

Those who join Regina Anti Gang Services (RAGS) must drop their rags (bandanas) and their colours. When they walk through the doors, they give up allegiance to the gangs that controlled their lives.

For me to be admitted into the RAGS headquarters I had to drop my own 'rags' of preconception and fear. I left behind notions that coloured my judgment. I entered the building with an appreciation that these

*The devil took my soul
But the Lord gave it back* people, whoever they were before, are in the process of turning their lives around. Ready to fly!



Logo by Jade

Story by Jan Morier

The director and counsellors of RAGS are gentle souls who quietly deal in saving lives. Their stories of intervention are not what they want to talk about. Those scenarios only set the stage. The true tales of heroism come from the young men and women who had the courage to come through those doors.

In four years, 86 male and 22 female participants have been through the RAGS program and are still with the program. RAGS takes the leaders and the higher-ups away from the life. Staff know that many more gang members out there want to get out - they just don't know how. What makes RAGS work is the support within. Once you come through those doors, you are not alone. There is no ego in RAGS; in fact you may find yourself working alongside former rivals. Everybody who walks in is here for the same reasons.

*I am sick and tired of it all
And I'm done with it, done with it
Gotta learn to walk when I fall
and
I've been down this road all alone
Now I'm done with it, done with it
Wish I could find my way home*

Youth Justice Canada brings together the gang prevention and intervention programs that demonstrate success. RAGS reps have presented in Edmonton, Thunder Bay, Halifax, Winnipeg, The Pas - in each case relating in 45 minutes how they've turned things around in four years. The symposiums marvel at RAGS' evolution and lessons learned. A Regina officer also travels along, giving the law enforcement angle. But the show-stoppers are the program participants themselves who tell of the changes they've come through.

RAGS is attending an international symposium in Mexico. The fancy title is 'North American Platform Program Seminar on Effective Prevention Practices to Address Youth Gang Issues and Strategies'. Because of their criminal records, former gang members in RAGS cannot make the trip. But they'll still tell their stories through a music video and taped messages from the participants. They'll tell what the program has meant to them.

*You don't know what it means to me
Had the game on lock
when I left these streets
You don't know what it does to me
Tryin' to change
these demons inside of me*

RAGS Director Jacqui Wasacase says "We're still alive and well and hopeful that federal funding will be renewed. We're moving forward with more educational and mentorship programs and excited at the possibility of working with the community in developing evidence-based programming."

Thanks are due to the staff of RAGS and the support of the board and advisors. An to the young men and women who had the courage to come through those doors.

*Just a kid from North Central
trying to survive /
the streets were my home /
a ghost, barely alive /
it's my life now /
I've made my change /
from RAGS now to Riches /
ain't playin' no games*

Kid From North Central Video
www.youtube.com/watch?v=C1rfZYwp4To

*Feeling like I'm ready to FLY,
I'm ready to DIE.
But not before I touch the SKY.*

*I went from RAGS to riches,
READY TO FLY.*

A program of North Central Community Assoc.
Funders: Corrections Public Safety Canada
National Crime Prevention Centre (NCPC)
Urban Aboriginal Strategy - for Changing Our Lives on Regina Streets (COLORS) and the Circle Keeper (Women's) Program

Shyne Studio

RAGS men and women are proud to be telling their stories - it is therapeutic for them and creates an understanding for the rest of us. Shyne is a recording studio that was established in year three of RAGS with funding from Heritage Canada. The studio is equipped with recording and editing software and the latest equipment. Seeing that their creativity can really go somewhere, it encourages expression in writing and performing and learning skills of sound editing and video production. Two RAGS' staff members took training in digital recording and are now teaching RAGS' youth, in turn. Eighteen former gang members have participated in the creation of eight songs and one video. Women's voices are heard through the writing and performing; a new-found respect can be heard in the tunes. An Elder's narration of what it meant to be a true warrior introduces one rap loaded with remorse but filled with hope.

*I never knew a true warrior
Now I know a true warrior
Now I see a true warrior
Helping out his people
and reaching for his people*

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by Jan Morier

Urban Aboriginal Peoples Study - the Regina Executive Summary - was presented in our city on March 10. The study was commissioned by Environics Institute and sponsored locally by the Province of Saskatchewan. Included on the UAPS Advisory Circle were representatives from the University of Saskatchewan. The study was Canada-wide and involved 11 cities.

Urban Aboriginal Peoples Study

The Project Manager and presenter was Ginger Gosnell-Myers who was quick to thank the Regina Co-ordinator Jaimee Marks. The presentation in Regina gathered a good cross-section of citizens from educational institutions, three levels of government, community organizers and citizens interested in the findings.

Aside from the fascinating results, one must marvel at how huge this undertaking was. Gosnell-Myers commented on the pride they took in accomplishing this endeavour.

The Executive Summary calls the study "a snapshot of the hundreds of thousands of Aboriginal people who now live in urban centres." Environics called the study "an enquiry into the values, experiences, identities and aspirations of First Nations peoples, Métis and Inuit living in Canada's major urban centres." The Urban Aboriginal population in Canada is at an all time high, numbering over 600,000. The study sought to express the growing and changing urban Aboriginal points of view.

It is amazing to think that in-person interviews of one to two hours long were conducted with 2,614 Métis, Inuit and First Nations (status and non-status) individuals from those 11 cities between Halifax and Vancouver.

The questions covered four themes:

- IDENTITY: Who are you?
- EXPERIENCES: What's your everyday life like?
- VALUES: What's important in your life?
- ASPIRATIONS: What do you want for your future?

The people interviewed - about 250 per city - were found by local Aboriginal people. Those invited were not solely among those living in serious poverty or those who are succeeding. Their 'ideal sample' was based on identity group, age, educational level and gender.

The study also conducted telephone surveys with 2,501 non-Aboriginal urban Canadians living in these same cities (excluding Ottawa). Regina's interviews were conducted between April 10 and July 21, 2009.

Full results of the Canadian cities' thoughts can be found at www.uaps.ca but it is interesting to note the Regina findings.

"Aboriginal peoples account for nine percent of the total population of Regina, larger than the relative populations in any other UAPS city, except Winnipeg and Saskatoon."

SUMMARY: Most urban Aboriginal peoples in Regina consider the city to be their home. There is strong Indigenous pride among Aboriginal peoples in Regina (second only to Toronto). Many Aboriginal peoples in Regina believe they can make their city a better place to live. Unfortunately this sense of empowerment is less widespread than in other UAPS cities. There is a likely factor of the concerns over crime (gang violence), about racism and discrimination.



Aboriginal peoples in Regina are less likely to feel accepted by the broader population than in any other UAPS city, except Saskatoon. Connections to Aboriginal cultural activities and services are somewhat less evident in Regina than elsewhere. Still there is agreement that there should be Aboriginal services, in addition to mainstream ones. Housing was seen as the key area.

The top goal for Aboriginal peoples in Regina is to complete their education and earn a good job or career. In comparison to UAPS participants in other cities, Regina Aboriginal people placed greater importance on having a career, financial independence and home ownership, and less on a traditional life.

