issue of 2009 and the new year has ushered in plenty of changes – including here at the *North Central Community Connection*. My name is Carla Jensen and I am pleased to be the new editor of our community newspaper.

I am excited about this opportunity to get out into the community and talk to you, our readers. Despite the frigid weather, I look forward to hitting the streets to find out which issues matter most to you and what you believe are the most important opportunities and challenges faced by our community.

It is my intention, in the coming issues, to continue to provide a forum for the many voices in North Central. I welcome your contributions, comments, feedback and suggestions. Is there an issue you are dying to hear more about? A feature of our paper you would like to see more (or less) of? Someone you know who is doing good work in our community who deserves public recognition? I would love to hear from you.

Contact me at 791-9888  
marketing@northcentralregina.ca  
or write to me at  
North Central Community Association  
1264 Athol Street  
Regina, SK S4T 7V3

I look forward to hearing from you!

**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.

**Our Values**  
All People  
Respect  
Caring  
Pride

# But it's a Dry Cold...

## Tips for Surviving a Saskatchewan Winter

By Carla Jensen

It has been a frigid winter so far, with wind chills frequently falling below -30 degrees Celsius. Though the beginning of February looks like it will bring us a slight reprieve, experience tells us that winter is far from over. If past knowledge of Saskatchewan winters has taught us anything, it is that the cold weather always lasts longer than anyone expects. It's like that old joke about the seasons in the prairies: nine months of winter and three months of poor snowmobiling. So we know that the cold will be back, and with it the risk of cold-related injuries. The cold can be extremely dangerous, but being informed and prepared can make this season safe and enjoyable. As such, here is some information on cold-related injuries and tips on how to avoid them.

**Frostbite** is one of the most common dangers of exposure to the cold. It occurs when tissues freeze. It most often affects extremities such as cheeks, ears, fingers and toes. Symptoms include an initial sharp prickling sensation, often followed by numbness, and a pale, waxy look to the skin.

**Hypothermia**, another common danger of the cold, occurs when the body loses heat faster than it can make heat and the core body temperature drops below 35 degrees Celsius. Symptoms of hypothermia include severe shivering, dulled consciousness, a loss of dexterity and eventually the victim stops shivering as breathing and heart rate slow and the victim slips toward unconsciousness and eventual death. It is a common myth that hypothermia only happens after a very long time out in extreme conditions. In fact, certain conditions, such as being wet, physically exhausted or exposed to the wind can bring on hypothermia even at relatively mild temperatures (including above freezing).

The Canadian Red Cross offers the following tips to prevent frostbite and hypothermia:

- ☀ Wear appropriate gear. Dress in layers and keep head, ears and hands covered.
- ☀ Alcohol and winter activities don't mix. Not only can intoxication and drug use impair your judgment, alcohol can make you feel warm while actually reducing your body's ability to retain heat.
- ☀ Supervise your children. Because children are more susceptible to frostbite and hypothermia than adults, it is important to monitor them during their outdoor activities. Encourage frequent breaks to warm up, provide warm drinks and snacks, and ensure that they are dressed properly, in breathable layers, and that a minimum amount of skin is exposed to the cold.

These and other winter safety tips are available on the Canadian Red Cross website: <http://www.redcross.ca/article.asp?id=020590&tid=021>

**Cold-related injuries are 100% preventable.** Sometimes the cold can catch us unprepared, with dangerous consequences. In this situation, it is important to recognize the symptoms of cold-related injury, such as those listed above, in order to seek shelter and medical help immediately. By planning ahead, however, most of us can avoid the most serious dangers. With the proper precautions and preparations, we can not only survive, but thrive in the deep freeze of Saskatchewan winter.

