

Wealth in North Central Edition

Many diverse agencies from North Central and Regina provide an array of programs and services that aim to improve the quality of individual, family and community life of neighbourhood residents. These organizations share common interests such as the effectiveness of their program efforts and the long-term development of the North Central community.



For several years North Central serving agencies have recognized the inherent value of sharing information, supporting one another, both personally and professionally, and in co-operating on projects and events. The "Together Now" interagency forum grew from the need to work together. The network is a continuous and organized effort to create synergies among many diverse players in human services. The network exists to maximize community benefits and strengthen community. Network participants believe good things happen when people think, talk,

organize and act together to share ideas and efforts.

The Together Now Interagency Network aims to gather and connect many community-based agencies and government organizations. Network gatherings and committees also welcome the participation of concerned citizens. The Network is built upon the principles of inclusive community development, voluntary participation in networking, sharing of leadership responsibilities when required and encouraging co-operative and collaborative social action.

The Network will hold Interagency gatherings up to 4 or more times per year, at least quarterly. The gatherings are ad-hoc and inclusive in nature - that is, whoever is able to attend is welcome to attend. There is chance to share current information and to hear a guest presentation about particular community and human service topics. Participants are encouraged to bring and distribute printed information to foster strategic partnerships and co-operation.

PARTICIPATION AND NETWORKING

Agency participation in the "Together Now" Network is voluntary and this is a fundamental principle of the Network that is a notable strength. Participation is open and inclusive to anyone who wishes to join in gatherings, committees, projects or events. It is assumed participant agencies have a strong interest in serving North Central individuals, families and groups.

TOGETHER NOW

interagency forum

Testimonials - Together Now Interagency:

"Networking through the Together Now Interagency is a great way to let inner-city residents know that the Canadian Red Cross delivers several programs designed to improve the quality of their lives, and is here to help when personal disasters - such as house fires - strike. Through the Together Now Interagency, we are also able to discover and understand the needs of many members - including the North Central Family Centre where we now provide Babysitting Courses to enhance the basic skills adolescents require to care for themselves, siblings and children in their care."

Dee Friday, Regina/Aboriginal Outreach
Co-ordinator
Canadian Red Cross
100-2050 Cornwall Street
Regina
721-1600
www.redcross.ca

"Amazing group - networking and building capacity while saving money. It just doesn't get any better!"

Leona Quewezance
Program Director
All Nations Hope
2735 5th Avenue
Phone: 306.924.8424
www.allnationshope.ca

"It has been a great opportunity to share with other agencies the work Souls Harbour Rescue Mission is doing in our existing facilities as well as our new daycare and youth centre opening in 2010. I have also appreciated the chance to network with staff from other agencies, and we have been able to work together as a result."

Paula Katzberg
Campus Manager
Souls Harbour RESCUE Mission
www.soulsharbourrescuemission.org/

Without
community service,
we would not have a
strong quality of life.
It's important to the
person who serves
as well as the recipient.
It's the way in which
we ourselves
GROW and DEVELOP.

 DOROTHY HEIGHT
AMERICAN ACTIVIST

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PROSPER

by Alvin Deegan '08

Gaining humanity to stay true to me
 So I can spread unity in my community
 Not the scrutiny of stupidity, I don't want to burn
 at the stakes
 So I learn from my mistakes and what used to be
 Now I'm stepping up, you can see the firm on my face
 'Cause it's my turn at the plate, in this room of peace
 I want to ease my heartaches and earn what I make
 My sacrifice is a fact in life and I grasp it tight
 Carrying this torch and I'm willing to pass the light
 Because I realize I don't have to fight by uniting the red
 with the black and white
 This is not the 'new me', it's the 'true me'
 And I've always been, doing my duty
 Getting rid of the ugly and embracing the beauty
 My brothers sharing their experience, I'm hearing them
 So I don't have to experiment
 For a number of years, I was running on fear
 But I now know that emotion is false so my face is
 running with tears
 It seemed my fate was hate and now everything is
 coming so clear
 When I'm in the circle, I feel it disappear
 My connection with depression was a large amount
 And my permission with submission put me
 down for the count
 But I'm like a ball so you know I'll bounce
 And the Leo in me is ready to pounce like Simba
 So heed the lumberjack's warning, TIMBER!!!
 The negativity made me weak so it's strength that I seek
 I want to praise the Creator and give thanks for the peace
 that dwells inside me...

Dream Brokers

IN NORTH CENTRAL

by Jan Morier

The Dream Brokers program in North Central offers great fortunes of hope! Launched in 2006 as a legacy project to the Summer Games, Dream Brokers is a unique program for youth living in the inner city. It aims to give children a level playing field, art studio or music room! The Dream Brokers serve to eliminate any barriers standing between youngsters and their dreams. Being a Dream Broker is a dream job for Garrett Mathiason who has been involved since 2006. He was hired to start the program at Herchmer School until its closure in 2008, at which time he moved to Wascana Community School.

Garrett explains how he surveys classrooms to get a feel for the students' interests. Some available programs are offered at schools to save costs of transportation. For sporting activities for qualifying kids, Dream Brokers collaborate with KidSport Saskatchewan. Garrett assists parents or social workers in filing out forms for children in their care, and he educates caregivers as to what resources are available.

Counsel is given to individual students to pursue programming or lessons outside school. Interest and accessibility seems to gear more to sports where more offerings

are in place. Sometimes in cultural programs, such as beading or powwow dance, programs begin but may not return. For a popular set of existing art classes, at the Neil Balkwill for example, Dream Brokers register students and purchase supplies. In all cases, students' skills are matched with opportunity. The pairing up can be geared to individual students who shine. An anonymous donor assists with a taxi account for individual youth to get to classes.

