

By Amanda Willcox, North Central Gardening Co-ordinator

On Saturday June 5th the gardens were buzzing with excitement as 42 volunteers made their way to the plots and planted vegetables that will soon be ready for harvest. The day began at Robinson Street where we divided our tools, seeds and bedding plants, then we were off to start creating gardens! Under the watchful eyes of our Lot Captains, Steven McDavid, Celeste Geisbauer, Lisa Workman and Jess Boyachek, the community volunteers came out to play in the dirt.

We are so grateful to the students from Brett Dolter's Ecological Economics class from the U of R. Brett has brought his summer class to tour the gardens since their debut in 2007. This year he wanted to have his students spend some time helping out in North Central. Brett and Yolanda Hansen of the Community Research Unit (CRU) discussed the idea of linking the class to North Central through the CRU's community-service learning program. The students participated in the June 5th garden planting event as one of their assignments. The variety of projects they researched and delivered, as part of their class work, provided us with ideas for years to come. Everything from Garden Boxes – for those with limited space for a backyard garden, to a Scarecrow Making Contest and Auction – getting families and organizations involved in the fun(d)-raising process. Stay tuned!

Thank-you to everyone who came out to enjoy the sun and plant the gardens and visit over a delicious lunch courtesy of The Salvation Army's mobile kitchen. Thanks as well to Tim Hortons for their morning motivation – coffee and TimBits!

The gardens are now growing wonderful vegetables for everyone in North Central. The work does not stop at planting though so designated volunteer times have been set up for everyone to experience gardening for themselves. These times are: Tuesdays at 10 a.m. and Thursdays

from 6:00 – 8:00 pm. Volunteers meet at 1337 Robinson Street, across from Albert School, to get tools and gloves, then they're free to wander to any gardens to pull as many weeds as possible. Activities will take place on either Tuesday or Thursday each week (depending on the weather) so bring out the whole family to experience the joys of gardening. At the end of the season we will be drawing a name from all the volunteers who have helped throughout the season for a prize. The more often you come out to the gardens the more chances to win! So come out and enjoy the gardens!

There is an exciting new way of gardening at the Retallack Street plot. Straw bale gardening is best for plots with poor soil quality and great for folks who want raised beds, but don't have the means to build them. Straw bales are good to grow veggies in because as they break down they release nutrients for the plants to use. So come and check out this new way of gardening and maybe you can try it in your backyard next season! If you have any questions or concerns about the gardens or would like further information about the activities planned in the gardens, please feel free to contact the North Central Community Association office at 791-9888.

Straw bale beds at
the Retallack Street
Community Gardens

Come out and spend time in the gardens! Enter to win a prize at the end of the season. Join the North Central Dream Team of Community Volunteers every week in the Community Gardens.



photo:
Jessica
Hanna



photo:
Alvil Tayco



Summertime Garden Activities

All activities are weather permitting and may be cancelled or changed without notice. Meet at 1337 Robinson St. then we will travel to other gardens as a group. Questions? Contact the North Central Community Association office at 791-9888

Tuesday August 3rd @ 10 am - Who Flies?
Learn about the garden insects that fly and build some airplanes to soar as high as they do!

Tuesday August 12th @ 10 am - "Tee" Party
Come have some fun playing mini golf, garden style!

Tuesday August 17th @ 10 am - Garden Explorers
Follow clues to the end where a surprise will be!

A full calendar of activities is posted on the gardens' main sign. The gardens are located on the 1300-block of Rae, Retallack, Robinson and Garnet.

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The twisted logic of abandoning our responsibilities of tending to our families, our pets, our yards – is this the new normal? Those who have to witness abuse and decay, and alert the authorities – are now the bad guys? Are those who abandon respect for themselves and their homes in need of even more help?

Don't you love hearing and seeing the signs of home improvement and landscaping during our construction season? It usually indicates that responsible people are caring about their properties, be it regular chores like mowing and trimming, or large efforts like building, roofing or painting.

Kent Gundrum heard some pounding after supper last June but didn't think it was good news. He investigated out behind his yard and saw a familiar sight. This time he stepped into the lane to do something about it.

I chatted with him recently in his North Central home. "The dumpster was here" he demonstrates with a coaster, "and his truck was here" as he moves a TV remote. "I approached him and told him what he was doing was illegal. He roared back 'I pay my taxes!' So I went around his truck to take his license plate number."

Gundrum explained how he grabbed the tailgate for support while he bent down to read the plate. In a shocking move, the driver, in his early 50s, put his truck in reverse. Gundrum admitted it was wrong to touch the truck, but he certainly never expected to be dragged and tossed about! Gundrum showed me the fading evidence of scratching and bruising. The driver left the scene, speeding south on Pasqua. The matter is now in the police hands.

Kent Gundrum has witnessed it all too often. A landlord throws out the renter's abandoned property after a 'midnight move' (skipping rent). "Last year," Gundrum smiles, "a neighbour and I took household goods, furniture and clothes from around a dumpster and tossed it back over the fence, back into the rental property." Other neighbours looked on, refusing to get involved.

We pondered how things have changed – when did responsibilities evaporate and consequences become ... inconsequential? Pride in your property, earning the money to buy necessities within your means. Having the funds to feed your family and passing on things that might give short-term satisfaction, but are not necessary.

Investing in home improvements or basic maintenance shows care. It hurts a community to be among so many weed-infested properties. It's downright insulting to be considered the city's dumping ground.

In four years the Gundrums have seen improvements on their block. Landlords are more careful about filtering tenants, there are fewer drug houses.

Dale Hominiuk believes there are two standards in the city. He has an issue with Regina citizens using our neighbourhood as the city dump. He knows that the troubles also come from within, and jokes about bin fires being lit to make room for household garbage! In all seriousness, he believes it is getting worse.



