

Farm Credit Canada Employees DIG IN with Kitchener Community School at the



Janet Cook from Farm Credit Canada, Manager, Community Investment "FCC believes its important to give back to the communities where our employees live and work and we had a few who came to us and said that they would really like to do this. So this was an employee initiative where they requested the opportunity to volunteer and build a garden in conjunction with the North Central Community Association."

"We're going to maintain it in conjunction with the NCCA and with the residents of the community. The vegetables and the fruit that's produced and harvested here will be for the residents of North Central. So our plan is to put together a bit of a schedule for watering and weeding and the fruits and vegetables are for the enjoyment of the community residents."

"I'd like to say thank you to the NCCA for giving us the opportunity to work with them on this garden. It's been a great learning opportunity for us. Thank you to the 24 FCC volunteers who took time away from their daily jobs to dig and build and turn soil. It's just been a great chance for us to meet some students from Kitchener School, to meet members of the NCCA and to give back to the communities where our employees live and work."

On June 6 on the 900-blk Garnet Street, at the home of a beaming **Helmi Scott**, who said "I'm very happy because I'd rather see vegetables growing than weeds."

Helmi owns the vacant lot next to her house and the garden organizers were thrilled to contemplate permanent features such as a fence, compost heaps, rain barrels and benches. The most wonderful aspect for Helmi is the food to share with the community and the joy of seeing all the people out, sharing in the work.

Helmi plants potatoes in what would be people's front yard. She has a strong opinion about lawn versus vegetables. "A lawn - you can't eat it. The only use for a lawn is if you have a billy goat or rabbits. You spend money on fertilizer, you spend money watering it, you spend money and/or energy just cutting the thing and then you complain because it grows so fast!"

Helmi remembers "My mom had one corner of her yard that had high-bush cranberries, ferns, chives, winter onions, rhubarb, the whole thing was perennial - it grew and we had food out of it too."

Ruth Easton is this year's Garden Gnome (NCCA Summer Student). "The most surprising thing so far was how easy it was to convince kids to eat spinach, fuzzy edible flowers, and edible weeds. Although it's anything but routine and stress-free, it's by far the most rewarding, joy-filled summer job I've ever had (and probably ever will have)".

Kitchener Community School Teacher **Jessica Wesaquate** brought 16 grade 3-4 students to the latest garden plot.

"We are doing a unit on community gardening right now. So it fit in perfectly with the invitation that our school got. And it's just a great opportunity for the kids to come out and actually have hands-on experience. It's a great link from classroom learning into actual learning. I'm really grateful for this opportunity and I just want to say 'thanks' for something that's free, very close to our school and something that really helps support our curriculum."

Marilyn Fazakas is a Community School Coordinator with Kitchener. The ACT (anti-racism, cross-cultural Team Development) students from Kitchener each brought a buddy with them. As well **Elder Norma-Jean Bird** accompanied the group.

What inspired them to come and do this? "We had talked to our principal and ACT - the team itself is a good choice because it's about awareness and the awareness also comes from our community and being involved, and that's what the ACT kids' responsibilities are. Standing up for each other. We're going to come here to plant and I'm hoping that after this is done that they're asked if they want to be involved with weeding and caring and tending to the garden."

Norma-Jean hopes that the youth will learn a few skills. "I myself, as old as I am, planted a real big garden and it's really about sustainability and good food - it's better than 'store-bought-en' food so I hope that the students will get to see that and taste their carrots when they come out of Mother Earth here. It gives them a good opportunity to feel worthwhile and really responsible for what they're eating and doing good things for themselves."



Story & Photos by
Jan Morier

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story by Jan Morier

Regina Fire & Protective Services AND THE Keeping Our Community Safe Coalition

A brag session about the Regina Fire & Protective Services (RFPS) is long overdue.

‘Where’s the fire?’ you might ask. ‘Don’t they just run out when called and put out the flames?’

Well, for one, there has been a name change in recent years to reflect how much more training firefighters receive to respond to all kinds of emergencies. They shine in that aspect, but did you know about the success they have in education? and how North Central shares in that success?

The men and women in the RFPS have undergone an attitude shift in the past 25 years. They’ve observed that 90% of fires are caused by human behaviour. So they’re on a mission to change human behaviour. It’s a long process but it’s starting to show results. They began by changing the language used to describe the behaviours. For example, the word ‘accident’ (to describe cooking or smoking) is no longer used when describing an ‘unintentional’ fire. Intentional fire is still called arson and demands enforcement.

