

Community Gardens Inspire Texas Copycat

By: Shanon Zachidniak
Community Gardens Coordinator

The North Central Community Gardens continue to serve as a source for fresh and delicious food and a site for education about gardening and the many financial and health benefits that come with it. Plants are growing well in the gardens thanks to the support and assistance of area residents who have agreed to water the gardens, volunteered to work in the gardens and continue to keep an eye on the plots.

We've successfully grown and harvested lettuce, parsley, radishes, peas and some green beans so far. The gardens are for the whole community. Anyone is welcome to visit any of the gardens and help themselves to fresh vegetables when they are ready to be picked.

We are still waiting on some of the most flavourful garden vegetables that aren't ready yet: carrots, onion, tomatoes, potatoes, beets, zucchini and more. If you are interested in any of these vegetables and want to be informed when they are ready, call Shanon at NCCA (791-9888). However, as gardening takes time, most vegetables won't be ready until later in August.

We've also hosted gardening programs at our plots, which has provided a fun way for groups of people of all ages to learn about and practice their gardening skills, from pre-school children, to elementary students, to teenagers and adults. Those who come to the programs enjoy tasting food from the gardens and helping out with simple garden tasks. Garden visitors from a Texas church group were recently so inspired that they created their own community garden when they returned home.

This year we have plots at the following locations: 1300 block Rae, 1300 block Retallack, 1264 Athol (outside the North Central Community Association office) and 3131 Dewdney Ave. (outside of the Indian Métis Christian Fellowship). Please feel free to visit the gardens, volunteer to weed or take care of them and enjoy watching the vegetables grow.

If you have any questions or would like to help, give us a call (791-9888). Our goal is to continue to improve the gardens each year by engaging with as many community members as possible and creating beautiful green spaces in the community that provide healthy and delicious food to North Central residents.

INSIDE

- P2 **Community Voices:**
Transition to Trades
- P3 **Regina Alt Measures Program**
Newsletter page
- P4 **Community Interest**
- P5 **Christmas in July**
School Report Card
- P6 **Beautiful North Central**
- P7 **Scott Collegiate**
- P8 **NC Arts, History, Culture**
- P9 **SEARCH Calendar**
Regina Language Circle
- P10 **Community Calendar**
In Memoriam
- P11 **NCCA AGM Report**





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

Here are some quotes from our current group from June 17:

by Jane Gatteringer, Director



DIRECTOR.TRADES@NCCAREGINA.CA
1459 RETALLACK ST. PH: 791-9530

Transition to Trades

The First Step in Building Success!



Will Wapan, left a life of inebriated crime and incarceration to attain an \$18 per hour position with Gabriel Construction that will enable him to secure his own safe residence. He has finally left an incredible life of suffering, victimization and crime, to enter a life of healing, wealth and pride.

William Wapan wrote

"I have gained many skills and certificates, new friends, experience and references. Previously before this program, I had problems with the law and this has changed my time into constructive positivity. I am now involved with Soul's Harbour Rescue Mission/Zeike's place becoming a role model for youths volunteering my free time. I expect the best for myself continuing pursuing a career in construction as opposed to a life in Jail and crime.

The program has significantly transformed my train of thought and lifestyle for the better.

I am extremely confident that this program may do the same for others as well."

William Cyre wrote

"This facility is not only important to the instructors and students, but also the community. This family helps young adults, such as myself, become more educated and qualified to become more ready for the workforce. I would like to see this facility and program help more lucky individuals become successful for years to come. This program is the road to success. For me, it has changed my life for the better. It has given me hope for a better future, now I am striving to become great in my chosen field. For as much time our instructors give us, they give just as much back to the community. This program and facility is a stepping stone to greatness.

Will has since attained his new career with a construction company.

"North Central Community Association does make a difference!"

Melissa Worm wrote

"This program is a good thing that came to North Central and all the wonderful things they offer at Transition to Trades because since I was accepted, all that I've came and learnt and was taught. This program is the best in Regina. My life before Transition to Trades: I was stuck in a real bad situation. Now that I've been here, I am doing a lot better and more focused on what I want to become and that is to go on and get my Red seal and own my own construction company..."

Melissa, has since attained her new career with a construction company.

Rodney Flett wrote

"This program has changed my life dramatically. I've got all of these construction certificates that help me be more qualified for a career in construction. Before this program, I was working dead end jobs, not getting anywhere. But now I got experience and carpentry which is gonna lead me to getting indentured as an apprentice. This is the beginning of my career in the trades. All thanks to Transition to Trades! I expect my life to be better than it was before the program. The life skills I learned in the program has helped me deal with issues and problems in my life also how to communicate with people in a positive way. I honestly don't know where I'd be with this program."

Rodney has since attained his new career with a construction company.

Kyle Nahnepowisk wrote,

"What this program means to me, is a positive future in the trades/construction field. Since starting of the program, I have been given the opportunity to meet and make new friends to share this experience with. Together we have truly expressed the meaning of team work, of self value, and this program also helped me understand who I am as a person, given with what the program offers with the life skills teachings, I can now say that I live a positive lifestyle, I'm now alcohol and drug free, I'm confident, I can handle conflict, I have the needed Construction experience, and I'm training in first aid. These are just a part of what the program offers. I'm very excited to

see how my future will pan out as I can only wonder how my life would of been without this program."

Kyle now has a full time permanent position with a construction company

Ryan Still wrote

"This program really changed my life and it gave me the tickets I need for employment. Before this program I used to flip burgers and always kept to myself. Now I can build stuff with my hands. My family loves that I can fix things around the house.. My attitude toward other people really changed a lot."

Ryan has since attained his new career with a construction company.

Charlie Goforth wrote

"This program is awesome, it made such a huge difference. It changed everything for me. That's why I come back to help out whenever I can. My new boss doesn't understand why I come back here after work. I'm telling everyone about it. I know a lot of people that really need this program. I'm handing out Transition to Trades information sheets to everyone I can."

Charlie has since attained his new career with a construction company.