He has sympathy for those 'dumpster divers' who need to make ends meet by searching for recyclables – but has no love for those who rip bags apart and leave the mess strewn about. There are serious health concerns for mice and rats moving in to feast on the leavings. "Excuses don't wash anymore," he proclaims. We all have levels of poverty we are dealing with. This is about respect – if you have none for yourself, how can you show respect for others?"

There was a time when people took care of their property and their neighbours'. If someone had loads to haul to the dump, you'd lend them your keys and just tell them to make sure the gas was topped up. "People don't want to take responsibility anymore." Hominiuk laments.

Kent Gundrum has seen over-dumping in other Regina neighbourhoods he's lived in. He believes that roll out bins would help our situation. If the alley dumpsters were removed and people used the roll out bins responsibly "the landlords or home renovators would have no choice but to haul stuff to the dump," he says.

Dale Hominiuk doesn't think that roll out carts would solve the problem. He laughs "People would only use them as bumper cars."

Trash talk!

by Wade Murray
City Councillor Ward 6

Our community, like so many others, has a trash problem. Added to that is a bigger problem of apathy for the civic pride we all want to see grow here.

A few years ago, a publication referring to our community got a lot of public outrage. The strong feelings were city-wide, as North Central came under attack. The *I Love Regina* campaign, was the biggest reason for the support, I believe. When a community has low self-esteem, people turn a blind eye to the perceived little things, a couch in the alley, spray paint on the fence, dumpster overflowing etc.

With the civic pride of Regina most people have come see us for who we really are and what our community really

is. A very small, ignorant minority of people feels that it's still acceptable to dump their crap here. The large multi-family rear alley garbage cans are part of the problem, because when someone from outside our community drives through, they see this big bin and figure, 'who would care if I just throw five or six bags of garbage in there, they have lots of room'.

The reality is, that's one extra family's garbage and the adjacent families now do not have enough space for their garbage. The result is an overflowing condition, and where is all the trash? all over the alley and it just makes our area look bad. It really is about education and respect, people need to learn to respect our community. City council is in the implementation stages of our solid waste management strategy, and will be moving away from the large, often abused, multi-family dumpsters. Over the next 3 years, all of the large bins will be replaced with single-family units. As councillor for North Central I will ensure our community gets the new bins first, this will help break the pattern of dumping. Remember if you see someone dumping get a license plate and description of the vehicle, then report it to the city, at 777-7000 the Bylaw enforcement officers will take action!

Have a great summer!
Wade

HAVE YOUR SAY! Contribute an opinion piece to future issues of *North Central Community Connection*! Community Voices - Your Voice.
send to: editor@nccaregina.ca • or drop off at NCCA Office: 1264 Athol Street, Regina S4T 0J5

The TRUE MEASURE of a man is not how he behaves in moments of *comfort* and *convenience* but HOW HE STANDS at times of controversy & challenges.

Martin Luther King Jr.

When I hear somebody SIGH that LIFE is HARD, I am always tempted to ask, *Compared to what?*

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Annual General Meeting - Meet Your New Board of Directors

At the June 22 annual general meeting of North Central Community Association, those present viewed a 15-minute video celebrating what achievements over a year. The video was shot and edited by Multimedia Co-ordinator Alvil Tayco who was in the thick of all of the events and people portrayed. Those activities include the fourth year of R.A.G.S. (Regina Anti-Gang Services), Transitions to Trades, community Murals and Go Green, the Community Clean Up and Gardens. These programs are run by an exceptional team of dedicated staff and volunteers under the able direction of the Community Co-ordinator. Though Rob Deglau would be more inclined to credit the staff, his leadership is evident. In the team he includes everyone. “North Central’s residents continue to stand up and meet the challenges as more and more programs, services and events happen in this community.” NCCA President Tom Wright agrees, “Remember, each of you have the opportunity to champion the cause of North Central. Let us hear your voice!”

Housing issues continue to be a primary focus for the Association. Work is being done in tandem with the City of Regina Bylaw Enforcement and the Housing Standards Enforcement Team to eradicate slum housing. NCCA has taken a new approach in working with those landlords interested in upgrading their properties and in meeting the needs of their tenants. At the same time, the Resources and Support Facilitators guide renters through the moral and legal responsibilities of living under another’s roof.

**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.**

If you would like a printed copy of the Annual General Report, including financial information, please contact the NCCA office at 791-9888 located on the 2nd floor of 1264 Athol Street.

More Trash Talk...

...it is IRONIC
that the ADULTS
the young offenders are
TOLD TO RESPECT
ARE THE MOST LIKELY
CULPRITS creating the
messes in the alleys.

ATOSKATA Ah-toos-KAH-tah - “Work at It”

Youth Restitution Program

Howard Society, Regina Alternative Measures Program and the Help Eliminate Auto Theft Program. The services they provide are helping us all.

They remove the large items (mattresses, couches etc.) that are tossed in alleys and beside dumpsters in the inner city. Youth serving in this program take responsibility for their actions, and work off their debt. Atoskata is under an annual contract with the City of Regina’s Bylaw Enforcement Division. The vans and half tons and trailers are always on the go, Monday to Friday and 10 commercial bins are filled each week and hauled to the dump. It’s not a happy job but they can’t get around the need.

Trevor Pelletier is the Program Co-ordinator and has seen youth become accountable to their community, they see the benefit after a clean up. Pelletier says “Support is the key difference to success in their lives. Family, Community and School. If one of those is absent then it’s tempting to fall back into criminal ways.”

We agreed it was ironic that the adults the young offenders are told to respect are the most likely culprits creating the messes in the alleys. Property and environment we assume is vandalized by youth have not been treated any better by adults.