The Dream Brokers have definitely observed increased self-esteem in the student body over the 3 years of the program. Garrett explains "It's gratifying to watch kids come to realize their own skills. Success depends on their willingness to trust their skills and how they're matched. These improved skills and self-esteem build identity and character". Garrett has watched a group of 7-8 who has consistently been involved with the program since day one. Garrett contemplates his favourite example of the success of Dream Brokers and believes the girls involved in the popular gymnastics program have shown a positive progress. Coaches have identified some students as being skilled enough to join a competitive program. The youth have

IN THE EYE OF THE STORM

by Alvin Deegan '08

Trying to end my deadly ways
 So I educate to find peace and meditate
 Concentrate on this fiery element
 Demonstrate because it's clearly
 development
 The rage within burns at my intelligence
 But I refuse to go where felons went
 So I ask my saviour
 "How do I get rid of this bad behaviour?"
 "Cause it's crime I'm against"
 "Turning my back to strangers
 whose path is danger"
 I was told to pray, a powerful line of
 defense
 Seen the signs of the end
 So I cherish and relish my time that I've
 spent
 Prayed so hard so tears ran down my
 cheeks
 My plan's now to speak and not bottle up

'Cause a lot of stuff like my dreams will
 get swallowed up
 Prayed for my enemies and all my
 painful memories
 Prayed for positive energy and for a cure
 or remedy
 Prayed for the friends I see,
 Whose frustrations seem to stretch
 throughout for centuries
 Prayed for the smudgings, sweats, and
 fasts, my traditional identity
 Prayed for my emotions, my regrets and
 wrath so I can switch with serenity
 Prayed for the deceased, who left and
 passed
 Prayed for my healing, my dealings
 with feelings
 There's a question I awake to each
 morning
 The question is...

The sun is shining, do I let the storm in?

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

Left to right: Ryan McKay, Patti Pelletier, Paris Campre, Darcy Gamble, Madisson Gamble, Peter Papequash involved with OHL (Outdoor Hockey League) and they were chosen to be the first to use the new rinks at the Co-operators Centre (new arenas at Evraz Place) on December 17th, 2009

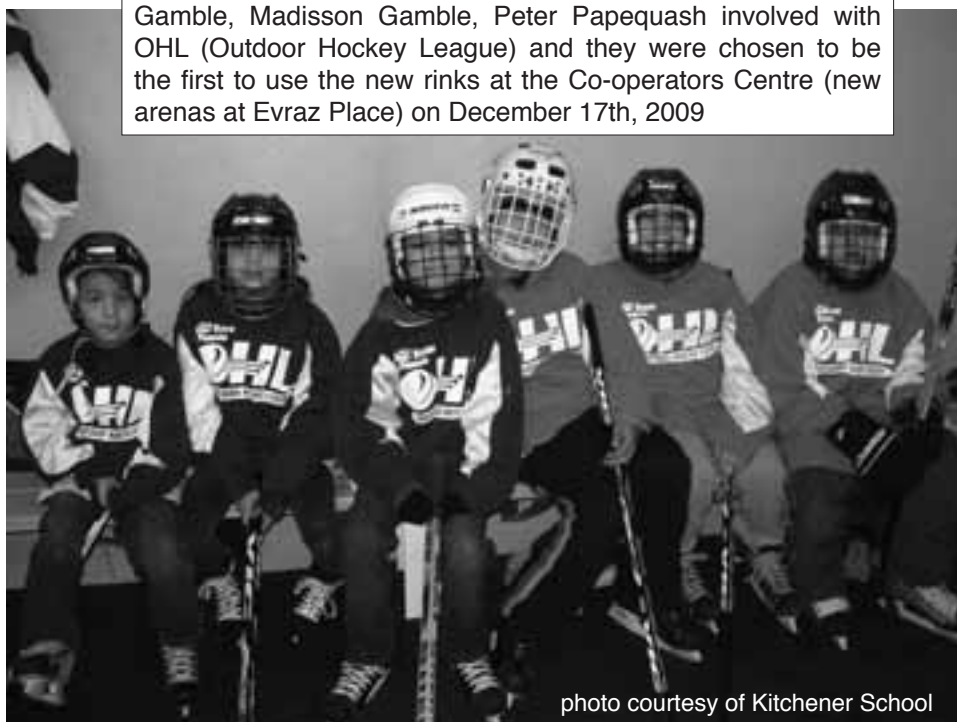


photo courtesy of Kitchener School

demonstrated their commitment by investing in practice. Regina Community Basketball program is another successful match. Students enter into and are motivated to continue to be more involved.

Sabrina Coté-Brooks is a Dream Broker at Sacred Heart School. She is a graduate of Scott Collegiate and says "I love working with and learning from our youth. I believe there is a lot to learn from them if we as adults open our eyes and listen." Sarah Honeysett is taking on Sabrina's duties while she is on mat leave. Shana Cardinal makes dreams happen at Kitchener School.

The program began as a 4-year legacy project, due to end this June 30. What does the future hold for Dream Brokers? Joe Daniels, Aboriginal Sport Development, Manager for SaskSport is optimistic. "We are working on a funding framework for the program to continue past June 2010. It is anticipated that 3 more years of funding will be secured to continue the Dream Broker Program".

There is great wealth in the power of dreams.

Dream Brokers Team: City of Regina, Regina 2005 Jeux du Canada Games, Sask Sport, Regina Public Schools, Regina Catholic Schools



Have you ever wanted to act or be involved behind the scenes? Do you sing or dance in front of your mirror wishing to be on stage?

Want to tell Your Story? Have your voice heard? NOW is your opportunity!

ANHTA is proud to be facilitating a variety of artistic workshops which resumed in January, until the performance on March 31st.

‘All nations Healin’ thru Artz Inc.’ is a non-profit after school multi-disciplinary arts organization that links professional artists with at-risk youth and young adults in variety of workshops.

ANHTA also provides elders and motivational speakers from the community to participate in workshops to offer moral support for those youth who are struggling.

Registration is FREE for those aged 13-29 interested in the following categories:

- * Script development/Creative writing
- * Acting/improv
- * Visual & graffiti art
- * Hip hop & choreographed dance ~ facilitated by certified professional artists in a safety-approved dance studio.

Our rehearsal space right now is held at 1355 Albert Street (use back entrance) every Tuesday, Wednesday and Friday!

