

In Conversation with Regina Mayor Michael Fougere

by Aaron Stuckel

You've just been elected mayor. What would you like to say to the people of North Central?

I'm very honoured and privileged to be elected mayor of the city. I look forward to dealing with the issues that are particular to North Central, and there are many of them. But there are also many issues across the city as well. So, Wade Murray, who is a good colleague of mine, he and I will be looking at how to adjust some of those issues along with city council.

• What are your plans for improving North Central in areas like housing, infrastructure and social issues?

One of the main parts of my platform was to hold a housing summit. The idea behind that is below market housing, affordable housing, and social housing because we have a major problem of growth in our community. We have a crisis on our hands, so clearly we need to address the issue. My first order of business is to establish that summit with the federal government, the province, the city's administration, as well as community groups, including the North Central Community Association, and others to deal with the issues. We have to learn why we have this problem—because we have a growing economy and a growing population. But we have a very low vacancy rate. So we need to address those issues. But on a social level, it is a major problem throughout the city; in particular North Central. That's a major issue. I kind of characterize it as an infrastructure issue, as well as a social issue.



photo courtesy of Mayor Michael Fougere, City of Regina

• What's one area in particular that you feel needs a lot of work, and how will you guide this change?

Housing is only one dimension of a very complex issue in North Central, which needs a lot of attention. This past summer's council, under the leadership of Mayor Fiocco and of which I was part of the team, has been trying to address the issue. Certainly crime prevention is another critical issue and I work very closely with the police service. There are other

provincial representatives out of there as well. We have a lot of rental housing that's in that area too. We need to work on that issue as well. So there are lots of issues to deal with and it's going to take a lot of work and a lot of effort by many forces of government to address those issues.

• How do you plan to work with the NCCA and the community to meet these goals?

I would meet with the association as soon as I can. I want to meet with them and hear what they have to say. It's not enough to say I think I know what it is, but certainly talking to those who live in the area and understand it better than I do; I should be listening to them as well.

Again, Councillor Murray is a great source of inspiration and information, so he will be with me on those meetings and we'll go forward from there.

• By the time the next election rolls around, how do you envision the state of North Central being?

Well, I would hope that we would have begun to issue some meaningful changes in the lives of people. I'll go back to housing as being one element, and I hope that at least there's been some pressure relieved from that. The many barriers to employment and integration into the community are an issue that I'd like to deal with as well. They (previous council) were going in the right direction. These are very complex problems in our city and there are no overnight solutions, but it certainly includes listening and developing strategies that have meaningful changes in people's lives.

Q and A with Wade Murray Ward 6 City Councillor

by Jonathan Hamelin

Afamiliar face will be representing North Central at city council. In Regina's 2012 Civic Election on Oct. 24, Wade Murray received 1,055 votes (49.1%) to emerge victorious in Ward 6. This is to be Murray's fourth consecutive term, dating back to 2003. Murray chatted with the *North Central Community Connection* about his vision for North Central moving forward.



NCCC: You were once again elected as the city councillor for Ward 6. What would you like to say to the people of North Central?

Murray: I'd like to express my appreciation for their support and say, "Thank you," to those that took the time to venture out and cast a ballot. As we've seen in the past, it's hard to get people to come out and vote in our inner-city, and it's not just for North Central, but the rest of that ward. Again, we had a fairly low turnout this year, but those that did take the time to go out and cast a ballot have my appreciation.

create a more vibrant, sustainable, inclusive community, where people live in harmony and thrive on opportunity, and mirroring everything we do after that vision. Making sure that does move us closer; that's my goal. That's how we've gotten to where we are today. Our crime rate is lower than it's been in a decade, housing values are higher than they've ever been and the desirability of the neighbourhood is greater than it's been in a tremendously long time, so we have people moving to Regina that are choosing our community over others, because they see the desirable parts of it and they want to be a part of that. We've got a lot of new folks that are coming into our community.

NCCC: What are your plans for improving North Central in areas such as housing, infrastructure and social issues?

Murray: We're going to continue along the same path we've been going on: working to

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Dan Lindsay of AIDS Programs South Sask
www.aidsprogramssouthsask.com



Driven by his own former lifestyle of being an alcoholic and an addict, Dan Lindsay works at the Drop In Centre of APSS on Saturdays after a full work week.

Dan has learned that first you heal just the person. "After we heal the person, we heal our families and then our communities. It's that circle, it's always interconnected and grows always outward."

Dan continues: "It's also my belief that when we heal we become whole. And when we become whole we become holy. That's my personal drive and now my life's work is to spread the word about sobriety and healthy living and making the right choices. We get so lost in our addictions—it is a disease. It takes over our minds. We develop mental health problems, as well as physical problems—things like Hep C, HIV to name the big two. And we don't have to live that way, there is help. With a bit of a struggle we can change our lives and look after the next generation coming up, so we don't pass this down to our children."

NCCC: This epidemic is not the first time in history, but do you feel that we've arrived to the best care? What would you forecast more that could be done?

DL: We have not even come close to delivering the best care. But we are headed there. What we're beginning to arrive at in society is the knowledge that first, addiction is a disease, we don't wake up to become homeless street people addicted to drugs. That's not how we're born. Things happen throughout our lives and we end up where we are. I believe we're at an awakening in society to see the monies that are being spent dealing with addictions and homelessness and other ailments. We're spending probably



RWK (left) meets with Dan Lindsay. He is grateful for the services at APSS. "It's a good program. I see people come and go from here every day. And a lot of people that come in here are street walkers. It hurts to see First Nations picking on each other with drugs."

a hundred times more money than we actually need to because we're not dealing with it in the right way. We're just beginning to really get that awareness now in North America. In Europe they've been doing this for 40-50 years. They're half a century ahead of us in the way they deal with addictions and those sorts of things.

NCCC: I'm sure that there are words of wisdom you'd like to impart to those with the power to do something.

DL: The only thing I'd say is just look at the evidence. The evidence speaks for itself—and the facts are the facts. When you look at the idea of the needle exchange—needles that are distributed and needles that are being returned. They're no longer ending up on the streets and the parks. This harm reduction program has and is slowing down the spread of HIV & Hep C. saving us taxpayers huge amounts of Healthcare dollars.

This place is not just giving out needles and taking needles—it's about building connections and relationships with my friends who come in to use these services. We build relationships with many people and after a couple of weeks or a couple of months we have that friendship. When they come in and they're in a bad place we can say 'Hey, do you want to come down to detox? Do you want to get hooked up with a counsellor? Do you need to see a doctor? Do you want to get checked to see if you do have HIV or Hep-C?'. We have those relationships and we can now help them and guide them through those systems. And in a lot of cases, people are successful in changing the way they're living their lives. But it's a slow process, it doesn't change overnight. We're one of many agencies that are battling together to solve this.

