



In between the houses and the cars, alleys and sidewalks, there exist four lovingly-tended gardens open to all residents of the North Central community. Every spring The North Central Community Gardens, located on vacant lots on the 13-block of Rae, Retallack, Robinson and Garnet Streets, are planted with care by community volunteers and neighbours for the benefit of anyone and everyone living around them. By mid-June the gardens are green and vibrant, a peaceful retreat from the city life - with the promise of delicious vegetables for those who wait!

The North Central Community Gardens were started by a small group of dedicated volunteers with green thumbs and a desire to improve and beautify their neighbourhood. Since the first garden was planted on the 13-block Rae Street in 2007, the project has expanded to include four gardens and hundreds of volunteers.

Joe Agecoutay is one of those volunteers. He lives next door to the Rae Street garden and often works alongside other volunteers watering, weeding and enjoying good conversation. Joe and his family love having the garden next door because, in his words, "it is a place of serenity." Joe believes that working in the garden is like a doing a good deed for the neighbourhood and says "when positive intent is invested, everyone reaps the benefits".

MLA Warren McCall, another resident of North Central, also volunteers in the garden. He thinks the gardens are important because "for a garden to flourish it needs hard work, dedication, thoughtfulness, and nourishment. So does a community. So community gardens help us do both; grow a beautiful garden and build a better community."

*Take advantage of this
WONDERFUL BENEFIT
of living in North Central Regina!*

Building on past success, the North Central Community Gardens have big plans for 2009. This year, with help from the dedicated staff at the North Central Community Association and volunteers, applications were made for numerous grants to help fund education and community engagement work through the gardens. With the help of a grant from The Home Depot,

the community gardens will act as a base for resident education on gardening, nutrition and cooking. The gardens are also a great place to learn about leadership, teamwork and friendship. They provide a safe place for children and youth to learn and play and provide opportunities to get to know people of other generations and cultures.

The best part about community gardens is that they are open to EVERYONE in the neighbourhood. Everyone is welcome to work in the gardens, weeding and tending whenever they like. Even if you don't have a green thumb or just don't have enough time to help out, you are welcome to enjoy the vegetables and herbs that grow in the gardens. The North Central Community Gardens belong to everyone.

article by Avery Kelly
photos by Jan Morier, Laura Murray, Monique Ness

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NORTH Central

Community Association

Welcome to the NCCA website



Submitted by the City of Regina

We all work hard to keep Regina beautiful. We plant flowers, paint our homes, and keep our yards free of debris. But there are a few people who want to destroy the beauty by painting graffiti on fences, buildings, signs, railcars, and just about everywhere. The City of Regina and the Regina Police Service are committed to eradicating graffiti in our community and they need your help.

One of the problems is that graffiti causes other graffiti to appear. If graffiti is allowed to remain in a neighbourhood, other graffiti vandals will add to the mess. The more graffiti they see, the more graffiti they make. It's important that graffiti be removed from all property as quickly as possible. It's believed that graffiti can lead to bigger crimes at the location.

Whenever you find graffiti on your property, remove it quickly. It doesn't matter if it's a residential property or a business — graffiti must be removed. If you don't remove it, the City can order you to do the work. If you still don't remove the graffiti, the City can send out a crew to remove it and charge the cost to your taxes.

When aware of it, the City of Regina removes graffiti from municipally-owned buildings or equipment within 72 hours. If the graffiti is racist, pornographic, sexist or in bad taste it will be removed within 24 hours.

The Regina Police Service is involved with the graffiti problem. They are working hard to apprehend those creating graffiti and have assigned a special detail to the problem.

Please remove graffiti from your property! As well, graffiti on City of Regina and other property can be reported to the City by phoning 777-7000. Please give details of the location and type of graffiti.

Province Announces New Funds for Habitat for Humanity

By Carla Jensen

Part of the \$10 million that the Government of Saskatchewan committed to affordable housing in the province is finding its way to North Central Regina.

On March 30, 2009, the provincial government announced \$10 million in new funding for affordable housing initiatives. One million of this funding will go to Habitat for Humanity chapters across the province. Habitat for Humanity will use these funds to build 20 quality and affordable homes for low-income families throughout Saskatchewan. Some of this funding will go toward the seven houses slated for construction in North Central this year.

An additional \$180,000 will go toward the Habitat Regina Youth Build Project over

three years. This project will train young adults for careers in construction. Dennis Coutts, CEO of Habitat for Humanity Regina said, "The construction trades in Regina have a shortage of trained workers – and young adults, especially in Regina's inner city, need better access to good-paying jobs, so this project is definitely win-win. We greatly appreciate the Province's commitment to this worthy initiative".

Local resident, Noreen Drake says "I'm excited about this news and commend the provincial government's commitment and investment in North Central's growing community in the heart of Regina. Plus it's no secret that we need more and better housing and this is a beautiful opportunity for a step up for many families."

Social Services Minister Donna Harpauer announced the new funding in the company of regional representatives for Habitat for Humanity.

left to right:

Bob Pringle (Saskatoon)
Dennis Coutts (Regina)
Minister Harpauer
Laurie Renton (Yorkton)
Louise Belanger (Yorkton)
Joan Falasca (Moose Jaw)

back row:

Bill Harris (Moose Jaw)
Dennis Elco (Lloydminster)
Roy Johns (Lloydminster)



You may be eligible for repair \$\$\$.

Saskatchewan Housing Corporation (SHC) helps provide affordable housing for low-to-moderate income families, seniors, and people with disabilities.

We have a number of repair programs offering loans and grants to help eligible homeowners and landlords with eligible tenants.

- ✓ Senior / Disability Modifications
- ✓ Property Repairs
- ✓ Energy Upgrades

Do you qualify?

For information about our repair programs, call
Regina Housing Authority at 525-2377 or
Saskatchewan Housing Corporation at 1-800-667-7567
or visit the web at
www.socialservices.gov.sk.ca/housing



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Social Services



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COMMUNITY

YOUR VOICE

Voices



Nurturing Ourselves

AN ABORIGINAL PERSPECTIVE

By Rodger W. Ross

Rodger Ross is the owner/operator of CREERUNNER Communications Ltd. He has worked in the communications field as a Director, Writer, Producer and Videographer for over 28 years. Rodger is a member of the George Gordon First Nation and presently resides in Regina.

