

North Central Renewal Edition

Interview with Myke Agecutay Tribal Vice Chairperson, File Hills Qu'Appelle Tribal Council. By Jan Morier

For four years the File Hills Qu'Appelle Tribal Council has co-ordinated the "Smudge Walk in North Central" to raise awareness about some of the most important issues affecting First Nations people residing in our community.

Five hundred people joined in the inaugural walk in 2007. Attendance doubled the following year. Each year the walk gets bigger and brighter.

On Friday, June 4th, 2010 the four-year commitment will come full circle.



photos by Greg Girard, 2009



The idea was triggered by the 2006 report from Maclean's magazine that proclaimed North Central Regina as the worst neighbourhood in Canada.

Myke remembers: "I was sitting in the Agridome at the First Nations University of Canada Powwow – it was the Grand Entry led by a smudge. The air was filled with relaxation, comfort. I felt at ease". Smudging is the burning of sweetgrass and sage as a cleansing ceremony.

Myke felt that atmosphere held more power than the negativity stirred up by the words of a stranger, and he knew something had to be done. He sent a text message to Warren McCall and it was agreed that North Central needed to begin that healing.

The First Smudge Walk was held in May, 2006. The route was a 3.4 km path through North Central Regina main and side streets. It began with a Pipe Ceremony attended by members of the five cultural groups in Treaty Four territory: Assiniboine, Plains Cree, Dakota/Lakota/Nakota, Saulteaux and Sioux. There was no positioning or posturing during the walk. We are all neighbours.

At that time the Elders told the organizers: "When you start

something of this nature you must take it through the cycle of four." As this year's walk marks the fourth, Myke will wait until the morning of the pipe ceremony for the guidance.

An ongoing supporter has been Police Chief Troy Hagen (and before him – Cal Johnston) as part of the vision to improve our community. Now it has become an event that many people look forward to. Members of outlying First Nations' communities bus people to Regina.

Initially, Agecutay was concerned that members of the First Nations community would see the smudging of a larger area – an urban neighbourhood – as an affront to cultural tradition. His fears were set to rest at the very first walk. As they turned to go down an avenue, an aged woman came out of her house to see 500 people respectfully walking – all ages, from many backgrounds – to the heartbeat of the drum. Myke saw her put her hand to her face in disbelief and cry tears of joy. He felt the emotion and knew it was the right thing to do.

A boy or girl symbolically heads the march as our future leader, and carries the container of smudge. The young person is knowledgeable of traditional aspects and is comfortable being seen in this position of respect. The youth's parents follow and pass down the cultural teachings and are always proud to see their child in this symbolic position. Myke has never seen the smudge carrier

disrespect their role.

It takes time to organize what has now become a much anticipated community event. The cultural services department on FHQC arrange for the teepees, corporate sponsors have made the Smudge Walk a line item in their annual budgets. The stage is courtesy of Casino Regina, the food and food servers are gifts from Sask Energy. Stage entertainers call the organizers offering to perform freely, just to be a part of the event.

Myke hopes that the Elders give them directions to carry on when they all meet at the Scott Collegiate field on June 4th. As do we all.

"A smudge is a healing ritual. On the surface, it may seem like a fairly simple thing. But if you think about it a bit, the fact that hundreds of people from many different backgrounds have come out to walk together and to smudge the neighbourhood -- it's a powerful statement about what people want for North Central."

Warren McCall
NDP MLA
Regina-Elphinstone
Centre

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

by Miranda Hanus

The First Nations University of Canada – Tradition, Innovation & Leadership

Mainstream media have labelled the FNUC 'troubled' 'embattled' and 'beleaguered'.

But the university has made some drastic changes to how the city, the province and the world sees this school. This unique 'national' institution is looking to be recognized as traditional, innovative and leaders in Aboriginal education.

Tradition Jaimee Marks is a third year Health Sciences student. She is also the full time business owner of 100 Percent Pure Fitness.

Marks says, "The staff understand our needs as a culture. They listen to us as individuals."

She says the aboriginal content (of the courses) "teaches students that do not have an understanding of their history, in a non-judgmental and non-biased way of learning it."

"For those who are not aboriginal, it allows them to hear the history and understand the bias that they were taught."

"This allows people to create their own ideas and maybe gain a sense of respect, and revoke some of the racism they were taught."

Leadership Cadmus Delorme, of Cowessess First Nation, agrees. He just finished his second year of Business Administration. Delorme says he "re-identified" himself as a First Nations Person. And rediscovered his past.

"This University helps keeps the culture strong, as First Nations people, and shares the culture with other diverse cultures. And helps us contribute to the economy - all at the same time."

In his role as the Student Association Communications representative, Delorme is educating the public and dispelling myths on the First Nations University.

Delorme has appeared on a local radio talk show, appeared at the school's legislative rallies and participated in the Saskatoon Campus Walk.

Innovation Science Professor Arzu Sardali says it's very important to attract the First Nations Youth. Sardali says, "From one side, we have a common curriculum as other universities. But from another side, we use indigenous knowledge in our program. This makes us unique."

He encourages First Nations communities to encourage their youth to enter into the Science Program because "it's the future of our society."

"Now, we have two approaches to environmental science issues. One is the Western approach and the other is the indigenous approach. Now is the time to combine both of those approaches and make our lives and our view of the environment better."

School Spirit Desarae Eashappie is in her third year of English and Indian Communication Arts. She also wants to enter a career in journalism. Eashappie has participated in the live-in that has been going on for nearly two months. She says the school spirit comes from the Elders at the school and First Nations traditions.

"The school spirit here at the FNUniv is always thriving. Friends and classmates here become your family. We've become a really close community. We've created this foundation that's always welcoming and always strengthening as we go along."

Following traditions has been vital, in spite of all the negativity that has occurred in recent months.

"Tradition plays a very key role in everything we do. It keeps our school spirit high and alive. With every event and ceremony we do, we do it in a good way. If we have a potluck, for Mother's Day or Easter, we make a plate and offer tobacco and say our prayers. And that brings us together. We continue to have Student Association meetings, our hockey team in the winter and our baseball team this spring."

"We make sure that we go into everything and start every day with our prayers and our tobacco and our sweetgrass close to our hearts. When we finish the day it's on a good note and we wake up on a good note and do it all over again."

SUPPORT The school has received international support from educational institutions around the world.

