

Celebrating North Central HISTORY AT THE Regina Plains Museum

by Jan Morier

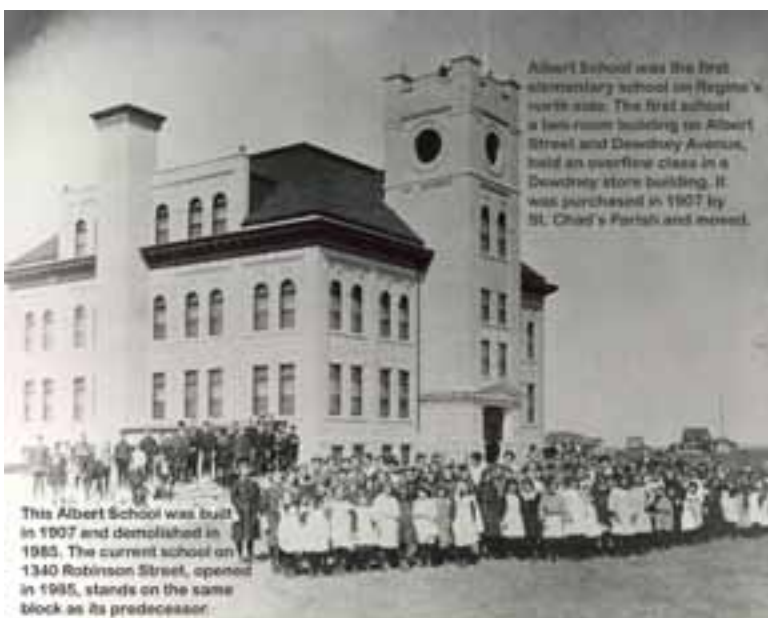
The Regina Plains Museum is grateful for the funding received from the Saskatchewan Heritage Foundation which allowed the staff to research, design and mount a historical and contemporary look at North Central Regina.

Background: Many Saskatchewan museums have featured nomadic Indigenous peoples as part of our history. Projectile points and stone and bone tools are well-represented to conjure up a land of ancient civilizations. Contemporary stories of First Nations societies during their decades of confinement on reserves, the attempts to assimilate and Christianize, the scars of racism - are only beginning to be told.

What is rare in museums is a portrayal of the era since the Canadian Government's repeal of the pass system (1940s) which permitted First Nations people to move freely off the reserves, and those years when Métis families moved from the government road allowances into Regina.

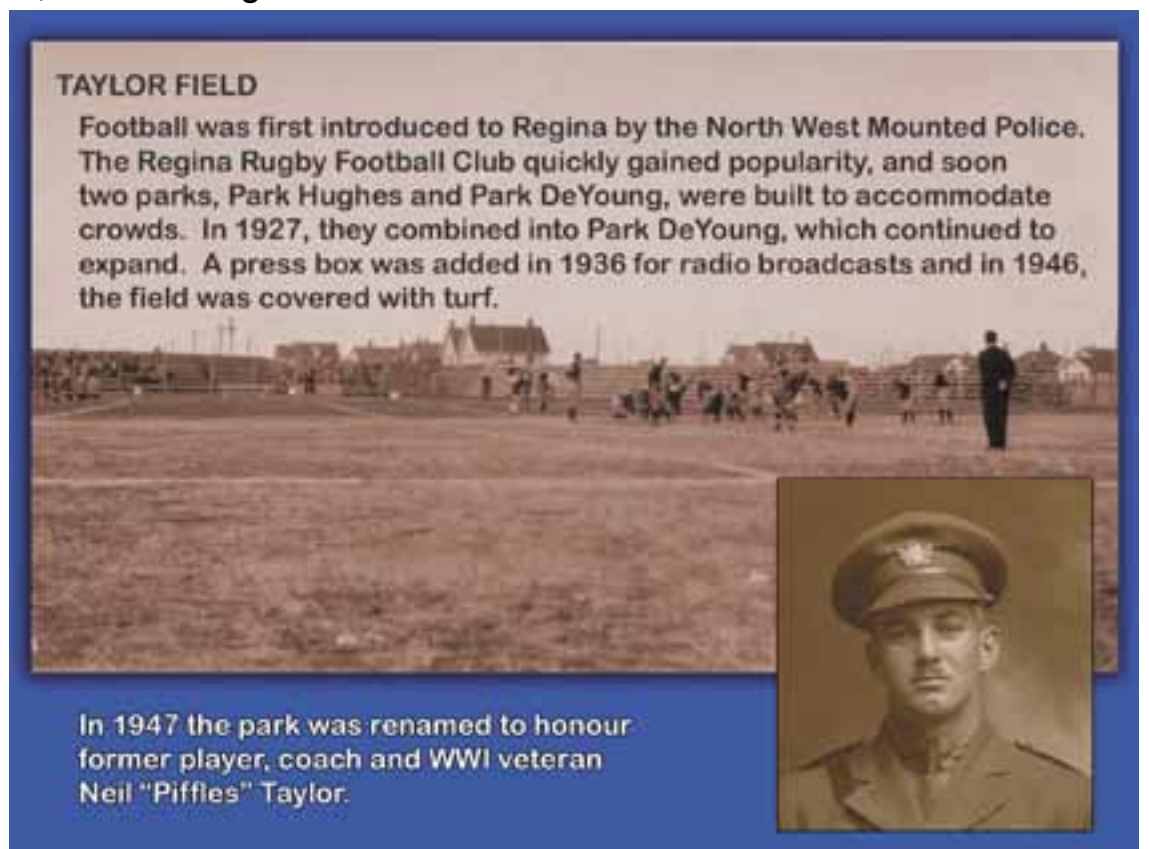
What is scarcely appreciated is how the concentration of a cultural group has led to many positive movements in social support and cultural celebration. By understanding each others' experiences and history, we can live in harmony. As the writing on the wall of the exhibit says: "We are all the same, no matter what colour we are." *Elder Lilly Daniels.*

North Central is also where an industrious leader in the Girl Guide movement lived. In 1927, Christina Riepsamen believed that selling homemade cookies door-to-door would be a good way to raise money to send her daughter to camp. Girl Guide Cookies - invented in North Central Regina.



Albert School, photo courtesy of City of Regina Archives

North Central Regina is home to the Territorial Buildings where, if Edgar Dewdney had had his way, would have been the centre of Regina. Regina was declared capital of the North West Territories in 1883, and Lieutenant-Governor Edgar Dewdney owned land in the western end of town. North Central Regina also boasts many treasured institutions, such as the Regina Exhibition Grounds, "Taylor" Field, the Grey Nuns' (Pasqua) Hospital, and the Regina Armouries.



Curators: This challenging exhibit was offered to a skilled researcher and writer who had been the volunteer Guest Curator of two previous Regina Neighbourhood exhibits: Germantown and the Warehouse District. **Yolanda Hansen** gave up her free days from her position as Co-ordinator for the Community Research Unit (Faculty of Arts) at the University of Regina to work on the first two exhibits. It was a pleasure to be able to offer Yolanda an honourarium for this exhibit. She was assisted by **Shana Hay** (University of Regina History student) as part of the Student Summer Works employment program, and on her own time after the funding expired.

Working with these two women was most enjoyable and thorough. They took their curiosity of tracking down rare photos and documents with Ms. Hay conducting two oral history interviews with long-time residents of North Central. Ms. Hansen delved into stories published in the North Central Community Society's newspapers published in the 1970s and 1980s.

Results: The North Central Neighbourhood joins the Regina Neighbourhoods series of permanent exhibits. The text and photos have been collected for a binder of information and power point presentation to share in the Museum's Resource Centre. A short video, using images from Scott Collegiate's 2008 Photojournalism Project, is included.