And it is a war. Not like in the States with a 'war on drugs', we have to go after the addictions. It's a war on the addictions. The causes of addiction—what is bringing people about to become so desperate? To lose so much hope—to become faithless in a sense, in their existence that they just get overrun with the addictions? It's not a political war. It's almost more of a spiritual war and a lifestyle war. We have to change and address the causes of it.

NCCC: So you're in the business of saving lives.

DL: We save lives a lot. Yeah, we do. Actually we do. I believe that. In my other job I have first-hand experience of people being in the right place at the right time and getting people to the hospital—we have actually saved lives. That is harm-reduction, which is part of the four pillars approach (along with prevention, treatment and enforcement). And it's not just about saving people's lives, it's about saving hundreds of millions of dollars to the taxpayer. Hundreds of millions of dollars. I can't stress that enough. Hundreds of millions of taxpayers' dollars are needlessly being spent.

We deal with addictions and homelessness with the most expensive agencies we have: Healthcare and Corrections. The numbers, depending on provincial, federal, are anywhere from 60 to 120 thousand dollars a year to keep somebody in prison, emergency ward—\$1500 a night. We're talking housing—the state will give a single person \$459 a month to get a place to live, when you can't even rent a room in this city for \$500 or \$600. Then you become homeless. The same state will then pay \$930 a month to put you in the dormitory of the Salvation Army, but they won't increase the rent allocation to \$500 a month so you can rent a room... and there aren't any rooms.

I've seen this before in Vancouver when I actually left my home to volunteer at the Woodward's Squat in Vancouver. I lived on the streets for 8 weeks with all the homeless protesters. I learned that you almost have to be high if you're going to survive in the streets, when you're soaking wet and it's one or two degrees... In Saskatchewan here—you just die. You do not survive overnight when it's minus 30.

Those numbers are out there. Homeless people are dying. And when we're homeless we end up with our addictions and mental health problems—you know, what came first? Was it the chicken or the egg? It doesn't really matter. What matters is that we have to solve the problem.

interview, photo by Jan Morier



APSS is a not-for-profit HIV/AIDS Service Organization that has been working within the City of Regina and surrounding communities for 26 years.

Hours of Operation: 9:00am - 5:00 pm, Mon - Fri - Office Services, Needle Exchange Program and Drop-in. Saturday - Needle Exchange Program and Drop-in 10:00am - 5:00pm

APSS provides a wide range of coordinated services that are accessible, friendly, and confidential. To sign up as a client please stop by our office at 2911 5th Avenue or call 306.924.8420 and speak to our Client Services Coordinator.

In 2011:
Needles returned 851,253
Needles issued 912,459

These numbers do not reflect North Central or all of Regina. They are from surrounding towns and villages, First Nations communities. Yorkton, Weyburn (oil patch).

Each Saturday roughly 75-150 people will use the drop in, 50-60 people will use the needle exchange—a 64% increase in needles distributed since APSS opened on Saturdays.

Addictions are not a 9 to 5, Monday to Friday issue.



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 communities.

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www.rampinc.ca • Mon. to Fri. 8 a.m. - 5 p.m.

Restorative Justice Week - November 18 – 25, 2012

Restorative Justice Week was from November 18 – 25. The theme for Restorative Justice Week 2012 was “Diverse Needs; Unique Responses”. Restorative Justice helps meet the needs of people faced with crime and conflict in an inclusive and meaningful way. It is a philosophy that encourages dialogue, and responsibility for past behaviour, while focusing on future problem solving, and an understanding of the obligations created by an offence.

The Regina Alternative Measures Program has a number of trained facilitators who are sensitive to the needs of victims and offenders. These facilitators recognize that in order to address these needs appropriately it is necessary to be highly adaptable to the unique needs of each individual. Each person comes from a different environment, a different cultural background, and a different set of life circumstances. RAMP staff will attempt to assist these individuals in formulating unique responses to address problematic issues in their lives.

RAMP currently has 8 Community Justice Facilitators, 2 support/administration staff and an Executive Director. Murray Keewatin has been a Community Justice Facilitator with the Regina Alternative Measures Program for 12 years. With all the years of experience that Murray has working in the Restorative Justice Field he is able to provide some valuable insight with respect to models and practices of Restorative Justice. We decided to sit him down for an interview:

• *How big was the Regina Alternative Measures Program when you began in 2000?*

We used to have individual offices and less staff members. There were only 6 staff members back then. The caseloads were a lot higher. We were averaging about 75-80 files per Community Justice Facilitator so I was always very busy. I was having a couple of mediations each day. We also went to court more often.

• *How have you seen RAMP grow since 2000?*

The building has tripled in size. I have seen different types of charges coming through the program such as, carrying weapons charges, assault with weapons charges, indecent exposure etc. In the beginning we ran the John School but that was discontinued because it did not have a restorative theme.

• *Outside of RAMP, have you seen growth in Restorative Justice within the community since 2000?*

There is definitely more community involvement. I see the community more involved in supporting causes and participating in activities such as the AIDs Walk. With respect to mediations and community justice forums we have had more of the actual victims be involved though not as much as we would like. I have also seen a lot more restitution being paid out to victims.

• *Do you feel that the Restorative Justice philosophy will continue to grow in the coming years?*

Yes I do. I feel it grow within our court system because our program saves the government a lot of money. I have seen people contact RAMP and inquire whether they can be referred to deal with their charges; this is before they

have even been referred through court. I believe that we are still in our infancy stage because we are only 16 years old.

• *When working with clients, why is it so important to maintain a diverse and flexible approach to address harm and attempt to restore a person's sense of well-being and safety?*

Because you want to develop a trust factor with that client. You want that client to feel comfortable; comfortable enough to reveal their true needs. Everybody's needs are different. One important need is to not have a criminal record. In my intakes with clients I give them a sheet that informs them what it means to have a criminal record. They are often surprised because it puts it into perspective.

• *What are some examples of resources/tools that a RAMP client may use to restore their power and restore a sense of well-being?*

There are so many! We have helped a lot of people get into treatments programs to deal with addictions whether it be alcohol, drugs, or gambling; any kind of addiction. We refer some client to the Street Worker Advocacy Program (SWAP) where they can get assistance and work on self-esteem. We refer to the Circle Project for Anger Management, we also refer to Four Directions. We can also refer single fathers to Focus on Fathers; this is a men's group. These are just a few examples.