Fahad Mohamed wrote

"This program has changed my life better way because now I have hope to get a job and also to follow my future goals which is to be a Journeyman Carpenter. Before I start this program, I didn't have a job and couldn't go to university because I don't have the money to pay (for) it. Now I have high hope to get good job to help my family back home and to pay the university fee in the future. I have family back home and I'm the only one who help them, but if I didn't have this opportunity, I wouldn't have the chance to help them.

This program helping us to stay safe and to get good job to help our family and our self. And it will help more of the futures generations."

Fahad has since attained his new career with a construction company.



The Regina Alternative Measures Program

RAMP is culturally sensitive with a focus on restorative Justice principles. We promote respectful relationships and encourage harmony within our community.

2815 Dewdney Ave, Regina, SK
Phone: (306) 352-5424
www.rampinc.ca
Mon. to Fri. 8 a.m. - 5 p.m.

What is ‘Alternative Measures’?

The Regina Alternative Measures Program (RAMP) is based on basic restorative justice principles. It recognizes that with any crime there is a wrong-doing to a person or persons and ultimately to their community.

Alternative Measures Intervention allows individuals to deal with their criminal charges outside of court; this gives them an opportunity to take responsibility for their behaviour and address the harm that has been caused.

These measures try to balance the needs of victims, the accused and their communities to ensure society is protected.

There are guidelines that set out when these measures can be used. These measures can only be used if the accused accepts responsibility for the offence. Alternative Measures Intervention can lead to an agreement that may have one or more components or results:

- apology
- letter of experience
- counselling
- community service hours
- donations to charity
- educational programs
- payment to victims
- service hours/tasks to victim

If these agreements are not completed satisfactorily, the file will be returned to Crown for decision. If these agreements are completed satisfactorily, the matter is dismissed, no conviction.

The Crown prosecutor decides whether an accused should be dealt with through alternative measures based on Saskatchewan Justice’s policy. The police, defence counsel, the victim or the accused may request that a case be dealt with through alternative measures.

Further information about RAMP and the programs offered can be obtained by contacting us at (306) 352-5424.

Restorative Justice

Restorative Justice is an old idea with a new name. Its roots can be found in Aboriginal healing traditions and the non-retaliatory responses to violence endorsed by many faith communities. It represents a return of the simple wisdom of viewing conflict as an opportunity for a community to learn and grow. It operates on the premise that conflict, even criminal conflict, inflicts harm and therefore individuals must accept responsibility for repairing that harm. Communities are empowered to choose their response to conflict. Victims, offenders and communi-

ties actively participate in devising mutually beneficial solutions and implementing those solutions. Conflicts are resolved in a way that restores harmony in the community members’ relationships and allows people to continue to live together in a safer healthy environment. Restorative justice improves upon the traditional criminal justice in that it has the following benefits:

- It views criminal acts more comprehensively rather than defining crime only as lawbreaking, it recognizes that offenders harm victims, communities and even themselves.

- It involves more parties: rather than giving key roles only to government and the offender, it includes victim and communities as well.
- It measures success differently: rather than measuring how much punishment has been inflicted, it measures how much harm has been repaired or prevented.
- It recognizes the importance of community involvement and initiative in responding to and reducing crime rather than leaving the problem of crime to the government alone.

Victim, Offenders & Community (VOICE) Program

The voice program is a restorative justice approach to serious crime. This program offers and opportunity for victims, offenders, and community members to discuss the impact of the offence post-sentence. This program considers cases where the offender is facing jail time. VOICE offers the opportunity for victims and offenders to discuss the crime and to start the healing process by providing support, identifying needs and exploring concerns about accountability and responsibility.

Victim-Offender Mediations

Victim Offender mediations are an essential aspect of RAMP programs. This allows both the victims and offenders to be able to express their feelings in a neutral setting that is safe and respectful. It also allows the offender to make amends for their actions while allowing the victim to give a voice to their feelings and concerns. The victim can also take part in the resolution or the agreement process. In-person mediations are essential in truly allowing the victims and offenders to move on from the particular incident that brought them to RAMP.

Community Justice Forums

The forums give an opportunity to victims, offenders, their families and significant others (such as extended family and community members) who are affected by the crime, to meet and attend to the material and emotional effects resulting from and related to the incident. The CJF process allows all those who have been affected by the crime a chance to speak and be heard. Through this process victim and offender will try to come to an agreement on what can be done to restore justice.

Stop-Lift Program

Stop-Lift is an educational and remediation program for beginning offenders charged with shoplifting. It is a sentencing alternative that is used by the court or a Peace Officer either as a pre-charge or post charge referral. Classes run the last Friday of every month and examine shoplifting behaviour; legal and social consequences are discussed, needs are identified and problems that lead to the behaviour are addressed. A case-worker, Elder, Community Liaison Officer, Loss Prevention Officer and a member of the community facilitate this workshop. The following are some quotes taken from individuals who have completed this program:

“I learned how it really affects a lot more people rather than just myself.”

“Great job! Thank you again for the support and everything that I learned.”

“I know that by going through this program I can now move on and look to a brighter future ahead”

Help Eliminate Auto Theft Program (HEAT)

The HEAT program is an alternative measure to the court process for youth receiving their first auto-related offence. HEAT ensures that young offenders are accountable for their offence by meeting the victim and by committing to conditions of an individualized agreement representing both parties. The objective of the HEAT program is to identify youth who can benefit from an alternative measures intervention, and by providing early interventions, this program works to benefit the victims, the community and the youth participant. Dedicated to the principles of restorative justice, HEAT strives to meet the needs of its program participants, Program staff are committed to providing a Community Justice Forum for the victim, and working closely with the youth to address potential reoffending behaviour. By providing personal support and facilitating victim-offender mediations and cognitive skills workshops.

HEAT is especially focused on positively re-directing the youth.