Our gratitude to the visionaries at Saskatchewan Heritage Foundation for their funding of materials and honouraria for this exhibit.

Park De Young, photo courtesy of Saskatchewan Sports Hall of Fame and Museum. Piffles Taylor portrait from the Regina Plains Museum collection.

The Regina Plains Museum has been celebrating its 50th Anniversary in 2010. Its mandate is to tell the stories of Regina - its people and its progress. Exhibits include 1885 Revisited, the Regina Tornado of 1912, The Regina Riot of 1935, as well as a look into early homes and businesses in our history.

The Regina Plains Museum is also home to the Glass Wheatfield, a salute to prairie farmers. Visit the Museum on the 2nd floor of 1835 Scarth Street (on the mall). For more information www.reginaplainsmuseum.com

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7 Days of Inspiration

Take one a day ... and feel great all week!

Day 1

Got doubts? Ignore them.
Got dreams? Go for them!

Day 2

You were born to live a wonderful life!

Day 3

More things will go right today than wrong!

Day 4

You're so much better than you think at so many things!

Day 5

Mistakes just make success sweeter!

Day 6

You have a special place in so many hearts!

Day 7

Joy still flows. And it's flowing straight toward you!

Jonas Oakes

ask 4 HELP!!

Memories come back 2 haunt me,
many years after the fact.
I thought it was over & that I was free,
my walls came down, I finally "cracked".

It wasn't my fault – I was only a child,
For many years I blocked it all out,
yet I turned 2 drugs, I became crazy & wild,
my mind was filled with guilt, shame, doubt.

Any man I encountered I didn't like them
my emotions were mixed up & all wrong.
my childhood abuse is where my issues stem
Dealing with this will make me whole & strong.

Hold my head up high 'cuz I am good,
despite all that I may have went through.
Talking 2 others made me realize that others
understand,
I am not alone & I will overcome his too.

I am no different from anyone,
even though I was once abused.
I can / will succeed – despite – all the damage
that was done,
'cuz I reclaim my power & I will never again be
used!!

The End!!

member of 'The Group' who requested
anonymity

LIFE AND HOME IMPROVEMENT LIFESKILLS PROGRAM

Program participants are excited about graduating in December but also, fearful of leaving the nest. All efforts are being made to ensure individual needs are being addressed and long-term supports are put into place. Participants are meeting goals and life changes to move forward.

These writings celebrate the accomplishments of program participants. Unfortunately, funding has come to an end for this important program of the North Central Community Association.

The Five Families of Happiness

First, there are two families of Exciting Happiness and two families of Calm Happiness

Exciting Happiness is joy, celebration, travelling, being in bed with a man/woman that you desire.

Exciting Happiness is doing a job you like, wanting to obtain a goal.

Calm Happiness is simply feeling content and wanting that to last.

Calm Happiness is a certain way of seeing things. Cultivating your serenity and keeping hold of it whatever happens, even in the face of your own death.

The fifth family of happiness is happiness that comes from others. Friendship, mutual love, caring about other people's happiness or unhappiness, and feeling useful to others.

By Hector

You're Gone

I never thought I'd see
The day
Where I had to say bye
You were my life and my soul
Life seems harder
With you gone
I raised you,
Just to have you
Taken away
Because of my stupid mistakes
I blame myself and my problems
For having you suffer.
To be raised by someone who isn't me
It pains me to see you
Only once in awhile, under supervision
Of the authorities
I miss you
I'm gonna try to bring you back home
To the family

Shaawtyy Dee'Q

DEAR YOU,

You were a big part of my life, but I think it's time we see other people. You've kept me locked up for so long. I missed being outside playing, and seeing my loved ones. I really wish it did not have to be like this, but if I look at you again, I know I will have a hard time saying NO. You're so addicting, it's like I can't live without you. But I have to, and I know I can. I have people who will help me stay away from your sweet, loving, tasteful arms that lure me as easy as a child to candy.

So good-bye ... alcohol

Your Friend

(submitted by a youth of
16 years of age)

A prayer

My name is Eagle Woman

Just for today, I will honour and look after my health, body, and mind. Just for today, I will talk to the Creator. Thank you Creator, Mushom, Kokum, thank you for the breath of life.

I'm so thankful for my grandparents, my parents, my uncles, my aunties, cousins, nephews, nieces, grandchildren, and for my friends, but most of all for my children. We must give many thanks to our Quimees, the grandmothers and the grandfathers who watch over all of us in a kind and loving way.

I also want to give thanks to the 4 Directions (east, south, west and north); to the 4 colours (red, white, black and yellow); to the four seasons we are lucky to see, and to the four elements – Earth, Wind, Fire and Water.

Thank you to all the winged ones, animals, plants and the ones under the water & the Earth. I'm thankful for the people I've been able to meet. I give thanks for the land I live on, a roof over my head, the food I'm blessed to have each and every day. I give thanks to you Creator, in a kind and loving way. I mean no harm or disrespect I am but a humble, pitiful person and I'm asking for forgiveness for my sins.

I ask for blessings of life and health for every individual in the world.

I ask for smiles and kind words, a hug, and a meal for all the children in the world.

I ask for help for all of those suffering from diseases, addictions, in treatments, jail, foster care and in retirement homes.

I ask for blessings of life, health and protection from harm for all those who are helping others in a kind and loving way. I kneel before you Creator, for my brother Jesus, thanks for all His love and His life, His sacrifice, thank you brother Jesus.

I am very grateful for all that I have and all that I don't have.

May we all pray and send our love and thanks, our hurts and sorrows to you, so that we may help ourselves to walk the Red Road.

All My Relations

Togetherneess is a connection
you have
with other people.

 Katin Perrault

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by Olufunke Okochi

In the beginning...

So how did it all start? Twenty-one years ago, Gerri Carroll, who was then a substance abuser, became a Christian after she met some missionaries who told her Jesus could change her life. Her life was indeed transformed and after awhile, she felt the need to start a soup kitchen (Souls Harbour) to help those who were hungry. Over time, the kitchen grew by leaps and bounds, spreading its tentacles of love far and wide, reaching out to help those in need. It eventually, merged with the Regina Rescue Mission which had a similar focus to reach out to those in need, and became the Souls Harbour Rescue Mission.

And now?

SHRM has blossomed into a successful outreach that touches so many lives in so many ways. They offer a number of programs including:

- Emergency Services: They provide food, a safe place to stay and clothing to those in need. On average, they serve 400 to 500 meals every weekday, and about 85,000 meals a year!
- Life Change Program: The Life Change Discipleship Program is a faith-based long-term program for men and women struggling with life controlling problems or addictions.
- Affordable Housing: After providing food and other emergency services, as well as a life changing program to help people, where would they live if they don't have a place to stay? SHRM thought of that and provides affordable housing through a number of properties, including Harbour House, Cross Place and soon to be launched Forward House for youth.
- Little Souls Day Care: The day care is fully licensed and subsidized, with a mission to provide a caring, warm and safe environment

- for each child to play, explore, learn and reach their full potential as children of God. They are open from Monday to Friday every week.
- Zeike's Place: Come burn off some excess energy here! This youth centre provides a safe and positive atmosphere where youth can socialize, have fun, and develop their life skills.
- Good News Chapel: The chapel is a Christian ministry of SHRM whose vision is to reach out to rescue the least, the last and the lost.
- Holiday meals: Every December, SHRM provides a large Christmas dinner to bless those who need it. Though this meal used to take place once in December, because of its popularity it's now held several times over the month. There's usually a local band or musician at these dinners and Operation Christmas Sock. Through this, they fill socks with supplies, gift certificates, bus tickets and other goodies and hand them out at the dinners.