• *Why is accountability such an important factor when determining who are suitable candidates for the Regina Alternative Measures Program?*

It allows us to work with them when they take full responsibility.



No minimizing, otherwise our tools will not work. Our mediation and community justice forums will not function.

• *How do you determine which files/clients are successful as opposed to those which are not?*

The ones that have completed their alternative measures agreements are successful. Also seeing some of my former clients out in the community and they are employed and bondable. They will say 'thanks Murray for helping me.'

RAMP Staff Professional Development Day

On September 19, 2012 the Regina Alternative Measures Program participated in a professional development day. The day included dividing the staff members into two groups. Each group had a number of locations that they were required to visit; each location was a community service provider/organization. These organizations offered services in which RAMP clientele may benefit from. The RAMP staff decided that using public transportation to get from place to place was important. It was also important to gather as much information as possible so RAMP staff can provide accurate and up to date information regarding services within the community.

Each organization was welcoming, informative and extremely helpful. The RAMP staff often refers clients to these locations but don't often get to attend to each organization, meet with the staff in person, tour the facilities and learn about programming offered first hand. It was an enlightening and educational experience for all! RAMP would like to thank the following organizations for kindly opening their doors on this day: Ignite Adult Learning Corporation, Chili for Children, Circle Project Association Inc., Carmichael Outreach Inc., Street Workers Advocacy Project, Rainbow Youth Centre, and Canadian Mental Health Association Regina Branch.

Seasons Greetings

From the staff at the Regina Alternative Measures Program



www.rampinc.ca

• *Describe how working with RAMP has provided you with both positive and memorable experiences when helping people within your community?*

There is never a dull day and there is always a different element. It comes down to just the satisfaction of helping people. It helps to prolong my longevity in this program and in this field. That is the reward! I would like clients to feel good about themselves and for them to feel empowered. I tell them that whatever negative things they are dealing with, they can leave it here and we will take care of it. We often have elders come in and they pray and do a smudge. We are always working with elders and we can always use more.

Community4Connection a ‘one-stop shop’ addressing Regina’s homelessness situation

by Jonathan Hamelin

For Rob Sutherland, home is a rented room in North Central. He’s currently unemployed and is struggling to find affordable housing.

“It’s hard to keep that faith going,” he says. “It’s hard to get up every day and deal with it.”

When Sutherland attended Community4Connection on Nov. 1 at the Knox Metropolitan Church, he was seeking help with his housing situation. The event, labelled by event co-ordinator Lisa Workman as a “one-stop shop for people who are homeless or people who are at risk of being homeless,” aimed to do just that.

“It seemed like a good idea to come down here,” says Sutherland, while holding a cup of coffee in his hands. Sutherland, who had some baking packed to the side for later, also hoped to get a haircut.

“I just can’t afford to pay my rent. It doesn’t take very long to run through your resources in this kind of situation and, of course, once you get below a certain level you’re locked out of most of the housing.”

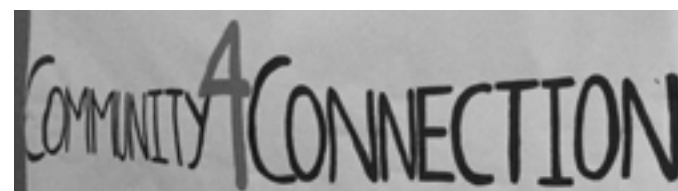
There were many people like Sutherland who made their way to the second Community4Connection in Regina. With the city having a .06 rental vacancy rate – the lowest in Canada – it’s clear that housing problems are widespread. Workman says the event is a way to “show people they’re cared for,” by bringing together representatives from housing, employment and health groups around the community.

“The homelessness situation in Regina has certainly grown,” says Workman, volunteer co-ordinator for Project People, who notes last year 400 people attended. “In Regina, it’s a little different because we have the hidden homeless more than we see people sleeping on the park bench. We see people who are living in overcrowded conditions. We see people who are living in inappropriate spaces, such as garages. You also have people couch surfing. It’s not right.

“I think that people really appreciate that they can come in and get the information that they need and have a warm cup of coffee and some soup and bannock and we have some items that people can take home with them and everyone loves that.”



“It’s hard to get up every day and deal with it ... It seems like there’s a lot of good people down here doing what they can.” — Rob Sutherland



SEARCH was one of many groups that attended Community4Connection, which took place Nov. 1 at the Knox Metropolitan Church. Photos by Jonathan Hamelin

Housing was a topic on many people’s minds at the event.

Kevin Vance, chairman of the board for the Esperanza Development Corporation, says it’s important to not only think about the buildings, but the people in need of them. Vance says the corporation, a non-profit that started up in May, provides a similar service as Habitat for Humanity, but also focuses on community development.

“We’re trying to help people that are facing obstacles to buy homes,” he says. “We can take a group of people who want to buy a home, but can’t buy one right now, and, over the next five years, put them through workshops to help them overcome bad credit and improve their education so they can get better jobs, so they can afford to buy a house.

“It’s community development in a sense of helping individuals advance.”

A big factor in finding a place to live is having a stable job.

Dean Pelzer, supervisor with Partners in Employment – the employment services division of the Saskatchewan Abilities Council – says employment and homelessness “are very closely tied together.”

“I think if people can find some meaningful and sustainable employment, they have the means then to not be homeless, to find a place,” he says. “That in itself in Regina is a challenge, but certainly having the means to do so is really the first step.”

That’s why, Pelzer says, Partners in Employment works with people who have a disability or some type of employment barrier to “move from unemployment to a job that they find meaningful and sustainable in the community.”

One problem that a lack of housing and employment can have on a person is access to health services.

Galilee Thompson, chair of the programming committee for Student Energy in Action for Regina Community Health (SEARCH), says this is a particular problem in North Central.

“It’s a lower-income community and, a lot of

times, along with that can come health concerns,” she says.

To combat this, she says SEARCH – a student-run interdisciplinary health care initiative run by students from numerous faculties, including nursing, social work and education – offers a number of clinical and social services during after-hour times when there are limited options.

Those who attended Community4Connection appreciated the chance to not only promote their services, but connect with other providers – all with a common goal of dealing with homelessness and addressing the areas that contribute to or result from the problem.

“It’s bringing it to the people. Instead of the people having to come, this brings it to the people,” says Dan Lindsay, community health worker for the addiction services unit of the Regina Qu’Appelle Health Region.

“It’s all about communication. And it’s only the second year, so, as this goes on, people are going to hear about it more and more and it will reach more and more people.”

People like Rob Sutherland.

