

Working in North Central Edition

## Blue Sky

COMMUNITY DEVELOPMENT CORPORATION

**L**et's imagine that you're a single parent living in North Central. Housing is an ongoing expense. Food – and the means to fetch groceries – costs money. The bills mount, the work's not there. Your priority is to your children but quality childcare doesn't come cheap. You've got ideas, you've got education, you might even have a business plan. What you lack is opportunity and backing.

You love that daydream. You know, the one about working from home while the kids are in school so you can serve them lunch and be there at 3:30. You want to make sure there's nutritious food, warm clothes, a nice yard to play in. Then the dream goes poof! It all costs money.

Maybe you're someone challenged by age, by mobility or by ability. Perhaps you're a person who doesn't quite fit in to the traditional workforce. You've got skills, you know there's a need for your services – you merely lack that key ingredient: money.

You and your friends or family members have an idea and the energy to offer a service within your own community. It wouldn't take much, just some simple but reliable equipment, perhaps a small corner of an office. Just imagine what you could do!

Dreaming, imagining or 'blue sky-ing' is what a group of Regina individuals have been doing for a couple of years now, to support individuals who have the vision – but lack the seed money. 'Blue Sky Community Development Corporation' was created to address those who just need a little boost to be off and running their own business anywhere in Regina.

Depending on the service, you might need equipment such as yard tools, a computer, sewing machines. You may need to purchase a business license from the city, the province. Maybe funding is required to pay for an inspection or certification to improve the level of what you're already doing. You might require dollars for insurance or advertising – any one of a number of considerations that entrepreneurs must face.

Blue Sky sees how economic development can succeed built on the skill and the will that so many people possess. The group also recognizes there are barriers to employment.

There's this thing economists call the 'leaky bucket' paradox. The metaphor describes how "The poor who are receiving welfare or other transfer payments have less incentive to work because their transfer payments are reduced as they make more money." The leaky bucket, they explain, makes for an inefficient economic redistribution - an inability to keep money in the community. For more detail on "Okin's Law" visit [www.economyprofessor.com/theorists/arthurkun.php](http://www.economyprofessor.com/theorists/arthurkun.php)

Blue Sky Community Development Corporation is based on successful community economic development models - The Canadian CED Network and SEED – *Supporting Employment and Economic Development* in Winnipeg.

The first General Meeting for Blue Sky will be held June 24 at 7 p.m. at Regina Downtown office (McIntyre and Saskatchewan Dr). Consider what dreams you could realize with a small business loan and all the encouragement and support your could handle!

### THE MISSION

We create social and economic opportunities for our community through innovative and collaborative approaches, and foster community based economic development through individual and neighbourhood capacity building.

### THE VISION

We envision a community where every individual can have a sustainable livelihood and can contribute in their own way to their community.

### THE TEAM

President: Wayne Hellquist  
Vice-President: Rob Deglau  
Treasurer: Marian Donnelly  
Secretary: Jan Morier

#### Board Members:

April Bourgeois Alvin Delorme  
Lesley Hindle Aaron Murray  
Tracy Knutson

### BEGINNINGS

2002: North Central residents held community consultations to define a vision of a safe, healthy and caring community. Community Development and Business and Economic Development were identified as essential pillars.

2008: consultation resumed with the development of a Community Economic Development (CED) strategy to help rebuild inner-city communities. The report *Moving Forward Together* was published (available at [www.nccaregina.ca](http://www.nccaregina.ca) under Reports & Studies).

Interim Board of Directors formalized a direction to move on to neighbourhood revitalization and poverty reduction. Blue Sky is part of the vision and action plan to have business and community economic development as a means to help people get jobs or move into their own business.

### FAST STATS:

**26 youth** HAVE ATTENDED AT LEAST ONE CAREER PROSPECTS SESSION (OVERCOMING BARRIERS TO EMPLOYMENT).

**52 youth** HAVE ATTENDED EITHER AN OPEN HOUSE OR CAREER PROSPECTS SESSION.

**101 youth** (WOMEN & MEN AGE 18 - 30) HAVE LEFT THEIR NAMES TO ATTEND THE TRANSITION TO TRADES PROGRAM IF IT COMMENCES AGAIN.



## ransition to Trades

The First Step in Building Success!

with North Central / funded by Can-Sask

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

by Jan Morier

The little bell tinkled above the door of the pretty flower shop. The colour and scent within was truly like a breath of spring.

January and Jada are sisters and Owners/Managers of **Buds and Blossoms** situated at Dewdney and Pasqua and purchased by the sisters in summer, 2007. They kept the name, but remodeled and introduced unique gift items. The location was a natural, across from the Pasqua Hospital.

"It's not an easy life, running your own business" January explains. "We work 10 or 12 hours a day. Besides customer service, there are shipments, deliveries, floral arrangements." The industry is driven by holidays with its own peaks and valleys. The sisters work on their own, to keep costs down. They've suffered two break-ins since moving to North Central, and there are some misconceptions from some customers who are hesitant to come into the neighbourhood. This hasn't hurt business though, due to the quality service and product offered by Buds and Blossoms. They enjoy great repeat business. The shop has been generous in their support of North Central Community Association with prize donations for the annual Fall Fest and with corsage discounts offered to Scott Collegiate grads.

Besides lovely flowers, the shop sells Inspirations wall art, Gourmet Village teas and spices, Beanstock Bath and Candles, along with humorous décor and giftware.

The shop is Regina ambassador for "Work for Widows", local entrepreneurs in Thailand after the tsunami of 2004, selling their "Pieces for Peace Jewelry".

This project for surviving widows was begun by a woman in Nova Scotia ([www.workforwidows.com](http://www.workforwidows.com)) and is a fine example of community economic

development in action. As the literature states: "by purchasing the items shown it will help us, help them help themselves."

Flowers celebrate births, offer sympathy in times of strife, and mark the special events in our lives. We would be wise to support this North Central business and enjoy the friendly service offered by the sisters at Buds and Blossoms. Visit them in person at 4140 Dewdney Ave. Monday to Friday, 9 – 5:00, Saturday 10 – 4:00 or at [budsandblossoms.ca](http://budsandblossoms.ca)



Buds & Blossoms

**Wayne's Yard Care** is in its fourth year of operation. Doug is Wayne's father and business partner and is a resident of North Central. They consider themselves fortunate in getting the business going and maintained. Most of their work is in rototilling the property of regular and satisfied customers.

Business is picking up, mostly through word-of-mouth. The business has also invested in a wood chipper and will handle tree care of banding, pruning, hedge trimming and discarding tree debris. They offer these yard services city-wide, but there's not as much business in North Central. Doug has rototilled the community gardens for a couple of seasons. Sometimes he gets calls from landlords to deal with out-of-control lawns. There is a risk of ruining machinery when the property hasn't been hand-picked for rocks, broken toys, blankets and other discarded material. Doug says "It's easier to spend 15 minutes a day keeping weeds and litter at bay than it is to spend hours and dollars later."

