

Elder Gordon Keewatin is a Cultural Support Worker with Indian Residential Schools Resolution Health Support Program. He works with a team to help others through the pain of healing, all the while he is still going through his own.



Story and Photo by Jan Morier

Keewatin reflects, "When I think back I can picture the cruelty I witnessed. I can't help but cringe inside that I actually lived through it. While living in a state of being forced to do things and see things - I lived in fear, I was helpless. That is why today many of us are quick to judge and retaliate when we hear of injustices being done to our people."

"Those who are on their own healing journey suffer deeply, inside." Keewatin says. "They carry lots of hidden stories and trauma that they will never reveal. In my hearing I shared many of my abuses, including physical and sexual abuse. Humiliation, de-humanizing treatment from people entrusted to look after us, including our peers."

"There was an apology in Ottawa, but it was seen to be a formal exercise that the government had to do. We will

always carry memories but it's time to start healing and to look after our children and grandchildren the way we should have been looked after."

"I took my cultural processes off the shelf after sobering up. I share the connections with others. I travel to the hearings with sweetgrass and a feather in my briefcase. I open up with a prayer and I smudge the claimants. Life goes on. Some have died without ever having told their stories. Some have left their teachings to pass along. I need to relearn my language. I'm rediscovering my culture at pipe ceremonies and feasts. It's a peaceful, happy time. When too many memories are triggered I go to sweats with Elders."

Gordon Keewatin has some forgiveness for his abusers but he's still working on it. "It's a hard one."

"Don't be afraid of the process. We're here, we're not hard to reach. People are beginning to know about the support available. I want to help other people. Instead of 'survivor' I would rather be known as a 'former student of a residential school'."

Healing Yourself and Others

The Common Experience refers to the conditions endured by children in residential schools. Sometimes the agony and humiliation have been pent up for 50 or 60 years. Giving their statements is their time to release and claimants need to take whatever time it takes. Hearing others' stories triggers emotions in Elder Keewatin, but at every hearing he grows stronger.

Elder Keewatin waits nearby while the claimants are telling their stories. He encourages them to ask for breaks and makes sure they are as comfortable as they can be before they continue with their statements.

Gordon Keewatin struggled through his own hearing in Saskatoon in August 2010. An accused perpetrator contested the charges, which stretched out the ordeal, but the truth won out.

Keewatin says, "For a while I hesitated in going through the process, now I'm glad I did it. The money will never heal the pain. The only way I will heal is to help other survivors through it." He also relies heavily on his own cultural beliefs.

Intake to the Indian Residential Schools Resolution Health Support program is sporadic. Keewatin would like to see more people come forward, but he understands they must do so in their own time. The Truth and Reconciliation Commission is working closely with the support program. Unfortunately the IAP (Independent Assessment Process) and the CEP (Common Experience Payment) have deadlines, whether individuals have worked through their emotions or not.

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**"It's time to start healing
and to look after our children
and grandchildren
the way we should have been
looked after."**

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COMMUNITY YOUR VOICE Voices



by Lisa Workman

Regina is facing a crisis. With rising housing costs, the number of places to rent are decreasing and rents are skyrocketing. Many people are either homeless, living in appalling conditions, paying more than they can afford in rent or on the verge of being homeless.

Project People is a new initiative that hopes to build a network of volunteers and donors to do what we can to help those who are homeless or at risk of being homeless. In December, volunteers collected winter clothing. The response was overwhelming. The citizens of Regina are concerned and willing to help.

Making a real change is going to take more than offering secondhand items.

Understanding what it is like living in poverty and facing homelessness in our city is crucial:

- It is not a choice. No one chooses to live this way.
- Survival becomes a full time job. Where to eat, sleep and keep personal items becomes secondary to the job search or the process of returning to school. Can you imagine trying to keep everything you own with you all day?



- When you are hungry and tired, you have very little energy or will to do anything.
- Our homeless are couch surfing, living in overcrowded conditions, squatting in abandoned buildings and, in extreme cases, living in tents, garages and cars.
- Homelessness affects families, students, seniors, youth, working people and new Canadians.
- Food security is a huge issue in our city. Families are sacrificing grocery money to pay the rent.

PROJECT PEOPLE

Helping the homeless is more than simply offering up secondhand items.



There are interagency groups working on real solutions such as: rent control, stopping condo conversions, construction of affordable housing, advocating for a sufficient livable income for those earning minimum wage, seniors and those on social assistance. Public awareness of the issues is essential to make these changes happen.

Learn more about poverty and homelessness in our city. Talk to your government representatives and ask them what they are doing to eliminate homelessness. Regina's front-line agencies are feeling the impact of an increased need for services. Support front-line agencies by volunteering, donating money, helping with fund-raising and donating second-hand items.

GET INVOLVED!

Project People is looking for volunteers to help plan monthly projects, help out at events, pick up and deliver donations and move families into homes. If you are interested, please leave a message at 533-5117 or G-mail:

projectpeople@gmail.com

Project People was initiated by a private citizen who felt helpless about the crisis of homelessness in Regina. Although there are interagency groups doing good work about homelessness, the need is growing more quickly than it can be addressed. There are also barriers that need to be overcome. One is increasing understanding about homelessness in a city where it is hidden.



Project People will not be a new agency or charity. Instead it will strive to work with and support these existing services by bringing together volunteers to help in any way that we can. We hope to initiate monthly activities such as donation drives, awareness campaigns and fundraisers.

So far, the group has had volunteer recruitments, acquired and painted donation bins, completed a winter clothing drive, delivered items to a number of agencies and placed bins at Wascana Rehab Centre and Four Directions. Next is the planning of a volunteer social to bring interested individuals face to face.

For more information check out: sites. google.com/site/reginapeople and pathwaysregina.com

Connect into the Project People E-network to find out about volunteer opportunities, immediate needs from agencies, fundraising events, care drive projects and our success stories.

LINK TO US THROUGH:

- 1) E-mail at projectpeople@gmail.com to be added to the e-mail network
- 2) Subscribe to RSS updates from our website sites. google.com/site/reginapeople
- 3) Join us on Facebook at: www.facebook.com/pages/Project-People/130336213680942?ref=sgm
- 4) Call or send a text to 533-5117 to be added to the text network

IF YOU ARE AN AGENCY:

E-mail reginapeople@gmail.com to send any announcements or appeals to our network.

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



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RECEIVING EVERYONE *from* EVERY NATION - ALL NATIONS HOPE AIDS NETWORK

by Olufunke Okochi

In this issue, we'll take a look at the All Nations Hope AIDS Network (ANHAN) and how they provide support in the community.

This Regina-based community organization was established in 1995 with a mission to support and assist First Nations, Métis and Inuit, and all other people and their families living with HIV/AIDS and Hepatitis C to live meaningful lives, and to provide professional training and awareness of HIV/AIDS and Hepatitis C to the community.

In spite of its mission statement, ANHAN reaches out to diverse groups with various needs in our community. Their doors are always open to provide support to clients in any way they can. Every week day, they receive many people who need shelter, a hot meal, help from addictions and different forms of support.