Sutherland was hesitant to talk about the circumstances that brought him to this point, but he said a lot of it has to do with the times. Fifteen years ago, he says, people who found themselves in a jam could have found cheaper housing. But he feels that option isn’t available anymore, meaning those who don’t make large amounts of cash are in trouble.

“I think you have to look beyond the problem and look at the causes,” Sutherland says. “The fact is that a refusal to deal with these problems has created the situation where even people that work two jobs have a hard time getting by.”

With that being said, the high number of groups at Community4Connection gives Sutherland hope.

“It seems like there’s a lot of good people down here doing what they can,” Sutherland says. “I think the people here care. I think if the city as a whole cared then there’d be more getting done about it.”



Q and A with Wade Murray Ward 6 City Councillor

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NCCC: What's one area in particular that you feel needs a lot of work and how will you guide this change?

Murray: Probably the one that's the most relevant at the moment is I'd like to see us get back into providing the gang strategy that we had through RAGS (Regina Anti-Gang Services). There was some federal funding that was lost and that caused the program to be put on hiatus, and I think that anecdotally, because I don't have specific evidence of it, it seems like we've lost some ground in the work that we've done there, and so I'd like to continue to push that forward and that I'll do with my involvement with the Regina Board of Police Commissioners as well as the city's Finance and Administration Committee to continue to push to get some additional funding in place. I'd like to lobby the federal government to reinstate the program funding that they had, so, through my involvement with the Federation of Canadian Municipalities, I'd work towards that.

NCCC: How do you plan to work with the North Central Community

Association and the community to meet these goals?

Murray: Well, as always, by being available. My cell number is out there. I'm here to answer questions and calls when 777-7000 is unable to address a concern. I'll continue to be there. I can also be reached through email. I tend to attend as many the meetings that I can. I know there's been some scheduling conflicts between other committees that I sit on but, when you sit on 13 different committees, that's not uncommon to have that happen.

NCCC: By the time the next election rolls around, how do you envision the state of North Central being?

Murray: I see our community, North Central, being as popular, maybe more popular, than other neighbourhoods: Cathedral, that type of thing. I think people in North Central see the character homes and the wide streets and the mature trees and they're minutes from downtown, schools, the performing arts center, exhibition grounds, so it's really a neat place and they are going to want to be there.

Phone 596-1035 or email wmurray@regina.ca to speak with Ward 6 city councillor Wade Murray

JIM SINCLAIR June 3, 1933 - November 9, 2012

excerpt from the *Leader Post* obituary of Nov. 13, 2012

Aboriginal leader Jim Sinclair passed away with his family by his side on November 9. For over fifty years, Jim championed Treaty and Aboriginal rights of Indigenous peoples and left an indelible mark on the international stage that will be felt for generations to come. As a founding member of both the Native Council of Canada and the Métis National Council and past President of the Association of Métis and Non-Status Indians of Sask. (AMNSIS), Jim's passion and commitment to equal justice for his people will live on forever. His work led to the creation of many institutions including the Gabriel Dumont Institute, the Sask. Native Economic Development Corp, Métis Addictions Council, Urban Native Housing Corporation and Provincial Métis Housing Corporation. In 1982, he was one of the prominent

leaders that successfully lobbied to have the Métis included in the Canadian Constitution. Widely recognized for his work, Jim received numerous awards including the Lifetime Achievement Awards from the Canadian Senate, the Métis Women of Saskatchewan, the Métis National Council and the National Aboriginal Achievement Awards. Recently, the FSIN Assembly of Chiefs honoured Jim for his hard, dedicated work protecting Treaty Rights. Jim would also take his Treaty and Aboriginal Rights stand around the world speaking at the European Parliament. He was personally invited by the Prime Minister of Australia to speak on Indigenous rights, and held a private audience with Pope John Paul II on four occasions to discuss Aboriginal rights and issues. Many friends and leaders that were fortunate to have worked with him will miss Jim's leadership and guidance.

Ehrlo Sport Venture & RBC proudly present the OHL at Grassick Rink; a free, drop-in no-contact Hockey League for youth ages 8-12 in Regina!

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Congratulations Kaine Cyr - North Central Lakers

by Coach Brandon Brooks Sr.

The Devin Howat Award for the following Bantam age 14-15: "To the player who best exemplifies leadership, friendship, fun, and love for the game." Each team in the Bantam Division gets to nominate one player each to receive the award.

Kaine Cyr—there are two character traits about Kaine Cyr that make him a leading candidate for the Devin Howat Award: his pure joy playing football and his support of his teammates.

As Kaine progressed at the Quarterback position he began to show a joy unlike I have seen in any other young man in my 14 years of coaching RMF. Late in the season we practiced plays continually in game situation, running the offense up and down the full length of the field. At practice ends he ran to the team gathering skipping and twirling in an expression of joy telling me that he had loved every minute of the last grueling hour. Never have I seen such an outward display of pure joy. As I got to know



Photo credit Football Coach Jack Upshall

of dropped pass after dropped pass but never once did Kaine complain about his receivers. Never once did he come off the field in disgust. In fact, more than once he went over and told his teammate that he still believed in him and that he would keep passing to him. And he did until season's end.

Kaine had every reason to be cynical about a teammate. He never showed one iota of cynicism.

That's why he won the Devin Howat Award.

him better he told me how he loves football. I believe him. Devin Howat, as I recall, had the same love of football as Kaine.

Second, Kaine is an accomplished quarterback for his age, so much so that rarely in the last half of the season did he make a poor pass. Nine times out of ten he hit receivers Ricky-Ray-Like, bang right on the hands! Unfortunately, of the receiving group, only one could catch. The offense was a case

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Warren

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December Announcements

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Services:
Coffee & Toast, Food bank referrals and delivery to centre, Public computers, phone, fax, printer, photocopier, washroom, client phone messages, T.V., gaming systems, client advocacy and referrals

So You Think You Can Powwow Program (New members welcome weekly)

For boys and girls ages 2 - 17 who want to be a part of our dance troupe. Beginners and experts welcome!

Every Saturday @ Albert Scott Community Centre (1264 Athol St). Class starts at 1:00 p.m. Regalia development opportunities.

Our instructors are Chasity Delorme and Jeff Cappo

Our Elder for the program is Lily Daniels

For more information or to register contact Kim Wenger @ 525-5042

Funding provided by:



Mission Statement:

"The Newo Yotina Friendship Centre, a broad-based collaborative community organization, assists Aboriginal people within our community to pursue opportunities which will enhance their quality of life. The organization will provide quality programs and services to meet the needs of both Aboriginal and non-Aboriginal community members in Regina."

Become a Member of the Newo Yotina Friendship Centre to help support our organization! Memberships are \$3 and can be purchased through the Centre.