The Yard Care service is happy to have many senior citizens as clients and offers discounts to them. Doug can see the need for gardening for seniors if there were an entrepreneur interested in starting up a business. There is also a need for services of hand-weeding and debris pick up before mowing or tilling. If you would like to take up this kind of work alongside Doug, please call him. He will only hire youth who are continuing in school, as he believes so strongly in the value of education. Fourteen and fifteen year olds are welcome at \$10/hr. Doug would be happy to hire locally and teach the yard maintenance trade.

Doug's cell phone: 537-3517.

I was all set to sit down with Alex, the owner of the non-chain **Scoopee Doo**, located west on Dewdney Avenue in North Central. I greeted and chatted with the remaining lunch customers, who were finishing up their homemade soup and sandwich.

First, I had to avail myself of Scoopy Doo's frozen delectability. "A dish of your finest lemon-whipped ice cream sir!"

"You're too late" Alex spoke loudly. I assumed he meant they were out of lemon soft ice cream. "Our last day is next Saturday. We've been bought out by the medical offices." The developers had purchased the old Nortown Bowling Alley and an adjacent store. To expand their original concept, they called on Alex to sell. He was made an offer he couldn't refuse.

"Please say you're setting up shop in North Central again!" I wailed. I was unprepared to say farewell to the shop, which opened in spring of 2007 as an ice cream parlour. They expanded into finger-food, then breakfasts. Scoopy Doo soon attracted new customers and made fast friends who weren't into fast food. But Alex was not totally enamoured with the location, it did not have the walk-in crowd that an independent restaurant needs.

At time of press, Alex could not answer my question regarding reopening. He and his wife had just invested in dining furniture and would like to keep the business going, but were eyeballing vacancies in other neighbourhoods.



Thank you Scoopy Doo for some delicious memories for the time you were here.

**Peter F.** works in Palo Alto, California but lives in North Central Regina. His employer is Mozes, Inc. – a service that allows fans of various musical groups, sports teams and other organizations to receive text message updates to their cell phones.

Works in California, lives in Regina. How *does* he do it? It's quite a daily commute from his bedroom to the computer.

Peter took classes at New Media Campus, one year in web design was out of Saskatoon and delivered online. The second year was in computer animation and taken in Regina at the short-lived NMC campus in the College Avenue studios.

Armed with that education, Peter took on some contract work, including designing the website for North Central Community Assoc. [www.nccaregina.ca](http://www.nccaregina.ca). The site has been built as a 'content management system'. CMS allows the client to create and edit content (text, links, images, pdf and other files) on the website template. The NCCA staff has loaded the site with announcements and useful stuff about our community, including media reports, educational studies, and back issues of *North Central Community Connections*.

Peter has created many other websites while keeping up with the latest software and techniques. He networked with like-minded young people - all online. It landed him the contract with Mozes.com three years ago and this 25-year old has never looked back. Sometimes the hours are long, often site edits and 'bug fixes' have to happen in the wee hours of the morning when the clients' sites aren't as populated. Still Peter wakes up in time for regular staff meetings held over Skype. He never gets to partake in their sushi lunches though. Technology hasn't come that far ... yet.

He may never meet his bosses and colleagues face-to-face. But Peter continues to work in his California job out of North Central. The pay is good, but it takes a lot of self-discipline. Peter says: "sometimes it's difficult to avoid distractions, but I love the freedom to set my own hours".



# Lifestyle CABINET OUTLET

by Jan Morier  
photo courtesy of Regina Extreme Home Makeover Facebook album

There's a new option for do-it-yourself kitchen renovations. Josh Turh, a well-known kitchen industry leader with more than 35 years experience in the cabinet industry, has established Lifestyle Cabinet Outlet, which offers a refreshing alternative in home cabinetry.

The client provides the measurements and designers Nathan Puscus and Mark Turh assist with the plans to meet their needs. Within days the cabinets are ready for pickup and are installed by the homeowner.

Lifestyle Cabinet Outlet may not be located in NC but they recently performed a valuable service here. They gave a gift of a cabinet to the North Central Community Association. You have to understand the significance of this. If you've ever stepped inside the cramped office space of NCCA, you'll wonder how 6 or 7 people, files, supplies, and office machinery can all fit in. This was more than a microwave counter and cupboard. The space that was freed up when the coffee supplies were shifted was cause for celebration! This was no mere cabinet - this was room to move!



Bob and Joe installing kitchen cabinets in the Regina Extreme home Makeover residence, September, 2009

This is the kind of community spirit offered by the staff and family members at Lifestyle Cabinet Outlet. These good folks were mightily involved in the September, 2009 Regina Extreme Home Makeover. In fact, Nathan was on the selection committee for the many applications received. He noted "It was very hard to sit in judgment of the many deserving stories in the city, but we would be willing to participate again in this or similar projects." The Makeover's organizer Adam Hicks attracted a strong crew of trades professionals and non-professionals alike. Local and national businesses donated and installed their wares. All came together to volunteer their services in redesigning the Culbert Family home. Lifestyle Cabinet's contribution was \$10,000 worth of cabinetry and modified installations, plus labour.

The company is also committed to donate \$20 from every cabinet sale to the Canadian Cancer Society.

Business is booming with do-it-yourself reno projects and small contractors. Customers appreciate that the material is in stock and is 'cash and carry'. Lifestyle Cabinet Outlet is a member of the Regina and Region Home Builders' Association. They exemplify quality in their products and work.

*You can see the cabinet styles and finishes they offer on their website gallery at [www.lifestylecabinetoutlet.ca](http://www.lifestylecabinetoutlet.ca) Cabinets feature the best finishing system and carry a 10-year protection warranty. Their cabinets come with Metabox drawer slides, metal hinges and metal drawer suspensions, all of which carry a lifetime guarantee and will be replaced if failure occurs at any time.*

*The showroom and outlet are located at 8th and St. John in the Warehouse District.*

# SEARCH

Student Energy in Action for Regina Community Health

by Jan Morier

On March 6 SEARCH opened for business in North Central offering extended health care services and programs on Saturdays. SEARCH walk-in health clinic and programs run every Saturday (excluding holidays) from 10:30 am to 1:30 pm for the general public.

SEARCH - Student Energy in Action for Regina Community Health - is a non profit student-driven organization. Members are post secondary students from programs like Medicine, Nursing, Dental Hygiene, Physical Therapy, Arts, Social Work, Kinesiology, Education and others.

The SEARCH clinic is located at Four Directions Community Health Centre (5th & Elphinstone). Their goal is to increase accessibility to health care by providing extended services at an after hours health clinic, and by offering social programs to the community.

Lionel Tancrede is the Chair of SEARCH, as well as a registered nurse and a master's student in public policy at the University of Regina. Tancrede says the ideal complement of volunteers is 15 (including student volunteers and 3 mentors). They're aiming to ensure a dental student and a physician on every shift as well. The team consults and discusses the client's health issue. They see the client holistically, and might need to work with a physician or have a discussion with a pharmacist. If needed, the

team can fast track a client to hospital emergency, presenting the situation and their assessment.

Less serious concerns (non-emergencies) are dealt with by the SEARCH team. They have students and mentors in the fields of social work, human justice, in addition to health care professionals.

