



# Community Connection

FREE  
Community  
Newspaper  
October 2009

## The Hero Edition

Who are the heroes of North Central?

Heroes can be found in many different arenas. These people could be teachers, sports figures, politicians, business figures, artists, entertainers, entrepreneurs, police officers - extraordinary-ordinary neighbours.

We hope you enjoy reading about some of the people or groups as chosen by students of Scott Collegiate and by North Central Community Association for this issue.



NC Community Garden volunteers donate their time to clean up the Rae Street plot.

Now it's your turn to nominate a historical or contemporary person as a North Central Hero. NCCA is gathering biographies and photographs for a database of neighbourhood notables.

We want to balance contemporary and historical eras, individual and group accomplishments, male and female heroes. We'd be thrilled to collect your picks of young up-and-coming heroes and document their success as the years unfold!

The stories can be point form or more lengthy. Photos will be scanned and returned to you. At this time we cannot interview people, but you or your children can. Call the office for interview guidelines. Participate and tell Regina about your NC Hero!



When the NCCC advisory committee came up with the idea to write about North Central Heroes, I thought this was a great opportunity for our Scott Collegiate students to reflect on who and what makes this community so great. At first, they found it somewhat difficult to think of a nominee, but after we discussed what makes someone or something a hero, they began writing about many people and organizations existing and operating right here in our neighbourhood. Some students chose to research former North Central residents, especially Scott alumni, who have gone on to achieve some pretty great things. They especially enjoyed looking through old Scott yearbooks, some dating back as far as 1924.

On behalf of my English Language Arts students and me, along with Mrs. Sherrie Kuntz's classroom, we hope you enjoy reading about our North Central Heroes. See some of the students' choices on page 4.

Janine Taylor  
ELA Teacher  
Scott Collegiate

## THE HISTORY PROJECT

The Community Research Unit (CRU) of the University of Regina and the North Central Community Association are partners in an exciting community history project. Former NCCA Project Facilitator **Pam Rice** has returned to the fold to develop a timeline of significant people and events from the North Central neighbourhood. Using NCCA archives, historical resources, and your help, Pam will compile written profiles for a database.

A sampling of the notable people who achieved great things can be found in this issue of *North Central Community Connections*. We're sure you can add to the roll with tales of mentors, war heroes, and power-houses who made North Central a positive force in Regina! Heroes all!

This project will help to promote pride in the community through increased awareness of the important contributions of current and former residents in the fields of politics, sports & recreation and arts & culture. Do you have any photos or memories to share? Pam wants to hear from you - 791-9888.



Pam Rice

photo  
courtesy of  
Pam Rice

Do not follow where  
the path may lead.  
Go instead where  
there is no path  
and leave a trail.

 RALPH WALDO EMERSON

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# North Central Community Association Board OF Directors

## Questions FOR Ward 6 Candidates

1. What is your vision for North Central in the next three years?
2. Given that the city's vision is in 2020 is to be Canada's most... Vibrant, Inclusive, Attractive, Sustainable Community, where people live in Harmony and thrive in Opportunity, what steps need to be taken in order to achieve these qualities in NC?
3. How will you bring the social and economic issues of NC to the city council table?
4. How will you access federal and provincial funding for North Central?

5. How will you increase North Central's voice in city council?
6. What is your plan to deal with slum housing in NC?
7. How will you increase cooperation between all levels of government for the benefit of NC?
8. In your view, what are the root causes of NC's high crime rate and how will you address these causes as a member of city council?
9. Why are you running for council?
10. What special skills do you bring to the table for NC?



**Wade  
Murray**

1. My vision for our community is for residents and non-residents to see constant improvement in our neighbourhood. My focus is on increasing safety and developing incentives to improve housing standards. There is opportunity to take full advantage of the growth that our

city is experiencing by employing youth and improving quality of life for all.

2. As one of the authors of the vision statement, the goal is not the date of 2020 but the guiding principles of the words and how they influence our decisions. Each committee and council vote is considered by its merit to making us Canada's most vibrant, inclusive, attractive, and sustainable community, where people live in harmony and thrive in opportunity.
3. The social and economic issues of our community are always on the front of my agenda, and considered with all my decisions. Reduced bus fares, no or low cost facilities, social programming, alternative measures, and incentives, etc.
4. Many of the projects in our community only come to be because of the partnerships with the other levels of government. Property tax is a regressive system and therefore, not well suited to do major projects. I have always kept an open dialogue with my provincial and federal counterparts and will continue to do so.
5. With the advantage of developing strong relationships with the members of City Council, North Central's issues are considered by all of my current colleagues. This gives us a very strong advantage as we are represented by eleven members, not the usual one. Even heated debates of the past like "base tax" no longer plague our council.
6. Since housing is not under the mandate of municipal government, we are forced to use the only tools that we can at our disposal. I would have our Property Standards and By-Law Enforcement Team identify the worst 150 offending properties and begin to take action against them.
7. As a member of the Federation of Canadian Municipalities and an attendee of regularly held meetings, I already speak strongly on our federally mandated issues. We also regularly meet with our provincial elected officials to do the same.
8. The root cause of most crimes in our community is poverty and a lack of education. It is important to note that we have very few car thieves with a high school diploma. Education offers opportunity. Addressing both becomes a challenge as they are outside of our mandate. Continuing to reaffirm our concern to

VISION  
ACHIEVE  
AT ISSUE  
FUNDING  
VOICE  
HOUSING  
CRIME



**Brenda  
Mercer**

1. I think that any vision should be "our vision" for North Central. Listening to residents, I have heard that their vision for North Central is one where families can access safe and affordable housing. It's a community where people feel safer. I believe, our vision is for a stronger, more vibrant social fabric - where families and neighbours work together to solve problems and build a neighbourhood we can all be proud of.
2. Listening to residents will be step number 1. Secondly, Ward 6 will need a strong advocate to ensure North Central and its residents can be part of the vibrant and healthy vision outlined for the city. We will need investments in housing, in transportation, in crime-reduction strategies that address root causes, not offer band-aid solutions.
3. I have been actively involved in the community, so I know the issues first-hand. I have the experience and knowledge necessary to communicate the issues and I am committed to seeing action. I will use all means at my disposal - committees, council meetings and the media - to create change.
4. I will work with the community - through the NCCA and other groups - to find the funds necessary to create a brighter future for North Central and its residents. My experience as president of the NCCA has taught me the value of working together.
5. My knowledge of the issues, my involvement in finding solutions will help me bring to City Council the concerns and needs of our community. I will demand action, not words. We know there are challenges; what we need are solutions.
6. I will continue to support the Housing Standards Enforcement Team and the Safer Communities and Neighbourhoods Act. I will work with landlords, tenants and other municipal organizations. I also think we need to ensure the provincial and federal government know about the housing situation and press them to act.
7. I will ensure levels of government work together by having frank communication with all levels of government, by being part of a team, through leadership and by listening to the needs of Ward 6 residents.
8. Housing and poverty-reduction are part of building safer communities. We need preventative actions that start at a much younger age that will engage both youth and their family as a whole. As a member of city council I will advocate for spending and programming to address these needs.

Wade Murray

the other levels of government and encouraging change has been my focus and will continue to be.

9. I am running for council because I believe in our community and all that it can be! Since being elected in 2003 we have seen a significant reduction in our crime rates and unprecedented building and investment in our community. I still feel that we have more work to do and I will continue to provide the leadership to help us achieve our community goals.
10. My skill set is one of entrepreneurship, business, finance, and experience. Trusted by my colleagues I am currently the Chairman of Finance and Administration, a member of the Board of Police Commissioners, and a member of the Crime Prevention Commission. I also sit on eight other committees of council.