The assistance they provide includes referrals to detoxification programs, referrals to necessary social services, training for women struggling with addictions during pregnancy, a two-day training on HIV/AIDS and Hepatitis C (HCV), referrals and support services for Aboriginal people living with HIV/AIDS and their families, and lots more.

After so many years of positively affecting the Regina community, ANHAN wants to do even more. They have their eyes set on expansion, so they can provide more value to the community.

INTRODUCING THE ZERO STAGE HOUSING PROJECT

Every day, ANHAN's doors are open to people with different needs, and it does its best to assist its clients in whatever ways it can. Though there are different needs, one commonality exists – lots of these clients are homeless and have no place to stay.

After providing necessary assistance on a daily basis, ANHAN would like to set up a permanent homeless shelter in Regina, for those who need this service.

The **Zero Stage Housing** project will serve as a safe place for all people who need somewhere to sleep, eat, shower, get a clean set of clothes, hang out and get help if needed. It will be come-and-go housing, open 24 hours a day, with no barriers to who it will receive. ANHAN has also described this place as "one where people can belong, regardless of their status and the many labels placed on them."

Help needed

For this project to be successful, ANHAN seeks support from the community. They are a number of ways people can assist:

- There is the primary need of a building to be used for housing
- Provision of clothes (including winter clothing)
- Food items – eggs, bread, etc.
- Donations
- Volunteers in various capacities

Please note that ANHAN can assist with the pickup and drop off any donated items.

If you would like to help, please view the contact details.

Success

As an organization, ANHAN sees different people every day who need various forms of assistance. ANHAN staff get their fulfillment from being able to offer immediate assistance, such as providing food, advice, skill sharing. They are also able to refer clients to other organizations or institutions where they can receive further help.



Gordon Keewatin's Story

continued from page 1

I was born in December, 1942 in Fort Qu'Appelle as a member of the Peepeekisis First Nation.

Before residential school, I remember cultural gatherings on the reserve. We travelled by wagon & team of horses. I can still smell the sweetgrass and pipes. My father taught me how to behave among my Elders, to respect, keep quiet and not stare at people.

I had to shelve these memories while at boarding school. Practicing the old ways was forbidden. I was only taught the old ways for a short period of time but I kept the spirit of our ancestors.

The residential school experience had some positives for me. I got my education at a younger age, I learned to draw, learned how to follow orders. I liked schoolwork. It prepared us for the future with work ethic, responsibilities. I was involved in organized sports, school exposed us to travel for sports competitions. It was very enjoyable.

But I encountered negativity, which played havoc with my life. I was traumatized. I have seen intergenerational effects, youth have suffered the effects without them having first-hand knowledge of the suffering of their parents and grandparents. I see much negativity in various communities. There have been many changes in society over 20 or 30 years. Our people have adopted different ways of living. We'll never get the old days back.

I left boarding school at 17. I was bitter, confused, with low self-esteem. I was a very restless individual. With freedom from authority I became an alcoholic, experimented with drugs. For 20 to 30 years I was using. I reached out for false courage, false happiness.

I quit my addictions, finished high school, and attended university for a degree in Fine Arts. I became a practicing artist. In Regina I was the Artist-in-Residence for North Central (through Commonweal & North Central Community Assoc.) in elementary and high schools, teaching arts and traditional crafts. I'm currently working with youth at Traditional Grandmothers' Guidance with art and craft instruction.

Ken: 570-6718 • Gordon: 570-6720
Toll Free: 1-877-210-7622

TRC.ca

Ken Ward is a Resolution Health Support Worker with the Indian Residential Schools Resolution Health Support Program. He says there is a freedom in telling your story at the Truth & Reconciliation Commission (TRC) hearings. But it takes a lot of courage and the ability to let go. The downside of the process are the lengthy forms needed to document the abuse.

Another reality is this: who is there to catch you and all that pain when you return to your home? Elders themselves are supposed to be the strong ones. The stories trigger pain, sometimes suicides. Money does not heal.

The Indian Residential Schools (IRS) Resolution Health Program provides eligible former students with access to emotional health and wellness support services.

The harm done has caused great inter-generational damage. Part of the healing process is to share the pain with family.

2013 is the date set to finish the commission. That is the end of government funding.

Ken added, "We used to be a visionary people, now we just live day to day. Communities have broken down. You must respect yourself, then you can respect society."

"To non-First Nations, to mainstream society: please appreciate those who try to understand the legacy. There is a need to regain trust and respect between us, to improve the quality of living."

Interested in helping in some way?

If you are interested in donating a property towards the Zero Stage Housing project, ANHAN would love to hear from you!

Please contact:

Audra Isaac
Zero Stage Manager
All Nations Hope AIDS Network
2735 5th Ave. Regina, SK
Phone: (306) 531-4022
Toll Free: 1-877-210-7622

For any other donations or to volunteer:
All Nations Hope AIDS Network
Phone: (306) 525-3698

Toll Free (Canada wide): 1-877-210-7622
Email: *General Information*
allnationshope@sasktel.net
Programming - lquewezance@sasktel.net
Outreach - wkeewatin@sasktel.net

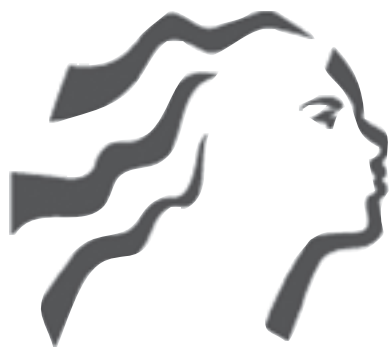
dear auntie

When Your Children are Taken

I've been hearing many families in our community are being faced with their children being taken away by social services. There seems to be no rhyme or reason at times which can be very frustrating. Don't lose hope.

Focus on what you have control over. Try to be respectful when talking to the social worker. It won't help if you raise your voice, swear or threaten. You don't have to be a pushover, just be polite. Be clear on what the guidelines are. In most cases, a three month period is a standard start. Write down notes from every contact with the worker.

Usually, there is some kind of agreement that includes steps for you to follow. Make sure that you understand what the agreement is before you sign it. Ask questions. Be certain that the steps are things that you can reasonably accomplish. If not, get a support person or



advocate to help you talk to the social worker. You may need help with some of the activities such as dealing with addictions, taking parenting classes, finding safe housing, etc. If you are truly struggling, take this time to get back on track. There are many resources in our community; you don't have to do it on your own.

Do your best to follow through with the agreement. Document everything so that you have a record of your activities. Always call and let someone know if you have to miss a class or meeting. But, make it a priority to be at court appearances and meetings especially with social services.

If you feel that social services aren't keeping their side of the agreement, find a support person or advocate to back you up. This may be a person from an agency you are already involved with. Other resources to try are Aboriginal Family Services, Warren

Auntie says.....

“If you are truly struggling, take this time to get back on track.”

McCall's office (our MLA), Legal Aid, Parenting Mentorship program, etc. Ask friends, family, your family physician, and other support people to write a letter on your behalf.