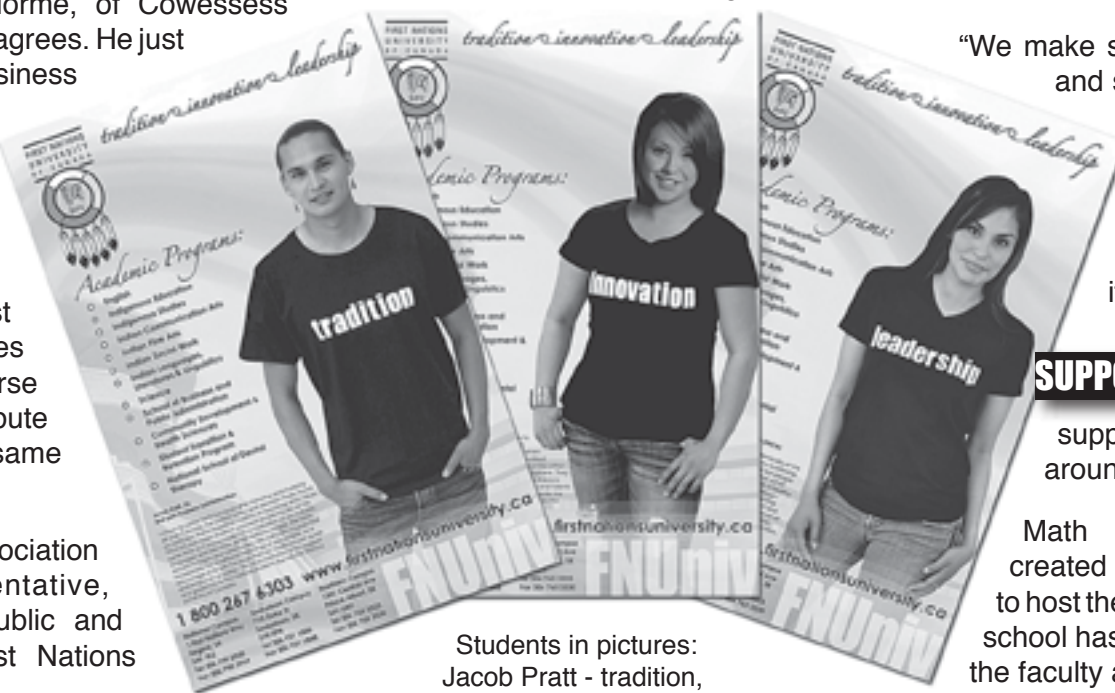
Math Professor Edward Doolittle created a blog at fnuniv.wordpress.com to host the numerous letters of support the school has received. The site also profiles the faculty at First Nations University.

FNUniv Recruitment Officer Rod Isnana says "It's a place where you can find yourself and your voice. And discover the leader in you."

The school is graduating one hundred students this year - the largest class ever to graduate from First Nations University.

To see more on the school, check out their new YouTube video and search First Nations University of Canada - Tradition - Innovation - Leadership

(Contact the University at 790-5950 or check the website at www.firstnationsuniversity.ca)



Students in pictures:
Jacob Pratt - tradition,
Desarae Eashappie - leadership,
Danelle Cyr - innovation

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RAGS 2 RICHES

by Jan Morier with Jacquie Wasacase and the RAGS lads

There is a unique program that has been running under the radar in Regina for four years. You may have never heard of RAGS (Regina Anti-Gang Services), as it keeps a low profile for safety reasons. But as citizens of Regina, we owe RAGS a great deal of thanks.

As the evil deeds and consequences of gang life affect our city, RAGS works its magic with those who need a safe exit when they've had enough. Prior to services such as RAGS, there were only two ways to leave a gang: rot in jail or the "blood ticket" out. There is no such thing as an old gang leader, the rate of turnover is about two years.

ORIGINS: In 2006 North Central Community Association held a Forum on Gang Violence in Regina "Solutions to Save our Youth". It was followed in 2007 by a second forum "Ganging up on Violence". At the time, several murders or 'disappearances' of young people haunted the city – North Central Regina was at the epicentre.

In the early 1990s, "gangs" was a term that many in North Central, as well as many other areas in Regina, attributed to the penal system. Stories from the penitentiary became almost folklore. The "Native Brotherhood", the first "gang type" story out of the Prince Albert Penitentiary and Saskatchewan Correctional centres had any Aboriginal male that entered its doors belonging to a group that set them apart from other prisoners. Most of the young males who went into that system became a part of the "brotherhood" and told tales upon their release about how this grouping helped to bring in Elders, and Life Skill facilitators, and worked to form a prisoners' rights group. The Native Brotherhood was set up to be a positive force inside our correctional centres.

In between those stories, and the stories about how to actually get contraband inside, came the stories of the prison gangs, and how those gangs helped to recruit, train and control the Aboriginal street gangs of today.

Gangs identify their affiliation by different 'tags' and 'tats' and 'rags' (coloured bandanas). Members recruit youth who are vulnerable to poverty, those who can be tempted by offers of food, cash, drugs and – probably most importantly – a sense of belonging. Gangsters have mastered the art of attraction and manipulation.

At a recent conference held in Regina, three provinces came together to discuss and exchange methods to help gang members break free.

Winnipeg: Circle of Courage Program reclaims Youth at Risk. It's a prevention and intervention program, geared to Aboriginal male youth (12-17). They hold Rites of Passage ceremonies, including fasting, naming and sundancing. Young men will learn to become the "warriors" they were meant to be.

Alberta: Hobbema Reserve is territory to brazen gangs who shoot at rivals' houses, once hitting a toddler sitting in her kitchen. Their program brokers alternative sentences to prison. Individuals must take full responsibility for their actions. They try to deal not with the crime but with the underlying conditions.

Regina: A moving story was told by a former gang member, who was raised in foster

homes, group homes and jail. She now speaks at national conferences, and to high school and university classes. She noted that, since leaving, 8 or 9 of her former 'friends' have died violent deaths. She wonders where she would be if she hadn't got involved in RAGS. The powerful video "R U Down or R U Out?" (Rodger Ross – Creerunner Productions) was shown. After her words, a City of Winnipeg probation officer stood up and announced with a grin that Winnipeg was jealous of RAGS.

Fort Qu'Appelle: Leading Thunderbird Lodge is a substance abuse treatment centre. Elder Harry Francis told us how youth heal with the spirit of the horse. A young man must be calm enough to brush the horse, the horse must be calm enough to accept the brushing. 25 years ago Francis adapted the Medicine Wheel teachings – a circle with 4 segments: spiritual, emotional/mental, physical, and social. The 4-week program is accredited by the National Parole Board.

Mark Doherty ("Doc") was the co-presenter. His initial interventions has him asking the parents: "is it okay for your son to die?" Clinical screening and tests assess participants for substance abuse and personality disorders and severity of the crisis (suicidal impulses). Scores match the youth's placement on Medicine Wheel. Cultural Intervention (naming, sweat lodge, horse program) and psychiatric counselling – both philosophies have a common vision - to aid the youth.