Supper is provided from 5:00 – 5:30 pm followed by a **Sharing Circle** from 5:30 – 6:00 pm. **Workshops** from 6:00 pm - 9:00 pm

The more after school programming made available to the youth, the better off the community will be.

Just watching recent events unfolding in North Central Regina over the past months – it’s obvious that there is a disconnect between our young people and their sense of belonging in the community.



Dysfunction is learned at a young age, and some youth are safer on the streets having a false sense of belonging in a gang. Some youth are lost in the judicial system; falling through the cracks, substance abuse or desperately searching for a family connection. Some predators luring these vulnerable youth are older siblings, relatives or extended family members that have not been brought up in a positive family way.

And as a result we have multi generational dysfunction as learned and accepted behaviors.

All Nations Healin’ Thru Artz acts as a platform to advocate the hidden issues some youth/young adults face within their inner city communities. ANHTA aims to promote change and influence opinions, thoughts, direction and general ignorance towards a better awareness and understanding.

All Nations youth group gives a voice to the otherwise voiceless; a face to the faceless; and an opportunity to change perceptions.

When you see the youth perform and the momentum it brings, we hope to inspire personal interest and create a selfless desire to help promote change in our most vulnerable communities.

Inquire how you too can contribute. Ask yourself “How can I assist or volunteer to promote healthier families and lifestyles?”

Ms.Monica Fogel
GM of Artistic Programming
205-1477 anhta2009@hotmail.com

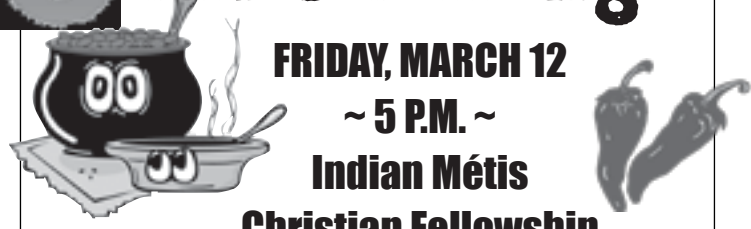
I’m so poor I can’t even pay attention.. Ron Kittle, 1987

2009 Trophy for the Chimatawa Chili Challenge. Who will take the prize this year?



2010 CHIMATAWA YOUTH

Chili Challenge



FRIDAY, MARCH 12
~ 5 P.M. ~
Indian Métis
Christian Fellowship
3131 Dewdney Ave.

Registration & fee required for youth groups

For information and to register
call Betty at IMCF Ph: 359-1096

dear auntie WHY ARGUE?

Sure, there are times when you need to stand up for yourself. But, for the most part, we tend to argue for the sake of arguing. Many times, we just want to be right. This kind of bickering can waste time and hurts relationships.

For example, you tell a friend to meet you at 2 p.m. and they tell you that you told them 2:30 p.m. So you argue, get mad, start calling names and someone's feelings get hurt.

It is obviously a simple mix up. Does it matter who is at fault? Is it worth a heated discussion? What would happen if you simply let it go?

Sometimes an argument about one thing can bring up past disagreements. You argue about the lights being left on and then pretty soon you are bringing up the time in high school when the other person copied your homework assignments. And it goes on and on.

Why would you want to spend the quality time that you have with your loved one constantly arguing?

Choose your battles – stand up for yourself when your wellbeing is at stake. For example, say “no” when you are too tired or busy.

Be assertive, not aggressive – simply state what you need or what your position is on the issue without

attacking the other person or their position. For example, “I need you to help with the baby more by taking a turn changing her or feeding her.” Instead of: “You better shape up or else!”

Don't get sucked into an argument – just keep repeating the same response and the other person will have no choice but to drop it.

Think win win – look for ways that both you and the other person come out winning instead of one winner and one loser.



Stay in the present – focus on finding a solution to the issue. Don't think about all of the other times the issue or other issues came up.

So, I was thinking that what this newspaper needs is an advice column. I am proposing “Dear Auntie”. I will be happy to answer letters from the community. I am a certified life skills coach. I hope to keep it light hearted and simple. I will avoid letters that are too personal or too pessimistic. I will be doing this on my own behalf, as a private citizen. Therefore, I will remain anonymous.

Submit your letters to:

“Dear Auntie”

North Central

Community Connection

1264 Athol St. (2nd floor)

Regina, S4T

or e-mail to:

marketing@northcentralregina.ca

The real measure of
your wealth
is how much
you'd be worth
if you lost
all your money.

Author Unknown

SEARCH

Student Energy in Action for Regina Community Health

by TaraLee Houston

SEARCH is a student-run interdisciplinary health care initiative situated in the North Central Community of Regina. This student-run initiative provides access to clinical and social services in an after hours clinical setting. SEARCH is a non-profit organization and we are supported by the Saskatchewan Ministry of Health, the Regina Qu'Appelle Health Region, the Four Directions Community Health Centre, the North Central Community Association, the University of Regina, the University of Saskatchewan, the First Nations University of Canada, and the Saskatchewan Institute of Applied Science and Technology.

Students representing many disciplines are involved in SEARCH including; nursing, medicine, social work, health studies, kinesiology, clinical psychology, education, dental hygiene, physical therapy, human justice, Arts & Science and others.

Students are currently co-operating with faculty members from the University of Saskatchewan, University of Regina, SIAST, First Nations University of Canada, with the represented colleges as well as with community organizations.

Our Vision for SEARCH is people living healthier lives through accessible, appropriate, and available after-hours primary health care services provided by energetic, motivated interdisciplinary care providers.

Our Values are:

1. Building on strengths to respond to community identified needs.
2. Providing a quality healthcare initiative including clinical services and social programming.
3. Understanding social determinants of health care and well being.
4. Providing learning opportunities in an interdisciplinary environment.



**2010 INTER-AGENCY
Chili Cook Off**


WEDNESDAY, FEBRUARY 10
~ HIGH NOON ~
Indian Métis
Christian Fellowship
3131 Dewdney Ave.