## Don't Get Left Out in the Cold!

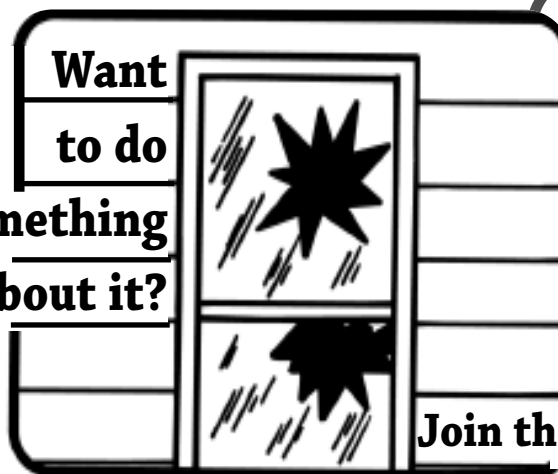
Warm clothing is available for free to those in need at:

Carmichael Outreach  
1920 Osler, Regina  
Phone: 757-2235

Monday – Friday 9:30 - 12:00, 1:15 - 4:30

## HAVING PROBLEMS WITH YOUR LANDLORDS?

Want to do something about it?



After community consultation, we are forming a Tenants' Association for renters in North Central

Call 791-9888 if you are interested

Join the TENANTS' ASSOCIATION!

## CARING for North Central's Stray Cats

by Debbie Sentes  
of People for Animals of Saskatchewan Inc.

North Central Regina has more stray and/or feral cats than anywhere else in the city. Many compassionate and caring people choose to put out fresh cat food and water for these homeless cats. Others, considering them a nuisance, may ignore the cats' plight. For many, assisting strays fulfills the human need to care for those less fortunate. Unfortunately, caring individuals often perpetuate the problem by feeding but not sterilizing or by not sterilizing their own pets. Sarah Pump of People for Animals (PFA) warns that, "A cat that isn't sterilized is more likely to roam away from home and join the ranks of the homeless cats in the area." Left unaltered, free-roaming cats continue to reproduce, creating more homeless kittens that may themselves become feral (wild), adding to the homeless cat population.

Thousands work together every day to reduce feline homelessness through a variety of means:

- ▶ trap, spay/neuter, and return (to feral colonies) programs
- ▶ sterilizing and finding homes
- ▶ or even by adopting the cats themselves

PFA receives calls throughout the year and can help with information or, if necessary, direct involvement.

**WHAT YOU CAN DO:** If the cat or kitten can be coaxed into a shed, garage, or into your home, the Humane Society may be able to come out and take the animal to the shelter. However, for those of you who are concerned about the cat's chances for adoption at the shelter, there are other things you can do. You can build a winter shelter and provide food and water in heated bowls throughout the cold weather. Feeding stations and shelters for free-roaming cats are relatively easy and inexpensive to set up. Once the weather is conducive for trapping, these cats should be captured as soon as possible and sterilized to prevent them from adding to the severe cat over-population problem.

**WHAT PEOPLE FOR ANIMALS CAN DO:** PFA has two Feral Cat teams that work exclusively in North Central Regina and the Warehouse District. They go out every night and provide food and water at about 20 feeding stations and cat shelters throughout the community. Each location has anywhere from 3 to 15 cats that rely on the shelter and sustenance provided there. In a single week in January, the teams rescued four kittens and one cat from the stations and prepared to trap, sterilize and foster two other tame cats the following week.

PFA also offers guidance on building proper shelters and providing adequate winter nutrition.

They may lend humane traps to responsible citizens if

they are unable to purchase or borrow one. In some cases,

People for Animals may be able to help humanely trap the cat/kitten and assist in foster or permanent placements.

However, due to the great need and their limited resources, People for Animals encourages citizens to facilitate the rescue and placement of needy cats and to take financial responsibility, perhaps by fundraising among family and friends, to cover the associated sterilization costs. The volunteers at People for Animals are more than happy to provide advice every step of the way.



www.people4animals.ca

## SOCIAL CHANGE *through Art*

by Carla Jensen

**Art can bring a community together.** It can heal, educate, and challenge us. Best of all, there is no need to be an artistic genius or educated in the fine arts to enjoy these benefits. Making and enjoying art is open to anyone who can hold a paintbrush, pencil, camera, video recorder, or any other medium. These are some of the ideas behind the Common Weal Community Arts, a provincial arts organization that links professional artists with communities to promote cultural identity and social justice through collaboration and creative expression.

