

A GIFT TO THE COMMUNITY

Regina & Area Support Services Database is a collection of information about human services available to residents of Regina and its surrounding area. Included are services that provide basic subsistence and survival (food, clothing, shelter) and related support services (emergency assistance, financial assistance, physical and mental health assistance).



DATABASE DISCOVERY

WORKSHOPS: Regina & Area Support Services

Tuesday, JANUARY 31 7:30 - 8:30 pm

Thursday, FEBRUARY 9 10:00 - 11:00 am

Albert Branch Library 1401 Robinson Street

Learn more about your local community and what services are available to access with a simple, easy to use search engine located at www.rass.ca. The Regina & Area Support Services is an online directory of nearly 800 Regina & Area community, government, voluntary sector, non-profit and health sector programs and services at your fingertips. Pre-register by calling 777-6076. Space is limited.

About Regina and Area Support Services

(RASS) is a database of community services serving Regina and area. This up-to-date, accessible, searchable database provides a wide range of access to information about social, community, health and government services. It will lead to information by listing these services on its web site at www.rass.ca and is easy for all to use.

Regina and Area Support Services is supported by North Central Community Association staff and volunteers who update information and by a Steering Committee which includes representatives of North Central Community Association, Regina Qu'Appelle Health Region and the United Way of Regina.

The public has access to the most current Regina and Area community information available on-line.

The Regina and Area Support Services contains hundreds of searchable records of programs and services available for the residents of Regina and surrounding areas.

MISSION

Supporting the needs of the residents of Regina and surrounding area by maintaining consistent and credible standards of community and human service information.

How To Use the Database

You can search the Database as you would search using Google or Yahoo from any computer or mobile device with internet access.

Click the 'Search' link at the top of the page and enter the name of the service, program, or organization in the box labeled 'Find'.

Narrow the results by specifying the community in which you are located by using the 'Limit To' features.

You can also alphabetically 'Browse by Organization'.

'Quick List' is a drop down menu that you can use to browse for programs or services by choosing a category.

Coming soon— You can click the Browse link at the top of the page and then click on one of the Service Categories to see its sub-categories. Then click the 'View Programs and Services' link to see all of the services for that Service Category.

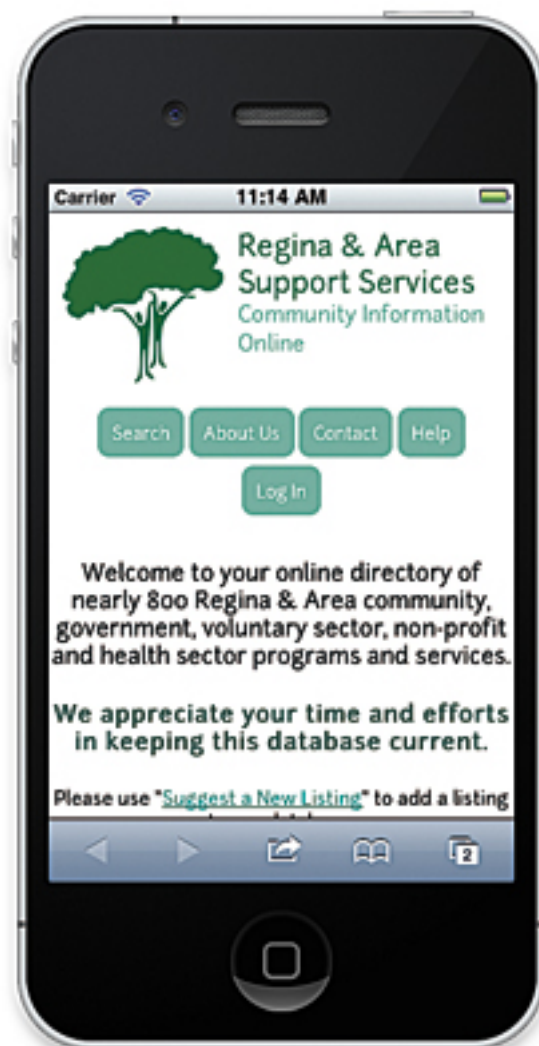
You can map the results of your search by clicking on 'Map Results' Print a listing or the results of a search by clicking on 'Print Version (New Window)', entering a title for your print out or leaving the title blank, then hit 'OK'.



www.rass.ca

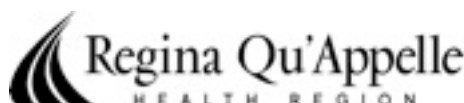
Story by Angela Miller

Graphic by Peter Fingler



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COMMUNITY YOUR VOICE *Voices*

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

November 16, 2011 was certainly chilly, but the mood was warm as we gathered in Optimist Park to walk and reflect on that day, 126 years before. We were here to remember the legacy of Louis Riel, spiritual leader of the Métis Nation.

I could only imagine the mood of this district—Regina, North West Territories—back in 1885. Despair for the death of a dream, victory for those who feared an enemy of their own design.

Now, 11 months after the “Year of the Métis”, we see their flag flying over Regina’s City Hall.

This is the second year that Dennis Pepin has participated in the vigil. Born & raised in Calgary, but living in Regina for 5 years, he has grown to appreciate and get in touch with his Métis roots through the SUNTEP program at the University of Regina. It is inspiring to Dennis to see a group come together. “Métis people really hold on to the memories of Louis Riel and Gabriel Dumont. Coming to a place like this really ties into our culture and our knowledge of our history.”

When we stood in a circle on the site of Riel’s execution, Father John gave the blessing: “We give thanks for the witness that Riel gave for his people. We remember him and we recall the many people who worked with him to bring a sense of freedom for the Métis people of our country. We give thanks for all that the flag symbolizes – people, traditions, culture, spirituality that they bring to our culture and our land. May we, through our presence here, bring honour and dignity to what we say and do. We ask this in our Lord’s name. Amen.”

Russell Fayant is a member of the Regina Riel Métis Council and a teacher at the Saskatchewan Urban Native Teacher Education Program. He spoke of Louis Riel as “quintessential in our coming to know ourselves as Métis People. He fought for not only our rights, but he fought for the rights of all the people of Saskatchewan – for those of First Nations people and for those of settlers as well.” He continued, “So it’s important that we are allowed to come here, and it’s important that we keep coming here, year after year.”



Russell Fayant knows that 126 years ago Métis people would not have been able to congregate and celebrate.