Entry: \$5. or more*
Fundraising for
Relief Efforts in Haiti
Donations over \$20.00 will be issued a tax deductible receipt

Vegetarian Chili welcome!
Register with IMCF
3131 Dewdney Ave.
Ph: 359-1096

2009 Inter-Agency Chili Cook Off Champs: All Nations Hope AIDs Network

Will they win again?
Who will beat them?
Who has the HEAT?
Who has the HEART?







Intercultural Grandmothers UNITING

by Jan Morier

If you're looking for wealth in North Central, then you need look no further than Intercultural Grandmothers Uniting. Then you know you've hit the Grand Mother Lode of experience and wisdom!

25 women recently gathered at IMCF (Indian Métis Christian Fellowship), and not all were seniors. Some, like me, attended to soak up the varied experiences, the hundreds of years of life and energy present in the room. The women sat in a talking circle and passed the ancient talking stone (and modern wireless microphone) to introduce themselves and share their interest in attending. Some admitted that over the Christmas break they truly missed the grandmotherly power and were so happy to be together again. A couple of women even travelled from Grenfell and Moose Jaw. It's quite the sisterhood!

The guest speaker was Grandmother Ruth Cameron from the Speakers Bureau of the Office of Treaties Commissioners in Saskatoon. Ruth offered the group a primer on treaties, emphasizing that we are all treaty people. She relayed her own childhood of attending a different residential school than her siblings. Ruth was quick to remind those with similar experiences to break free of the 'your people did this to my people'... when it should be stated that 'history' did this to them. She urged us all not to condemn the church or the government, rather to forgive and understand by sharing the accounts.

Ruth offered basic definitions and short stories around treaties, how they have influenced us all, past and present. She is so happy to acknowledge



photo courtesy AV Services - U of R

Intercultural Grandmothers Uniting is a network of First Nations, Métis and other older women begun in 1993 to build bridges of understanding, respect, friendship and trust between the races and the generations. For information about upcoming activities and to learn how you can get involved in the network contact the Seniors Education Centre (University of Regina) at 585-5816.

the significant changes in the school system in the last 30 years. She noted how the simple act of sitting here sharing our knowledge demonstrates that change. What is difficult is running up against misunderstanding people who have no intention of changing or making change. "If you don't want to be educated," Cameron said "it's bad for everybody."

A universal truth is that we are all getting older. Ruth says she enjoys being a grandmother. "Sure, my bones hurt – but sitting and complaining hurts more!"

The IGU meetings begin and end with a prayer, then a visit over bannock and coffee. Those who could joined hands in a Round Dance. There was a feeling of unity and great wealth among these women, there was an atmosphere of positive change.

Members of the Intercultural Grandmothers Uniting have met regularly in Regina since 2003 to learn about issues of concern and to share their own experiences. Some meetings have speakers, others are Talking Circles where Grandmothers share their stories with other IGU members. These meetings are open to all older women who believe in the purpose of IGU. Speakers are available to give presentations to groups of all ages that are interested in building cross-cultural bridges and addressing racism.



Beatrice Laframboise at the Traditional Grandmothers' Guidance Centre located at 2901 5th Avenue

Traditional Grandmothers' Guidance Centre Inc.

by Jan Morier

Tragedies can bring about minor miracles of change. The disappearance of little Tamra Keepness in 2004 prompted the grandmothers' call to action. They saw an urgent need to offer traditional teachings and guidance to youth who were being lured into gang activity.

Beatrice Laframboise gets direction from her dreams, and her dream was to open a centre to promote healthy lifestyles through cultural traditions.

Traditional Grandmothers' Guidance Centre was launched with a grant and is maintained by private and corporate donations, community support and fundraising efforts. Lately it's been kept afloat with money from their own pockets. Viewed from a funding perspective, they're not rich. But their wealth of knowledge and their willingness to share is making a huge difference in our community. The Grandmothers refuse to give up.

Feeding the body with soup and bannock twice a week brings people into the centre. Programs such as "Healing Through Beading" and the "Sharing Sewing Circle" are good ways to talk the pain out. The Kokums saw a need for a parent

peer support circle for children (now young mothers) who were raised in foster homes. These members of "The Healing Journey Home" had never seen a Round Dance, heard the songs or participated in feasts, so the grandmothers took them to reserves to re-connect. Volunteers at the centre instruct Cree and Saulteaux languages along with the Seven Sacred Teachings. With more support the Grandmothers would revive the Recovery Circle for addictions, a program called "Healing the Warrior".

Beatrice is proud that similar programs have since been introduced at Cowessess and Sakimay First Nations and within the city. She maintains her networks from her previous position as an addictions counsellor, as an Elder at Dale's House and currently as Elder for the Tipi Keepers at Red Ribbon House.

More women are needed and the centre wants to get grandfathers involved too. With only three volunteers they have as much programming as they can handle. Beatrice asks "Where are the grandmothers? Please come and share your strengths."

Traditional Grandmothers' Guidance Centre has friends in Rita & Carmen Melinkovic (Travel Gallery), Regina Food Bank, Ba'hai Community, Wascana Progress Club, Saulteaux Junction, Chief and Seniors of Piapot First Nations and others who have helped along the lean months with rent and bills. Terry Tuharsky and Brian Drayton (Corporations Branch) are invaluable in the centre's administrative efforts to become more self-sustaining. An Advisory Board is in place composed of people who share in the grandmothers' vision.

Fusion Canada's Nikki Jacquin and North Central Community Association's Jessica Hanna - two key organizers for the "2010 Moment"



FREE Community Festival held in January A 2010 Moment

FESTIVAL Partners & Supporters

Fusion Canada
North Central
Community Assoc.
North Central Dream Team
Ranch Ehrlo
SEARCH
Morning Star Ministries
Four Winds Gospel
Healing Hearts
Indian Métis
Christian Fellowship



Bringing Young People and their Communities

Together



With Hope

Jack and his father are brand new Regina residents who came to the Albert Scott Community Centre to volunteer for Fusion Canada's "2010 Moment"



photos by Gordon Howell and Jan Morier

A COMMUNITY is a group of people
who have come together,
& they WORK & they LIVE
to try and improve the standard of living
and quality of life
~ and I don't mean money.