To respond to community needs SEARCH has a programming committee. The activities and games are not just for fun and social interaction, sometimes the games are health-related. And there are obvious benefits in physical activity.

Sharon Genaille and her family go often to Four Directions for children's health issues or prescriptions. They use the services of the doctor who keeps daytime clinic hours. "Now that SEARCH is here on Saturdays, it makes it easier not to have to take time off work. Visits with the doctors and students here are not rushed, they take the time to listen to you and they explain what to do next."

The inter-professional associates learn from and with each other and their clients. They identify gaps in health care. They gain increased awareness of socio-economic situations in our community. The official opening on March 6 was to get to know the people who they will be seeing as clients, the types of health issues we face, and the environment in which we live.



EDUCATION  
is better  
for the  
economy.

Adam Cook

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# dear auntie

## MAKING IT WORK

Dear Auntie,  
I am thinking about trying to find work. I am tired of trying to make rent and not having enough food in the house. I have been at home for a long time and I'm kinda scared to start looking. When I tried to get a job before, it just didn't work out.

Where do I start?

Anonymous

Dear Anonymous,

It's great to hear that you are thinking about entering the work force. I know it's not easy when you haven't worked in a while.

One way to start is to try a training program. CanSask (Career and Employment Centre) can point

you in the right direction and can even set up funding for you while you are in a program.

If you want to jump into a job search, CanSask or Service Canada can help you with resumes and computer access.

If you feel that you aren't ready for training or a job search, you should look for some volunteer opportunities. Volunteering can help you gain some experience and confidence. It will help you to practice being somewhere on time and show that you are dedicated. This will give you a good reference for job applications.

Some agencies are able to

provide training for volunteers. Some are able to provide coffee, maybe a meal and other benefits. You may even land a job or casual work.

Wherever you choose to start, keep positive. There are all kinds of help out there, you just have to find the right path. It won't happen overnight. Just remember to keep your goals in mind as you move forward.

Good luck,  
Auntie

Hey North Central!  
I am a certified life skills coach and I would love to hear from you.

Send your letter to:  
"Dear Auntie"  
North Central  
Community Connection  
1264 Athol St. (2nd floor)  
Regina, S4T  
or e-mail to:  
marketing@northcentralregina.ca

### EDUCATION

is important  
so you can  
make something  
of your life.

 Sheridan Papequash

The importance  
of a career  
is simple.

It helps you in life  
for your family  
or your leisure time.

 Richard  
Almightyvoice

### LET'S GET A FEW MORE MILES OUT OF THE HUMAN RACE

Interested?

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**GREG CHATTERSON**

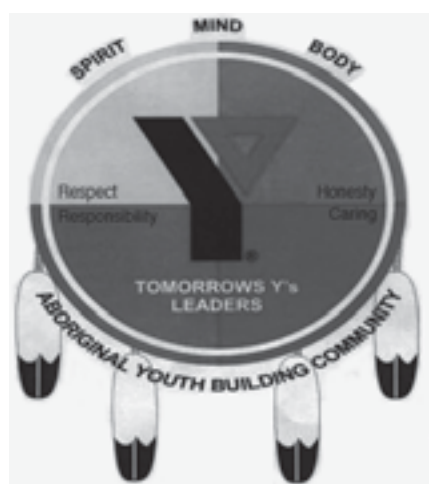
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## Tomorrows Y's Leaders

I would like to introduce you to a few of our YMCA - Tomorrow's Y's Leaders who have taken it upon themselves to write something wonderful.

Samantha Racette, YMCA of Regina  
Aboriginal Leadership Co-ordinator

The YMCA of Regina Tomorrow's Y's Leaders program is specifically designed to engage Aboriginal youth in community development while building on other skills and abilities. It is a free program for youth ages 12-18 and increases awareness through cultural development.

For more information please contact  
Alex Rhead 757-9622 Ext. 244



Future leaders Journey Wolfe, Darian McNab,  
Winona Thomas & Genelle Ledoux

“The Tomorrow's Ys Leaders Program at the YMCA has affected me positively by helping me be a more open person towards others. Before TYL I wouldn't talk to just anyone. Since I have been coming here, I feel more confident to go out and talk to everyone that I meet. Some of my favourite memories at TYL is walking outside to Wascana or Victoria Park and playing on the play structures. Even if we are just sticking around the YMCA, talking or playing games, we still manage to have fun with each other.

If I could convince people to come to TYL I would tell them that I have been coming to this program for over a year. It is a fun, positive place to come and meet new people. ”

Having a career  
is important  
because you are  
doing something  
you worked hard for  
and love.

 Raylynn  
Kequahtoway

## Find your future here

COURSE	START DATE
Framing	April 19
Commercial Roofing	April 19
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Space in these programs is limited.



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Email: info@reginatradesandskills.ca www.reginatradesandskills.ca



# Art Cares Week

By Jessica Hanna

Students from the University of Regina took their reading week to volunteer in 19 different community-based organizations in Regina. While most students used the week off from classes in February to take a much deserved break, these 50 students spent their time helping out and learning from a variety of agencies. Art CARES, a program under the Community Research Unit at the University of Regina, is a week-long community service-learning program held during the February break for Faculty of Arts students at the University of Regina. It connects any student in the Faculty of Arts, and any student taking one of the seven associated classes to a volunteer placement of their choice.

Students who are in one of the courses that incorporate Art CARES into their curriculum will be given class credit for their 15 hours of service. In those classes students were given a choice between participating in Art CARES or doing another assignment.

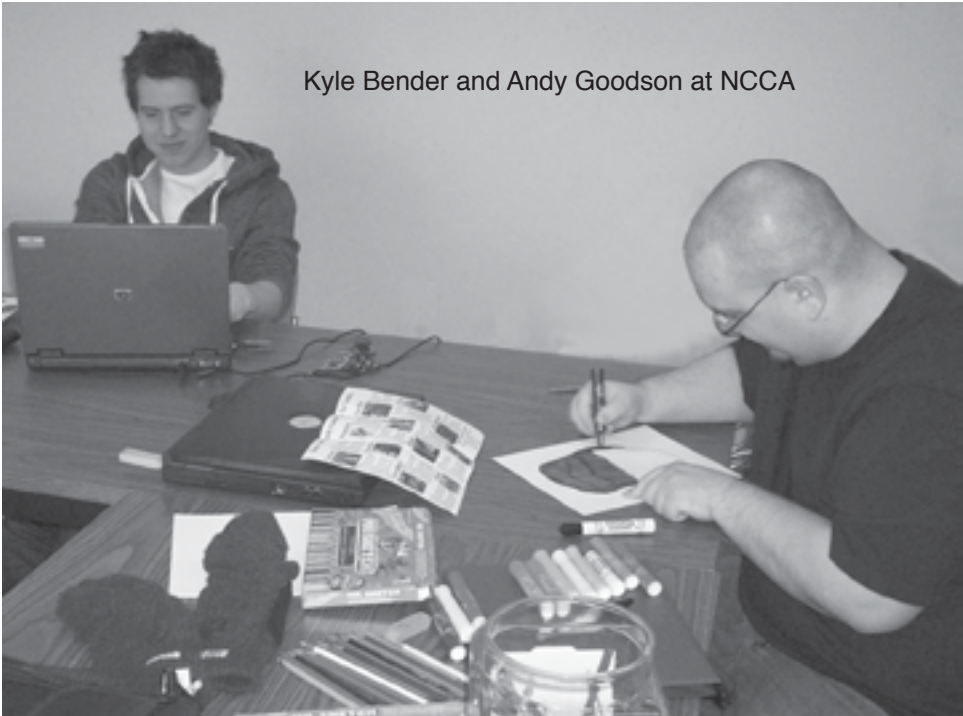
Art CARES is not just about its course work though, it's about "becoming more involved in community issues and learning and contributing at the same time" according to Kyle Bender a Social Work student. The Art CARES program is an opportunity to put the theory of the classroom into practice and see what it is like in the real world for students. Andy Goodson, a business student says it is a "bridge for students to the community and it a great way to get yourself involved and give back".