Brenda Mercer

9. I have always been committed to building a better tomorrow. Through volunteerism, I developed my passion for working with people to implement ideas and plans that would allow my kids and grandkids to be proud of the community we live in. I have been a resident of North Central since 2000 and have seen both the good and bad of this area but believe with all my heart that we can, and must, make positive steps in the future. It is for these reasons and many others that I am running.
10. My passion, drive and enthusiasm enable me to engage with a wide spectrum of people and listen to those whose life experiences have been so much a part of North Central Regina. My experience and knowledge allow me to help move ideas into action. I have a proven track-record of getting this done for our community and I look forward to continuing that commitment as the counsellor for Ward 6.

SKILLS CO-OPERATION

from City of Regina Website [www.regina.ca](http://www.regina.ca)

Polling Information

**Polling stations will be open from 9 a.m. to 8 p.m. on Election Day October 28th.** All polls are accessible for wheelchair and stroller access. If you have severe restrictions, you may qualify for the mobile polls.

There are 52 polling locations throughout Regina. **Residents will receive a voter information card that includes their polling location, ward, and school subdivision.** Watch for this card in your mail the week of October 12. (There is also an online search feature on the City’s website).

**Advance Polls will be held at the Cathedral Neighbourhood Centre** located at 2900 13th Avenue. Take advantage of this opportunity if you know you will be out of town on Election Day.

The poll is open:

Thursday & Friday, October 22-23  
from 11 a.m. - 2 p.m. & 4:30 - 7:30 p.m.  
Saturday, October 24 - 9 a.m. - 2 p.m.

**Mobile polls are provided for those who are unable to attend a regular or advanced poll due to physical disability or whose mobility is limited or severely restricted.** To take advantage of this opportunity, you must submit an application by 4:30 p.m. on October 14:

Election Office  
1330 Winnipeg Street, Regina

If you require further assistance please contact the Election Office at 751-4479.

All applicants will be advised in writing by October 21, of when the poll is scheduled to be at their residence.

MUNICIPAL / SCHOOL BOARD ELECTION

October 28, 2009  
YOUR CITY YOUR SAY

We would appreciate our communities’ involvement in this effort as it is important for everyone to come out and vote for the Mayor, Councillors and the Public and Separate School Board trustee(s) positions.

Where Do I Vote?

In the North Central neighbourhood of WARD 6 - the two polling stations are Albert Scott Community Centre 1264 Athol Street and Wascana School 4210 4th Avenue (depending on your address you will vote at one of the two).

Ward 6 voter turnout in the 2006 election was poor. Of 12,620 eligible voters only 22% (2739) cast a ballot. 78% (9881) of our ward’s residents were non-voters.

YOUR VOTE MATTERS!

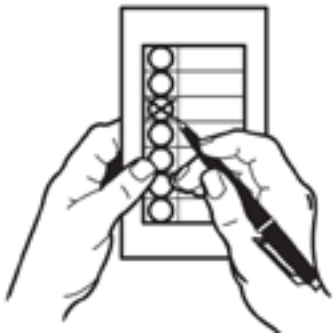
A LEADER is one  
who knows the way,  
goes the way and  
shows the way.

— JOHN C. MAXWELL

Why SHOULD you vote?

By Jessica Hanna

With one of the lowest voter turn out rates, municipal elections often get overlooked when they are going on. Yet on October 28 it is still important for every resident of Regina and North Central to go out and vote. It’s really easy to do and has a huge impact on your everyday life. There are various reasons why you, a resident of North Central should go out and vote.



FIRST it is your obligation as a citizen of Canada and Regina that you vote. We have that right and responsibility in a democracy, so use it. No matter your background, our ancestors at one time or another fought for this right, now it is your responsibility to honour the fight of those who came before us. Go out and vote.

SECOND local politics is where you can make the most change and are more likely to have your voice heard. It also has the most impact on your everyday life. Think about it, the way the city is run and planned and the way that schools are run and planned have an impact on you and your children’s lives. The range of decisions - from which schools will be repaired or shut down or class sizes to what the bus services and road conditions will be like; how many police are on the streets and countless other decisions of your life are made by City Councillors and School Board Trustees, They have an impact on all of it. On October 28, you can have an impact as well.

So research who you want to vote for, ask candidates questions and then **go out and vote.**

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### THE NORTH CENTRAL FAMILY

submitted by Credence Mcfadzean

A North Central Hero isn't just one person. Nor are they necessarily a single group of people. A North Central hero, in my opinion, is many people originating from various backgrounds, living under different circumstances, and reaching toward many goals. The person I chose is an assortment of people who have lived, continue to live, and will grow and thrive in this community. This hero is an idea, a culture, a cultivation, and a legion of individuals. Whether or not this hero is but a single person or an entire household, I choose to call him/her/them **the North Central Family**.

What makes the NC Family a hero is its perseverance, commitment, and tenacity in its lives. These are people who choose not to buy into the media's sensationalism and negativity surrounding an infamous neighbourhood. They continue to live here in a humble manner, choose to move here because they do not fear mere rumours. Nor does this hero give into the deep insinuations of gang violence, of scare tactics, or the grim stories of life in a poverty-stricken area. Still these people exist; they clean up the graffiti found on their fences, they raise families here, send them to our schools, they maintain the condition of their lawns and houses.

The North Central Family is a hero who contributes to the fabric of the community. It supports this community because it has a perpetual stake in it. Its spirit has always resided here, and will continue to forever. The North Central Family is a hero who was born here, who has moved here from out of town, out of province, out of Canada. This hero has faced racism, poverty, social antipathy, and has still soldiered on. North Central is home, and that is why I consider them heroes.

### RAINBOW YOUTH CENTRE submitted by Mike Perkins

A hero for North Central is the **Rainbow Youth Centre**. The original location in November, 1982 was on 1806 Albert Street. The organization moved to 977 McTavish Street in April, 2000. Their area of contribution is in providing services for young people in Regina. They support North Central and its community members with various programs such as: Kids First, Young Parent, Road to Employment, Anger Management, Drop-in.

I believe this group helps the North Central Community in many ways because it gives the youth many after school programs and has other programs for young adults. This is why Rainbow Youth Centre is a Hero for North Central.



### ALEX MAXIE

submitted by Anna Sunshine

**Alex Maxie** is involved in lacrosse and he is a resident of North Central. Alex was born in 1994 at the General Hospital in Regina.

In the last five years Alex has been a part of the lacrosse program in Regina. The first two years he was involved in the North Central Warrior Lacrosse program which is now abolished. After the two years he and his parents coached and trained the Warrior Lacrosse team, helping 20 kids stay out of trouble and doing something productive. In the last recent two years Alex has been on the Zone 2 lacrosse team, that went to Lloydminster, to play for the Saskatchewan Summer Games. He has also been on the U-16 field lacrosse team, which last year, went to Winnipeg.

This year Alex was on the Saskatchewan Storm which played in the Midget Nationals in Brampton, Ontario. I strongly believe that Alex Maxie is a hero for North Central because he is a very good role model. He has a very good influence on kids his age. It gives them hope and belief that they can excel and be as successful as Alex and be able to maintain positive force on their everyday lifestyle.

A TEACHER  
AFFECTS ETERNITY;  
he can never tell  
where his  
influence stops.