Keeping Our Community Safe

The Keeping Our Community Safe Coalition is a community-based and school-centered safety model, which began as a collaborative response to the fire safety needs of children, youth and families in North Central. It has since expanded to include a wider range of issues affecting children and youth within the community.

The Coalition, city-wide, was introduced in 1998 as a result of a series of fires set by 6-11 year olds playing with lighters. The Regina Fire & Protective Services joined with the Community School Principals, the Regina Police Service and various municipal and provincial organizations. The children were not only setting fires, but were escalating from garbage containers to sheds, garages and vacant homes. This was not just a fire issue, but a community-wide issue. The Coalition has had a positive effect because of its local design and reception. Garbage fires, for example, have decreased by 50 per cent. The programs work.

Preventive Education for public

North Central has typically had the highest fire risk in the city of Regina. Half of the house fires and fatalities have occurred in NC for the past 15 years.

With a steady diet of preventive education, fires caused by children playing with matches or lighters dropped from 28 in 2001 (\$392, 068. damage) to a single fire in 2010 (\$5,000. damage). A blip up in 2011 saw an increase to 6 fires (\$213,000. damage). For very young children, behaviour around candles is equated with birthdays. Blow the candle out and get applause in reward. It’s fun! Parents should remember to keep candles and lighters out of sight but if a child finds one, parents should train the child to make a report into a positive event, worthy of the praise received for birthday candles: “Mommy I found a lighter”.

All of the Regina firefighters take an active role in delivering preventive programs whenever the opportunity arises.

EDUCATION – ENFORCEMENT – ENGINEERING

The Safety Walk is designed for pre-kindergarteners and kindergarteners. Firefighters and police personnel lead children, teachers and parents on a walk through the neighbourhood. Often the group will see familiar houses or garages where a fire has occurred, making the lessons reflect reality. The lesson plan is unique to North Central and is conducted annually in each school. “Did you know the family who lived in that house?”

In middle years the smoke tunnel is introduced for pre-Kindergarten to grade 3 for all students in Regina. This recreates some of the physical challenges of a smoke-filled room and shows children how to escape safely.

Family groups in NC involve brothers, sisters and parents teaching younger children about fire escape planning.

Six years ago, with the support of SGI Canada, a mentorship program began throughout Regina schools. Selected grade 6 & 7 students are trained at the Firefighters’ Education and Training Centre to mentor their younger schoolmates back at school. Older students deliver programs on the reality of fire, which offers visuals of neighbourhood fires, recognizable landmarks - real fires versus “Hollywood Fires”. The Fire Safety mentor also delivers lessons on safe cooking, arson prevention and safe and not-

photo courtesy RFPS



Firefighter Evan Stefan and Community School Coordinator Marla Dufour work with the grade six and seven Firesafety Mentors at Wascana Community School as they teach the younger students about safe places and people in May.

safe places, which trains children to know their environment while promoting safety skills and lessons on how to be good witnesses.

Every Wednesday during the school year, members serve lunches at Chili for Children. Every Thursday they partner with Albert Branch Library to read for children. Building relationships with the youth in the community is worth the investment of time.

KidsFirst (under the umbrella of Regina Qu’Appelle Health Region) is a support group for families with small children. Sadly, seven years ago a KidsFirst mother died in a house fire in North Central. In response, staff from the Department and KidsFirst created a fire safety tool box. The plastic tub contains a checklist for home visitors to show parents how to teach their child about fire safety. It’s the first in Canada on integrating fire safety in the household and is community driven.

KidsFirst Children can enter contests – with a chance to win personal visits on their street with fire pumper and all! How cool is that?

Key people in schools, such as teachers and counsellors, are there to listen to students if they want to share how a fire has affected their lives.

Youth love the fire station tours and given age-appropriate activities. The Learn Not to Burn Preschool Program is delivered to every pre-school child in Regina.

RFPS is grateful to Evraz Place for donating their venue for a Safety Conference. Unique to North Central Regina, Police, Fire and Schools participated and a second one is being planned for January, 2013. The presenters use case scenarios, such as cooking and safety demonstrations to teach youth how to avoid the real thing.

As part of the learning experience, student delegates design books, power point presentations and

posters featuring themselves to use and share with younger kids back in the classroom.