S.H.A.P.E. Jan 2013 - March 2013

SHAPE is a 13 week peer support training program for boys and girls ages 11 - 14.

This program consists of both in class training and recreational/educational activities. Transportation to and from all classes and activities will be provided.

Every Wednesday evening and Saturday afternoon starting January 8, 2013 and running till March 30, 2013.

For more information or to register contact Kim Wenger @ 525-5042

Funding Provided by:



Aboriginal Affairs and Northern Development Canada

Affaires autochtones et Développement du Nord Canada

Call for Board Members

The Newo Yotina Friendship Centre has openings for the positions of Treasurer, Vice President, and Members at large. If you are interested in sitting on the Board of Directors please submit a resume and letter of support from a community organization or member to the Executive Director David Bighead at the Newo Yotina Friendship Centre. For more information please feel free to contact David at the Centre.

Message from the Office

December is a time to relax, appreciate our families and enjoy the holidays. As the New Year approaches, staff will continue to work alongside our students to encourage their endeavours in both personal and achievement growth.

Our November progress reports gave insight into the strengths and challenges of each Scott student. Our goal is to work toward continuous improvement for each student's success. A very successful volleyball season has ended and basketball season is now upon us. Be watching for information about basketball games as the season begins. The Blues will own the court this season!

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



Nancy Buisson
Principal



Mike Tomchuk
Vice-principal

students and their families. The PowerSchool Portal for both parents/guardians and students has proven a valuable asset. The Portal allows you to check on your Scott student's marks and attendance any time you wish. Further details are available on the website.

Our winter luncheon will be held on December 14th. This event complements the seasonal theme of giving, as the staff and students will provide lunch for the students of Albert School, Kitchener School and Wascana School.

The winter holiday begins December 21st with a 2:30 dismissal. School resumes Monday, January 7th, 2013.

The staff at Scott Collegiate would like to extend their warmest wishes to you and your families during the holiday season. Have a safe and relaxing holiday!



Upcoming Dates for your Calendar

- Dec 7** PD Day pm – no afternoon classes for students
- Dec 21** last day of classes
- Dec 22-Jan 6** Winter Holiday
- Jan 23** Last day of Semester 1
- Jan 24 & 25** no school for students
- Jan 28** Semester 2 begins, Report Cards



Students are Nikki Bird and Brendan Lascelles in the top photograph. Sequoia Lavallee is in the photo below. These photos were taken with a green screen and then Photoshopped. It was based on the imaginative photography of Annie Liebovitz.



Quaker-Style Chewy Granola Bars
www.chocolatecoveredkatie.com

- | | |
|------------------------------|---------------------------|
| 1 cup rolled oats | 2 tbsp vegetable oil |
| 1/4 tsp baking soda | 1/4 cup honey |
| 1/4 cup rice crispies | 2 tablespoons brown sugar |
| 1/4 cup flour | 1/4 tsp salt |
| 1/2 tsp pure vanilla extract | 2 tbsp applesauce |
- Ideas for the add-ins: mini chocolate chips, chopped raisins or other dried fruit, shredded coconut, chopped walnuts, etc.
- 1) Preheat oven to 350° F.
 - 2) Combine all dry ingredients and mix very well.
 - 3) In a separate bowl, combine wet ingredients.
 - 4) Stir wet into dry and use another sheet of parchment (or wax paper to squish evenly-coated mixture into a parchment-lined 7x5 pan.
 - 5) Squish very, very hard, with a can or something heavy.
 - 6) Cook 18 minutes, then squish very hard again.
 - 7) Cool in the fridge for at least ten minutes before cutting into bars.

Book Review

Marin Shiplack, Grade 11 Team Teacher
The Bite of the Mango

The Bite of the Mango is one of the most inspiring stories I have ever read. It is a powerful journey of one girl who shows what it truly means to be courageous. *The Bite of the Mango* takes place in a war-torn Sierra Leone and follows the life of 12 year old Mariatu Kamara. One day, Mariatu is brutally attacked by a band of rebels who tragically cut off both her hands. Unfortunately this is not the end of the hardships Mariatu will encounter. However, she is a survivor; Mariatu works to piece her life back together and she struggles to make a place for herself in a world where she faces poverty and war. Mariatu suffers through so much that I sometimes forget that this is a true story. When you read *The Bite of the Mango* you are sure to be moved and to have a new respect for what one person can accomplish.

Free Music Program Offers Kids a 'Step Up' North Central Kids Music

by Aaron Stuckel

While school music programs across the province have seen cutbacks, and many have been cut all together, Bill O'Shea has been trying to do something to keep music education alive.

For the last five years, O'Shea and his wife have been running the North Central Kids Music program, a free service that originally started in their house. They've moved into the Albert Public Library since then, and every week they teach a group of kids how to play instruments like fiddle, guitar, and piano.

"My wife and I decided to do this a few years ago," said O'Shea. "We wanted to do something that would make a difference in North Central Regina."

The O'Sheas are both retired teachers, and have seen the benefit that a music education can bring to youngsters who are looking for a positive influence in their lives.

"We're convinced that if kids can play music, it gives them a step up," he said. "Kids who play music do better in school in a number of different subjects. Socially, kids who play music and can make music together certainly



have an advantage. They can get a lot of their needs met."

The program operates on a volunteer basis, with young players sharing their musical abilities with kids who are interested in making music. Students show up and can play around on the instrument of their choosing while receiving pointers from volunteers. According to O'Shea, it's a positive way for kids to burn off some steam.

"When the kids need attention, when they need acceptance by their peers, there are all kinds of places they can go and some of them are not all that positive," he said. "But with this program, I think it's an area where they can make music with their friends. It's a social activity. It's

a creative activity. It's fun. That is what our goal is; to help the kids in that direction."

The program also accepts donations that go towards maintaining instruments and, in some cases, sponsoring interested students to get more formal training. However, O'Shea believes that keeping the program free for youngsters makes it a valuable asset to North Central.

"Our philosophy at North Central Kids Music is that every kid should be able to learn to play a musical instrument," he said. "Here's an opportunity that doesn't cost and is in the neighbourhood. I would definitely encourage parents to take advantage of it."

This free program will start up again in January. Call O'Shea at 545-3737 for more information.



HELP-PORTRAIT REGINA

WE DON'T WANT TO TAKE YOUR PICTURE. WE WANT TO GIVE IT TO YOU. FREE.

WHAT? Local Photographers & Make-up/Hair Artists Will Take Your Photo, for Free. Now that's worth smiling about.