Once upon a time when the great Buffalo ran the plains, First Peoples lived in harmony with all of creation. They believed in one Creator who provided for all. As long as you took only what you needed, there was plenty for everyone. Nothing was wasted.

First Nations lived in small communal groups and they travelled in seasonal rounds. They didn't follow the Buffalo - there was no need as there were millions of buffalo and they never strayed too far from the humans.

In the beginning of time, the Buffalo offered itself to the Creator as a gift for the humans and promised Creator that he would feed, clothe and house the humans. Along with the Buffalo, Creator provided water, plants (including medicines) and vegetables for the humans. These were available at specific times of the year and this was the reason for the seasonal rounds.

Within their communal groups, the people governed themselves through societies. The Old People had a society, the women, the children and the young men all had societies. An example of this is the Hunter-Gatherer society called the Akichita, who kept order and justice in the community with the guidance of the Old People.

The humans were told that they must earn these things through hard work. Nothing was to be taken without honouring the Spirit of these gifts with offerings of tobacco.

First People lived very healthy lives because of these gifts and prospered for generations. It remained that way for thousands of years, until the newcomers found their way to the plains. In this territory, a command was made by Sir John A. MacDonald to kill all of the buffalo. In this way he was able to control the destiny of First Peoples, because if you are going to control a people you must control their food source.

In finding that the buffalo were being hunted to extinction and hearing that the Crown was promising to look after First People in perpetuity, First Peoples agreed to settle on land they would reserve for themselves. This is where relationships between the newcomers and First Peoples began to deteriorate. Although First Peoples were promised that they would be able to choose the land they would settle on, the Crown actually chose it for them and that is how reserves were created.

The Crown promised food to the First People. What they delivered was pork fat or side bacon, salt, sugar, flour, lard and tea. Through this methodology the government created a nation of dependency. To this day First People struggle with maintaining healthy diets and finding balance in all aspects of themselves.

To nurture yourself, you must balance the four elements that make up your nature: Emotional, Physical, Mental and Spiritual. These are the gifts of the Creator and must be respected.

In an effort to assist Aboriginal Peoples and others in need, there is a movement to start creating community gardens. The idea is that people will grow their own produce and, with a little hard work, provide fresh vegetables for their families.

The closing of Superstore on Albert and Dewdney has made it difficult to attain fresh produce because not everyone can afford to go to markets outside of the community on a regular basis. Growing your own produce makes good sense. Granted, it takes time to see the fruits of your labour, but the end result is pride in ownership and accomplishment.

If you are First Nation and you are reading this, I hope you remember your ancestors and what they had in mind for us. If you are non-native remember that not everyone had choices.

Together we can nurture ourselves emotionally, physically, mentally and spiritually and create a vibrant, healthy and sustainable community.

Ekosi!

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

Glen Elm Library Community Feast

Thursday, June 18, 6:00-8:00 pm
Glen Elm Library
1601 Dewdney Ave. E., 777-6080

A traditional feast is a First Nation ceremony. The event includes a pipe ceremony, burning of sweet grass and/or sage, smudging, offering, and prayers followed by a feast. First Nations protocol will be followed.



National Aboriginal Day, Sunday, June 21

Albert Library presents the puppet show **Turtle's Race with Beaver**. On your mark ... get set ... GO! In this First Nations teaching tale, Turtle lives in a beautiful pond with everything a happy turtle needs. One spring, when turtle wakes from hibernation she discovers that her home has been invaded! The pushy beaver is unwilling to share and instead challenges Turtle to a race to see who can stay. How can Turtle beat Beaver and his powerful tail?

Sunday, June 21
 11:00 am & 2:00 pm
 Royal Saskatchewan Museum
 (in the park behind the building)

Monday, July 6, 2:00 pm
 Albert Library
 1401 Robinson Street

For more information
 on Aboriginal programs,
 visit your nearest
 Library or our website at:
www.reginalibrary.ca

RP Regina
LE Public
 Library

Food Security:

WHAT IS IT, WHAT ARE WE DOING ABOUT IT and WHAT DOES IT MEAN for North Central?

by Dana Folkersen, Executive Director of REACH

REACH, Regina Education and Action on Child Hunger, is helping improve the food security for people in North Central and throughout Regina.

At its heart, the concept of ‘food security’ is about everyone being able to get enough healthy food. However, there is a lot more to it than that. According to Dana Folkersen, Executive Director of REACH, education, training, and life skills are all important parts of achieving food security. For example, in addition to having food available, we need to be able to: read a recipe or grocery store flyer; locate and buy the food, handle and store food properly; cook a meal; and know enough about nutrition to make healthy food choices.

REACH runs a number of programs which help people with each of these tasks.

The R Healthy Food Store, one of the most visible REACH programs in North Central, offers affordable healthy food. It is located in the Albert Scott Community Centre. This store sells healthy foods, including fresh fruit and vegetables, dairy products, bread, hamburger, and other basic provisions, to the community at very affordable prices.

The Good Food Box and Family Basket programs help make food available while also providing information about nutrition and food preparation. The Good Food Box provides not-for-profit, nutritious fruit and vegetables to the public in boxes of different sizes and prices. The Family Basket provides families on social assistance with access to food boxes, supplemented with dairy, eggs, and other healthy foods. Family Basket recipients get about 50 pounds of healthy food for \$30. Each box includes an information sheet with recipes, nutritional information, and other helpful information.

The Community Kitchen runs once a month. For a cost of only \$13, participants cook a healthy meal together under the guidance of a community kitchen coordinator. Once the food is ready, each participant can bring their meal - and the new skills they have learned - home to their family.

What’s Cooking? and Kids Cooking classes work with schools, daycares and other groups. They help people build life skills related to nutrition, meal planning, food safety, budgeting, and other skills necessary to achieve food security.

These programs promote food security in Regina in several ways. Residents are encouraged to make healthier choices and given the support and the tools they need. Improving the food security in North Central will lead not only to healthier individuals and families, but to a healthier community.