Our child welfare system isn't perfect. If you are willing to speak out about your experience, consider writing a letter to your MLA, the Minister of Social Services or the Child Advocate. There is also a group of concerned parents and citizens called the Aboriginal Family Defense League – for information call Jessica at 527-2218.

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



Send your letters or article ideas to:
“Dear Auntie”

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

CLOSING of WELFARE RIGHTS CENTRE

Most of you will already be aware of the impending closure of Welfare Rights Centre (WRC), February 25, 2011. For over 35 years, WRC has been funded by the Ministry of Social Services (MSS) to assist individuals and families of Regina, with financial management, family support, advocacy, and housing support services. MSS, after due deliberation, advised us last November that our service agreement would not be renewed and that the Ministry of Social Services will assume direct responsibility for mutual people whom we serve.

Our primary concern, in the wake of this decision, has been for the wellbeing of the individuals we serve and our employees. To that end, MSS and WRC agreed to a wind-down period to enable a smooth transition for people back to MSS and to give employees ample notice to seek alternate employment. Through the cooperative efforts of our organizations, and hard work of administration and staff, the transition process is nearing completion with little disruption of services to individuals who access Welfare Rights Centre.

Our Board of Directors wishes to acknowledge the trust placed in WRC by the people whom we have served over the years; and the compassion and dedication of employees. There will always be a need for such community based organizations. We consider it a privilege to have been able to invest in our community with the support of Welfare Rights Centre.

Tom Wright
Welfare Rights Centre

School Report Card

Greetings and Happy New Year.

I love January. Really I do. Even this year. I find that it is a good time to reflect on where we are at and where we want to go in the year ahead.

The past year has been busy as I continue on the steep learning curve that is being a new trustee. I have had a chance to get out to all of the schools in Subdivision 5 and look forward to visiting them all, as often as possible, in the near future.

I so enjoyed the community turkey lunch at Scott prior to the Christmas holiday. It is a great chance to meet not only the staff and students at Scott but also those at the surrounding elementary schools as well. Those who cooked the meal deserve our special thanks, as does everyone who donated food and time.

I wish to thank Rod and Mike and everyone at Scott for inviting me out. I look forward to next year already as I write this.

I also wish to thank Jan and everyone at *North Central Community Connections* for allowing me the opportunity to write this column. When I first decided to run for the School Board way back in 2009, I wanted to be a voice to represent the interests of Subdivision 5, which includes North Central. In order to reach this goal, I realized that it would be necessary to connect



in a meaningful way with the communities that surround the schools. Upon reflection, I still have a long way to go toward reaching that goal.

What brought me to this realization, in part, were attempts to organize Trustee-School Community Council (SCC) consultations at all of the schools that I represent (Albert, Davin, Connaught, Coronation Park, Kitchener, Wascana and Scott). Since the start of our term, the new Board has placed value on getting out to the schools and meeting with students, parents, staff, and community members.

It has been difficult to set up these meetings at many of the schools in my subdivision. Many of the schools in my subdivision have difficulty attracting parents and community members to serve on the School Community Council or even getting people interested in attending meetings. I can guess at reasons why people do not get involved, but I would just be guessing. I am interested in hearing ideas about how to get the community more involved in our schools and feedback about the barriers to getting involved.

by Carla Beck

Part of the reason that I think that it is important to have parent and community support in schools is this - when local communities are interested and active in their schools, students in those schools tend to get higher grades, go to school more often, and stay in school longer.

I realize that in order to hear from community members, I will need to be available in the community and in the schools. This is my goal for the 2011. If you see me and have any thoughts that you want to share on schools and education (or on any topic for that matter), please let me know. It is my duty to represent you. To represent you, I need to hear from you.

Best wishes for 2011!
Carla Beck Cell: 530-3320
carlabeck@sasktel.net

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The Right Path LifeSkills Graduation at North Central Community Association

Stories and Photos by Jan Morier

On December 21, 2010, invited guests gathered for a graduation and a Christmas feast. Instead, we witnessed a rebirth of sorts. After 17 weeks, a group of North Central men and women, including two teens, emerged from an intense Life Skills Program offered by North Central Community Association (NCCA).

Doreen Lloyd, aided by Maggie Monson led the group on an adventurous cruise, the kind that travels into one's own private hell of abuse, addictions and sense of self-worth.

Our Master of Ceremonies was participant Pierre Quesnel. He seemed very comfortable behind the mic, free to have fun with his role.



"Congrats to all. We will not lose touch. I am a part of all that I have met."

Maggie Monson, Counsellor

The Lifeskills Program was funded by Community Initiatives.

Thanks to:

- Warren McCall, MLA Regina-Elphinstone Centre
- Tammy Patterson, RCMP
- Rob Deglau, Tom Wright & Jessica Hanna, NCCA
- Pat Colpitts Parenting Certificate, Circle Project/I.M.C.F.
- JoAnne Faulhman, Four Directions Health Centre
- Sandra Barrie, NCCA Health Nurse
- TaraLee Houston, SEARCH
- Lisa Workman, Four Directions
- Mark Fox, Aboriginal Mediator
- Leona Quewezance, All Nations Hope
- Ken Ward, All Nations Hope
- Sharon Chicoose S.I.I.T.
- Dan Lindsay, Youth Express - Rainbow Youth Centre
- Katrina, S.I.A.S.T.
- Brooke Davies, S.S.I.L.C.
- Faculty of Social Work

These people were not prepared to dwell on the causes of their pain. The hope they expressed for their future was cause for many smiles.

Regina Elphinstone-Centre MLA Warren McCall spoke proudly of seeing the strong graduates. He related how the participants literally came in off the street, but he urged them to keep on going on the right path. They were encouraged to get more education and continue making good choices and make a really good life for themselves and their community. Desire and determination would be their graduation gift to themselves. McCall also praised NCCA for responding to the needs of the community.

NCCA Community Co-ordinator Rob Deglau hoped that this celebration gave these men and women a sense of belonging. "This is your new family. We're backing you. You stuck your neck out to come through this class. It's your turn now to be a part of this neighbourhood." Rob invited the grads to take an active role in helping to heal North Central.

Counsellor Doreen Lloyd respected how participants had shared events of their lives. She knew they were excited to move on, but scared to leave the nest. Participants learned about themselves and each other. They built goals along the way while dealing with recovery and addiction issues. "I've never met an addict who didn't have a goal." Doreen said, adding "I feel honoured to be part of the group."



missing from images: Marla Anaskan

For a glimpse into why we were celebrating, we were treated to a video, produced by Alvil Tayco, following the participants through the program. The still shots and interview clips were both terrifying and exhilarating!



Santa delighted the Grad's families

Lifeskills participant Darnell said, "It taught me a lot. I met lot of friends, got a lot of help. Never give up. You have a lot of strength in you. It brought me closer to my family. I met role models to learn respect, the way you would want to be treated."