The Resolution Health Support Worker Program

This program provides a variety of services and referrals to eligible Indian Residential School students and their families. These services include: emotional support, referral services to other agencies, cultural and other traditional support, professional referrals, and transportation referral support. These services are provided in an environment of comfort, respect, confidentiality in all phases of the Indian Residential School Settlement Agreement which includes the Common Experience Payment (CEP), the Independent Assessment Process (IAP), and in the Truth and Reconciliation Commission (TRC) Commemoration Events. If you are a former residential school student, you and your family members are eligible for these services. Some important dates to remember:

- **September 19, 2011 is the deadline to apply for the Common Experience Payment.**
- **September 19, 2012 is the deadline to apply for the Independent Assessment**

For information & assistance contact:
Resolution Health Support Worker Program
128 - 1 First Nations Way
Regina, SK S4S 7K2
Phones: (306) 751-2345/ 2346/ and 2347
Email: rhswp.inforation@gmail.com

Request for Information
Quite often the RAMP Caseworkers receive requests from clients to attend a sweat lodge. Protocol has it that these sweat lodges are not meant to be advertised. I am working on a plea to all the Lodge Keepers & their helpers to please contact me, Murray Keewatin at (306) 352-5424. I can relay the times and locations of upcoming sweats to clients. What is your definition of an elder? Perhaps we can talk. Call me or write us and RAMP can submit it to our page.

Mission 6:10 Christian Projects in North Central

They're painting a mural, co-sponsored by NCCA, and out in the community beautifying the environment. Watch for the yellow T-shirts and say THANK YOU!

Mission 6:10 is a partnership between several Churches of Christ and several community organizations.



This beautiful new house was constructed on Dewdney Avenue, across from the Pasqua Hospital. But it's not a house at all! Welcome to **Dr. Michael David Mervitz** who has relocated from an office a block west.

Specialty: Ophthalmology Address: 3914 Dewdney Avenue 352-7695

We are delighted to see such an office blend into the mix of homes and businesses along the medical corridor. Thanks to Karen Kramer for the tour.



Do you Love To Dance?
Bead - Perform in a
music Video?

all Nations
Healin'
THRU ARTZ
wants you!

FREE artistic classes
start Sept and run until
April/2012

You must register and be
13-25 yrs of age

Supper is provided!

Professional workshop
artists & Elders on site.

ANHTA also offers life skills/
addictions workshops
once a week.

ALL you need To bring is your creativity.

1077 Angus Street Studio B
ph: 205-7333

To View Videoclips
from previous
Shows or For more
information please
Visit our website
at: www.anhta.ca



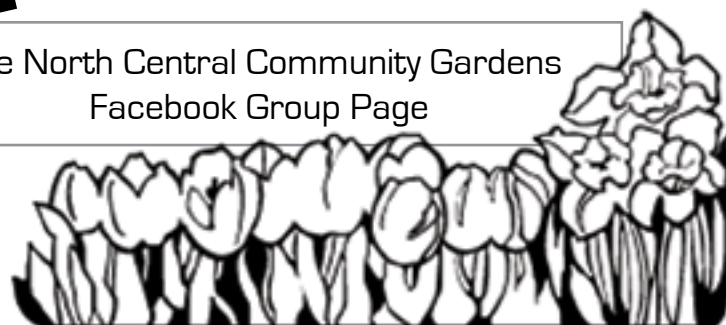
ANHTA 4th Annual After School Multimedia Arts workshops will be accepting registrations for youth and young adults ranging in age from 13-25yrs of age. Our 8 month workshops will start Sept 12/11 Workshops offered will include: Film/Music Videos/Drama/Choreographed dance/HipHop Dance/Aboriginal Beading/Cultural Healing/Motivational Speakers/Elders on site. Supper and transportation provided to registered participants. Limited space available for some classes.

**BE THE CHANGE YOU
WANT TO SEE IN
YOUR COMMUNITY.**

IT STARTS WITH YOU

JOIN

The North Central Community Gardens
Facebook Group Page



Fire Station #4 Facts

There's a new fire station in our neighbourhood!

Fire Station #4 3855 Dewdney Avenue

- It is one of the greenest buildings in Regina. The station uses less energy and water by using natural light, high efficient lighting, heating and cooling systems and low maintenance landscaping all in effort to minimize the impact on our environment

- In 2009, the former Fire Station #4 had 1,318 emergency calls or 17% of all of the calls in the city

- There are up to eight staff on duty – a captain, a lieutenant and up to six firefighters

- There are two firetrucks at the station – one pump rescue truck and one aerial ladder truck

CHRISTMAS IN JULY

It all started with a group of youth and a donation of turkeys.

by Lisa Workman

Christmas in July was celebrated at Albert Scott Community Centre on Thursday, July 14th. It was hosted by SERVE, Project People and many partners.

SERVE is a Christian mission based program for youth from all over Canada and the United States. This year, Sonlight Christian Reform Church hosted a group of the youth here in Regina and needed a challenge for them.

Project People suggested holding a Christmas in July party to remind people that there needs to be a spirit of giving throughout the year. Early in the planning, Salvation Army offered 8 turkeys for a free meal.

The youth arrived on Monday and were filled in on what their project would be. They started by making posters for the event and putting them up at community agencies. Youth then began planning for crafts, decorations and activities. Michael Parker with Fusion was able to help out with ready-made games and equipment.

Much of the week involved working with agencies and the network of volunteers and donors through Project People to gather materials needed for the event. Project People donors brought in desserts and Christmas



decorations. Indian Métis Christian Fellowship provided craft materials, buns and disposable plates. Carmichael Outreach and Four Directions Health Centre lent out tents. Chili for Children helped cook the turkeys. REACH donated a family basket to give away as a door prize. North Central Community Association and Four Directions had their event planners helping out all week. North Central Community Gardens was able to sponsor some of the costs and even supplied radishes for the salad!

Sonlight was able to arrange for some of the food, a photographer and award winning entertainer – Don Amero.

The event started off with music and a giveaway table while community members began to line up for the meal. More and more families arrived and joined the line. Youth served turkey, buns, potato salad, veggies, fruit and desserts.

After lunch, the kid's activity stations started up. Santa arrived and gave out stuffed animals to all the boys and girls. Everyone had their pictures taken with Santa. "It filled my heart with joy to see the children of the community smile", says Santa (a.k.a. James).

Fishing for treasures!



The children spent the rest of the afternoon playing games and doing crafts.