We thank our Board of Directors: President Tom Wright, Treasurer Greg Hamblin, Vice-President Jordan D’Almeida, Secretary Carol Kirk and Members-at-Large: Cindy Tripps, Scott Ferguson, Derrick Moore, Alicia McQuarrie, Cassidy McFadzean and Mark Docherty for their service. Those members with one year remaining on their terms are Tom Wright, Alicia McQuarrie and Cindy Tripps.

Slate of Officers presented at the AGM:

Rosalind Caldwell is a Côté FN Band Member and a Residential School Survivor. Wherever she has lived she has served her community as an advocate and organizer. Her traditional and cultural values are shared in workshops of healing and wellness.

Derrick Moore has completed his one-year term on the board and was elected for a second term. Derrick is the Public Relations Officer for Souls Harbour Rescue Mission directing and matching individuals, businesses and churches to those workers at the Rescue Mission.

Dianne Songer is a single mom and resident of NC for 14 years. She volunteers with the kids’ group and as cook at IMCF as well as at Four Directions. She has been a board member of Circle of Life and a speaker at the John School. Dianne’s main concern is food security in NC.

Clarisse Straightnose is currently enrolled at SIAST in the Career Development Program, pursuing a degree in social work. She is a mother of 2. Before moving to NC, Clarisse worked with the Community Health Nurse on Keeseekoosie FN. As a NC board member she intends to bring positive ideas to make our neighbourhood a better place to live.

Grant Trimble is a single dad and home-maker. Grant has been a part of the Construction and General Workers Union, Local 180 for over 21 years serving as an organizer and training director, as well as board members. He also served 3 years in the military, stationed at HMCS Queen.

Stacy Zummack is in her 3rd year Psychology at the U of R, and is a new resident of NC. Stacy is passionate about sexual health education and hopes to, one day, help in the creation of a national sexual health curriculum. She’s looking forward to working on housing standards, youth issues and the rehabilitation of street workers.

Nominated from the floor: *Robert Hurley* (bio not available)



Everything but the kitchen sink, sometimes even those, land in the dumpsters in North Central lanes.

dear auntie

YOUR NEW SOBER LIFESTYLE

Congratulations, you have decided to live a clean, sober life. How do you stay on the right track? If you are really committed to staying healthy, you need to be prepared to make changes.

One of the most difficult will be making new friends. It is important to set boundaries with old friends and even family members. Be clear that you no longer want to be involved in drinking or getting high. You will soon learn who your real friends



are. If someone is insistent, use a "broken record" method, keep repeating the same answer: "No, I am not interested." Don't get into a discussion; just keep repeating the same answer. With family it can be a little more complicated.

Be prepared to spend time away from "using" family members until you are feeling more stable.

Build a healthy positive network of friends. This is the best way to stay clean and sober. Maybe you already

know a couple of people you could go out for coffee with. If not, get involved with a recovery group or support group or other healthy programs. Be open to meeting new people.

Make a long list of sober activities. What are the things that you used to like to do? What are the things that you always wanted to do? Remember, you now have a clear thinking mind. You can do things you wouldn't do before like make goals and plan ahead. Also, you need to fill your time with positive activities. If all else fails, go for a walk, go for a coffee or clean and organise!

Auntie says.....

Make Positive Changes To Keep Your New Sober Lifestyle

You are worth staying clean and sober for. Don't let anyone bring you down. Focus on the positive and what you are gaining, not what you think you are losing.

"Everything will be okay in the end. If it's not okay, it's not the end."

Hey North Central!

I am a certified life skills coach and I would love to hear from you.

Send your letters or article ideas to:
"Dear Auntie"

North Central Community Connection
1264 Athol St. (2nd floor)
Regina, S4T 0J5
or e-mail to:
editor@nccaregina.ca

Horse Sense

by Jan Morier

Mis-a-tim Man-no-K-win, Leading Thunderbird Lodge, is a substance abuse treatment centre in Fort Qu'Appelle that focuses on work with First Nation and Inuit youth using a combination of clinical and traditional approaches.

In June, the staff of the North Central Community Association were invited for a day horse camp in the beautiful countryside. Due to the incessant rains, the gathering was moved indoors to Clearview Arena in Ft. Qu'Appelle, owned by Connie and Jim Chaplin. The arena is used to board, ride and train horses year 'round.

We sat in a circle and introduced ourselves to Elder Harry Francis who welcomed our group and advised us to take what we wanted out of the experience. He introduced himself as "White Buffalo", the name given to him by his spirit helper at his naming ceremony. In the cultural component of the ranch, they work with young First Nations men to help them with their identity. In the First Nations culture, everyone had individual names, there were no first or last names as it was the European custom. Many names heard today are 'borrowed'. Harry Francis explained how his grandfather was given the name of the Anglican minister (Frank Francis) who baptized him. "Everyone is spiritual" he explained, "if they live a positive life and take responsibility." The social part of humans allows us to ask for help from other people.

Sage & sweetgrass was burned, providing a cleansing vapour. The whispers of smoke are 'wiped' over the body, traditionally 'scooped' four times near one's open mouth. The youth who come to the culture camp feel they have no identity. They tell Elder Francis, "I'm lost. I know my name but..." Their Indian name is their true identity. In a family grouping, he would be called 'the grandson of ____', for a sense of belonging, but one's own name reflects how you speak, how you act. A 'borrowed name' adds value back to your family. It protects your identity, protects your family. Elder Francis says "culture plays a huge role in our people, it's who we are. It can heal, alongside other treatments, to help you feel good about yourself."

Culture is how people can find the good in themselves to feel good about themselves. Elder Francis advises - if you have mixed blood in your veins, look into and accept one other. Appearance, size, colour doesn't matter. We should all have the same values.