A **Saskatchewan** woman presented her story in a video "How to Make a Gangster – A Mother's Tale". It outlined her sad path of addictions and neglecting her children. As she emerged from her own habits, she admitted, "I didn't know how to be a human being, a woman, a mother." Her son was sucked into the gang life, but they were reunited as he lay dying in his hospital bed after his involvement in a violent knife fight.

"While rotting in jail, I was not a 'has-been', I was a 'never-was'."

She knows that RAGS offers the gift of a step-by-step process to exit gang life. Someone in the audience asked – "Is it working?" "Well," she smiled "you are here, among former gang members". When asked if her son survived, she pointed to a young man and smiled:

"He's sitting right there." The gasps rippled through the audience, followed by applause that said: "Yeah, it's working."

Edmonton: The speaker presented his tale of how he raised himself through a childhood filled with abuse. "I learned how to manipulate and hurt people. My mother taught me how to deal drugs. I became a father at age 15. I realized that my own family didn't want me to

change. So I gave in and turned to organized crime."

Despite being in a gang, he had recurring dreams about certain ceremonies, and animals. Ultimately, he entered a variety of treatment centres in his attempt to get clean. He returned to school, marvelling at the irony of how, despite his criminal record, he became a student of criminology. He needed to learn why the largest reservation population was found in the prison system. As a single father he noted that it was daughter who taught him how to respect women.

After founding a program modelled on one in Winnipeg, he put his life on the line to go to Hobbema First Nation. He wasn't prepared for the lateral violence he suffered. "But if I was killed on the streets", he admitted, "I knew I would die with honour, while helping my people."

From his video documentary "Gang Aftermath", a chilling quote was uttered by a former gang member: "While rotting in jail, I was not a 'has-been', I was a 'never-was'."

It was about 1983 when we were living on the 10-block Retallack. Late at night a boy, no older than 10, rode his bike up and down the street in front of my house. I stepped outside to ask if he was lost and he said, no - he just didn't want to go home. He asked me if he could stay at our house overnight. I didn't know what to do, calling the police would 'solve' the issue for me, but would it help him? He thought a boy in his class lived across the street so I went with him to the dark house and knocked on the door. The mother acknowledged the situation and took him in. I thanked her as the boy hurried to join his school chum waiting at the top of the stairs.

I never forgot that boy. Was I sitting in the room with his future self here at the conference? Did he endure years of neglect and abuse in his home and turn to a different sort of family?

RAGS program A RAGS program called Changing Our Lives On Regina Streets (COLORS) is a 3-4 month program for men, aged 18-31. It teaches lifeskills and grapples with emotionally-charged sessions. The counsellors tell me "these men are physically strong, but emotionally weak. There's a pattern of them storming out of a session when the words hit home. We tell them 'when you're all done pouting you can come back.' We have to work through it and trust the process. Hurt people can hurt people."

Unfortunately the youth each tell them the same old story of gang life, loved ones lost, all negative experiences, where jail is a rite of passage. The counsellors in COLORS agree

continued next page

R.A.G.S. 2 RICHES

"Malicious Tha Don" is the Rapper name of one of the young men involved in Regina Anti-Gang Services programming. Here he tells his story in the rap rhythm. It becomes an anthem for the program.

Came From A broken home /
 raised in A danger zone /
 Where there's natives /
 Killing natives /
 clicked up with My natives /
 Gangbanging with the rag /
 hanging off The barrel /
 traded in the / bows and arrows /
 lost touch With my soul,
 what goes around /
 comes around like A Merry-go /
 here we go, I've come so far /
 made it out The dark /
 stepping to the light /
 Struggle day and night
 Fighting demons /
 planted in my soul,
 Thanks to R.A.G.S.
 Now I got the support /
 To be the man / I oughta be /
 The man I wanna be /
 now I Finally see /
 that I'm Living Free
 Living Free From Fear /
 all the prison years
 And the shedded tears /
 mark A dark and wicked past,
 Bulletproofs shotguns /
 down to blast /
 the devil took my Soul /
 but the Lord gave it back,
 Had to Fight to Get it /
 now I finally get it /
 why I'm respected,
 Took a lot of courage /
 to get me where I'm At /
 Finally taking /
 weight off my back /
 Feeling like
 I'm ready 2 Fly, Ready to die /
 but not before I
 Touch the Sky /
 Went From rags to riches,
 Switched up how I'm living /
 I been given / 2nd Shot At life /
 With A sparkle vision,
 I know I can, I know I can,
 I know I can Fly /
 Man it's hard /
 to Keep the courage /
 with the vision Blurry /
 but you gotta face / your Fate /
 Keep the Faith?
 You can overcome /
 trials tribulations /
 without A loaded Gun /
 street lyfe put me on the run,
 Burnt by the / Flames of hell /
 locked alone in A cell /
 Bucking at my enemies /
 I can hear deceased /
 homies Scream, You gotta make A
 change / before you're lowered
 In A grave, I'm living proof /
 that I'm all about survival /
 Made amends /
 with my Former rivals /
 Nearly threw my life away
 For the colour / of A rag /
 loading bullets In A gauge
 Bucking on the block /
 surrounded by the cops

continued from previous page

"enforced programming doesn't work. On the street you're trying to TAKE respect, not EARN it." Men are good about telling you what's going on, but not how they're feeling. They urge the COLORS participants to "Be humble, be yourself. Worse thing dad taught us was: 'men don't cry'."

They agreed that poverty and media advertising pressure of stuff you won't ever afford contributes to the attraction to gang life. Gangsters grab kids in school or youth in jail. The recruit's first mission is petty theft, the second is a home invasion, the third mission is to commit armed robbery. With each mission their real family cuts ties. This results in gangs becoming the support system. It separates one from their family out of fear and threats that gang associates will harm family members. While in a gang, an individual would not attend a family member's funeral, but they would attend the funeral of a gang affiliate.

Over coffee and doughnuts, they told me how, in school, some of them in the room used to be friends. These alliances were severed as they joined rival gangs. The young men are now reconnecting at RAGS and are forming new friendships as adults who have walked parallel paths.

RAGS finds that the younger ones don't necessarily want to leave the gang life. It's older ones, those young men who are now fathers or who have been beaten too many times, or are those who are sick of prisons. In this self-referral program, 'dropping colours' is the easy part. Lifestyle change is the hard part. If all you've ever known is crisis management, you have to learn how to have fun. So the fellows bond over poker nights, movies, bowling, just like normal guys. For some reason, paintball is popular...