Every MAN, WOMAN and CHILD
in our community
HAS A RIGHT
to safe, nutritious & affordable food
and the right to access it with dignity

REGINA
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Dewdney Ave. & Angus St. Regina, Sask.
• EXHAUST • BRAKES • SUSPENSION • TUNE UPS

R

esources for Food Security

Agency	Description	Phone
FOOD – NO COST:		
Marion Centre Lunch	for men	757-0073
Gerri Carroll Hope Centre	Meals Mon-Fri at 5pm	522-4600
Waterston Centre	Bread Mon-Fri 11:30am, Soup Sun. at 12:15	569-6088
Rainbow Youth Centre	Supper for youth (11-25 yrs) 5pm	757-9743
LOW COST LUNCH:		
Indian Métis Christian Fellowship	Wednesday lunch for all - \$2.00	359-1096
Chili for Children	Seniors’ lunch Thursday \$3.00	791-7290
Regina Métis Sports Culture Inc.	Seniors’ lunch Fridays \$2.00	543-1094
OTHER:		
Healthiest Babies Possible - 4 Directions	Vitamins & milk for pregnant women in program	766-7540
Cooking Circle - 4 Directions	Meal preparation for program participants	766-7540
Regina and District Food Bank	Groceries bi-weekly through referrals	791-6533
‘R’ Healthy Food Store	Healthy, inexpensive food for sale	359-0541
Grow Regina	Community Gardening organization	352-4813
North Central Community Gardens	Community gardens for all - help yourself!	791-9888
REACH	Food security programming and education	347-3224



L to R: Mike Gerrand and Daphne Cherneski in R Healthy Food Store, photo by Greg Girard



The Good Food Box

Where Food & Health Meet!

Affordable Convenient
Delicious Healthy
Nutritious Fresh



Fruits & Vegetables

Depots throughout Regina - Phone 347-3224!

HEALTHY FOOD PROGRAMS



Did you know that health researchers estimate that up to 70% of all illness is related to your diet?

When you eat too many unhealthy foods and not enough healthy foods, you may feel unwell, tired, lack energy, and get sick or even depressed more often. Children may find it hard to concentrate at school, may miss too much school due to illness, or may have more behaviour problems. A poor diet may also be linked to heart disease, stroke, cancer, obesity and diabetes.

What can you do?

Sometimes circumstance make it difficult to eat foods that are good for you. Some healthy foods, like fruit and vegetables, whole grains, and milk and dairy products, can cost more than unhealthy foods. Transportation or child care can make it hard to get to a grocery store and you may find yourself buying more expensive (and less healthy) food at convenience stores, restaurants or fast food outlets.

We know that the health of your family is important to you. That's why REACH has developed a number of programs to help Regina families get more safe, high-quality, nutritious & affordable food into their homes. Why not see if one of our programs will work for your family?

Additional REACH healthy food programs are available to you, including:

- Community Kitchens
- What's Cooking Classes
- Kids Cooking Classes
- Convenience Meals
- 'R' Mobile Stores
- Child Nutrition Programs

For information on any of our programs, contact us:



Phone 347-3224

www.reachinregina.ca

REACH
Regina Education & Action on Child Hunger

The
FAMILY BASKET

fresh, nutritious, convenient
& affordable food for
families on assistance

Sample Contents

(contents vary every delivery)

- 5-10 lbs Red Potatoes • 2 lbs Carrots • 1 lg Cuke • 2 Tomatoes
- 1 Green Pepper • 1 head Lettuce • 1 lb Nectarines • 2 Lemons •
- 2 lbs Grape • 3 lbs Apples • 3 Grapefruit • 1 lg bunch Bananas •
- 8 Navel Oranges • 3 litres 2% Milk • 3 loaves Fresh Bread • 1
- dozen Eggs • 1 lb Margarine • 1 lb Pasta • 2 lbs Rice
- 1 Hearty Soup Mix or other special treat

Home delivery or
pickup bonus of • 2 lbs Hamburger • 1 litre Milk!

Only \$30

Convenient, automatic debit from your SAP cheque!

REACH
Regina Education & Action on Child Hunger

Ministry of Social Services

PHONE 347-3224 or your Family Worker

or visit us on the web at:
www.reachinregina.ca

R Healthy Food Store

New Hours!

Monday to Thursday

12 Noon to 4 PM

Friday 9am to Noon

Albert Scott Centre

1264 Athol St.

Save On:

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

Why buy food from REACH?

If you want to pay less to provide better quality food to your family, REACH healthy food programs can help. We can save you up to 1/3 the price of buying the same food at a grocery store or supermarket.

GREETINGS FROM SCOTT COLLEGIATE

Our school, home to several hundred North Central students, is one with a rich heritage and a bright future. We have many alumni who drop in throughout the year. Several classes have reunions coming up so please stay tuned for future announcements on those activities.



Rod Allen
Principal

The future here at Scott is an exciting one. We are part of a group of agencies who are working on the design of a new Shared Facility. This facility, being planned with the help of world renowned architects at Fielding Nair International, will integrate Learning and Human Service agencies together in a model known as Learning Across the Community. As we implement this project and service based learning model – a learning model that has consistently proven to increase numeracy and literacy rates wherever it is implemented – we look forward to further and meaningful engagement for our students in their community. Please stop by anytime to learn more about this exciting initiative.



Nancy Buisson
Vice-Principal

THE 2009 FIRST NATIONS LANGUAGE FESTIVAL



Tuesday, June 16, 6:30 p.m.
Free Admission
Scott Collegiate
Reid Auditorium
3350 7th Avenue, Regina

ADULTS, YOUTH & CHILDREN
performing

- skits
- monologues
- songs

in Cree, Saulteaux, Nakota
and Dakota!

TAKE PRIDE IN YOUR LANGUAGE
TAKE PRIDE IN YOUR CULTURE
KEEPING IT ALIVE!