We met our trusty mounts – a variety of shapes and sizes but their hearts were the same. The horses adored Derek and Dalyce Francis (son and daughter-in-law of Elder Francis) and had infinite patience with we city slickers. We were advised on how to



NCCA Community Co-ordinator Rob Deglau and Gardening Co-ordinator Amanda Willcox learn how to saddle a steed.

approach a horse, how to soothe them with touch and our voices. As with people, a gentle hand and a calming voice goes a long way in assuring them we mean no harm. The youth who come to horse camp must feel that confidence and self-control. The horse knows it if you're nervous. Seeing that gentle giant up close, their perfume and shining eyes and steady breath was a calming influence. Yet it's wise to be aware of everything around you, your footing on the path ahead. That way, you're in control, you are leading this large creature where you want it to go. Fastidious grooming again puts you in close to the horse's coat, mane and tail. Special brushes are needed for certain areas of grooming. You brush with the grain of the hair, not against it, to make the

The medicine wheel is a new concept to visually translate the old ways into modern teaching techniques. It can be interpreted differently. The principles should be practiced daily.



Julie McMillan, NCCA Tenant Counsellor

Mis-a-tim : big dog – horse

Man-no-K-win : camp, wherever we live, our homes. (The definition has more value than merely a house. It's how you make it a home.)

layers of tack comfortable on the horse's back. The grooming is not merely for beauty, but you can't help but admire the shine. You constantly talk to the horse, about anything and everything, to let them hear your voice and establish trust. "You might start with small talk," Dalyce says. "The next thing you know – you're telling him about your day."

We learned how to saddle the mounts and took turns with a partner in leading a rider, making half turns and full turns, even weaving in and around cones - similar to the twists and turns of life. You have to trust one another to help you through, no one was meant to travel life alone. In the reverse to preparing the horse to accept us, we learned the protocol of taking the saddle off and putting it carefully away. Again, we enjoyed the calming ritual of grooming our horses before giving them final hugs and saying farewell.

We'll never be barrel riders or graceful steeplechase equestrians, but we had our brief experience with something larger than all of us – a horse, a metaphor for life. We earned the trust of what could be an unpredictable beast, we tamed them, we led them where we wanted to go, we controlled them. We loved them by taking care of them and they served us well.

Then we had to let them go, just like the people who come into our lives.

REGINA REALTORS® EXTEND INNER-CITY YOUTH PARTNERSHIP

Cutting seniors’ lawns, painting dumpsters or placing murals on buildings are only a few of the services that the **North Central Family Centre** provides to Regina’s inner-city area through its **Youth Empowerment Program**.

2010 marks the fifth consecutive year of a partnership between the Association of Regina REALTORS® Inc. (ARR) and the NCFC for the ARR to provide assistance to the Program.

The ARR’s assistance takes the form of a further \$5,000 contribution this year to fund the operations of the Program. In addition, proceeds from the ARR’s golf tournament in July will go towards assisting the Program. The ARR has provided the NCFC with \$22,000 in assistance over the past five years.

The Youth Empowerment Program employs 15-20 inner-city youth to provide services to Regina’s north-central neighbourhood, many of

whom would not otherwise be employed. These services include lawn-care, snow removal in the winter, doing year- round odd jobs for North Central area residents, painting dumpsters and operating an arts and crafts gallery.

The 2010 funding will be used to acquire paint and materials for the placement of murals on neighbourhood buildings and to paint dumpsters in the North Central community. It will also assist with a neighbourhood clean-up to remove unwanted and eye-sore materials from alleys and other spaces.

“We are extremely pleased to be able to continue our partnership with the North Central Family Centre. It’s really amazing to see

the work it does with youth and families in the area”, said Ian Johnston, 2010 President of the Association of Regina REALTORS® Inc.

“The Youth Empowerment Program not only contributes to the quality of life in the area in very practical ways by sprucing up properties and assisting people, but also provides an opportunity for young people to gain some needed job experience that otherwise may not be there. To see these young people do this work with the care and enthusiasm they display is very gratifying.”

The NCFC mission is to carry out works for the encouragement and empowerment of the inner city community by offering educational, sports and recreation, social, cultural and counselling programs to promote positive and healthy changes in North Central Regina. The NCFC delivers in excess of 45 structured programs to Regina’s inner-city children, youth, families and seniors.

The Association of Regina REALTORS® Inc. is governed by a volunteer Board of Directors elected from the ranks of the membership. The Association has been serving Regina and area since 1912 and ensures that its members adhere to a strict Code of Ethics and Standards of Business Practice.

The Association operates the Multiple Listing Service® System in Regina and area, publishes the Regina Real Estate Review and operates The REALTOR® Channel on cable TV channel 9.



NC Family Centre’s Executive Director Sandy Wankel accepts funds from Board President, Ian Johnston of the Association of Regina Realtors.



The people of the community say they want to be rid of graffiti and tagging because it makes them feel unsafe. By calling into this hotline the North Central community will be able to use this as a reporting mechanism and be able to work together in removing graffiti.

Be a Graffiti Guardian!

by Pam McCamon

Graffiti Guardian – Adopt A Street Project is a chance do something practical and positive in the North Central community.

This project is developing a hotline for people in the area to call to report graffiti.



North Central Community Association met with the City of Regina on July 7th to develop this project to benefit the North Central community. A database for graffiti is going to be made to keep a log of all the calls into this graffiti hotline. We will be piloting the Graffiti Guardian – Adopt a Street Project in the area south of Dewdney Avenue very soon with the intention of expanding to all of North Central.

Why should you become a Graffiti Guardian? Graffiti Guardians will help to make the neighbourhood safer and promote pride in the community. The North Central Community Association is working on a brochure that will be distributed for people of the area to sign up on to adopt a street, park or walkway. Keep your eyes open for the brochure and get involved and help your neighbours by getting them on board too! This beats graffiti any day!