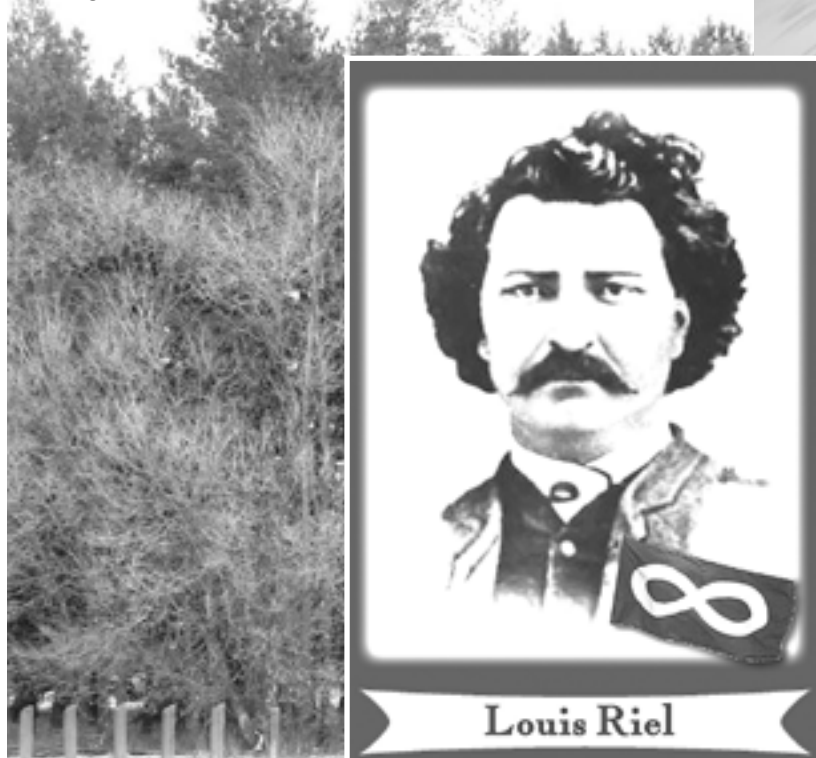
Russell added: “This has just been a couple of amazing days for us as Métis people here in the City of Regina. And I think what I’ve learned the most in the past couple of days is that things are changing. We’ve had an incredibly gracious and welcoming City of Regina hoist our national flag and we’ve had the same hospitality tonight from the RCMP Depot Division. So what I’m learning is that Métis people have always been proud and have known who they are, but now we know that other people are starting to realize what a proud and vibrant culture we are.”

Joanna Potyondi (née Blondeau) is a descendant of Cuthbert Grant, a prominent Métis leader of the early nineteenth century. She is excited that members of Clan Grant are coming from Scotland to Forte L’Esperance near Esterhazy next summer. “I am very proud of how things are turning out for our families, to be recognized in this country that they settled. If it wasn’t for the Métis entrepreneurs, I don’t think we would have this great country.”

Story and photos by Jan Morier

City Seal courtesy of Gord Goddard

Riel card on exhibit at the 1885 Revisited exhibit, Regina Plains Museum



*Louis "David" Riel.
Blessed be my judges and my jurors!
Regina Jail. August 4th 1885*

Riel’s message in his diary dated August 4, 1885: “Blessed be my judges and my jurors!” on exhibit at the National Museum in Ottawa.



PASQUA and 7th AVENUE
PARK REDEVELOPMENT

In the latest version of the Open Space Management Strategy (2007), it was determined that Pasqua and 7th Avenue Park be considered for redevelopment through a community engagement process.

Pasqua and 7th Avenue Park is located at 1301 Pasqua Street. The City of Regina is beginning the redevelopment process by working with the community to address the recreational needs that exist for this area. The park currently has a small playground with swings, a tire swing, teeter totters, and picnic bench.

We are looking for interested residents to sit on an advisory committee to assist in the redesign of this park. This will involve at least three evening meetings between December 2011 and March 2012, as well as involvement in a public open house.

The first meeting has been scheduled for **Thursday, December 8** at 7:00 p.m. at the Albert Scott Community Centre. If you are interested in participating please RSVP by December 5, 2011 to the phone or email listed below.

We are also asking for your input. Please complete the short feedback form below by December 15, 2011.

To RSVP for the December 8 meeting, to gain more information or to return your feedback form,
Mail: Attention - Erica Frank, Community Services Department,
P. O. Box 1790, Regina, SK, S4P 3C8,
Phone: 306-777-6702 Fax: 306-777-6828
Email: playgrounds@regina.ca

Community Feedback

1. What activities do you/your family currently participate in at Pasqua and 7th Avenue Park?
2. Please select the top 3 features that you would like to see included in the park to meet your community's recreational needs.
- | | | | |
|-----------------|--------------------------|-----------------------------|--------------------------|
| Playground | <input type="checkbox"/> | Swings | <input type="checkbox"/> |
| Path(s) | <input type="checkbox"/> | Climbing boulders | <input type="checkbox"/> |
| Benches | <input type="checkbox"/> | Picnic Area | <input type="checkbox"/> |
| Gathering Place | <input type="checkbox"/> | Informal Grass or Play Area | <input type="checkbox"/> |
| Garbage cans | <input type="checkbox"/> | Community Garden | <input type="checkbox"/> |
| Trees | <input type="checkbox"/> | Shrubs | <input type="checkbox"/> |
| Other:_____ | | Other:_____ | |
3. If the features you selected above were chosen, what impact would it have on your neighbourhood?
4. What words describe your favourite park?
5. Do you have any additional comments you would like to add in regards to redeveloping Pasqua and 7th Avenue Park?



www.habitatregina.ca



Dennis Coutts (Habitat for Humanity CEO), Social Services Minister and Minister responsible for the Status of Women and the Saskatchewan Housing Corporation June Draude and Laura Ross, MLA Regina Qu'Appelle Valley—with the The Panio family at a Key Ceremony getting their own house.

Greg Panio and his four children received the keys to their brand new home on the 10-block Rae Street—the result of the first Women Build project in Regina. Spearheaded by a committee made up of women, the house at Rae Street was primarily built by women with men also contributing their skills along the way.

in nearly a quarter of all Habitat families the parents go back to school. Major sponsors of the build included Lowe's which just opened in Regina and provided a \$15,000 grant to build the Panio family's house in partnership with Habitat for Humanity Regina—the first Lowe's-sponsored location in Canada.

Surveys show that home-ownership helps children improve their grades, and their behavior. Families are less reliant on social programs and assistance and

The family had to contribute 500 hours towards the build of their home and will pay an interest-free mortgage.

Information courtesy of the Habitat for Humanity website. Photo Gov't of Saskatchewan



To my North Central friends and neighbours - it is a privilege to represent my home community in the Legislature. Thank you very much for the support in the election. I am honoured and humbled to have the opportunity to continue to work for and with you. Also, congratulations to Bill Stevenson and Ingrid

Alesich on their vigorous campaigns. And last, but certainly not least - Merry Christmas to all!

Warren McCall, NDP MLA
Regina Elphinstone-Centre

Office: 2900 5th Avenue
Regina, SK S4T 0L3
Ph: 352-2002 / Fax: 352-2065
Email: warren.mccall@sasktel.net

Members of the Regina Police Service and the Community are placing the attached brochures on vehicles. Regina Police Service encourages community residents to take preventative measures against these crimes of opportunity.