Volunteers welcome!

Souls Harbour is definitely touching lots of lives through various ways. But they can't do it alone. Though they have a staff of about 40 to 45 people, Aaron tells us that they usually run through about 2000 volunteers every year. Volunteers are needed to help serve meals, for some carpentry work, at worship nights, to provide counselling services, mentor men and women and so much more!

Want to volunteer? Great! Contact Michael Towers at mtowers.shrm@gmail.com to let him know how you'd like to help out.

As we close this article, we leave you with a few words from the Souls Harbour website: "When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better." Anonymous.



Togetherness is that moment
when you're together
in happiness and joy,
may it be a special occasion
or just being together as a whole.

 Faith Nelson

SOULS HARBOUR
RESCUE MISSION

Program Contact Details:	
<p>SOUP KITCHEN Gerri Carroll Hope Centre 1836 Halifax Street Monday to Friday (4:00 pm – 7:00 pm) call 543-0011</p> <p>MEN'S TRANSITIONAL HOUSING 1836 Halifax Street – call 543-0011</p> <p>WOMEN'S EMERGENCY SHELTER 1610 Angus Street – call 543-0011 Monday – Sunday (7:00 am – 10:00 am and 5:00 pm – 10:00 pm each day)</p> <p>CLOTHING 'STORE' (Everything is free!) Gerri Carroll Hope Centre 1836 Halifax Street Noon to 3:00 pm, Monday to Thursday</p>	<p>AFFORDABLE HOUSING<ul style="list-style-type: none">• Cross Place – 1832 Halifax Street• Harbour House – 1610 Angus Street• Coming Soon: Forward House (youth housing!)</p> <p>GOOD NEWS CHAPEL 1380 Elphinstone Street</p> <p>LITTLE SOULS DAYCARE 1475 Athol Street Monday – Friday 7:00 am – 6:00 pm</p> <p>ZEIKE'S PLACE (Youth Centre) 1475 Athol St. Regina, SK</p>

'TIS THE SEASON

 Our purpose is to help others as they try to build a better life for themselves. 

We can't do this alone, and without the support of our volunteers and donors the task would be overwhelming. We need your help!

- Souls Harbour Rescue Mission

Did you know? Between 2009 and 2010, Souls Harbour Rescue Mission provided more than 6,300 nights of emergency shelter through its Men's Transitional Housing and its Women's Emergency Shelter!

dear auntie

Feuding with Neighbours

I recently spoke to a family who is in a feud with their neighbour. They had to call the authorities on a serious issue and now the neighbour is retaliating. That is a tough one. It is important to do your part to keep our community safe. But, you just never know how a person will react.

First of all, consider the seriousness of the offense. Is it affecting others such as noise or needles being thrown in yards? More serious offenses include criminal activity and child protection issues. If you feel comfortable, you could talk to others on your block. You may not be the only one making a complaint against your neighbour. How safe do you feel making a complaint? Be sure to tell the authorities if you don't feel safe and be prepared to take more precautions.



If you seem to be in a feud with your neighbour, here are some guidelines. Document everything. Write down every threat, every item thrown in your yard, every incident and when it occurred. Even if you can't prove it was them, just record it. There may be another neighbour experiencing similar things. Also, keep track of every contact with police, social services, mobile, etc.

Be the good guy. Don't retaliate. Don't get sucked into an argument with this person. Don't swear at them. Don't go around bad mouthing them. Just let them be the bad guy.

Focus on your self and your family. Try not to get sucked into an obsession with the wrong doings of your neighbour. Do what you can to avoid situations, minimize problems and prevent further incidents. Focus on what

Auntie says.....

“We have to decide what we are going to live with and what we won't live with.”

you have control over. You can't control your neighbour's behaviour.

We have to decide what we are going to live with and what we won't live with. If we turn a blind eye to graffiti, child abuse, drugs and violence, than we are saying that we accept these things in our community. No it's not easy to do the right thing. But let's do what we can to make even small changes.

Together, we can make our community a safer place to live.

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



by Olufunke Okochi

Regina Anti-Poverty Ministry (RAPM)
2330 Victoria Avenue
352-6386

Why the change in focus?

In conversation with RAPM's two staff members, **Peter Gilmer** and **Bonnie Morton**, we learned a bit more about what this organization does and why it does it.

There were already a number of charity-focused organizations in Regina in the 1990s but hardly any that helped to teach people their rights and responsibilities. As a result, RAPM was born to take the organization from a charity organization to one that is focused on social justice and advocacy.

Its three areas of focus are individual advocacy, public education and social justice

Through **individual advocacy**, the ministry provides support for low-income individuals and families, to help them receive their benefits and entitlements.

Sometimes people do not know what their entitlements, responsibilities or rights are. RAPM steps in to help them discover these. It also acts as a referral agency for individuals and families, helping to direct them to agencies and services where they can receive help for their immediate needs like food, clothing, shelter and furniture.

Through **public education**, RAPM helps to break myths about poverty, teaching the public that poverty is not a personal choice.

What do you get when you take individual advocacy, public education and social justice and add them all together? The Regina Anti-Poverty Ministry (RAPM), that's what!

Beginning in 1971 as the Regina Downtown Chaplaincy, this ministry served the needs of low-income communities in Regina. 1996 was declared the International Year for the Eradication of Poverty and in that year, the chaplaincy evolved to become RAPM, working towards ensuring people are treated fairly, and helping to make sure systems in our community work well for people.

RAPM is an outreach ministry of the Wascana Presbytery of the United Church of Canada and its overall aim is to eradicate poverty in our society.

“People sometimes have wrong notions of those who are on welfare,” said Peter. “Research has actually shown that 80 per cent of people on welfare are people who are disabled,” he added, supporting the point that poverty is not by choice.

RAPM holds public workshops on poverty and works with others to help change systems.

They also provide support for those dealing with issues and crises that are not advocacy or charity related. In all their casework they seek to uphold the dignity of those requesting help, maintaining strict confidentiality

Through **social justice**, RAPM is involved in anti-poverty research and lobbying as well as community consultation and consensus building around key issues.

Though they are not lawyers, Bonnie and Peter each have over 20 years experience in advocacy, supporting people and helping them discover their entitlements and rights.

Any success?

RAPM has a number of successes in its history. One example of this happened in 2005 when they were able to change government policy so that pregnant women who qualified could apply for, and be supported by welfare, instead of having to work in the government's transitional employment program.

How does all this work?

RAPM achieves its successes through pressure and public policy changes. Their changes start from the ground up, beginning with an Education and Proposals Committee and consulting with low-income earners and community organizations. The committee drafts proposals of what policy changes they would like to see. The proposals then go through RAPM's Board of Directors and are debated at the local presbytery. If approved at this level, they become the local presbytery's 'position' and are then taken to the Saskatchewan Conference of the UCC, where, if adopted, become the churches' official position. This is all necessary so they can move these forward and begin the lobbying process of putting pressure to effect policy changes in government.

Here are a few words from RAPM to consider:
“The existence of poverty is shameful; to be poor is not.”

Food for thought!

Everyone needs to be aware of systems that do not work in society, so changes can be made and poverty can be eradicated in our communities.