Building connections is one of the goals of the program according to Yolanda Hansen, co-ordinator of the Community Research Unit and students were able to do that by volunteering and learning about different organizations in the community but also by going to different workshops in the afternoon. They spent one afternoon talking about the importance of bridging the gap between the University and the community.

Students did a variety of activities depending on where they were placed. They developed signs for the North Central Community Gardens, painted a map of Saskatchewan at All Nations Hope. Some delivered Good Food Boxes for REACH and many, many other projects, depending on the needs of the organization and the interests of the students.

All in all the experience was a great learning opportunity for students, but it also instilled a sense of volunteerism that will be with them long after they leave the halls of the university. "This week has inspired me to move towards action" says Goodson, "I want to continue to volunteer in the future".

The program was also a lot of help for organizations who rely on volunteers to do all the good work that they do. Without that contribution many projects that the students did would not have been able to get done. As Cory Baldwin, a social work student says, "if everyone pitched in a little the world would probably be a lot better place".



Kyle Bender and Andy Goodson at NCCA

# Traditional Parenting at The Circle Project

by Jan Morier

*A conversation with Pat Colpitts, Parenting Co-ordinator and Life Skills Coach at the Circle Project*

Sitting down with Pat Colpitts at The Circle Project was like chatting with an old friend. Over coffee we perused the many offerings of the non-profit association through their colourful brochures and Annual Report. I was there to learn about the 'Traditional Parenting' program but discovered that their full range of offerings could almost guarantee a successful outcome. The main ingredient, as always, is the individual's willingness to stick with it and overcome rotten circumstances. At Circle Project, there is a ton of support.

Pat explains why it is necessary to have such a program: "It was developed in response to those who were struggling to become better parents. As the long term effects of the residential school experience began to surface, many second generation young people were struggling to parent their own children without the benefit of positive models - mainly from their own parents - to learn from." This program is based on traditional and contemporary parenting and has proven comfortable for all people because it is based on the holistic philosophy.

Life has a rude habit of throwing us into tailspins. We've all fought depression, loss, and anger issues. Many of us have succumbed to overindulgence or outright abuse of addictions. When you crash, you will accept that you have to make a sincere effort to get your life back on track. Government agencies or officials may dictate that you get help to turn your situation around.

Some people can draw upon their rich reserves of character, spirituality or role models to pull themselves out of tailspins. Financial support might be all the bridge they need. Some people can get it together, some cannot. When individuals get themselves straight, they can come to the Traditional Parenting Program. "Once they get this far," Pat says, "they follow through. We have never had to eject a participant."

The Traditional Parenting program is spread over nine weeks and blends Aboriginal philosophy and contemporary parenting skills - all geared toward nurturing the child. Participants interact by presenting their own childrearing scenarios and share the ways they dealt with it. Pat smiles - "A sense of perspective and a sense of humour certainly help."

But if there are interruptions over the nine weeks for the participants, they can catch up with subsequent offerings of the classes they've missed. Their door is always open. Satellite locations at Carmichael Outreach (1925 Osler) and IMCF (3131 Dewdney) are drop-in addresses for ongoing support.

Pat is thrilled to see large program use with a high success rate. In five years of offering Traditional Parenting she has seen a notable increase in fathers' participation!

The sessions cover the different ages and stages of a child's life. Teens can present parents with special challenges and often the moms and dads are doing the right thing but need verification. At times Pat can refer the parents to other agencies that can focus on unique issues with children with physical or mental disabilities or those facing bullying.

Some of the classes are health-related, covering the benefits of breast-feeding, proper nutrition and actual cooking techniques.

Pat will accompany a client to court or offer support in social services and talking circles. If the parent requests, the program offers home visit and communication with all caregivers, including foster parents and grandparents. In the cases of joint custodies, special attention is paid to the child and how parents should not use them as pawns or browbeat them. At the successful completion of the program, participants are presented with certification that can testify to character in court situations. The parent's success has been seen as a way to reunify families. Past participants are coming back to Pat and telling her as much.

Then Pat became very boastful about the working relationship with her colleagues – in this environment where despair can be overwhelming – she finds that the camaraderie and support rubs off from the staff to the participants. She encourages people, or the agencies helping them, to come over for a coffee and chat. Your success is just around the corner.



Mission statement The Circle Project provides support and programs based on the Aboriginal vision of wholeness, balance and healing. By promoting positive human development, we encourage people to help themselves through education, cultural awareness, family and community.



by Jessica Hanna

# RIGHTS & RESPONSIBILITIES OF YOUNG WORKERS

The course explains the main rights and responsibilities that young workers have. These rights and responsibilities are extremely important to know before you set out into the workplace. All workers should know their rights because some employers may take advantage of a new employee, no matter what his or her age is.

The minimum age of employment sets out the conditions that young workers and employers have to follow. These 14 and 15 year olds can only work 16 hours during a school week, cannot work after 10:00 pm on a night before a school day, or work before the start of school any school day, or during school hours.

These laws are meant to protect young workers from being taken advantage of, but everyone should know their rights before going off to work. We all know people who have not been treated fairly at work. Knowing what our rights are will help to ensure that does not happen. We also all know people who have taken advantage of employers, or do not do their job properly. Remember that as a worker you have responsibilities too.

There are two main Acts set out by the government of Saskatchewan that sets out the laws that employees and employers have to follow. The first is the **Labour Standards Act** that sets out information on hours of work, minimum wages, holidays and employment standards. The second is the **Occupational Health and Safety Act** that gives information on ensuring that everyone stays safe on the job. These rights are taken from these two acts. This is a simplified version of your rights, as there are a lot of exceptions and special circumstances, but as a general rule you and your employer should be following these points:

If you go to high school and finish, you have a lot of experience and that is what jobs and careers look for.