A focused learning concept “Safety Carnival” is held in the school gym. In small groups children look at cleaning agents in the home and learn how to read safety labels on hazardous materials.

ENFORCEMENT

When garbage bin fires were called in, police also responded as proof of the seriousness of the matter. Six or seven years ago, two 12-year olds were charged with arson to demonstrate the seriousness of the crime. Under the former Young Offenders Act, the judge imposed a sentence. The youth were also provided with rehabilitation, they learned about community safety. Today the Regina Fire & Protective Services no longer respond to fires on their own. Social Services, Police, Court System are all involved. RFPS is responsible for this change. One of the rehabilitation measures is a one-on-one Juvenile Firesetting Training/Assessment Plan of Action – four education sessions are held with families, offering referrals for help with underlying problems.

RFPS educational programs are not cookie-cutter, they are designed for the City of Regina. Regina’s Service is more progressive in working with the community. This approach has seen them invited to speak at conferences across Canada. Recently RFPS was chosen to speak at a Vision 20/20 symposium in the state of Virginia. Out of 48 peer-reviewed proposals, Regina’s was one of 14 accepted. Conference organizers even bent the non-US participant rules to accept the best.

ENGINEERING comes as a result of this community interaction. As a principal in a North Central School said:

“Without caring, there is no sense of community.”



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.

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

Volunteer Appreciation Day at RAMP

On June 7, 2012 RAMP hosted a volunteer appreciation day. RAMP is very grateful for our volunteers as without them our job would be much more difficult. It is important that those who volunteer their time and energy at RAMP are acknowledged for the work that they do. The Coordinator from RPS Victim Services presented the following letter to the volunteers that were in attendance, those who could not be there and the volunteers from the past as well:

Today is an important day. It is a day to celebrate and honour you, the Surrogate Victims, who volunteer and work so very hard to bring a voice to victims and establish balance and healing back into our community.

Your role is indeed significant. You have become the guardian for those who are not there to speak for themselves. I know this can be challenging at times, especially if you have not spoken to the victim yourself. Do not for one moment believe that they are not participating because they don't care what happened. Their reasons may be varied and may be more complicated than you will ever know. But

by showing them the respect for whatever choice they make brings the repair and balance back to a restorative level. It allows them to start to take back some control in their life. How wonderful it is that with you here, that they can be assured they will have a voice that would be as strong and true as if they were speaking for themselves. Thank you for that.

You are in fact peacemakers. In your role you are restoring harmony to your community. You do this how? One piece of that question is that it is done by teaching someone why taking full responsibility for harming someone should be taken. This will ultimately also teach them that responsibility in any form leads them on a personal path towards pride and self worth that can be valued by themselves and will be recognized by others. What a gift you are giving them.

So I take these few minutes to thank you all for your continued dedication, your efforts and the heart that you have put in at the RAMP Program. Please continue to be that voice, that guardian, that peacemaker and teacher.

Thank you.

www.rampinc.ca

RAMP ESSAY CONTEST WINNERS!!!!



Amina Ibrahim – Winner of the youth 15 – 17 years of age category.

Regina Alternative Measures Program (RAMP) held a youth essay contest in April for youth 12-14 years old and 15-17 years old. We asked the youth to choose from two topics: 1) Crime in the Community 2) Addictions and Criminal Behavior. RAMP is very proud to announce the two winners we have selected and they are Amina Ibrahim and Jenine Walker.

Amina wrote her essay on poverty and addictions while Jenine wrote on preventing crime in the community. Amina and Jenine have both received a grand prize of \$200. Ramp would like to take this opportunity to thank our sponsors, who made this contest possible, a big thank you to George Favel and Regina Recovery Homes. To all the youth who submitted essays, thank you and we would also like to give a big thank you to our judges Reggie Newkirk and Mona Hill.

We have selected some excerpts from these essays which you will find below and If you are interested in reading the essays in full please go to www.rampinc.ca where we have posted the essays for your viewing pleasure.

Amina Ibrahim – Addictions and Crime:

“The life of a person dealing with an addiction is filled with suffering. An addiction is a disease, a chronic illness...a disease that is caused by lack of confidence, anger, pain and peer pressure.”

“I believe that no one takes drugs for the first time with the intention of becoming a drug addict, let alone a criminal and yet it happens to a lot of people...”

