

**I**t was a welcome invitation to the International Society for Krishna Consciousness (ISKCON). I had often walked past the modest building on the corner of 7th Avenue and Retallack Street, while working among the North Central Community Gardens. From researching the North Central History Project, I knew the building had been home to the Salvation Army then used as the Wikyup Centre.

It was insightful stepping into the Krishna Temple. The trance-like, peaceful music put me into a relaxed frame of mind. I was asked to remove my shoes, the sign of respect while in the temple. My gracious host was Temple President, Jai Ram, who sat me down to tell me a story. It is an ancient story going back over 5000 years - tragic stories of persecution and of the slaughter of a people for their beliefs. If the aim of the conquering nations was to destroy their faith, it failed. Thanks to the worldwide efforts of the devotees, their spirit and culture survived. Their story continues. For North Central's part in the story, we have to go back to 1973, when followers of Krishna moved here from Vancouver to set up a temple in the 13-block Retallack. Within 6 months the group left the city and moved to Winnipeg. When they returned to Regina in 1976, they opened a temple on Victoria Avenue. As the congregation grew, the present building at 1279 Retallack Street was purchased. The group spent \$20,000 renovating their place of worship. They've maintained the temple for 28 years.



Lord Krishna plays the flute

Since then, Jai noted, relationships have improved. Religious studies from the University of Regina come to the temple and First Nations University of Canada have held special programs here.

Daily prayers are held in the morning and the Food for Life Program is ongoing. The Krishnas are a cruelty-free charity only consuming and serving vegetarian food. Devotees cook under strict regulation. The food is offered to God and sanctified. Their devotees do not drink, smoke or take drugs. They believe that God's spirit is in you, so what purpose is there in harming others? Their faith believes that the soul transmigrates until its journey is complete.

Every Sunday the Krishna temple offers a free vegetarian feast. There is a service at 4 pm, prayers to Lord Krishna, hymns and chanting, with a final prayer offered before the meal is served. "Everyone is welcome, with no obligation. They may eat and leave or if they want to stay and help in some way, we are happy to engage them. Anyone and everyone will be welcomed with open arms." Each Wednesday at 7 pm a Bhagavad-Gita class is offered for devotees and anyone who wants to join in.

The devotees have felt 95% appreciation from the neighbourhood. Jai Ram asks "How can we survive if we don't try to understand one another?"

<http://reginakrishnatemple.blogspot.com/>



The altar, lovingly maintained by devotees

Accustomed to stares of curiosity, the devotees began to work in North Central, feed our neighbours, and collect used clothing for giveaways. They weren't prepared for a succession of break-ins - five in just a few years. "Mostly electronics were stolen", Jai remarks, "televisions, the sound system. They never desecrated the altar, not a thing was disturbed."

What disturbed the leaders and congregation however, was the sense that the neighbourhood did not want them here. After their fourth break in, the insurance company was leery. They upped the requirements to meet strict conditions, such as bars on the windows and steel doors. Again, they were robbed. After a discussion with Regina Police Service, they reached the sad realization that security systems, bars on the windows, any method employed - would not dissuade the criminal element from any property. The devotees questioned whether they should move away from North Central Regina altogether. After receiving a \$6,000 donation from Dr. Adhikari, a physician in Regina, the repairs and security measures were improved. The congregation decided to stay.



Jai Ram, Ph. D. welcomes enquiries at 781-2381

**FACTS:**

- Sindhu follows the universal faith Sanathan.
- Sanskrit is the oldest language in the world.
- Eternal Faith means to Live Peacefully, Joyfully, Productively.
- There is not a country in the world where Lord Krishna is not worshipped.

Story and photos by Jan Morier

## INSIDE

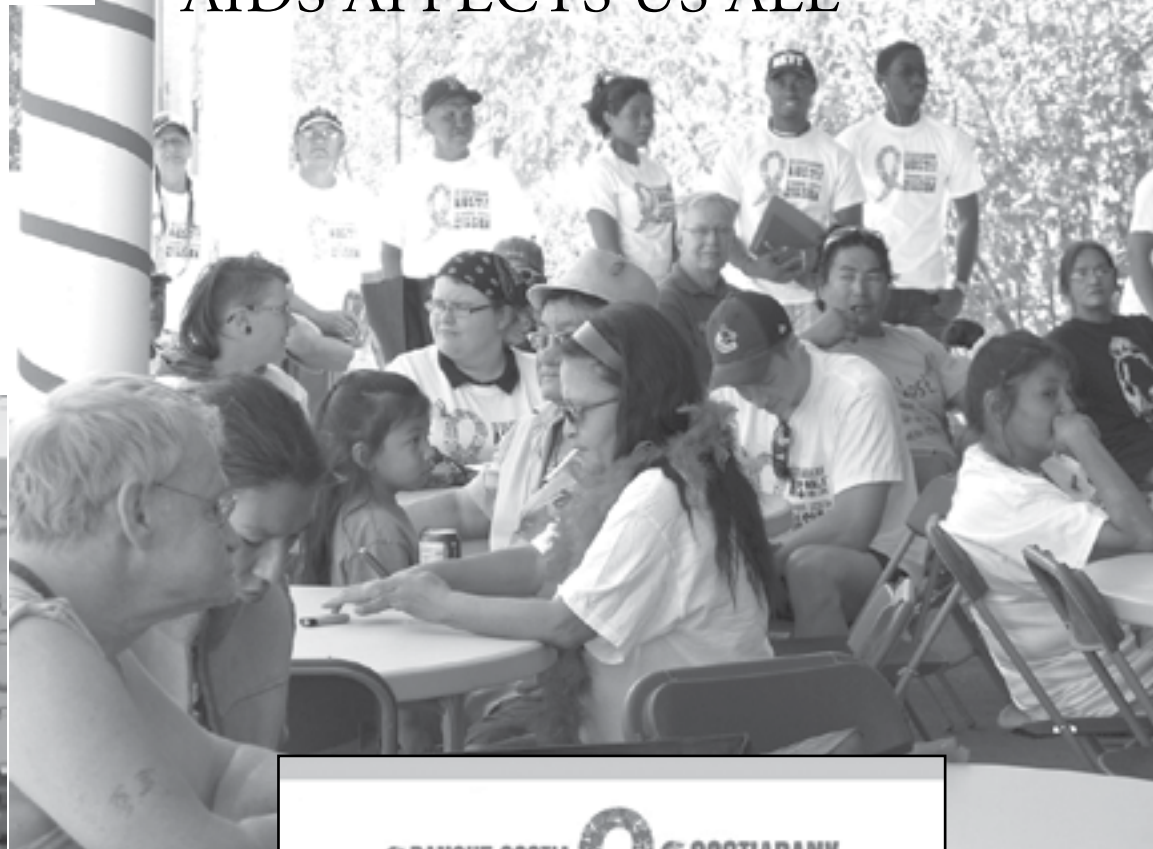
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# COMMUNITY YOUR VOICE