REACH R Healthy Store had its grand re-opening in November. The store carries groceries at very reasonable cost, less expensive than chain stores. In its convenient location on the 2nd floor of 1264 Athol Street (Albert Scott Community Centre) you can find:

- fresh fruit & vegetables
- bread
- eggs
- cheese
- yoghurt & milk
- frozen foods: meats, perogies, vegetables
- canned foods: fruit, vegetables, meat, soup, sauces
- dry goods: cereals, baking supplies, condiments, tea, popcorn, soup mixes, dried fruits
- other seasonal and specialty foods

REACH Executive Director Dana Folkersen was happy to launch the new expanded hours for the R Healthy Store. *"Spread the word. People who are in the neighbourhood, please let others know!"*

We need to thank the Urban Aboriginal Strategy, which is Indian and Northern Affairs, Government of Canada, the City of Regina gives us the space, and United Way of Regina helps with funding, as does the City.

And again, I'd like to thank the North Central Community Association and SEARCH because they have been promoting the new hours of the store and continue to do that. It truly is a joint, community endeavour."



Dana Folkersen, Executive Director of REACH, presents a gift fruit basket to Ryan, whose artwork was used for the calendar cover.

REACH has produced a 2011 calendar featuring the beautiful artwork of children. The calendar features recipes from local Regina sponsors with many offering coupons to their establishments. Calendars are \$10 each and make wonderful gifts while supporting a worthwhile cause.

REACH WEEKLY STORE HOURS:

Monday, Tuesday & Thursday: 11:30 - 3:30

Wednesday: 3:30 - 7:30

Friday, Saturday & Sunday: Closed

**2nd floor of 1264 Athol Street
(Albert Scott Community Centre)**

Ray VanDusen Receives Crime Prevention Award from International CPTED Association

Bison Communications

Former Regina police corporal Ray Van Dusen received a lifetime achievement award at the International CPTED conference in Calgary on October 19th. The International CPTED Association (ICA) recognized his efforts at introducing the CPTED concept in Canada and in service to the Canadian and international CPTED bodies. He is the Canadian director of the international body and is acknowledged as an expert in the field.

CPTED (pronounced "sep-ted") or Crime Prevention Through Environmental Design is a way to dissuade or reduce crime through the design of the physical environment in rural or urban settings. For example, proper lighting, enhanced visibility, and shrub placement can cut crime.

VanDusen was employed by the Regina Police Service for 26 years, during which he promoted crime prevention in the city, was a community liaison officer, and worked on inner-city problems such as sub-standard housing.

VanDusen is proud to have received this award, but notes that knowledge of the principles of CPTED is still lacking in many cities. He says: "CPTED is a simple concept. We need to build our environment so that it is more difficult for people to commit crimes. Crime does not usually occur in bright, active environments, such as busy downtowns."

In presenting the award, ICA noted that Ray continues to work in the field, despite his retirement from the police service. A recent medical problem had prevented him actively working on CPTED issues, but he will soon return to consulting with various jurisdictions on environmental design issues.

The ICA has over 400 members in 19 countries. This is the first time that the lifetime achievement award has been presented to a Canadian.

***Congratulations
Ray!***

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North Central Shared Facility

Together We're Building Our Community

Allen Lefebvre, Project Coordinator

The Fall of 2010 has brought renewed work on the North Central Shared Facility, the project proposed for the site of Scott Collegiate and the Albert Scott Community Centre. While funding and approvals are still being sought, the partners have continued to work on the program linkages that will allow the project to be truly successful in the long term. Elements of the project will be highlighted in the next several issues.

The concept for the North Central Shared Facility has been in development for what seems to be a very long time. By any measure this is a large and complex project, the result will be 200,000 square feet of space in a building that will occupy most of 2 city blocks. These types of projects take time to develop.

What can be expected as it moves ahead? Once final approvals for funding are obtained from all the organizations and governments involved, the first priority will be engaging the local architectural and engineering firms that will complete the design. The process for designing and tendering a building of this size and complexity is expected to take a year, with an additional 2 years for construction.

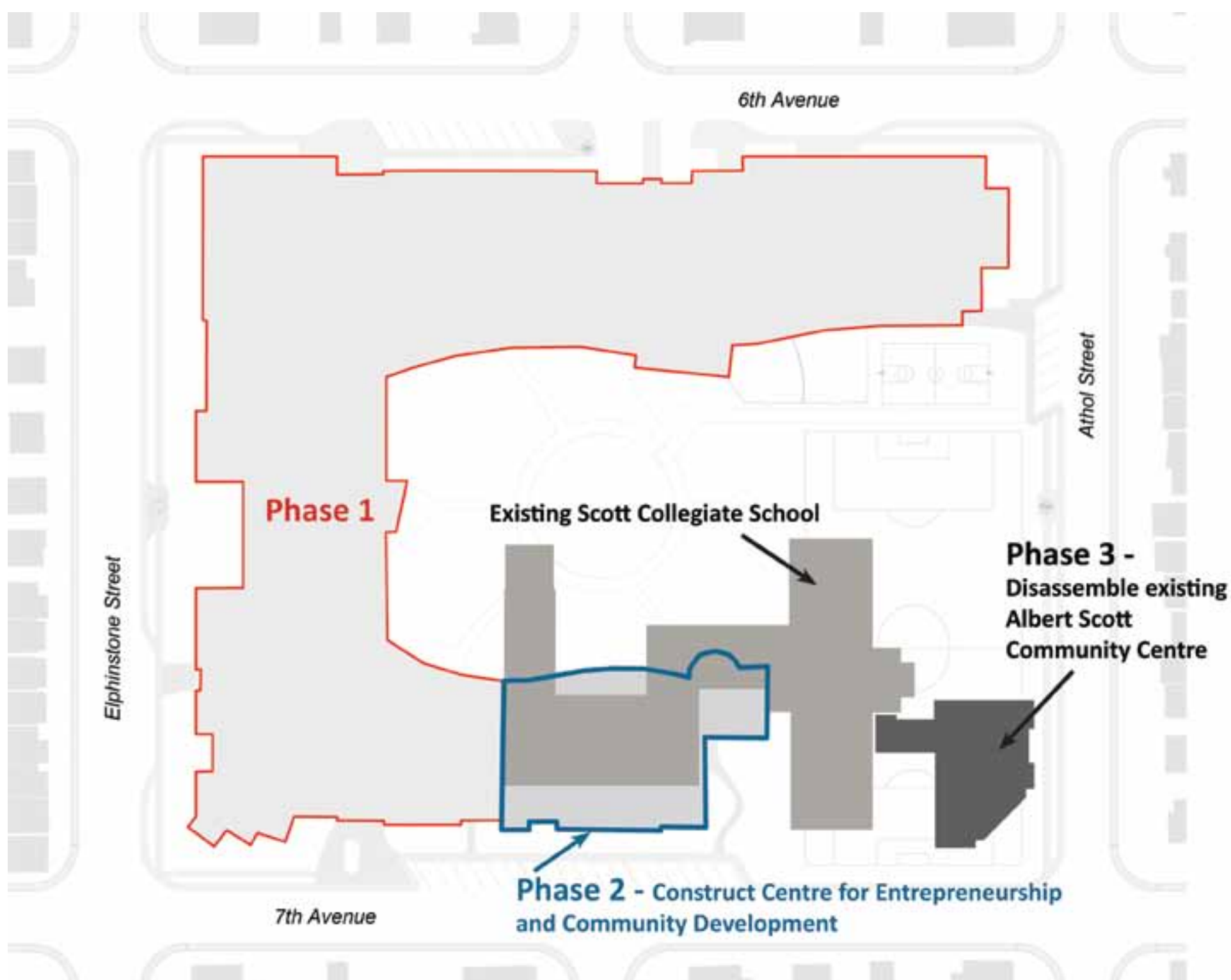
The construction phasing plan developed by Fielding and Nair International as part of the conceptual design in 2009 showed how the impact on existing organizations will be minimized. Scott Collegiate and all services in the Albert Scott Community Centre will remain fully operational throughout construction.