“The relationship between crime and addictions is like a cycle, therefore, not only do addictions lead to crime but crime can also lead to addictions.”

I think that the biggest mistake that we as a society are making in trying to eliminate drug abuse is confusing the difference between punishment and helping to completely avoid that certain act to happen again.”

Jenine Walker – How we can Stop Crime in our Community:

“People do not understand why laws and the police exist; they are there to protect us. Without them our world and our lives would be a mess and in chaos. They give us consequences for our actions and we all need consequences for our actions or else we wouldn't understand when they're wrong.”

“Schools are a great way to raise awareness in the community. Speakers who have been in trouble with the law before can tell students to be careful about the choices they make and tell them how hard it is to plan a future with a criminal record... Parents should talk about crime

Jenine Walker – Winner of the youth 12 – 14 years of age category.



prevention with their children. If you talk about it with your child it makes much more of a difference than to just hear about it in the media...”

“Crimes can be prevented more with the help of everyone in the community. If you have to ask yourself, “is this right?” it probably isn't and always think about the consequences you are faced with; think hard about the choices you are making.”

Volunteerism at RAMP

The RAMP program is based on basic restorative justice principles. It recognizes that with any crime there is a wrong-doing to a person or persons and ultimately to their community. There are times when the victim(s) of a crime chooses not to participate in a mediation setting with the accused. This may be for a variety of reasons however; RAMP strives to ensure that each victim's voice is heard. This is why at RAMP, the role of a Surrogate Victim representative is very important. These volunteers rely on RAMP to provide as much information from the victim perspective as possible. The Surrogate Victim participates in the process and their sole responsibility is to represent the interest and desired outcomes of the victim(s).

Gage Dictionary writes, “A person/persons who offers of their own free will and not in obedience to the will of another.” RAMP is always looking for such volunteers. Volunteers must undergo a criminal record check, agree to confidentiality with signature and present a personal and work history resume. Screening is a must because RAMP policy dictates: people can volunteer in the areas of: surrogate for victims of crime, elders for consultations and elders for youth community justice forums. Training is required followed by observations of the mediations and the youth community justice forums. If you want to move forward in your life and help people please call me, Murray at 352-5424. Have a great summer!

Habitat for Humanity Bringing Them Home!



Habitat for Humanity celebrates with Ta O and Dah Ku as they receive keys to their brand new home at 1372 Garnet Street on June 15.

Rx PharmaChoice
Stapleford Pharmacy
 4113 - 5th Avenue
 Regina, SK Ph: 545-5900
 MON - FRI: 9-6; SAT: 9-4
 10% Seniors Discount
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Advice for Life