 Henry B. Adams

### BARRY MCKAY

submitted by Jessica Strongquill

**Barry McKay** is a teacher at Scott Collegiate. He was born in Regina in 1960. Mr. McKay has taught in the North Central area for twenty-two years.

Along with three others, he founded the organization "Youth Unlimited". Even though that organization is no longer running, he still operates both recreational and academic programs in and out of Scott and various North Central elementary schools, from boxing and weight-lifting to teaching Native Studies, Law, and Social Studies.

Here is a person who believes in inspirational leaders rather than being a "hero". Having experienced a few of his classes, Mr. McKay knows his stuff and makes it interesting. Most teachers just teach, but he made it "fun" and a good experience to be a part of his class.

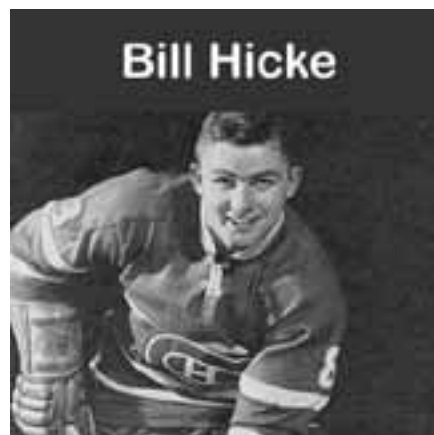


photo: Historical Website of the Montreal Canadiens

### BILL HICKE

submitted by Eugene Spencer

At 5'8" **Bill Hicke** weighed 170 pounds, playing right wing for the Regina Pats from 1954-1958. He graduated from Scott Collegiate in 1957. Hicke moved on to playing for the Montreal Canadiens from 1958-1965 then to the Cleveland Barons from 1964-1965. He then got drafted from Cleveland to New York Rangers playing with them from 1964 to 1972. Later on he retired in 1973. Hicke became a coach for the Regina Pats from 1993-1994 then passed on when he was 67 from a battle with cancer. He was a good role model for others to succeed in life. He also was awarded the WHL's Governor Award. In 1959 he won the Stanley Cup with the Montreal Canadiens. He won NHL All-Star game in 1960 also with the Montreal Canadiens.



photo: courtesy of L. Daniels

### LILY DANIELS

submitted by Shelley Sheepskin

**Lily Daniels** is from Kawacatoose Band, but born on Gordon's Reserve. As a young woman she spent many years in a Residential School, and worked hard all over the South of Saskatchewan. Lily moved to Regina in the early 1960s. She spent most of her time here raising her six children, and also contributing to the Regina community. The longer she lived in Regina the more she contributed and committed herself to helping the community.

Some of the things she has contributed to is the Regina Native Women's Association, helping build their first Day Care, and went on to helping and working at Regina Native Women's/Girls Treatment Centre. Lily was committed to working with young girls and women, because she knew what it was like growing up without her own mother, who she lost at a very young age. The lonely feeling she once felt is not something she wanted any women to face growing up.

Lily was well known for her great contributions, but one big one she was known for was her contributions to the Powwow circle, which she started by following her dreams of wanting a group of girls to dance powwow. Each of them have a shawl with a rainbow that has a teepee in the middle of it, painted on their shawls. She put all her time and money into doing this, working day and night getting them done. Lily even drove the dancers all over the city, province, and even out of Saskatchewan to get to the events. Lily's name became synonymous with the Rainbow Fancy Dancers.

I find Lily Daniels to be a hero of North Central because she worked day and night to do whatever she could to try and make it a better place.

Do a little more  
each day  
than you think you  
possibly can.

 Lowell Thomas





VERN PETTIGREW

submitted by NCCA with information from the Saskatchewan Sports Hall of Fame and Museum

**Vern Pettigrew** was an amateur wrestler and an Olympian who attended Scott Collegiate.

Sheila Kelly, Director of the Saskatchewan Sports Hall of Fame and Museum (*January, February, 2004 Newsletter*) recalled: “Vern Pettigrew, at 85 years of age, would drop in to show us pictures of the 1936 Berlin Olympics with the Hindenburg airship floating over the stadium and Hitler standing in the crowd. Vern could muse for hours over the ‘what ifs’ that might have affected history if the athletes had taken action against Hitler at that time.”

Vern Pettigrew passed away on October 29, 2003 at the age of 95. Vern’s accomplishments as a wrestler included six national championships, 10 provincial championships and a 4th place finish in the featherweight division at the 1936 Olympics in Berlin. Vern was inducted into the Saskatchewan Sports Hall of Fame in 1975.

People rarely  
succeed  
unless they have  
fun in what they  
are doing.  
— Dale Carnegie

TAMMY PATTERSON

submitted by NCCA

**Tammy Patterson** was in the midst of moving and called North Central Community Association to donate some dressers that she no longer needed. When Tammy phoned the office she discovered that people needed a lot more than just dressers. In fact there was almost a whole apartment building full of people who had nothing. Most who were in the building had been couch surfers, moving from one location to another trying to find a place to sleep. When you are moving around that much it is hard to accumulate things needed in a house. The residents who now finally had a place of their own had nothing to go into it. No pots and pans, no towels, beds or table and chairs.

When Patterson heard about what was really needed she went above and beyond! Patterson and her co-worker, Leanne Tuchscherer, who both work at the RCMP, solicited donations to help furnish the apartments. When Patterson put out a call the response was amazing! She soon had a garage full of donations that RCMP members delivered to the apartment building and more donations keep flooding in. Patterson, Tuchscherer and everyone else at the RCMP could have just ignored the problem, instead they decided to make a contribution to North Central, and in the process became heroes to the people who they helped.

STREET INVADERS ‘Making Your Faith Real’

By Jessica Hanna

For the second year in a row the Street Invaders descended upon the streets of North Central doing good deeds and practicing Servant Evangelism (“Small Things Done with Great Love”).



photo by Jessica Hanna  
more photos on back page

The Street Invaders spent three weeks in the summer all over the world where they focused on different activities. Some groups focus on Sport, others on Hip Hop or Skateboarding, the Street Invaders in Regina focused on Compassion. This means that the group volunteered in the community for two weeks while showing and learning about compassion. The Street Invaders have been around for 21 years but until 2008 had never been to North Central and had never focused on compassion and volunteerism.

Wendell Ryan, the youth pastor at Morning Star Ministries, was the one who brought the Street Invaders to North Central. He was a Street Invader himself years ago and thought it would be a perfect fit if they came to North Central as the Compassion Team.

The 11 Street Invaders, who were between the ages of 14-19, volunteered for two weeks in our neighbourhood on various tasks like weeding the community gardens, chaperoning a kids’ golf program, doing yard care for residents, repairing and maintaining Morning Star Ministries’ Building and helping out with the Eat to Live Well forum on diabetes and the Community Garden arts program. Often the work that they do would not have been accomplished without them.

Tracy Wright is the Community Programmer for the Coronation Park Community Association and one of the organizers for a kids’ golf program. She was thrilled to have The Street Invaders work with her. “They were a real asset to the golf program” she said. “They helped to chaperone and lead youngsters from North Central at the Regent Par 3 golf course”. Wright admires the Street Invader program. She likes not only that it helps different organizations, programs and events that are going on in the community but that it also gives the youth some positive experiences volunteering.

That is the same thing that Ryan enjoys most about the Team. It’s the growth that he sees in the youth. “I see them come here and get out of their shells” says Ryan. The youth also help other people that they work with get out of their shells as well. They bonded very well with the participants of the golf program, the community garden art program and vacation bible school.

The Street Invaders will be welcome again next year in North Central to help out in whatever capacity that they can.