At the heart of this event was the opportunity to feed the community during a time when many community programs have shut down for the season. Although, REACH does provide bag lunches through out the city during the summer, there is a need for more. Organizers estimate that they fed 400 people, many stood in line for up to an hour for their meal.

"It was a wonderful to be able to serve this community and seeing the smiles on the children's faces made all our hard work worth it", SERVE youth Andrea says of the experience.

It was a tremendously successful event and an awesome example of working together.

Project People and the Salvation Army are already bringing partners together to work on a day of free services for the community in the fall. Find the Project People website by Googling "Regina Project People" or go to <https://sites.google.com/site/reginapeople/>.

School Report Card

Community pride, Beautification, Pride of property, Helping the Neighbourhood, and Community Hub Schools

by Carla Beck



Greetings and happy summer. I recently had an interesting conversation with a researcher from the University of Regina. Her name is Diana Grieves and she is looking into the idea of community hub schools.

As I prepared for my meeting I was reading more about Community Hub Schools and I was also thinking about the theme for this issue of *Community Connection*. The theme-focusing on community beautification, the pride of property, and helping the neighbourhood overlaps with the idea of Community Hub schools. Community Hub schools are the latest in community education. For decades, there have been attempts (and successes) to strengthen ties between communities and schools. The names of the programs have changed — community schools, Schools plus, full-service schools - but at the core what they all have in common is that they each attempt

to bring the strength of the larger in to help the work of the schools and to improve the lives of children and others in the community.

Community education also comes from an attempt to "level the playing field" for students. It recognizes that not all children come to school with the same supports and advantages. There is often also an attempt to address the effects that poverty and racism have played in student's lives.

In some models, services for students and families need and want are located in the schools as will be the case with the Scott Shared facility. Daycares and before and after school programs are often run out of schools and at least one school has community garden on its playground. The YMCA virtual gym at Albert is also an example of this. Schools elsewhere house social service

agencies, health providers, food security programs, seniors programs, parent and tot groups, and the list goes on.

The idea of the community hub takes the idea a bit further. A community hub school "might be thought of as a two-way hub when children's learning activities within the school contribute to community development, and when community activities contribute to and enrich children's learning within the school." (Clandfield, 2010). Local people (parents, community leaders, school council members) help decide what services are needed and they are involved in decision-making.

Most schools in Regina and elsewhere are used by students and teachers for about 40 hours a week. Often community groups will rent an hour here and there for volleyball, Guides or Scouts, basketball, etc. That leaves about 120 hours each week where buildings sit empty—not to mention holidays. Boards of education are also major land holders in most cities. All of this makes for a wealth of resources that are not used to their full-potential in my opinion. It also creates exciting possibilities.

I know much work and cooperation has already taken place in North Central around the Scott Shared facility. I think that it could teach us a lot about how to work together in other schools and across the system. This month's theme about community pride is important. I think that people feel proud when they are able to help out, when they feel involved, and when they feel a sense of ownership in their community - when the community matters to them and they matter to the community. This is the case in school communities as well and if we can strengthen the ties between schools and communities, I believe that we will all be better for it, especially our children. Children thrive in the stability that a strong community can provide.

One final note on pride. I was honoured to attend the 2011 Scott Graduation banquet. The pride that the students, families, friends, and teachers felt was obvious. I am told that about 80 percent of this year's grads will be going on to post-secondary schooling. Great work! I would like to wish every grad all the best in their future.

Have a safe summer.
Carla Beck

story & photos
by Jan Morier

Beautiful North Central CONTEST



Zac and dad Jay Shaw worked to beautify their property on Rae Street

We are happy to see that neighbours are calling in with nominations. And thrilled to see how North Central residents take pride in the beauty of their yards and gardens.



Jay Shaw is proud of the creations in his back yard refuge on Rae Street. He says "I see a stick on the ground and wonder what I can make with it". His North Central back yard is a little oasis of creativity and good clean lines, not to mention a fine example of recycling found objects into works of art!

Besides the very practical raised beds for edibles, the Shaw garden includes stacked tires to grow roses and a glorious rock garden and bubbling pond for their very happy koi fish. The hand-picked rocks are from BC, transported over several trips. The deck becomes a raised walkway, complete with seating. The centre of the yard is low-maintenance pea rock.

The feature piece is the natural gazebo. The frame was acquired from a neighbour and the trunk and trimmed branches are from a removed tree from another part of the yard. It forms the natural arches for the clematis and grape ivies to climb.

The most wonderful aspect of this private paradise - is that it was mostly free, including the perennial plants from his mother's garden. "And I know people in Regina. I take offers of lumber ends, flawed composite decking material, slightly twisted chainlink, railway ties. I buy the screws and nails." Jay smiles.

With construction and design help from his wife Danika and their son Zac, they've repurposed these found objects into beautiful natural creations. By keeping their modest surroundings tidy, they're hoping to see an inspired neighbourhood.

I EXPECT TO PASS THROUGH LIFE BUT ONCE. IF THEREFORE, THERE BE ANY KINDNESS I CAN SHOW, OR ANY GOOD THING I CAN DO TO ANY FELLOW BEING, LET ME DO IT NOW, AND NOT DEFER OR NEGLECT IT, AS I SHALL NOT PASS THIS WAY AGAIN. ~WILLIAM PENN

TRANSITION TO TRADES

NEED A GOOD JOB?

WHAT YOU WANT:

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

WHAT WE WANT:

- Age 18-29
- Motivated
- Reliable
- Unemployed
- Grade 10 min
- Desire to Work Construction
- Can-Sask Funded

SIGN UP NOW!
Starts August/11
16-23 Weeks Full-Time
1459 Retallack St
Ph #791-9530
Admin.tt@nccaregina.ca

Central Community Association

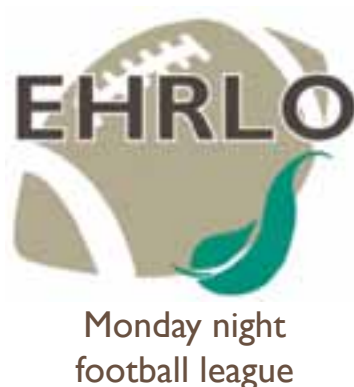
saskjobs.ca



Honourable Mention!