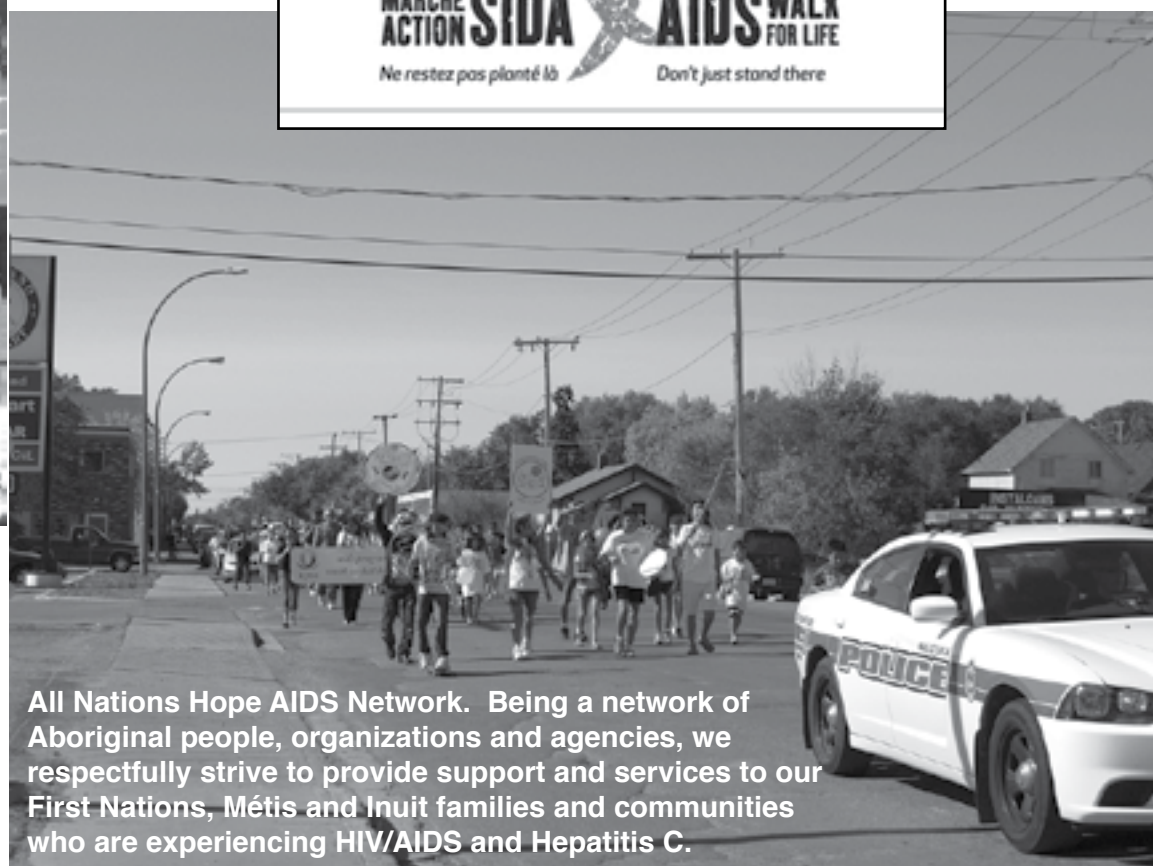
## Voices

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

**AIDS Walk for Life took place Sunday, September 25. The group assembled at Red Ribbon Place, 2735 5th Ave. and followed a route covering 5th Avenue to Albert Street, west on Dewdney Avenue, returning down 5th Ave. to Red Ribbon Place.**



## AIDS AFFECTS US ALL



**All Nations Hope AIDS Network.** Being a network of Aboriginal people, organizations and agencies, we respectfully strive to provide support and services to our First Nations, Métis and Inuit families and communities who are experiencing HIV/AIDS and Hepatitis C.

[allnationshope.ca](http://allnationshope.ca)

AIDS Programs South Saskatchewan (APSS)  
[www.aidsprogramssouthsask.com](http://www.aidsprogramssouthsask.com)

**APSS FAQ (Frequently Asked Questions)**  
**Where can I go to get tested for HIV?**

HIV testing can be done by any Physician, a Sexually Transmitted Infection Clinic, or an Anonymous Test Site. Ensure that you receive pre and post-test counselling.

Residents living in the Regina Qu'Appelle Health Region can be tested for HIV by visiting one of the following:

- ❖ Aid Programs South Saskatchewan  
2735 5th Ave.  
Phone: 924-8420  
Toll Free: 1-877-210-7623  
Fax: 525-0904

NOTE: This service is only available on Thursdays between the hours of 1:30 – 3:30 pm

- ❖ Your family physician or a doctor at a walk-in clinic:  
The Sexual Health Clinic  
2110 Hamilton St., Main Floor  
Phone: 766-7788

- ❖ The primary care nurse at Four Directions  
Community Health Centre  
5th & Elphinstone  
Phone: 766-7540

- ❖ Anonymous testing for HIV is available in Regina.  
If calling from Regina, 766-7779.  
Persons living outside of Regina call toll free,  
1-800-268-9888



LIVE, LOVE, LAUGH...

Laughter is good for the soul.

Humour and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Humour lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

**RASS**

## Regina and Area Support Services

Need help? The Regina & Area Support Services (RASS) website provides links to nearly 800 programs and services. Just visit [www.rass.ca](http://www.rass.ca) to search for various people and places that may be able to help.