It takes commitment to see it through. Counsellors measure success when a guy shows up for a job at 8 a.m. or the fact in that he may have just lost his job, but didn't go out drinking.

The guys I spoke to at RAGS headquarters said - "The hard part is when family doesn't believe you're going to change. And some don't want to let you change. Some want you to be the way they want you to be. But," one smiles "when they have their life-changing moment they will call you for advice."

One young man was actually invited into the RAGS program by former higher-up. Now he feels fear-free, danger-free. He's facing danger for the right reasons. He is a 'warrior' for the right reasons. It's a whole change of ego.

You may ask what could the future possibly hold for some of these young people? Some former gang members have the experience to become youth workers, businessmen, coaches, entrepreneurs. One young man has ambitions as a recording artist in a music studio.

The counsellors are hopeful about RAGS' continued success now that the four-year federal funding is ending. RAGS organizers encourage its adoption in other cities, but warn, "It's not just a 'kit', you have to know your community. What works in Regina was designed for Regina, set up by the people who use it." Of the original participants, 2 have left Regina, 13 are part of the current program talking to conferences and school kids. Their labels and gang ties are over.

What began in 2006 with an invitation to 'drop your rags' has renewed many lives.

Community Volunteer Forum

by Lisa Workman

Volunteers and agency representatives recently met at the Indian Métis Christian Fellowship to discuss volunteerism in our community. Agencies included Indian Métis Christian Fellowship, All Nation's Hope, Four Directions Community Health Centre, North Central Community Association, Champion College, Albert Library Committee, Transition to Trades, SEARCH and Scott Collegiate. The co-ordinator of Dream Team Volunteer Central, Lisa Workman, presented a video from Volunteer Canada and a presentation on the Dream Team.

The Dream Team started as a volunteer program at Four Directions. It was expanded to a community-wide program under a partnership with the North Central Community Association. Dream Team Volunteer Central strives to promote volunteerism in our community as a positive, health activity.

Participants talked about what volunteers want, such as communication, rewards, getting together and training. It was agreed that any costs to the volunteer should be reimbursed. Volunteers seem to be open to certificates or awards. Volunteers indicated that the Forum should be held every year. Lifeskills, First Aid and babysitting courses seem to be the most requested training opportunities. Cultural training was noted as important.

After a potluck lunch groups discussed how to promote volunteerism in the community. Volunteering should be about helping those in the community. Volunteers want to feel connected, important and want us to know what they are interested in. Building a relationship with volunteers is vital. Personal contact and offering meaningful, helping opportunities are vital. Volunteers feel very passionate about volunteering!

As a result of the Forum, volunteers and potential volunteers can look forward to: a Facebook page, a BBQ, volunteer bees, training, and possibly an awards program. If you are interested in helping with any of these projects, please contact Lisa Workman at 766-7549.

Lacy Peigan

I wish life were easy
 And you were able to own
 Your very own genie
 Capable of making
 All your wishes come true,

I wish poverty wasn't an issue
 I wish kids nowadays could be kids.
 I wish colours were just colours.

I wish my wishes, would come true.

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Regina Alternative Measures Program

by Jan Morier

To hear Community Justice Facilitator Murray Keewatin speak so passionately about the Regina Alternative Measures Program, you feel the merits of it immediately. In the newly remodelled facility at 2815 Dewdney Avenue, you feel comfortable in the mediation room, you're open to learning how the voluntary program works.

RAMP personnel are facilitators. They're the neutral party between the offender and the victim. Those who are sent for consideration may be first, second, and occasionally third-time offenders. They arrive at RAMP from all ends of the city. They are seen as having made a mistake that they will take responsibility for. They are there to admit accountability to someone or to their community. Offenders are presented with a list of the rights they stand to lose with a criminal record. The restrictions are daunting and far-reaching, including never being able to travel out of the country.

After a counsellor holds separate preliminary meetings with the two parties, they agree to meet to discuss the 'story'. Each learns about the effects the 'mistake' had on police, courts, neighbourhood, the victim and family, as well as the offender and family. Also noted is the impact crime has on the City of Regina (tax-payers, image).

Sometimes a Community Justice Forum is held inviting neighbourhood leaders and representatives from firefighters, police and other affected agencies. If the victim is unable or unwilling to attend, a substitute or surrogate victim will be used.

Offenders are matched with registered agencies, such as the Food Bank, to serve their community hours. Murray Keewatin recalls a woman who was addicted to crack cocaine when she joined a support group in RAMP. Counsellors referred to an agency that works with sex trade workers. There she was able to upgrade her education, work skills, and lifeskills.

A shoplifter was brought in to RAMP and developed a trust in the facilitators and the process. He revealed he had a friend who was suicidal and needed help. This gesture of caring for the welfare of another was telling. RAMP staff immediately offered free counselling and the shoplifter became part of the compassionate team to get his friend the help he needed. The offenders are enlightened to hear of all the services available.

The offender takes the lessons learned back to discuss in the court system. If deemed successful, they will not have a criminal record.



RAMP Justice
Artist – Denny Morisseau

children and more hope.

RAMP is a humane agency. The program is geared not to let the offender fail. The offenders create their own penalty. That sense of choice gives them a sense of control over their life and returns them to self-discipline.

RAMP will not work with violent offenders

or those involved in extortion or kidnapping. They will work with men or women involved in assaults, weapons charges, arson, soliciting, break & enters. The program has Elders at their disposal for those clients who need spiritual guidance.

Keewatin admits it can be difficult getting the victim involved. But those victims have found it empowering to know they can help the offender turn his/her life around. The victim expresses what they need to hear from the offender, in terms of an apology. Then they can accept the apology and begin to forgive.

It's a sad fact that Saskatchewan jails are gang recruitment centres. Alternative measures offer a renewal of faith in humanity.

Regina Alternative Measures Program
2815 Dewdney Ave. Regina 352-5424



by Jane Gattinger

Transition to Trades

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North Central's renowned trades training program continues to graduate young men and women into good jobs in the building industry. North Central would like to acknowledge the Urban Aboriginal Strategy for providing tools that enable better learning opportunities, and student furnishings to the program! Their contribution has made a huge difference for our students who now have a student lounge area.

Over the past week 131 interested candidates filtered through the intake process and 10 were selected to fill funded spaces. The program is still providing building and renovations in North Central, but the focus is on student skill building rather than labour. Project Co-ordinator Marc Bien looks for a variety of training opportunities in the projects being requested. Students are geared up and already at work. Students

remain on the wait list eagerly awaiting spaces to become available.