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North Central Shared Facility

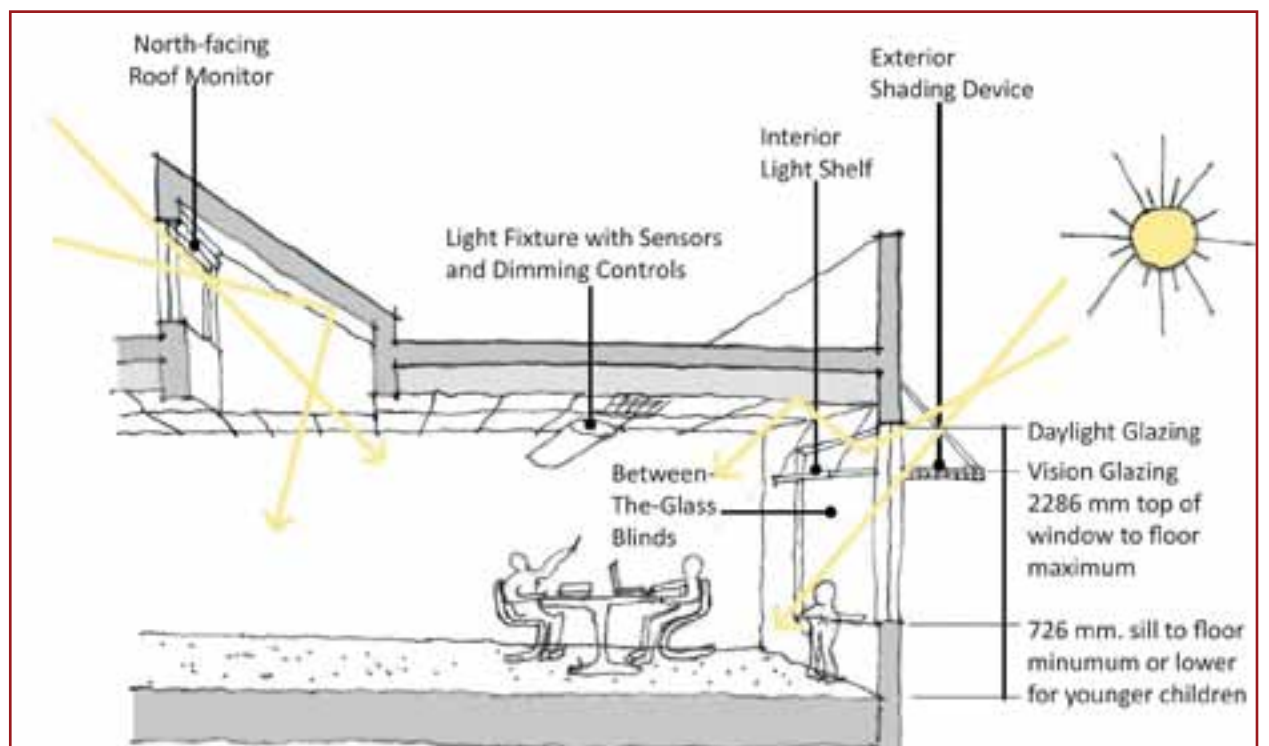
Together We're Building Our Community

Allen Lefebvre, Project Coordinator

The start of 2011 brought with it renewed work on the North Central Shared Facility (NCSF), the project proposed for the site of Scott Collegiate and the Albert Scott Community Centre. While funding and approvals are still being sought, the partners have continued to work on ensuring the long-term success of their efforts. Elements of the project will be highlighted in the next several issues, with this issue focusing on sustainable design.

The term 'sustainable design' generally means designing a building to reduce the negative effects on the environment as much as possible, and to improve the social and economic benefits where possible. During the last 2 years a number of sustainable design options were put forward for future consideration. Already recognized for a unique integration of community, learning and health services, including sustainable design in the NCSF was appropriate.

The Canada Green Building Council has developed a common standard for rating green building design, known as LEED (Leadership in Energy & Environmental Design). The NCSF will be at least a 'LEED Silver' rated building, and possibly 'Gold'. The rating system uses 4 levels (certified, silver, gold and platinum), and recognizes

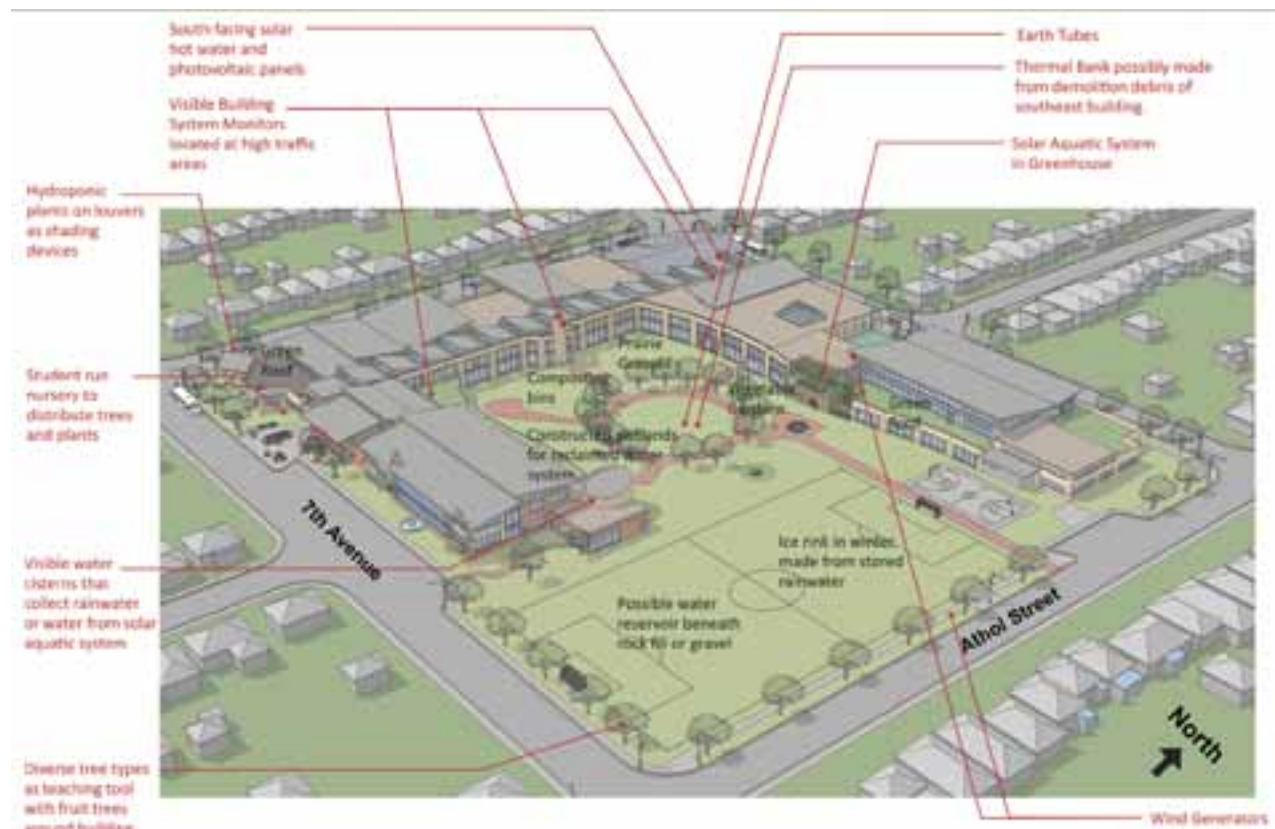


Designs by Fielding Nair International

the roof, students and residents can log on to the internet and compare the roof's wind speed, rain and temperature. This same roof can become a garden.