There were six major findings in the perceptions of non-Aboriginal residents of Regina toward Aboriginal people. These were gathered from 250 telephone interviews conducted between April 28 and May 15, 2009. Among the interesting points is that "virtually all Regina residents know Aboriginal people live in their city, and most are also aware of an Aboriginal community. Regina residents are among the most likely to have regular contact with Aboriginal people or to know Aboriginal people as close friends, neighbours and co-workers, similar to those living in other cities with large relative Aboriginal populations (i.e. Thunder Bay, Winnipeg and Saskatoon)."

In addition, Regina residents recognize that there is discrimination at least some of the time, more so than by other groups in Canadian society. This feeling is more pronounced in Regina than in any other city, except Winnipeg.

Having said that - optimism that our relationship with each other is improving is very high and healthy in Regina. We are feeling that right here in North Central among our many agencies that are interacting and networking.

We are all working together for the same results - a comfortable and safe home, a caring family, a good education and equal opportunities for training and careers. No more, no less than what we all want and deserve.

Project Manager, Ginger Gosnell-Myers, spoke to *North Central Community Connection* about the Regina findings.

"One of the major aspects the UAPS highlights for the Aboriginal community in Regina is that there is a strong sense of identity, pride in one's heritage, and a belief that culture in the city is growing stronger.

All of the cities that participated in the UAPS study show a unique side of community and city life that we didn't really know much about, until now.

Essentially, we see a lot of hope, and reason to celebrate all the hard work and sense of community that people and organizations foster on a daily basis. The UAPS provides further insight to some of the things that are unique to Regina, the good and the matters that require additional supports.

People move to Regina to fulfil many goals - and when they aren't able to reach those goals then we need to ensure that they have the opportunities in place for them to succeed. We were able to look at the overall findings for Regina, but there is still more that we can understand in terms of gender differences, age, etc. that I encourage others to research some more."

Scott Collegiate Grade 9 student reflects on a visit to Regina Plains Museum and viewing the North Central exhibit.

The museum was very tiny but there was a lot of knowledge in the museum. We learned a lot about the past and the present and about Louis Riel. The lady who showed us around knew a lot. I mostly like the part when she said, "In the end we are all the same."

 Cassandra Machiskin

The quote is part of the exhibit and was spoken by Elder Lilly Daniels.

www.uaps.ca

What are bed bugs?

Bed bugs are small blood sucking insects with oval-shaped bodies and no wings. Adults are about 1/4 inch long and flat as paper. After feeding, they turn dark red and become bloated.

Eggs are whitish, pear shaped and about the size of a pinhead. Clusters of

10-50 eggs can be found in cracks and crevices. Bed bugs have a one year life span during which time a female can lay 200-400 eggs depending on food supply and temperature. Eggs hatch in about 10 days.

What do bed bugs feed on?

Bed bugs prefer to feed on human blood, but will also bite mammals and birds. Bed bugs bite at night, and will bite all over a human body, especially around the face, neck, upper torso, arms and hands. Bed bugs can survive up to six months without feeding. Both male and female bed bugs bite.

Can I get sick from bed bugs?

There are no known cases of infectious disease transmitted by bed bug bites. Most people are not aware that they have been bitten but some people are more sensitive to the bite and may have a localized reaction. Scratching the bitten areas can lead to infection.

QUICK FACTS

- Bed bugs do not spread infectious disease.
- Difficult to remove from home.

Take precautions when travelling or bringing used furniture into your home.

How do bed bugs get into my home?

Bed bugs are often carried into a home on objects such as furniture and clothing. If you think you have a bed bug problem, check for live bed bugs or shells in the following areas:

- Seams, creases, tufts and folds of mattresses and box springs
- Cracks in the bed frame and headboard
- Under chairs, couches, beds, dust covers
- Between the cushions of couches and chairs
- Under area rugs and the edges of carpets
- Between the folds of curtains
- In drawers
- Behind baseboards, and around window and door casings
- Behind electrical plates and under loose wallpaper, paintings and posters
- In cracks in plaster
- In telephones, radios, and clocks

Bed bugs can also travel from apartment to apartment along pipes, electrical wiring and other openings

If the infestation is heavy, a sweet smell may be noticed in the room.

What can I do if I have bed bugs in my home?

The best method to deal with bed bugs is Integrated Pest Management (IPM), which combines a variety of techniques and products that pose the least risk to human health and the environment.

1. Consult with your local health department or a professional Pest Control operator to confirm that you have bed bugs.
2. Inspect your mattress and bed frame, particularly the folds, crevices and the underside, and other locations where bed bugs like to hide.
3. Use a nozzle attachment on the vacuum



to capture the bed bugs and their eggs.

Vacuum all crevices on your mattress, bed frame, baseboards and any objects close to the bed. It is essential to vacuum daily and empty the vacuum immediately.

4. Wash all your linens in the hottest water possible and place them in a hot dryer for 20 minutes. Consider covering your pillows and mattress with a plastic cover.
5. Remove all unnecessary clutter.
6. Seal cracks and crevices between baseboards, on wood bed frames, floors and walls with caulking. Repair or remove peeling wallpaper, tighten loose light switch covers, and seal any openings where pipes, wires or other utilities come into your home (pay special attention to walls that are shared between apartments).
7. Monitor daily by setting out glue boards or sticky tape (carpet tape works well) to catch the bed bugs. Closely examine any items that you are bringing into your home.

Consult professional pest control services and discuss options that pose the least risk to humans and the environment.

If you choose to treat the infestation with an insecticide, call a Professional Pest Control Service for more information. Use the least toxic product available and follow all manufacturers' instructions. Whether you choose Integrated Pest Management or insecticides, you may continue to see some living bed bugs for up to ten days. This is normal. If you continue to see a large number of bed bugs after two weeks, contact a professional pest control service.

What do bed bug bites look like?

When bed bugs bite people, they infect their saliva into the biting area, causing the skin to become irritated and inflamed. Individual responses to bed bug bites will vary. The skin lesion from bed bug bites may go unnoticed, or be mistaken for flea or mosquito bites or other skin conditions.

Four types of skin rashes have been described in the literature:

1. The most common rash is made up of localized red and itchy flat lesions. The classical bed bug bites could be presented in a linear fashion in a group of three, which is called "breakfast, lunch, and dinner".
2. Small raised red swelling lesions are also common.
3. In rare cases, people may develop large raised, often itchy, red welts. In people with high sensitivity to bed bug saliva, people may develop a lump filled with blood or fluid.

Bed bug bites most commonly occur on exposed areas of the body, including face, neck, hands, arms, lower legs or all over the body.

How do I treat bed bug bites?

Most bed bug bites go away by themselves and don't need treatment. Keep the skin clean and try not to scratch. If the bites are very itchy, your doctor may prescribe cream or antihistamines to relieve the itchiness.

Oral antibiotics may be prescribed for any secondary skin infection from excessive scratching.

How do I prevent bed bugs from entering my home?