 Tyler Lavallee

## RIGHTS AND RESPONSIBILITIES OF ALL WORKERS:

- Minimum wage is \$9.25 an hour
- Minimum call out pay is \$27.75 this means that every time you have to report to work you get a minimum of \$27.75 or your wages worked, whichever is greater. This minimum call out pay does not apply to students in grade twelve or lower during the school term.
- Overtime time: Most employees will earn overtime if they work for more than 40 hours in a week or 32 hours in a week with a public holiday. Overtime is 1 times your hourly wage rate.
- Uniforms: if you are required to wear a uniform the employer must provide, repair and launder it at no cost to you but if you are required to wear everyday clothing like a white shirt and black pants that is not considered a uniform.
- Your employer can only make deductions from pay cheques that are allowed by law or are voluntary. Your employer can't charge you for cash shortages or other things like broken or damaged goods without a court order.
- Your employer has to give you notice of when your work starts and ends for at least a one week period. Unless there is an emergency, your employer must provide at least one week's notice of a change in your schedule.
- When you are working for six hours or more you get a 30-minute unpaid meal break within every five hours of work. Your employer does not have to provide coffee breaks but if they are provided you must be paid for those breaks.
- Saskatchewan has 10 public holidays every year, they are: New Year's Day, Family Day, Good Friday, Victoria Day, Canada Day, Saskatchewan Day, Labour Day, Thanksgiving Day, Remembrance Day and Christmas Day. You get paid for these 10 public holidays even if you work part time.

Starting March 31, 2010 14 and 15 year old workers need to complete a special course in order to work. If not, the minimum age of employment is 16.

These young 14 and 15 year old workers will be able to work in certain sectors such as hotels, restaurants, educational institutions, hospitals and nursing homes as long as they have the permission of their parent or guardian, have proof of age and have completed a **Young Worker Readiness Certificate Course**. The course is now available on the Saskatchewan Government website at [www.aeel.gov.sk.ca/ywrcc](http://www.aeel.gov.sk.ca/ywrcc) at the Labour Standards office 3rd Floor, 400-1870 Albert St. or the Career and Employment Services office at 1911 Broad Street.

● All employees get annual holiday pay.

● You have the right to know about the hazards at work and how to protect yourself.

● You have the right to participate in finding and resolving health concerns at your workplace.

● You have the right to refuse unsafe work. There are steps to follow when you refuse work, so ask your workplace's health and safety committee or call the Saskatchewan Federation of Labour.

● Your employer has the responsibility to train you how to do your job safely, if you don't know what to do, ask.

● You must be paid at least twice per month.

● Remember if you are unsure about something ask, especially when it comes to your safety.

## Your Responsibility

● It is your Responsibility to follow safe work practices and procedures, just because your co-workers are not following safety precautions, doesn't mean that you should too. Remember it is your body that could be in danger.

● Report health and safety concerns to your supervisor.

● Ask questions.

● Wear and use your safety gear properly.

● Report injuries, if you get hurt tell your supervisor, and the Saskatchewan Workers' Compensation Board at 1-800-787-9288 even if it's a minor injury.

● Follow the rules and procedures set out by your employer.

● Show up to work on time and stay for your whole shift.

● Do the work that you are expected to do, the way you are expected to do it.

● Follow the rules around cell phones and personal calls and around internet use.

● Represent the business in a professional manner.

● Take breaks for the allotted amount of time.

● Conduct yourself in a safe and responsible manner.

● Follow all policies and procedures set out by your employer.

## Things to think about before you start working

● Am I ready to work?

● Do I have a reliable way to get to work? Do I have a back up plan in case something goes wrong?

● Do I have reliable child care? Do I have a back up plan in case something goes wrong?

● Do I have a good understanding of my rights and responsibilities?

● Am I able to commit to the hours that are expected of me?

As with many laws these are often very confusing, especially for a young worker. There are tools available on the government of Saskatchewan website and the Saskatchewan Federation of Labour website. If you are unsure about your rights and have a question please contact the Saskatchewan Federation of Labour at 525-0197.

Education prepares us for the real world and provides us with many opportunities.

 David Arndt

A job is temporary and a career is for the rest of your life.

 Jeremiah Genaille





Rod Allen  
Principal

## Message from the Office

Where has the school year gone? We are 6 weeks into semester 2 and rolling right along. Semester two started off beautifully and Scott Collegiate students are actively engaged in all of their classes and working hard to complete assignments and projects.

We would like to congratulate our Basketball teams on two great seasons. The girls' team is finished and had a wonderful season filled with much fun. The boys' basketball team competed at Regionals in Moose Jaw the weekend of March 12th and 13th. They did very well, advancing to the Regional final before falling to an excellent team from Moose Jaw Riverview Collegiate. We would like to thank Mrs. Cachene, Ms. Agarand, Mr. Nagel and Mr. Bridgeman for dedicating their time to coaching the teams.

We would also like to thank all Scott teachers for their hard work, dedication and commitment to our students.

Finally, the first of two interim report cards went out to students on March 22nd, 2010. If there are any questions or concerns please feel free to call your child's teacher or contact us at the office. We look forward to a wonderful conclusion to this school year.

Sincerely,  
Rod Allen  
Principal

Mike Tomchuk  
Vice-principal

Ph: 523-3500

Recent school trip to Saskatoon!  
Jenna McNab and Kashala Checkosis attempting a Bow Drill (to make fire) at Wanuskewin Heritage Park with John and Lacy Peigan in the background.

Wapos Bay studio with Caitlin Tapaquon and the director of the show showing one of the stop motion puppets.



Education is important if you want  
a decent job when you are older.  
People will treat you  
with more respect,  
and it opens a lot of doors.

Tasia Gibson

## UPCOMING EVENTS at Scott Collegiate

- Apr 1<sup>st</sup> Poetry Slam 1 p.m. in Scott Student Lounge
- Apr 2<sup>nd</sup> to 11<sup>th</sup> Spring Holidays
- Apr 12<sup>th</sup> classes resume
- Apr 21<sup>st</sup> Staff meeting; noon dismissal
- Apr 30<sup>th</sup> Hip Hop Show 1:30 p.m. in auditorium
- May 7<sup>th</sup> midterm report
- May 11<sup>th</sup> photo exhibition at the T.C. Douglas Building showcasing the Voices in Print (VIP) Project Students' photography
- May 12<sup>th</sup> Scott Community Council meeting 5:30 to 6:30 p.m. Scott Library
- May 19<sup>th</sup> staff meeting - noon dismissal
- May 21<sup>st</sup> & 24<sup>th</sup> no school
- Jun 1<sup>st</sup> final show of project-based student work - Scott Auditorium
- Jun 9<sup>th</sup> Staff meeting - noon dismissal
- Jun 22<sup>nd</sup> last day of classes (Completion Day)
- Jun 24<sup>th</sup> Scott Graduation - 10 a.m. in the auditorium
- Jun 29<sup>th</sup> 8:30 a.m. Report Card Pick Up

This semester, twenty students in grade 11 are enrolled in the **Paul Martin Entrepreneurship Class** at Scott Collegiate. The Right Honourable Mr. Martin, former Prime Minister of Canada, came to Scott in the spring to announce the project, an initiative joining the forces of the Martin Aboriginal Initiative, The Regina Public School Board, and the Regina Chamber of Commerce. During the project, students will create their own business, learning about all aspects of writing a business plan along the way. The project continues in the fall, with a focus on e-commerce, and implementing their business plan. At the end of the project, students receive \$500 seed money to help start their business. Students are currently identifying market needs, and deciding on a business idea. Stay tuned!