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June 14-August 31

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Welcome to the Neighbourhood Rotary Club!

The Oskaya Club is Regina's fifth Rotary club and the first new club in 25 years. With its name meaning "youth" in Cree, its main goal is to help North Central children. Ray Ruth, president of the club notes The "First Days" and "Backpack" programs provides school supplies, toys and books to elementary school students.



Goodness from the Gardens!

This crisp colourful salad is full of garden goodness. The light dressing lets the fresh flavour of the vegetables come through. For variety, you can substitute sliced zucchini for the cucumber.

Most of these fresh vegetables and some of the herbs can be harvested from the North Central Community Gardens.

Prep Time: 15 mins.

Ingredients:

- * 2 cups sliced celery
- * 2 cups thinly sliced cauliflower
- * 2 cups halved cherry tomatoes
- * 2 cups thinly sliced carrots
- * 2 cups sliced cucumber
- * 1 medium onion, thinly sliced, separated into rings
- * 3/4 cup olive or vegetable oil
- * 1/2 cup minced fresh parsley
- * 3 tablespoons white wine vinegar or cider vinegar
- * 1 teaspoon salt
- * 1 teaspoon ground mustard
- * 1/8 teaspoon pepper
- * 1 garlic clove, minced

Directions:

In a large serving bowl, combine the celery, cauliflower, tomatoes, carrots, cucumber and onion. In a jar with a tight-fitting lid, combine the remaining ingredients. Pour over vegetables and toss gently. Cover and refrigerate for at least 2 hours or overnight. Serve with a slotted spoon.

The Animal *well* - Fair

**A fun-filled community
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**Saturday, August 21
1:00 - 4:00 pm
Albert Scott Park**

**Join us for a fun and educational afternoon that
is all about our four-legged friends! Learn
about pet care and animal welfare, and join in
the celebration!**



**Regina
Humane
Society**



For more information on this event please contact Brandy, RHS Education Coordinator at 543-6363 ext. 224 or email rhs.education@sasktel.net.

Message from the Office

Welcome to our 2010 – 2011 school year! This year promises to be an exciting one as each grade will be taught by a team of teachers using a project-based approach for a number of hours each day. The ability to connect with students and for students to engage in their school work is exceptional.

Please note that we are accepting registrations so please contact the school at 523-3500 to make appointments. **Students return to school on Monday, August 30th at 8:30.** We will be having a welcome back barbecue for students at noon the following day. Also, our School Community Council is holding a welcome back feast / Scott Open House on Thursday, September 16th. We look forward to seeing you at that event.

Finally, please pop by anytime for a coffee or just to chat. It's so important we keep the lines of communication open.



Sincerely, Rod Allen
Principal



Mike Tomchuk
Vice-principal



Untitled

Jasmine McNab

This is a picture of me, around February 2009. When I look at this picture, I realize how much I changed in just over one year - my attitude, my perspective on life, my self-respect, and my appreciation for the people I have in my life. Last year, all I cared about was being drunk and having fun. However, today I look at life in a totally different way. I am thankful for everything and everyone in my life.



Sky is the Limit

Lacy Peigan

I really like this picture because I actually managed to take a good photograph. It's an action shot, and I didn't think I snapped it quick enough. Lucky for me I got them in the air. I love it because they really look like they're enjoying themselves. This photo was taken in Saskatoon outside of Wapos Bay Studios.



Grade 11 English and Media Studies student photography for the **Voices in Print** (VIP) project. These images were among those included in the T.C. Douglas Bldg. exhibition entitled "What Inspires Us". Gerry Ruecker of Commonwealth assisted Janine Taylor's class.

Reading Boy

Jamie Robinson

On the search for a "good" picture, I came across a friend of mine reading in a window sill of our school. He seemed relaxed and captivated by his book, so I took the picture of him. The coloured photo was great because the sunlight coming in the window was shining on him creating shadows, but I decided to play with the colour and darken it a little bit. Either way, this is one of my best photos I've taken. I also love reading and know what it's like to be very into your book; you have almost no regard for what goes on around you. He didn't know I took the photo until later on that day.



Wondering

Elyjah Anaskan

I look at this wall and see this face. I kind of think to myself what was this artist thinking or feeling when he decided to paint such a face. It grabbed my attention because it just makes me wonder why he painted a face and not a body to explain what the face is doing. In my graffiti perspective, I go with the flow and whatever comes to mind that's what I do. So that's what he probably did, when he painted this piece.



Goodness from the Gardens!

For best flavour, make this a few hours in advance and chill until serving time.

Prep Time: 15 minutes Cook Time: 15 minutes

Ingredients:

- * 2 pounds red-skinned potatoes, scrubbed, cut in 1-inch pieces
- * 1 1/2 to 2 cups green beans, steamed 'til tender, cut in 1-inch lengths
- * 1/2 cup finely chopped sweet onion
- * 1/2 cup thinly sliced celery
- * 1 clove garlic, mashed and finely minced
- * 2/3 cup mayonnaise, light or regular, or more, to taste
- * 1 tablespoon dill relish
- * 1 tablespoon lemon juice
- * 2 tablespoons sour cream
- * 1 1/2 teaspoons chopped fresh or freeze dried dill
- * salt and pepper, to taste

Preparation:

Put potatoes in a large saucepan, cover with water. Bring to a boil; reduce heat to medium-low, cover, and cook for 12 to 15 minutes, or until potatoes are fork-tender. Drain, let cool completely. Place in a large bowl along with the green beans, chopped onion, sliced celery, and garlic. Lightly toss to blend. Stir in 2/3 cup mayonnaise, relish, lemon juice, the sour cream, dill, and salt & pepper, to taste. Add more mayonnaise, if desired.