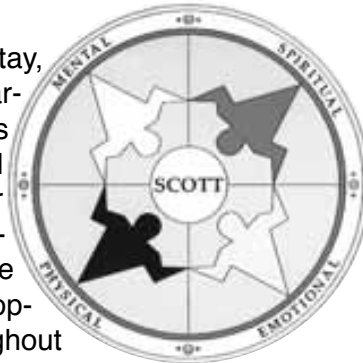
Contact Cathy Wheaton or Allan Adam at
(306) 924-4177 for more information

www.allanadam.com

YOUTH SALUTE

Youth Salute is a program implemented by Focus '91 Photography. The program strives to recognize outstanding youth in the city of Regina. Each high school has the opportunity to honour five students. Our five recipients have a successful academic standing, are outstanding citizens of Scott Collegiate and are strong role models within the North Central community.

Congratulations to:
Rosemary Agecutay,
Carson Bolen, Aaron
Pasap, Thomas
Strongquill, and
Ally Watson. Their
portraits and auto-
biographies will be
on display at shop-
ping malls throughout
the city for the next two
months.



UPCOMING EVENTS & IMPORTANT DATES AT SCOTT COLLEGIATE

May 27 & 28 – Track & Field City Championships at DP

May 28 & 29 – Grad Yard Sale in Scott gym; Thursday 10 am to 6 pm; Friday 10 am to 4 p.m. Hot dog sale both days starting at 12 noon.

June 12 – No school for students – PD day and staff meeting for teachers

June 19 – Last day of classes for quarter 4

June 23 – Grad Rehearsal – 1:00 p.m. in the Scott auditorium for all Scott Graduates of 2009

June 24 – Grad Ceremony, Tea & Banquet: Ceremony in the Scott Auditorium at 10 am: Open to the public and free (Grads must arrive by 9 am)

Tea and treats in the Scott Gym following the ceremony

Free for all grads and their friends & family. Banquet and program at the Ramada Inn starting at 5 pm

Must purchase banquet tickets. Call 523-3500, Ext. 5642

June 26 – Report Card Pick Up at 8:30 a.m. for all grades except grade 12.

(Grade 12s receive their report cards at Grad.)

August 24 – Teachers return to school.

August 27 – First day of classes for the 2009/2010 school year for all students!

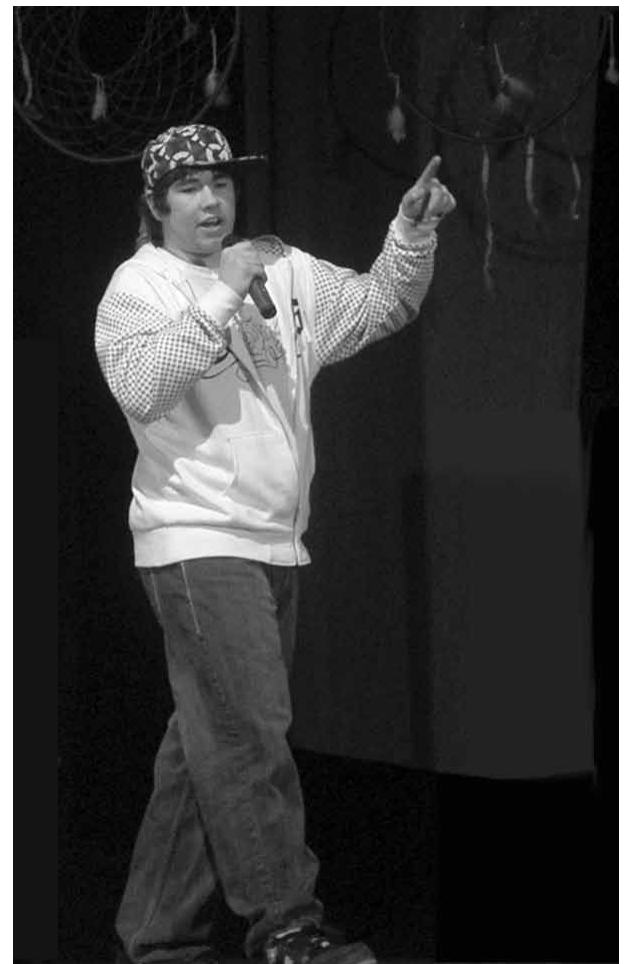
September 7 – Labour Day holiday

GRADE 9 BUSINESS DESIGN PROJECT

This quarter, the grade 9 students are starting their day working on an interdisciplinary project with Ms. Jahnke and Mr. Beingessner. The students are completing outcomes relating to English Language Arts, Mathematics, Career Guidance, Visual Art, Information Processing, and Drama while working through the process of designing a business plan. Expertise for the project has been provided by Springboard West Innovation, one of the many community businesses Scott Collegiate partners with for project-based learning. Student business ideas are diverse, ranging from opening a Hair Salon to organizing Video Game Tournaments to starting a Radio Station in North Central.

At the end of the project, students will present their business ideas to a panel of experts from the business community for feedback. Students are collaborating using Google Documents, and all of the students' daily assignments and tasks are posted on the school web page

Check out scott.rbe.sk.ca/bdp9 for a peek at what the students are working on!



John Fehr, aka Johnny BKoy, performing his rap song "Like a Page" at the Hip Hop Project performance in April



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

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

Regina VOICE PHOTO Project 2007

All photos were taken in Regina.
People in the photos signed a consent form.
For some photos the person being photographed posed for the photo to illustrate the situation.
All photos are available for public exhibit.

Poverty limits choices and steals the dignity of those affected, often trapping people within its barriers. Those who experience poverty are often viewed by others through stereotypes. PhotoVoice displays the perspectives of prairie women on poverty and public policy, allowing the viewer to see life as experienced by the women through their own eyes.

Twelve Regina women from diverse backgrounds and social locations participated in the project. The participants took photographs and wrote text to accompany their pictures - their storytelling becoming a complement to their visual images. Through the project the women received some training in the use of a camera and learned how to critique photographs. The women participated in discussions about their photographs and determined what messages they wanted to convey.

Excerpt from www.pwhce.ca/photovoice/regina_intro.html



To Have Food or Shelter?

What would you do if you were faced with a situation to choose between paying your rent and buying food to fill your fridge for the month? How would you respond if your three-year-old child asked you why your fridge is always empty?