Transition to Trades class has just commenced, but additional focus this season will be in seeking out alternate sources of funding. North Central Community Association is very grateful to Can-Sask Career and Employment Services for their financial support; but the program is still looking for ways to fill the major financial shortfall created by latest government budget cutbacks. The dream is to continue stabilizing and training unemployed youth in North Central who are motivated to get into construction skilled trades. Although the program has been successful in doing so to this point, those successes can only continue with qualified staffing and resources. As with other community-

based organizations throughout the province, trucks for this program are leased through the province's Central Vehicle Agency. Unfortunately again due to government cutbacks Transition to Trades, (like provincially funded day cares and youth programs) will be losing their vehicles by early summer. Compounded shortfalls will see the program running less a half-staff position, and with cuts to staff training there is less time for individual student counselling. Class funding periods have now become

fragmented, so temporary layoffs are looming. The prospect of retaining qualified construction staff (skilled in working with youth) becomes a challenge. It is the hope of the community to discover new sponsors/funding sources, before this successful program of promise ... collapses.

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Lacy Peigan

Red is the colour of a rose,
Not a bandana.
It is the tip of clown nose.
Not blood.
Red is bright
It is bold
It was once the colour
of our people.
Now red has brought
our people shame.
Red is not just a colour,
Red has been given a name.
But why?
Why has it been given so much.
And caused so much pain,
There are many other colours
in the rainbow
So why is red, getting
all the blame.

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The loveliest yards will be featured in the August issue of the *Community Connection*.

Winning entries will receive a prize!

Contact the NCCA with nominations. We will send our official photographer to meet with homeowners and capture the beauty of their yards and/or gardens.

North Central Community Association 1264 Athol Street 791-9888



Join in the smudge walk; help make our community gardens grow - we can all be one of the good neighbours that make North Central a good neighbourhood!



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

Behold, my friends, the spring is come;
the earth has gladly received the embraces
of the sun, and we shall soon see the results
of their love!
Sitting Bull

Parent Career Information:

Students are encouraged in many of their classes to use a site called Career Cruising. Career Cruising is an Internet-based career exploration and planning tool your child uses to explore career and education options and develop a career plan. Career Cruising can be accessed from school, from home, or wherever your son or daughter has access to the Internet.

Features of the program include:

- **Interest and Skills Assessment** - to help people identify suitable career options based on their interests and skills
- **Career Profiles** - thorough and up-to-date information about hundreds of different occupations
- **Multimedia Interviews** - interviews with real people in each occupation
- **College, University, and Apprenticeship Information** – detailed information on post-secondary education and training options
- **Electronic Career Portfolio** - available online, so students can develop their education and career plans from wherever they access
- **Career Cruising Resume Builder** - integrated with the Portfolio Tool to help students format and print professional-looking resumes quickly and easily

To find out more about Career Cruising, we encourage you to login using the school's access information: On ANY internet computer

1. Search for careercruising.com
2. When the page reads "Welcome to career cruising"; use username: **scott** password: **blues**

Voices in Print (VIP)

Grade 11 students at Scott Collegiate just wrapped up a successful three months of learning about photography. With the help of Gerry Ruecker from Commonweal, students were taught some basic digital camera skills and then began taking pictures around the community and of other places in both Regina and Saskatoon. They also entered photos into photography competitions and learned the skills of matting and framing. On May 11th, they officially opened their photography exhibition at the T.C. Douglas Building – entitled "What Inspires Us". This exhibition includes their writing about the photos as part of English and Media Studies credits being offered by English teacher Janine Taylor. Watch for a showcase of their pictures in the August issue of the *North Central Community Connection*.



left to right: Lacy Peigan, Cheyenna Kinequon, Gerry Ruecker, Jamie Robinson, Kashala Checkosis, Elyjah Anaskan, Cassandra Kaysaywaysemat, Janine Taylor, and Tiffany Couperthwaite



Rod Allen
Principal

Message from the Office

Another school year is quickly coming to a close here at Scott Collegiate. The year has seen the beginning of many new school projects. Of particular note is the grade 9 program which is part of Regina Public Schools Structural Innovation. The grade 9s were grouped together and spent at least three hours of each day with the same group of teachers. The program saw a large improvement in grade 9 attendance and engagement in school. Our grade 12s began a similar initiative in semester 2, with the grade 12s grouped together all morning with Ms Kuntz, Ms Cachene and Mr. McKay. Again we saw improvements in attendance and credit completion.



Mike Tomchuk
Vice-Principal

Next year will see our entire school placed in such groupings with teachers working in teams at specific grade groups for a large block of time. This will allow the students to get the help they require and allow the teachers to work collaboratively in designing learning strategies. At the same time students will be asked to meet Learning Outcomes in the subject areas to ensure both academic rigor and credit completion.

Finally, we must say thank you to our many community partners who have helped us with so many of our student projects. Having our students obtain real-life learning experiences has been a wonderful motivator for our students. 2010 – 2011 promises to be an exciting year.

Rod Allen

Mike Tomchuk

2010 Scott Grads

Since the start of the school year, the potential Scott Grads of 2010 have been planning their graduation ceremony and banquet. The ceremony will take place in the Scott Collegiate auditorium on Thursday, June 24th at 10:00 a.m. with a tea to follow. The tea is free of charge for all family and friends. A ceremony rehearsal will be held the day before on June 23rd at 1:30 p.m. for all graduates, also in the Scott auditorium.

The graduation banquet will be held at the Ramada Hotel downtown on **June 24th** beginning at 5:30 p.m.; the cost of a banquet ticket is \$33.00 a person. From 5:30 to 6:30 p.m., there will be a professional photographer taking pictures free of charge for all grads and their families.

The grads have chosen "The Red Carpet; A Black Tie Affair" as their graduation banquet theme with the colours blue, white, and silver for their decorations. They have been fundraising to help support the cost of caps and gowns and banquet tickets. They worked with SaskTel to make teddy bears and tote bags for the "We See You" Haiti project. They will also be packing a container which will be sent to Haiti on June 1st, 2010. Any hours they volunteered have gone towards free banquet tickets.

We are also accepting prize donations for the grad banquet. Please contact Erin Betson at 523-3500 if you can help us in any way. The Scott community is invited to become involved with our graduation celebrations for 2010, so please call Janine Taylor, also at 523-3500, for more information.

By Brendan Lascelles, student, Scott Collegiate



Hip Hop Project

The whole group with DJ Buddha in the IMP Labs

On Wednesday, April 28, at The Exchange, the students from the Scott Collegiate/IMP Labs Hip-Hop Project performed for an audience of 150 to showcase what they learned in the project.