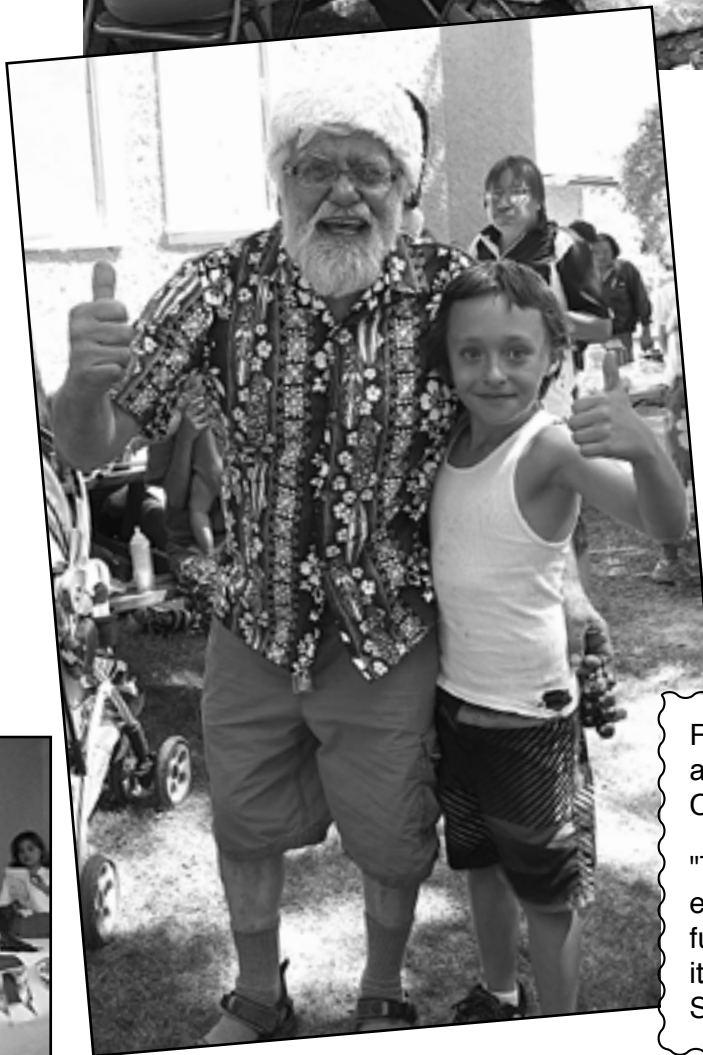


Congratulations to graduates of the Empowering Individuals and Families Life Skills Program (APSS) on June 27

Project People hosted Christmas in July



photos by Jan Morier



"Well, that was an awesome day! We fed about 100 people on site at Oasis, with lots of leftovers sent to our local shelters. Thank you to all the volunteers and donors! BIG thank you to Michael Parker and NCCA for being a wonderful partner in planning."

Lisa Workman

Robert Laing, age nine, is all thumbs up with Santa for Christmas in July.

"This is the bestest day ever! I love this day! It is the funniest day ever and I hope it happens again! Thank you Santa Claus for this day!"

SUICIDE ALERT HELPERS ARE PART OF A SUICIDE-SAFER COMMUNITY

- safeTALK helps to create suicide-safer communities.
- safeTALK helps participants be more willing and able to perform an important helping role for persons with thoughts of suicide.
- safeTALK is a half-day training for everyone in the community designed to ensure that persons with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions. In only a few hours, you will learn how to provide practical help to person with thoughts of suicide.
- safeTALK is designed to be used in organizations and communities where there are already ASIST-trained caregivers.

Helping members of your community identify persons with thoughts of suicide and connect them to suicide first aid resources.

safeTALK Session

Date: September 18 Time: 6:00 – 9:00

Place: Randall Kinship Centre 1692 Albert St.

FEE: FREE

This workshop is being sponsored by Regina Qu'Appelle Health Region. Contact Michelle Jerome for a registration form. Mail or fax registration form to: SafeTALK, Child and Youth Services Attn: Michelle Jerome 1680 Albert St. Regina, SK S4P-2S6 Or Phone: 766-6732 or Fax #: 766-6944

Sponsored by: The Alliance for Suicide Awareness and Prevention Program (ASAP), Community Mental Health, Child and Youth Services

Saskatchewan Ministry of the Economy

TRANSITION TO TRADES

Central Community Association

NEED A GOOD JOB?

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saskjobs.ca Expires Sept 30/12

Seasonal Influenza: Is it 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 you do get influenza after being vaccinated, you may not be as sick. The vaccine is safe, easily accessible and has very few side effects.

Every Saskatchewan resident is eligible to receive a seasonal influenza immunization at no direct cost. Influenza vaccine is highly recommended for:

- Persons with a chronic health condition including but not limited to:
 - lung and heart disease
 - asthma
 - kidney disease
 - diabetes
 - cancer
 - neurological conditions

Children on long term aspirin therapy

- Adults 65 years of age and older.
- Pregnant women in all trimesters.
- Children from 6 months to 23 months of age (under 2 years).
- Persons with severe obesity.
- Residents of a nursing home or other care facility.

Groups recommended for immunization to protect those at high risk include:

- Household and close contacts of persons in the risk groups mentioned above.
- Household and close contacts of infants less than 6 months of age.
- Members of households expecting newborns.
- Child and daycare workers who provide care to children up to 2 years of age.
- All health care workers and volunteers.
- Persons who work with poultry or hogs.
- Health sciences students (human and animal).

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.

North Central Family Centre Courtyard Enhanced Through Support of REALTORS®

by Virginia Wilkinson

Construction has started on the enhancements underway for the North Central Family Centre's new Courtyard. Funds for the re-development have been provided to the Centre by the Association of Regina REALTORS® Inc. as part of its 100th anniversary celebrations in 2012.

"We are so grateful to the Association of Regina REALTORS® for providing funds for this project. They have been involved in supporting this organization, and making a difference in this neighborhood for seven years. This really shows how committed they are to supporting families in the City... and it shows they haven't forgotten about anyone," said Sandy Wankel, Director North Central Family Centre.