Partnerships are created between communities and artists, through a philosophy of inclusion and cooperation, in order to create opportunities and choices for individuals and communities. Such partnerships have evolved in North Central over the past year, facilitating a number of innovative arts programs which have had a positive impact on the community.

Through their upcoming program, 'Sacred

Teachings,' Common Weal will continue to offer North Central residents of all ages the opportunity to flex their creative muscles in a fun, safe, and supportive environment.

In the summer of 2008, a partnership between Common Weal and the NCCA yielded the project "Common Circle - Addressing Violence Through Art." Multi-cultural organizations, community members and artists participated in this series of workshops which used various artistic media to explore the theme of violence against women and families. The products of the workshops were integrated into a resource manual meant to visually empower, educate and bring awareness to the issue of domestic violence.

Beginning in September of 2008, Common Weal began an Artist in Residence program in the North Central community, located at Scott Collegiate. Since then, artist Gordon Keewatin has been conducting art and craft classes in Kitchener and Sacred Heart elementary schools and Scott Collegiate. Plans are being implemented to extend the program to include art classes at the Paul Dojack Centre. It is Common Weal's intent that the program will enhance the arts and culture-based activities in the community and celebrate the diversity and creativity of individuals, providing opportunities for growth and learning. "It is our aim to empower people – and their communities," says Southern Artistic Director Gerry Ruecker, "to tell their stories in their own words."

In the wake of several successful programs, such as 'Common Circle,' Common Weal is preparing to launch a new artistic collaboration in North Central. The upcoming project



**Common Weal**  
Community Arts Incorporated

'Sacred Teachings' will incorporate three levels of teaching and sharing. First, a group of seven elders will present a series of teachings to the participants. Second, a visual artist will facilitate the exploration and interpretation of these teachings through art. Third and finally, a videotape of the workshops will be used to continue the teaching and learning process. Space is still available to take part in the 'Sacred Teachings' project. Common Weal Executive Director Joanne Shannon and Southern Artistic Director Gerry Ruecker invite those interested in participating in the project, as well as community organizations and groups interested in future collaborations to contact them at 780-9442, or visit their office at 2431-8th Ave., Regina.



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

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

# STANDING STRONG: One Resident's Story

By Jessica Hanna

Lorretta Topham does not want anyone to slip through the cracks of our health care system like she feels that she did.

In 2006, more than two years after she started complaining to her doctor about a small lump in the side of her ankle, Topham was diagnosed with soft tissue sarcoma, a type of cancer which develops in the soft tissue of the body, places such as fat, muscle or nerve tissue. Two years into her battle with cancer - a struggle that included surgery, radiation treatment and below the knee amputation - she found out that the cancer has spread to her spine and lungs and that her condition is terminal. The doctors now tell her that she has approximately six months to live.

In the face of such formidable hardship, Topham's outlook is remarkably positive. She has learned a lot from her ordeal and now she is looking into the future. She wants to help others by sharing an important message. She hopes that people get the answers and the care from doctors that they expect and settle for nothing less. If an answer is unsatisfactory, she recommends that patients keep on asking or get a second opinion - because it is your health that is at risk and you know your own body better than anyone. Topham says that people should be persistent with their doctors and that if their doctors do not write things down, they should bring a tape recorder in with them to help them remember what happened and to keep a record of ongoing medical problems.

When she first went to her doctor in 2004, Topham was experiencing so much pain that on some days she had

difficulty walking but she felt that her doctor ignored her. It was not for another two years that her doctor took interest and Topham had her first surgery to remove the lump. Topham wishes that she had been more insistent with her doctor. She does not want anyone else to be in the position that she is now because they were not clear with their doctor. She does not know if anything would have turned out differently but if she had the lump checked out earlier she would not be dwelling on what she could have done differently.



*"I have been knocked down so many times but I won't give up"*

Working hard for her three kids her whole life has given Topham the strength to stay positive. She has worked hard

to keep her kids clothed and keep food on the table. "I have been knocked down so many times but I won't give up" she says. She wants to encourage everyone to do the same, not to give up. Her positive attitude has seen her through her many hardships. She has been able to maintain it because of her faith in God and the support that she has received from her family, her pastor and her social worker. In order to pass her message and her story on to her children and grandchildren, with the support of her social worker, Topham is currently working on a book about her struggles.