Meet Ntawnis Piapot



Ntawnis Piapot graduated from Scott in 2005 and has been a resident of North Central on and off throughout her life.

North Central Community History Project

Ntawnis is a Student Research Assistant for the North Central History Project.

She is working with partners - North Central Community Assoc., the University of Regina, North Central Shared Facility and the Regina Plains Museum in compiling profiles for the project. Important historical and contemporary public figures from North Central Regina are being documented. Ntawnis has been conducting and transcribing interviews and creating written profiles for future publication and display. Scott Collegiate yearbooks dating back many decades, will serve to introduce the stories of our community heroes.

Ntawnis is a graduate from the Indian Communication Arts Program (INCA) at the First Nations University of Canada (FNUUniv.). She was also part of the Intercultural Leadership Program (ILP) there and plans to attend the University of Regina's School of Journalism this fall.

Ntawnis was an Associate Producer for the FNUUniv. Veteran Memorial Tipi Project, interviewing people for background information on their war experience.

Among her interests, Ntawnis was a Communications Team Volunteer for the National Aboriginal Achievement Foundation Awards held in Regina this spring. She was a Missinipi Broadcasting Corporation Student Reporter as part of her INCA Internship. She's held various Board positions for the mispon Film Festival. Ntawnis also volunteered for the Missing Indigenous Women Conference held by the Native Women's Association of Canada in 2008.

COMMUNITY CLEAN UP HELD SUNDAY JUNE 6

THANK YOU!

BennettDunlopFord
Driving Change



North Central Community Assoc. Board member **Greg Hamblin**: "It's been so many years I can't remember how long I've been co-ordinating the Community Cleanups."

Greg tells of the happy day when Bennett Dunlop Ford approached NCCA to become involved in the community. He beams as he observes the activity. "Today is a very good turnout, there is more garbage being hauled this time than we've ever had! People are doing more renovations and landscaping than I've ever seen before. People are starting to improve and invest in their homes. Landlords are selling rental properties as affordable homes."

Certainly some of the material being tossed in the Loraas bins could have been sent to a recycling or resale business, with the exception of health issues around used mattresses and couches.

As it was, there was well over 25 tonnes of garbage hauled to the landfill. People have come to expect the annual NCCA clean up but it would certainly help if more residents took responsibility for their own clean up the other days of the year. We are grateful to the majority who do.



www.youtube.com/watch?v=yqyhHb132Tc
to see CKTV news report on the Bennett Dunlop Ford volunteers in action!

Bennett Dunlop Ford
is working together
to give back
to the community.

Trevor Boquist, owner of Bennett Dunlop Ford recalls "Shaun Airey of BDF approached Rob Deglau asking how we could become involved in assisting North Central. We know that a worthwhile project like the community cleanup needs resources."

Approximately 25 BDF

staff and their families (60 total) came to help. They lent used trucks from the dealership to haul trash from the lanes to the Loraas Disposal bins in the Scott Collegiate field. Boquist says "It's one thing to donate money to an organization, quite another thing to donate one's time to make a difference. I was impressed at how people said thanks when we were hauling their garbage away. I was impressed with how tidy many yards were. Obviously there is a fair amount of pride in the community. This was a great team-building exercise for BDF."

Bennett Dunlop Ford also donated the barbeque lunch for volunteers.

NCCA Office Manager and Volunteer Co-ordinator **Denise Cook** estimated the turnout. "Our attendance was primarily from BDF. Miller and Riffel High Schools each had 2-4 students out, and there were about 10 community members throughout the day who mainly came to the bins to drop off items. About 75 workers in total. It was a very good day!"

Schools Care: Miller Comprehensive High School - Christian Service Project students helped out. Nevada Mercier said: "Actually we had a lot of fun! We are all thinking about doing more community volunteer service over the summer with the (NC) Community Gardens." Fellow grade 9 students were Leah Carr, Julia Baumgartner, and Breanna Waitas. Their volunteering was worth 30% of Ethics Class marks.

Caring Community: Previous sponsors for North Central Community Cleanups have included: Loraas Disposal, 1-800-Got-Junk, Sonshine Gas, Tim Hortons, Shipper's Supply, Conexus Credit Union, and Casino Regina. And of course our local organizations Rainbow Youth Centre, Ranch Ehrlo, Morning Star Ministries, and Parliament Community Church.

I am Not Alone!

Words and music: Brett Dolter
unofficial anthem of North Central Regina!

There is a change that's runnin' through,
a community takes root
People turnin' TVs off,
and smiling hello to you.
No more strangers in the street,
we'll humanize this machine
Not one of us is an island,
who would want to be?

I am not alone. I am not alone

Sharin' food, sharin' a laugh,
makin' music in the street,

Ask how much does happiness cost...
I swear to you it's free!

I am not alone. I am not alone

Sittin' on the porch....birds flying by,
...no need now to cry

See children laughin',
in the falling of the leaves,

Smiling as I wonder how long it's been
since I've been lonely!

I am not alone - WE are not alone



“This album grew out of the *Seeds for Sustainability* benefit concert that we organized to mark the 40th Earth Day and raise money for the North Central Community Gardens. The Gardens are a living, breathing example of sustainability. On the social side, they bring members of the community together, turning strangers into neighbours, and making North Central a better place to live. With luminous green bean stalks and dark brown soil, the Gardens show us how we can shift our culture onto a more sustainable path and ultimately live healthier, happier lives. Plant a seed and watch it grow...” Glenn and Brett

RECORDED LIVE at the Royal Saskatchewan Museum on April 22, 2010 SEEDS - A Benefit Concert for the COMMUNITY GARDENS of North Central Regina!

Glenn Sutter - a versatile musician who has been studying and teaching about social and environmental issues for many years as a museum researcher and university professor.