Jori Cachene  
Teacher, Scott Collegiate

**Sarah Mahingen**  
Richards Beauty School,  
3 weeks (30 hours)

## Job Shadowing

During my work placement at Richards Beauty School I was used as a model for hair and esthetics. But one of my most memorable experiences was when I got my arms waxed. It hurt a lot but was worth it in the end. Another memorable experience was when I got a facial and when my best friend and I got our eyebrows waxed. The facial was soothing and relaxing but getting my eyebrows waxed was scary because you never know if it will turn bad.

Some of the challenges I had to face at Richards were getting there, and on time. Getting there on time was a hassle because I had no choice but to take the bus all the way from school to Richards. Lunch here was at 12:00 and my work placement started at 1:00. Sometimes I would just barely make it there on time; usually I got there at 12:58. Another challenge would be to do exactly as they ask, sometimes when I was a model getting my makeup done I wouldn't always want my face covered in 3 pounds of makeup, But I had to let them do it anyway. Overall it was a good experience.







## Community News

by Carla Beck

For those of you who may not be familiar with Subdivision 5, schools included are Coronation Park, Kitchener, Albert, Wascana, Connaught, Davin and Scott.

So far, I have been out to all of the schools except Coronation Park and have had the chance to meet students and staff alike. I have been lucky enough to have been served meals in schools, to serve meals to others, and even to have my hair cut by students. The real pleasure in all of this is meeting with students, staff, and community members.

I am looking forward in the future to getting out to Coronation Park school as well as visiting the School Community Councils that care to have me come and listen to their perspective on their school and the system overall. At the Board level, we continue on the steep learning curve that necessarily awaits any new member, especially on a board with so many new members.

On March 9, the Board voted unanimously to close Ken Jenkins community school and to create a new French Immersion program at Centennial School. Given the fact that I campaigned on promoting small, walkable, neighbourhood schools, I feel that I owe the residents of Subdivision 5 an

explanation for my decision vote in favour of the Jenkins closure. Ultimately, it came down to the enrolment numbers and the projection that those numbers would only go lower. The enrolment at Jenkins currently sits between 60 and 65 and is expected to decline over the next few years.

I remain firm in my belief that smaller schools better support children and communities. However, sometimes a school becomes too small as I believe was the case at Jenkins. I also noted that there was little community opposition to the planned closure. As I said in my remarks at the Board meeting, I do not know if the lack of participation in the consultations meant that the community was in favour of the closure, or if it was because the community felt the decision had already been made. Either way, in any future decisions I would like to hear more from everyone affected.

Also significant in these decisions is the larger picture in the Northwest. Elsie Mironuk was projected to have well over 800 students by 2014. The Board's approval of a planned French Immersion program at Centennial will decrease Mironuk's population but it

## Greetings residents of Subdivision 5 and Welcome Spring!

still raises the question, how large is too large in an elementary school? This bears close attention, especially as we continue to discuss the Renewal plans.

This past week, members of the Board attended a sod turning ceremony at Arcola Community School. Concept plans for the Wascana/Herchmer school are before the Ministry of Education and are awaiting approval. Hopefully we will have a clearer picture about when construction might start in the near future.

I look forward to spending more time in the schools in Subdivision 5, meeting with SCC's and taking with members of the community. I am eager to hear what is working, your ideas for improvement and your reaction to changes that have been made and proposed. Only then will I feel that I have all the information that I need to make the decisions that will need to be made in the coming months.

Carla Beck

carlabeck@sasktel.net 530-3320

The views expressed are my own.

## JANE'S WALK

"No one can find what will work for our cities by looking at ... suburban garden cities, manipulating scale models, or inventing dream cities. You've got to get out and walk." Jane Jacobs - Downtown is for People, 1957.

### North Central HELP YOURSELF COMMUNITY GARDENS WALK - Saturday, May 1 - 11:00 a.m. 1.5 hours.

North Central Community groups are reclaiming the streets with annual smudge walks (purifying ceremonies), community clean ups, festivals and pow wows. What we see is a neighbourhood - like any other neighbourhood - with people trying to raise their families and live their lives.

Through community gardens, we are striving to

beautify and create and 'grow together'.

In 2007 volunteers planted and cared for a community garden in a vacant lot in the middle of a street. That garden received an award from Recreating Eden / Vision TV as one of three top community gardens in Canada.

We invite those interested in the real North Central Regina to join us on a Jane's Walk based on the four community gardens.

The area covered will be the 1300-blocks of Garnet, Robinson, Retallack and Rae Streets. Community members will guide you through the struggles and successes of North Central Regina. Parking Available along 12-block Athol Street.

Meeting Place: Albert Scott Community Centre, 1264 Athol Street

Tour guides: Community residents Jan Morier and Tamara Harder

More Info: janeswalk.net

### COMMUNITY GARDEN 'STAKE' NIGHT

\$25

TUESDAY, April 20  
5 pm to 8 pm

Bushwakker's  
Brew Pub

2206 Dewdney Ave.

Silent Auction!

All profits support the  
North Central  
Community Gardens  
Tickets available  
at NCCA Office  
call 791-9888

**MENU**  
6 oz. sirloin steak\*  
hand cut fries  
Caesar salad  
garlic toast  
12 oz Bushwakker  
Beer  
(or soda pop or coffee)  
\*Veggie Burger  
may be substituted  
no minors, however,  
minors are welcome



## PLANTING DAY!

Saturday, June 5

9 a.m. to 3 p.m.

Meet AT THE



ACROSS FROM ALBERT COMMUNITY SCHOOL

Tools provided!

LUNCH PROVIDED FOR VOLUNTEERS

## 40<sup>th</sup> ANNIVERSARY of EARTH DAY

Join our friends - Musicians and sustainability educators **Glenn Sutter & Brett Dolter** for a musical concert to celebrate Earth Day. Joining them are Jordan Fiesler, Michael Paul and other guests.

**The Seeds for Sustainability Concert** will be held at the Royal Saskatchewan Museum (College & Albert) on **Thursday April 22nd** (Earth Day itself). Doors open at 7 pm, concert starts at 7:30 (to 10:00 pm) Admission \$15.

The artists will be recording the concert to create a CD. Proceeds from door and from sale of CD will be donated to the North Central Community Gardens.

Tickets@ Bach and Beyond, Cobb Swanson & the RSM Gift Shop. Further information at [www.myspace.com/glennsuttermusic](http://www.myspace.com/glennsuttermusic)



# I Believe in the Creator ...



I believe in the Creator, our Almighty Father,  
Maker of heaven and earth.