At one time Topham used to take things for granted. Now she has learned to make the most of every moment. She has learned to appreciate life and to become more focused on the things that matter, and she encourages others to learn from her experience: to examine their lives closely, to stay positive, and to take responsibility for their attitude as well as their health.



There is one thing one has to have:

*either a soul that is cheerful by nature,*

*or a soul made cheerful by work, love, art, and knowledge.*

Friedrich Nietzsche

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Marques Gettle  
Damian Pellitier  
Phone: (306) 537-3824  
E-mail: marnew\_ltd@live.com

## JOB OPPORTUNITY!



### Casual Recreation Worker

The City of Regina's Community Services Department is looking for highly motivated Casual Recreation Workers. These positions are responsible for the development and delivery of sport, culture, recreation, and life skills activities at various locations including City neighbourhood centres, community centres, and at times area parks, spray pads and outdoor pools.

Typically the knowledge, skills and abilities required are obtained through completion of Grade Twelve (12) with a preference given to candidates with one (1) year post secondary education in Recreation, Physical Education, Kinesiology, or a related discipline from a recognized post-secondary institution. Candidates should possess one (1) year of experience in the planning, delivery, and evaluation of diverse sport, culture and recreation activities and special events. Experience working with different age groups, specifically children and youth. Standard First Aid and CPR Level C is required. You may be required to work non standard hours and weekends. This is a position of trust and requires a criminal record check prior to employment.

The base salary for this position is \$10.42 per hour however, depending upon operational needs there may be work assignments that will lead to a higher rate of pay of up to \$19.17 per hour.

Competition #CA09-005

Closing Date: Until such time as a full complement of staff is reached, applications will be reviewed on a weekly basis.

To apply send your resume to: Human Resources Department City of Regina, 11th Floor, City Hall 2476 Victoria Avenue, P.O. Box 1790 Regina, Saskatchewan S4P 3C8

Phone: (306) 777-7709 Fax: (306) 777-6825  
Web site: www.regina.ca

## Healthy Food Store

Open Monday - Friday  
12 to 4 P.M.  
Albert Scott Centre  
1264 Athol St.

Save On:

Fresh Fruit & Veggies  
Milk, Dairy & Eggs  
Breads & Bakery  
Meat, Pasta & Rice  
Soups & Juices  
and much more...



REACH



Regina  
CITY OF REGINA



# Community Celebrates GRAND OPENING of Primary Health Care Clinic

By Carla Jensen

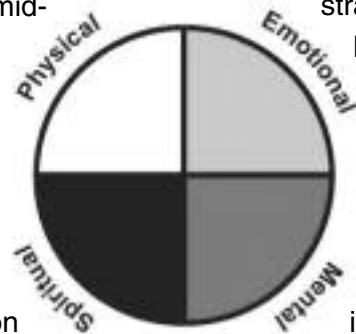
Tired of long waits for doctor's appointments? Never seem to get around to scheduling that follow-up? A new health care provider is on the scene, meaning better treatment, management, and follow-up of health concerns for North Central and area residents.



**Grand Opening Ribbon cutting:**  
L to R: Sharon Banning, Micheal Redenbach, Bob Lane, Glorianne Bjerland

The Primary Health Care Clinic, sister clinic to the Four Directions Community Health Centre, held its Grand Opening on Thursday, January 21, 2009. The new clinic, located at 1056 Albert Street, Regina, offers convenient, walk-in access to a variety of health care professionals, including two Nurse Practitioners and a Chronic Conditions Nurse Educator, soon to be joined by a full-time physician as well as mid-wifery and home care programs.