Protect Your Vehicle from Auto Crime!

Regina Police Service is committed to reducing thefts from automobiles. To help protect you, a community volunteer has checked your vehicle for the following:

Keys Visible	Yes	No
Change Visible	Yes	No
Garage Door Opener Visible	Yes	No
Possessions Visible	Yes	No
list _____		
Windows Open	Yes	No
Doors Locked	Yes	No

Most thefts from vehicles are crimes of opportunity - vehicles being left unlocked and thieves checking doors until they find one left unlocked. Removing valuables from your vehicle is an easy step to help prevent theft from your vehicle.

If you see a crime in progress, call 9-1-1.
To report a crime, call Regina Police Service at 777-6500.
reginapolice.ca

Remove it or risk losing it.

Protect your valuables -
One tidy car at a time.

Smart Tips to Protect Your Belongings and Vehicle

- 1. Park in well-lit areas at night time
- 2. Do not leave the ignition key in your vehicle
- 3. Remove all valuables from your vehicle
- 4. Remove spare change from your vehicle
- 5. Remove spare keys from your vehicle

Common Items Stolen from Vehicles

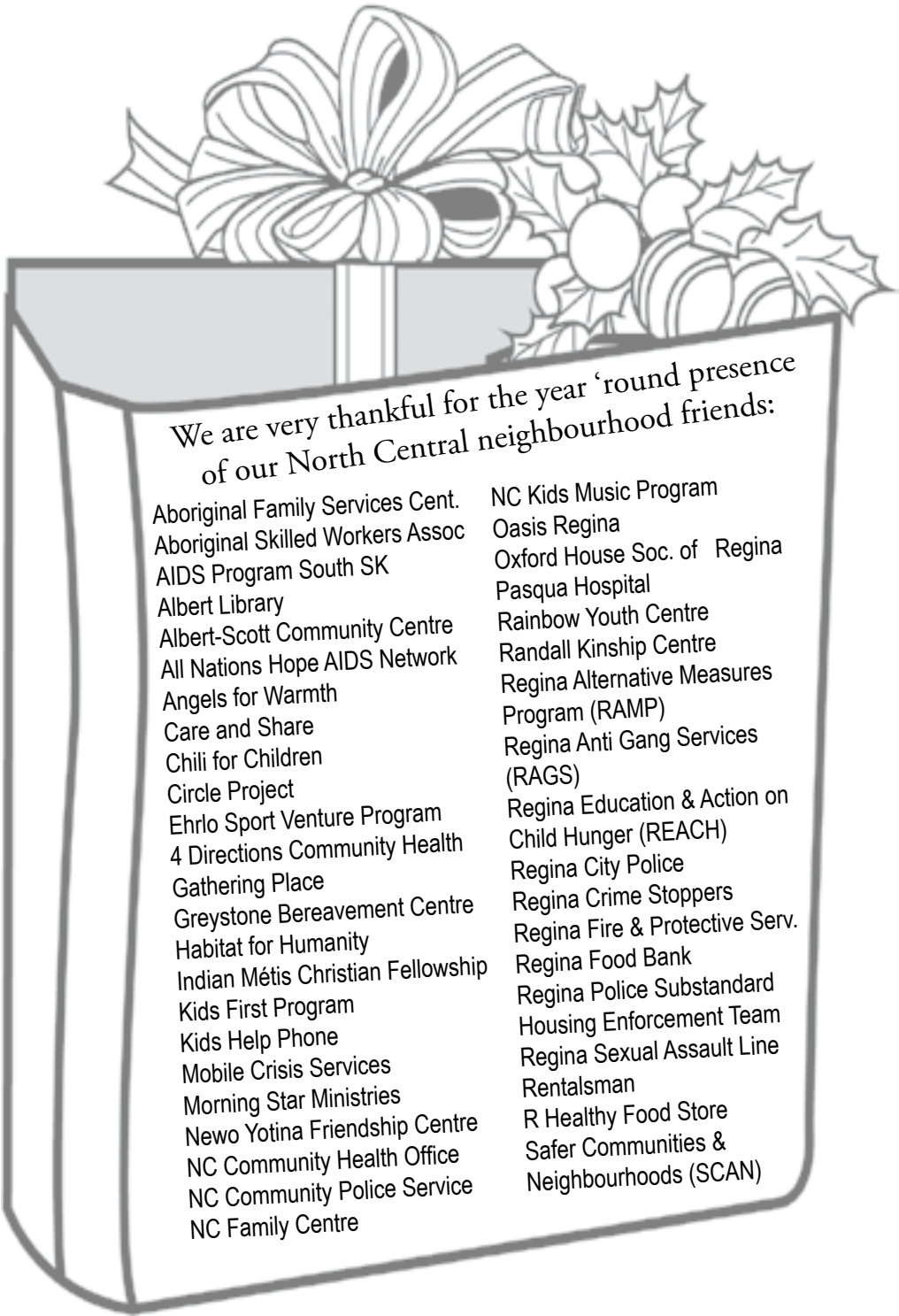
- 1. Cell phones
- 2. Laptops
- 3. Purses
- 4. Shopping packages
- 5. Spare change
- 6. Personal documents
- 7. Stereos



- S To create Solutions
- H To Honour values
- A To Promote Aboriginal Achievement and Awareness
- P To be Peer helpers
- E To Evolve and Enhance the qualities of our communities

S.H.A.P.E is a FREE 13-week peer support training program for youth ages 12 – 17. Youth who are involved in this program will get together every Wednesday and Friday evening. Wednesday nights will be designated for training the youth to be peer helpers and will involve various learning styles such as guest speakers, videos, art, field trips and much more! Friday nights are designated for recreational activities such as bowling, swimming, laser tag and mini golf.

At the end of the course each youth will receive a certificate stating that they are trained peer helpers. If you or someone you know is interested in registering for this program the deadline to do so is **December 20**, 2011. The program start date is January 4, 2012. For more information or to register for the program you can contact Kim Wenger @ 525-5042. There are 15 spots available for this program and seats will fill up fast!