And in Jesus Christ, his only begotten Son, our Lord;  
Who was conceived by the Holy Spirit,  
Born of the virgin Mary;  
Suffered under Pontius Pilate;  
Was crucified, dead, and buried;  
He descended into hell;  
The third day he rose again from the dead;  
He ascended into heaven,  
and is seated at the right hand  
of the Creator, our Almighty Father;  
from there he shall come again  
to judge the living and the dead.

I believe in the Holy Spirit.

I believe a holy universal Church,  
The communion of saints;  
The forgiveness of sins;  
The resurrection of the body;  
And the life everlasting.

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







## We will do your Income Tax!

**Monday to Wednesday 10 am to 3:30 pm,  
Thursday 10 am to noon - until April 30**

**at the North Central Community  
Association.**

**For an appointment, call: 791-9888 or  
drop in: 1264 Athol Street**



You are eligible for the  
community volunteer Income  
Tax program if your family  
income is within the following  
range:

Family Size	Income up to
1	\$30,000
2	\$35,000
3	\$37,000
4	\$40,000
5	\$50,000

1264 Athol Street, Regina SK S4T 7V3  
Phone: 791-9888 Fax: 757-1052

Thanks to Ed Geall, one of five volunteer Income Tax  
processors, working with our North Central neighbours.



### DAILY GROOVE Monday to Friday 4:00 pm to 4:30 pm.

Meet at Four Directions Community Health Centre 3510 5th  
Ave. Drop in for 30 minutes of easy physical activity.

Activities will vary from  
walking to games.  
Fun, simple activity  
for everyone!



**Heritage Community Association's First Annual "Trek to  
Tomorrow" fundraiser & awareness event - May 1st.** The  
Trek will bring teams into the Heritage neighbourhood in  
search of significant community sites and locations, working  
against the clock to collect points and win prizes. The  
event will be followed immediately by a banquet dinner at  
the Regina Inn, where prizes will be presented and Trek  
participants will be entertained by FadaDance and guest  
speaker Larry Schneider, former mayor of the City of Regina.

The Trek to Tomorrow will be a fun, family-friendly event, and  
costumes are encouraged! Come out as a bawdy gang of  
pirates in search of loot, or a company of circus performers.

For more info or to register teams contact Heritage  
Community Assoc. 757-9952.

## From the Editor

By Jan Morier

### Makin' it Work in North Central.

It's been fun meeting with a mere  
fraction of interesting people who  
work in our neighbourhood. There  
were many more I could have  
chatted with, time and opportunity  
ran out. I'd like to feature more of  
the non-chain variety of shops  
and business owners in North  
Central, so hang on! I'll work my  
way over to you. Or feel free to  
contact me if you have a special  
anniversary coming up. I'll feature  
you, but then I'll try to sell you an  
ad for the next issue - it's good to  
support our own, right?

I'm already prepping for the exciting issue in June. A few of us from the  
North Central Community Association office were privileged to attend  
a recent inter-provincial conference on gangs. Held here in Regina, it  
welcomed speakers and delegates from Alberta and Manitoba, and  
from centres in Saskatchewan. The front line work being done by these  
communities is nothing short of amazing.

Work comes in many forms. Volunteer work - as exemplified by stories in  
this issue - is celebrated during National Volunteer Week (April 18 - 24).  
Every time you donate labour to a cause near to your heart, you've moved  
from compassion to action - and everybody wins. See the story of the Arts  
Cares students (page 5) who gave up their reading week to volunteer in  
community-based organizations all over Regina! Savour the dedication  
of the students who work at SEARCH or the volunteer board members  
on any one of the North Central agencies. It's what stitches humankind  
together. It's work from the heart.

Please, don't forget that this is your newspaper. We welcome your writing,  
art or story ideas.

Don't forget the fourth annual North Central Smudge Walk - June 4. File  
Hills Qu'Appelle Tribal Council, once again, organizing.

"Where are we going, and why am  
I in this handbasket??" (anon)



## Community Calendar

### FREE Parenting Program

Would you like to enhance your parenting  
skills? The Circle Project Assoc. Inc.  
offers a "Respect for All" Traditional  
Parenting Program. An ongoing afternoon  
group is held at the Indian Métis Christian  
Fellowship (IMCF) every Monday (1:00  
pm to 3:00 pm) and at Carmichael  
Outreach every Thursday (1:15 pm to  
3:15 pm). For more information, please  
call Pat Colpitts, Parenting Coordinator  
at 347-7515.

### Spring Fling Free-4-All

Regina Full Circle, partnering with the  
Faculty of Arts' Community Outreach  
Committee and Univ. of Regina Students'  
Union - the 4th annual Spring Fling Free-  
4-All! **April 17, Noon to 3pm**  
Drop-offs accepted from 10-1  
Open to the public from 12-3  
Location: Riddell Centre Multi-purpose  
room, U of Regina  
Parking available in Lots 8, 9, 10 Metered  
Parking will be free except in Loading  
Zones & Handicap stalls

We Welcome Charities and non-profit  
organizations)

### Soul Harbour RESCUE Mission Dinner

Saturday **April 3** - 11:30 am  
Gospel Music by The Daae Family.  
Dinner Served at Noon. Free Gifts.  
Farewell to Ken and Michelle Porter.  
In Basement of Good News Chapel  
(former Sacred Heart Church) corner of  
Elphinstone and 8th Ave. All Welcome.

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

### What is a Free-4-All?

Think "Garage Sale", but leave your  
wallet at home. **All items have been  
donated and are free of charge.** You  
may donate items if you wish, but you  
are not obligated to do so. If you want  
unclaimed donations back afterward,  
you must monitor them and reclaim them  
before the end of the event. No large  
items please (stoves, fooseball tables,  
couches, etc).



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



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



From the President

WRIGHT'S RAMBLINGS

Is spring also your favourite season? I think it has always been mine. My childhood yearning for spring - running water, the first robin, the first crocus - remains with me, particularly, naturally I think, to one raised on a Saskatchewan farmstead. I remember walking home after school along the CPR tracks as the melt water began to climb the sides of the embankments and eventually break through the culverts. Along with the sights and sound of running water, was the scent of wet earth.

Even in the city we tend to stoke the memories and the urges and expectations

of the return of spring. Young or old, we enjoy watching the snow take flight and make excuses to wet our boots in the runoff. And we adults begin to think of various outdoor projects. Some we never got done last fall, others we thought up during the winter months.

The first chore is cleanup - as the snow recedes miscellaneous debris comes to view, including horror of horrors, rover's doings in the backyard. Yes there are various levels of cleanup.

And then there's the preparing for

planting. Don't forget North Central's Community Gardens. They provide great opportunities to get out, make new friends, hone your 'green thumb' and reap the rewards of your labour.

May this season be a time of renewal for each of us, and for our neighbourhood.