William Baldwin
American Actor

TIMES HERALD

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S6H 1V1

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Empty pockets never
held anyone back.
Only empty heads and
empty hearts
can do that.



©NORMAN VINCENT PEALE



Rod Allen
Principal

Message from the Office

Congratulations to our Vice Principal Nancy Buisson who was appointed Principal of George Ferguson School commencing January 6th. We extend our sincere thank you to Nancy for all her hard work here at Scott. Her caring attitude for our students will definitely be missed.

Replacing Nancy is Mike Tomchuk. Mike joins us from Thom Collegiate where he was one of their Learning Leaders for the past two and a half years. We welcome Mike to the Scott community.



Mike Tomchuk
Vice-Principal

Both our boys and girls basketball teams are now in mid-season and are doing very well. Please feel free to come out and support the teams. We also have a dance team, improv team, and Life 101 cooking club that are active at this time. A big thank you to the teachers for all the time they're committing to these extracurricular activities.

Finally, semester 2 began February 1st. We, of course, welcome any new registrations as well. In addition to regularly scheduled classes, we will be offering the opportunity to gain course credit through a Hip Hop music project once again connected to Dr. Charity Marsh at the University of Regina, a Voices in Print project that will connect students to an artist/photographer from Common Weal and SIAST's applied photography program, and an Entrepreneurship Project set up through the Paul Martin Aboriginal Education Initiative. Additionally, we have several grade 12 students who will be given the opportunity to obtain credits through a team-teaching approach led by Mrs. Kuntz and Mr. McKay.

Please contact the school for any additional information on these or any of our other educational opportunities.

Sincerely,
Rod Allen
Principal

Mike Tomchuk
Vice-principal

Ph: 523-3500



Nigel. K

I believe **Brett Friday** is a hero because he spreads the awareness of aids, and H.I.V. He does his work at the Red Ribbon, and has been a resident of the community of North Central for more than a year. He helps people cope and deal with the virus to show them life is not over. He helps put up round dances, and marches to spread awareness, and find a cure. He is a hero because he wants to help people, and then they can reach their full potential in life. His occupation is a life skills coach, he also deals with many different issues people may have. He helps people find and understand the root of their problems. He shows them how to handle and maintain a good life. He wants to help people in need, his heart, and mind is in the right place. This is why I think he is a North Central hero.

by Jordan Laframboise

I believe that heroes come from anywhere, do anything, and succeed at what they do. **Stu Foord** was born on September 23, 1985. He plays for the Saskatchewan Roughriders as a running-back. He is not from North Central, but he grew up in Regina. Thom Collegiate was the high school he graduated from, and then he played for the Regina Thunder before he got into the Canadian Football League (CFL). Every home game is played at Mosaic Stadium located in North Central. He was signed in 2008 and has been on the team since. Stu is not a starter, but I believe that he will be in a few years. I believe that he is a hero because he graduated from a high school in Regina and now plays for the Roughriders. Some people may agree that he is a hero, but not for North Central. I believe that when you succeed for a city, you are a hero for that whole city, not just a part of the city. Stu may not be from North Central, but he shows heart and dedication, and that if you try hard enough, you will succeed. Stu Foord is a hero for all of Regina, including North Central.

Activities at Scott and Beyond!



Christmas Luncheon hosted by Scott Collegiate for its feeder schools – Kitchener, Albert, and Wascana – teacher Kelley Christopherson is serving.

Scott students work to pack a container of supplies to be sent to Nepal through the SaskTel "We See You" Program. In this picture Chasity Benjoe, Gary Harding from ASTI, Katherine Bergman from Big Sisters, Jaylene Boulding from SaskTel, Jane Ventocilla (her back), Brandy Watson, Chris Quintal, (Kyle Ness from SaskTel behind him), Summer Delorme, and Kirsty Laevens from SaskTel



I AM VEGAN!

by Credence M.

I am not a hippie or a tree-hugger. I don't wear tie-dyed shirts or eat salad for every meal (once a day is enough for me, thanks). And I don't chain myself to trees, although we should probably stop bull-doing all of the forests. I have a cat, not a goat or a cow named 'ZEN'. I am moralistic, not a 'health nut', and I drive in a car, not the 'Mystery Machine'. I can understand others' opinions, too. I believe in tolerance, not insinuating my ideals, thoughtful protest, not extremity, and that you can't change the world with violence and animosity. A vegetable is a fine gourmet food, a pig is a great friend (if a little vain), and it is called 'flourishing', 'healthful', or 'lively', not scrawny. Canada is a large exporter of beef and fish, a fanatic supporter of the seal industry, AND a home to animal friendly ethics, anti-cruelty agendas, and enlightening schools of thought.

My name is Credence, and I am Vegan!



Public School News

by Carla Beck

Happy New Year to everyone in Subdivision 5! Please allow me to introduce myself. My name is Carla Beck and I am the newly elected Public School Board trustee for this area.

My husband and I have lived in the Subdivision for the past 15 years and our three children all attend school here.

I was a member of the School Community Council at my children's school for several years when I became more engaged in Board happenings in the fall of 2007. It was then that the Regina Board of Education (RBE) unveiled a 10-year Renewal Plan. Rationale for this plan included declining enrollment, maintenance deficits in school buildings, and concerns about student achievement.

While it included promising changes to classroom instruction—by pursuing project-based learning and flexible teaching groups - the plan also included the proposed closure of 12 elementary schools and 2 high schools (Herchmer Community School, Stewart Russell, and Usher Collegiate were closed in the spring of 2008). It also included program closures. The French Immersion program at Wascana Community School (discontinued Spring 2008) is an example. Several new school buildings were proposed, including one in the combined Wascana-Herchmer areas. The large integrated facility at Scott Collegiate is another example. Regular mill-rate increases were factored in to cover increased costs.