We are very thankful for the year 'round presence of our North Central neighbourhood friends:

- Aboriginal Family Services Cent.
- Aboriginal Skilled Workers Assoc
- AIDS Program South SK
- Albert Library
- Albert-Scott Community Centre
- All Nations Hope AIDS Network
- Angels for Warmth
- Care and Share
- Chili for Children
- Circle Project
- Ehrlo Sport Venture Program
- 4 Directions Community Health
- Gathering Place
- Greystone Bereavement Centre
- Habitat for Humanity
- Indian Métis Christian Fellowship
- Kids First Program
- Kids Help Phone
- Mobile Crisis Services
- Morning Star Ministries
- Newo Yotina Friendship Centre
- NC Community Health Office
- NC Community Police Service
- NC Family Centre
- NC Kids Music Program
- Oasis Regina
- Oxford House Soc. of Regina
- Pasqua Hospital
- Rainbow Youth Centre
- Randall Kinship Centre
- Regina Alternative Measures Program (RAMP)
- Regina Anti Gang Services (RAGS)
- Regina Education & Action on Child Hunger (REACH)
- Regina City Police
- Regina Crime Stoppers
- Regina Fire & Protective Serv.
- Regina Food Bank
- Regina Police Substandard Housing Enforcement Team
- Regina Sexual Assault Line
- Rentalsman
- R Healthy Food Store
- Safer Communities & Neighbourhoods (SCAN)

PROJECT PEOPLE

With the colder weather please keep in mind that there are people who are suffering out there. I met a gentleman who until recently was living in a trailer in someone's back yard. I also saw a tent set up in another yard and I hope that there is no one staying in there. Housing continues to be a challenge with many people doubling up with other family members. I tried to comfort a mom-to-be who is homeless for the second time this year. She is staying with her daughter's family, but being overcrowded is making everyone irritable. I hope a new place comes up for her soon.

WHAT CAN WE DO?

Please continue to donate mitts, hats, blankets and other warm clothing to Mobile Crisis, Carmichael Outreach, Indian Métis Christian Fellowship or drop off at our bins located at Wascana Rehab Centre or Four Directions Community Health Centre.

Please consider making financial donations or food donations to Carmichael Outreach, Regina Food Bank, Chili for Children or Salvation Army.

If you have a spare room, consider finding a room mate. It doesn't have to be someone from the street. Take in a student or a new Canadian until they can get back on their feet. Sounds inconvenient, uncomfortable? Consider how uncomfortable it is to be homeless.

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

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

Lisa Workman
Volunteer Coordinator
Project People
Gmail: reginapeople
Web: sites.google.com/site/reginapeople

Please forgive any omission from these lists. Know that our heartfelt THANKS is expressed for all the amazing work that you do in our neighbourhood!



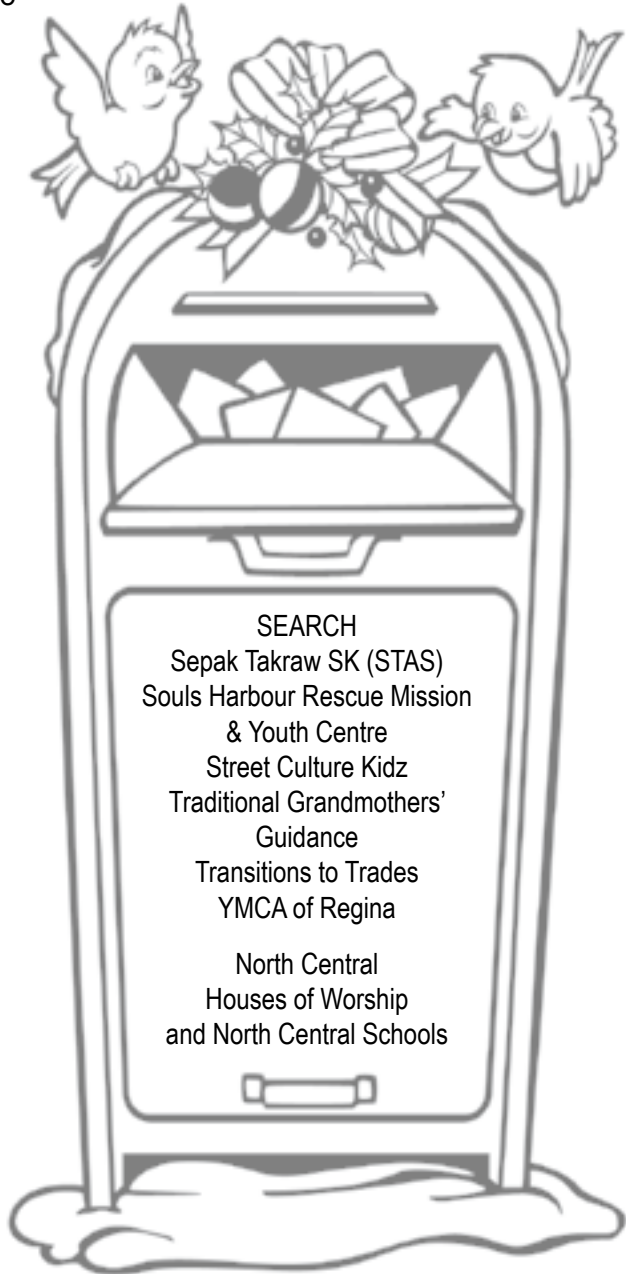
We have chosen to help out Chili for Children for their Christmas party for their kids on December 16th. In October, they had planned to hold a turkey dinner and had to cancel it because they didn't get enough donations. We don't want to see that happen again!

They are asking for:

- * New toys and gifts
- * Food hamper items
- * Turkeys
- * Reusable grocery bags
- * Grocery cards
- * Candy for candy bags
- * Financial donations always welcome!

Please drop off items directly to Chili for Children at 1264 Athol St., their office is on the main floor. Call 359-7919. If it is outside office hours, or if you need items picked up, please call 533-5117.

We are very thankful for the year 'round presence of our North Central neighbourhood friends:



SEARCH
Sepak Takraw SK (STAS)
Souls Harbour Rescue Mission
& Youth Centre
Street Culture Kidz
Traditional Grandmothers' Guidance
Transitions to Trades
YMCA of Regina

North Central
Houses of Worship
and North Central Schools

• STRENGTH • WOMAN • A NAME • A FACE •

My name is Bonnie Que./Kequahtoway. My husband is Eric Kequahtoway and we have two children Daylen - 9, and Dara - 7. We live in North Central. I also have six other children from a previous marriage - Ian, Jesse Jr., Nathan, Janelle, Heather and Amanda. I also have seven grandchildren - Winter, Kaylee, Hayden, Kayden, Ian Jr., Brody and Emery.

I did a lifeskills class earlier this year at SWAP and completed it, but I felt that I wanted to do more with my life. I went back to SWAP to see if they had any kind of program that I could get into. They had a new bridging employment program that already started, so I waited for their next class which was June 20 for 6 weeks. It was started by two ladies who worked there—Lori and Darlene. I was able to get my First Aid, WHMIS, Safe Food Handling certificates and also get my résumé done. I'm learning how to do important things that would help me in the work force.

I recommend this class to everyone who wants more out of life than doing nothing. After I was done the six weeks, they helped me get a job as a receptionist at NCCA (North Central Community Association) for three months of training in an office atmosphere, which I really enjoyed. Thanks to Rob for making it all possible.



So now it is time to pass my position to another lady who finished her six weeks at SWAP, so she can get the experience that I got working here.

I feel that I have come a long way from being someone who has never worked before—except being a wife, mother and grandmother—to someone who got the opportunity to be someone in the workforce.

Thanks to SWAP, especially to Lori and Darlene.