**Submit your news, your point of view, your creativity in writing or art to your newspaper! NC Community Connection is delivered FREE to all addresses in North Central and by e-mail around our city, province, country and beyond. Current and back issues of our paper are posted on our website [www.nccaregina.ca](http://www.nccaregina.ca)**

**Community-based organizations can buy a full page to get their news out every other month.**

**If you have an idea for a story or a feature interview GET IN TOUCH with the Editor at the contact information at the bottom of this page.**

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:

Carla Beck Jessica Hanna  
Jan Morier Samantha Racette  
Scott Collegiate Aaron Talbot  
Janine Taylor & Tom Wright  
Classroom of  
Scott Collegiate

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 JUNE ISSUE  
May 14, 2010**

North Central Community Connection  
1264 Athol Street  
Regina SK S4T 7V3  
Phone: 791-9888  
Fax: 757-1052

e-mail:[marketing@northcentralregina.ca](mailto: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  
Jordan d'Almeida.....Vice President  
Greg Hamblin.....Treasurer  
Carol Kirk.....Secretary

Members at Large

Mark Docherty  
Cassidy McFadzean  
Alicia McQuarrie  
Derrick Moore  
Kevin Nagy  
Cindy Tripps



NORTH CENTRAL PHONE LIST  
Schools

Albert Community School.....	791-8539
Kitchener Community School.....	791-8516
Sacred Heart Community School.....	791-7290
Scott Collegiate.....	523-3500
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
Greystone Bereavement Centre.....	766-6946
Indian M�tis Christian Fellowship (IMCF).....	359-1096
Kids First Program.....	766-6792
Kids Help Phone.....	1-800-668-6868
Mobile Crisis Services.....	757-0127
Morning Star Ministries.....	757-8421
North Central Community Association (NCCA).....	791-9888
North Central Community Health Office (Nurse).....	757-1046
North Central Community Police Service.....	777-6450
North Central Family Centre.....	347-2552
North Central Kids Music Program .....	545-3737
Oxford House Society of Regina Inc. ....	205-3598
Pasqua Hospital.....	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police.....	777-6500
Regina Crime Stoppers.....	545-8477
Regina Fire Department.....	777-7846
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman.....	787-2699
R Healthy Food Store.....	359-0541
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement.....	787-4723
Souls Harbour Rescue Mission.....	543-0011
Street Culture Kidz .....	565-6206
Transitions to Trades .....	791-9530
Welfare Rights Centre.....	757-3521
Women of the Dawn .....	791-6504

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



# click Noble Snapshots FROM NORTH CENTRAL

by Thomas Bates

## We all gotta work and do something to help out.

*Editor's note: due to the uncanny disappearance of former writer/journalist Aaron Talbot – who in matter of fact was always a good reporter, one who operated on an efficiency level rarely seen today, with precision of eye and a nose for hard news – Thomas Bates, long-time friend and cohort, advocate of North Central and her peoples, has stepped in to report on his favourite community and throw off all those who disregard and slander the streets that he daily cycles through.*

*"There is only need for work," Bates was once reported in saying at a Christmas banquet not too long ago, "and we all need to work to stay sane . . . work that matters!" For this editor, Bates had hit the nail on the head, which convinced me that he had the right stuff to write in place for Talbot. Especially since the deadline, at the time of this note, is fast approaching. God speed Thomas Bates!*

\* \* \*

Last summer, I'd biked nearly everywhere, sometimes for hours with no purpose or place to go. I'd ride up to the Exhibition Park, turn around, follow Dewdney to Albert, turn down another street that I can't seem to recall, find myself, always, somehow, at the library on Robinson Street, follow back towards Dewdney, head for Albert again, follow it to 4th, turn down 4th, and end up at the Cemetery where I'd sometimes sit and stare at the lines of tombstones through the

wrought iron fencing. Cars and semis would hiss by, some slowing down, knowing of the cops sitting and waiting for any and all speeders.

But that was last summer. Now spring has come and the streets are unkind to bicyclists like me. Everything is soupy. I have nearly slipped and fallen as many times as I've slipped and fallen. On one occasion, I landed next to a 2007 issue of Maclean's that was soggy and half-buried in the snow. Carefully I pulled it out of its winter home and leafed through its articles, thinking everything happens for a reason. I came to an article on Canada's worst neighborhood, and said softly to myself, "I bet it's in Toronto or Montreal or Vancouver – those poor suckers." Besides the occasional spill, it was shaping up to be a good day, warm with everything right in the world.

"North Central . . . among the poorest spots in urban Canada." What? Was this an article about Regina? "Regina's high incidence of break and enters, car thefts, street robberies . . ." It was. I couldn't believe it. I don't like to think of myself as naïve, but the author was going on as if it was no big secret that North Central is Canada's worst neighbourhood.

I threw the magazine into a nearby snowbank. What about our Mayor, Pat Fiacco? Hadn't his policies and leadership helped things along since '07? Getting back onto my bike, a shiver ran down my spine as I thought about the article and what it meant. Though the sun was out and blazing, everything appeared slightly darker, scarier. The bad news from '07 followed me through the streets, and I took extra care not to stop for too long or look anyone square in the eye.

"What are you thanking me for?" he asked while shaking my hand.

"You're bucking all those who speak badly of our community," I replied.

Then, as if to confirm everything that I had just read, I saw a man in the middle of the 7-11 parking lot off Dewdney, atop a running car, twisting a coat hanger around through the sunroof, fishing to unlock the driver's door. The words "car theft" flashed through my mind. I raced over to where he was, and before I could say anything, another appeared from inside the 7-11. Good, I thought, we'll for sure catch this rotten car thief. Yet, to my surprise, the 7-11 clerk offered to help the man. What? I thought, this is impossible. Are they both in on it? Did they beat the owner of this car and lock them up in the back?

Things had gotten strange since I first ventured out, but I had to see this through. So I casually rode up to the two and overheard them talking about, "locked keys in the car," and "North Central's Hire a Neighbour Program." Yes, it now all made sense – the man on the car was the same man who'd locked the keys in the car. It was his car. And he was in a hurry to go and help a neighbour, and while at it, make a quick buck. The man on the car spoke further on about the Transition to Trades program, and how it had taught him some good skills.

Once the man on the car unlocked his door, I reached out and thanked him. "What are you thanking me for?" he asked while shaking my hand.

"You're bucking all those who speak badly of our community," I replied. A twinkle of recognition sparked in his eyes and he knew at once what I was talking about.

"Hey man," he said, "we all gotta work and do something to help out. This just happens to be what I do."

Indeed. We all gotta do something . . . something that matters.



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Rick Engel runs an exhibition / recreation league for **Sepak Takraw Association of Canada** and welcomes youth from all over Regina. The sport is a big hit with new immigrants, notably Asian youth, but Rick invites all young men and women to the practices and games at Oasis (1280 Cameron St.) The game looks like hackesack, has been likened to volleyball, but uses no hands. Soccer kicks propel the hollow-weave ball upward over a badminton-style net. Martial Arts moves give the game exciting action! Hot-dogging spins and kicks, head butts, knee bumps all keep the exuberant youth in motion! Rick claims "If you can lift your foot to your opposite knee - you qualify!"

Call 584-8778 or cruise [www.takrawcanada.com](http://www.takrawcanada.com)



Squeals of Victory! From the Winners of the 2010 Inter-agency Chili Cookoff - let's hear it for the chefs at Four Directions Community Health Centre!

photos courtesy of Bill Stevenson



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