Upon reading the plan and speaking with community members, I was concerned about key aspects of the plan. It did not address, and some cases seemed to perpetuate, concerns held by me and others in the community - concerns such as class sizes, environmental sustainability, reliance on fossil fuels, and the declining health of children. I became involved in the advocacy group RealRenewal and served as one of its spokespeople until I decided to run for election.

RealRenewal has endured, as has the 10-year plan, but much has changed since the plan was first introduced. Most significantly, the province announced in the 2009 Budget that it was making changes to the Education Act. These changes mean that local democratically elected boards no longer have the ability to set their own mill rates. The province did increase funding to school boards in that same budget, however, given the current provincial economic situation and the fact that a new provincial funding formula for school boards has been further delayed, it is difficult to predict the level of funding that will be provided to school boards in coming years. This is deeply concerning and is a concern shared by School Boards across Saskatchewan.

Another significant change has been in the area of enrollments. Enrollments are

growing at many Regina schools, instead of declining as predicted. One reason is the number of families moving to Regina under the Saskatchewan Immigrant Nominee Program. The success of this program had not been anticipated in the original plan. It needs to be carefully considered now. Also, the fact that Regina is experiencing a baby boom has been widely reported. In 2008, Regina General Hospital recorded the highest number of births in 10 years. This trend is expected to continue and must be factored into future planning.

In the coming weeks and months the province will announce the budget for the upcoming year. The Board will receive updates on enrollment and class sizes. We will also meet with the Ken Jenkins school community. That school has been cited for closure at the end of this year with the final decision to be made in March. As always, it is important for community

“I will continue to promote the value of small, walkable, neighbourhood schools.”

members to have their voices heard. By doing so, you help shape the future of education.

Right now, I have more questions than answers. However, I remain committed to the principles that I ran on and will continue to promote the value of small, walkable, neighbourhood schools. I endeavor to listen to all views in Subdivision 5 and to work with you towards what is in the best interests of students.

carlabeck@sasktel.net

ph. 530-3320

The views expressed in this column are my own.

LETTER TO THE EDITOR

Dear Jan Morier:

Thank you so much for including my article, on behalf of the John Howard Society Regina Council, in the December 2009 issue of the North Central Community Association's, *Community Connection* newspaper.

I wish however to bring to your attention one small omission which I'd left out of the article inadvertently. In Paragraph 3, I mentioned that one of my duties as JHS Caseworker was to help pass out Sunshine Bags at the Regina Correctional Centre every Christmas. It is important to note that "I merely assist" Chaplain Sandra Reid of the Salvation Army, who works in conjunction with staff inside the RPCC in this valuable connecting activity. In other words The Salvation Army are the people who make a little bit of Christmas Spirit possible for every single inmate in the jail.

We at the John Howard Society realize that no real extensive good would take place without the close working hand in hand of a variety of organizations and individuals in Regina, who help make the lives of people who struggle with daily issues, just a little bit better.

Respectfully yours,

Murray Logan _ Caseworker
John Howard Society - Regina Council
Phone 757-6657 Ext. 229
www.sk.johnhoward.ca



by Jessica Hanna

Somewhere, underneath all this snow, our gardens are sleeping. But the neighbours who nurture them come summer need your help now to guide the dream along.

The North Central Community Gardens

are looking for committed volunteers to help organize the gardens - to plot the plots! We need people who know about North Central, about gardening, planning events or those who want to learn one of these valuable skills. We will be making decisions on what types of plants to put in the ground, organizing the planting day and overall maintenance of the gardens. Garden Ambassadors are needed to educate and encourage all who want to volunteer over the summer.

We are meeting on **February 16 at 7pm at the Albert Scott Community Centre Board room**. If you are interested phone Jessica at 791-9888. Everyone is welcome. We will also be looking for people to help out in the gardens in the spring, no experience necessary. The Community Gardens are located on the 13-blocks of Rae, Retallack, Robinson and Garnet Streets.

The North Central Community Association is looking for artists to paint outdoor murals over the summer. If you are an artist who would like to get involved in the community and showcase your work around North Central phone Jessica at 791-9888.

Community Meeting to organize gardens: February 16, 7 pm Board Room NCCA

Garden Steak Night! Tuesday April 20 at The Bushwackers

Community Garden Planting Blitz - Saturday, June 5

Neighbours! We will be having a "Beautiful North Central" contest again this year Watch for more information in the coming issues of your *Community Connection*.

A Working Day Prayer



CREATOR,

my Father in heaven

May my words and actions bring honour to you.

May your will be done in my life as it is in heaven.

Bless me with the food I need today.

Forgive my wrongs, as I forgive those who have wronged me.

Purify my spirit that I may be respectful.

Open my mind that I may learn your teachings for my life.

Fill my heart with your Spirit that I may love in healthy ways.

Strengthen my body so that I may work well today.

Protect me and my loved ones and keep evil away from us.

I ask these things as your child

in Christ's name.

Meegwetch. Amen.



Indian Métis Christian Fellowship

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

3131 Dewdney Avenue, Regina, SK S4T 0Y5 Canada

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



Join a network of volunteers who are interested in helping in the community of North Central.

Sign up for volunteer opportunities with many community agencies who offer a variety of activities. The project is lead by a volunteer committee and the North Central Community Association.

Call to sign up as a volunteer or to offer a volunteer opportunity Lisa - 766-7549 to submit info for the bulletin email: lisa.workman@rqhealth.ca

CURRENT OPPORTUNITIES

RHealthy Food Store, 1264 Athol Street (upstairs NCCA) 1 volunteer every Monday 11:30 a.m. – 1:30 p.m. Assisting REACH staff: preparing produce for sale (bagging), and helping customers. Call: 347-3224

Rainbow Youth Centre

Young Parent Program works through educational programming and support groups. Childcare and a weekly Playschool program is offered to the families. The hours for volunteering in childcare are Mondays, Tuesdays & Thursdays from 1 p.m. to 4 p.m. All volunteers require a criminal record check. Call: Kim 757-9743

**DREAM TEAM
VOLUNTEER
CENTRAL**

People for Animals

Fundraising Bingos - evenings or Saturdays. Contact: bingo@people4animals.ca The shifts are split so volunteers only have to work 3-4 hours at a time rather than 6-7 hours. Contact: saskpeopleforanimals@gmail.com

Chili for Children

Lunch for children is provided Monday, Wednesday, Friday 11:45 a.m. – 12:24 p.m. our most critical day being Mondays. Volunteers are needed to set up, serve, supervise and clean up.