# The Regina Alternative Measures Program

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

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

## What is 'Alternative Measures'?

*"This is the transition from bad to good. The death and rebirth of the spirit. An important aspect of healing for youth that have lost their way."*

Lawrence Shepherd

### CHART OF THE COMPARISON OF RESTORATIVE AND RETRIBUTIVE JUSTICE APPROACHES

#### Restorative

- Focus on problem solving & restoring harmony
- Crime is seen as a broken relationship and a violation of one person by another
- Directly involves the victims, others affected, and the community, and responds to their needs
- The community may act as a facilitator of the process
- Those responsible experience the impact of their actions on others & the community
- Restoration is achieved through Reconciliation, Restitution & Compensation

#### Retributive

- Focus on establishing blame & assigning guilt
- Crime is a violation against the State
- Focus on the "offender"
- The community does not play a leading role
- Actions are defined by their intent and the process of the administration of justice
- Punishment is designed to denounce, deter, and protect society through separation



#### Youth Culture Camp

HEAT/RAMP hosted a Youth Culture Camp on August 27-28, 2011. The event was a great success and fun was had by all. This year the youth summer culture camp was held on the Piapot First Nation. We look forward to hosting similar events in the future.

#### Serious Offender Stop-Lift program

S.O.S is a program that RAMP has designed and developed to address habitual Shoplifting. We hope that through the program and Restorative Justice Principals, people can be empowered through knowledge to make better choices. The program consists of four three-hour sessions. Four aspects are addressed throughout the four sessions: environmental, personal, judicial and educational.

Our goal of the program is not only to reduce recidivism in our community, but to provide more tools for the participant's tool belt. Through completing self-evaluations participants can begin to distinguish between healthy and unhealthy choices. Facilitators of the program provide participants with updated information and referrals when necessary.

We hope that participants will be able to practice new methods of dealing with shoplifting in a safe and non-judgmental environment. Participants have expressed that the program is neutral and non-judgmental.

#### Meet our Practicum Students....

This fall RAMP is hosting two practicum students. These students will be discussing their progress and experiences through future issues.

Hello, my name is Robert. Today I am starting my major practicum through the University of Regina at the Regina Alternative Measures Program, (RAMP). I am excited to work with such a diverse and unique organization, and hope to gain knowledge of the Restorative Justice programs that are offered. Through RAMP, I hope to expand my practical knowledge through hands on experience offered during this practicum. The method in which I will be gaining this experience will be through observation, active involvement and corresponding with other key players in the justice system. You can monitor my progress in the later newsletter issues which will be distributed in the fall.

Hello my name is Revée. Today I have begun my first day of my mini Human Justice practicum through the University of Regina. Throughout the Fall semester, I will be working with RAMP (Regina Alternative Measures Program), hoping to gain invaluable information and experience about Restorative Justice and the part RAMP plays within the community. During my stay with RAMP, I hope to gain hands-on experience on the different methods used within the organization pertaining to restorative and alternative measures by observing, reflecting and actively participating in their activities. This is a great opportunity and I will be sure to take in every ounce of information and wisdom RAMP is willing to offer. Thank you.

#### Victim's Voices Count

Have you been the victim of a crime? The purpose of the Regina Police Service Victim Services Unit is to assist victims of crime and traumatic events by providing information, support, and referral services in a professional and timely manner.

The Victim Services Unit offers services to victims and witnesses of crime or traumatic events. Their primary focus is on violent crime, break and enters, and incidents involving serious injury or death.

You can contact the Victim Services Unit by attending The Regina Police Service at 1717 Osler Street or by phoning 777-8660.

#### REGINA POLICE SERVICE'S 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

If you see a crime in progress, call 9-1-1

To report a crime, call Regina Police Service at 777-6500

Remove it or risk losing it.



## DIABETES

by Lauren Shiplack

Diabetes is a lifelong disease that interferes with your body's ability to balance blood sugar. Blood sugar is sugar in our blood that provides the body with energy. Therefore, if it is not balanced, blood sugar can become too high, or (less commonly) too low. Blood sugars raise in the blood when eating food that is high in sugar. These foods include juice, cookies, cake, ice cream, candy, chocolate, bananas, and many more. Someone who has higher than normal blood sugars may be confused, very tired, angry, very thirsty, urinate a lot, and/or have blurry vision. When blood sugars become too high, serious complications such as blindness, kidney damage/failure, heart disease, amputations, infections, nerve damage, and even death can result. Blood sugar can become too low in a diabetic when exercising, taking prescribed medications, or skipping meals. Someone who has lower than normal blood sugars may be angry, confused, aggressive, and/or very tired. When blood sugars become too low, the individual may faint, become unconscious, become unresponsive, or eventually die if they do not receive medical help. It is very important for anyone with diabetes to keep an eye out for

sores on their feet and legs. Those with diabetes, who find sores on their legs or feet, should see a doctor. This is because sores may spread quickly without noticing them, and because infection can start inside the sore. If diabetics do not have a doctor look at their sore, sores might progress and lead to amputations of the foot or leg. Diabetes is more common in those who are Aboriginal, African American, overweight, over 40 years old, have high blood pressure, and those who have a family member with diabetes. It is important to eat healthy snacks and meals, exercise regularly, maintain a healthy weight, keep alcohol consumption low, quit smoking, and monitor your blood sugar levels to prevent and manage the disease. You can have your blood sugar checked at Four Directions Community Health Centre open Monday-Fridays (except Wednesday mornings) 9am-11am and 1pm-3:30pm on 3510 5th Avenue, Regina. Foot care is available for a small cost with the North Central Community Association health nurse. To book an appointment contact Lil 757-1046.

[www.emedicinehealth.com](http://www.emedicinehealth.com)

## Healthy Recipes!

### BAGEL BELT (Makes: 1)

- 1 bagel, sliced in half horizontally
- 1 egg
- 1 slice of cheese
- 2 pieces of bacon
- Tomato, sliced
- Lettuce

☆ If you do not have all the ingredients, you can make one with just 1 bagel and 1 egg ☆

#### Directions:

- Fry the egg and bacon in a frying pan
- Toast bagel unless you prefer your bagel not to be toasted
- Layer your bagel! First, put the bottom of the bagel down. Next, put the egg on top of the bottom of the bagel, followed by the cheese slice, bacon, tomato slices, then lettuce. Lastly, put the top of the bagel on and enjoy!