**TIMES HERALD**

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## Building a New Life

by Jane Gattinger, Director Transition to Trades

Danielle is one of our success stories. She was a student attending our program who faced many obstacles and barriers in her employment situation and personal life. Danielle says "overcoming a major addiction hasn't been easy," adding "I'm even getting custody of my kids. My worker told me that it shouldn't be long before I get my kids back and she attributes my personal success to taking this program."

Our standards and expectations are high, but Danielle has risen to the challenge. Although we prepare young adults for the world of trades with training and construction experience, our focus is much broader. We work on areas such as self-esteem, values, boundaries, communication, relationships, addictions, anger management, work ethic, money management, goal setting, résumés, interview skills etc. Staff also meet with students individually to offer support and encouragement as they work through struggles.

Danielle says "Staff were good supports and helped me to get through this program".

Danielle has really 'cashed in' on all

of the above. She smiles and says "before I started this program my life was at 10% now I'd say it's at 90%"

During the course of the program, Danielle learned to stabilize her attendance. We saw her build confidence as the program progressed. Everyone loves her! She left with 5 certificates, and in the end, graduated into a position with a top-of-the-line painting company. Transition to Trades also provided her with the necessary painting gear and tools to start off.

Transition to trades teaches students how to use power tools and gives them a range of construction/trades experience and certificates.

Danielle says "I learned a lot of stuff about carpentry that I never knew before. She is a hard worker with attention to detail and she was always willing to learn. Her easygoing team player skills were an asset to the program and Danielle's respectful attitude is a real plus.

Transition to Trades is a program under the umbrella of North Central Community Association. It is funded by Can-Sask Career and Employment Services.



Danielle won the "Incredible Progress Award" and is now a very valued employee and earning a better income. Her new manager says he loves her work and wishes he could find more like her. She's even starting to oversee other workers in her employer's absence.

We, the staff at Transition to Trades, are all very impressed with Danielle. This is a person who stands out as an example to this community of what an individual with determination and the right supports can do. Our hat goes off to Danielle Thomas.

# Celebrating Métis Heritage *with* Regina Public Library



Louis Riel, history-maker and eloquent leader of the Métis people, fought with words, prayers and total conviction in the cause of the "Half-Breed" people and for the rights of all Western Canadians. Join Regina Public Library in celebrating Métis Heritage. A variety of exciting Métis jigging events will be taking place over the month of November that will leave you bouncing for more!

### Youth Jigging Showcases

Glen Elm Branch's own "Just Jigging" group will be showcasing their jigging talent at the following times:

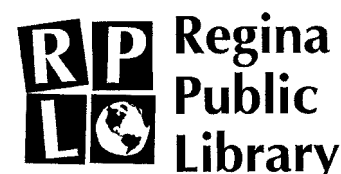
- Regent Place Branch, 107 Albert Street  
Wednesday, November 4, 7:00-7:45 pm
- Central Library Film Theatre, 2311-12th Ave  
Thursday, November 5, 11:00-1:30 pm
- Glen Elm Branch,  
1601 Dewdney Avenue East  
Saturday, November 7,  
2:00-2:45 pm

### Albert Branch: Celebrating Métis Heritage with the Riel Reelers

You are invited to join Albert Branch and the Prairie History Room in celebrating Métis Heritage with the Jigging Group, the Riel Reelers. Come out and enjoy live music and refreshments.

- Albert Branch, 1401 Robinson Street  
Saturday, November 14, 2:00-3:00 pm

For more information, please contact Albert Branch at 777-6076.







Rod Allen  
Principal

# Welcome to the 2009/2010 school year!

From the Office:  
We are full swing into the new school year here at Scott Collegiate. Student enrollment has remained steady from last year. Our sports teams are up and running, with girls' volleyball and x-country leading the way. Additionally, we have a wide range of other student activities on the agenda as usual.



Nancy Buisson  
Vice-Principal

Our grade 9 students have just returned from an Outdoor School at Flinthorn Tipi Camp on Carry the Kettle. This experience is part of their overall learning model here at Scott that we call Learning Across the Community. The grade 9 school subjects will be taught to them in an integrated team approach based on student inquiry – a proven best practice approach in Education. All subject content is covered thoroughly through this rigorous and relevant approach.

Scott's school year is now divided into two semesters in alignment with other High Schools in Regina. Our school day is also divided into five classes, just like the other schools. Attendance is very closely monitored. All absences are phoned by school staff in a timely manner to ensure students are safe and attending.

There seems to be some confusion regarding Scott Collegiate remaining open over the coming years. Please pass on to all you know that Scott will remain open throughout the building of the North Central Shared Facility. The construction plan entails continuous operation of Scott Collegiate.

Finally, there is an opportunity to see more about the Shared Facility at a free community barbecue and Open House to be held on the grounds here at Scott on Saturday, October 1st from 1:00 – 4:30. Please come by and see the most recent drawings.

Sincerely,  
Rod Allen  
Principal  
  
Nancy Buisson  
Vice-principal

## The First Few Weeks of Grade Nine at Scott Collegiate



We are off and running with the grade nine program at Scott Collegiate! The first few days included a lot of introductory activities and plenty of opportunities for everyone to get to know one another better. This included getting to know the teaching team of Mrs. Betson, Ms. Jahnke and Mr. Nagel as well.

On September 10 and 11, the grade nines did an Outdoor School at Flinthorn Tipi Camp on the Carry the Kettle First Nation. The group learned about a variety of First Nations traditions, ceremonies and spirituality. "I got to learn about First Nations history and battles" says Arlen McKay, a grade nine student. "I got to learn about the circle of life. I got to do archery. It was fun to camp with classmates,"

remembers another grade nine student, Ethan Oliver. The overnight experience really helped the class come together and have fun in a casual environment outside of the school.

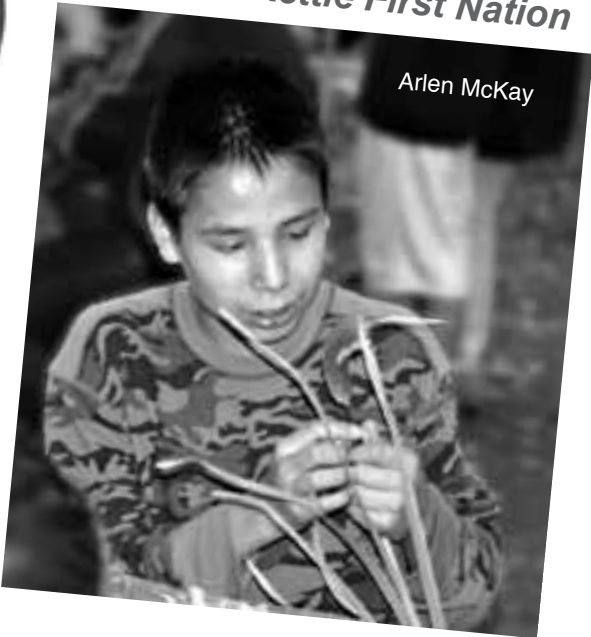
The grade nine group is getting ready to begin their first project-based learning experience. The first project is going to be based on mapping the North Central community, identifying issues within the community and developing action plans to further investigate the issues. The grade nine students will also be spending time individually or in small groups with mentors from within the community. The goal of the project-based learning approach is to learn more about topics of interest to the students in a non-traditional, hands on way to keep students engaged in their learning.