- Although even the cleanest homes and hotels can have bed bugs, regular house cleaning, including vacuuming your mattress, can help to prevent an infestation.

Clean up clutter to help reduce the number of places bed bugs can hide.

- Be careful when buying used furniture or clothes. Make sure to inspect the used item, and feel free to ask the retailer if the items were checked for bed bugs.
- Use caution when bringing home used furniture or clothes from the curbside. These items may be infested with bed bugs.
- When travelling take the following precautions:
 - Inspect the room and furniture: inspect all cracks and crevices of the mattress and box spring, and look for blood spots or live insects. Request a different room if you find evidence of bed bugs.
 - Protect your luggage: keep all belongings in your luggage and wrap your luggage in plastic to help prevent bed bugs from entering your luggage.
 - Protect the bed: move the bed away from the wall, tuck in all bed sheets and keep blankets from touching the floor.
 - Upon returning home: keep your luggage in an isolated area of your home, such as the garage. Inspect the luggage. Wash all your clothes in the hottest water possible and put them in a hot dryer for 20 minutes.

What to do if you live in a building with bed bugs

- Educate yourself - learn how to identify, treat and prevent bed bugs
- Monitor - check for bites on your body and blood stains on linens and clothing
- Get rid of clutter - bed bugs thrive in a cluttered environment
- Pest proof your home - eliminate bed bug hiding places by sealing all holes and gaps in baseboards, pipes and cover plates
- Use caulking gun and tube of caulking for base boards and trim
- Use expandable foam for areas around drains and water pipes
- Use kick plates and weather stripping for doors
- Don't hesitate; take action if you find any evidence of bed bugs, immediately contact your landlord or property management and request pest control treatment
- Preparation is key-thorough and proper preparation prior to pest control treatment is key to successful bed bug control
- Make your bed an island - encase your mattresses, box springs and pillows in covers or mattress encasements
- Remove bed skirts and make sure sheets do not touch the floor
- Apply carpet tape to corner posts or place corner posts on glue boards that have been taped to the floor
- Place each bed leg in an empty tin can filled with petroleum jelly

Inspecting your bed

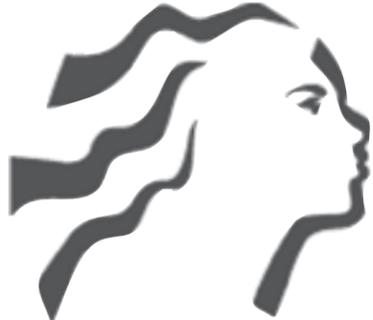
- Use a good flashlight
- Remove all linens
- Pull the bed four inches away from the walls
- Check bedding, mattress and box spring (both sides), seams, folds in fabric and frame for blood spots, live bed bugs, dead bed bugs, eggs, and fecal matter

Dear Auntie You Can Overcome Depression

That was a loooooong winter!

It is easy to fall into a depression when we aren't getting enough sun, we can't get out of the house, can't get around easily and we keep getting sick.

I have suffered from depression in my life. You start to not care about anything - your appearance, work or friends. You stay at home by yourself. It can get pretty serious, even to the point of thinking about ending it all.



Just know that if you are feeling depressed, you aren't the only one. Depression affects many people. It is nothing to be ashamed of; it is an illness like diabetes or hepatitis. You should even talk to your doctor about it.

Take care of yourself. You will find it harder to cope if you are tired, hungry or in physical pain. You need to make sure that you eat enough so that you have energy to get through your day. You just feel yucky if

you haven't eaten. Try making yourself a nice meal. If you can't, ask a friend or family member to help you. **Get some rest.** Life is much more difficult when we are overtired. Everything seems worse. If you are having trouble sleeping, cut down on caffeine – colas and coffee. Get into a sleep routine - same time to bed, same time up, no naps. **Move around during the day;** don't just sit on the couch. A little walk or other exercise goes a long way to feeling good.

Talk. Find a friend, family member or support person you can talk to. Talk about your feelings. Talk about your worries and stresses.

Just talking can really help. If you don't feel like you have anyone to talk to, look into a counselor or support group.

Avoid alcohol and other addictions.

Substances and bad habits make depression worse. They exaggerate anger and sadness and make it harder to cope. In the end, you will also have to deal with the consequences, whether it is a hangover, legal troubles or being broke.

Auntie says.....

"In the end - it will be okay, if it's not okay, it's not the end."

It is very important to get help if you are thinking about suicide. You may not believe that depression will pass - but it will. Please tell someone you know if you are having suicidal thoughts or call 766-7800 or 525-5333.

You can overcome depression. Many people have and will continue to move on from depression. Once again I tell you: "In the end it will be okay, if it's not okay, it's not the end."

Prefer humour? Then remember "eagles may soar, but gophers don't get sucked into jet engines." Just tell people that you don't suffer from depression, you enjoy every minute of it! **What can I say, laughter is good medicine.**



Hey North Central!

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

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

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

School Report Card

by Carla Beck

I really loved the artifacts they had and the information that was presented, especially the section about North Central.

It showed some positive parts about NC (finally). I also learned that Natives in the past needed a 'pass' to leave the reserve or they would go to jail.

 Armando Courtepatte

Scott Collegiate Grade 9 student after a visit to Regina Plains Museum and the North Central exhibit.



Let's hope that spring is just around the corner.

I was happy to get out to a School Community Council (SCC) meeting at Scott Collegiate recently and to meet some of the people who give their time and energy to help the students there. I was also able to attend the 'Feast at Scott' held on February 18 and was glad to hear of the successful Round Dance put on by the Council.

In the near future I will be out at Wascana Community School for the Winter Aboriginal Games day (March 16). I look forward to good weather and fun with the school community. The community coordinator at Wascana, Marla Dufour, was chosen to receive a Shared Values recognition award at the most recent presentation.

I will also be out to Kitchener and Albert Schools this month. At Albert, students and staff will teach and help members of the School Board and Senior Administration make Métis sashes. The sashes will be presented at the Saskatchewan School Boards' spring general assembly. At Kitchener, I look forward to meeting with members of the SCC.

By the end of this spring, all seven trustees have met

with the SCCs in all of the schools in their Subdivisions. Besides meeting members of the school communities and building relationships, trustees are gathering answers to six questions: What accomplishment is your SCC most proud of? What areas would your SCC like to improve upon? In what ways is your SCC involved in



the development of your school's Learning Improvement Plan? In what ways can the SCC better support the learning program of the school? In what ways can the Board-SCC advisory relationship be enhanced? How can I, as your trustee, help enhance my relationship with your school?

Answers to these questions will be recorded and made into a paper that will help the Board plan future actions. I would like to say thank-you to all of the principals and vice-principals, superintendents, staff, parents, SCC members and students and students at all of the schools that I have been out to visit. I appreciate your welcoming ways and your patience.

On another note, the provincial budget is likely to be announced later this month. School Boards had been told last fall by Minister Harpauer that the new provincial funding model would be announced around the same

time. Since 2009, all school boards have been dealing with uncertain funding.