☆ You can purchase tomatoes, lettuce, cheese, and eggs from "R" Healthy Food Store every Monday from 11am to 1pm for cheap at 1264 Athol St. ☆

### TACOS (Makes: 12)

- 12 Taco shells
- Ground hamburger meat
- 3 cups shredded lettuce
- ¾ cup shredded cheese
- ¾ cup diced tomatoes
- ¾ cup salsa

#### Directions:

- Fry hamburger meat in frying pan until meat is browned
- Fill each taco shell with however much meat, lettuce, cheese, tomatoes, and salsa you prefer

☆ You can purchase ground hamburger meat, lettuce, cheese, and tomatoes from "R" Healthy Food Store every Monday from 11 am to 1pm for cheap at 1264 Athol Street ☆

## GIRL GUIDES BIGGEST GIRLS' CLUB IN THE WORLD

By Judith Kehler

Do you want to join the biggest girls' club in the world? Then you need to join Girl Guides. There are Girl Guides in 145 countries. There is a group right in your community. You can join Girl Guides if you are 5 years old and older. Even adults can join!

**Sparks are 5 & 6 years old.** They "Share and be a Friend." So they will learn through fun about sharing and helping their sister-Sparks, sharing their talents with the elderly by singing or doing crafts at a Seniors' Home, sharing in their community by helping with the Food Bank, and sharing their environment with the animals and creatures by being involved in the Tim Hortons "Clean up Saskatchewan".

**Brownies are 7 & 8 years old.** Their program promotes fun & adventure and encourages the girls to explore their own interests. They might do this by earning a badge as



a group, (perhaps by going skating or swimming), or as an individual, (something that especially interests them such as music, dance or sport). They begin to take an active role in and participate in the life of their community. They might visit the local Fire Station, museums or the Science Center. They might take a "city hike" and learn about the important places in their community – the police station, fire hall, community center, doctor's office, etc.

1960

**Guides are 9 – 11 years old.** Their program activities focus on teaching leadership skills by helping to plan their weekly meetings and special events and by building on communication skills by selling cookies door to door or at a special event in one of the malls. The program also encourages being creative, learning some cooking skills or building a compost bin, learning how to use a hand drill and a hammer, and exploring the outdoors with lots of camping.

**Pathfinders are 12 – 14 years old.** Their program focus is to "Listen, Learn, Lead and Live!" Pathfinders is about adventure, challenges, new experiences, good friendships and good times! They might enjoy some camping, backpacking, or overseas trips. They might explore specific interests such as photography, music, or interior decorating. The Pathfinder program will help young women get involved in their community.

**Rangers are 15 – 17 year old young adults** taking control of their lives by exploring their flexible program options and awards. Their program is challenge based – the girl chooses activities that are of interest to her.

Adults who join Girl Guides provide a positive role-model in a Life-skills organization.

Regina Area Girl Guides is an active organization in our community with a reputation for giving assistance when, and where required. You can join anytime. **Girl Guides in the North Central area meet every Monday at 6:00 pm at Albert Community School, from September to June.** Funds are available for registration fee assistance. JUST ASK! For more information you may contact our Area office at 352-8057 or go to our website [www.guidesregina.com](http://www.guidesregina.com)



## Regina and Area Support Services

Regina and Area Support Services (RASS) is a database of community services in Regina and area. This up-to-date, searchable database provides access to information about social, community, health and government services. It provides referral information by listing these services on its website at [www.rass.ca](http://www.rass.ca). Anyone can use this service, including individuals, families, professionals, and community agencies.

# Community4Connection

by Lisa Workman

On Saturday, September 10, the first **Community4Connection** event was held at Regina's Knox Metropolitan Church. This gathering was inspired by the Project Homeless Connect events held in other Canadian cities. The initiative brings together free services, and volunteers to reach out to those in need.

Planning began in the spring with Salvation Army, Carmichael Outreach, Four Directions Community Health Centre, North Central Community Association, Common Weal, Knox Metropolitan Church and Project People.

Service agencies like Regina Food Bank, Social Services and Mental Health and Addictions set up booths with information, giveaways and a person to connect with. There was also a "free store" offering school supplies, hygiene items, second-hand clothing and a few household items. The centre of the room was dedicated to enjoying a coffee and a hot meal. Volunteers were able to serve people and sit down to chat. One agency decided to dedicate their presence to this café style of connecting rather than having a booth.

One gentleman was given a Street Survival Guide with contacts high-lighted



for him to track down a bed frame. Another lady was given housing applications for her daughter who is a single mother. A couple of people were lined up with shelter for that night. Other people enjoyed massages given by the Regina Native Outreach Ministry. The amount of donated items that were given away was astounding! A mountain of soaps, shampoos and lotions were given away by Sandman Hotel employees. Boxes and groceries were put out by the Regina Food Bank. REACH handed out 3 boxes of apples.

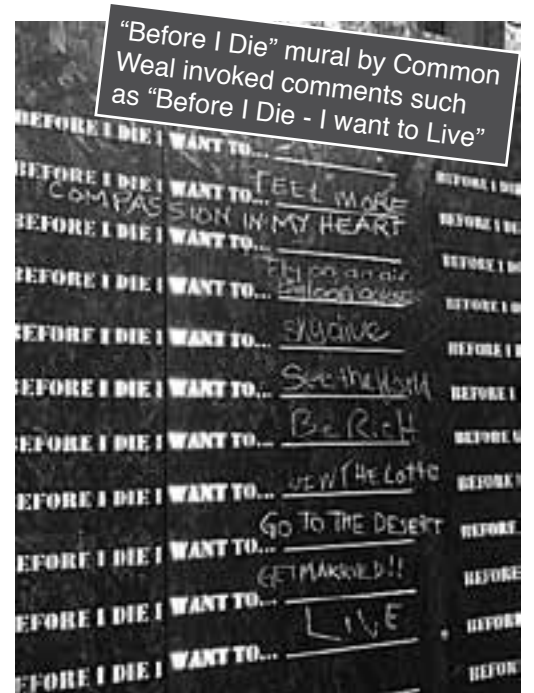
Agencies were able to network with each other throughout the day.

Over fifty volunteers took part in the day, serving soup and bannock, welcoming people into the building, guiding people through the maze, offering childcare, and often lending a sympathetic ear.