Pat Dailey was moved to nominate two of her neighbours: **Jim Jones** and **Tom Brown**. These gentlemen reside on Athol and Montague Streets and are there to help, not only Pat, but those who reside up and down these streets. Whether it's snowblowing in the winter or mending fences in the summer - the men work to keep their streets and lanes safe. Tom arranged for and purchased delivery of material to build a sliding fence that protects Pat's car in her driveway. Jim and his

sons paid for loads of gravel to build up neighbouring driveways badly sunken and muddled over our wet spring. Out with their bobcat, the men dumped the gravel and levelled it off, enabling cars to park in their yards again. They controlled a vacant weed-infested double lot by covering it with gravel. Pat was inspired and grateful for the generosity and spirit of these men whose only reward was to see beautiful and safe North Central surroundings. Well done gentlemen!



EHRLO Monday Night Football is a free, drop-in, touch football program for youth ages 8-18.

Registration & Kick-off camp begins at 6:30 pm, August 29th at Taylor Field! Transportation will be provided.

For more details call 751-2411 or check our website:
www.ehrlo.com/community-services/ehrlo-sport-venture/

Message from the Office

Another school year is about to begin!! I trust that everyone had a wonderful relaxing summer and are excited about starting the 2011-2012 school year. We at Scott Collegiate would like to welcome new and existing students to Scott. Scott Collegiate is a great school that offers a grade 9-12 program with exciting project based learning opportunities for students.



Rod Allen
Principal

Students in every grade can look forward to an exciting year filled with unique learning opportunities, classroom work, out of the class learning opportunities/trips, and rewarding partnerships. Staff has already started planning and designing projects for this school year.

At this time we would like to encourage parents to feel free and stop by Scott Collegiate in the fall for a visit, to register your child, meet staff or just say hello. We would also like to extend an invitation



Mike Tomchuk
Vice-principal

to parents to join our School Community Council. This council plans school events and lends a parent perspective into school planning and goal setting. Please stop by or call the school for more details.

The first day of classes for students is on **August 30th**. Office staff and teachers will be back the week prior for registration, school planning and professional development. We would encourage families to come back this week for school registration.

Important Dates at SCOTT COLLEGIATE

- August 25th teachers return to school
- August 30th first day of classes for students
- September 5th Labour Day holiday

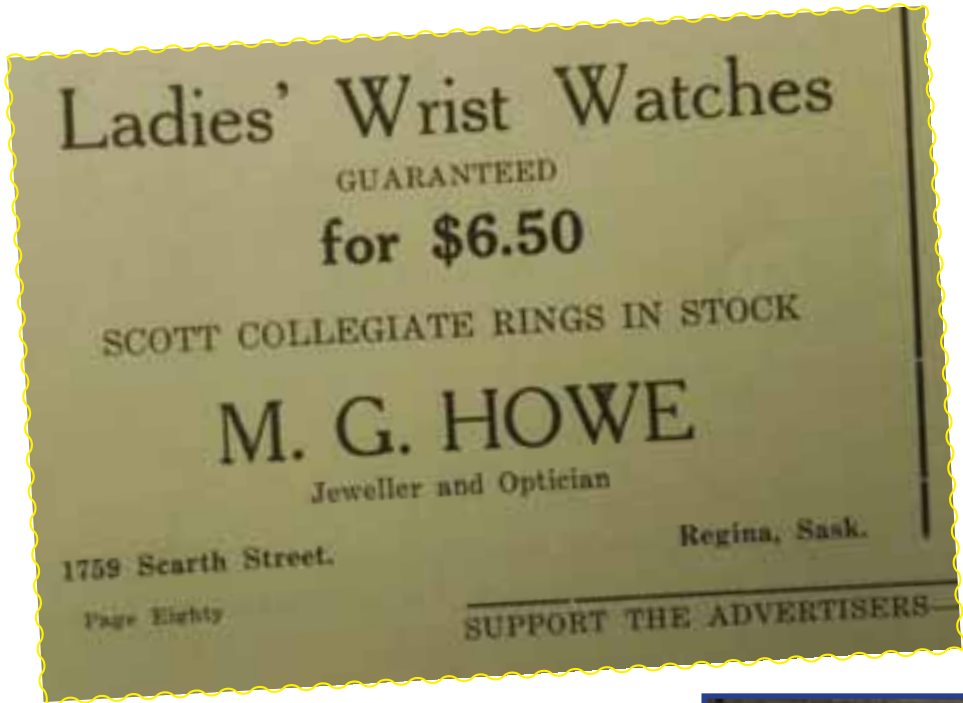


Echoes
Scott Collegiate Institute
Regina 1928-1929

Lawrence Wareing (looking at knot holes in wood) – “Say, Mr. Sweezie, what kind of holes are these?”
Mr. Sweezie – “Those are knot holes, son.”
Lawrence Wareing “Oho, you can’t fool me, Mr. Sweezie, I know they’re some kind of holes.”

Waiter – “Are you Hungary?”
Mr. Linden – “Yes Siam.”
Waiter – “Well Russia to de table and I’ll Fiji.”
Mr. Linden – “All right, Sweden my coffee and Denmark my bill.”

Scott Yearbook 1929



CONGRATULATIONS

SCOTT COLLEGIATE
GRADUATES
CLASS OF 2011



- WYATT APOOCH
- KATIE BIRD
- TYLAN BIRD
- DEANNA CACHENE
- KASHALA CHECKOSIS
- JERI -LYNN GOODPIPE
- JOHN GOODWILL
- ROBERT KEQUATOOWAY
- CHEYENNA KINEQUON

- JORDAN LAFRAMBROISE
- KYLE LUMBERJACK
- TIFFANY MANSELL
- JENNA MCNAB
- KATIN PERRAULT
- REBECCA STRONGEAGLE –PRATT
- JOHN REDWOOD
- WILLIAM RENDEROS
- NAKOTA SPARVIER
- RENA WATSON
- JUSTIN KINEQUON

Sports & Education: Jim Hopson

by Taylor Bendig

Jim Hopson

DOB: 1951

Lived: MacIntyre Street (until age 3),

515 Scarth Street (1953-1969)

Schools: Highland Park, Imperial,

Thom Collegiate



Sports and education – those were the two things that shaped Jim Hopson’s life, and helped him shape many others.