TIME: 11am - 5pm **DATE:** Saturday Dec. 8th

LOCATION: Albert Scott Community Centre

WWW.HELP-PORTRAIT.COM

co-sponsored by



Warm up this winter with ARTS PROGRAMMING!

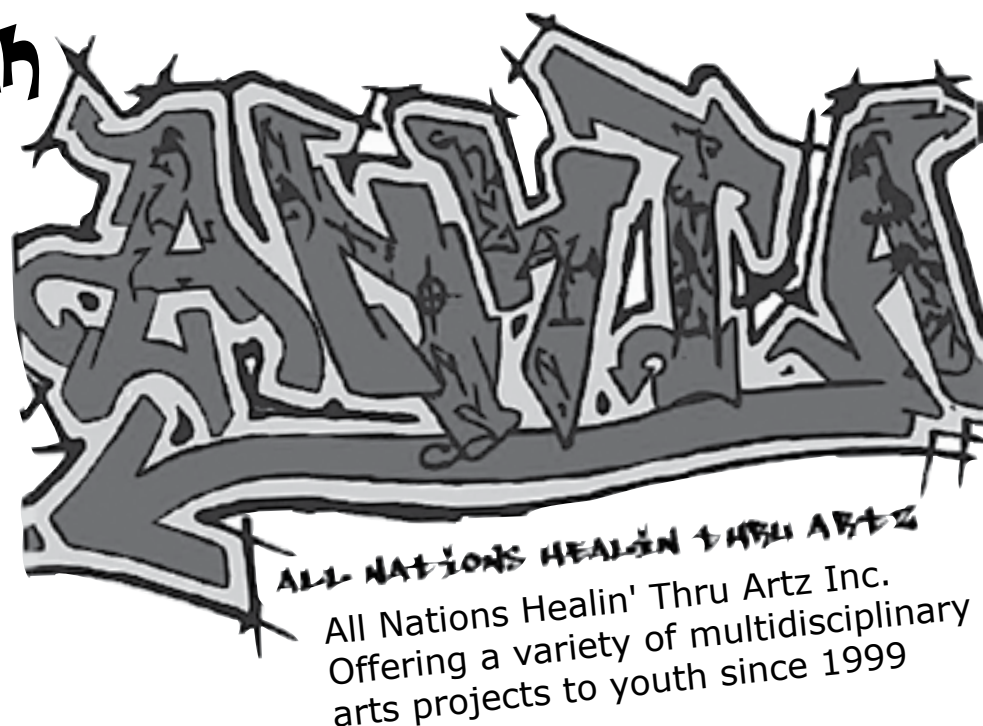
The Multi Media Artz After School program offers safe and supportive programs for youth ages 13 to 22.

Current programs include:

- x Dance**
- x Life Skills**
- x & Hand Crafts**

Location: Healing Hearts Ministries - 766 Angus St.

Doors open at 3pm
Supper from 4-5pm
Workshops from 5-8pm



Registration is ongoing. Each night is different so you can choose what interests you.

Visit our website or contact Monica for more information and to learn about previous programs **www.anhta.org**

Referrals from partners and other agencies are welcome.



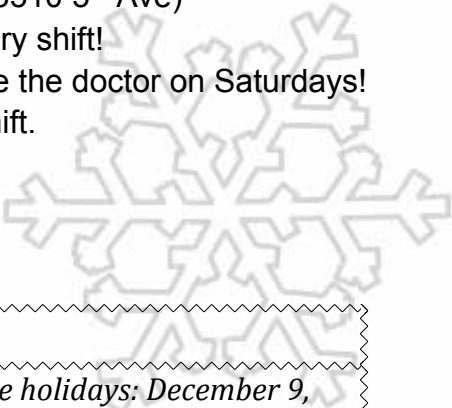
Monica Fogel
 GM of Artistic Programming
 ph: 306-205-7333
 fax: 306-205-7141



SEARCH

Student Energy in Action for Regina Community Health

Saturdays 12:30-3:30pm at Four Directions (3510 5th Ave)
Free meal and free programs for all ages every shift!
We are a student run walk in clinic. Come see the doctor on Saturdays!
Childcare is provided for guests during the shift.



December 2012-January 2013

December 1

Doors open/Lunch (12:30)
What's The Buzz? (1:00-1:45)
Women's Group (1:45-2:45)
Crazy Circuits (1:45-2:15)
Fun with Food (2:15-3:00)

December 8

Holiday celebrations: turkey dinner, crafts, entertainment, and fun!

Closed for the holidays: December 9, 2012-January 11, 2012.

Happy Holidays!

See you all in the New Year!

January 12

Doors open/Lunch (12:30)
What's The Buzz? (1:00-1:45)
Women's Group (1:45-2:45)
Crazy Circuits (1:45-2:15)
Fun with Food (2:15-3:00)

January 19

Doors open/Lunch (12:30)
What's The Buzz? (1:00-1:45)
Women's Group (1:45-2:45)
Crazy Circuits (1:45-2:15)
Fun with Food (2:15-3:00)

January 26

Family literacy day fun!

PROGRAMS

Women's Group

A holistic support group for women to self-explore and empower themselves.

What's the Buzz?

A surprise topic every week!

Literacy Days

A fun focus on literacy, led by volunteers or published authors!

Crazy Circuits

Fun, physical activities for children!

Fun with Food

Join us to make yummy, healthy, and low-cost recipes!



FOOT CARE



Foot Care Services BACK IN BUSINESS! We are now accepting new clients for office or home visits!

Hello, my name is Raymond Schultz. My friends' names are Jackie Phillips and Lois White.

We have been going to Albert-Scott to have our health needs looked after for about 15 to 20 years.

The health nurses and associates have been very polite and very helpful. They have looked after our feet and hands, plus they have taken the time to answer our questions.

They have also helped us by showing us how to help ourselves. From what sort of stuff to get for our hands and feet, plus the tools to look after them.

We don't know what we would do without them. From the 3 of us - thank you. Keep up the good work.

On the side, we are also grateful for the Care and Share get togethers. The food and fellowship are great, plus the health professionals and nurses add a special touch.

*They check blood pressures and give us tips on how to take care of ourselves.
signed: Raymond Schultz, Lois White, Jackie Phillips*

- Free diabetes checks
- Free blood pressure monitoring
- Foot Care by a trained professional, at a minimum cost

RATES for Foot Care:

| | |
|--|---------|
| In office visit – North Central Resident | \$15.00 |
| Home visit – North Central Resident | \$20.00 |
| In office visit – Non North Central Resident | \$20.00 |
| Home visit – Non North Central Resident | \$25.00 |

North Central Community Association
1264 Athol Street, 2nd floor (elevator)

Call 757-1046 to book an appointment or leave a message
Community Nurses - Jude McCann RN, Georgia Morin LPN

You are invited to your COMMUNITY MOBILE STORES!