These are the realities for people living on the margins of life. People must not have to choose between basic needs. There is an urgent need to improve services and subsidies for households with low income. You and I can push for these changes. The time to act is now.

© 2007 by JU of PhotoVoice Regina.
All rights reserved.

Poverty Living - Groceries Are Getting Too Expensive

My friend said, "Go ahead and take the picture. People should know what it is like to have to do this because we don't get enough money!"

This person is going through the garbage because the cost of food is going up and he is still hungry and at the end of the month he has very little food to eat.

People also have to go through garbage bins to find and recycle things for money.

Every time food goes up, taxes go up, the cost of running a restaurant goes up, the price goes up for the customers. People on Social Assistance/Disability don't have their income go up, so they can't go out to eat very often.

© 2007 by BT & ER of PhotoVoice Regina.
All rights reserved

Do you or someone you know have a beautiful back yard?

Enter the:

Beautiful North Central Contest

Contact the NCCA with nominations. We will send our official photographer to meet with homeowners and capture the beauty of their yards and/or gardens.

Every entry will receive a free gift - a native species plant for their garden!

The loveliest yards will be featured in the August issue of the *Community Connection*.

1264 Athol Street Regina, SK 791-9888



put unwanted stuff by the dumpster the night before



SATURDAY JULY 18

North Central COMMUNITY CLEAN UP!

NORTH Central FALL 2009 Fest

Coming to Albert-Scott Community Centre

SATURDAY, SEPTEMBER 12

Be there...

details in next issue of Community Connections



VOLUNTEER TO REMOVE GRAFFITI IN YOUR NEIGHBOURHOOD!



CONTACT JESSICA HANNA PROJECTS@NCCAREGINA.CA

OR CALL 791-9888 WWW.NCCAREGINA.CA

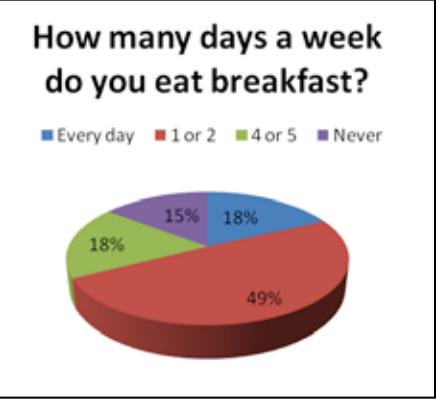
Transition to trades is once again looking for men and women ages 18-30 to add to our wait list for the next program.

We plan to start orientations and interviewing in July & August. We pay you \$9.25 per hour and get you certified.

Call 791-9530

EATING HABITS: SCOTT COLLEGIATE SURVEY

89 Scott Collegiate students were surveyed about their eating habits in May 2009.



buds & blossoms flowershop

4140 dewdney avenue 525-5281

Congratulations to all of our North Central 2009 Graduates from the Owners and Staff of Buds & Blossoms!!!

We wish you the best in your future...

Bring this coupon in to receive 10% off your Grad Corsages & Boutonnieres. Offer expires June 30/09



Summer Youth Recreation Programming

City of Regina Leisure Guide – check out leisure programming offered by the City of Regina at www.regina.ca, call 777-PLAY (7529) or pick up a Leisure Guide (available at the Albert Scott Community Centre).

Play Escapes is a FREE summer come and go drop-in program offered by the City of Regina for children entering Kindergarten (must be 5 years old by Dec 31/09) through Grade 7. The program runs Monday to Friday from July 6 to Aug. 14 (no program Aug. 3) from 10 am-noon and from 1:30 - 5 pm.

Badminton & Tennis at the Fieldhouse classes are low-cost (\$25-\$40) and geared to youth aged 6-14 years. Badminton runs July 20-24 and Aug. 10-14. Tennis runs July 6-10 and July 27-31. To register, call 777-PLAY (7529).

Outdoor Basketball Courts Free! first come, first served

- Kitchener School (840 Athol St.)
- Sacred Heart School (1314 Elphinstone)
- Sportplex (1717 Elphinstone)
- Scott Collegiate (Athol St. & 7th Ave.)
- Davin School (2401 Retallack St.)
- Albert School (1340 Robinson St.) and more!

For other court locations, visit www.regina.ca or call 777-PLAY (7529)

Indoor Skateboard Park Located at the Heritage Building at the Regina Exhibition Park. Admission is \$3/day. Monday - Friday 6-10pm, Saturday and Sunday 1-5pm & 6-9pm. Supervised. Helmets and waiver forms required. For information, call Noel at 721-8454.

Ehrlo Soccer League Children aged 8-12 with all skill levels are welcome to participate in weekly practices and scrimmages based out of Parkdale Park on the corner of 4th Ave. and Princess St. The season will kick off in late June with a skills camp and registration - further information will be sent through the schools before the end of the school year. There is no cost to participate in the Ehrlo Soccer League. For more information please contact Kim at 751-2411.

North Central Family Centre

Free summer programming

More information, call 347-2552

- Hip Hop Dance Classes - Tuesday & Thursday 6 - 7pm
- Skateboard Club - Tuesday & Thursday 6 - 8pm
- Swimming - Afternoons
- Family Baseball Games - Monday Evenings
- Youth & Adult Courses for Typing and Microsoft Office - Wednesdays 7 - 9pm
- Freedom Writers Classes for Youth Program - Call for more information
- Children's Carnival, Talent Show & BBQ - Fridays 4 - 6
- Children's Summer Camp - Aug. 9-13
- Beach day - Aug. 20th, weather permitting
- Adult Beading Classes - Monday & Thursday 1 - 3pm
- Youth nutritional cooking - Tuesday - Thursday 4 - 5pm
- Cultural Camps held with Elder Ray Lavallee
- Marathon Training - Monday, Wednesday, Saturday. Will be participating in local and national Marathons
- Gym Sports Night for Youth every Friday at 8pm followed by Teen Night

Morningstar Ministries
Youth Group Fridays at 7pm

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COMMUNITY ASSOCIATION

RESOURCE & SUPPORT
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PHONE: 791-9888

EMAIL: RESOURCE@NCCAREGINA.CA



Just Ask Sharing Resources

Reprinted from Four Directions
Community Health Centre
Newsletter Fall 2007

In traditional times in First Nations culture and many cultures, everyone made sure everyone else was taken care of. Everyone shared in the work and shared what they had.