The Association's Executive Officer said the organization is pleased to be able to support the Centre in beautifying the neighborhood and making it safer for residents.

"The North Central Family Centre runs some very good projects that really help to make North Central a better neighborhood in which to live and raise a family. We are very pleased that we have been able to help support projects that do make a difference for people living in this area," said Gord Archibald, Executive Officer, Association of Regina REALTORS® Inc.

The courtyard is being expanded to include an area for barbecues, and a large stone picnic table, vegetable gardens and flower beds. The family focused area will wrap around the entire building and will be and will be finished with a fence.

The courtyard expansion is being developed under the direction of Tayler LaBelle a land-



scape designer, who has volunteered his time to plan and over see the project.

"This was just a great opportunity to both do what I like doing, and help out with a good cause," said LaBelle.

LaBelle and Wankel began designing a plan and developing a budget for the project in March. They've spent the last four months tailoring the project to ensure it meets the needs of community residents.

"It is incredible how much of his time Tayler has given to this project. He really has made a huge difference to us, said Wankel.

But LaBelle isn't the only one volunteering his time, in fact the project has drawn volunteers from across the neighborhood and around the city.

Madison Pratt recently spent most of a day painting the fence surrounding the courtyard.

"I just wanted to help out. I've been coming to the centre for 11 years. I just wanted to help make it a better place," she said.

Work on the courtyard has wrapped up. An official opening of the REALTORS® courtyard will take place the week of August 6th.

School Report Card

by Carla Beck

Hello to everyone in North Central. As I write this am struck by how quickly time has passed. We are almost at the end of this Board's 3-year term and I am nearly at the end of my first term as your Public School Board Trustee. This October a new board will be elected and in place for the next four years.

During this first term as a trustee I have learned so much. When I decided to run for the Board I had a lot of ideas about how things would work and what I would be able to accomplish. Looking back, I see I was a little off the mark on both accounts. That said, I have truly enjoyed being on the Board. I have especially enjoyed getting out into the schools and meeting students, staff and families. I have represented you to the best of my ability and it has been an honour to do so.

I know that there are many



advocates in North Central and within Regina Public Schools who are pushing for the same goals. We have to do well by our children. We have to keep promises made to them and to put resources behind our vows to make education a priority.

The gap between students in terms of achievement and graduation rates must be meaningfully addressed. There has been much work and effort directed to this end within Regina Public Schools and more will continue to be done. Ultimately adequate and reliable resources must be available and the role of other sectors must be made clear.

The role of housing in student achievement cannot be overlooked. Transiency has long been an issue in North Central and other neighbourhoods. Students who move frequently with their families in

search of affordable housing often have difficulty adjusting and their marks and well-being can suffer. It also has an impact on the social fabric of neighbourhoods. This has been made worse by the record-low vacancy rates we have seen in Regina over the past several years.

I understand that some people are very excited at the prospect of a new "roof-ready" stadium for Regina. I know that a lot of work has gone on behind the scenes to enable the splashy announcement we saw at a recent Rider game. And, for the record, I am a Rider fan, however, I do have some questions and concerns.

This stadium project will have the largest impact on the North Central neighbourhood. I am not clear about how much the community has been consulted.

My biggest concern is the potential effect that a project this large will have on other proposed builds that have been compromised due to the demands on contractors and sub-contractors.

Residents of North Central are likely well aware that two major capital projects are planned in the near future for the neighbourhood. Both the new Seven Stones Community School (to be built on the former Herchmer site) and the North Central Shared Facility are waiting to be realized. These projects have been in the works for a long time and it is important that they do not suffer because the City and the province have decided to fast-track a football stadium. I know many want to ensure that the same level of vigor and attention is applied to the proposed housing and community revitalization project as has been shown with the stadium.

I would love to hear your thoughts, questions, and concerns.

Carla Beck carlakebeck@sasktel.net
Trustee, Subdivision 5
Regina Public School Board
ph. 530-3320

The views I present are my own as your trustee. I do not speak for the Regina Public School Board as a whole.

Beautiful North Central CONTEST



Congratulations to Lois Williamson for nurturing a little slice of paradise in her colourful and bountiful gardens on the 10-block McTavish Street. Lois and husband Ken plant vegetables and annual flowers among their paths, seating and ornaments on all sides of their home. They're good at 'repurposing' material in a tidy layout and certainly deserve the designation of "Beautiful North Central". Lois does it for the love of it and we can be grateful for the care shown.