EVERY MONDAY

11:00 am to 1:00 pm

North Central

Community Association
(1264 Athol St. - upstairs)

EVERY THURSDAY

3:30 pm to 4:30 pm

Rainbow Youth Centre
(977 McTavish St.)

Everyone welcome!

Cash only! Call 347-3224
for details



Albert Library Community

Feast on Monday, Dec 3 from 4 - 6 p.m.

Winter Solstice Round Dance

on Friday, Dec 21 at the Albert Scott Community Centre from 6 - 11 p.m. to celebrate mispon's aboriginal film festival.

- ✓ Fruits & vegetables sold by the piece
 - ✓ Bread & other baking
 - ✓ Milk, cheese, margarine & other dairy
 - ✓ Dry goods such as cereal, pastas & spices
 - ✓ Canned goods such as soups, veggies & meats
 - ✓ Condiments such as peanut butter & ketchup
- AND MUCH MORE!**



Season's Greetings



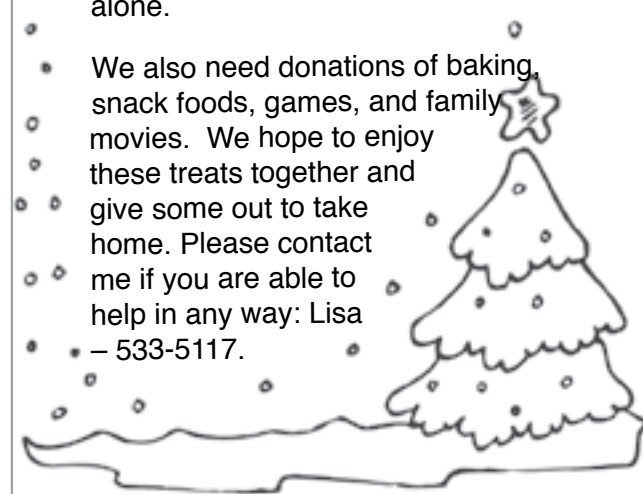
Margaret Poitras, CEO
and all Staff
at All Nations Hope
AIDS Network

Wishing the Community
Wellness, Happiness throughout 2013

PROJECT PEOPLE will be hosting a drop in time on Christmas Day and Boxing Day. Games, movies, snacks and hot coffee for those who don't have anywhere to go, any family to visit or just need to stay sober.

We ask for your help to make this happen. Volunteers are needed to help host. This is the easiest job ever! Sip a coffee, nibble on a cookie, play a game with us and chat with our visitors. Please consider taking one hour of your Christmas day to connect with those who would otherwise be alone.

We also need donations of baking, snack foods, games, and family movies. We hope to enjoy these treats together and give some out to take home. Please contact me if you are able to help in any way: Lisa - 533-5117.



CORRECTION

To clarify some information shared in the October 2012 page one article about the **Open House at Souls Harbour Rescue Mission's Women's Emergency Shelter**. The confusion came in the mix of information regarding our "Shayil Home - Women's Addictions Program" and our "Women's Emergency Shelter". Shayil Home is a 12 month program for women desiring to overcome addiction. While it is housed in the same building as the Women's Emergency Shelter, the two are not connected in their programming. The information included in the article pertains to the Emergency Shelter and not to Shayil Home.

Aboriginal Family Service Centre The **Nobody's Perfect Parenting Program** is an education and support program for parents with children age 0 - 6. In the program you will:

- Meet with other parents of young children;
- share questions, concerns and ideas about being a parent;
- learn about child development, safety, health and behavior;
- discuss real-life parenting situations;
- work together with the support of a trained facilitator;
- discover positive ways of parenting;
- Develop new skills for coping with stress

Date: December 10, 11, 12, 13

Time: 1:00 - 3:00 pm

Location: 1102 Angus Street

For more info or to register contact Maddie at 525-4161.

Wiichiwayshinawn Foundation First annual Elders' Christmas party!! Saturday, Dec 15, 5:30pm until 10:30pm
Dinner & Dance Tickets \$20.00. But free for Métis Elders' (55 years of age and up).

Dance starts at 7:00pm. To purchase tickets just for the dance - \$5.00 each or free with a basket donation.

For tickets or more information please call Jen McGillis at 530-3409 or Ashley Norton at 550-8938.

Volunteerism at RAMP

Restorative Justice brings together the community, victim, and offender through mediation to repair the harm that has been done. In order to properly facilitate mediation, the role of the victim is imperative. Whenever a victim is not able to participate, a surrogate victim is needed to represent the victim to ensure their voice is heard.

We are currently searching for volunteers to take on the role of surrogate victims to represent the actual victim's needs and requests. Individuals who are interested in becoming a volunteer surrogate will undergo professional training to assist with their duties and in addition they are required to take a criminal record check, provide a resume, and agree to a confidentiality agreement.

If you are interested in this exciting opportunity please contact Murray at 352-5424.

www.rampinc.ca

Community Calendar

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

Deadline for Oct. issue: JAN 11, 2013

LOST: 8-year old female grey tabby cat, "Maggie" since mid-October, from 900-block Queen Street. Grey stripes, "circles" or bullseyes on her sides. Diamond pattern on forehead.

Owner anxious for her return. Please leave message at 529-8087



Children's Gingerbread House Making

Friday Dec 7 3:15- 5:30 pm

Ages 8- 12 years

Albert Scott Community Centre
1264 Athol St.

No cost, but you must pre-register by calling Leeann at 777-7033 by Dec 4

Space & supplies are limited

Care & Share Seniors Lunch

Tuesdays at 11:45 a.m. at

Albert Scott
Community
Centre (1264
Athol St.)



Soup and Bannock

Wednesdays at IMCF 3131

Dewdney Ave, all welcome, \$2.00

Project People Friday Night

Socials at IMCF. A sober get-together, open to the community.

This is a partnership with Project People and Indian Métis Christian Fellowship. Join us for an evening of positive energy, making new friends and fun!

This is not a meeting, but an easygoing sober get-together. Play a game, watch a movie or just sit and chat. Every Friday 7:00 -11:00 p.m. Prayer Lodge - at 3137 Dewdney, next door to IMCF.

For information or to volunteer, call Lisa at 533-5117.