The following options have been discussed for future consideration in the design:

- Geothermal energy as an alternative energy source, using the earth's natural energy to heat and cool the building
- A Thermal Bank located in the Central Green or under the play field could make use of surplus heat collected in the summer from either solar panels or an array of pipes installed underground with fluid running through them
- Using sustainable, non-electric, passive geothermal solar heating and cooling systems (earth tubes)
- Wind generators, either on the ground or roofs
- In-floor and in-wall heat using water at low temperatures
- Sloping the surface of the Central Green and play field to slow rain water runoff
- Plants placed on window louvers could act as shading devices



performance in five key areas of human and environmental health: sustainable site development, efficient water use, efficient energy use, materials selection, and indoor environmental quality.

The use of sustainable design as a teaching tool is an important part of the Shared Facility. The entire building can be a 3-dimensional textbook, involving students and the community in education. For example, Scott students studying biology or the environment may use a greenhouse to grow starter garden plants, working with REACH and community gardeners to encourage the use of fresh food in North Central by supplying plants to the community. By creating a weather station on

- Hardy plants that need little water
- Vegetable and medicinal herb gardens and composting bins
- Green roofs for insulation and gardens
- A wide range of tree species on site, plants that attract birds, and fruit trees that can be picked by anyone
- Collecting and storing rain water for various uses, including irrigation of community gardens
- A Solar Aquatic system in the greenhouse, using and treating wastewater
- Special frosted glass and blinds to diffuse daylight and reduce energy costs
- Photo-electric and solar hot water panels that could be mounted on the south side of sloped roofs

The entire building can be a 3-dimensional textbook, involving students & the community in education.

In addition to these green elements, the City of Regina and the Shared Facility have already started talking about designing the play field to hold storm water, helping to reduce flooding during severe summer storms.

Which of these ideas get implemented will be explored during the detailed design process over the coming months.

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

Message from the Office

Half the school year is already gone. It's been a very busy time here at Scott. Currently we have both boys and girls basketball teams playing and doing well in league play. February will be a busy time for them as we move into playoffs by the end of the month. We have home games scheduled for February 2, 3, 7, 8, 16, and 23rd. Games begin at 4:30 and there is no admission charge.

Semester 2 begins January 31st. We welcome any new registrations. Our school provides a wonderful caring place for students to succeed. We also work hard



Rod Allen
Principal

to ensure our graduates have a post-secondary option. We already have several students accepted to either SIAST or the University of Regina for this coming fall and many more are in the process of filling out application forms.

Our School Community Council is planning a Round Dance here at Scott for Friday, February 18th. The Feast will take place at 5:00 to be followed by the Round Dance until 10:30 or so.

Please contact the school at any time. We look forward to hearing from you.



Mike Tomchuk
Vice-principal

Happy, Healthy, and in Love?

Good Tips on how to have a Good Relationship

by Wyatt Apooch

This article is for you if you want to be in a relationship or are already in one, and need some advice.

You might love to be in a relationship or care to be in one. Sometimes as it passes, you might realize that a relationship has lost its charm and magic. Then you find yourself asking "What went wrong?"

As you look into relationships you may begin to figure out what might be lacking in the relationship. Is it communication, respect, trust, or just plain love? If you look carefully, you might be able to change a "good" relationship into one that's "great". Here are some good tips...

#1 Trust

Trust is one of the most important things in a relationship. If you do not trust, the bond between you will grow weak. Confidence will be gained in one or both of you if you trust each other.

#2 Fix Problems

It is vital in a relationship to work at it, because things can get out hand if you ignore them. You just might end up fighting or arguing back and forth continuously 'til one of you has enough. Try to talk things through, work it out with some sense.

#3 Don't Change Each Other

Let's face it, people don't change unless they want to. Sometimes, people try to change their partner into something they're not and it causes stress on the relationship. Do not lower their self-esteem by comparing them to other people and then let them know they're losing the comparison. Instead, compliment them.

Follow these tips and you may be happy, healthy, and in love.



Watch out for the grade 12 publication of HR

Important Upcoming Events

- Jan. 31 First Day of Semester 2; Final Semester 1 Report Cards issued
- Feb. 15 One Week Job Project Presentation at Martin for participating students
- Feb. 16 Sasktel Mentorship for participating students; 12 – 3 p.m.
- Feb. 17 World Community Arts Day Activities
- Feb. 18 PD/Staff Meeting – No SCHOOL for Students; Scott Community Council Round Dance
- Feb. 21 Family Day – No SCHOOL
- Mar. 4 Teacher's Convention – No SCHOOL for Students (*changed from February 11*)
- Mar. 16 SaskTel Mentorship for participating students; 12 – 3 p.m.
- Mar. 17 Staff Meeting - noon dismissal for students; Semester 2 Interim Report Cards
- Mar. 18 & 21 - No SCHOOL
- Mar. 30 Student / Parent / Teacher Conference Day

War is Grotesque

by Mike Polsom

War is grotesque. But in truth war is also beauty. For all its horror, you can't help but gape at the awful majesty of combat. You stare out at tracer rounds unwinding through the dark like brilliant red ribbons. You crouch in ambush as a cool, impassive moon rises over the nighttime paddies. You admire the fluid symmetries of troops on the move, the great sheets of metal-fire streaming down from a gunship, the illumination rounds, the white phosphorus, the purply orange glow of napalm, the rocket's red glare. It's not pretty, exactly. It's astonishing. It fills the eye. It commands you. You hate it, yes, but your eyes do not.

Why is it important for First Nations/ Métis students to stay in school?

A deeper look into why school is worth finishing!

By: Tiffany Couperthwaite

The biggest problem for youth when it comes to school is attendance. As a student at Scott Collegiate I see very few students at school most days. Many of today's youth don't feel that school is important or they feel it is too boring to sit through. They don't realize that it is important to stay in school and do their work.

Unfortunately missing school means the student falls behind in work. What usually happens is that they have to re-do the whole semester next year because they missed too many days of school, thus missing many important assignments and eventual dropping out. According to Eric Howe, an aboriginal female who drops out of school will earn less than \$90,000 during her whole working life, when she could earn at least \$1 million by finishing high school and university.

It is really important to stay in school. At Scott Collegiate the students engage in project learning. This makes things hopefully more fun and interesting so that students will make the right choice and stay in school. Personally I hope to finish grade 12 and work towards becoming a health care aide. I hope other students will start to realize that school is really important.