Today, life is much more complicated. Sometimes it is hard to meet all of our responsibilities. Why not get together with a friend, family member or another parent or get a group together to share resources? We all have something that we can share.

Childcare

Connect with other parents that you know well. Take turns caring for children. This gives you a break and allows you to have time to do other things. It also gives your children time to socialize with others.

Cooking Circle

Get together with other people to cook a few pots of soup or pasta sauce, some casseroles, maybe bake some muffins. Everyone brings something to contribute

and then the finished meals are split up and shared. Choose items that are easy to freeze.

Physical Activity

Getting your exercise is always easier with someone else to keep you motivated. Try meeting with some friends to go for a regular walk. Meet with another family to go swimming. Organize a group raking or shovelling day for your block.

Second hand items

Put together a children's clothing and toy giveaway. Bring in the clothing that your child has grown out of and exchange for new sizes. This can be done with families at your church or school.

Positive activities

Looking for new activities for your new sober lifestyle? Get some sober friends together once a week for a social. It could be just coffee and chat. It may be planned activities such as movies or games.



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Building Confidence & Employability

Increase workplace, personal & relationship skills

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For more information, please contact

Don Lussier - General Manager

3131 Dewdney Avenue, Regina SK S4T 0Y5

T: 306.359.1096 / C: 306.540.2859 / F: 306.359.0103 / E: imcfdl@sasktel.net



So You Want to Adopt a Pet? Tips for Responsible Pet Ownership



By Debbie Sentes of People For Animals

Owning a pet can be an extremely rewarding experience that brings hours of joy. Pets give us unconditional love, loyalty, acceptance, companionship and even help to relieve stress. However, the decision to adopt a pet is a serious one and not something to be done on a whim.

Owning a pet comes with financial and moral responsibilities. For many, falling in love with an animal is easy and it is easy to overlook the commitment that adoption requires. Animals such as cats and dogs can live 12 to 20 years. Even healthy animals require some routine veterinary care. If an animal becomes ill, veterinary costs can become very expensive.

At minimum, it is essential to have your pet spayed (female) or neutered (male).

In Regina, the cost to sterilize a cat ranges from \$120.00 to \$169.00. The Regina Humane Society offers a "Beat the Heat" program which is designed to provide lower-income households in Regina with free services to get their female cats spayed before they go into heat. Currently there is no low cost spay/neuter program for dogs, although a discount is offered for dogs adopted from the Humane Society. The regular cost to sterilize a dog ranges from \$235.00 to \$307.00 or more, depending on their age, sex and weight. It is extremely important that cats and dogs also receive their vaccination and booster shot – an additional cost one must consider. Other routine costs may include treatment for ear-mites and de-worming.

Why Spay/Neuter?

Sterilizing cats and dogs not only reduces animal overpopulation, homelessness and euthanasia, but also benefits both people and their pets. Spaying and neutering helps animals live longer, healthier lives by eliminating or reducing many health problems. Un-neutered males are more apt to be aggressive and roam. Sterilized animals are far less likely to roam in search of mates, so there is less worry that they will get lost or risk injury in fights with other animals.



Spayed and neutered animals become more affectionate companions and the procedure will eliminate or reduce many behaviour and temperament problems. For instance, neutered cats are far less likely to spray and mark territory by urinating indoors, and neutering dogs reduces socially inappropriate mounting. Spaying female dogs and cats eliminates the heat cycle which can invoke constant howling. Sterilized animals are also less likely to bite their guardians and other people.

Prospective pet owners need to be aware of the full cost of caring for an animal, including spaying/neutering their pet, to ensure the best possible experience for both the owners and their animal companions.

Simple Seeds

submitted by Greg Girard

Sprouted seeds (sprouts) are among the cheapest, most nutritious and readily available foods on the market. They are remarkably rich in vitamins, minerals, proteins and enzymes, can easily be grown within days, and require very little effort.

When a seed germinates or sprouts, new superior quality vitamins, minerals, proteins, enzymes, anti-oxidants and a host of other nutrients emerge. Studies have shown that sprouts are more packed with nutrients than at any other point in the plant's life – even when it is fully matured!

1. Place seeds in a container (jar, tray, bag etc.) and wash/rinse thoroughly
2. Soak the seeds overnight or for approximately 12 hours and then rinse thoroughly
3. Place the seeds in the germinator (container) and ensure that they are evenly spread out and not too cramped together
4. Place the germinator in a well lit spot, but away from direct sunlight and keep at room temperature
5. Water/rinse twice daily, but make sure to drain all the water from your seed container, as water will cause rotting
6. After 4-6 days your sprouts are ready to harvest – rinse thoroughly and keep refrigerated (consume within 5 days)

CPR Demonstrations Kidz Korner Concession Garage Sale Tours



**St. John's Ambulance
Open House / Garage Sale
2625 3rd Avenue
Saturday, June 27th
9 am - 4 pm**

**HUGE
GARAGE SALE
to start
at 10 a.m.**

Bring the
Family down
to the corner
of Angus &
3rd Avenue
for a
fun-filled day

\$1.00 Hot Dogs
& Drinks



DON'T MISS OUT!

Family Favourites

Share your
favourite
recipes with
the whole
community!

Send them to the North Central
Community Connection.

**Chicken Quesadillas**

Recipe obtained from www.allrecipes.com,
submitted by Chili for Children

Ingredients

- 1 pound skinless, boneless chicken breast, diced
- 1 (1.27 oz) packet fajita seasoning
- 1 tablespoon vegetable oil
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 10 (10 inch) flour tortillas
- 2 (16 oz) package shredded Marble or Nacho cheese mix
- 1 tablespoon bacon bits (optional)

Directions

1. Preheat the broiler. Grease a baking sheet.
2. Toss the chicken with the fajita seasoning, then spread onto the baking sheet. Place under the broiler and cook until the chicken pieces are no longer pink in the center, about 5 minutes.
3. Preheat oven to 350 degrees F (175 degrees C).
4. Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes.
5. Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with cheese mix and bacon bits. Fold the tortillas in half and Place onto a baking sheet.
6. Bake quesadillas in the preheated oven until the cheese has melted, about 10 minutes.