Phase 1 of construction will see the northern and eastern portions built first, this will include Scott Collegiate, gymnasiums and multi-purpose spaces, childcare areas, justice and policing services, and the Albert Branch of the Regina Public Library. Phase 2 work will include the de-construction of the existing Scott Collegiate buildings once students are moved into their new facilities, and the construction of the Centre for Entrepreneurship and Community Development to house community organizations, including those currently in the Albert Scott Community Centre. Phase 3 will involve the removal of the existing Community Centre and the completion of the outdoor playfields and landscaping.

To inquire further about the project, please visit www.northcentralsharedfacility.ca or contact Allen Lefebvre, Project Coordinator, at shared.facility@rbe.sk.ca.

Construction Phasing Plan

Designs by Fielding Nair International



Message from the Office

Another school year is underway and flying by! We are already approaching Christmas. It has been a busy school year thus far with sports events such as volleyball and cross country. Our students did a very good job of representing Scott Collegiate. I would like to take this opportunity to thank all of our students and staff for their hard work and dedication. Basketball started in November and students are encouraged to come out for Blues Basketball.

Our School Community Council also hosted a community feast that was well attended and a wonderful way to start the school year. The SCC is planning other activities throughout the year and is always looking for more parents to get involved. Information can be shared simply by calling Scott Collegiate.



Rod Allen
Principal

Students and teachers are busy in classes and many exciting excursions have taken place such as the grade 9s going to Fort Walsh, the grade 10s going to both Treaty 4 in Fort Qu'appelle and the Tipi Raising Ceremony at the First Nations University. Also, our grade 11/12 students spent time exploring Wanuskewin Heritage Park near Saskatoon.

Scott Collegiate has expanded its belief in project based interdisciplinary teaching that fits with Scott Collegiate's "Learning across the Community" model. This model aims to further engage students through relevant real life projects that showcase our community. Some of our past and present projects include hip hop, photo-journalism, film, and creating a culture room.



Mike Tomchuk
Vice-principal

Important Upcoming Events

- Dec. 1st Semester One 2nd Report Cards Issued
- Dec. 3rd PD/Staff Meeting – No School for Students
- Dec. 15th Sasktel Mentorship for participating students; 12 – 3 p.m.
- Dec. 17th Christmas Luncheon
- Dec. 22nd Last Day of School before Winter Break
- Jan. 6th Classes Resume
- Jan. 12th Sasktel Mentorship for participating students; 12 – 3 p.m.
- Jan. 25th & 26th Completion Days for Semester One
- Jan. 27th & 28th No School for Students
- Jan. 31st First Day of Semester Two; Semester One Final Report Cards Issued
- Feb. 11 Teachers' Convention – No School for Students
- Feb. 16th Sasktel Mentorship for participating students; 12 – 3 p.m.
- Feb 18th PD/Staff Meeting – No School for Students; Scott Community Council Round Dance
- Feb. 21st Family Day – No School

The Grade 9 Program at Scott Collegiate

The grade 9 program has had a great first few months! We have been very busy with in-class work as well as a lot of fun out of school activities. In September, we went on an overnight trip to Cypress Hills. This really helped us to come together as a group, teachers and students alike! In early October, we visited the Science Center to do a workshop called "Marsh Monsters" in which we got to examine the creatures that we found in the waters of Wascana Lake under microscopes. It is amazing to see what tiny creatures lurk in the beautiful lake. On another gorgeous October day, we worked with one of the Regina Public Schools Outdoor Education employees to do some compass work and geo-caching at A.E. Wilson Park. We got to learn some new skills and to enjoy nature.

goal is to learn more about the community of North Central, to explore the community and to meet people who live, work and volunteer within the community. We began our project by walking around North Central and taking pictures to include in a digital literacy project entitled, "How I See North Central." The students did a brilliant job with this assignment! We have already visited the Rainbow Youth Centre, we heard a talk from Lisa Workman on volunteerism in the community and we have a visit to the Four Directions Centre scheduled. We look forward to learning many new things about the wonderful opportunities that exist in North Central.

Wow, what a busy and exciting beginning to the school year! And to think, we are just getting started!!!

Erin Betson, Grade 9 teacher
at Scott Collegiate

Family means knowing
no matter how far away
you are, you'll always have
the support and love
from your family.
They'll always help you
through your journey of life,
no matter what.

Shelyn Oakes

Scott Collegiate's Grade 11 Photography Project – Sākēwē

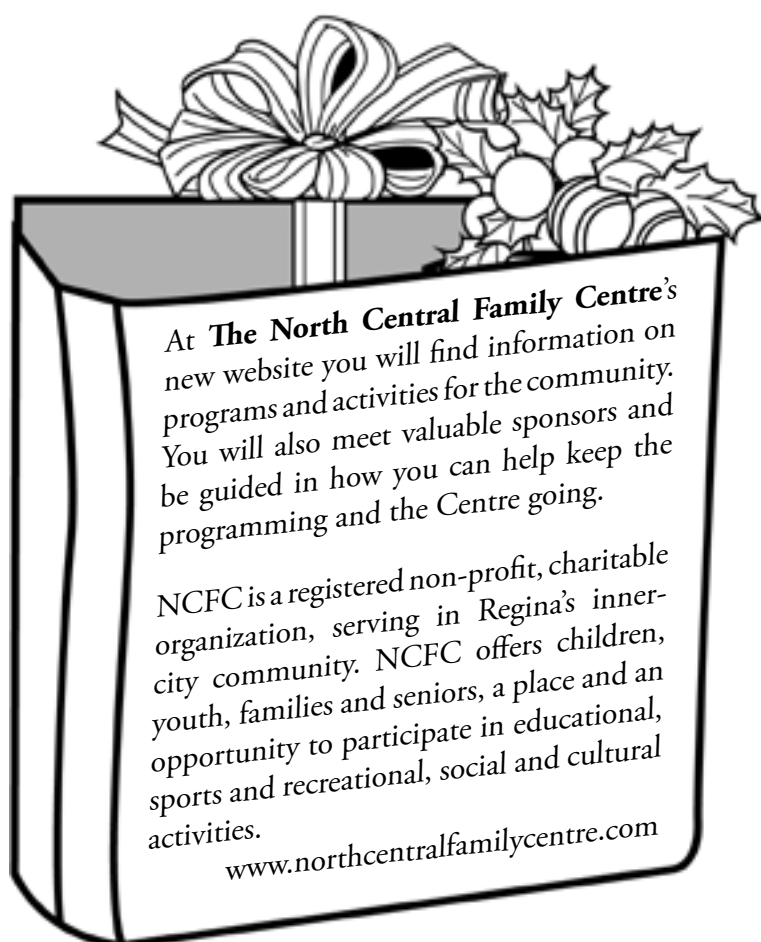
The grade elevens at Scott Collegiate are involved in a photography project that also has them working on credits in English Language Arts 20, Native Studies 20, and Media Studies 20. They have named their project Sākēwē which is a Cree word that means "to come into view". This semester they are busy taking pictures and completing required assignments. Next semester, they will be starting new classes in the project and putting together a photojournalism exhibit.

Togetherness means
happiness.