Born in 1951, Hopson was raised in the North Annex, an area centred around 1st Ave North that wasn’t officially part of Regina yet. Being distinct from the larger city made the Annex “a pretty self-contained neighbourhood,” Hopson recalls, “almost like a small town.” Small enough that the locals all knew one another, it was a place of stability, long-lasting relationships – and accountability for any mischievous kids.

“It’s not like you’re an invisible person,” Hopson says. If he “did something stupid,” like toss a rock at a car, “somebody would yell at (me) and say ‘Jimmy Hopson, smarten up or I’ll tell your mom!’”

There weren’t many cars to toss rocks at, of course. Hopson’s family, like most others, didn’t own a vehicle. They walked or biked to the small grocery stores studding the area to get their groceries, and bought fresh produce from the back of a truck that drove in once a week. And since they lived in a house that wasn’t yet connected to the sewer system, the produce truck wasn’t the only important vehicle to come through each week.

“We had outhouses in the backyard, and the honey wagon used to come down the alley every week and change the pails.”

Growing up, that realm of grocery stores and outhouses, with open ditches in place of storm sewers and small farms still scattered about, was Hopson’s world.

“To me, that was Regina. I didn’t go much out of that area.” But being raised within the confines of the Annex created a sense of local camaraderie that Hopson remembers fondly.

“I’d be kidding you if I told you this was a Leave-it-to-Beaver kind of upbringing, because this was a tough, scrappy area ... but there was still that sense that this was our area. We might fight with each other, but boy, you’d better never pick on one of us, because we’re gonna come together.”

Hopson attended Kindergarten at Highland Park School, at the site of what’s now the Highland Mews housing development. Like almost all North Annex youth, he then moved on to Imperial elementary and Thom Collegiate high school. But most of his memories were made outside school, during the never-ending quest to find entertainment.

“You didn’t sit around the house,” says Hopson, whose small 3-bedroom home housed him, his parents, and four siblings. “You had to get out and you had to do stuff.”

“Stuff” meant almost anything that could be done outside. With an obligatory “be safe!” from his mother, he’d set out to spend full days gopher hunting, swimming at the Regent Park pool, or building snow huts in winter. He also played countless pick-up games of street hockey and baseball – but it wasn’t until grade 10 that he took up football, the sport that would shape his future.

After graduating from Thom in 1969, Hopson signed on with the Regina Rams junior football team. Unsure of what he wanted to do with his life, he found a mentor in the Rams’ head coach Gord Currie. A longtime teacher and principal, Currie encouraged Hopson to follow in his footsteps by getting an education degree. It was a life-changing idea.

“I would never have gone to university if there hadn’t been something that drew me there,” says Hopson. In the North Annex, education “was valued, but it wasn’t seen as possible for a lot of us.”

With the help of a scholarship from the Rams, Hopson enrolled in a two-year education program, becoming the first in his family to go to university. Always a good student, he helped pay his way through with academic scholarships, graduated with distinction, and went on to spend a year teaching in the town of Ceylon – playing for the Rams all the while.

Returning from Ceylon, Hopson successfully tried out for the Saskatchewan Roughriders. He spent four years as an offensive linesman, helping carry the team to the 1976 Grey Cup. But he hadn’t forgotten his love of teaching: Hopson spent his first two years with the Riders finishing his bachelor of education, and the last two as a high school teacher in Lumsden.

In all, Hopson spent 30 years in the field of education, eventually becoming a principal in Lumsden and Pilot Butte, and later the director of education for what is now the Prairie Valley School Division. Throughout his career, he was a champion of school



sports and other activities.

“High school sports and extracurricular activities, band and drama and so on, are just critical for ...helping (kids) find their way,” he says. “If you want a good indicator of a kid’s success in life, don’t look at their marks, look at their involvement in extracurricular activities.”

In 2005, just as Hopson was feeling ready to retire from education, the presidency of the Roughriders opened up, and he found himself back at the football club he’d played for three decades earlier. It was a major career change, but by no means out of sync with his past.

“My career has been football and education, that’s kind of it. They intertwine very much – I’ve been pretty fortunate that way.”

Football has also intertwined a bit with Hopson’s childhood – his team’s home stadium sits in the same neighbourhood where he grew up. It’s a fact that’s not lost on Hopson, and he’s worked to build a connection between the team and North Central, including starting a program that hires local residents to do the cleanup after Rider games.

Hopson now lives on the shores of Last Mountain Lake, but often returns to visit his old neighbourhood.

“I’ve had a remarkable life, in my opinion ... but I always remember who I am and where I came from,” he says. “You can take the kid out of North Central, but not the North Central out of the kid.”

James M. Minifie Award in Journalism

The James M. Minifie Award is conferred, every Spring convocation, on the most outstanding graduate of the School of Journalism.

Our researcher and writer for the North Central History Project, **Taylor Bendig**, graduated with an average of 89%, and with a few scholarships already under his belt - the Centennial Merit Scholarship, the Leon and Dorothy Goldman Scholarship in Journalism, and the Nova Corporation Award. Bendig has earned recognition for a job well done while on internships, first at the *Edmonton Journal* and then at the *Regina Leader-Post*. Bendig has also consistently displayed curiosity, perseverance, and concern for others.

**In the North Annex, education “was valued,
but it wasn’t seen as possible for a lot of us.”**

JOIN

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

PharmaChoice

Stapleford Pharmacy

4113 - 5th Avenue

Regina, SK Ph: 545-5900

MON - FRI: 9-6; SAT: 9-4

10% Seniors Discount

Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP

SEARCH

Student Energy in Action for Regina Community Health

- **SEARCH will be closed during August -**
Please join us again in September for regular programming and all your clinical needs!
Thank you for all your support, enjoy your summer and see you in September!