All students involved performed. There was dancing, emceeing, turntabling, live beatmaking, and spoken word performances. Curtis Anaskan (Citrus), Nigel Kaiswatum (Headset), Summer Whitecap (Rae Rae), Shania Obey (Nia), Ashley Stonechild (BB Ash), and Brendan Lascelles (BNan) performed two choreographed breakdance numbers. John Goodwill (J-Gawbs), Headset, and Rebecca Strongeagle (Emcee Strongeagle) did spoken word readings of their poetry. Headset told a story about defeating a dragon with his three different strengths, J-Gawbs spoke on behalf of Emcee Strongeagle, about the problems people have in Palestine, and Emcee Strongeagle performed a tribute to her mother. DJ B-Nan did a set on the turntables. There were also a couple rap performances by Citrus, Rae Rae, Niaa, and J-Gawbs, as well as a special performance by Def 3. Def 3 worked with the students throughout the project, acting as a mentor, and providing feedback on the students work. Keena Checkosis did a performance on the MPC (Music Production Centre), and Ableton Live, a program on the computer. The same show was repeated on April 30th for students from Albert, Kitchener, and Wascana Elementary Schools. "It was nerve racking, but it was worth it by hearing the audience's feedback," said Keena Checkosis. "I didn't want it to end," exclaimed Summer Whitecap.

The project comes from a partnership between the IMP Labs at the University of Regina and Scott Collegiate. Dr. Charity Marsh and her lab assistants, Beth, Shea, Arianne and Ryan, work with the Scott students to teach them how to use the MPCs, turntables, and how to breakdance. In May and June, the students will work on recording a CD/DVD of their performance. The schedule for the semester is as follows: Mondays, Wednesdays, and Fridays students work in the classroom to earn their English Language Arts credit. On Tuesdays and Thursdays, they go to the IMP Labs, to learn about the elements of Hip Hop Culture. Also on Wednesdays, they go to Flux Crossfit, which is a gym run by Darci Anderson, where they developed the physical fitness necessary to breakdance, and learned about leading a healthy life.

Brendan Lascelles says, "The project is amazing, and I'm glad I was able to be a part of it. It is an awesome learning experience, as well as a great way to keep kids in school because it is a subject that most students can relate to."

Scott Round Dance

from left to right:
George Favel – Regina Public Schools
Mike Tomchuk – Vice Principal of Scott Collegiate
Warren McCall – MLA and member of the Scott SCC
Rob Pelletier – Chairperson of the Scott SCC



by Erin Betson

On Friday, April 23 the Scott Collegiate Community Council with the support of George Favel and Regina Public Schools hosted a Feast and Round Dance at Scott Collegiate. The event was well attended by the Scott Collegiate and North Central Communities. The singers and drummers came from various parts of Southern Saskatchewan and they brought with them their own songs. The Scott SCC would like to thank all who attended and those who helped out at the event for helping to bring together various members of the community for an evening of fun and celebration.

dear auntie HABITS YOU SHOULD BREAK

Auntie asks.....

What would you do with an extra \$50.00 every month?

Be aware of your bad habits and the impacts they have on your wallet.



We all have habits that we don't really think about. Smoking, going out for coffee, eating out and playing bingo can all really add up from day to day and week to week. For example, spending \$2.00 a day for take out coffee adds up to \$14.00 a week and \$60.00 a month! Smoking is more expensive. At a pack a day, you could be spending up to \$25.00 or more a week. That is \$100.00 a month. What about more serious habits like alcohol and harder drugs? All these habits are addictive and expensive.

Some of us have bad cheque day habits when you do things you wouldn't normally do. For example, you would never take a cab anywhere instead you always bus it or walk it. How much money do you spend on cabs on paydays? That is money that could go towards groceries or a bus pass for the whole month. You wouldn't normally go out for supper. Yes, it is a nice treat, but it can take a big bite out of our monthly budget. Consider less expensive meal ideas or simply set a spending limit and stick to it. Better yet, save up and make it a special occasion.

Somehow, we always have money for our bad habits. But when you are watching your pennies, you should be trying to get the best value for your money. Think about what you are spending your money on. What are you really getting out of it? Do you have enough money for the important things? Rent, utilities, food and transportation.

Consider cutting down on bad habits and save money. Put the money away that you would normally spend on that habit. The best way to cut down a bad habit is to have good habits. Many good habits are healthy and free. Try walking, playing cards, reading, spending time with good people and cleaning more often. In our community there many free activities – cooking classes, round dances, celebrations, volunteer opportunities, movie nights, computer labs and much more. Check out Albert Library, Indian Métis Christian Fellowship, North Central Community Association or any of the other agencies in our community

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

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

PharmaChoice
Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: 545-5900

Advice for Life

10% Seniors Discount
Free Prescription Delivery

The TD Summer Reading Club: Discover the jungles of the world, travel to exotic lands by exploring the shelves of your local library this summer. Puppet shows, movies, storytellers and performers. Starting June 14, pick up your Destination Jungle Reading Kit at any **Regina Public Library** location.

Teen Escapes Contest (ages 12 - 18) enter the title of a book you've read as your chance to win gift cards. The more you enter, the better your chances.

Summer Escapes Contest Starting June 14, tell us the title of a book you've read and be entered to win! Grand Prize will be drawn in September.

For more info or to enter online, go to ReginaLibrary.ca



by Yolanda Hansen

North Central Community History Project

Would you like to share your accomplishments and experience in North Central with us?

The **North Central Community Association**, with the help of the **University of Regina**, the **Regina Plains Museum** and **North Central Shared Facility** is working on a community history project. This project will gather and share information about the people who live or have lived in the North Central neighbourhood and have made important contributions to the community, arts, culture, politics, sports, business, education and more. There will be a particular focus on sharing the stories of Aboriginal peoples and immigrants.

Your stories and contributions are important for celebrating the community's history and for increasing public awareness and pride in your neighbourhood. The project

outcome will be a series of profiles to share publicly, through a searchable online database and exhibits in the community.

Please get in touch if you would like to be involved in this exciting project. We'll arrange a time to speak to you in a taped 1 hour interview. If you have pictures you would like to share with us, we will arrange to copy them and return the originals to you.

If you have any questions about this project, or have ideas about who we may speak to, please contact one of our team partners:

North Central Community Association
- 791-9888
or e-mail editor@nccaregina.ca

Jan Morier - Regina Plains Museum,
780-9435
or e-mail rp.museum@gmail.com



Dad's Cookies were once located at 3000 block Dewdney. Label courtesy of Regina Plains Museum

North Central Community Signs

Engaging individuals in the story of North Central is one of the most important causes in creating a positive depiction of a brighter tomorrow for our inner city. One of the challenges that we face is the lack a multimedia narrative to tell our story to the rest of the world.