It is estimated that 400 people came through the door. Overall the day was a great success. Many agencies were able to connect to guests and other service providers in a meaningful way. These connections made will build better relationships and create stronger communities. Many people were able to learn about the services that the city offers and others were able to see just how important those services are to Regina.

Thank you to everyone who made this day a success.



photos by Jan Morier

## School Report Card

by Carla Beck

Happy fall to everyone in the North Central Community, and a big welcome back to all students and school-based staff. I hope everyone enjoyed the fabulous weather we had this summer.

There is much to look forward to at the Board table this fall as we are enter the last year of our three year terms as trustees.

We welcomed our new Director of Education, Julie MacCrae, to her first official Board meeting on September 6. Julie has been busy in her new role and has already managed to find the time to get out to many of the schools in the Division.

At that same meeting, the Board received a report on the **School Community Council (SCC)**-Trustee consultations that were held. I want to personally thank all of the SCCs in Subdivision 5 for welcoming me into their school and patiently answering questions and providing input. We heard that having trustees come out to schools to attend community functions, and to meet with the SCC yearly, was important. All trustees thought so as well and we will again make our way out to all schools in our sub-divisions this school

year.

Again, if you have children in school and/or if you are interested in your local school, I encourage you to come out to an SCC meeting to see what they are about. SCCs play an important role in our schools and provide a chance for parents and community members to help support and shape the important work of providing education to students.

The September 6th Board meeting also saw the tabling of the most recent Biennial Review of the 10-Year Renewal Plan. (Copies are available on the RBE website [www.rbe.sk.ca](http://www.rbe.sk.ca) If you do not have access to the internet and would like a copy let me know and I will make sure you get one).

The Review notes that overall enrollment in Regina Public Schools continues to increase. The kindergarten to grade 8 population is estimated to be around 15 thousand by 2018; this is up from just under 12 thousand students in 2007.



The high school population is expected to dip slightly and continue to hover around the 6 thousand student mark by 2018.

Of special interest to the North Central community, the Review also gives an update on capital projects approved to date. The Ministry has approved a \$25.75 million budget for the Scott Shared Facility and \$16.2 million for a school to be built on the old Herchmer site. (This new school would serve the current population of Wascana School). Updated planning for the Scott Shared Facility, based on the more modest budget approval, continues. The Wascana/ Herchmer project is still slated to begin construction next summer.

On September 20th the Board voted on six recommendations contained in the Review. All but one motion passed unanimously:

- 1) To remove McDonald and Coronation Park Schools from the closure list.
- 2) To cite Dieppe and Haultain Schools for closure at the end of June, 2012. Cindy Anderson and I voted against this motion, but it passes 5-2.

- 3) To look at a merger of McDermid and Imperial Schools with a new school to be built.
- 4) Initiate a High School Facility study to look at enrollments and program offerings in public high schools.
- 5) To hold off on considering Martin Collegiate for closure, pending the completion of the above noted High School Facility study.
- 6) To begin an Attendance Area study to address elementary schools that are considerably larger than the 200-400 students the Board has deemed to be optimum school size.

Now that Haultain and Dieppe have been cited for closure, the Board will start a 3-month consultation process to receive input from the community. As always, I welcome and encourage any and all feedback on the work of the Board.

Carla Beck  
Trustee, Subdivision 5  
Regina Public School Board  
Cell: 530-3320  
[carlabeck@sasktel.net](mailto:carlabeck@sasktel.net)

## North Central Shared Facility: Design and Development Moving Ahead!

For the last several years discussion about the North Central Shared Facility (NCSF) has been based on the assumption that one day it would be built. The vision is now rapidly becoming reality.

On April 18, 2011 announcements were made by the primary funding partners regarding their commitments to the project. The Saskatchewan Ministry of Education, Regina Public Schools, City of Regina and the Regina Public Library officially committed funds to move the project into the design phase. This phase will take approximately 18 months, with construction being tendered in the spring of 2013.

Since that announcement was made, the NCSF has issued and awarded two requests for proposals for consultants to assist in achieving the vision. The first was for architectural and engineering design services, and this contract has been awarded to the P3 Architecture Partnership (P3A) and their team of engineering sub-consultants. P3A worked with Fielding Nair International during the conceptual design in 2009 and are quite familiar with the project. They have already begun their initial start-up meetings and will be very busy in the coming months.

The second proposal was for management consultants to assist the partners in developing the governance and operating relationships to ensure long term success of the project. This work was awarded to HJ Linnen and Associates, and they have been actively meeting with the partners since the beginning of August.

For the last decade many of the agencies and governments that serve North Central have recognized the benefits of integration: if they were able to build programs and services together, they would provide better service to residents. Integrated approaches to issues have occasionally been undertaken in response to a pressing issue in the community. But they have been approached as projects – with limited scope and life-span. Typically,



Announcement of funding, April 18, 2011. (Left-Right) Dr. Barbara Young, Chair of Regina Public Schools, Rod Allen, former Principal of Scott Collegiate, Donna Harpauer, Minister of Education, Regina Mayor Pat Fiacco, and Darlene Hincks Joehnck, Board Chair of Regina Public Library

after several years, the interest and energy of the project shifts to other priorities and they fade away. Pulling the partners back together often needs another crisis issue and requires substantial effort.

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

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

For further information about the project, please visit [www.northcentralsharedfacility.ca](http://www.northcentralsharedfacility.ca) or contact Allen Lefebvre, Project Coordinator, at [shared.facility@rbe.sk.ca](mailto:shared.facility@rbe.sk.ca)

### Urban Aboriginal Strategy (UAS)



### Family Fun Day

### The Elders say 'Never stop learning'



#### Burton O'Soup is Manager of the Mobile Career Coach Unit, SIIT.

The bus travels to First Nations communities asking people "what's holding you back from getting more education?" Burton remembers meeting with a young man from Onion Lake FN with a grade 8 education, and recently released from jail. Three hours later, he was certain of what he wanted to do and how to do it. "There's a light that goes on in people's eyes when they 'get it!'"

Saskatchewan Indian Institute of Technologies Mobile Career Coach

The Fun Day was held in the Albert Scott field on August 27 with live music, BBQ and displays!

Organizer Alison Kimbley distributes Indigenous game pieces to UAS volunteers.