# UPCOMING EVENTS at Scott Collegiate

- Oct. 1<sup>st</sup> Girls Volleyball at F.W. Johnson at 6:15 p.m.
  - Interim Report Cards
  - Parent/Teacher/Student Conferences in the afternoon
- Oct. 6<sup>th</sup> Cross Country – at Douglas Park at 4:00 p.m.
  - Cross Country City Finals to follow on the weekend
  - Girls Volleyball vs. F.W. Johnson at Regina Christian at 7:00 p.m.
- Oct. 7<sup>th</sup> School Community Council Meeting from 5:30 to 6:30 p.m. in Resource Centre
  - Peer Support Retreat until October 9th
- Oct. 8<sup>th</sup> Girls Volleyball at Scott vs. Laval at 4:30 p.m. and vs. Cochrane at 5:45 p.m.
- Oct. 12<sup>th</sup> Thanksgiving Holiday - No School
- Oct. 15<sup>th</sup> School Photos
- Oct. 18<sup>th</sup> to 24<sup>th</sup> Education Week. "Achieving My Inner Best"
- Oct. 21<sup>st</sup> Staff Meeting and PD Day. No School for students
- Oct. 22<sup>nd</sup> Girls Volleyball at Scott vs. Regina Christian at 4:30 p.m.
- Oct. 27<sup>th</sup> Girls Volleyball Quarter Finals (qualification and location pending)
- Nov. 2<sup>nd</sup> Girls Volleyball City Finals (qualification and location pending)
- Nov. 11<sup>th</sup> Remembrance Day – No School
- Nov. 12<sup>th</sup> Basketball practices begin
- Nov. 19<sup>th</sup> Basketball games begin
- Nov. 18<sup>th</sup> School Community Council Meeting from 5:30 to 6:30 p.m. in Resource Centre
- Nov. 25<sup>th</sup> Staff Meeting – Noon Dismissal
- Dec. 10<sup>th</sup> Interim Report Cards
- Dec. 16<sup>th</sup> Staff Meeting – Noon Dismissal
- Dec. 23<sup>rd</sup> Winter Holidays Begin. No School until Wednesday, January 6th, 2010



## FLINTHORN TIPI CAMP Carry the Kettle First Nation



Arlen McKay

When asked to reflect on her experiences so far in grade nine at Scott Collegiate, the following is what Sequoi Lavallee had to say, "I'm loving school. For me in elementary, I did not like to go to school. I feel when I come to school I can act like myself and not be judged because I am surrounded by my own culture."



## Stella's Story

(as told to Jan Morier, with some information from a previous interview by All Nations' Hope, Regina)

I was born and raised in Alberta and was married there. I lived in BC over 12 years. It rains a lot in Surrey but I was comfortable in 2-bedroom subsidized apartment. I was involved in "New Frontier" re-hab program (South Fraser Public Health District). Workers would refer you to other agencies and job placements. "The Front Room" was a drop in venue for coffee, card games, and friendship.

Once I had to work off 25 hours in a 'fine options' program so I was in a thrift shop waiting on customers. I sure met some great people. There was also a trailer kitchen called "The Night Shift" that gave out food, toiletries, blankets and coffee. I originally used the service, then I helped volunteer in it.

My children were in foster care in BC with the Ministry of Children and Family Development. I always kept in contact and visited with them often.



The turning point that made me decide to come to Regina was my kids. After my ex-husband gained custody and brought them here, the BC Ministry paid my fare to Regina.

I had a rough go of it when I came here. I had no idea what services could help me get settled. I lived in motels as long as I could, but when the money ran out I was homeless. I slept in the park, under trees. I didn't know where else to go. I would sleep in a cardboard box and go to Carmichael Outreach to clean up. They gave me food, a change of clothes and a chance to socialize.

**"It's a big step up from a cardboard box."**

They guided me through forms and information while I continued to look for a home and a job.

In the summer I slept on the streets. When it started to snow I found a vacant boarded up house but it was too cold to sleep. This is when I realized I must get help. I found the emergency help I needed at Souls' Harbour Mission.

In Regina I don't see agency staff helping the homeless on the street. There isn't a "Night Shift" bus. Sometimes we have trouble reading, so one-on-one contact is better. We need detail, more explanation of the rules and requirements.

Saskatchewan Justice holds workshops and I write it all down. It's hard to keep up with the changing laws in the justice system, the federal rules. I get a lot of information from bulletin boards and mail outs.

I've been at Souls' Harbour residence for almost a year. I have a room, a microwave, bar fridge, table and chairs, a dresser, couch, bed and a private bathroom. I can come and go during the day.

I graduated from a Life Skills course at Red Ribbon Place this summer and I got a certificate! I've been volunteering there, stuffing envelopes for the AIDS conference, as well as volunteering at NCCA. I'm now going to a course for abused women.

It was a good feeling to be reunited with my daughter and son in Regina in 2008. I was so proud to see my daughter graduate from grade 12 last

June. I always told my children that education is number one.

My North Central Heroes are Doreen from North Central Community Association and Wes at Red Ribbon Place. I love the open conversation. I feel good to work with people in the community, I feel like I belong! I'm happy to be retiring from my old ways and living in North Central Regina. Here I feel safe and secure. I'm in a good relationship. I have hope. It's a big step up from a cardboard box.

My focus now is watching my son graduate from high school next year.

## Fall Fest held on SEPTEMBER 12



Don't worry that  
CHILDREN  
never listen to you;  
worry that they are  
always watching you.

 Robert Fulghum



**Thanks** to NC Fall Fest Trade Show participants:

- Habitat for Humanity
- North Central Community Gardens
- North Central Family Centre
- Soul's Harbour Rescue Mission
- Transitions to Trades







Presenting Sponsor:

Pharmacy  
at SAFEWAY

SAFEWAY

Canadian  
Diabetes  
Association

# Eat To Live Well

## August Workshops & Information



photos by Jessica Hanna  
and Jan Morier

**A big thanks** to the Community Volunteers and the Transition to Trades program, North Central Community Association staff and the amazing Fall Fest Committee! See you all next fall!



**Family Fun on  
SEPTEMBER 12**

**CORPORATE SPONSOR:**  
**Connexus**

**COMMUNITY SPONSORS:**  
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Ehrlo Sports Venture  
City of Regina  
Fusion Canada  
Regina's Warehouse  
District  
Smiths' Insurance





## NCKMP - North Central Kids Music Program

by Bill & Bev Oshea

North Central Kids Music is a new non-profit dedicated to giving inner city youth a chance to experience a life full of music. These children are not required to just play the fiddle/violin, but can actually take lessons on any instrument they prefer at a registered music centre here in Regina, and the organization will finance them.



It is a well-known fact that children who play an instrument and are involved with music gain better grades within school, especially in math. Music opens their minds to experience all that it can in a more positive way.

The hope of the program is to help children who are lost in the cycle of poverty to break that cycle and go on to lead healthy and successful lives.

*Teachers in North Central Regina:* You are invited to identify students who are not able to access music lessons, but have shown musical aptitude and desire or have expressed an interest in taking music lessons, or would simply benefit from being able to play music or to dance.

Please discuss this opportunity with those students or their parents.

The interested child and parent(s) will be invited to an interview to discuss type of instruction desired, musical experience, expectations regarding time commitment and accessibility issues. An effort will be made to accommodate each child's needs.

North Central Kids Music Inc. funds musical opportunities for children because of generous donations from individual contributors. The more donations that are received, the more children can be helped. Fundraising events will also be happening and your support will be welcome.