Take out a NEWSLETTER PAGE in *North Central 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

THANK YOU

BennettDunlopFord

Driving Change

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



COMMUNITY CLEAN UP! held OCTOBER 14

- 35.15 Metric Tonnes hauled to the dump
- 21 Loraas Bins filled
- 100+ volunteers helped out
- 2 half-ton loads of tires recycled
- 4 loads (3 dump trucks and 1 cube van) of metal sent to metal recyclers
- 4 dozen shopping carts collected
- 1 flat deck trailer of old TVs sent to Sarcan
- 5 Community Garden sites mulched with leaves from the neighbourhood & Garden storage organised for winter

Trevor Boquist of Bennett Dunlop Ford speaks to the media in praise of his crew and our neighbourhood.



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:

ANHTA Brandon Brooks Sr.
City of Regina Jonathan Hamelin
Dan Lindsay Jan Morier
Newo Yotina Friendship Centre
RAMP Scott Collegiate
SEARCH STOPS to Violence
Aaron Stuckel 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
Jan 11, 2013

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

Board of Directors

Joely BigEagle
Carol Kirk
Georgina Magee
Sheri Maclean
Helmi Scott
Denita Stonechild
Cindy Tripps
Cari Vixamar
Ken Watson



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 Family Service Centre525-4161
Aboriginal Skilled Workers Association337-0400
AIDS Program South Saskatchewan924-8420
Albert Library777-6076
Albert-Scott Community Centre777-7033
All Nations Hope AIDS Network924-8424
Bylaw Enforcement.....777-7000
Child and Youth Services766-6700
Chili for Children.....359-7919
Circle Project.....347-7515
Circle Project Childrens' Centre569-3988
Ehrlo Sport Venture Program.....751-2411
First Nations Employment Centre.....924-1606
Four Directions Community Health766-7540
Gathering Place.....522-7494
Greystone Bereavement Centre766-6946
Indian M tis Christian Fellowship (IMCF)359-1096
KidsFirst Program766-6792
Kids Help Phone1-800-668-6868
Mobile Crisis Services757-0127
Morning Star Ministries757-8421
Newo Yotina Friendship Centre525-5042
North Central Community Association (NCCA)791-9888
North Central Community Health Office (Nurse)757-1046
North Central Community Police Service777-6450
North Central Family Centre347-2552
North Central Kids Music Program545-3737
Oxford House Society of Regina Inc.205-7355
Pasqua Hospital.....766-2222
Public Health Inspector.....766-7755
Rainbow Youth Centre.....757-9743
Randall Kinship Centre.....766-6780
Regina Alternative Measures Program (RAMP).....352-5424
Regina Education & Action on Child Hunger (REACH)...347-3224
Regina City Police777-6500
Regina Crime Stoppers545-8477
Regina Fire & Protective Services.....777-7830
Regina Food Bank.....791-6533
Regina Police Substandard Housing Enforcement Team..777-6399
Regina Sexual Assault Line (24 hrs).....352-0434
Rentalsman787-2699
R Healthy Food Store359-0541
Safer Communities & Neighbourhoods (SCAN)..1-866-51-SAFER
SaskPower (inspections).....566-2500
Saskatchewan Rental Housing Supplement787-4723
SEARCH551-3366
Sepak Takraw Saskatchewan (STAS)584-8778
Souls Harbour Rescue Mission & Youth Centre543-0011
Street Culture Kidz565-6206
SWAP.....525-1722
Traditional Grandmothers' Guidance Centre352-2241
Transition 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



Giving Hope Today

THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600

www.havenofhope.ca

Helping to make a difference
in someone's life

Christmas Assistance Program

Hours of Operation

Monday to Friday

Starting—November 21

9:00—11:30 am

1:30—4:00 pm

WHAT TO BRING

Proof of: Address
Income
Expenses

Health Services Card for everyone in the household

For information about services, volunteering or donating
visit our web site.

Saskatchewan Towards Offering Partnership Solutions to Violence

STOPS to Violence

Creative Kids Helps Families With Barriers

For some Saskatchewan children and youth, financial or social barriers stand in the way of being able to participate in cultural activities—painting, drawing, photography classes, learning a family language, theatre workshops, music lessons, dance classes, and more. Over the past two years, Creative Kids has been there to help—supporting the cultural dreams of over a 1,200 kids in Saskatchewan.

Creative Kids is a charitable giving program that provides funding to children and youth ages 4 to 19 facing financial barriers to participation in arts and cultural activities. Families who need help paying for art, culture or creative activities can access up to \$750 per year to help pay for the creative activity of their choice.

If you are interested in more information on Creative Kids, visit www.creativekidssask.ca

stopstoviolence@sasktel.net
www.stopstoviolence.com

CONGRATULATIONS GO GREEN CREW

LEAD BY PAULINE GABRIEL

on another
successful
season!

Addressing the Needs of Missing Persons and their Families - Strategic Business Plan

Each day, families throughout all regions of Canada experience the sudden crisis of a missing loved one. Few events are so distressing. Few events leave families and communities with such a sense of unresolved loss, unanswered questions and a desperate need for hope that things will turn out. Although families can never be prepared for a missing person situation, it is essential that communities are prepared. It is the responsibility of every community to offer an organized and responsive approach to missing person situations and to supporting families of missing persons.

The committee must acknowledge missing persons and families of missing persons from across our country. Your willingness to share heart aching experiences and your courage to seek out support from those in your communities has provided a touchstone throughout this project. You are the reason for this work.

to missing persons and supporting families of missing persons. There is a significant need for awareness and services related to prevention of, response to, and support for, missing persons and families, friends and social and kinship networks of missing persons. This comprehensive strategic business plan is the result of a recommendation of the Western Regional Forum on Supporting Families of Missing Persons (2011). The plan sets out a number of activities intended to enhance collaboration, raise public and political awareness and improve support for families.

This strategic business plan sets out a roadmap to address issues related

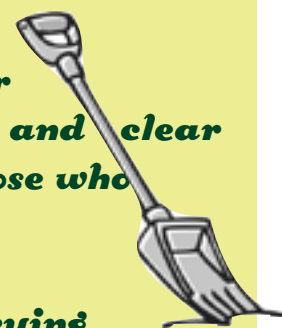
The plan can be found at www.justice.gov.sk.ca/MissingPersons



PLEASE in the spirit
of giving - keep your
sidewalks shovelled.

SHARE your
neighbourliness and clear
the walks of those who
can't.

IMAGINE trying
to navigate the public
sidewalks with a bundle of
mail or flyers. Or pushing
a stroller or walker? Could
you do it?



PharmaChoice
Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: 545-5900
MON - FRI: 9-6; SAT: 9-4
10% Seniors Discount
Free Prescription Delivery
MGR. MEGAN ZMETANA, BSP