## Message from the Office

We are pleased to welcome all students to another year at Scott Collegiate. If you are a new family to the community, we are especially glad you have joined us. If you are a returning family, welcome back!

We have had a few changes to begin this school year. We are most pleased to welcome Ms. Jennifer Coleman to the position of Guidance Counselor and Ms. Sherry Argue as the grade nine team teacher. Additionally, we welcome Mr. Ian Temple, an intern working with Ms. Taylor, Ms. Topp and the grade 11 team. A late change in administration was necessitated as Mr. Allen was appointed principal at Winston Knoll. While I may be new to the role



Nancy Buisson  
Principal



Mike Tomchuk  
Vice-principal

of principal at Scott Collegiate, I am very familiar with the school and community, as it has only been a year and a half since I was the vice-principal at Scott. I am pleased to be back, and look forward to renewing acquaintances within the community. We know that the North Central community will provide a warm welcome. We look forward to working with parents, community and most importantly, the students. If you have any questions or concerns, please feel free to contact us. The Scott Collegiate teachers are open, sincere, and knowledgeable professionals. Please get to know them. Scott Collegiate is a great place to teach and learn. We look forward to a fantastic school year.

## Important Dates at SCOTT COLLEGIATE

- October 7th** PD Day; no school for students
- October 10th** Thanksgiving; no school for students
- October 11th** Report Cards sent home
- October 12th** School Pictures; Girls' Volleyball @ Scott 4:30
- October 13th** Girls' Volleyball @ Johnson 7 & 8 pm
- October 17th** 21st, Education Week
- October 18th** Student/Parent/Teacher Conferences (PM); Girls' Volleyball @ Scott 4:30
- October 26th** Girls' Volleyball @ Scott 4:30
- November 9th** Remembrance Day Service (AM)
- November 10th** PD day; no school for students
- November 11th** Remembrance Day; no school for students

Images as seen from the lens of artistic Scott students last school year. These were featured in a show called **Sākēwē** - a Cree word that means 'come into view'.

### Tumble Fairies

Winona is floating in the photo. Mid-jump, I caught this. No vehicles were around to obscure my shot, and I love it. The sky is grey and the trees are the dark green of early spring. As to where she is flying off to, I wonder. To the past or the future, I don't know. But, the carefreeness of this photo along with the lighting makes it mint.



Gabrielle Bird

### Tunnel



A flesh tunnel is a type of body jewelry. Awesome people wear them to show off their stretched ears. I think her tunnels are pretty rad! You need good dedication to modify your body and a really high pain tolerance. They have an untraditional, non-classical beauty to them which is absolutely amazing. I think that any kind of body modification is cool.

Shiana Starblanket

I took this picture at Candy Cane Park when I went there with my English class. I was sitting on the swing set in the park, and all my classmates were going all over and taking pictures of the same things pretty much. So, I took the picture of the swings because I thought it looked cool and a lot different from the other pictures I had taken. It is one of my favourite pictures. I called it "Silent Play" because it seemed like the perfect name, especially when I made it black and white. It is perfect!

Feona Fourhorns

### Silent Play



This picture was taken when the sun was setting in the evening. My brother was playing on the monkey bars, so I snapped a couple pictures of him. I like how the sky looked and the top of the trees at the bottom of the picture. The sun below his foot looks pretty cool.

Shania Obey

### Sky



# Patron of the Arts: Jacqui Shumiatcher

by Taylor Bendig

**Jacqui Clay Shumiatcher**

**DOB: 1923**

**Address: 7-block Robinson,  
1927 - (approx) 1942**

**Schools: Kitchener, Scott**

Jacqui Shumiatcher (born Jacqui Clay) has always believed in sharing the wealth. It's something she learned as a child, growing up in Regina's North Central neighbourhood.

"As far as giving, my mom said that if I had a toy or two toys, and somebody didn't have any, I'd give them the toy," she explains. "And same with candies: if I had candies I'd give the candies to everybody, and I wouldn't have any left for myself."

She didn't often have much to give away, though. Jacqui moved from France to Regina with her mother and brother in 1927, when she was not quite four years old, to join up with her father. Though he'd come to Regina to live near an old army friend, "why he picked (what's now the North Central) area, we'll never know," says Jacqui. Instead of the brick houses and stone roads of France, her family found themselves in a neighbourhood that featured dirt roads, wooden sidewalks, and a promise from the city that their home on seven-block Robinson would never have running water—a problem her father solved by rigging up a system to collect rainwater from their roof and pump it into the house. It was a far from wealthy area, and the Clays were a far from wealthy family. Although they grew up without a telephone or car, and saved everything from paper to rubber bands because they never knew when they might get more, they never felt poor.

"We may have been classified as underprivileged by some, but we never thought of ourselves in that way," says Jacqui. "We were happy with what we had."

Much of that happiness came from the love and support her family gave one another. "It was a bond strong enough," says Jacqui, "to make life enjoyable despite belonging to a low-income family and neighbourhood. Because we had the love of our parents and we were closely-knit, we didn't fight, and we didn't do any of those things," she says. "That gave us security."

"I think where you're brought up doesn't matter ... the family unit – that's the important thing ... as long as you have that family love, then it doesn't matter where you live." True to her words, Jacqui had no trouble keeping herself entertained as she grew up in North Central. She filled her time playing ball with her brother in a nearby field, or pretending to drive an abandoned car that sat in an empty lot near her house. Plenty of her time was also taken up by school, which included Saturday morning classes. Her



elementary school, Kitchener, had fountain pens, inkwells on the desks, and strict rules—students were strapped for making

mistakes in math or spelling. Scott, her high school, was less strict. Jacqui fondly remembers a passionate French teacher there who helped her learn her ancestral language (which Jacqui now speaks fluently), by importing magazines and records from France at her own expense.

In 1940, Jacqui got her first job: teaching shorthand and typing at the Sacred Heart Academy on 13th Avenue for \$1 a day (minus the cost of the instruction books, which she had to pay for herself). She later moved to the audit department of the Simpsons department store, and then, in 1942, took a job checking weather instruments and relaying messages at the airport. The position required her to work eight-hour solo shifts, sometimes back-to-back, doing work so time-sensitive she couldn't even take bathroom breaks.