Healthy Tip from Chili for Children

Frozen vegetables and fruits are equally nutritious, if not more so, than fresh produce from the grocery store. Often vegetables and fruits that are to be shipped as frozen items are frozen within hours of being picked whereas fresh produce is typically picked unripe in order to withstand shipping. Plus all the washing, trimming, and slicing has been done for you as well.

Apple Sauce Bars

Submitted by REACH
REACH Food Security Education
Cooking Programs Phone: 347-3224

Ingredients

- 2 1/4 cups (625 ml) granola (nut free)
- 2 eggs
- 1/2 cup (125 ml) applesauce sweetened
- 1/4 cup (60 ml) coconut shredded

Directions

1. Preheat oven to 350° F (175° C)
2. Measure the Granola into a medium-sized bowl
3. In a separate small bowl measure out applesauce
4. Beat the eggs into applesauce
5. Combine the eggs and applesauce into the granola
6. Stir in coconut
7. Press into an oiled or buttered 8-inch (20 cm square pan)
8. Bake in the oven 20 minutes

Make Your Own Granola

Submitted by REACH

Ingredients

- 4 cups (1000 ml) Rolled oats
- 1 1/2 cups (375 ml) Sunflower seeds toasted
- 1 1/2 cups (500 ml) Dried fruit - raisins
- 1/3 cup (75 ml) Safflower oil
- 1/2 cup (125 ml) Honey
- 1 tbsp (15 ml) Cinnamon
- 1 tsp (5 ml) Vanilla extract

Directions

1. Stir together oats, sunflower seeds and dried fruit in a large bowl
2. In a separate smaller bowl mix together the honey, oil, vanilla, and cinnamon
3. Pour the liquid over the dry ingredients and stir until coated
4. Spoon granola into a shallow baking pan or cookie sheet
5. Bake at 350° F (175° C) for 10 minutes
6. Stir & cook for another 10 minutes
7. Cool completely and store in a sealable container or bag

Pizza Bagels

submitted by Bailey Olivia Watson

Main ingredients:

- 6 Bagels, halved and toasted
- 14 oz jar of Pizza Sauce
- 3 oz shredded cheese of your choice

Too plain? Add a few of these:

- Sliced or diced mushrooms
- Pepperoni slices
- Ham
- Pineapple chunks
- Anchovies
- Diced green peppers

Preparation:

Preheat oven to 350° F. On ungreased baking sheet, arrange bagel halves. Evenly spread pizza sauce on each half. Throw on a couple ingredients of your choice. Bake 10 minutes or until cheese is melted. Serves 12

Christian Aboriginal Commitments



- ✦ *I will worship only the Creator.*
- ✦ *I will worship only in spirit and truth.*
- ✦ *I will honour all the names for the Creator.*
- ✦ *I will rest one day each week.*
- ✦ *I will respect my parents and relatives.*
- ✦ *I will protect people's lives.*
- ✦ *I will be sexually pure.*
- ✦ *I will respect people's possessions.*
- ✦ *I will speak and act truthfully.*
- ✦ *I will let go of any jealousy.*



Indian Metis 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



Thanks to CUETS Financial Ltd. for their enthusiasm and effort during the community clean-up they held on May 6.

Their crews were out and ready to go in the morning and they worked through the crazy weather in the afternoon.

All of their gusto and hard work is appreciated!

Also, thanks to Loraas Disposal Services Ltd. and AIDS Program South Saskatchewan for assisting CUETS in their clean-up.

*Denise Cook
Office Manager
North Central Community Association*

Wellness Day Tuesday, June 2 noon to 3

If you think you may be at risk for developing COPD, congestive heart failure, diabetes or other lifelong conditions, join us to learn more.

**FOUR DIRECTIONS
Community Health Centre
3510 5th Ave.**

From the Editor

By Carla Jensen

It seemed like it would never arrive, but summer is here at last! The signs are unmistakable – the leaves are out, the grass is green, the birds are singing, and it is getting considerably harder to sit contently in the class or office while the sun shines invitingly outside.

Before we know it, school will be out for summer. Check out our list of recreational programming on page 10 for tons of ideas about free or inexpensive summer activities for all ages. There are lots of exciting events going on in and around North Central in the coming months. The community gardens, for example, make a wonderful family activity.

This time of year, I can often be found in the garden, weeding, watering and coaxing along the crops which are just emerging from the ground. It is a time of great expectation, full of anticipation of the many mouth-watering treats to come: the delicate lettuce, spinach and herbs of early summer, the crisp, sharp radishes and snap peas of high summer, and finally, the bounty of the autumn harvest – juicy tomatoes, sweet corn, meaty squash, peas and beans. There is so much to look forward to!

But the gardens won't produce without some care and tending. I hope to see many of you in the community gardens this summer and look forward to sharing conversation and community among the planters and rows. Together, we can grow a healthy and food secure community.



Common Weal Community Arts Inc. and the Traditional Grandmothers Guidance Centre present

SEVEN ELDER TEACHINGS June 9 to July 28

Learn about the seven first nations teachings graciously offered by seven elders.
Make art.

For information and registration, call
Common Weal Community Arts Inc.
780-9443

Funding provided by Community Initiatives Fund, the Saskatchewan Arts Board and the Canada Council for the Arts

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.



Spring Brings Change

Are you looking for safe, affordable housing in North Central Regina?

Regina Housing Authority has opportunities available in the Family and Affordable Housing Programs in North Central - 2 and 3 Bedroom Units.

If you have:

- Two positive landlord references
- Utilities in good standing
- Income under \$54,000

Please call Regina Housing Authority at 525-2377 or 565-4480 to request an application.

Regina Housing Authority has opportunities available in the Seniors' Subsidized Housing Program in North Central – 1 Bedroom Suites.