Call 545-3737 or visit <http://northcentralkidsmusic.ca/contact.html>

*The program is based on the belief that children build self-esteem when they experience the pleasure of expressing themselves creatively.*



## RE-ELECT Wade Murray City Council Ward 6



Photo courtesy of North Central Community Cleanup

*Dear friends and neighbours,*

*It has been a real pleasure serving you over the past 6 years at City Hall as councillor for Ward 6. Thanks for affording me the privilege.*

*My vision for our community is for residents and non-residents to see constant improvement in our neighborhood. My focus is on increasing safety and developing incentives to improve housing standards. The social and economic issues of our community are always on the front of my agenda, and considered with all my decisions. Many of the projects in our community only come to be because of the partnerships with the other levels of government. There is opportunity to take full advantage of the growth that our city is experiencing by employing youth and improving quality of life for all.*

*I am running for council because I believe in our community and all that it can be! Since being elected in 2003 we have seen a significant reduction in our crime rates and unprecedented building and investment in our community. I still feel that we have more work to do and I will continue to provide the leadership to help us achieve our community goals.*

*On Wednesday, October 28th I am asking for your support!*

*Sincerely,*

*Wade*  
Wade Murray

**522-8683 office/residence**  
**596-1035 cellular**  
**wade4ward6@hotmail.com**



## STREET INVADERS

descended on North Central to help Common Weal and the Community Gardens with the garden art project. Our neighbourhood is grateful for their care.



# In conversation with Sandra Barrie

Health Nurse with North Central Community Association

Community Connection is pleased to introduce Sandi Barrie to our North Central neighbours. We are grateful for the dedication and big heart of a Community Health Nurse. It's among the qualifications for the job.

CC When did you begin as Health Nurse with NCCA?

SB I began working with NCCA July 23rd of this year.

CC Where were you employed before joining NCCA?

SB I am still currently employed at Wascana Rehab where I work on the Pediatric unit with handicapped children with high medical needs.

CC Describe a typical day as NC Health Nurse

A typical day for me at NCCA ... well I see anywhere from 2 to 8 clients in a day depending on the number of hours I'm working that day. My job is mostly focused on footcare for the elderly and diabetic clients. I also get some walk-ins for minor medical needs. I monitor blood pressures, blood sugars and weight for clients. I also do referrals for homecare. Often with home visits I find situations where the elderly need the assistance of homecare and are unaware of what's available for them. I have found so far that a main component of my job has been health teaching, especially with diabetic clients. There are so many educational opportunities here, I hope in the future to be able to host some health teaching classes for the community. The position currently is only funded for 24 hours per week but there is definitely enough work here for full time and then some!

About half the clients are home visits, many of the elderly clients are no longer able to come into the office, and doing the home visits really enables me to assess any needs they may have for their activities of daily living.

CC Who is your typical client in the office? In home care visits?

SB A typical client in office is a senior but they are still very mobile, although I have had

a couple teenage clients as well for ingrown toenails and diabetes education.

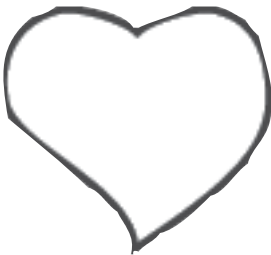
A typical home visit client will be elderly and not very mobile, no longer driving, using mobility aids such as walkers, or having poor vision.

CC Please share the story of the recent Diabetes Health clinic to emphasize the importance of regular health care?

SB Canadian Diabetes Association recently held an Eat to Live Well education session (August 11 – Albert Scott Community Centre). I sat at a table to introduce myself to the community, to demonstrate what health teaching I could and to check blood pressures and blood sugars of passersby. A young boy (8 years old) approached to have his blood sugars read. I found it was dangerously high. I was able to contact his mother to deliver some health teaching and urge her to follow up with a doctor. The mom ended up getting the whole family tested for diabetes. It was a wonderful feeling knowing that I may have made a difference in that young boy's life that he was diagnosed at an early age.

So far I love my job here, the staff here are a very caring team and are really here for the community! I'm looking forward to being able to do more health teaching in North Central and making a difference in any way that I can.

Sandi Barrie Health Nurse NCCA



# Healthy Feet... A Good Foundation for a Good Life

By Mary Jane Katz

Whether you are building a new deck, a new relationship or a bridge club, the success of the venture will be largely determined by how well grounded is the foundation. The foundation, called the base or the footing, is usually the most important step in ensuring the strength, stability and endurance of the structure. Certainly, a shaky foundation will lead to a host of structural and endurance problems.

The same can be said for the human body, the most miraculous and complex of all structures. To a large extent, the stability, strength and functionality of this incredible structure is very closely related to the health of the feet. We often underestimate the critical role that our feet play in our overall wellbeing until something goes wrong. In the course of a typical day, feet endure the equivalence of several hundred tons. The human foot is indeed a wondrous piece of work, containing 26 bones, 100 ligaments and 20 muscles. Leonardo da Vinci once called the human foot "A masterpiece of engineering and a work of art".

Leonardo da Vinci once  
called the human foot  
"A masterpiece of engineering  
and a work of art".

Given their complexity and workload, it's no wonder that feet often cause pain and suffering when not properly attended to. Some of the more common foot problems are caused by improper footwear, mechanical changes within the foot, physical stress, arthritic joints, infections and injuries. If left untreated, these problems can seriously compromise a person's mobility, balance and overall health, thereby reducing quality of life.

Many times, lower back, ankle and shin pain is associated with biomechanical foot problems that can be corrected by wearing supportive insoles especially molded to your feet. These insoles cushion and absorb the jarring shock that your feet endure with every step taken. Often, pain and balance can be improved by changing the type or fit of the shoes worn. Shoes should be flexible with solid good-gripping soles; they should be made of natural not synthetic fibers to allow air to pass through. Sometimes thickened or deformed toenails and corns and calluses, which may be indicative of other health conditions, hinder mobility and balance. If left unattended, these conditions may lead to painful ingrown toenails and infections or more serious complications.

Clearly, our feet play a critical role in maintaining overall good health and quality of life. We should never ignore any type of pain, soreness or irritation on our feet. Regular preventive visits to your podiatrist (foot doctor) can help identify and prevent problems before they become serious. Remember, you can go far with healthy feet!

(Mary Jane Katz is the office manager at the Regina Footcare and Therapy Clinic where she works with Dr. Suresh Ram on patient education)



## GOOD TO KNOW:

To benefit from the care of the Health Nurse you must have a NCCA Membership

- \$2/year (resident of NC)
- \$5/year (non-resident of NC)

Tax receipts are issued for health claims on insurance. Fees are subsidized by a grant from Regina Qu'Appelle Health Region.

NCCA recently purchased an autoclave for the Health Nurse to sterilize foot care instruments for in-office visits. Also doubles as a rice cooker. (kidding)

The Health Nurse can connect you with homecare agencies within the Regina Qu'Appelle Health Region  
Health Nurse direct line - 757-1046  
healthnurse@nccaregina.ca  
NCCA Admin Office - 791-9888  
Office & Clinic -1264 Athol Street, 2nd floor

The fees for visits are:

- In-office visit \$10 (\$15 non-resident)
- Home visit \$15 (\$20 non-resident)



On October 28



Elect Carla Beck

Regina Public School Board Subdivision 5

*Valuing Children, Community  
and a Sustainable Future*

- Small, walkable, neighbourhood schools
- Reduced class sizes
- Transparency, accountability and community involvement
- Adequate staffing and retrofitting of existing schools
- Equitable public education without corporate influence

For more information visit:

<http://carlabeckschoolboard.blogspot.com>

Authorized by the Carla Beck Election Campaign Committee



## CHRISTINA RIEPSAMEN

from "100 Saskatchewan people we should really celebrate..."