Homegrown Talent CELEBRATED North Central Community History Project

by Yolanda Hansen

We welcome Taylor Bendig to continue the research for the North Central History project.

The goal of this project is to interview people from the neighbourhood who have done something noteworthy, and to create one-page profiles including a photo. These profiles will be uploaded to a public website in the next few months.

Taylor was given the folder of work done over the summer by Ntawnis Piapot.

Taylor will try to do as many interviews and profiles as possible.

The project would welcome profiles from any class of students in North Central who have collected photos and historical information on their families.

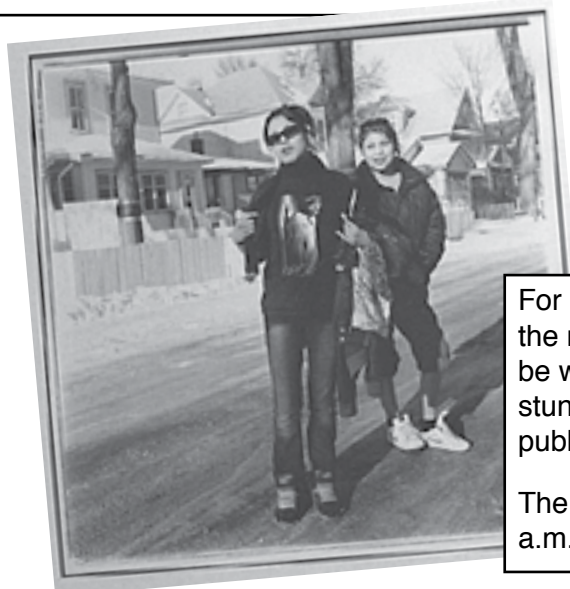
We will ensure diverse representation for our website (both genders, areas of interest, Aboriginal and non-Aboriginal). Taylor encourages North Central residents to contribute to the project and contact him via e-mail: northcentral.hp@gmail.com

There is also a Facebook group where interested parties can keep up to date on the history project - *The People of North Central: A Community-based History Project*.

Other possibilities for using this information include a launch event, a Community Pride day, creating a tour (like a Jane's Walk) or a map based on this collected history.

Photo Exhibit of North Central

History professor and photographer **Philip Charrier** wanted to know more about North Central, a place heralded by *Maclean's Magazine* as the worst neighbourhood in Canada and a place thousands call home.



For more than a year Charrier took his camera into the neighbourhood and asked residents if they would be willing to let him take their portrait. The result is a stunning collection of photographs now open to the public at the North Central Community Association.

The exhibition can be seen Mon. to Thurs. from 8:30 a.m. to 4 p.m. (Fri. 8:30 a.m. to noon) until May, 2011.



SMILE for the Camera! Honourary North Centralite documents the True Heart of our Regina Neighbourhood!

interview with Alvil
Tayco by Jan Morier

Videographer **Alvil Tayco** has completed his 9-month stint with the Youth Eco Internship Program for the North Central Community Association (NCCA).

While with us, Alvil captured the everyday and the annual events. The folks who run the programs and change people's lives narrated their offerings, but equally important were the voices of the neighbours who live in North Central. As NCCA tries to preserve our community's history, Alvil has created a precious record of the people, projects and stories from 2010. When someone who is not from the neighbourhood comes in and sees the true spirit of who we are – it's very satisfying.

If you can't make it to the You Tube channel*, here is a thumbnail sketch of the themes. 'Reaching out to One Another' aimed to raise awareness and funds for community signs. Images of activities such as Community Clean Up and the Smudge Walk was collected on a CD and distributed to over 3600 businesses in the city. The community signs are a work in progress to foster a healthier North Central.

The Community Garden Vignette covered the June 5th Planting Bee that saw a record number of volunteers out to make our gardens grow.

The uplifting "I Am North Central" video was shown at the spring Annual General Meeting. A catchy Brett Dolter melody "I Am Not Alone" captured the spirit of many smiling faces involved in their community. Brett Dolter is a Regina musician and Ecological Economics professor at the U of R and a big fan of the NC Gardens.

That video also featured camouflaged voices and faces of gang members in the mighty challenge of trying to exit the life through RAGS (Regina Anti Gang Services).

Transitions to Trades is a unique program of building people. Alvil tagged along with the construction crew through their hard-headed and hard-hat ways. Alvil said: "I'm really impressed with Jane Gattinger's running of the Transitions to Trades program. She really runs a tight ship. She motivates and cares about each student. The group there is very disciplined. I would say that Cheri Taylor, Dwayne Allan and Marc Bien are great role models for the students. I look up to each and every one of them."

The Life Skills Program followed the stories of individuals who participated in a 17-week healing journey to re-connect with their lives and help one another. The dreams expressed by the men and women captured their sincerity to return to normal family routines. The film was shown at the graduation in December (see page 5). Alvil enjoyed this experience and said, "Kudos to Doreen (Lloyd) for putting up the Life Skills program. I feel that people's lives were saved because she cares for her students. It was apparent that they enjoyed the end of the year video. I was told there were some tears in the audience at the Christmas Dinner."

Videographers need to be trusted to capture the stories. "I would have to say that my time at Transitions to Trades and spending time with the Life Skills students were the most satisfying." Alvil said. "They all had diverse backgrounds. Some of them had some really tough hard luck stories. But, we all managed to build friendships. I'm really glad I got to interact with the students."

NCCA Community Coordinator, Rob Deglau, noted, "Alvil shows initiative in undertaking his tasks and is able to communicate the benefits of his creative ideas. His originality and individuality have been his hallmarks."

It should be noted that Alvil sought out a placement at North Central Community Association when he applied for the Youth Eco Internship Program. He says, "My mandate is to build relationships with co-workers and really leave an organization in a better position." On the side, Alvil gave presentations to the participants of Transitions to Trades self-help motivational topics, as well as talks on security awareness and protecting your online identity. He was also the tech support go-to guy in the office.

"The most satisfying part about my job has been learning new software programs for video editing." Alvil adds. "Final Cut Pro was my favourite program. I mastered a lot of complex video editing software under a huge time constraint. What normally would have taken a year to learn, I learned under 3 months from the beginning of my internship."

Rob speaks for us all. "Alvil will be greatly missed, he has become part of the crazy fabric that makes our organization."

* www.youtube.com/user/nccaregina1

The Youth Eco Internship Program is a collaboration between the YMCA and YWCA Canada, with funding provided by the Government of Canada's Economic Action Plan. www.yeip.ca/home

Read an interview with Philip Charrier on the University of Regina's Your Blog

<http://www2.uregina.ca/yourblog/?p=406>

SEARCH

Student Energy in Action for Regina Community Health

Saturdays 12:30-3:30

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

All ages welcome. Bring the whole family. Child care provided.

Do you need to see the Doctor? Come use our student run walk in clinic.

Free healthy snacks and beverages served every shift.

Free fun and interesting health related workshops for all ages.

Every Saturday Join us for FREE lunch at 1:00!