As the new Multimedia Co-ordinator at the North Central Community Association, I am presented with a challenge to showcase the social programs that we provide the good people of North Central Regina.

We would like to request your assistance in providing your best images (such as photographic and video footage) that showcases your organization. We'd like you to provide a CD, send an e-mail with the images, or a link to a website with your organization's images.

With the imagery provided by your organization, we can help to promote the many stories of families and individuals living in North Central Regina. By working together, we can move forward to showcase a brighter future that promotes your organization's stewardship of caring, community pride, and cultural diversity.

If you have any questions or would like additional information, please contact **Alvil Tayco** at 306-791-9888 or by e-mail to taycoaa@hotmail.com



PLANTING DAY!

Saturday, June 5

9 a.m. to 3 p.m.

Meet AT THE

**Robinson Street
Garden Plot**

ACROSS FROM ALBERT COMMUNITY SCHOOL

Tools provided!

LUNCH PROVIDED FOR VOLUNTEERS

Peacemakers know



that violence and abuse are everybody's problem.

Violence and abuse are not somebody else's problem; it is our own problem. If you are waiting for the government or the police or the courts or anybody else to fix the problems of violence and abuse; plan on waiting a long, long, long time. The abuse will only stop when you, me, and everybody else start rejecting violence and start working for peace and reconciliation.

If you don't care ...

- Don't talk about violence.
- Don't talk about abuse.
- Don't tell the victim that abuse is wrong.
- Don't warn others about threats of violence.
- Don't make friends or get to know your neighbours.
- Don't do healthy things with your family
- Don't participate in community events and groups.
- Don't pay attention to your children.
- Don't praise your children for their good deeds.
- Don't let your children have friends.
- Don't protect your children from violence.
- Don't support your children.
- Don't practice Christ's teachings of love.

If you care ...

- Criticize violence and promote peace.
- Break the silence and tell the stories of abuse.
- Support victims of violence and abuse.
- Protect yourself and others from violence.
- Build friendships for your self.
- Be positive about yourself and your family.
- Volunteer for healthy community action.
- Build up your children's self-esteem.
- Tell your children the good things they do.
- Encourage your children to have friends.
- Protect your children from violence.
- Share time and activities with your children.
- Believe and live with faith, hope, and love.

“Blessed are the peacemakers for they shall be called the Creator's children.”



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






Circle Project



Mamawinitowin Mocikhtawinihkewin
'Our Community Celebration'


Come Celebrate

National Aboriginal Day



Monday, June 21
2:30 - 8:00 PM


GRASSICK PLAYGROUND CAMERON ST. & 4TH AVE.
All are welcomed to enjoy this fun filled day!!



Free Children's
Activities

Free Family
Photos

Free Cotton
Candy for Children

For further information please contact: Bonnie Day @ 569-3988

Poverty Talks

COMMUNITY-MAKING POTLUCKS

June 22, 29 & July 6 ... 6:00 to 8:00 PM
Four Directions Community Health Centre
3510 5th Avenue at Elphinstone Street

- Do You Have Experience Living in Poverty?
- Do You Want to Make Communities Free of Poverty?
- What Can We Do Together to End Poverty?
- Are you interested in building a community group to help others develop and to develop yourself?



The **Poverty Free Saskatchewan** network wants to involve 'persons who have direct experience of poverty' in the making of a strategy to reduce poverty. First Voice persons and others who want to develop a group to support the strategy are welcome to attend (any and all) potluck gatherings on upcoming Tuesday evenings.

Through creative activities, conversations and improvised performances, we will strive together to create a social environment that encourages First Voice participation; supports social action to eliminate poverty; and meets our developmental interests and needs, in ways that are fun and challenging.

EVERYONE IS WELCOME! CHILDCARE IS PROVIDED.

Please Bring Some Food to Share at the Community Potluck Table

For more information: Contact Rick at 766-6119

Community Calendar

All front line workers in North Central are invited to attend **Together Now Interagency Forum** Wednesday **June 9, 1:30 to 3:30**. Hosting Agency - Regina Trades and Skills Centre 828 Albert St.

- share the new activities your agency is involved in
- make vital links with other frontline workers
- stay up to date on current trends and issues.

Vanessa Everett will give a brief overview of the Regina Skills and Trades Centre.

A Proud Generation Calendar celebrate the achievements and aspirations of First Nations, Métis or Inuit youth of Saskatchewan. Download an application - **deadline June 30**
www.aproudgeneration.com

- A Canadian resident of Aboriginal ancestry (First Nations, Métis or Inuit)
- Between the ages 15-39 years old
- Dedicated to living a healthy, responsible lifestyle

All youth featured in the calendar receive bursaries to assist them in fulfilling their potential

Dream Team Volunteer Central is a network of people who are interested in volunteering in the community of North Central. Sign up for volunteer opportunities! We work with many community agencies to offer a variety of activities. The project is lead by Four Directions Community Health Centre and the North Central Community Association.

Call to sign up as a volunteer or to offer a volunteer opportunity: Contact Lisa 766-7549 or e-mail: lisa.workman@rqhealth.ca

Transition to Trades North Central is a non-profit construction/trades training program currently looking for homeowners who want to build or renovate their homes. We do have an experienced Journeyman Carpenter Instructor leading the young adult students. You supply the materials and we supply the labour and expertise. There is no charge, but donations welcomed. Our particular interest at the present, is building a home, fair-sized deck, bracing a basement or setting up a garage package. We are also open to other projects although our focus is on learning opportunities rather than just labour. Where the demand exceeds our capacity, North Central home owners receive first preference. Please call 791-9530 and ask for Marc.



Community Announcements

Well done **REACH** (Regina Education & Action on Child Hunger) on REACHing your 20th Birthday! Stay tuned for announcements re: the R Healthy Food Store's new extended hours.

Congratulations to North Central Community Association for being selected by the **Canadian Diabetes Assoc's Regional Awards** to receive the **2010 Outstanding Partnership Award** for the "Eat to Live Well Education event on diabetes held at Albert Scott Community Centre August, 2009.

Congratulations to **Beatrice Laframboise** with the **Traditional Grandmothers Guidance Centre** at 5th & Retallack for her diligence in serving the aboriginal community in North Central. Kookum Bea's Centre was one recipient of **Farm Credit Canada's** Regina Spirit Fund. TGGC received \$4,000 to help with its lunch program providing free soup and bannock to residents of North Central twice a week. Laframboise hopes traditional teachings are helping young First Nations men and women.

DAILY GROOVE Monday to Friday 4:00 to 4:30 pm. Meet at Four Directions Community Health Centre 3510 5th Ave. Drop in for 30 minutes of easy physical activity.