Part Five; The Leader-Post (Regina);  
Sat 03 Sep 2005

**Christina Riepsamen** was born in Amsterdam, Holland and emigrated to Regina in 1915. Christina Riepsamen made good cookies in 1927 and they're still in demand today.

For 21 years, Riepsamen was a girl guide leader and later a member of the provincial executive and chair of the local association.

While a guide leader, she baked cookies for the girls to sell in order to buy badges and enable guides to go to camp - this started the now-famous girl guide cookie tradition which, in Regina, goes back to 1927.

Born in Holland, Riepsamen, her husband John and daughter Hendrica arrived in Regina in 1915. Her love for Holland never waned, but her love of her adopted Canada was greater. A frequent speaker to various Regina clubs, her message was: "I have told you the finest things about Holland, and now I must add that no land can compare to Canada."

When Canadian servicemen brought their Dutch war brides to Regina following World War II, Riepsamen was at Union Station to hug and speak to them in their own language as they came off the trains.

She belonged to the Musical club, the Women's Canadian Club and was a founding member of the Grace Haven Auxiliary when the Salvation Army opened the former Territorial building on Dewdney Avenue to house young women. Riepsamen died in Regina in April, 1963.

*(Christina Riepsamen lived on 13-block Robinson across from Albert School)*

There are no office hours for leaders.

 Cardinal J. Gibbons


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


**Chili for Children** has begun its regular programming for another school year. We have several events scheduled beginning in October.

We are seeking donations and we are fundraising for the Community Thanksgiving and the Community Children's Christmas party. These two events are free of charge so that we may reach many needy families over the holidays. We need your support to help make these two events possible. Whether you can assist through volunteering or donations, your help will be greatly appreciated. We will provide a charitable tax receipt for your donation.

Our goal this Christmas season is to provide up to 50 needy families in the community with turkey hampers. Please help Chili for Children reach that goal. Last Christmas, the staff delivered wrapped toys to participating schools. The students of Albert Community School enjoyed a party at the Albert Scott Community Centre with Santa and received treats thanks to the Regina Fire Fighters and Farm Credit Canada.

This year Chili for Children has planned a toy give away on Sunday December 20th at the Albert Scott Community Centre to reach more needy children. Parents who could use a little extra help to make their child(ren)'s Christmas more

**CHILI FOR CHILDREN**


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

special will be asked to come and pick out a wrapped or unwrapped toy(s).

The age range is 0 months – 14 years.

**Upcoming Community  
EVENTS & FUNDRAISERS**

Sat. Oct. 10th – 12:00  
Thanksgiving Community Dinner

Thurs. Oct. 15th – 12:00  
Taco Lunch

Sat. Oct. 19th – Merchandise  
Bingo (canteen available)

Sat. Nov. 21st – Merchandise  
Bingo

Nov. 23rd – 27th "Chili for  
Children Week" (tentative)

If you would like more information on how you can assist Chili for Children, please contact:

Susan McArthur  
Program Manager  
Chili for Children  
Regina Indian Community  
Awareness Inc.  
1264 Athol Street  
Tel: (306) 359-7919  
Fax (306) 359-8262

GIRLS 5 YEARS to 15  
YEARS ARE WELCOME  
TO JOIN GIRL GUIDES  
ANYTIME.



- Sparks (5 & 6 yrs)
  - Brownies (7 & 8 yrs)
  - Guides (9-12 yrs)
  - Pathfinders (13-15 yrs)
- meet regularly at Albert Community School, 1340 Robinson St. every Monday, from 6:00 to 7:00 p.m.

The CIF Grant provides funding for Registration Fees.

For more information contact the Regina Girl Guide Centre  
352-8057

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# A SMUDGING PRAYER

**C**REATOR,  
our heavenly Father, we come to you as your children and thank you for the gift of our lives.

Lord Jesus Christ,  
may the flame that starts the smudge reminds us of your passion for us and that you sacrificed your life for us.

As the elements of the smudge change into ashes may we remember that we were made from the earth and that we shall return to the earth.

May the rising smoke remind us that our prayers must rise to you and that, one day, we too shall leave this life to stand before you.

Holy Spirit help us to pray in spirit and in truth. Hear us heavenly Father for we ask these things in Christ's name.

Amen.



**Indian Métis Christian Fellowship**

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

3131 Dewdney Avenue, Regina, SK S4T 0Y5 Canada

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







## North Central Community Art Project

By Brandy Morris – Garden Coordinator,  
North Central Community Gardens

You may have noticed a new wooden bench with mosaic tiles at the Robinson Street Community Garden, and if you haven't, you should go by and take a look. The bench was a collaboration between Common Weal, Mike Jozsa (the artist in charge of the project) and the North Central Community Association (NCCA), and was created by members of the community.



The mosaic tiles were created over four days, with members of the community learning how to do mosaic work by creating stepping stones for the North Central Community Gardens. The NCCA provided the materials, as well as snacks and crafts, for all the budding artists.

When the bench and mosaic tiles were installed on August 6, it was estimated that 200 people were in attendance. Street Culture Kids provided face painting, Transitions for Trade made balloon animals and the NCCA prepared a BBQ for the participants. It was a great event for the community and the new bench can be enjoyed by all.

*P.S. The four Community Gardens, (1300 block Rae, Retallack, Robinson and Garnet) have been 'put to bed' for the winter at the recent Community Cleanup. Our thanks to all who made this a fun work bee, including the awesome North Central Dream Team. See you next spring! - ed.*

### PICK UP YOUR ART!

Did you create a piece of art (a stepping stone or a tile) in the gardens at the end of July or the beginning of August?

Do you want it back? Please come pick up your art at the North Central Community Association Office 1264 Athol St. during office hours and we will be happy to return it to you. They are all very beautiful but are taking up a lot of room.

Thanks for being such great garden supporters.

## From the Editor By Jan Morier

Are we warm and fuzzy yet? I don't know about you, but I'm enjoying the sincere tributes to North Central Heroes.

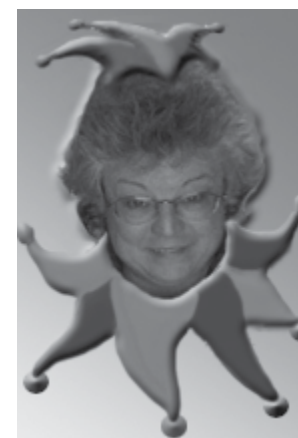
I was especially moved by Stella's story and wondered how many of us could comprehend the challenges of living through a prairie winter in less-than-adequate housing? Or the bureaucratic minefield of agencies that always mean well but often lead to more frustration? Unfortunately, many understand all too well.

For those who have never experienced this, think of the mystery of dealing with computer tech support. You know you're an intelligent being, but how competent do you feel when you can't follow directions in a step-by-step process. You know the apprehension. If you miss a step, you're going to fail and you will feel more than a little

frustrated. Sometimes tech support is patient and kind. Other times, depending on what pressures they're under, they come across as rude and unbending. Have you ever finished a consultation and thought "well, that didn't help me one bit." Imagine if your daily existence depended on that connection.

The men and women who have survived living in a cardboard box get my vote for hero. Keep them in your thoughts as we approach winter.

We must also think of the humane beings who work to make life better in North Central. We should be very fond of the many organizations that work in tandem to provide support to folks who need conversation, a focus and a meal. Better still are when the groups and families work together - as they do at NC Family Centre, IMCF, Four Directions, Circle Project and many others. Super heroes, indeed.