Manny Bear



- Pictured from left to right are:
- Nakota Sparvier
 - Brittany Sayer
 - Tamara Benjoe
 - Feona Fourhorns
 - Constance Kaiswatum
 - Kassandra Watcheston
 - Chloe Goodwill
 - Chastity Benjoe
 - Shania Obey
 - Gabrielle Bird
 - Shiana Starblanket
 - Jordan Harder-Cyre
 - Keegan Francis

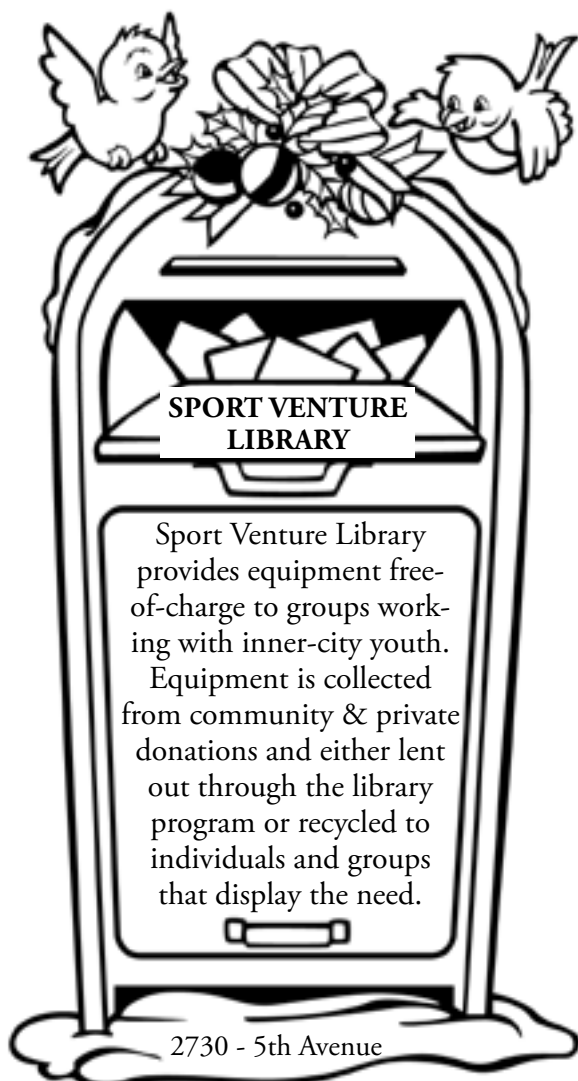


This is but a small sampling of the amazing organizations in our neighbourhood - North Central Regina. These agencies have offered so many services, none of it possible without the dedication of volunteers. But there is always room for more. If you were thinking of ways to give back to your neighbourhood, consider volunteering or donating to one, or more, of these hard-working groups. To the staff who keep programs running and to the existing bank of valuable volunteers - the best of the season to you. Rest up. We need you!



Family means nobody gets left behind or forgotten.

✧ Rychel Adams



There are numerous opportunities to volunteer with the Ehrlo Sport Venture Programs through soccer, touch football, basketball and hockey leagues as well as the Sport Venture Library and the Dress-a-Champion program.

Contact:
 Laura Logan
 Manager, Ehrlo Sport Venture Programs
 Ph: 751-2411
 Email: sportventure@ranchehrlo.ca

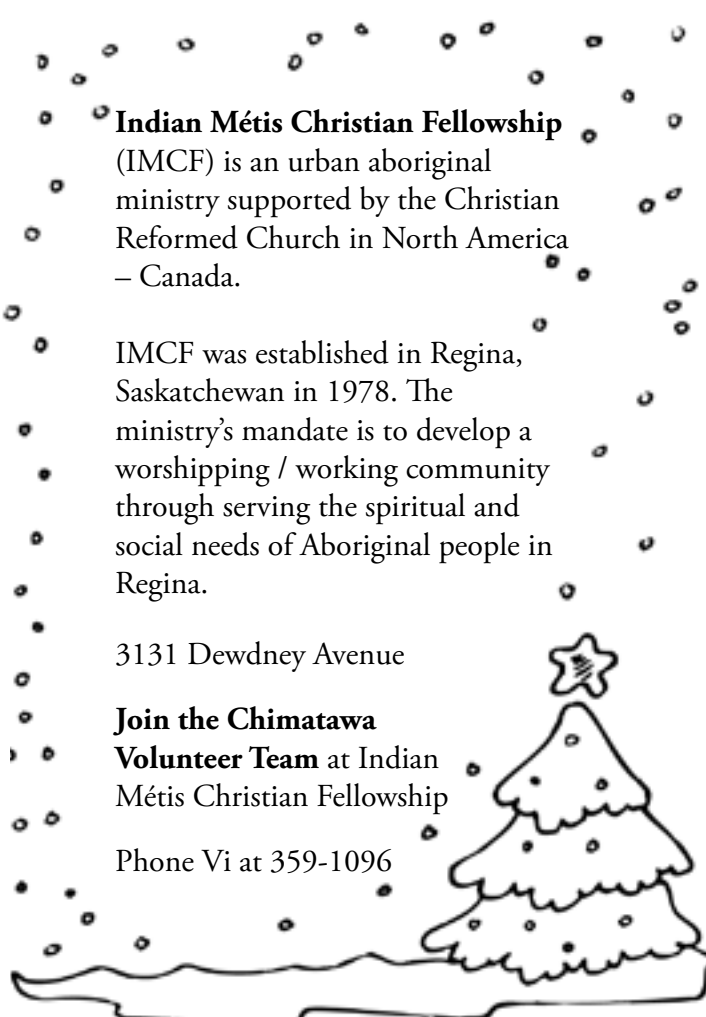
Indian Métis Christian Fellowship (IMCF) is an urban aboriginal ministry supported by the Christian Reformed Church in North America - Canada.

IMCF was established in Regina, Saskatchewan in 1978. The ministry's mandate is to develop a worshipping / working community through serving the spiritual and social needs of Aboriginal people in Regina.

3131 Dewdney Avenue

Join the Chimatawa Volunteer Team at Indian Métis Christian Fellowship

Phone Vi at 359-1096



Greetings

Project People is a network of volunteers, donors and resources to help those who are homeless or at risk of being homeless in Regina.

Project People is willing to come speak to your church, school, service group, staff, or any group about homelessness and Project People. Call: 533-5117.

We need volunteers for our projects!

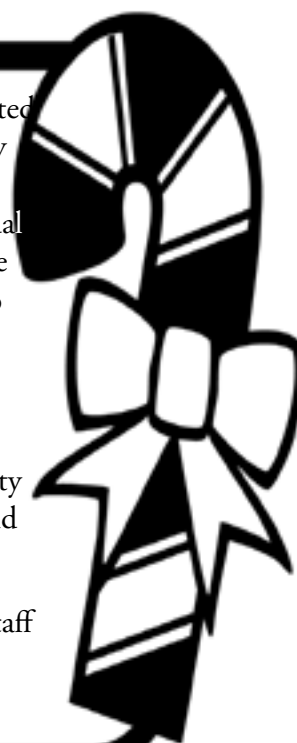
Lisa Workman, Volunteer Coordinator
 Project People
 Info Call: 533-5117
 Gmail: reginapeople@gmail.com
 Website: sites.google.com/site/reginapeople

Four Directions Community Health Centre located at 5th and Elphinstone promotes individual, family and community health and wellness. It provides healing, inclusive of all people, honouring individual uniqueness, meeting community needs through the use of the Medicine Wheel and holistic practices to help people get, and stay, healthy.

Community residents are actively involved in decisions about the programs and services that will meet their needs. Staff work closely with community residents who act as advisors, leaders, volunteers and partners.

Involvement of community Elders, residents and staff have brought a distinct Aboriginal character to the Four Directions Community Health Centre.

Four Directions ph: 766-7540 needs children's books desperately. We also collect baby clothes at all times





They Came, They Sawed, They Conquered!

Mountie House latest Habitat for Humanity Build in North Central

photos by Jan Morier

Every Mountie across Canada identifies with our Strategic goal of “safe homes and safe communities” and we all strive to make this a reality.