Help is needed with fundraising efforts: selling raffle ticket and working at the merchandise bingos. Please call: 359-7919

Please pass this bulletin on to friends, family, co-workers, church groups, school groups and any others to help us connect with potential volunteers. If you would like to receive future bulletins directly, please e-mail me: lisa.workman@rqhealth.ca

To read about these and other agencies in our neighbourhood, visit the North Central portal website



www.northcentralregina.ca

From the Editor

By Jan Morier

Wealth in North Central. To the untrained eye, it seems like an oxymoron. Some people aren't looking hard enough though. I see rich lives on a daily basis - very little of it has to do with affluence. Some of the most giving and caring people live or work in our neighbourhood. Sure, their agencies could do with financial boosts to allow them to do their jobs more efficiently, but the greatest wealth they share has more to do with knowledge and caring and experience. Sometimes, their example rubs off on others, and we see that wealth spread around. Simple acts of sharing the workload makes for a true community. It helps to prevent the dreaded burnout if people's work is seen to be appreciated.

Wealth can sometimes be shared through donations of gifts in kind. That is why we have created a new column - a 'Wish List' (page 12) - to encourage agencies to swap or solicit needful things.



We welcome Aaron Talbot, a North Central writer whose observations appear on the back page. We hope to be hearing from Aaron on a regular basis.

If you, like Aaron or Alvin on page 2, have a rich talent to share with our readers, please submit a piece.

I have just come inside from shovelling for the third time in three days. The storm has presented the whole city with the challenge of digging out. Won't you please be a good neighbour and clear your path, the public sidewalk and maybe the one belonging to a senior citizen?

That's how we share the wealth in North Central.

I have about concluded that wealth is a state of mind, and that anyone can acquire a wealthy state of mind by thinking rich thoughts.

✿ Andrew Young, American Clergyman

Community Calendar

YOUTH WRITING CLASSES

Write your Story & Have Fun!
Ages 12 & up FREE!
Fridays from Jan 19 – March 26
4:00 p.m. to 5:00 p.m.
Instructor: Judith Silverthorne
North Central Family Centre
2931 5th Avenue
Refreshments Available
Call Judith @ 352-5838 for more information

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

ADULT WRITING CLASSES

Tell your Story; Heal Your Life & Have Fun! Beginners Welcome!
Saturdays from Jan 20 – March 27
1:30 p.m. to 3:00 p.m.
FREE!
Instructor: Judith Silverthorne
North Central Family Centre
2931 5th Avenue
Coffee & Refreshments Available
Registration and Information
Call Judith @ 352-5838 for more information

Four Directions Community Health

Centre 3510 – 5th Avenue, corner of 5th Avenue and Elphinstone Street Monday – Friday 8:00 a.m. - 4:45 p.m. Main Number 766-7540 Check out the Doctors!!

For Nurse Practitioner and Doctor questions call Primary Care Services at 766-7541 or fax at 766-7542 for their office here at 3510 – 5th Ave.

Nurse Practitioners are also available at 1056 Albert St. Call 766-7541 to book an appointment or check on their winter drop-in hours.

Announcements

What's New at YOUR **Regina Public Library!**

Need Help With Your Homework? Regina Public Library can help! The Homework Help program is for students in grades 5 – 12 who need support with their schoolwork. Pre-registration is not required for this free program. Just bring the appropriate texts and notebooks, plus assignment instructions Tuesdays between 7:00 p.m. and 8:30 p.m. to the Central Branch (23111 – 12th Avenue). If you are interested in becoming a Homework Help volunteer tutor, contact ya@reginalibrary.ca for more information.

North Central SENIORS WALKING GROUP

**Albert Scott
Community Centre
Multi Purpose Room**

**Monday
Wednesday
& Friday**

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



Only when the last tree has died and the last river been poisoned and the last fish been caught will we realize we cannot eat money. Cree Proverb

From the President **WRIGHT'S RAMBLINGS**

So, how has 2010 been treating you to date? Good, I hope. But if you are like me, you get tested fairly regularly. And often, when approaching, entering, or travelling through our elder years—it is a health issue—family, friend, or our own. But regardless of age, we have our trials.

It is so easy to allow our problems colour the way we look at things, how we react with people, even to damaging our health. Instead of dwelling on negatives we need to remind ourselves of how fortunate we are to live in Canada, Regina, and, yes, especially North Central. Ours is indeed a special

community, one of wealth: in people and potential. Our mix of cultures, background, and ages all contribute to the richness of our community. I would not trade our area, warts and all, for any other area of the City. North Central is truly on the move towards our common goal of a safe, healthy, caring community in which we are all proud.

Look around, see the progress; get excited, help it along.

Blessings! May 2010 be a rewarding year for each of us, and for the building of our community.