Words of congratulations on the Grand Opening were offered by: Dawn McNeil, Executive Director of Family Medicine, Palliative Care, and Home Care; Bob Layne, Executive Director of Population and Public Health Services; and Sharon Banning, Urban Primary Health Care Manager. The ribbon cutting was performed by Michael Redenbach, Vice President of Primary Health Care for the Regina Qu'Appelle Health Region. All applauded the new facility, which will improve the accessibility and coordination of health services in Regina. "Our goal," said Sharon Banning, "will be to offer as many coordinated health services as the community tells us they need for their physical, mental, social and spiritual well-being."



### What can the Primary Health Care Clinic do for you?

Nurse Practitioners Kelly Lang and Barb Beaurivage, who are registered nurses with extra education and experience, can diagnose and treat a variety of common conditions. These include ear infections, sore throats, stitches, muscle sprains and strains, common childhood illnesses, prenatal care and pregnancy testing, STI testing and treatment, contraception counselling and prescription of birth control methods, and assistance with many other health and wellness needs. For those looking for information or advice regarding diabetes, heart disease, high blood pressure, arthritis, asthma, kidney disease, depression, cancer, or other chronic conditions, the Chronic Conditions Nurse Educator, Michele Holliday, is on site to assist with prevention, management and support. The Clinic also works with the Aboriginal Health Transition program through Home Care.

The Clinic focuses on health promotion and disease prevention. By increasing the accessibility of health services for people in North Central Regina, the new Primary Health Care Clinic and the rest of the programs and services offered by the Four Directions Community Health Centre are contributing to the development of a stronger and healthier community. Residents can access these services by calling 766-6370 to make an appointment or dropping in Tuesdays and Thursdays 8 a.m. - 12 noon and 1 - 4 p.m.



Sharon Banning and Bob Layne

LOVE ONE ANOTHER  
AND YOU WILL BE  
HAPPY.

IT'S AS SIMPLE  
& AS DIFFICULT  
AS THAT.

Michael Leunig

# DREAM TEAM Volunteer Central WANTS YOU!

By Lisa Workman

Four Directions Community Health Centre and the North Central Community Association are working with their many partners to bring you some exciting volunteer opportunities.

The original Dream Team started at Four Directions as a volunteer program at the Centre. The program was expanded in partnership with the North Central Community Association. A volunteer committee was formed to lead the way. It is now a community-wide volunteer program.

Through this committee a Volunteer Bee was held at Albert Scott in January 2008. Volunteer students from Campion College delivered flyers, catalogued books and cleaned out a storage room. Over the past year, Dream Team volunteers have helped out at community events, worked in the community gardens and on other projects.

A renewed committee will be planning new partnerships including agencies, church groups and student groups. The weekly Dream Team drop in at Four Directions will be replaced with a new volunteer gathering. Watch for details!

Join the Dream Team to be matched up with volunteer opportunities in your community. Make a difference for the hard working agencies serving North Central.

Look for Dream Team mentors recruiting volunteers at community events or call Lisa at 766-7549 to sign up.

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Free Prescription Delivery  
*Advice for Life*

# Community Calendar

**Good News Chapel**  
1380 Elphinstone  
(former Sacred Heart Church)

Services Sundays 11:00 a.m.  
(children's church available)

Potluck to follow. Bring a dish to share.

Souls Harbour Rescue Mission  
543-0011  
mporter.shrm@gmail.com  
Visit - www.soulsharbourrescue  
mission.org/blog

**Tuesdays Care and Share**

Healthy and affordable lunch for seniors are served in the multi-purpose room at the Albert Scott Community Centre - 1264 Athol. Meals cost \$4. Call 791-9888.

**Wednesdays Soup & Bannock**

Come to the Indian and Métis Christian Fellowship for lunch at noon. 3131 Dewdney Avenue. All are welcome. Lunch is \$2 for adults and 25¢ for children. Call 359-1096 for information.

**February 27, 2009, 12:30 p.m  
Aboriginal Awareness  
Training Workshop**

by Chili for Children

Albert Scott Community Centre  
1264 Athol Street, Regina

Registration is \$75.  
Lunch provided.



**Call for Nominations**

Nomination Packages are available for the YWCA

Regina 2009 **Women of Distinction Awards**. We all know a special woman who deserves to be nominated for one of the 12 categories.