While Jacqui was working at the airport, her father and brother left to serve in the Second World War. The family sold their house on Robinson Street, and Jacqui moved with her mother to a downtown apartment. Working night shifts at the airport while living in a place too noisy and too hot to sleep during the day wore on her, and—despite the anger of the Department of National Defence, which considered the airport work part of the war effort—she soon took a new job at a mortgage company. But that job didn't suit her either; she disliked work that involved foreclosing on the homes and land of the poor. So she soon switched over to a position at the Canadian International Bank of Commerce, and eventually returned to her old high school as the principal's executive secretary, continuing to ignore the way that job-hopping was frowned upon at the time.

"In those days ... if anybody had that kind of movement around, employers might suspect there was something wrong with them, because they couldn't hold a job," she says. But her employment history didn't stop her from landing the job that would shape the rest of her life. In 1947, responding to an ad in the *Leader-Post*, she biked over to the Legislative Building for an interview, and soon found herself working for Morris Shumiatcher, a legal adviser to Premier Tommy Douglas. She eventually left the job at the Legislature, but stayed connected to Morris, looking after matters for him while he was away from Regina and helping establish his law firm once he returned to the city. The two were married in 1955, and Jacqui founded her own



managerial company, which supported her husband's law firm.

But it was their huge generosity as philanthropists and patrons of the arts, not their professional work, that turned the couple into well-known and much-loved figures in Regina. Regina's symphony orchestra, the Globe and Regina Little Theatres, the Mackenzie Art Gallery, the University of Regina's theatre and music departments—the list of institutions, and smaller projects, aided by the couple's funding and leadership could go on for pages. So could the list of awards and honours that have been bestowed on them for their work.

Jacqui, who has remained the champion of Regina's arts community since Morris' death in 2004, is dismissive of the accolades her philanthropy has earned her. She says she's just continuing the habit of sharing that she learned growing up in North Central decades ago.

"I've never considered myself a philanthropist. A lot of times it's just automatic: I see something, I want to help. The only thing is I wish I were a multi-millionaire, because then I could help a lot more," she says. But no matter how little or how much she's able to donate, she plans to keep on supporting—and devotedly attending—arts activities and other events in Regina.

"I'm not an artist, and I'm not a musician, I'm not any of these things—but I can appreciate," she says. "I think that's probably why I'm living on, because I get so much joy from other people's work and achievements."

## North Central History Project enters the next Phase!

Our new project will be an interactive historical map of the neighbourhood on the history website (under construction). Using *Google* maps or other user-friendly software, this map will feature information, like links to the 'NC Hero' profiles, scanned historical photos and maps and historical trivia tagged to specific NC locations. A Geography student will be hired to search for and add historical geographical information to this map, and help develop the map framework. Dr. Joseph Piowowar, professor of Geography at the University of Regina, will act as faculty advisor.

JOIN

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

# SEARCH

Student Energy in Action for Regina Community Health

**Saturdays 12:30-3:30 pm**  
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.

On Menu  
Lazy Man's  
Cabbage Rolls

OCTOBER 1	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	Fire Safety Session 2:45-3:15
OCTOBER 8	<b>CLOSED</b>				
OCTOBER 15	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	Eye Health 2:45-3:15 
OCTOBER 22	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	Immunization Information 2:45-3:15
OCTOBER 29	Still SEARCHing: Support Group 11:30-12:30	Community & Inter- Agency Luncheon 12:30-2:00	Crazy Circuits 1:45-2:45	Women's Goup 1:45-2:45	Safe Trick or Treating 2:45-3:15 

On Menu  
Chili

On Menu  
Chicken &  
Potatoes

NOVEMBER 5	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	Health Awareness Program 2:45-3:15
NOVEMBER 12	<b>CLOSED</b>				
NOVEMBER 19	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	Health Awareness Program 2:45-3:15 
NOVEMBER 26	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	Safe Talk Presentation 2:45-3:15

On Menu  
Pasta Salad



## Regina and Area Support Services

Regina and Area Support Services' (RASS) website can be searched using various filters and search methods (like other online search engines), resulting in a detailed and highly relevant list of community services. The database is updated regularly by Regina and Area Support Services staff and volunteers, so you have access to the most current community information available online. The database also provides for email and internet links to organizations. Regina and Area Support Services is continually striving to improve the quality of the database. To provide feedback, suggest a listing, or to suggest an update of a listing, go to [www.rass.ca](http://www.rass.ca).



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MGR. MEGAN ZMETANA, BSP

## North Central Health Fair & BBQ

This free event was hosted at Albert Scott Community Centre on August 17th featuring fun and educational games, fun cooking workshops for children, a BBQ with healthy eats, and diabetes risk assessment screening alongside a variety of health stations,

The community came together to enjoy healthy food and got to know their neighbours, while getting checked for diabetes and other chronic condition risk factors.



 Canadian  
Diabetes  
Association



## Regina and Area Support Services

Regina and Area Support Services (RASS) is an online database of programs and services available to residents of Regina and its surrounding area. Services included in the database provide the basics for survival (food, clothing, shelter) and related support services (emergency assistance, financial assistance, physical and mental health assistance). There is no fee for using the Database or being listed in the Database. Anyone can use this service, from individuals, families, and professionals to community agencies, whatever their age, whatever their need. Just visit [www.rass.ca](http://www.rass.ca)

**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](mailto:editor@nccaregina.ca)**



## Seasonal Influenza: It is Serious

Seasonal influenza is a serious respiratory illness that can lead to severe complications and even cause death. Immunization remains the best way to fight influenza. Immunization can lower your chances of getting influenza, or, if do you get influenza after being vaccinated, you may not be as sick.

You may have the influenza virus and not be ill, but still pass the disease on to others. We encourage you to get your seasonal influenza immunization to protect yourself and those around you. The vaccine is safe, easily accessible and has very few side effects.

The Regina Qu'Appelle Health Region will be providing seasonal influenza vaccine to residents at no charge. Those at highest risk for influenza disease are: those persons aged 65 and over, those diagnosed with chronic lung or heart disease, diabetes, lowered immunity, cancer, kidney disease, severe anemia, pregnant women, children from six months to four years of age, persons with severe obesity and residents of a nursing home or other care facility.

We encourage people who are not at high risk to be immunized.

For clinic times and dates in your area, call your local public health office in late September and watch your local newspaper. For general information regarding influenza please call HealthLine at 1-877-800-0002.