Tom Wright - President,
North Central Community Association

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:

Carla Beck Alvin Deegan
Monica Fogel Four Directions
Jessica Hanna TaraLee Houston
Jan Morier Scott Collegiate
Aaron Talbot Janine Taylor & Classroom of Scott Collegiate

Tom Wright

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

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

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

**DEADLINE for APRIL ISSUE
March 15, 2010**

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

e-mail: marketingnorthcentralregina.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

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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
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
North Central Community Association (NCCA).....791-9888
North Central Community Health Office (Nurse).....757-1046
North Central Community Police Service.....777-6450
North Central Family Centre.....347-2552
Oxford House Society of Regina Inc.205-3598
Pasqua Hospital.....766-2222
Public Health Inspector.....766-7755
Rainbow Youth Centre.....757-9743
Regina Alternative Measures Program (RAMP).....352-5424
Regina Education & Action on Child Hunger (REACH)...347-3224
Regina City Police.....777-6500
Regina Crime Stoppers.....545-8477
Regina Fire Department.....777-7846
Regina Food Bank.....791-6533
Regina Police Substandard Housing Enforcement Team..777-6399
Regina Sexual Assault Line (24 hrs).....352-0434
Rentalsman.....787-2699
R Healthy Food Store.....359-0541
Safer Communities & Neighbourhoods (SCAN)..1-866-51-SAFER
SaskPower (inspections).....566-2500
Saskatchewan Rental Housing Supplement.....787-4723
Souls Harbour Rescue Mission.....543-0011
Street Culture Kidz565-6206
Transitions to Trades791-9530
Welfare Rights Centre.....757-3521
Women of the Dawn791-6504

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

click Noble Snapshots FROM NORTH CENTRAL

by Aaron Talbot

Some say, "beauty is in the eye of the beholder;" a statement that I've rarely taken seriously. Not that it isn't a serious statement. It just so happened to pass under my radar. That is, until now. On January 21, I travelled around North Central to various locations to see what I could see. I live in the area, so I've already seen the area and know what to expect – but I've never stopped to take in my surroundings as I would if I were in the rockies or by the ocean. In the 5 small months that I've been here I've never slowed down from my busy pace to really look. And that is somewhat disheartening.

Regardless, here are 5 mental snapshots, fragments of our area of the world and its subtle wealth of beauty that we pay witness to whenever we turn off the television or shut down the computer and step outside or stare out the window into our neighbourhood. Our streets are only ugly if we ignore them.

1. Shoe and boot tracks run through the snow. The park is without a soul under a grey sky that doesn't seem to move. Though, there is some wind and the swings on their chains sway and the branches do the same.

I have rarely seen children playing in this park off King Street near Pasqua

Hospital. Nobody outside running in the snow; nobody building forts or snowmen or throwing snowballs. And still, there is a lonely charm to the park. A serenity worth the winter chill. And the bench, from where I sit, is a good place to be and relax. Even with the vehicles passing back and forth on the sand and salt stained streets, I hardly notice them and lose all my tension from work. It is a lonely park, where the swings move all on their own in the wind.

2. A white Jesus near the street, shadowed by Sacred Heart School, is a pious donation. At this time of the day, there are a lot of cars going past and I see their reflections in the barred ground level windows. And through those windows it looks like any other colourful classroom.

Nearby are more brick buildings. A white house with green trim has a row of yellow Christmas lights lit up. And it is not yet dark. A few blocks down, there is a tow truck and an officer and a man and a vehicle that is being taken off the street and out of the snow. The owner stands on one side of the vehicle and says something over the hood to the officer on the other side. He does not reply.

3. Scott Collegiate looks big in these parts. Like Sacred Heart, it too is built out of yellow and brown bricks. The small houses around Scott can be folded up and stuffed neatly into the school and onto its immense field – that's how much the place imposes itself on North Central residents. It's like a strange mountain stuck on the prairies, where children go and disappear and re-emerge throughout the day. There are some people walking by on nearby sidewalks of compact snow. They do not look up from their paths.

4. I am off Rae, off 1st, near the tracks that cut up Elphinstone, Albert Street and run to the railroad yard and beyond. All sorts of people use this track as a short cut, and walk beside it or on the wooden ties in regular, small steps. All sorts of people like and dislike the train's horn in the night, which cannot be heard as of now. It of course is windy. The wires overhead move just enough to grab your attention whenever you're really looking. Smoke puffs out of a few houses; windmills spin and don't let up.

Out here, there are only a few who brave the cold, with hands tucked into their jackets, heads bowed, breath trailing behind. Some carry bags of groceries and freeze their fingers.

5. When driving to a back alley, any back alley, in North Central, you will see streets in need of the grater; you will see shoes up on a black wire above you; you will see graffiti, boarded up houses, fences kicked in, chipped paint, overflowing trash bins and people. The people matter. Their neglect matters. Their way of life matters. It's not the parks or the parked cars, or the trees, or the old houses, or the brick buildings, or the shops, or the vacant buildings, or the tight back alleys with character and telephone poles and garages covered in snow that makes North Central different from the other areas of Regina; it's the people, the ones who've been here forever or who've just moved in. By living here they ignore the fear from the rest of the city, and prove with courage that it isn't so bad, or prove without courage that North Central has an appeal. They work and they live and in that simplicity you find an overwhelming beauty that no eye can behold.

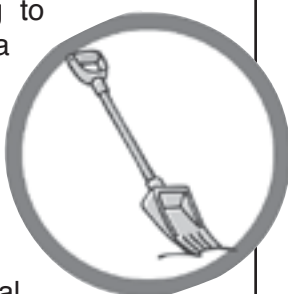


HIRE A NEIGHBOUR

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 Centre).

For more information call NCCA at 791-9888



◆ North Central Community Assoc. 791-9888 **is planning to place electronic signs at key intersections in our neighbourhood. We are looking for monetary donations to go towards a community sign initiative. The sign will advertise neighbourhood agency and school events, accept business ads and post alerts.**

Jane at Transition to Trades ph: 791-9530

- ◆ **needs a Sea Can (steel storage container) 10' to 15' long**
- ◆ **we sure could use a media projector for our training presentations**

Paula at Souls Harbour RESCUE Mission
Ph: 543-0011

- ◆ **sturdy, bagless vacuum cleaner**
- ◆ **laptop to replace ours with a broken screen**

Monica (Ph: 205-1477) at All Nations Healin' Thru Artz sez:

- ◆ **we're actually trying to find our own venue/space. A place ANHTA can call home.**
- ◆ **oh, and a van!**

Kokum Bea at Traditional Grandmothers' Guidance
Ph: 352-2241

- ◆ **tables, chairs for meeting and comfy sitting**
- ◆ **electric sewing machine in good working order**
- ◆ **help with grant apps**
- ◆ **most of all Kokums and Mushums to become involved**



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