Feb 5

Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-1:45

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.

Super Circuits
1:45-2:15

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Women's Group
2:15-2:45

A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.

Drop the Pop
2:45-3:30

Is your drink healthy? Learn about sugar and vitamin content of different drinks (coke, tea, milk and fruit juice). We will present alternatives to unhealthy drinks.

February 5: Casserole and salad

Feb 12



Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-2:00

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.



Super Circuits
2:00-2:30

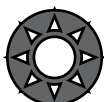
Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Sweet "Hearts"
2:30-3:30

Find out how to keep your heart strong and healthy. Get your blood pressure measured at our Blood Pressure Clinic. There will also be various Valentine's Day crafts for all ages.

February 12: Finger foods & hot chocolate

Feb 19



Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-1:45

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.

Super Circuits
1:45-2:15

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Women's Group
2:15-2:45

A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.

Germy Wormy and Other Bugs
2:45-3:30

Find out how to protect yourself from germs in public places and in your home. Fun activities for kids to learn to prevent spread of germs. Bug art for the entire family.

February 19: Fresh fruit salad

Feb 26

Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-2:00

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.

Super Circuits
2:00-2:30

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Diabetes and Medicine Wheel
2:30-3:30

Let's talk about diabetes with the help of Medicine Wheel. Find out what diabetes is, what causes it and how to prevent yourself from falling ill. Topic related board games for the entire family.

February 26: Italian Lunch

SEARCH

Student Energy in Action for Regina Community Health

Saturdays 12:30-3:30

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

All ages welcome. Bring the whole family. Child care provided.

Do you need to see the Doctor? Come visit our student run walk in clinic.

Free healthy snacks and beverages served every shift.

Free fun and interesting health related workshops for all ages.



Snacks & coffee also served throughout the day.



March 5

Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-1:45

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.

Super Circuits
1:45-2:15

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Women's Group
2:15-2:45

A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.

Mental Health Workshop
2:45-3:30

Time for the entire family to find out how to maintain good mental health. How to deal with stress, how to get through the tough times and how to handle bullying and peer pressure.

March 5: Soup & Sandwiches

March 12

Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-2:00

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.

Super Circuits
2:00-2:30

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Dance Revolution
2:30-3:30

Energy packed program. Get physically active through different styles of dance. Dance your way to a more healthy, flexible and strong body.

March 12: Pizza Day

March 19

Alcoholics Anonymous (AA)
11:30-12:30

This is a program for men and women to share their experiences, strength and hope with each other so they may solve their common problem and help others to recover from alcoholism.

Fun with Food
1:00-1:45

Hands on experience how to prepare yummy foods in new recipes and tasting them. All ages welcome.



Super Circuits
1:45-2:15

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Women's Group
2:15-2:45

A safe and relaxing time for women to enjoy each other's company and take part in various topics and build relationships with other women. Child care provided.

Popcorn and Prevention
2:45-3:30

Find out how to protect yourself and have healthy sexual life. Get information on important medical exams. Through cardboard games learn about prevention of relationship violence. Popcorn for everyone.

March 19: Taco Salad

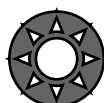
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Super Circuits
2:00-2:30

Fun moves for the whole family and all ages. Come and participate in different physical activities each week. Each session is 15 minutes long. Let's get fit together!

Bones and Calcium
2:30-3:30

Find out why calcium is important for your bones, and which foods contain lots of calcium. Board games about bones and skeletal system. Program for all ages.

March 26: Homemade Chicken Noodle Soup & Cheese Toast

VOiCe Serious Offence Program

Have you ever had questions you wanted answered from someone who hurt you (or a family member) through a serious crime?

The VOiCe Serious Offence Program can assist you in exchanging information with the offender through a safe process. It can be done in person, via webcam, video tapes or letters, whatever form you find comfortable. You may be able to have any of the questions that you have always wanted to know answered. This can help you to experience some closure so that you and your loved ones may move forward from the crime in a healthier manner.

The VOiCe Co-ordinator will meet with you to discuss any needs you may require to feel supported and to ensure that your emotional well-being is cared for and protected.

For more information about this possibility, please contact:

Kelly Stankewich
Program Co-ordinator
Victims, Offenders & Community (VOiCe)
Serious Offence Program
(306) 352-5424
Kelly.ramp@sasktel.net



Community Calendar

The **Aboriginal Grandmothers Caring for Grandchildren Support Network** brings together Grandmothers who are caring for their grandchildren to get support through sharing knowledge and personal experiences. A group of community organizations and health professionals arrange to have speakers come to meetings to talk about issues of concern to Grandmothers.

Our next meeting is being held **Friday, February 11 from 9:30-11:30 am** at Four Directions Community Health

Centre on 5th Ave. at Elphinstone St. If you are a Grandmother caring for your grandchildren why not join us to learn about the recommendations of the Child Welfare Review and how it could help provide support for you? Tea and bannock are always served, and childcare and transportation are provided if requested in advance.

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

TRANSITION TO TRADES

Need a good job?

What we want:

Age 18-30
Motivated
Reliable
Unemployed
Gr 10 minimum
Desire to work construction

What you want:

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

16 - 23 weeks full time!
APPLY NOW

Ph: 791-9530

admin.tt@nccaregina.ca

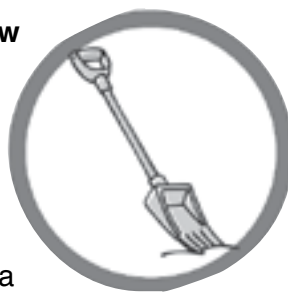
Creative Connections Art Class for adults with Disabilities. Every Tuesday 2:00 - 4:00 p.m. and Saturday 3:00 to 5:00 p.m. at Albert Scott Community Centre.

All adults with a disability are welcome.

For more information, call North Central Community Association at 791-9888.

HIRE A NEIGHBOUR

Do you need snow shovelled, light housekeeping or other home maintenance?



If you are looking to make some extra money, call the NCCA office to become a registered worker or to place a work order (handled by the North Central Community Association).

For more information call NCCA at 791-9888

2011 CHIMATAWA YOUTH

Chili Challenge



\$5. / person
Donations Accepted

FRIDAY, MARCH 18

~ 6 P.M. ~

Indian Métis

Christian Fellowship
3131 Dewdney Ave.

Registration & fee required for youth groups

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

2011 INTER-AGENCY Chili Cook Off

WEDNESDAY, FEBRUARY 16

~ HIGH NOON ~

Indian Métis

Christian Fellowship

3131 Dewdney Ave.

2010 Inter-Agency Chili Cook Off Champs: Four Directions Community Health Centre

Lunch: \$5.

Donations over \$20.00 will be issued a tax deductible receipt

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

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



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

**Deadline for April issue:
MARCH 11, 2011**

OBITUARY

We bid farewell to **Bea Miloux** who finished her life's work on Tuesday, January 11th, 2011. Born April 29th, 1922 on a farm close to St. Joseph's Colony, at birth her name was Bessie Kerr. Her parents were Scottish immigrants, James and Agnes (Truesdale) Kerr. Bessie was eighth of twelve children. She grew up on another farm, two miles west of McLean, Saskatchewan.