Brett Dolter, a musician, writer and environmental educator working to live a sustainable life and encourage others to do the same.



SEEDS with 13 tracks of original tunes, recorded live on Earth Day, 2010! Including “I Am Not Alone”, NC’s unofficial Anthem. Available at the North Central Community Assoc. office for \$15., with proceeds to the Community Gardens.

• 1264 Athol St. 2nd floor 791-9888 •



Turn Off the Television – Summer’s Here

In September 2009, Glenn Beck interviewed Joel Rosenberg (bestselling author) on the Fox News Channel, and they discussed Saddam Hussein’s attempt to rebuild the ancient city of Babylon. Saddam of course did not succeed. However, in April of 2006, the United Nations Educational, Scientific and Cultural Organization was reported as attempting to turn the ancient ruins “into a cultural centre and possibly even an Iraqi theme park” (*New York Times*). With millions upon millions backing them, they’re sure to do it, putting in place the once famous Hanging Gardens: one of the seven (7) wonders of the world – a massive garden set atop a man-made mountain.

North Central is far from any mountain, nor does it have a garden that qualifies as a ‘wonder’; but it does have four Community Plots, as well as many privately-owned gardens hidden in backyards between houses and fences. There are small flower gardens in front of the old World War II houses, gardens under fair trees, and potted plants – like tiny gardens – going up and down staircases to the front and back doors.

It is summer, after all, a time to walk more than drive and swim perhaps just as much. A time to weed the garden, mow the lawn,

paint the house, wash windows, watch the lightning storms, and travel. People like to call it a time for vacation – it’s far from it with barbecues and slow pitch and weddings to go to almost every weekend.

But I don’t worry about that as I walk towards the Robinson Street Community Garden plot. Most of our year is engulfed in snow and vicious winds. I’ll take the mosquitoes and excessively hot nights any day, over the last blizzard we suffered. I’ll mow the lawn with a rusty push mower and sweat and fuss, rather than push snow again and again. I’m normal. And we normal people want this summer to LAST under the trees of North Central well into December. Some easy ways to help prolong your summer: buy twenty (20) packs of water balloons and get together with your neighbours. I’m sure you know what to do after that. Or try going to the pool at least every second day. Buy a swim pass. Not only will you have a place to go and cool off, but you’ll get a tan absolutely free. And if aquatics bruises your self-esteem, you could try walking in many of our North Central parks. Kinsmen Park North even has a spray pad.

...fly a kite, play a pick-up game of b’ball, read a book under an elm, write a book under an elm, make a music video with some friends!

There are a lot of other activities that one could fill their summer with in North Central: fly a kite, play a pick-up game of basketball, read a book under an elm, write a book under an elm, make a music video with some friends, and camp under the stars in the backyard. You could also try your hand at gardening.

Our gardens may not be as impressive as the once famed Hanging Gardens of Babylon, and we may not have the monetary backings of the UN; but we can still enjoy many of the vegetables and flowers that fill in our plots and pots, green thumb or not.

GRRRRRRR.... What Irks You? Mispronounced Words

by Florence Wuttunee

The Word:	How it’s Pronounced:
often	ofn
success	suk-cess
flutist	floutist
Wednesday	Wensday
accept	aksept
Quinoa (a type of grain)	keen-wah
awry	a-wry or a-rye
almond	amongd
quay	key
toward	tord
misled	mis-led
kiln	kil or kil-n

Incorrect:
The man was *hung* for his crime.

Correct:
The man was *hanged* for his crime.

Incorrect:
I *bought* my daughter home.

Correct:
I *brought* my daughter home.

GRRRRRRRRR.....

If you have a little thing that irks you, LET US KNOW, so we can let everybody else know
e-mail: editor@nccaregina.ca
or drop it off at the North Central Community Association office:
1264 Athol St. (2nd floor)



Associations & community partners to host free BBQ with an accent on diabetes

by Allison Langridge
Marketing & Communications Associate
(Manitoba, Nunavut & Saskatchewan)
Canadian Diabetes Association

From 2:00 to 5:00 pm on **Wednesday, August 11**, the Canadian Diabetes Association and the North Central Community Association, with Four Directions Health Office, Eagle Moon Health Office, SEARCH and community partners, will host a free healthy barbecue including a series of health fair stations and a selection of educational sessions, at Regina's **Albert Scott Community Centre**.

The Community BBQ & Health Fair is an opportunity for the community to come together, enjoy healthy food, and get to know their neighbours, while also checking up on their diabetes risk factors. Anyone living with diabetes or concerned about their risk is welcome to attend.

Health Fair stations will cover blood pressure, blood glucose, kidney function, depression risk, retinopathy (eye check), and foot care. Educational Sessions will include: Stretching Your Food Dollar; Fit For Free (staying active without a gym); and Family Affair (how to get support & give support when family members have diabetes).

A serious disease with life-threatening complications, diabetes affects 1 in 14 people in Saskatchewan. That translates to more than 70,000 individuals living with diabetes across the province – a number that is on the rise.

Diagnosed with type one diabetes at age 16, Joyce Tapequon, now 60, is one of the faces of diabetes in Regina. She lost her sight in 1990, due to the disease, and remains an advocate for education, awareness and healthy living, volunteering her time with various health organizations in town, including Eagle Moon Health Office.

According to Joyce, balance is key when managing diabetes: "Look after yourself: eat good food, follow a diet, don't overeat, get enough sleep and exercise." She also emphasizes the importance of taking control of, and responsibility for your own body. "You can gather information from experts and doctors, but it's up to you to figure out what's good for your body and how you can take control of your health."

Those wanting more information about the upcoming Community BBQ & Health Fair can call 584-8445 ex 227.