My name is Crystal Keewatin and I started the Bridging to Employment program September 26, 2011. I have successfully completed the six weeks in-class portion held at SWAP. During that time I received my WHMIS, First Aid, and Safe Food Handling certificates. I am now working at North Central Community Association as the receptionist, on a three-month job placement. I have worked in the community in the past and am looking forward to getting back involved in our neighbourhood.



• STRENGTH • WOMAN • A NAME • A FACE •

TAKE A TOUR!

[www.nccaregina.ca/
north_central_murals/](http://www.nccaregina.ca/north_central_murals/)

• FAMILY • LOVE • COMMITMENT • ENCOURAGEMENT • CERTIFICATES • RESUME • GOODNESS • KINDNESS • STRENGTH • SUPPORT • LAUGHTER • FRIENDSHIP • ENCOURAGEMENT • SWAP •

Harm Reduction – Injection Drug Use

by Andrea Burant

Harm Reduction is a public health program to reduce the harmful effects of drug use and other dangerous activities. It focuses on minimizing harm from drug use and improving quality of life, instead of total abstinence.

When a needle has been used, a tiny bit of blood is left inside, even if you don't see it. The blood can be infected with dangerous diseases like Hepatitis C and HIV so if someone is poked with the needle, they can become infected with the disease.

If you find a used needle, do not pick it up! Get a coffee tin or empty pop bottle and use tongs or pliers to put the needle in the container. NEVER try to put the cap back on the needle. Put the lid on the container and wash your hands. Put the container in a safe place where children cannot open it. Take it to the nearest needle disposal or call The Street Project (766-7799) or the Fire Department (777-7830) and have them pick it up.

Hepatitis C (Hep C) is a viral disease that causes swelling of the liver. The most common symptoms of Hep C are: abdominal pain/swelling (upper right side), bleeding from throat or stomach, dark urine, fatigue, fever, itching, jaundice, pale/clay-coloured stools, nausea/vomiting, and/or loss of appetite.

Human immunodeficiency virus (HIV) is a virus that destroys the immune system, making it hard for your body to fight infections. Common symptoms of it are: diarrhea, fatigue, fever, frequent vaginal yeast infections, headache, mouth sores (or thrush), muscle stiffness/aching, rashes, sore throat, and/or swollen lymph glands.

If you have symptoms of either of these diseases it is important that you see your doctor or nearest health care provider.

Needle Exchange Programs exchange used or "dirty" needles for sterile or "clean" needles for injection drug users. The Street Project van drives around Regina Monday to Friday evenings, or you can go

to Carmichael Outreach (1925 Osler Street) or the STD clinic at 2110 Hamilton Street to exchange your needles.

Methadone Maintenance Programs provide methadone, an artificial version of morphine that comes in a liquid form mixed with juice. Usually injection drug users of heroin or morphine have negative side effects of withdrawal and a hard time quitting. If you use injection drugs and would like help quitting, you can be referred to the Harm Reduction Methadone Clinic (1048 Albert Street, 766-6350) by your doctor or you can just walk in and talk to the staff. If you are accepted into the program, you come to the clinic every day and have your dose of methadone, starting at a high dose then decreasing the dose. Methadone reduces the negative side effects of withdrawal and decreases the "high" that you get from injection drug use, making it easier to quit.

Many people think that harm reduction programs encourage people to keep using drugs, or even to start using injection drugs, which is not true. These programs offer the chance for staff to provide counselling, health teaching, and immediate medical care if needed.

www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001329/
www.phac-aspc.gc.ca/hepc/pubs/hridu-rmudi/canada-eng.php
www.rqhealth.ca/programs/comm_hlth_services/pubhealth/pubhealth_dis.shtml



Photo credit: Ethan Oliver, Grade 11, Scott Collegiate

Looking for Mentors!!

The grade 12 students at Scott Collegiate are in need of mentors to help students as they apply and transition into post secondary schooling. As they move forward with planning the next stage in their lives they are starting to think about what they might like to do in the future. We would like volunteers to come in and mentor a student or a few students in goal setting, possibilities for jobs, post secondary schooling, and looking for scholarships. Mentors should be over the age of 21, mature and responsible and able to meet at least 1 hour per week.

If interested please contact Jori Cachene or Sherrie Kuntz, Grade 12 Team. Call 523-3500 or email scott.pathfinders@gmail.com

Message from the Office

December Greetings

December is a time to relax, appreciate our families and enjoy the holidays. As the New Year approaches, our staff and students will continue to endeavour toward both personal and achievement growth. Our November progress reports gave insight into the strengths and challenges of each Scott student. Our goal is to work toward continuous improvement for each student's success.



Nancy Buisson
Principal

The Scott Collegiate website scottcollegiate.rbe.sk.ca/ is a great resource for parents and students. Please be sure to check the site frequently to view the calendar of upcoming events as well as for information on a variety of topics

pertinent to the Scott students and their families. Regina Public Schools has rolled out the PowerSchool Parent Portal for parents/guardians. The Portal allows you to check on your Scott student's marks and attendance any time you wish. Further details are available on the website.



Mike Tomchuk
Vice-principal

Our winter luncheon will be held on December 16th. This dovetails perfectly with the seasonal theme of giving, as the staff and students will provide lunch for the students of Albert School, Kitchener School and Wascana School.

The winter holiday begins December 23rd. Students are dismissed at 2:30 on December 22nd. School resumes Thursday, January 5th, 2012. The staff at Scott Collegiate would like to extend their warmest wishes to you and your families during the holiday season. Have a safe and relaxing holiday!

Important Dates
at SCOTT COLLEGIATE

- December 2nd** PD Day; no school for students
- December 22nd** Last day of classes
- December 23rd to January 4th** Winter Holiday
- January 19th** Last day of Semester 1
- January 20th & 23rd** no school for students
- January 24th** Semester 2 begins, Report Cards

Our grade 11s worked on a cookbook project this semester, and it is soon to be published. If you are interested in buying one to support school projects, please contact Janine Taylor at 523-3500.



scottcollegiate.rbe.sk.ca

This is a picture of the Grade 12 Urban Reserve Project. Through English Language Arts, Native Studies, and Art, the grade 12 students designed and created an urban reserve. They first discussed important elements in a community and created individual drawings. Then, elections were held and the favourite community design was voted in with that designer becoming Chief. The remaining students became councillors and were responsible for different sectors such as health, education, and so on. Each sector was responsible for building their piece of the community and it eventually all came together. Students also participated in Chief and Council meetings and created sector posters displaying important information they learned during the project. Their community is on display in the Scott library if anyone would like to take a closer look. A special thank you goes out to Ms. Cachene, Mrs. Kuntz, and Mr. Temple for guiding students through this great project!



Urban Reserve Project, Scott Collegiate



Keanue Stanley
"This is a recipe that my grandmother makes for special occasions. Her Indian Tacos are amazing."