In February, the province announced that the new funding model would be delayed by another year and could be expected in 2012. It was also announced that School Boards would still be responsible to pay a 35% share of all major capital (building) projects. How this will work, given that Boards have no way to raise their own funds, is somewhat unclear.

North Central is awaiting two major projects, namely the new Wascana School on the former Herchmer site and the North Central Shared Facility at Scott. The Wascana/Herchmer project is at the Design Development phase. The approved Ministry budget for the building portion only is approximately \$13.7 million. The new facility is expected to open in the 2013-14 school year. With respect to the Scott Shared Facility, RBE currently awaits Ministry approval to work with an architect and proceed to the design phase with our other partners. Once this is approved, it is expected that the project take about two to four years to complete.

I would be so happy to hear from you if you have any questions, concerns or ideas to share.

Carla Beck Ph. 530-3320
carlabeck@sasktel.net

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by Jessica Hanna

MYTHS AND FACTS ABOUT BED BUGS

Myth: Bed bugs are too small to see.

Fact: Although they may be difficult to find because they hide well, bed bugs are big enough to be seen with the naked eye. Bed bugs look similar to an apple seed in size and appearance.

Myth: Bed bugs are only found in shelters; only poor people or dirty people get them.

Fact: Bed bugs can be found in hotels, motels, dormitories, apartments, condos, private homes, and even in some public places, such as businesses and offices. Anyone can get bed bugs.

Myth: Walking into a room that has bed bugs means you will get bed bugs.

Fact: Bed bugs do not jump. They spend 90% of their time hiding and are usually active at night. Bed bugs avoid light and do not like to be disturbed.

Myth: Bed bugs cause disease.

Fact: Bed bugs are not considered a health hazard and do not transmit disease. Bed bug bites, however, can cause allergic reaction in some people similar to a mosquito bite. Frequent scratching of the bite marks or picking the scabs can cause infections. And people with severe and/or repeated infestations can feel anxious, worried or ashamed.

Myth: Chemicals/pesticides will kill bed bugs.

Fact: Pesticide application alone will not kill bed bugs at all stages. Successful treatment depends on an Integrated Pest Management approach to bed bug control which involves, vacuuming, and steaming, laundering belongings, sealing areas and gaps where bed bugs can hide. Do not use over the counter pest control products or home remedies such as kerosene.

For more information contact Population and Public Health Services at:

Regina 766-7755
Fort Qu'Appelle 332-3312
Indian Head 695-5232

Also visit the Regina Qu'Appelle Health Region website at www.rqhealth.ca

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It is finally spring time and you know what that means. It's time to get ready to garden! We have been working hard this winter to get ready for a great season in the North Central Community Gardens. There is still lots of work to be done though and it would be great if our neighbours came out to do some planting and reap the reward of the delicious vegetables.

There have been some changes over the winter that we have to overcome. One of the lots that we have been using on the 13-block Robinson Street has been sold by the city. Hopefully a new house or some other great building will soon be constructed on that plot.

So now we have some decisions to make and we need people from around North Central to come together to make them. We are meeting on **Monday, April 11 at 7 pm** at Albert Scott Community Centre to discuss this.



There are a few options that we can consider - like trying to find another plot on city property, staying with the other three or trying to find another garden location on private property. I want to be clear that no matter what happens this season we will still have gardens on the 13-block of Rae, Retallack and Garnet and everyone is welcome to garden in them. We are appreciative of the support that the City of Regina continues to give us over the years.

As always we will be planting the gardens as a community at the end of May or the beginning of June and everyone is invited to participate. North Centralites - watch your mailbox later in May for the dates. There are also updates posted on the NC website (www.nccaregina.ca) and the North Central Community Gardens Facebook group.

We hope to see you at planting day and at the planning meeting on Monday April 11 at 7 pm at Albert Scott Community Centre.



Les Scott of Enbridge handing over the keys to Rob Deglau Community Co-ordinator, North Central Community Association

"We at Transition to Trades are very thankful for the exceptionally generous gift of a 4x4 truck donated in full by Enbridge. Our program relies heavily on transportation as all of our construction training projects are off site. This couldn't have come at a better time. God bless you Enbridge. We are sincerely grateful."

Jane Gattinger
Director
Transitions To Trades



North Central Shared Facility: *Integrated Thinking = Improved Service*

by Allen Lefebvre, Project Coordinator

Discussion about The North Central Shared Facility (NCSF) has involved the phrases 'integration' and 'integrated programs'. What does this really mean? What impact will this have on individual programs and what does it mean for the residents of North Central and the citizens of Regina?

For the last decade many of the agencies and governments that serve North Central have recognized the benefits of integration: if they were able to build programs and services together they would provide better service to residents. While discussing the concept is fairly easy, actually doing it is much harder. The North Central Shared Facility is the direct result of these discussions, and its design would create an environment where integrated programs will become the new standard approach.

The goal within the NCSF is to create a single "community of organizations" where all services, service providers and the public contribute to a shared and supportive environment that maximizes its contribution to the North Central community. Staff and community will actively collaborate with other organizations, with a focus on the quality of the services they provide. Citizens will find warm and welcoming people who are focused on individuals and families, not on systems and structures.

Integration will reflect and support the strengths of the citizens of North Central, their level of volunteerism, and their compassion and respect for each other. People will feel welcomed in a centre that is inclusive and culturally relevant – respectful to the individual and to the cultural diversity of the community. They will also be able to readily understand services, programs, issues and options, and with this knowledge and choice will come power and personal accountability. They can become empowered responsible participants – not passive recipients – in the process of creating solutions for themselves and the community. Your community.

In recent years a number of initiatives have been undertaken in North Central using an integrated approach, and they provide examples of the way all activity within the NCSF will be developed in the future.

The Aboriginal Entrepreneurship Program at Scott Collegiate

In the fall of 2009 Scott Collegiate announced the creation of the aboriginal entrepreneurship program, with the support of the Martin Aboriginal Foundation and the Regina business community. It's a partnership that allows students at Scott to gain education and experience in small business issues, and receive credit toward their graduation.

Each of the partners bring unique resources to the table, and the result is an initiative far greater than any one partner can achieve. The Martin Foundation provides leadership and financial

resources; the Regina and District Chamber of Commerce provides financial resources and mentors from the business community to work with the students; Regina Public Schools' Scott Collegiate provides educational expertise and dedicated facilities; and the students bring their ideas, their innovation and enthusiasm. Each has their own reasons for participating, but the end result is a unique educational experience, a more successful community and the potential for new businesses and entrepreneurs in the City.



Shawn Atleo, the National Chief of the Assembly of First Nations, visited the students a few weeks ago and summed up the program best: "The support these students get from their families, community, teachers, leadership and the Martin Initiative is real. And what's being accomplished here is a true example of working together for each other to close the gap in education and I'm humbled and honored to stand with the students in support. These support networks and successes need to be shared and celebrated."

Regina and Area Drug Strategy

The goal of the Regina and Area Drug Strategy is to improve the quality of life for all citizens, and provide a healthier and safer community by reducing the impact of addictions. Since its inception in 2001, twenty one community organizations and departments from all levels of government have joined together to reach this goal because they recognize the profound impact addictions have on our community.