This “Mountie House” project will allow us at Depot Division to truly make a difference in the lives of a Regina family as they work towards achieving their dream of owning their own home.

I am very fortunate in that I was part of the first Mountie House that was built in Ottawa in 2005. I personally know how rewarding it can be to see a project such as this come to fruition. Not only does the build have a positive impact on the lives of the family that takes ownership but also on all those who volunteer.

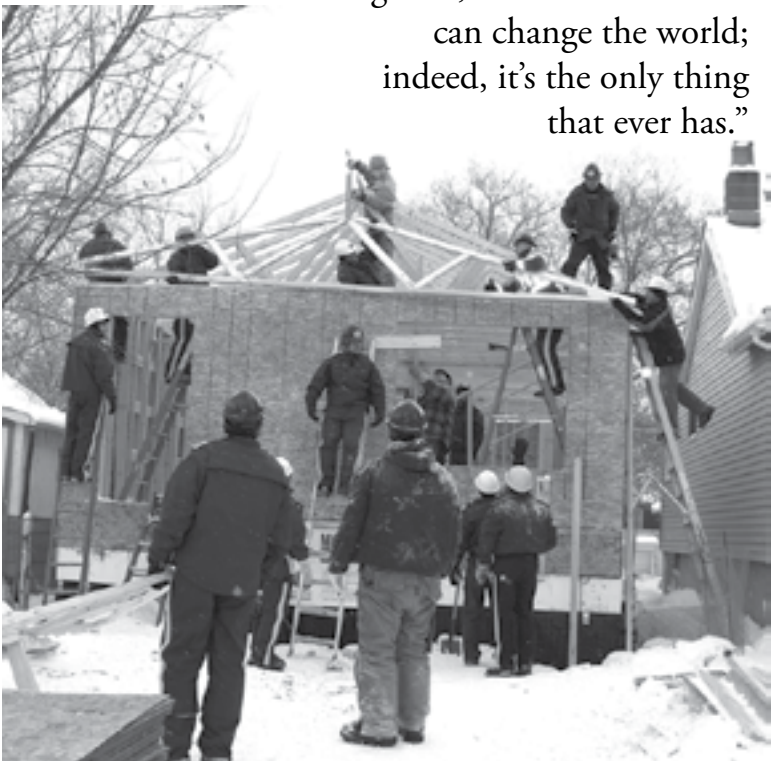
Habitat for Humanity is world renown and by leveraging our combined resources, we can and will effect a positive and lasting change in our community.

But it shouldn't stop here! I now challenge past, present, and future Mounties to become involved and to help build a Mountie House in their communities. As Dr. Samuel Johnson once said, “to be happy at home is the ultimate result of all ambition”.

Depot, Home of the Mounties, building homes, building hope

Assistant Commissioner
Roger Brown
Commanding Officer
Depot Division

In the words of Margaret Mead,
“Never doubt that a small group of
thoughtful, committed citizens
can change the world;
indeed, it's the only thing
that ever has.”



Rick Mercer (Rick Mercer Report) joined the work crew on November 20 & 21, bringing his warmth to a chilly Regina.



Here in Regina, home of the Mounties, a working family who is unwilling to go backwards, unable to go forward, will receive a hand up and realize the dream of home ownership.

Poverty steals the life of a family, the hope and dreams parents have for their children. It robs them of hope for a better future and it is a vicious cycle. Home ownership breaks that cycle.

Winston Churchill said it well, “We make a living by what we do, but we make a life by what we give.”

Thank you RCMP “Depot” Division, for what you have done, what you are doing, and what you will continue to do. Together, we can change lives and make dreams come true.

Dennis Coutts
CEO, Habitat for Humanity Regina Inc.



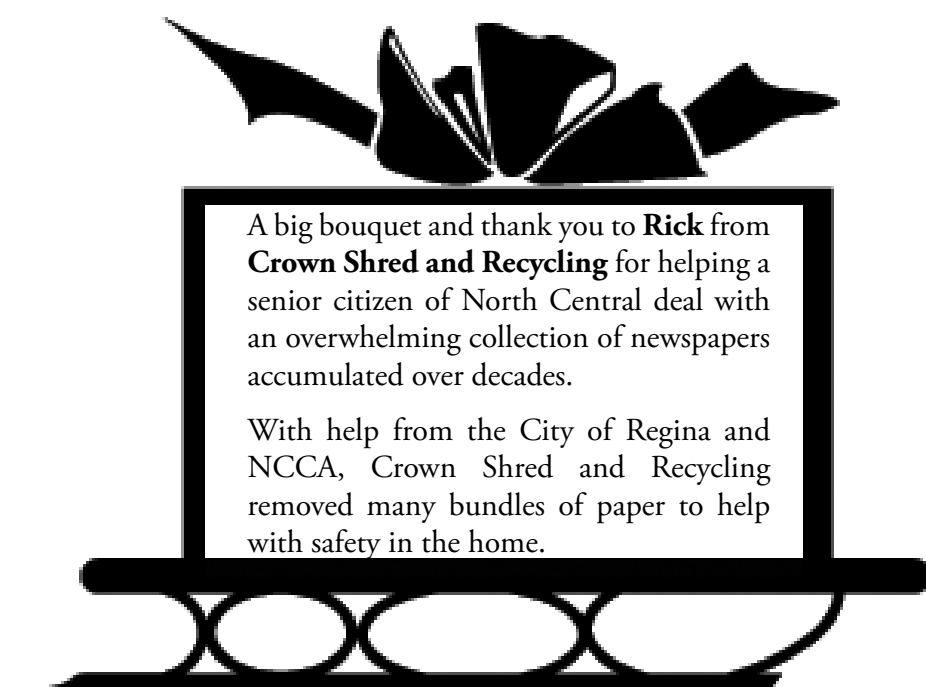
Letter to the Editor

Thanks Sharon Brown for your letter to the Editor in the Oct. North Central Community paper over concerns for the trash bins in the back alley and the making of our streets and back alleys what they are.

Shame on the city. Other parts of Regina would not tolerate this. I think Mr. Murray should take some pride in North Central and speak up. I have been a resident for over fifty years and have yet to see any work done to improve streets and sidewalks where I live on Montague St. I keep hoping.

Helen Mozel

North Central Regina



A big bouquet and thank you to **Rick** from **Crown Shred and Recycling** for helping a senior citizen of North Central deal with an overwhelming collection of newspapers accumulated over decades.

With help from the City of Regina and NCCA, Crown Shred and Recycling removed many bundles of paper to help with safety in the home.

Community Calendar

Photo Exhibit of North Central

documented on *Community Connections - University of Regina Blog*

History professor and photographer **Philip Charrier** wanted to know more about North Central, a place heralded by Maclean's Magazine as the worst neighbourhood in Canada and a place thousands call home.

For more than a year he took his camera into the neighbourhood and asked residents if they would be willing to let him take their portrait. The result is a stunning collection of photographs now open to the public at the North Central Community Association.

The exhibition will be accessible to visitors Mon. to Thurs. from 8:30 a.m. to 4 p.m. (Fri. 8:30 a.m. to noon) until May, 2011.

Read an interview with Philip Charrier on the University of Regina's Your Blog

<http://www2.uregina.ca/yourblog/?p=406>

Creative Connections Art Class for adults with Disabilities. Every Tuesday 2:00 - 4:00 p.m. and Saturday 3:00 to 5:00 p.m. at Albert Scott Community Centre.

All adults with a disability are welcome.

For more information, call North Central Community Association at 791-9888.

HIRE A NEIGHBOUR

Do you need your snow shovelled, light housekeeping or other home maintenance?