Please visit [www.ywcaregina.com](http://www.ywcaregina.com) to download your application. Packages are also available by calling 525-2141 ext 110 or at the YWCA, 1940 McIntyre St.

Early Bird deadline is February 9 (win two tickets to the Gala – Value \$180). Final deadline is March 16.



*Greetings Friends & Neighbours,*

I am continually impressed by the commitment & enthusiasm our community demonstrates. Given the pressing work demands of people, the spirit of volunteerism is all the more amazing. I appreciate all the challenges facing the many volunteers who are working to keep North Central Regina a wonderful place to live.

Although North Central Community Association has accomplished much, there is still more to do. Your participation is needed to continue on with our mission. There are so many ways you can get involved – from becoming a member of the Association, volunteering at our events, or donating to one of our events that sparks your interest.

So, to all of you who are contributing, influencing, and participating in your community, thank you for reflecting so well on yourselves and on North Central Regina!!!

We hope you will join us in moving forward with all the positive work that is currently going on here in our community of North Central.

In closing, please feel free to call the NCCA office with your feedback on ways to improve North Central.

Thank you for your interest in our community.

Brenda Mercer  
President  
North Central  
Community Association

**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:

- Common Weal
- Jessica Hanna
- Carla Jensen
- Brenda Mercer
- Jan Morier
- Debbie Sentes
- Transition to Trades
- Lisa Workman

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 *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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[marketing@northcentralregina.ca](mailto:marketing@northcentralregina.ca)



## 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

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
Indian Métis Christian Fellowship (IMCF).....	359-1096
Kid's Help Phone.....	1-800-668-6868
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
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 Mobile Crisis Centre.....	757-0127
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
Welfare Rights Centre.....	757-3521

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

History  
REPEATS  
itself  
because no one was listening  
the first time.  
Anonymous

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Fax: 306-949-5521  
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Friday 8 am to 6 pm • Saturday 9 am to 5 pm  
[www.affinityinsuranceservices.ca](http://www.affinityinsuranceservices.ca)



[www.northcentralregina.ca](http://www.northcentralregina.ca)

**NorthCentral**  
Regina Community Website



## CREE LAND MINI-MART Continues to Grow

By Carla Jensen

Employees, residents and dignitaries celebrated the Grand Opening of the Cree Land Mini-Mart on January 5, 2009.

Chief of Piapot First Nation John Rockthunder and Regina Mayor Pat Fiacco were among the dignitaries in attendance at the ribbon cutting ceremony for the new store, located at 1101 Angus Street. As the first business to open on Regina's first urban reserve, the Cree Land Mini-Mart is a groundbreaking enterprise with a lot to offer the surrounding area beyond their provision of cheap fuel and tobacco products and a selection of confectionary items.

Open 24-hours, the Mini-Mart employs some 35 members of the community. "It's a great place to work," says employee Donna Kaiswatum, who has been working at the Mini-Mart since it opened its doors in November. "I get to meet all sorts of interesting people." It is the employees that draw back regular customers like Ross Renwick, who says that he comes to the Cree Land Mini-Mart because of its great service. And Renwick is not alone: store manager Karen Delorme says that business has been growing steadily since the store opened. At this rate, there will soon be nothing 'mini' about the Cree Land Mini-Mart.



[www.nccaregina.ca](http://www.nccaregina.ca)

**RP** Regina  
**LO** Public  
Library

# ROUND DANCE



**Friday, February 27, 2009**  
**5:00 pm – midnight**  
**Regina Performing Arts Centre**  
**1077 Angus Street**  
(4th Avenue & Angus Street)

**Feast and pipe ceremony begins at 5:00 pm.**  
**Round Dance to follow.**

MCs: Mike Pinay & Howie Thompson  
Stickmen: Teddy Bison & Dave Larocque

**Midnight Lunch • 50/50 Draws & Raffles**  
**Canteen • Everyone welcome!**

The Round Dance is an event that happens during the winter months for memorials, honouring and celebrations. It is a way to deal with new endeavours, grieving, sickness, giving thanks, honouring people and making friends. The Round Dance is a time where people travel from all over to attend and show support for one another.