Drawing heavily from community consultations and focus groups, in 2003 the Regina and Area Drug Strategy Report was published. Its recommendations helped to focus the subsequent work of the partners in the priority areas of prevention, healing, harm reduction, community justice and capacity building. A number of working groups were created and a large number of subsequent projects were undertaken as a result. The benefit to the community from this work has been substantial, and, among other things, include major initiatives such as the Drug Court, the new Addiction Treatment Centre on Victoria Avenue, and school curriculum support material specific to various grade levels.

Once again, these initiatives would not have occurred if organizations worked independently. The integrated approach by a number of partners working cooperatively made all the difference.

Go Green Recycling at Mosaic Stadium

Several years ago the Saskatchewan Roughriders began selling canned beer at Mosaic Stadium, and a partnership was formed to address the issue of collecting recyclable drink containers. The concept is simple, but the results in the community are widespread.

Coordinated by the North Central Community Association, members of the community are hired to collect cans and bottles after each Rider home game. They get paid from the proceeds from recycling and the balance of the funds flow into mural work and other neighborhood improvements. Plus they get a free ticket to watch the game! Since the program started 400 people have been trained and engaged in participating in the program and \$120,000 in recyclables collected.

All this because of the vision of the Saskatchewan Roughriders, the City of Regina and North Central Community Association, and the support of Premiere Van lines and SARCAN. A winning team!

Why will the North Central Shared Facility matter?

Initiatives like those discussed above have usually been undertaken in response to a pressing issue in the community. But they all have a life-span, and typically after several years the interest and energy shifts to other priorities and they fade. Pulling the partners back together often needs another crisis issue and requires substantial effort.

The goal of the Shared Facility is to incorporate integrated approaches into everyday life within the facility. These approaches will become the norm not the exception, and the connections between the partners will become permanent rather than occasional.

Organizations have been talking about the benefits of integration for years, and this facility moves from talk to action. It will create a facility designed for this purpose, creating a unique environment that adds value to how the community is served - a non-traditional environment because traditional systems are not adequately meeting the community's needs. Integration is a promise made to citizens – a promise that their engagement is a fundamental part of the process, and that meeting their needs is the primary goal.

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

Designs by Fielding Nair International

Message from the Office

Good day,

Semester Two is in full swing at Scott Collegiate and students are busy working on various classes and projects including a Gr. 10 Hip Hop project, Gr. 11 Photojournalism project, and a Gr. 12 Film project.

Summer holidays and graduation are just around the corner, so making sure all students are in classes and attending regularly is paramount.



Rod Allen
Principal



Mike Tomchuk
Vice-principal

There are no classes on March 30th due to 2/3 way conferences. If you have a student at Scott, we welcome you to attend those conferences. On **April 21st**, there will be no school for students because of teacher Professional Development (PD) Day. The school will be closed for spring break on **April 22nd** and from **April 25th to 29th**. Classes resume on May 2nd.

We would like to take this time to thank all staff and students at Scott Collegiate for their hard work and dedication. The hard work does not go unnoticed. Hopefully by the time you are reading this, the weather has changed and it is not -40°.

Finally, please feel free to call the school anytime to discuss the progress of your child. We would love to hear from you.

Both Scott boys and girls basketball teams had wonderful seasons filled with great sportsmanship, fun and exciting games. Thank you to all the players, coaches, and fans for their dedication and their participation in making this season very memorable.

During the middle of March, the boys went to provincials in Maple Creek and regionals in Caronport.

The Culture Room at Scott Collegiate

This year the Grade 10 students at Scott Collegiate are being given the opportunity to be involved in project-based learning. Through projects the students are working towards earning six credits instead of the usual four. We have integrated credits making it easier for students to be successful in many subject areas including: English Language Arts A10, ELA B10, Native Studies 10, School to Work 10, Information Processing 10, and Art 10.

In semester one, students designed and created a **Culture Room**. They transformed a classroom into an area for all students and elders to experience their culture. The students' ideas were used to paint, decorate, and set up the space in Scott Collegiate's first Culture Room.

A highlight of the room is an eight foot traditional tipi as well as a mural on the ceiling.

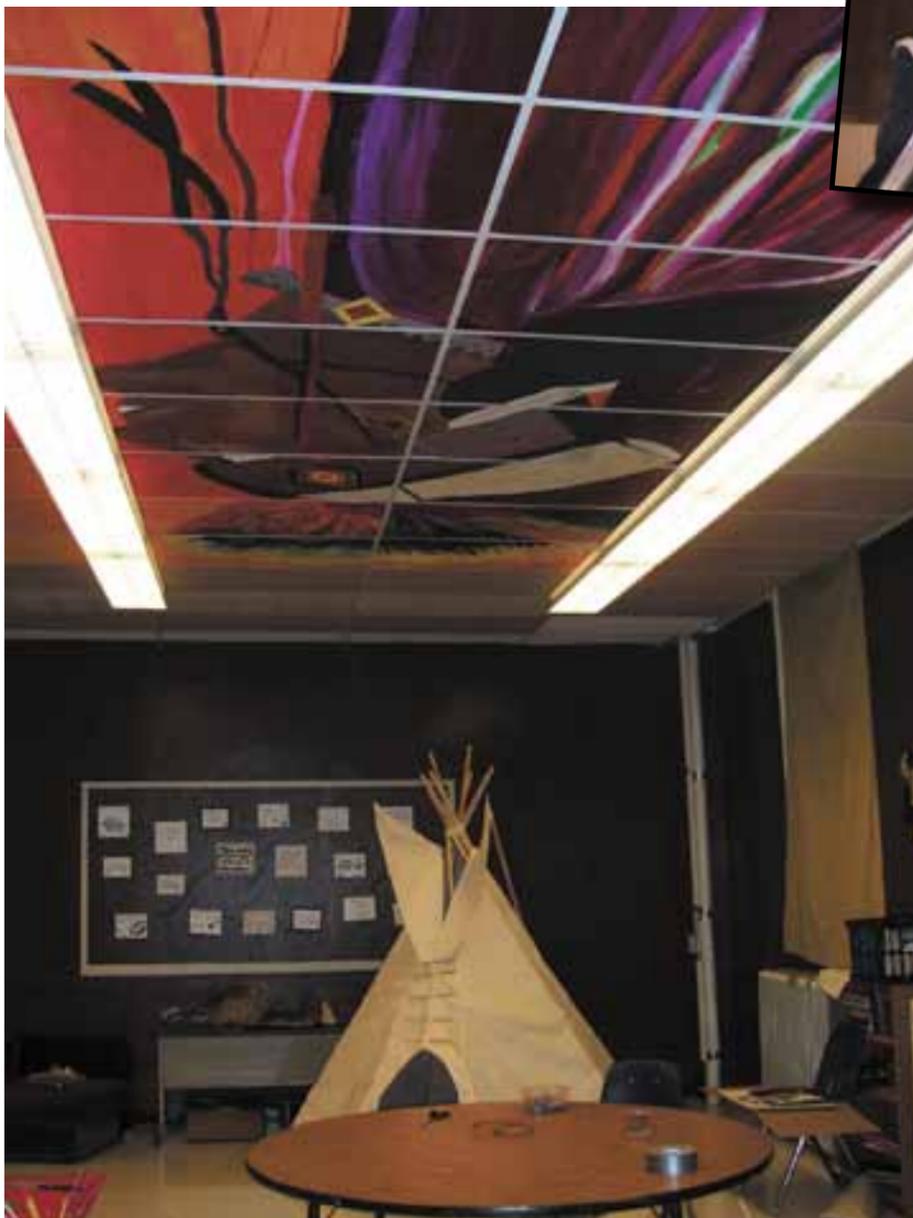
In semester two, we will be bringing back Hip Hop School, offering Driver Training, sending students out on Work Placements as well as other projects that are of interest to our students. The teachers who are heading this project are Ms. Christopherson, Ms. Ratt and Ms. Agarand.