Saturdays 12:30-3:30 pm
at Four Directions - 3510 5th Ave

NOTE: Doors open at 11:30 for **Still SEARCHing** (Support Group) program only.

All ages welcome.

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.

September 3	CLOSED				
September 10	Still SEARCHing: Support Group 11:30 - 12:30	Fun with Food 1:00 - 2:00	Crazy Circuits 2:00 - 2:30	Women's Group 2:00 - 2:45	Healthy Breakfast Workshop 2:45 - 3:15
September 17	Still SEARCHing: Support Group 11:30 - 12:30	Fun with Food 1:00 - 2:00	Community BBQ 12:30 - 3:30		
September 24	Still SEARCHing: Support Group 11:30 - 12:30	Fun with Food 1:00 - 2:00	Crazy Circuits 2:00 - 2:30	Women's Group 2:00 - 2:45	Healthy Breakfast Workshop 2:45 - 3:15

On Menu:
Homemade Chicken
Noodle Soup & Grilled
Cheese Sandwiches

On Menu:
Chicken
Fried Rice

Fun with Food: Join us to make yummy recipes, and chat about food shopping and Canada Food Guide.

Crazy Circuits: Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Let's get fit together!

Women's Group: A safe and relaxing time for women to enjoy each other's company and to build relationships with other women. Child care provided.

Healthy Breakfast Workshop: We will share some ideas and tips for making a healthy and affordable breakfast.

Arthritis Information Session: A presenter from The Arthritis Society will be here.



Regina Language Circle at the Albert Library

Artist Jeff Crowe Image courtesy of Cathy Wheaton



OMG! Can't believe Regina Language Circle is in its third year! It seems like just a short while ago Cathy Wheaton and Allan Adam created the First Nations Language Speaking Project and the Regina Language Circle. Many thanks to the Albert Library staff, the Elders, fluent speakers, volunteers and participants for helping us during this time.

There have been some changes. The Language Circle has started using a writing system for Cree and Anishnaabemowin, a short documentary "Giigidoowin" was created and an immersion camp is set for this August.

What has stayed the same is the respect for all peoples, all cultures, and all dialects. With this respect we can make our communities strong while revitalizing our languages and our cultures. Every day is an opportunity to learn no matter how small the effort may seem.

To learn more Cree words & phrases, come and check out the

Language Circle

TUESDAY NIGHTS, 7:00 pm

downstairs at the

Albert Library.

Hope to see you there!

- Common Cree Words:**

 - tânisi - hello, how are you?
 - api - sit down
 - pîhtikwê - come in or enter
 - pasikô - get up
 - pimisini - lay down
- Anishnaabemowin:**

 - Aanii = hello
 - Niibin = summer
 - Nishin = it is good
 - Miigwetch = thank you
 - Bekaa = wait

North Central Health Fair & BBQ

A **free** event featuring fun and educational games, fun cooking workshops for children, a BBQ with healthy eats, and diabetes risk assessment screening alongside a variety of health stations, the North Central Health Fair and BBQ is open to everyone!

Hosted on **Wednesday, August 17th** from 2:00 to 5:00 p.m. at Regina's Albert Scott Community Centre, this is an opportunity for the community to come together to enjoy healthy food and get to know their neighbours, while getting checked for diabetes and other chronic condition risk factors.



For more information, please contact Brie at 584-8445 ext. 224

The Canadian Diabetes Association, working with numerous community organizations:

- North Central Community Association
- Four Directions Health Office
- Eagle Moon Health Office
- Safeway and Safeway Pharmacies
- The Kidney Foundation of Canada
- Aboriginal Home Health Care with the Regina Qu'Appelle Health Region
- REACH
- HELP
- Boys and Girls Clubs
- Rainbow Youth Centre

is pleased to host this unique summertime event.

Cucumbers

Serious and quiet, interested in peaceful living. Hard working, they work steadily towards their goals. They can usually accomplish any task once they have set their mind to it.

GARDEN PERSONALITIES

Take out a NEWSLETTER PAGE in the NC Community Connection. SPECIAL RATES for NC non-profit agencies to celebrate your news & achievements, publish photos, advertise your programs. LAYOUT by Right Brain Creative Services INCLUDED IN FEE. Get in touch for details & rates by e-mailing editor@nccaregina.ca

IN MEMORIAM

*Young or old. Before their time,
or having lived a good long life.*

*We recognize the passing of those friends,
family or neighbours who have helped to
weave the community
of North Central Regina.*

*There are passings that are violent and senseless,
passings that are in the comfort of loved ones.
Sometimes you didn't get to say goodbye.*

*Please take the opportunity to share this sad news
or remember those who left us years ago.*

WE REMEMBER

Frank Nastiuk

Born: 1975

Died: May 21, 2011
in Ontario, age 36

Lived on 8 block Rae St.

"My Soulmate"

If you would like to remember your Loved One in the *North Central Community Connection*, published 6 times a year, contact the NCCA office at 791-9888. There is no charge for this In Memoriam tribute.

Tomato

Likely to be individualistic, rather than leading or following. Well-respected for doing the right thing. Tend to stick to things until they are done. Extremely intuitive about people, and concerned for their feelings. ir goals. They can usually accomplish any task once they have set their mind to it.

GARDEN PERSONALITIES

Corn

Friendly, adaptable, action-oriented. "Doers" who are focused on instant results. Living in the here-and-now, they're risk-takers who live fast-paced lifestyles. Great people skills.

GARDEN PERSONALITIES

Potato

Stable and practical, they value traditions. Can be depended on to follow through. Usually puts the needs of others above their own needs. Extremely sensitive of other's feelings.

GARDEN PERSONALITIES



Registrations & Equipment fittings will begin Oct. 19th, 2011

Ehrlo Sport Venture & RBC proudly present the OHL; a free, drop-in no-contact Hockey League for youth ages 8-18 in Regina!

For more information please contact us at 751-2411

www.ehrlo.com/community-services/ehrlo-sport-venture/

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

Deadline for October issue: SEPT 9, 2011

Community Calendar

PlayEscapes is a FREE summer drop-in program offered by the **City of Regina** for children entering Kindergarten (must be 5 years old by December 31, 2011) through Grade 7.