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

**Deadline for December issue: NOV. 11, 2011**

## Community Calendar

**Care & Share Seniors Lunch** - Tuesdays at 11:45am 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)

**First Nations Language Speaking Circle** - 1401 Robinson Street (Albert Library) - For more information call 777-6076 - This program will help you learn to speak First Nations Languages. 7:00-8:30 pm Tuesdays, September 13 to December 6

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

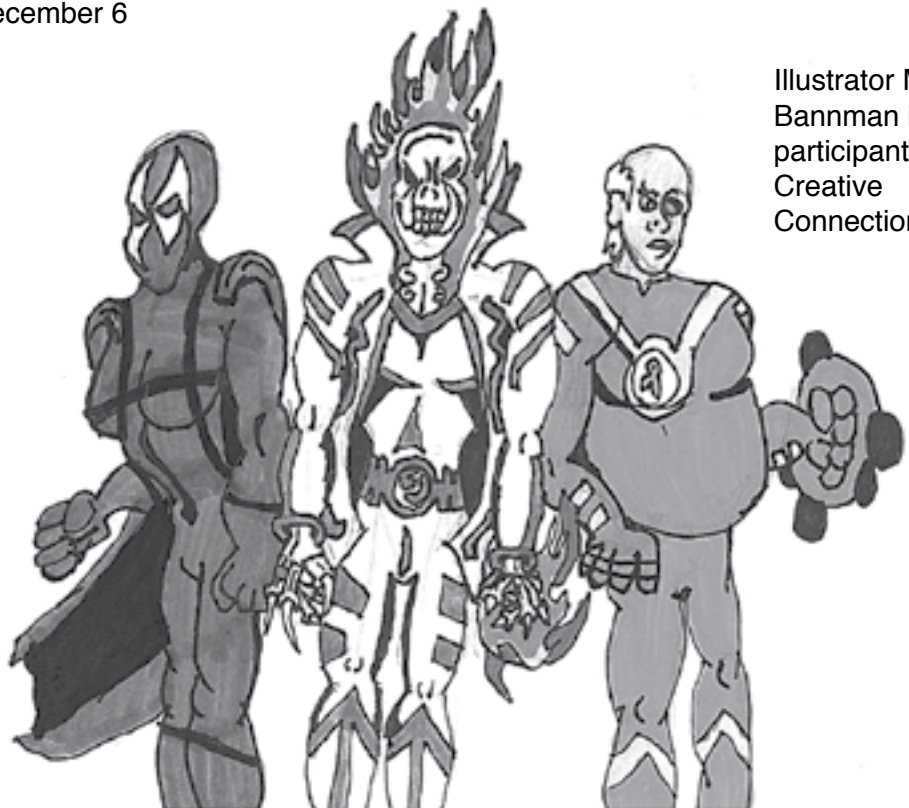
Create beautiful art and make new friends.

Open to everyone 13 years and older living with a disability. Albert Scott Community Centre 1264 Athol Street.

Mondays 1:30-3:30  
Wednesdays 1:30-3:30  
Fridays 10:00-12:00

Will be running until December 2011  
Info :791-9888

Illustrator Mark Bannman is a participant of Creative Connections



# COMMUNITY CLEAN UP!

**SUNDAY,  
OCTOBER 23, at 9 a.m.**

put large items out beside your  
dumpster the night before

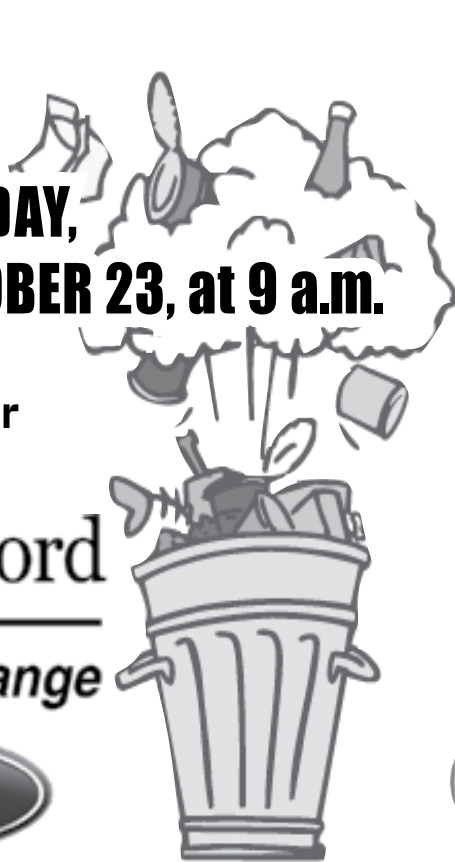
**BennettDunlopFord**

*Driving Change*

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



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



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

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

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:

Mark Bannman	Carla Beck
Taylor Bendig	Judith Kehler
Allen Lefebvre	Angela Miller
Jan Morier	RAMP
SEARCH	Scott Collegiate
Lauren Shiplack	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  
DECEMBER ISSUE  
November 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](http://www.nccaregina.ca)

### NCCA Board of Directors

#### Board of Directors

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## Regina Humane Society Animal Well-Fair

was held at Albert Scott Park on Sunday, August 28. It was a fun and educational afternoon that was all about our four-legged friends!

Don Simons of the Regina Humane Society said "We love having our Animal Well-Fair here. It's great having people come out from the community. It's a great celebration of pets. It's wonderful to see all these kids out here, all these families out here enjoying themselves. And of course, learning about responsible pet care."



photos by Jan Morier



Litter Box Treasure Hunt!

Children scooped and sifted through the litter to search for buried 'treasures' - gold tokens to collect and redeem for prizes of cat toys and treats



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Sloop and Scoop Relay Race!



Partners were given 'pick up' bags to run through a course of fake poo and dash back to the start line until all the droppings were cleaned up! Wish it were so in real life!



Pet Overpopulation Jelly Bean Guess

The jelly beans in these two jars represent the number of puppies produced by a pair of dogs and their offspring over a period of five years. This is based on one litter of 6 puppies - 3 males and 3 females - per year. Dogs can have larger litters twice a year!

How many puppies do you think are born in five years?

Guests were invited to write down their guess for a chance to win one of the jelly bean jars.