Honourable Mention




Mrs. Oanh Pottruff
36-block Dewdney Ave.
She and her family have lived there 14 years and enjoys the bustle of the busy Dewdney strip. Having been raised in a large Asian city, she's not accustomed to a quiet surrounding. They spend lots of time on their front deck visiting with passers-by who stop to admire her statuary and flowers.

René Fichel is the original resident (since 1978) of her home on the 800-block Princess St. decorates her outdoor rooms with mostly silk flowers, water features and ornaments. They're easier to maintain but deliver glorious colour from her screened gazebo where she spends summers.





<ul style="list-style-type: none"> Auto Home/Farm Tenant/Condo Commercial 	<p>Extended Hours</p> <p>Mon - Fri 8 - 8</p> <p>Saturday 9 - 5</p> <p>Sunday 12 - 4</p> <p>SGI Motor Licence Issuer</p> <p>359-3331</p> <p>1262 Albert St. (Albert & 7th)</p> <p>www.smithsinsurance.ca</p>
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NORTH CENTRAL ART STUDIO

A free art program for youth ages 13 - 19,
with graffiti-inspired drawing and painting.

Sunday Art Class
Sundays from 2 pm - 4:30 pm, August 27 to December 9, 2012




Wednesday Art Class
Wednesdays from 7 pm - 8:30 pm, September 26 to December 12, 2012

All classes will be held at the Albert Scott Community Centre (1264 Athol St)

All participants must be pre-registered for this free program.
Register today by contacting the MacKenzie Art Gallery at 584-4292.

Admission to the MacKenzie is free, plan your next visit at mackenzieartgallery.ca

The MacKenzie Art Gallery's North Central Art Studio is generously supported by



Message from the Office

Welcome to the 2012-2013 School Year!

Together we will seek to nurture academic growth, self-development, healthy lifestyles, and cultural understanding within the community.

While it is hard to believe that summer holidays are almost over and we are gearing up for another school year, there is always excitement associated with beginning a new school year. We hope everyone has had a wonderful, relaxing summer. On behalf of the entire staff of Scott Collegiate, we are pleased to welcome you to the 2012-13 school year.



Nancy Buisson
Principal

We believe that Scott is a friendly, safe, caring and inviting place to learn and grow.

We look forward to welcoming back our returning students. If you are a new family to Scott Collegiate we wish you a special Blues welcome. You have chosen an excellent high school with high academic standards, a fantastic staff, and the best spirit in town!

We welcome the following new staff members to our school:

- Darcy Keewatin - teacher
- Marin Shiplack - teacher
- Jessica Lynch – U of R intern

Please note:

The school year officially begins on Tuesday, September 4th with the following schedule:

- 8:35 to 9:30 Registration and pancake breakfast
- 9:30 to noon Advisory / Grade 9-12 registration continues
- 1:00 to 1:57 Period 4
- 2:03 to 3:00 Period 5



Mike Tomchuk
Vice-principal

The Scott Collegiate website scottcollegiate.rbe.sk.ca/ is a great resource for parents and students. Please be sure to check the site frequently to view the calendar of upcoming events as well as for information on a variety of topics pertinent to the Scott students and their families. Regina Public Schools has rolled out the PowerSchool Parent Portal for parents/guardians. The Portal allows you to check on your Scott student's marks and attendance any time you wish. Further details are available on the website.



Upcoming Dates for your Calendar

- Sept 10-14 Welcome Week
- Sept 18 Scott Community Council meeting
- Sept 25 Open House
- Oct 15 Report Cards
- Oct 17 Parent / Student / Teacher Goal Setting Conferences
- Oct 25 School Pictures

scottcollegiate.rbe.sk.ca

Scott Community Council (SCC)

The Scott Collegiate Community Council welcomes, staff, students and families back for another school year. We extend a warm welcome to families and staff who are new to our school. In 2012-13 the Scott Collegiate Community Council will continue to promote mutual understanding between the school and the community. This council will share responsibility for the learning success and well-being of all Scott students. The SCC will work on school planning and school improvements for the upcoming year. Please mark on your calendars the first SCC meeting: Tuesday, September 18 at 5 p.m.