Devon Ahpay and Keanue Stanley

INDIAN TACOS

Toppings:

- 1 pound ground beef
- 1 pkg taco seasoning mix
- 3 cups cheese
- 2 cups lettuce
- 1 tomato

Fry bread:

- 2 ½ cups of flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons lard
- 1 cup cold water

Directions: Mix the dry ingredients together in a large bowl. Add the lard and mix in thoroughly. Gradually add the water (you may not need it all), and mix until the dough is thoroughly dampened, but not sticky. Knead the dough on a floured board for 30 seconds. Flatten the dough to 1/2" thick. Cut into 8 pieces and fry in a lightly greased frying pan, on medium heat, for 12-15 minutes each side.

Toppings: Cook ground beef in a pan; add seasoning mix when half done. When the ground beef is done, place a piece of fry bread on a plate and cover it with cooked ground beef; add fresh cut lettuce (be sure to wash it first). Cut the tomato and put some on top of the lettuce. Put at least 1 – 2 cups of cheese on top of the taco (or however much you'd like); add other things such as salsa, sour cream, onions, etc. Repeat for each piece of fry bread.

GEORGE MULLIN

by Taylor Bendig

George Harry Mullin

DOB: 1893

**Address: 12-block Garnet,
1948 - 1963**



Of the 600,000 Canadians who served in the First World War, Saskatchewan's George Harry Mullin was officially one of the 70 bravest.

Mullin came to the town of Moosomin when he was just two years old. When his parents moved further west a few years later, he and his brother Roy stayed on a nearby farm with their two uncles. There, Mullin learned to shoot at an early age, starting to hunt prairie chickens as soon as he was strong enough to carry a rifle.

He was soon called on to use his marksmanship against more than just wild birds. In 1914, when Mullin was 17 years old, war was declared, and Mullin enlisted as soon as he could be spared from the farm. He served with the Princess Patricia's Canadian Light Infantry in France, rising to the rank of sergeant. In the process, Mullin became a skilled scout and sniper, and earned a reputation for taking great personal risks. But despite his recklessness, Mullin avoided injury until June 1916, when he suffered a slight wound and was sent back to England to recover. Mullin soon learned that his brother Roy had not been so lucky: he had enlisted in February 1916 and been killed in September.

In April 1917, Mullin took part in the famous Canadian attack on Vimy Ridge, earning the Military Medal for his bravery during the battle. Six months later, during the battle of Passchendaele, he earned an even greater honour by winning the Victoria Cross—the highest honour available to British Commonwealth troops, and one that only 70 Canadians earned during the war.

Mullin earned his VC on October 30th, a day that found his unit under fire by a German 'pillbox' fortification that had stopped the Canadian advance and inflicted heavy casualties. Moving out from behind cover, Mullin crept toward the German position while under heavy fire, stopping to take out an enemy sniper position along the way. Reaching the pillbox, he climbed on top, shot the two machine gunners inside with his revolver, then rushed to another entrance and forced the remaining ten occupants to surrender.

By the time he'd seized the pillbox, Mullin's clothes were riddled with bullets, but he was unharmed.

After the heroic display that earned him his Victoria Cross, Mullin returned to England to train as an officer—VC winners are by custom never returned to combat. While in England, he met and married a young woman, and in July 1919 returned with his bride to a hero's welcome in Moosomin. But though his death-defying solo attack and the rare award it earned him ensured Mullin a good deal of fame, he was always humble about the achievement. When he'd written home after being recommended for the Victoria Cross, he said he didn't expect to actually receive it, and back home in Saskatchewan, he typically described his award-winning bravery to admiring locals as "just another day of work."

Mullin remained a military man for a while after his return, joining the 1st Assiniboia Militia Regiment and rising to the rank of major. In 1934, he came to Regina to serve as the Sergeant-at-Arms of the Saskatchewan Legislature, responsible for both the security of the Legislative Building and the ceremonial handling of the Mace, which symbolizes the authority of the House Speaker. Mullin left the position in 1941 to sign on with the Veterans Guard of Canada, where he stayed until 1947, guarding German prisoners of war—many of whom would salute him as he passed in recognition of his prestigious medal. In 1947, he resumed his role as Sergeant-at-Arms, and settled at 1262 Garnet street in Regina, remaining at the same address and job for the rest of his life.

In the last ceremony before the provincial legislature ended its spring session in 1963, Mullin was awarded a plaque announcing that, in honour of his military service, a lake in the province's far north would be named after him. Just a few hours later, in the early morning of April 6, he passed away at his Garnet Street home.



George Mullin
Courtesy of the Saskatchewan Archives Board

Putting North Central History on the map!

Our interactive historical map of the neighbourhood is on the history website. If you notice any little 'glitches' or unfinished business, please remember that it's still under construction. Using Google maps, this map will feature information, such as links to the 'NC Hero' profiles, scanned historical photos and maps and historical trivia tagged to specific NC locations. **Amie Corbin** is a Geography student who has been hired to search for and add historical geographical information to this map. She's also helping web designer and North Central resident, **Peter Fingler** to develop the map framework. **Dr. Joseph Piowowar**, professor of Geography at the University of Regina, is acting as faculty advisor.

There will be a big launch planned in the new year but for a sneak peek—visit www.northcentralregina.ca

PHOTOGRAPHS WANTED



...of churches, schools, houses, amateur sports teams, cultural events, or school groups, such as this adorable class from Herchmer in the 1950s.

Do you have any gems of North Central history to share with the world on the internet? The NC History Project is very interested in borrowing (or accepting donation of) your photos of North Central Regina. When snapshots are identified as to location and date, we will scan them and add them to the online gallery. All decades of pre-digital photos are welcome. Contact NCCA at 791-9888 and leave a message for Jan Morier or email: editor@nccaregina.ca



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SEARCH

Student Energy in Action for Regina Community Health

Saturdays 12:30-3:30 p.m.
at Four Directions - 3510 5th Ave

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

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

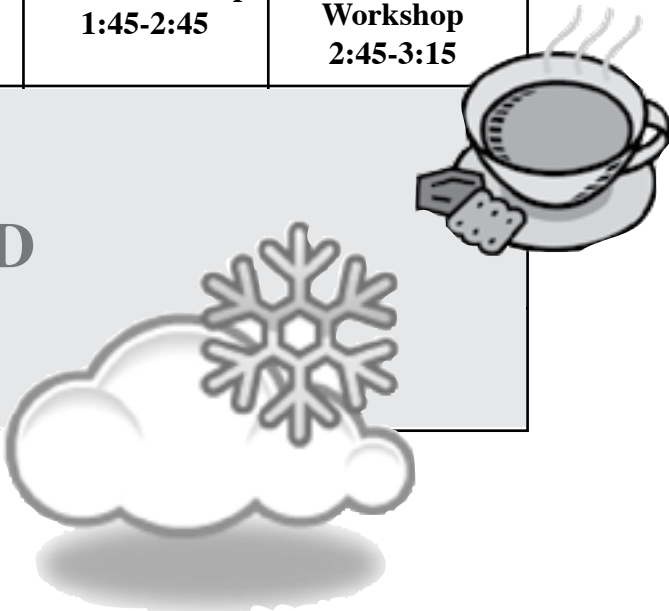
Childcare provided for guests during the shift.