- Safeway return trip by bus every Wednesday morning
- Milk and dairy products for purchase every Friday
- Recreation room with kitchenette located in building
- Telephone security entry system
- Elevator service to all floors

If you are 55 years of age or older and have a positive rental history please call 525-2377 to request an application.

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:

Chili for Children

Dana Folkersen

Carla Jensen

Brenda Mercer

Debbie Sentes

Lisa Workman

City of Regina

Greg Girard

Avery Kelly

Rodger Ross

Janine Taylor

The North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at the Albert Scott Community Centre and various North Central businesses.

Opinions expressed in the The North Central Community Connection do not represent the NCCA.

We welcome all letters and submissions. The editor reserves the right to accept or reject and edit all submissions.

The North Central Community Connection

1264 Athol Street

Regina SK S4T 7V3

Phone: 791-9888

Fax: 757-1052

e-mail:marketing@northcentralregina.ca



From the President

Greetings Neighbours,

After four years as President of the North Central Community Association, the time has come for me to step down.

For more than 30 years, the NCCA has been working hard to make improvements in North Central Regina. The energy and commitment of community members has been the main source of my motivation and inspiration. Together we have shown how much can be achieved when we focus our efforts, raise expectations and expand opportunities for all.

This has been one of the most committed teams that I have ever been a part of. I know that the inner city will have a great advocate as you move forward into 2010. I would like to thank the office staff and my fellow board

members, past and present – Greg, Carol, Tamara, Morris, Cassidy, Jordan, Tom, Alicia, Carla, Jordan, Spurgeon, Laura, Noreen, Pat, Agnes, Jan, Bonnie, Dave and countless others who came before us. Each individual has devoted many long hours and is very dedicated to building a positive future through teamwork, making some tough decisions and taking risks.

I would like to thank the NCCA’s many partners throughout Regina, Saskatchewan and Canada, for their encouragement, support and confidence.

As a community, we attempt to create a culture of open mindedness and respect.

Your board of directors will be working hard to ensure that there is a smooth transition to the new President and will keep you updated on ways you can play a vital role in the community.

I will always be grateful for all the sacrifices, contributions and friendship that you all have shown me. But, as President, I bid you all a fond farewell and wish you all the best in the future.

And as my parents taught me...if you live in a community, you must give back to that community. I will continue to give back to my community, in one way or another.

Brenda M

President NCCA



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 Métis Christian Fellowship (IMCF).....	359-1096
Kids Help Phone.....	1-800-668-6868
Mobile Crisis Services.....	757-0127
North Central Community Association (NCCA).....	791-9888
North Central Community Health Office (Nurse).....	757-1046
North Central Community Police Service.....	777-6450
North Central Family Centre.....	347-2552
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
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

Community Calendar

The Circle Project and **Indian Métis Christian Fellowship** (IMCF) are hosting drop-in parenting classes every Monday from 1-3 at the IMCF.

Student Energy in Action for Regina Community Health (SEARCH) will be hosting a Soup and Bannock Meet and Greet on National Aboriginal Day, **June 19**, from 12 noon to 2 pm at Four Directions Community Health Centre (3510 5th Avenue). Please join us for free food, company and sharing of ideas.

National Aboriginal Day celebration at Albert Scott Community Centre **Friday June 19**. Lunch time BBQ 12 - 1 with recreational activities to follow. For information call Denise at 791-9888 or Leanne at 777-7033.

True Wheels Bicycle Shop opening at 766 Angus Street. Used bike parts and bicycle recycling. Open Monday to Friday 1 pm - 5 pm.

The last day for **Chili for Children’s** Lunch Program is **June 24**. The last day for Chili for Children’s Elder’s Program is **June 25**.

Registration packages are now available for pre-K and Kindergarten at **Wascana Community School**. Call 791-8528.

The **Rainbow Youth Centre** Young Parent Program is offering a Violence Prevention Program, running **July 2 to Oct 22**. Childcare, transportation, lunch & coffee will be provided. For more information or to register, call Kim or Nicole at 757-9743.

Volunteer for **North Central Community Cleanup! Saturday, July 18** Meet at Scott Collegiate grounds at 9 am. BBQ lunch!

AIDS Programs - now accepting donations for a Garage Sale combined with a BBQ and Family Fun Day on **Weds, July 22**.

Household goods (incl. working appliances, pots & pans, dishes, cutlery, glassware), books, furniture in good condition. Please drop off donations at the APSS Office in Red Ribbon Place, 2735 5th Ave., or call 924-8420 to have items picked up. All proceeds to Ribbons of Hope Life Skills Program.



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Transition to Trades Program

would like to thank:

Kent Neison at
SaskEnergy for donating
two truck boxes

Ron Rasmussen for
locating and installing
the truck boxes

Roy Hanna for donating
a metal saw and metal
materials

**Your generosity is helping us build
a stronger community!**



Annual General Meeting

Monday June 15th

7 p.m.

Albert Scott Community Centre

The North Central Community Association
represents **you**.

Come take part and have your say!



Review the past year's activities



Run for the Board of Directors



Vote in the election

FREE RIDER TICKETS!

GO GREEN!

CLEAN UP RECYCLABLES AT MOSAIC
STADIUM FOR 4 TO 6 HOURS AFTER
WATCHING THE GAME

EARN \$40 OR MORE PER GAME

GET PAID THAT NIGHT!

SIGN UP FOR ORIENTATION TODAY!

JOBS FOR MATURE PEOPLE; MUST BE AT LEAST 12 YEARS OLD.

CALL 791.9888 OR VISIT 1264 ATHOL STREET TO SIGN UP FOR
AN ORIENTATION AT NORTH CENTRAL COMMUNITY
ASSOCIATION.

Home games

Tue, Jun 23 @ 7:00 p.m.
Sat, Jul 18 @ 1:00 p.m.
Sun, Aug 16 @ 5:00 p.m.
Sun, Sep 20 @ 2:00 p.m.
Sat, Oct 24 @ 3:30 p.m.

Fri, Jul 3 @ 7:00 p.m.
Sat, Jul 25 @ 2:00 p.m.
Sun, Sep 6 @ 5:30 p.m.
Sat, Oct 10 @ 7:00 p.m.
Sat, Nov 7 @ 6:00 p.m.