BEFORE



DURING



Grade 9 students visited North Central's history on display at the Regina Plains Museum

The Plains Museum was a good little trip. We met a nice lady named Jan and she told us some stuff about North Central like it was back in the day.

Tre Campeau-Brass

I liked the museum. I think I went there with Girl Guides one time. Jan was very nice. My favourite thing about the museum was the glass wheatfield. I also liked the pictures of the schools. I think I saw my old school Herchmer. Also Jan told us stories about Louis Riel.

Ashley Ewenin

That is one good place to muse. It was great. I did enjoy it. I learned about the Regina Riot. I thought the glass wheat field was amazing and I wonder how they made it. I liked the guide because she was kind and funny. She talked about how North Central was going to be the downtown of Regina, but it worked out differently. North Central is in the right place. The Plains Museum was very awesome.

Wade Neufeld

Homegrown Talent CELEBRATED North Central Community History Project

by Taylor Bendig
Researcher, North Central Community History Project

Nobody important comes from North Central, right? Two months ago, as far as I knew, that was the truth. I certainly didn't know of anybody worth mentioning that had grown up or lived in the neighbourhood – which, I suppose, isn't that surprising. Here in Saskatchewan, our heroes tend to be the folks who grew up in small towns and went on to make it big. It's kind of a badge of honour: the smaller and more remote the town, the greater the triumph when you become a success. But if you're a success who comes from a city, then your home turf doesn't get much attention. You're not expected to make a big deal of the neighbourhood you called home – especially if that neighbourhood happens to be North Central. There's no honour in calling NC home.

“...the IDEA that
NOBODY IMPORTANT
comes from
North Central is
PURE RUBBISH.”

Now, after two months of researching and interviewing North Central's success stories, I'm starting to wonder why that is. Sure, it can be a tough place to live, where money is scarce and it often takes hard work just to survive. It's been that way, I'm learning, since about as long as there's been a North Central. But that's no reason to assume North Centralites are set up to fail – they've been doing just the opposite for about a century. They've learned the lessons of this hardworking, diverse neighbourhood, and let those lessons shape triumphant careers in every field, from sports to politics to law enforcement to the arts.

It's a privilege – and an eye-opener – to have the people of North Central share their stories with me. It's incredible to hear about the lives they've lived, and the way their time in the neighbourhood has shaped them. But what's even more incredible is how many of them there are. So far, I've heard from a political activist, a fashion designer, a deputy police chief, a globetrotting foreign correspondent, and the former premier of the province – and I've barely scratched the surface. There are dozens, probably hundreds of powerful stories left to hear, and more being created all the time.

To put it bluntly, what I've learned is this: the idea that nobody important comes from North Central is pure rubbish. Anyone who lives in the neighbourhood ought to forget the idea of failure, and start thinking about their path to success – they've got plenty of footsteps to follow in, and some pretty big shoes to fill.

FREE!!! ONLINE VIRTUAL NATIVE LANGUAGE CLASSES OFFERED AT: www.loolounge.com

In the comfort of your own home, sit in front of a computer and learn Cree and/or Ojibwe by yourself, with your family, with a friend. All you need is a computer with speakers and internet.

We are experienced Language teachers and volunteering our services for free lessons in preservation and love of our languages. Please log on and help spread the word, tell your friends, family, share on facebook and tell anyone and everyone.

OJIBWE - Every Wednesday Night 5:00 pm
Instructor: Isadore Toulouse

CREE - Every Thursday Night 7:00 pm
Instructor: Bill Cook

Arts CARES

by Jessica Boyachek

For the approximately 70 students taking part in the Arts CARES, the February break isn't a break from learning - it's an opportunity to expand on the classroom experience in a unique way. They're volunteering with 21 local community organizations, attending workshops on community issues, and through it all, connecting the university with the wider community. As past participants can attest, community service-learning is a meaningful – and often life-changing – experience for students who want to apply their education to a greater cause.

According to Dana Folkersen, executive director of REACH (Regina Education & Action on Child Hunger), the experience is just as meaningful for the organizations who participate in the program. REACH is the largest community-driven child nutrition program in Regina, providing family and community food security initiatives and healthy food programs which enable Regina citizens with dignified access to safe, nutritious and affordable food. Arts CARES students have helped with some of these programs, including the Good Food Box, Frozen Meals, Seniors Mobile Stores, Cooking Classes and Community Kitchens. “The students bring to their placement enthusiasm, a new set of eyes—they see things for the first time—and therefore pick up on things that we may not see. They have new ideas,” Folkersen says. “The students who have been placed with us care about people and the situations that affect our participants.”

Jessica Hanna, Project Facilitator at the North Central Community Association

(NCCA), agrees: “Some great programming ideas have come out of the students' involvement with us. We also would not have been able to get some programs off the ground without students' involvement.” This year, Arts CARES participants are helping with a variety of projects, including the North Central Community Gardens and the NCCA website.

Non-profit organizations often struggle with limited resources, so extra assistance is always useful. Both Hanna and Folkersen have found that the students' energy and commitment have enabled their organizations to take on projects that they otherwise might not have had the time or capacity for. And the students' involvement has a lasting impact. The projects they work on strengthen the organizations' ongoing programming, and some students continue to volunteer beyond their Arts CARES requirements.

Perhaps most important is the university-community connection that the students help to create. “The connection that we have with the university has been greatly beneficial for our organization and the community as a whole,” says Hanna. Folkersen concurs: “The relationships we have forged with the university have assisted us with a board member, volunteers, and community based research.” As this year's Arts CARES participants spend the week serving and learning, they're demonstrating that education isn't just something that a person receives—it happens through interaction, building relationships, and contributing to the community.