Wednesday, Oct, 28  
- Get out and VOTE

## Community Calendar

Nov. 15 - 17 - 3rd Annual **Aboriginal HIV/AIDS & HCV Conference** "Women - Keepers of the Tipi" Ramada Hotel & Convention Centre, Regina. For more information contact: All Nations Hope AIDS Network at 924-8424 or [allnationshope@sasktel.net](mailto:allnationshope@sasktel.net) - [www.allnationshope.ca](http://www.allnationshope.ca) "When women are empowered, whole families benefit."

Tuesday, Dec. 1 - **World AIDS Day - Wine & Cheese** with live and silent auctions. Begins at 7pm - RCMP Heritage Museum. Tickets are \$25 each and available from APSS at 924-8420. Aids Program South Saskatchewan [www.aidsprogramssouthsask.com/](http://www.aidsprogramssouthsask.com/) "We are All Affected".

Albert Library - **Regina First Nations Language Speaking Circle**: Tuesdays, Sept. 15 - Dec. 1, 6:30 - 8:00 pm This volunteer-based free program will help you learn to speak a First Nations language (Cree, Dene, Saukteaux and Nakota/Lakota/Dakota). Language Circles are a gathering of both "language givers" who share their knowledge with "language learners", and focus on the development of oral knowledge. For Information, please call Natalie Owl at 545-5990 or [natalieowl@hotmail.com](mailto:natalieowl@hotmail.com) or if you are a fluent speaker and would like to volunteer.

**Common Weal Community Arts** and the North Central Community Association invite you to join with us as we honour the special relationships developed between Common Weal, members of Regina's North Central Community Association, and residents of Regina's North Central neighbourhood through a \*ROUND DANCE\* to be held Saturday, Nov. 21 5:00 pm - Ceremony and Feast, Round Dance to follow. The Gathering Place, 4001 - 3rd Avenue, Regina. EVERYONE IS WELCOME! Sponsored by the Saskatchewan Arts Board, the Canada Council, the City of Regina, & Great West Life.

## Announcements

**What is Dream Team Volunteer Central?** It is a program where anyone who is interested in volunteering in the community of North Central can sign up for volunteer opportunities. The program will work with many community agencies to offer a variety of activities. The project is lead by a volunteer committee and the North Central Community Association.

Call to sign up as a volunteer or to offer a volunteer opportunity. Lisa - 766-7549 to submit info for the bulletin e-mail: [lisa.workman@rqhealth.ca](mailto:lisa.workman@rqhealth.ca)

## New Fire Station under Construction

By Carla Jensen

Construction began in July on the new fire station to be located at 3855 Dewdney Avenue. When construction is complete, the new station will replace Fire Station #4, located at 1175 Pasqua. The new station is expected to open in the summer of 2010.

Paul Viala, fire research and development analyst with the Regina Fire Department, stresses that the switch over to the new station will not have any negative impact on services in the coming year, as the old fire station will remain in operation. He also highlights the benefits of the new location. "Because of its more central location," says Viala, "the new fire station will be better positioned to respond to calls within North Central and surrounding neighbourhoods."

The Regina Fire Department has seven fire halls. Built in 1957, Station Four is the oldest and smallest fire station in the city. The new location will have easier access to major city arteries, which will benefit emergency services. The new station also has several environmentally friendly design features, making it among the 'green' buildings in Regina.

The Regina Fire Department welcomes questions and comments on the station design. To contact them, call 777-7855 or email [firestationfour@regina.ca](mailto:firestationfour@regina.ca)

## Local Heroes!

**THANK YOU TO STAFF MEMBERS OF HOME DEPOT** who donated their caring hands and muscles and their valuable time to cleaning up the little park on 7th Avenue and Pasqua Street.

Neighbours were heartened to see trimmed shrubs and tidy appearance. They will work with each other to help keep it that way!

Crime Prevention Through Environmental Design (CPTED) in action!

**DID YOU PITCH IN TO CLEAN UP YOUR COMMUNITY on SEPT. 26??**

**If so, YOU'RE a North Central HERO!**

**Pat yourself on the back!**





From the President

WRIGHT'S RAMBLINGS

There is a phrase: "Where the rubber meets the road" meaning meeting the realities of living - experiencing life. And who should best fit this category? We seniors of course! We, who somehow survived our early lives without plastic, calculators, TV, etc. and live to brag about it.

Seniors are a special and important part of our community. Many of you have



seen and participated in North Central at its best – experienced and bemoaned its decay – and are now recognizing the recovery already well underway. We need to support one another, (including the younger ones) share knowledge and continue to cheer our community forward.

There are a number of good ways of doing this:

**Care & Share** noon dinners held Tuesdays in the Albert-

Scott Activity Centre, located at Athol St. & 7th Ave. Enjoy fellowship over a great \$4.00 meal, participate in prize draws and card bingo.

**Elders' noon dinner** held Thursdays, same venue and location. Great \$3.00 meal, and 50/50 draw.

**Seniors' walking program**, same place and location, held inside, 8-9:00 a.m., Monday, Wednesday, Friday (excluding holidays).

We look forward to seeing you.  
Blessing & good health!

Tom Wright - President,  
North Central Community Association



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

Editor: Jan Morier  
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

Sandi Barrie Jane Gatteringer  
Jessica Hanna Carla Jensen  
Mary Jane Katz Sherrie Kuntz's  
Classroom of Scott Collegiate  
Susan McArthur Brenda Mercer  
Brandy Morris Jan Morier  
Wade Murray Bill & Bev Oshea  
Janine Taylor & Classroom of Scott  
Collegiate Tom Wright

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

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

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

DEADLINE for DEC. ISSUE - Nov. 9

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

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.



**NCCA Board of Directors**

Tom Wright.....President  
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Greg Hamblin.....Treasurer  
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**Members at Large**

Mark Docherty  
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Derrick Moore  
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NORTH CENTRAL PHONE LIST

Schools

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

Organizations & Agencies

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



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



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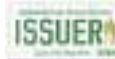
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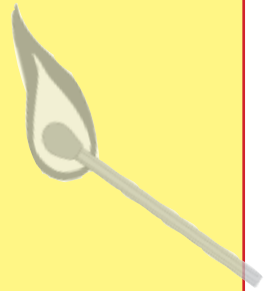
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Most fires in Regina are easily preventable. The leading causes of fires in Regina within the last 10 years are:

- Children playing with matches & lighters
- Careless cooking
- Careless smoking - also the leading cause of fire deaths in Regina
- Misused appliances
- Electrical malfunction



The City of Regina's Fire and Protective Services Department reminds you that **Fire Prevention Week is October 4-10.**

For more information on Fire Prevention Week please contact 777-7000 or go online at [regina.ca](http://regina.ca)



*The Leadership instinct  
you are born with  
is the backbone.  
You develop  
the funny bone  
& the wishbone  
that go with it.*

 ELAINE AGATHER



## TRANSITION TO TRADES PH 791-9530

Need help Building /Renovating your home?  
Fence? Deck? Shingling? Fixing your Steps?

### DON'T WANT TO SPEND A LOT OF MONEY??

Young men & women in North Central,  
are being trained through actual  
building projects to start  
building a career in Trades.

**YOU SUPPLY THE MATERIALS –  
WE SUPPLY THE LABOUR...  
AT NO COST TO YOU!**

Landlords with a boarded-up  
house in North Central, or  
home owners please give us a call.  
We'd love to talk.