Free food served every shift.

Free programs for all ages.

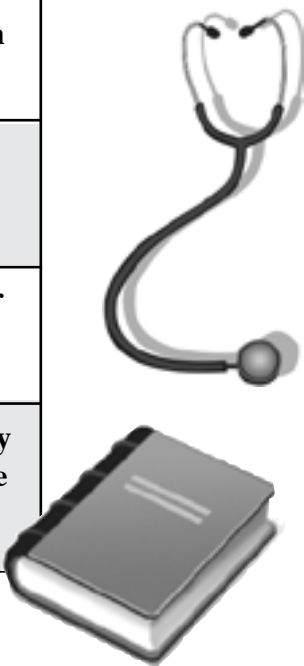


DECEMBER 3	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	AIDS Awareness Prevention 2:45-3:15
DECEMBER 10	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	Winter Craft Workshop 2:45-3:15
DECEMBER 17	CLOSED				
DECEMBER 24					
DECEMBER 31					



- Fun with Food: Join us to make yummy, healthy, and low-cost recipes
- Crazy Circuits: Fun physical activity program for children.
- Women’s Group: A holistic support group for women to self-explore and empower themselves.
- AIDS Awareness Presentation: A presenter from the AIDS Society
- Winter Craft Workshop: A workshop to make holiday crafts & listen to holiday music.

JANUARY 7	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	FASD Presentation 2:45-3:15
JANUARY 14	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	Alzheimer’s Presentation 2:45-3:15
JANUARY 21	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	Lung Cancer Presentation 2:45-3:15
JANUARY 28	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	Family Story Telling Time 2:45-3:15



- Fun with Food: Join us to make yummy, healthy, and low-cost recipes.
- Crazy Circuits: Fun physical activity program for children.
- Women’s Group: A holistic support group for women to self-explore and empower themselves.
- FASD Presentation: A presenter will talk about Fetal Alcohol Spectrum Disorder.
- Lung Cancer Presentation: How to keep your lungs healthy
- Family Story Telling Time: We will have story tellers and books for all ages!



CHRISTMAS DINNER

with the Elders
and Care & Share

Tuesday, December 20

noon

Albert Scott
COMMUNITY CENTRE
1264 ATHOL STREET



TICKETS AT
THE DOOR

Turkey & all the trimmings!
Entertainment by Pat Shaw!
Desserts, Draws, Raffles!

Please call Susan at 359-7919 to say that you are coming and let us know if you need a ride. We need numbers to make sure there will be enough food for all! come for the good food and stay for the fun!

Editorial

originally printed 2010

Jan Morier

It is the season for joy - but it can be a stressful season too.

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

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

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

Most of us can share the gift of our time. In this issue you'll find

a number of community-based agencies that could use your support at this time of year and all year 'round. Please take the time to shop through this catalogue of gift-giving ideas and consider volunteering your time. It's a gift that is 'returned' manyfold!

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

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

Jan Morier



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

Deadline for February issue: JAN. 13, 2012

Community Calendar

Care & Share Seniors Lunch -
Tuesdays at 11:45 a.m. Albert Scott
Community Centre (1264 Athol Street)
for \$4.00

"R" Healthy Food Store - Mondays
ONLY 11 am-1 pm - 1264 Athol Street
(Second floor)

The **Together Now Interagency
Forum** is Scheduled for Wednesday
December 7th at 1:30 at 2735 5th
Avenue. Thanks to All Nations Hope
AIDS Network for hosting this meeting.

**Creative Connections
Adult Art Program**
Come and Join us weekly

Create beautiful art and make new
friends. Open to everyone 13 years
and older living with a disability. Albert
Scott Community Centre 1264 Athol
Street.

Mondays 1:30 - 3:30 p.m.
Fridays 10:00 a.m. - 12:00 noon
Will be running until the end of
February, 2012
Info :791-9888

Healing through Humour, a nonprofit
organization that teaches the art of
comedy to people living with mental
illness or mental health issues, is
filming its first live standup comedy
DVD at the Artesian Theatre on 13th
Avenue in Regina, on Friday, Jan. 6.

If you are up for a night filled with
laughter and good times, we look
forward to providing this for you.
Tickets are only five dollars, with

doors opening at 6:00 p.m. and show
beginning at 7 p.m. We hope to see as
many people there as possible. Please
note: the humour in this production is
intended for a mature audience

For more information please call Ian
Morrison at: 352-3006 or 525-5601.

Healing through Humour is a program
supported by the Canadian Mental Health
Association (SK Division) Inc. and the
Schizophrenia Society of Saskatchewan.

Royal Canadian Army Cadets

1600 Elphinstone St. 155army@cadets.gc.ca 352-9844

YOUR GENEROUS SUPPORT IS NEEDED

Capt Christine Shaw, Commanding Officer 155 RRR
RCACC

The Cadets are asking for your support for their non-profit
organization. The 155 Royal Regina Rifles Royal Canadian
Army Cadet Corps. It is the oldest cadet unit in the province
of Saskatchewan. The Cadets range in age from 12 to 19
years of age and come from all walks of life.

The Cadet program truly is a place to learn, live and grow.
The Army Cadet Support Group is a civilian non-profit
organization working in partnership with the Canadian
Forces to support the Royal Canadian Army Cadet
program in promoting and fostering leadership, citizenship,
self-reliance, physical fitness, and respect for others in
Canadian youth.

We strongly believe the cadet program offers youth
opportunities they may not otherwise experience. These
experiences will help each individual build the confidence
required to self-determine a future where they will become
leaders in our community.

The Support Group is asking for your help in the form of
a donation. All donations received are eligible for a tax
receipt and one will be provided to your company and/or
organization.

Please mark cheques payable to: Army Cadet League of
Canada (Saskatchewan) note: 155 Support Group. Please
mail completed information to: 155 Support Group c/o 155
RRR RCACC 1600 Elphinstone St. Regina, S4T 3N1

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

HIRE A NEIGHBOUR

LOOK FOR THIS SIGN TO
PUT IN YOUR WINDOW!

by Denita Stonechild

Looking for extra money? Do you have skills in carpentry? General household maintenance? We have residents who are in need of these services.