**For more information call Wendy 777-6023 or Nina 787-4472.**

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# Chili Cook-off



Take the chill off the weather and warm up friendships!  
Indian Métis Christian Fellowship (IMCF) is proud to present  
the 2009 Inter-Agency Chili Cook-off competition!

The winning agency will win the coveted Chili Cook-off  
championship TROPHY and BRAGGING RIGHTS until 2010!

**Wednesday, February 25**

**High Noon**

**Indian Métis**

**Christian Fellowship**

**3131 Dewdney Avenue**

**Everyone Welcome!**



Community members who come to witness, DINE & LAUGH will contribute \$2.00 per person. Proceeds from the Chili Cook-off will be donated to the North Central Community Gardens.

Donations over \$20.00 will receive a tax deductible receipt from North Central Community Association.

## Dear North Central Neighbours

It's hard to believe that underneath all this snow, our gardens sit, patiently awaiting the return of spring.

We hope you had a chance to enjoy the North Central Community Garden on a block near you over the past two years. The Rae Street plot proved to be such a success the first summer (2007) that we created 3 more on the 13-blocks of Retallack, Robinson and Garnet.

The Rae Street Community Garden was submitted to a television production "Recreating Eden"/Vision TV and took one of three national awards for Community Garden Initiative. This was a proud achievement and a huge step from "Canada's Worst Neighbourhood" (Maclean's Magazine) to one of "Canada's Best Community Gardens" - don't you agree?

The Community Gardens have beautified city-owned vacant lots into lush havens of fresh produce and beautiful flowers. The gardens began as an initiative of Grow Regina and North Central Community Association with help from the City of Regina. They have been funded through generous donations from North Central businesses, small grants and fund raising activities. The Garden Committee meets a few times a year to gear up for the one-day planting blitz and barbeque (held in late May). We have enjoyed working alongside volunteers from Rainbow Youth, Regina Youth Mentorship Program, the North Central Dream Team, Play Escapes and

wonderful friends and neighbours living in and around our community. Volunteers took turns over the summer & fall months to weed, water and harvest. We shared knowledge and laughs while working side by side. Fresh off the vine vegetables were available for the neighbours all summer.

The North Central Community Gardens have worked well in just two years, and we're delighted to hear that Indian Métis Christian Fellowship is joining with a garden on their property at 3131 Dewdney! So Neighbours - we need your help! In March or April we will be calling on our you to join the organizers to plan the planting, signage and decorating, weeding, staking, watering, pruning and all the pleasure gardening can bring! This is a neighbourhood project, this is a family project, this welcomes all gardeners and non-gardeners to come along for the fun and the learning!



Can't you just taste the home grown freshness already?

Regards,  
Jan Morier - Tomato Whisperer

## Easy Apple Crisp

**A yummy dessert to warm you up on a cold winter's day**

**Ingredients:**

- 1 cup flour
- 1 cup brown sugar
- 1/4 cup oatmeal or oat bran
- 1/2 cup butter or margarine
- 5-8 apples (Macintosh or other baking variety)
- 1 tsp cinnamon
- Pinch nutmeg

**Directions:**

Preheat oven to 350 degrees Fahrenheit.

Remove the cores, peel and chop enough apples to almost fill a medium-sized baking dish. Sprinkle the cinnamon and nutmeg over the apples and mix. Set aside.

In a large bowl, combine flour, sugar, and oats. Cut in butter or margarine until the mixture has the consistency of coarse oatmeal and the lumps of butter are pea-sized and smaller. Spread the flour mixture over the apples.

Bake 25 minutes or until the apples are soft and topping is golden.

# CHILI FOR CHILDREN



Helping Children since 1979

## Charity Poker Tournament

**APRIL 16 7:00 p.m.**

**Casino Regina**

**Registration: \$60.**

**Texas Hold 'em - No Limit!**

**4 Cash Mystery Seats to be won!!!**

**\$175 \$150 \$75 \$50!!**

**For tickets please call 359-7919**

*Must be 19 years of age to register*

**All proceeds go towards  
Chili for Children programming**

**www.chiliforchildren.ca**