JOIN

The People of North Central: A Community-Based History Project
Facebook Group Page

Albert Branch Regina Public Library 1401 Robinson St. 777-6077

COMMUNITY GARDENING 101: NORTH CENTRAL COMMUNITY GARDENS

Wednesday, April 6 - 7:00pm - 8:30pm

Have you ever wondered how to help your community and learn valuable gardening skills? Join Albert Library and North Central Community Gardens to find out how you can support the North Central Community Gardens located at 13-block of Rae, Retallack, Robinson & Garnet streets. Volunteer and support resources will be provided by North Central Community Association. Refreshments will be provided. Everyone is welcome.

WOMEN'S CULTURAL GATHERING CIRCLE

Wednesday, April 20 at 6:30 pm - May 18 at 8:30 pm A sweat is a sacred ceremony where Participants will make their own sweat dress, feast bag then participate in a traditional sweat with the guidance of Elder Isidore Pelletier. The sweat lodge is a cleansing of the body, mind and spirit. Pre-register at 777-6076. First Nations protocol will be followed.

SPRING INTO GARDENING: YARD MAINTENANCE - GROWING HERBS & VEGETABLES IN POTS

Wednesday, April 20 - 7:00 pm - 8:30 pm

Spring is just around the corner and with it comes the urge to garden. Get the information you need to make the best of our short growing season. Donna Burton, The Urban Gardener, will address a variety of gardening and landscaping topics with Regina's growing season in mind. Pre-register at 777-6076.

SEARCH

Student Energy in Action for Regina Community Health

SATURDAYS 11:30 - 3:30 pm

at Four Directions Community Health Centre at 3510-5th Ave.

All ages welcome. Bring the whole family.

We are a student-run walk in clinic, come see the doctor on Saturdays.

Childcare provided for guests during the shift.

Free healthy snacks and beverages served every shift.

Free fun and interesting health related workshops for all ages.

<p>April 2: Chicken Stir Fry</p>	<p>Alcoholics Anonymous (AA) 11:30-12:30 This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.</p>	<p>Fun with Food 1:00-2:00 Learn about different foods each week. How to prepare yummy recipes, prices, Canada Food Guide Requirements, and tasting. Join Us.</p>	<p>Super Circuits 2:00-2:30 Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!</p>	<p>Women's Group 2:30-3:20 A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.</p>
<p>April 2</p>	<p>Alcoholics Anonymous (AA) 11:30-12:30 This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.</p>	<p>Fun with Food 1:00-2:00 Learn about different foods each week. How to prepare yummy recipes, prices, Canada Food Guide Requirements, and tasting. Join Us.</p>	<p>Super Circuits 2:00-2:30 Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!</p>	<p>Smile with Style 2:30-3:20 Healthy teeth mean healthy body. Jaclyn will talk about how to take good care of teeth and have a bright and white smile. Free tooth brushes and tooth paste!</p>
<p>April 9</p>	<p>Alcoholics Anonymous (AA) 11:30-12:30 This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.</p>	<p>Fun with Food 1:00-2:00 Learn about different foods each week. How to prepare yummy recipes, prices, Canada Food Guide Requirements, and tasting. Join Us.</p>	<p>Super Circuits 2:00-2:30 Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!</p>	<p>Women's Group 2:30-3:20 A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.</p>
<p>April 16</p>	<p>April 30: Community BBQ</p> <h2 style="font-size: 2em;">CLOSED</h2>			
<p>April 23</p>	<p>Alcoholics Anonymous (AA) 11:30-12:30 This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.</p>	<p>Fun with Food 1:00-2:00 Learn about different foods each week. How to prepare yummy recipes, prices, Canada Food Guide Requirements, and tasting. Join Us.</p>	<p>Super Circuits 2:00-2:30 Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!</p>	<p>Women's Group 2:30-3:20 A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.</p>
<p>April 30</p>	<p>April 16: Roast & Mashed Potatoes</p>			



Name: Kevin Lloyd Daniels
 Career: Politician/Activist DOB: Nov. 23, 1961
 N.C. Address: 3 Block Angus Street, later 13 Block Rae Street

by Taylor Bendig, Researcher
 North Central Community History Project



Kevin Daniels came by his success the hard way.

Born to parents who had lost their official Indian status and had been forced to live off their reserve, Daniels spent the first years of his life living on the fringes of society.

"We were basically living in the coulees (and) the ditches in the Touchwood Hills area until ... about 1963," he recalls. After that, they were forced from the area and headed for Regina, becoming part of the first wave of a massive influx of Native people into the city's North Central area.

The neighbourhood they moved into was largely poor and underdeveloped, without even running water – residents supplied themselves from pumps on the street corners. But harsher than the lack of amenities was the attitude of their neighbours. "At that time, there was a lot of racism ... but we always stood up for ourselves. We always fought back (against) those that hated us," recalls Daniels.

Daniels' family moved to the Warehouse District after two or three years in North Central, and later returned so he could attend local schools. But he could find no place in an education system that "taught (Natives) that we were savages, and that our ideas were crazy and insane." He dropped out of high school, and instead started learning from his uncles and other Native political organizers. Daniels soon found himself drawn into their world.

"I got involved in politics at a very young age," he says, "because of the struggles of living the urban

lifestyle: the alcoholism, the drugs, the unemployment situation, the poverty. We wanted to fight for change."

It didn't take Daniels long to make his mark in Aboriginal politics. At age 22, he was elected vice-president of the local branch of the Association of Métis and Non-Status Indians of Saskatchewan (AMSNIS), and went on to found a youth branch of the association.

Daniels stayed in North Central for almost three decades, always an outspoken voice on Native issues. But when the Oka Crisis erupted in the summer of 1990, he left Regina and headed east to help the Mohawks of Kanesatake in their confrontation with the Quebec government.

Afterwards, Daniels settled in nearby Akwesasne, Ontario, but returned to Regina often to help solve injustices in his hometown. In 2006, he took on the issue of Native gangs – a problem that had cost the lives of some of his nieces and nephews – by helping launch the Regina Anti-Gang Services which helps gang members escape their lives of crime and build stable futures.

Four years later, his political career took a leap forward - he was elected national vice-chief of the Canada-wide Congress of Aboriginal Peoples, and a month later appointed as its interim chief.

Following the next election, Daniels resumed his role as vice-chief, but grew dissatisfied with the job.

"A lot of the work I was doing, I couldn't get done in that capacity," he says. "So I resigned and decided to get into something else that would bring (Native) issues out, but in a different way. So I got involved in the movie business."

Enlisting the help of some close friends in the industry, including Manitoba-born star Adam Beach, Daniels started work on Traditional Trading, a film about cigarette smugglers in the early 90s.

With Traditional Trading still in development, Daniels continues to keep an eye on his home province, and lend a hand whenever it's needed. He's currently working to found a Kinookimaw-based group called People of the Last Mountain, which will work on cultural, safe housing, and environmental issues.

NORTH Central

Community
Association

**We will do your
Income Tax!**

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

at the Albert Scott Recreation Centre,
2nd floor.