The program runs **Monday through Friday until August 12** (no program August 1), from 9:30 am to 12:00 noon and 1:30 pm to 4:30 pm. There is no supervision over the lunch break.

The program offers leader-facilitated play opportunities that promote physical activity and develop creativity, imagination, life skills, and positive self-image.

PlayEscapes welcomes children and youth of all abilities. Participants who may need assistance during the program are required to bring an attendant. For more information call 777-7032 or 777-7047.

Carrots

Individualistic, having no interest in leading or following others. Loves to learn new things. Hard to get to know. Happy at home with a good book.

GARDEN PERSONALITIES

North Central Dream Team of Volunteers are invited to help tend the **Community Gardens** weekly - Tuesdays mornings (10:00 a.m.) and Thursday evenings (6:00 p.m.)

The North Central Community Gardens are planted, maintained, and enjoyed by volunteers and residents of North Central Regina!

We will meet weekly to weed, clean up, water and harvest in the gardens. Come one time or come every time, all are welcome!

Meet at Albert Scott Community Centre, tools will be provided. No garden experience necessary. More info: 791-9888.

PARTING WORDS FROM

TOM WRIGHT, now Past-President of North Central Community Association at the Annual General Meeting, June 20

"Thanks so much for everyone with whom I've worked in NC. It's been a great opportunity – it's the best neighbourhood in Regina. Getting better! Wish the new slate of board members the very best. Great E.D. and administrative staff, the sky is the limit!"

NCCA AGM held June 20, 2011

The Year in review: Rob Deglau, Executive Director, presented highlights from the annual report for the year 2010. He noted that it was an amazing year.

“What we have is an incredible group of people. North Central is a 12,000-person neighbourhood. We work with the three levels of government on policy and programs that effect the inner city. While the community may have some deficits, it is with the help of 60 other Agencies that work in the neighbourhood that we are able to make things better.” Deglau was quick to salute the volunteer staff and board members who run Go Green, the newspaper and Care & Share lunches for seniors. North Central Health Clinic has grown to two part time foot care nurses.

Among the emerging issues is the new growth of the neighbourhood how it fits with the long-term vision. Residents have agreed that we need to work with our

City partners and revisit the community plan to make sure the growth is sustainable and fits with the vision. Pawns shops or Bakeries - as residents, we should have a say. At NCCA we advocate for new and improved housing and a means to stabilize a transient community. Rising rentals rates necessitate people moving several times a year.

A new Wascana School will eventually be built on the old Herchmer School site. The question is when Wascana moves, would this be a good opportunity to improve and build a world class sports field at 4th and Pasqua? More ball diamonds, a circular running track around the entire facility? What do we need to do to make that happen in our neighbourhood? With the continued discussion on moving Mosaic Stadium, provides an opportunity to talk about the potential for new housing and other amenities. Wouldn't that be an incredible location for a grocery store? This would be an opportunity for other small businesses to be located in a new community village and create

job opportunities and economic development for the inner city. It's not that money doesn't come into the inner city, we need it to stay in the inner city.

NCCA is working on a new project by developing a database for all frontline service providers to allow people to connect with others in North Central and surrounding areas. The Regina Qu'Appelle Health District approached the association and has funded the research to establish a fundamental human resource database. As a prerequisite to the possible implementation of a

Saskatchewan 211 system, the www.rass.ca database will be a way for anyone to find support services for themselves or clients. Most cities in North America have a 211 service.

Tom Wright's term as President of the Board of Directors was over. Rob saluted Tom and concluded “A lot of people have gone farther than they thought they could because someone thought they could. Thank you Tom for being a wonderful community leader and for your continued work on the Shared Facility project.”

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	Taylor Bendig
Rob Deglau	Jessica Hanna
Jan Morier	Natalie Owl
RAMP	SEARCH
Scott Collegiate	Trans. to Trades
Lisa Workman	Shanon Zachidniak

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

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

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

**DEADLINE for
OCTOBER ISSUE
September 9, 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.



NCCA Board of Directors

Board of Directors

Joely BigEagle
Rosalind Caldwell
Shannon Cattell
Georgina Magee
Marie Moldovan
Camillia Fraser Rus
Helmi Scott
Dianne Songer
Cindy Tripps

Tom Wright.....Past President



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

The Animal *Well* - Fair



**Regina
Humane
Society**

**A fun-filled community
event for everyone to enjoy!**

-  **Games & Activities**
-  **Prizes & Giveaways**
-  **Food**
-  **Face Painting**
-  **Demonstrations**
-  **and much more!**

**Sunday, August 28
1:00 - 4:00 pm
Albert Scott Park**



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

For more information on this event please contact Kristin, RHS Education Coordinator at 543-6363 (ext. 224) or email kfolk@reginahumane.ca

Peas

Quiet and reserved, interested in how and why things work. Risk-takers who they live for the moment. Loyal but not overly concerned with respecting rules. They excel at finding solutions to problems.

GARDEN PERSONALITIES

Celery

Popular and sensitive, with outstanding people skills. Outwardly focused, with real concern for how others think and feel. Usually dislike being alone. Good at leading group discussions.

GARDEN PERSONALITIES



Mission 6:10 and North Central Community Association, along with volunteers from the community, are painting a beautiful mural! It's located on the wall of the Jolly Roger, 5th Avenue and Wascana.



SMITHS' INSURANCE

-  Auto
-  Home/Farm
-  Tenant/Condo
-  Commercial

SGI CANADA

Extended Hours

Mon - Fri	8 - 8
Saturday	9 - 5
Sunday	12 - 4

SGI Motor Licence Issuer

359-3331

1262 Albert St. (Albert & 7th)

www.smithsinsurance.ca

Squash

Practical, traditional, and organized. Have clear visions of the way things should be. Like to be in charge. Happy to run activities. "Good citizens" who value all living things.

Back-to-School Registration is Here!

**Registration Day
AUGUST 24, 2011**

**When: Elementary Schools - between 9:00 am – 3:00 pm
High Schools - between 8:30 am – 2:30 pm**

Students Return August 29, 2011



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