If you are looking to make some extra money, call the NCCA office to become a registered worker or to place a work order (handled by the North Central Community Association).

For more information call NCCA at 791-9888



Community Coffee House Conversations on Housing and Homelessness: The Face of Homelessness in Regina (held on Sept. 29) German Club, 1727 St. John Street Registration is Free

Upcoming Conversations: (Locations TBA)
What are the solutions? **Jan. 26, 2011**, 1:00 pm - 5:00 pm

What are the public and private sector policies for housing and services that need to be addressed? **Mar. 30, 2011**, 1:00 pm - 5:00 pm

The goals of the coffee house conversations are to increase public awareness and to develop collaborative community responses to housing and homelessness in Regina.

Sponsored by the Regina Urban Aboriginal Strategy To register free please contact: Cora Sellers at: corasellers@hotmail.com

Editorial

'Tis the season for joy - but it can be a stressful season too.

Christmas has always been an uneven time of year. Overindulgence in food, drink and decorating is never without consequences. Every year high expectations clash with disappointment. The media and the large corporations they represent feed the hype. Truth is: not everybody is in a position to enjoy Christmas.

Followed by Christmas is that New Year's Eve phenomenon, where we ponder a resolution to quit smoking or drinking or take up a diet and exercise regime. All excellent causes and worthy of your time and attention. It will only result in better health and energy!

What about your community? Is it worth some effort on your part to invest your time in a North Central organization for the health and dynamics of our neighbourhood?

Most of us can share the gift of our time. In this issue you'll find a number of community-based agencies that could use your support at this time of year and all year 'round. Please take the time to shop through this catalogue of gift-giving ideas and consider volunteering your time. It's a gift that is 'returned' manifold!

At the very least, give the gift of responsibility to your property and those who need to get access to your property. Shovel your sidewalk and the public sidewalk in front of your home. North Central is peopled by pedestrians and those who work daily in the door-to-door delivery of mail or newspapers. Have the 'presents' of mind to accommodate parents with strollers, those in wheelchairs or with walking aids, people who are running for a bus, even dedicated dog-walkers. If you know a neighbour who cannot wield a shovel, why not give the gift of the 'snow angel' and do it for them?

To my North Central friends and neighbours - may you find peace and share the joy of giving this holiday season.

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

Deadline for Feb. issue: JANUARY 14, 2011

The Regina Aboriginal Professionals Association (RAPA) invites you - Thurs., December 9th for an evening of great networking, food and entertainment. It's your opportunity to meet First Nations and Métis professionals from a variety of backgrounds (human resources, marketing, sales, Crowns, government, health care, private industry, etc.) Whether you're looking to make contacts in pursuit of a new job, broaden your community network, or to make new friends, this event is the place to be. Proceeds support the Adopt-A-Family for Christmas Campaign.

- Tickets: \$20 for members, \$25 for non-members, \$250 corporate table for 8.
- Promote your organization/company by donating a Door Prize!
- Memberships available for purchase at the door.

RAPA Annual General Meeting: nominations for new Board Members will be accepted from the floor. Candidates need a first motion and seconder (cannot self-nominate).

For more information about RAPA, visit <http://www.rapanetwork.ca/>

Togetherness
Days spent and bonded with
as a family or a couple
- a day such as Christmas
when everyone comes together.

 Justin Kinequon

Seeking Funds for Cancer Victim

This past October I, Marie Moldovan, a resident of the North Central community, set up a Halloween display dedicated to my mother, Wendy Moldovan, a Stage 4 colon cancer patient. Everyone was welcome to see the display and meet Bacon “Regina’s controversial potbelly pig”. I had set up this display to try and raise funds for my mother to have treatment and surgery at the Mayo Clinic. I have been trying to do everything I can think of to help my mom. I love my mom and want to get her the help she needs. I am bombarding the health ministry and other related organizations with requests for aid. I don’t want mom to be one of those people who falls through the cracks of the system.

Here in Saskatchewan some of these treatments are not available. So my only

choice is to sell everything of value (our home, motor home, boat etc.) but we are having limited success. The other possibility is to ask for donations.

Our family would like to thank you for your kind donations to pay for the needed treatments available in the US at the Mayo Clinic. We have sent a written request to the clinic for costs and payment options.

<http://stage2coloncancer.blogspot.com/>
<http://pleasehelpmymom.blogspot.com/>

We will be having a **Steak Night** at the **Last Straw to raise funds for my mother January 8, 2011. Ticket Price \$20.00**

E-mail: marie_moldovan@hotmail.com
or phone (306)525-4540

To me, family means unity,
acceptance, and everlasting love.
Whenever I visit with my family,
I never want to leave

Rebecca Strongeagle

People you can count on for help
& support, people who will always
care for you unconditionally -
that’s what family means to me.

Feona Fourhorns

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:

Allen Lefebvre Marie Moldovan
Jan Morier Olufunke Okochi
Life & Home Improvement Lifeskills
Program participants
Students 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
FEBRUARY ISSUE
January 14, 2011

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.



www.nccaregina.ca

NCCA Board of Directors

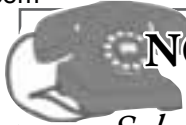
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NORTH CENTRAL PHONE LIST

Schools

Albert Community School.....	791-8539
Kitchener Community School.....	791-8516
Sacred Heart Community School.....	791-7290
Scott Collegiate.....	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 Métis 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
Newo Yotina Friendship Centre	525-5042
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.	205-7355
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
SEARCH	551-3366
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
Transitions to Trades	791-9530
Welfare Rights Centre	757-3521
Women of the Dawn	791-6504
YWCA of Regina	757-9622

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

NORTH CENTRAL COMMUNITY GARDENS

Help Yourself!

JOIN OUR CHRISTMAS

Evergreen awarded North Central Community Association \$7,219. to be used for the North Central Community Gardens!

From June 3 to July 4, 2010 The Home Depot retail locations across Canada participated in the "Buy a Hammer, Build our Community" Campaign. The Home Depot stores in Ontario North, Saskatchewan, Manitoba, Cranbrook and Toronto North chose to support Evergreen through this program by selling "Paper Hammers" for \$2 each and donating the proceeds to Evergreen.

REGINA PLAINS MUSEUM

2nd Floor - 1835 Scarth St.
(above Gilmours)
PH: 780-9435

Hours: Monday - 1 to 4
Tues. to Fri. - 10 to 4

CELEBRATING Regina Neighbourhoods & HISTORY

North Central Warehouse Distr. 'Germantown' now Heritage Distr.



Groups, please book in advance
FREE ADMISSION
(Donations Appreciated)



5th Avenue & Elphinstone St.
c. 1970s

TRANSITION TO TRADES Central Community Association

NEED A GOOD JOB?

WHAT WE WANT:

- Age 18-30
- Motivated
- Reliable
- Unemployed
- Grade 10 min
- Desire to Work Construction

TRANSITION TO TRADES

Start Date: Oct 12/10
16-23 Weeks Full-Time
APPLY NOW!
1459 Retallack St
Ph #791-9530

WHAT YOU WANT:

- Certificates
- Construction Experience
- Life Skills
- Work Gear
- Power Tools
- Team Work
- Income

WHAT YOU WANT:

"It is Christmas in the heart that puts Christmas in the air."
- W. T. Ellis

I wish a wonderful festive season to you and your family, and all the best for 2011!

Warren

Warren McCall, MLA • Regina Elphinstone-Centre
2900 5th Ave • 352-2002 • warren.mccall@sasktel.net

Family means a lot to me.
They are always there to give me the
comfort and support
when I need it.
I'm glad I have a loving family
because some people out there
don't have one.

— Eugene Spencer

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