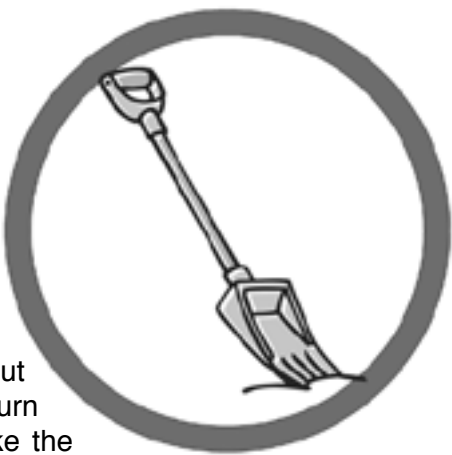
The **Hire A Neighbour** campaign has put its wheels in motion, and now it's your turn to participate with the community and make the program a success.

You will find posters at North Central Community Association available for you to place in your window. If you have work around your home that one of your neighbours might be able to help you with, they'll know and you two can come to an agreement to get the work done.

This is a good opportunity to bring the community together to grow, improve the well-being of North Central, and make some extra income.

Give your neighbour and yourself an opportunity to help each other. At the same time you would be helping NCCA make North Central Regina the kind of place where we all want to live.

To get your Hire-a-Neighbour sign please call NCCA at 791-9888.



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:
Taylor Bendig Andrea Burant
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Crystal Keewatin Angela Miller
Jan Morier
Bonnie Que./Kequahtoway
Regina Police Service
SEARCH Scott Collegiate
Denita Stonechild Christine Shaw
Lisa Workman

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

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

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

**DEADLINE for
FEBRUARY ISSUE
January 13, 2012**

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

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Cindy Tripps

Tom Wright.....Past President

Thank you to all the workers and supporters of Go Green. The success of the program couldn't have been reached without you. We are looking forward to working with you during the next Roughrider season.

Thank you Saskatchewan Lotteries for providing funding for Creative Connections — an adult art program for people with disabilities.



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 AIDS Network	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
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 & Protective Services.....	777-7830
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
Traditional Grandmothers' Guidance Centre	352-2241
Transitions to Trades	791-9530
YMCA of Regina	757-9622

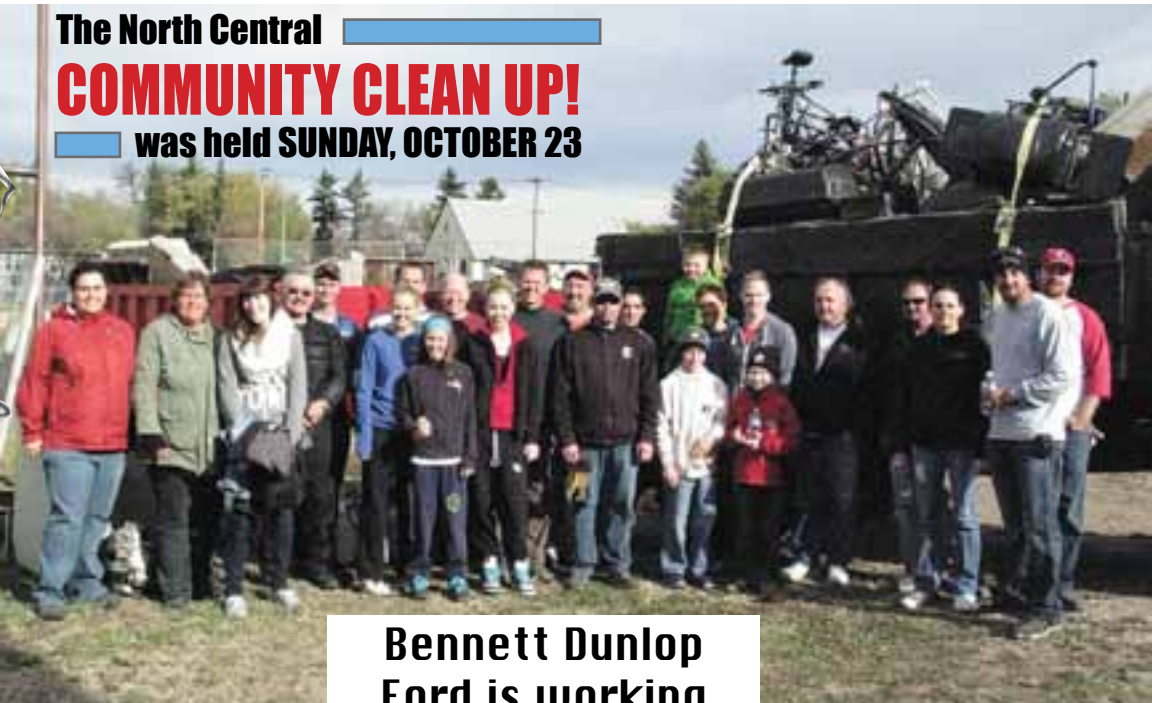
Want the number of your agency in this space? Call us to add it: 791-9888

Thanks to the spirit of the staff and families of Bennett Dunlop Ford the Fall Community Cleanup was a huge success. Tonnes of debris from the back lanes of North Central Regina were hauled away.



BennettDunlopFord

Driving Change



The North Central **COMMUNITY CLEAN UP!** was held SUNDAY, OCTOBER 23

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



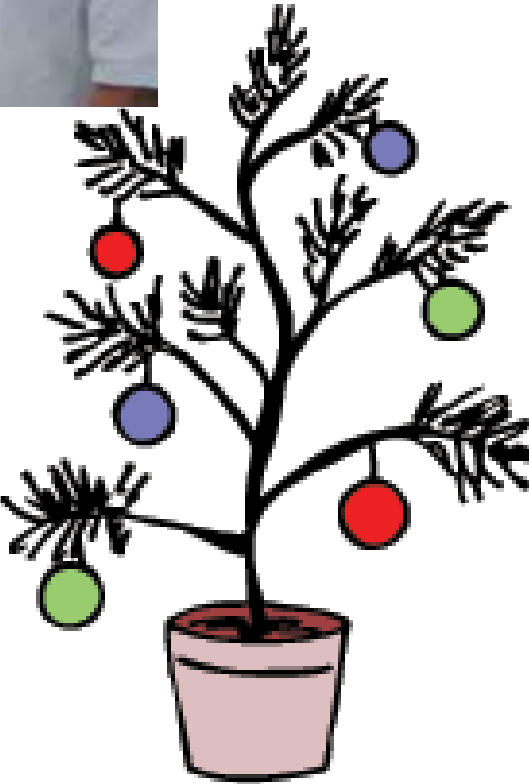
Lisa Workman and tiny helper oversee the Community Giveaway held in conjunction with the Clean Up.



Thanks to supporters of the Community Clean up - WalMart, Peavy Mart, Canadian Tire, Tim Hortons and Unique Garden Centre! All donated items for the Community Clean Up.



Cammie Fraser-Rus and Brenda Jodoin were in charge of sharps pickups down the back lanes of our neighbourhood. They are employees of Wal Mart who switched shifts to help out! Thanks ladies!



Eclipse Fencing & Decks & Roofing and other volunteers had a little contest going on who could do the best Beverly Hillbillies impression

photos by Jan Morier



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