Bea spent all of her adult life living along Dewdney Avenue, raising her children, tending to her garden and nurturing her grandchildren. In 1997, she moved from Dewdney Avenue to a condo at Regina Village. She continued to be involved in her North Central Community activities until the end of her life. She was the ticket seller at The Care and Share Group, which meets at Scott Collegiate every Tuesday, for lunch. Bea kept that volunteer position for twenty-five years.

We thank Bea for the many years of service and friendship at North Central Community Association. Her family at Care and Share will miss her dearly.

From the President

Here we are, in the second month of a new year, up to our armpits in snow. All this snow encourages old-timers (me included) to reminisce of the past when as kids we had 'real' winters. Blizzard after blizzard; steam locomotives stopped by drifts on the railroad tracks; walking to school along the tracks, listening to the hum of the telegraph wires; seeing a snowy owl; going by sleigh and horses to Bracken to shop on Saturday; my dad shelling out 'two-bits' to the liveryman to stable the horses against the cold.

Enough of looking back! Time to look ahead. What about the Shared Facility you ask? 2010 was

WRIGHT'S RAMBLINGS

a frustrating year: the project slowed to a crawl as we waited for a funding commitment from the two senior governments to proceed with design. We are cautiously optimistic of receiving Provincial approval early this spring. Frankly, it has been frustrating hearing/watching the hype for a covered stadium that would do little in comparison to serve the needs of our community.

The Regina Police Service plans to improve our community policing this year, with a greater emphasis on street presence and interaction with the public.

Your NCCA believes this will benefit both our community and the effectiveness of RPS.

We are excited about the prospect of getting some electronic street signs in place this year to help keep North Central residents, and the City at large, informed of upcoming activities.

Best wishes to each of you for a rewarding 2011. And keep your shovel handy!



Tom Wright - President,
North Central Community Association

Submit your news, your point of view, your creativity in writing or art to your newspaper! NC Community Connection is delivered FREE to all addresses in North Central and by e-mail around our city, province, country and beyond. Current and back issues of our paper are posted on our website www.nccaregina.ca

Community-based organizations can buy a full page to get their news out every other month. Call for an ad rate card.

If you have an idea for a story or a feature interview GET IN TOUCH with the Editor at the contact information at the bottom of this page.

North Central Community Connection is a bi-monthly newspaper published by the North Central Community Association (NCCA). The newspaper strives to be fair and balanced in its coverage of news, current events and community issues. The Community Connection is written for the people of North Central Regina in hopes of building community and providing valuable information.

Editor: Jan Morier
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

Carla Beck Yolanda Hansen
Gordon Keewatin Allen Lefebvre
Jan Morier Olufunke Okochi
Students of Scott Collegiate
Ken Ward
Lisa Workman (Project People)
Tom Wright

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

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

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

**DEADLINE for
APRIL ISSUE
March 11, 2011**

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



Mission Statement of
North Central
Community Association:

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



www.nccaregina.ca

NCCA Board of Directors

Tom Wright.....President
Rosalind Caldwell.....Vice President
Clarisse Straightnose.....Secretary

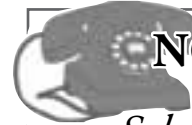
Members at Large

Marie Moldovan
Dianne Songer
Cindy Tripps
Stacy Zummack



Advisory

Shannon Cattell
Kelly Holstein
Carla Richards



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
REACH 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
Welfare Rights Centre	757-3521
YWCA of Regina	757-9622

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

GRAFFITI PREVENTION

STARTS WITH YOU

WHAT'S THE BIG DEAL?

Graffiti is important to clean up quickly because it can lead to other problems in our neighbourhood. Leaving graffiti up:

- encourages more graffiti and vandalism in the area it happened
- costs money to paint over or repair the damages caused by graffiti
- offends people when the graffiti is obscene, racist or derogatory
- creates a fear of crime, people perceive the neighbourhood to be unsafe
- damages the natural look and feel of our city.



WHAT CAN YOU DO TO PREVENT GRAFFITI?

- Have a mural painted on your property where it is most likely to have graffiti on it – murals are attractive and are highly proven to reduce the amount of graffiti. (If you need help with putting a mural up on your property call the North Central Community Association.)

- Plant tall plants along walls to hide them or make them harder to access
- Put a protective coating on your wall to make it easier for the graffiti to be cleaned up
- Remove graffiti within 24 hours of it being put up. This discourages vandals from putting it up again and it makes it easier to clean up because the paint won't have time to bond to the surface.

All owners are responsible for removing graffiti on their property. If you are a victim of graffiti:

- you can paint over the graffiti. When you paint over it try to paint the whole wall, or if you can't do that try to match the colour of the wall and paint a big rectangle over the graffiti
- through the Community Paint Program, you can purchase discounted paint, chemical removers, brushes, rollers and other clean-up items from participating paint companies:
 - ~ Cloverdale Paint
 - ~ General Paint
 - ~ Glidden Paint
 - ~ RONA Home and Garden
 - ~ Para/CIL (Yarnton Decorating)
- get FREE paint from SARCAN Recycling Depots
- Call a professional graffiti removal company. You can find professional graffiti removers in the phone book.

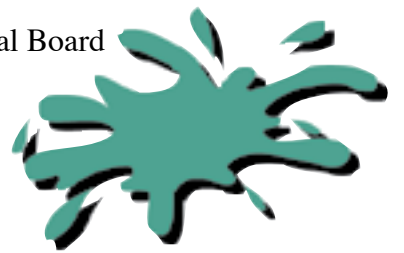


Graffiti prevention starts with you! Did you know that cleaning up graffiti immediately after it is done reduces the likelihood that it will return? On the other hand if you don't clean it up, more and more graffiti is likely to be put up. If you see graffiti on your property clean it up immediately. If you notice graffiti on someone else's property, report it to the city of Regina. If you see someone in the process of putting graffiti up - call 911.

The Regina Property Maintenance Bylaw requires the owners or occupants of property to remove all graffiti from their premises, including buildings, accessory buildings, dwelling units or structures. Failure to do so could result in an "Order to Comply". If you don't follow that order within the time limit set out the graffiti will be removed by the city and the associated costs will be applied to the property owner's taxes.

You can appeal to the "Order to Comply" by sending the appeal in writing within 15 days from the date of the order to:

Secretary, Regina Appeal Board
c/o City Clerk's Office
15th Floor, City Hall
PO Box 1790
Regina, SK S4P 3C8



Thanks to the City of Regina, the City of Calgary and the City of Toronto for providing the information on graffiti.

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

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

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

		Extended Hours Mon - Fri 8 - 8 Saturday 9 - 5 Sunday 12 - 4
Auto Home/Farm Tenant/Condo Commercial	SGI Motor Licence Issuer	
	359-3331 1262 Albert St. (Albert & 7 th) www.smithsinsurance.ca	