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

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

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

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

2011 INTER-AGENCY Chili Cook Off

Held FEBRUARY 16
Indian Métis
Christian Fellowship



CONGRATULATIONS to the 2011
Inter-Agency Chili Cook Off
Champs: **Albert Branch Library**



**Youth Chili Challenge winners were 1) Chimatawa Youth,
2) Morning Star Ministries 3) North Central Family Centre**

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

Deadline for June issue: MAY 13, 2011

Community Calendar

All Nations Healing thru Artz (ANHTA)
presents 3rd Annual Hip Hop Show CD
Release and Live Performance
Choreographed Dance, Spoken Word
Poetry, Live Rap

Friday, April 8 Regina Performing Arts
Centre 1077 Angus St. 7 pm,
\$5 general admission
Reception to follow.
Directed by Monica Fogel

**The Aboriginal Grandmothers Caring
for Grandchildren Support Network**
brings support through sharing knowledge
and personal experiences. Community
organizations and health professionals bring
speakers to meetings to talk about issues of
concern to Grandmothers.

Monthly support meetings are held on the
second Friday of each month. Join other
Grandmothers caring for grandchildren
to talk about concerns and learn about
community resources.

Our next meeting is being held **Friday, April
8 from 9:30 -11:30 am** at Four Directions
Community Health Centre on 5th Ave.
at Elphinstone St. Tea and bannock are
always served. Childcare and transportation
provided if requested in advance call: 585-
5766.

All Grandmothers caring for grandchildren
are invited to come, so please let others
know about this support network.

For information or to arrange transportation
to meetings please call Alison at 585-5766.

**Weekly Prayer (Silent) Retreat for
activists, mobilizers, ministers &
residents in Regina's inner city areas.**

*Do you often worry about the people in
Regina's inner city areas?*

*Do you work overtime even when you're
tired?*

*Do you put your own health on the back
burner in order to tend to others' needs?*

*Do you have troubles laying down the
problems of other people?*

Consider joining us...

When: Tuesdays, 3:30 - 4:30 pm

Where: Indian Métis Christian
Fellowship Prayer Lodge
(Dewdney & Athol)

Facilitation: Rev. Dawn Rolke,
Sister ReAnne Letourneau

We will begin each session with 45
minutes of silence and prayerful
listening. At times, in the silence, a
participant may be moved to speak.
The rest of the group will hear the
words spoken, but not respond; we
merely return to the silence. Following
the silence, we have a few minutes for
greetings. NOTE: people from all faith
perspectives (or no faith perspective)
are welcome. If you seek a hour of
energetic silence, join us. Please: no
late arrivals or cell phones. For more
information, call Dawn (Regina Native
Outreach Ministry, United Church of
Canada) at 789-3048.



From the President

WRIGHT'S RAMBLINGS

Once again—Greetings! On a somewhat stormy day, that hopefully is going to usher us into a pleasant spring. I am guessing that you share my desire for an end to winter. Shoveling and snow-blowing have been all too commonplace this winter. Impatience is growing. So what are your plans for spring? Some of us have a prepared list written out; but often we just have unwritten plans. First things first: make sure the runoff truly runs off; clean the winter leavings from your

yard - be it doggy doo, papers or other rubbish; check for seasonal property damage - house, fence shrubs, etc. Are you looking forward to doing something different in, or to, your yard; paint your house; plant something different this year? Speaking of planting, don't forget about the North Central Community Gardens; a great chance to make new friends, have fun and exercise, while producing healthy food for your table. How's that for supporting a healthy lifestyle?!

I just had a thought: Spring is the season that offers each of us the greatest opportunity to impact our neighborhood in an immediate and positive fashion. Whatever we do to cleanup, and improve our home, be it owned or rented, adds to the health of our community. May I be an encouragement to you; and, you to me? I know we can!



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 Cst. Erin Black
Jane Gattering
Ginger Gosnell-Myers
Jessica Hanna Allen Lefebvre
Jan Morier RAGS Participants
Students 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
JUNE ISSUE
May 13, 2011**

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



Mission Statement of
North Central
Community Association

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



www.nccaregina.ca

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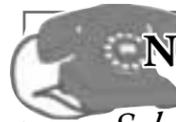
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NORTH CENTRAL PHONE LIST

Schools

Albert Community School.....	791-8539
Kitchener Community School.....	791-8516
Sacred Heart Community School.....	791-7290
Scott Collegiate.....	523-3500
St. Luke.....	791-7248
Wascana Community School.....	791-8528

Organizations & Agencies

Aboriginal Skilled Workers Association	337-0400
AIDS Program South Saskatchewan	924-8420
Albert Library	777-6076
Albert-Scott Community Centre	777-7033
All Nations Hope.....	924-8424
Bylaw Enforcement	777-7000
Chili for Children.....	359-7919
Circle Project	347-7515
Circle Project Childrens' Centre	569-3988
Ehrlo Sport Venture Program.....	751-2411
Fire Safety	777-7830
Four Directions Community Health	766-7540
Gathering Place	522-7494
Greystone Bereavement Centre	766-6946
Indian Métis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	205-7355
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire Department.....	777-7846
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	359-0541
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	551-3366
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
Transitions to Trades	791-9530
YMCA of Regina	757-9622

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

GRAFFITI PREVENTION

STARTS WITH YOU

Record, Report & Remove

by Cst. Erin Black
Regina Police Service

Graffiti is seen as a problem to many residents in Regina, so efforts are being made within the community to address this concern. Partnerships being struck with the City of Regina, public and private corporations and community groups need to be expanded and strengthened to co-operatively have an effect on the graffiti issue.

The Regina Police Service is in the process of developing a full time Graffiti Investigator position that will focus on graffiti related crimes. The initial approach will be:

- information gathering** including updating and maintaining a Graffiti Database of offenders and their Graffiti "tags" to identify those persons who are involved in this property damage;
- providing education** to the Regina Police Service Members regarding graffiti crime and related offenders; and
- joining with our partners** from the community to work on prevention, education, and suppression.

Though the Graffiti Investigator role is still in the early stages, there have already been some promising advancements.

The Regina Police Service is encouraging the citizens of our community to "**Record, Report & Remove**" graffiti by taking a digital photograph of the graffiti vandalism which aids in the identification of the offenders involved, and then reporting incidents of graffiti to their property by calling the Regina Police Service at 777-6500. Through the reporting of graffiti incidents, Regina Police Service can more efficiently track the graffiti and offenders who are responsible for the damage.

It should also be noted that residents and businesses are responsible for removing graffiti from their property. It is paramount that graffiti is removed as quickly as possible for several reasons. It has been shown that graffiti left untouched frequently encourages additional graffiti and vandalism in that area and creates a fear of crime in the neighbourhood.

The energy and spirit in the community is well known to the Regina Police Service and we are excited to be part of working together to help erase graffiti.





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Are you sick of constantly cleaning up graffiti on your North Central property? Do you want a beautiful mural instead? Call the North Central Community Association Office 791-9888 and we will connect you with an artist.

Are you an artist who wants a legal place to put up your art? Want a big canvas to share your talent in North Central? Call the North Central Community Association Office at 791-9888 and we will connect you with a wall and materials. Remember you need permission from the property owner before you can start, otherwise you are committing a crime.

This ad is paid for by the North Central Go Green Recycling Team.



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