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



Send
in your events for the
FREE LISTING in Community
Calendar or Announcements section
of your North Central Community
Connection newspaper!
Deadline July 12!



www.nccaregina.ca



ANNUAL GENERAL MEETING

Tuesday
June 22

Albert Scott Community Centre

Come take part and have your say! Review the events of 2009. Consider letting your name stand for the Board of Directors. Members, this is your invitation and a call to action!

Registration 6:30 pm
Meeting begins
7:00 pm
791-9888

COMMUNITY CLEAN UP

SUNDAY JUNE 6, AT 9 A.M.

put large items out beside your dumpster the night before

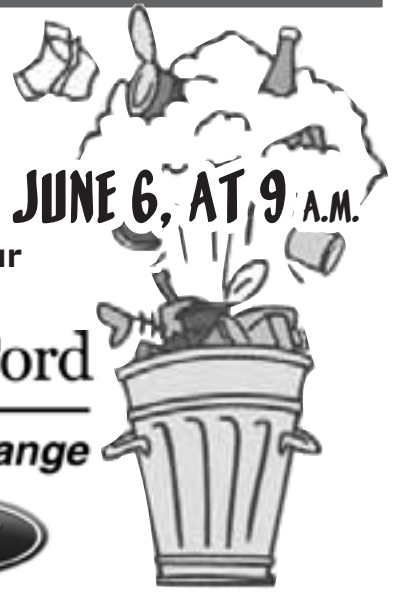
Bennett Dunlop Ford

Driving Change

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



All valuable volunteers welcome!
Meet @ Scott parking lot at 9 a.m.



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:

Jane Gattinger Yolanda Hansen
Miranda Hanus Rick Kotowich
Malicious tha Don Jan Morier
Lacy Peigan Scott Collegiate
Aaron Talbot Alvil Tayco
Janine Taylor & Classroom of Scott Collegiate
Lisa Workman

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 AUGUST ISSUE July 12, 2010

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

e-mail: editor@nccaregina.ca



Mission Statement of North Central Community Association

Working together with the community of North Central to enhance the quality of life by representing, promoting, developing partnerships and unifying our community and its image.



NCCA Board of Directors

Tom Wright.....President
Jordan d'Almeida.....Vice President
Greg Hamblin.....Treasurer
Carol Kirk.....Secretary

Members at Large

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

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
North Central Community Association (NCCA).....	791-9888
North Central Community Health Office (Nurse).....	757-1046
North Central Community Police Service.....	777-6450
North Central Family Centre.....	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	205-3598
Pasqua Hospital.....	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police.....	777-6500
Regina Crime Stoppers.....	545-8477
Regina Fire Department.....	777-7846
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman.....	787-2699
R Healthy Food Store.....	359-0541
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement.....	787-4723
Souls Harbour Rescue Mission.....	543-0011
Street Culture Kidz	565-6206
TransitionstoTrades	791-9530
Welfare Rights Centre.....	757-3521
Women of the Dawn	791-6504

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

click Noble Snapshots

FROM NORTH CENTRAL

by Aaron Talbot

Yesterday, I walked down Dewdney from Albert to Elphinstone, and gazed up at Mosaic Stadium. It was evening, so the stadium lights were on and all the vehicles rushed with headlights bouncing, some with only one working, others none. I walked slowly and thought about what I'd only read hours before in the *Leader-Post*, May 21, 2010. Certain phrases kept popping into my mind: "Transitions to Trades saved Thomas' life," and "now, the program is in danger of collapsing after one of its funders backed out in April. The organization needs to come up with at least \$100,000 to \$150,000 in order to support the next group of students starting in the fall."

Money of course is a great renewing force; it isn't, however, the only force that can help vitalize our proud section of the city. I talked to one elderly gentleman about the many problems North Central has to deal with, and he commented: "Nobody is proud of who they are and what they do . . . they

Money of course is a great renewing force, it isn't, however, the only force that can help vitalize our proud section of the city.

Who Will Renew?

renewal *ri'n(y)oōəl* noun

the action of extending the period of validity of a license, subscription, or contract : *the contracts came up for renewal, a renewal of his passport.*

- an instance of resuming an activity or state after an interruption : *a renewal of hostilities.*
- the replacing or repair of something that is worn out, run-down, or broken : *the need for urban renewal.*

get a little bit of money and it goes to their heads."

I asked him what he meant, and he replied, "everybody wants to get rich, but nobody wants to do something hard or worthwhile. . . ." He trailed off and mumbled something about his flowers and then exploded with a flurry of words.


"There are some kids, you know those kids, who want to help out. They're on the right track – they know what it's all about. They're not greedy yet. They're not just concerned with themselves . . . they care about their neighbour."

And that was it, I thought. That was the nugget of wisdom that I'd been searching for on the sidewalks and streets of North Central. Working together, as the Transition to Trades program exemplifies, with tradesmen working with individuals, is the assured way to go.

If renewal is an extending/resuming/repairing, as the above definition implies, then how monolithic it must be! And when

I stare out my living room window onto Queen Street, I shudder but for a moment in despair. In that moment, I think only of the colossal amount of work that I must undertake to help bring renewal.

But the foolish thought passes. It is not about what I can do, or about what others can do; instead, it's about what WE can do. All neighbourhood renewals start with people working together, regardless of their differences and lack of funds. Poverty does not stop people from getting together – our attitudes do, as the elderly gentleman had earlier pointed out.

Let us walk then in our neighbourhoods with an attitude to renew together. 



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CLEAN UP RECYCLABLES AT MOSAIC STADIUM FOR 4 TO 6 HOURS AFTER WATCHING THE GAME

EARN \$40 OR MORE PER GAME

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SIGN UP FOR ORIENTATION TODAY!

JOBS FOR MATURE PEOPLE; MUST BE AT LEAST 12 YEARS OLD.

CALL 791.9888 OR VISIT 1264 ATHOL STREET TO SIGN UP FOR AN ORIENTATION AT NORTH CENTRAL COMMUNITY ASSOCIATION.

Home games

Sun, June 13 @ 4:00p.m.
 Sat, Jul 17 @ 6:00 p.m.
 Sun, Aug 12 @ 8:00 p.m.
 Fri, Sep 17 @ 8:00 p.m.
 Sun, Oct 17 @ 3:300 p.m.

Thu, Jul 1 @ 6:00 p.m.
 Sat, Jul 31 @ 5:30 p.m.
 Sun, Sep 5 @ 3:00 p.m.
 Sat, Oct 09 @ 4:00 p.m.
 Sat, Nov 06 @ 6:00 p.m.