North Central Community Association • Four Directions Health Office • Eagle Moon Health Office • SEARCH

From the Editor

By Jan Morier

What a strange season it's been. Good rains to nourish the gardens and lawns, but it's also feeding the weeds. In this issue, we celebrate beautiful North Central, but as some of the stories show - there are noxious underbellies. In any community, when it comes to caring and responsibility, there are those who do and those who don't. On my North Central block alone, there are many more kept yards than not, but it's the neglected ones that seem to stick out. Just as there are more nice and responsible people who live in our community, it's the rotten ones who get most of the attention.

Summer is a chance to show the city what we're made of. It's a fine time to repair, slap on a coat of paint, or at the very least, maintain your property. Litter, weeds, too-high grass - often it's just a little elbow grease, nothing that costs money. It demonstrates respect for the yard and for your street, pride in our community. Set an example of what it means to be a good neighbour.

At the community cleanups, the gardens' weeding sessions - we see the same people who are making the effort. We appreciate them so much and wish there were 10 more like them to ease the workload of 'the few'.



If you can't come out to lend a hand in a community setting, please, consider helping a neighbour who doesn't have the strength to push a lawnmower. You can be part of their support system.

Please, take a look at your own property, be it rental or owned. Show some pride. You don't have to be contenders for Beautiful North Central, just take care of your own.

Community Pride - how are you contributing?



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

**Deadline for next issue:
September 10**

Community Calendar

Mid-Summer outdoor festival presented by North Central Community Association and Morning Star Ministries. **August 4, 5 and 6 from 4:00 - 7:00 pm.** Everyone welcome.

Be a healthier community, get immunized!

Monday, Aug. 9 1:00 - 3:30 pm Teddy Bear Clinic at Four Directions Community Health Centre, 3510-5th Ave. 766-7540. Bring your teddy bear for health check-ups, physical activity and immunization.

AIDS Programs South Saskatchewan and All Nations Hope AIDS Network are co-hosting the annual Scotiabank AIDS Walk for Life on Saturday, **Sept. 11** - registration begins at 11 am at 2735 5th Avenue with the walk beginning at 1pm. A BBQ will follow. To register, or for more information, please call 924-8420. We invite everyone to join us to support people living with or affected by HIV/AIDS and Hepatitis C.

AIDS Programs South Saskatchewan
2911 5th Avenue, Regina
Phone: 306-924-8420
www.aidsprogramssouthsask.com

The **Bon Jovi** concert was July 28th. Residents of North Central who live around Mosaic Stadium are invited to attend a community debriefing regarding the concert on **Thursday Sept. 16th at 7:00 pm** at IMCF, 3131 Dewdney Ave. The purpose of the meeting is to discuss the impact of the concert and what changes, fixes - or even bouquets should be given for a job well done.



The Bank of America's **Under the Harvest Moon Heritage Community Festival** will be celebrated on **Sept. 25** as part of Culture Days in Saskatchewan. Celebrate the cultures that define the mosaic of the Heritage Community with music, dance, food and everything that makes any festival fun for all! Includes free activities from sunrise to sunset. Held at Art Park - 11th & Halifax.

www.heritagecommunityassociation.com/

North Central SENIORS WALKING GROUP

**Albert Scott
Community
Centre
Multi-
Purpose
Room**

**Monday
Wednesday
& Friday**

**8:00 to
9:00 a.m.**



From the President **WRIGHT'S RAMBLINGS**

My thanks to each one of you who came out to our June AGM (annual general meeting). And a special thanks to those willing to stand for election to the North Central Community Association Board. The strength of our Association - ultimately the health of our community - depends upon the commitment and involvement of our residents. Please take the time to thoroughly review the 2010 Annual General Report our Community Co-ordinator, Rob Deglau, and his staff, so ably prepared. Copies are available at the NCCA office.

A number of our 2009-10 board members opted to step down; all contributed to moving our community forward this past year; all will be missed. My personal thanks to each of you, for your input, support, and advice. May you prosper in all your endeavors. May your hearts remain in/with North Central.

To the new board members: welcome aboard! We look forward to working together toward meeting our 2020 vision of a safe, healthy, caring community of which we are proud. Let us challenge one another to put aside personal agendas, to embrace the vision for North Central,



and put our unique talents to work to that end. At the same time we must work to increase overall community involvements.

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

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:

Assoc. of Regina Realtors
Jessica Hanna Allison Langridge
Pam McCamon Jan Morier
Wade Murray Ntawnis Piapot
Scott Collegiate Aaron Talbot
Janine Taylor & Amanda Willcox
Classroom of Tom Wright
Scott Collegiate Florence Wuttunee

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
OCTOBER ISSUE
September 10, 2010**

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

Members at Large

Rosalind Caldwell
Robert Hurley
Alicia McQuarrie
Derrick Moore
Dianne Songer
Clarice Straightnose
Grant Trimble
Cindy Tripps
Stacy Zummack



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 Program545-3737
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
Sepak Takraw Saskatchewan (STAS).....584-8778
Souls Harbour Rescue Mission.....543-0011
Street Culture Kidz565-6206
Transitions to Trades791-9530
Welfare Rights Centre.....757-3521
Women of the Dawn791-6504

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

Beautiful North Central CONTEST



Melessa Crawford has been working on her garden for the past 8 years and every year she tries to improve on it. She has quite the collection of lilies, which is her favourite flower, displayed prominently in her front yard for the whole neighbourhood to see. She has a wide row of them, with several different species that showcase brilliant colour and variations of this beautiful flower. They were just beginning to bloom when this photo was taken.



photos by Jessica Hanna



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Back-to-School Registration is Here!

Registration Day
AUGUST 27, 2010

9:00 am – 3:00 pm At Your School
Students Return September 1, 2010



**Regina
Catholic Schools**
www.rcsd.ca

But Jesus said, "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children." Mark 19:14