Extra Curricular and Co-Curricular Activities

Opportunities for students to learn and practice new skills take place both inside and outside of the classroom. A very important part of our

school program includes extra and co-curricular activities available to students. Students are encouraged to get involved!

Wichitowin

Students attending Scott Collegiate are placed into an Advisory class. Advisory class allows both the student and the parents to build a relationship with their advisory

teacher. On Tuesday, September 4th, all students will spend the morning in Advisory. Regular timetabling will commence after lunch.

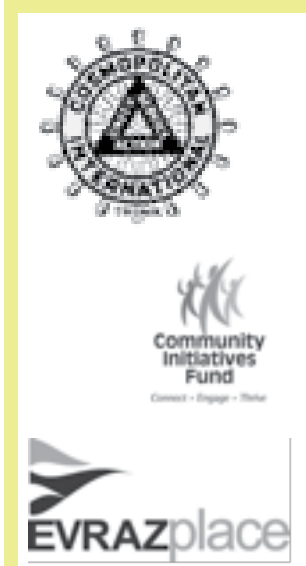
Timetables

If you require a timetable, or would like a timetable change, please contact the office at 523-3500 as soon as possible to schedule an appointment. Appointments will begin on Wednesday, August 29th.



The Bionic Bannock Boys
www.bionicbannockboys.com
entertained at the Albert Branch Library's **Community Bannock Bake-Off** held June 13. Bannock was the staple for many First Nation & Métis diets. Community judges determined the best bannock-makers:

- Special Bannock - Natalie Owl
- Baked Bannock - Hazel Bitternose
- Fried Bannock - Chantelle Wolf



North Central Health Fair and BBQ

Presented by the Regina Capital Cosmopolitan Club



Tuesday, August 21
Health Fair runs 10 am to 3 pm
BBQ runs 10 am to 4 pm



Join us for:

- A Diabetes Risk Assessment
- Experts on health and wellness
- Fun activities for the children
- Healthy BBQ

Brought to you by your community partners:
Four Directions Community Health Centre, REACH, Safeway, Canadian Diabetes Association, HELP, North Central Community Association and Regina Qu'Appelle Health Region-Aboriginal Home Health Care

MacKenzie Art Gallery – North Central Art Studio

by Leah Brodie

The MacKenzie Art Gallery has offered after-school art programs at Sacred Heart Community School for over 15 years. At one point a talented participant in the after-school program experienced difficulties, resulting in changing schools and leaving the art program. This incident inspired the MacKenzie to think about the difference that community-based art programming makes in the lives of youth in our community. In 2012, the MacKenzie expanded programming in North Central with the MacKenzie North Central Art Studio, creating more opportunities for creative expression and positive benefits for youth.

Providing art programs that nurture the creative spirit in youth provides an outlet for the expression of emotions and a forum for the exchange of ideas and inspiration. Creative expression can help a young person develop a deeper awareness of self, family, and community. It can also encourage a path to self-knowledge. These are helpful tools in a young person's discovery of how they fit in this world and how they choose to live as they approach adulthood.

To begin the process, the MacKenzie Gallery consulted with groups, organizations and schools. This resulted in partnerships with Sâkêwêwak Artist's Collective, the North Central Community Association (NCCA) and Regina Catholic and Public Schools. The



City of Regina and the NCCA identified available studio space in the Albert Scott Community Centre and recruitment for participants was organized by schools in the neighbourhood.

On Sunday, April 1, 2012, the program

kicked-off with the first Sunday Art Class. We were thrilled to have participants attend from five different schools. This graffiti-inspired art program ran for 12 weeks and included special workshops with graffiti artist Josh Goff. The highlight was our trip to Brandee's on 13th Avenue to see the new murals created for the Cathedral Village Arts Festival. During this trip participants also had the opportunity to paint on site with large canvasses and spray paint.

The program flew by too quickly – but the youth have expressed interest in coming back! We will start the Sunday Art Classes again in late August. The MacKenzie is also recruiting participants for a special legal-graffiti project which will involve painting neighbourhood murals.



This fall, in addition to the Sunday Art Classes, there will be art classes offered at four schools, and a Wednesday evening art class at the Albert Scott Community Centre.

If you see us making art in the neighbourhood this summer, stop by and say hello.

Coming Soon to a Neighbourhood Near You!

by Travis Neufeld

I am a Saskatchewan-based screenwriter/filmmaker and I'm currently in the research phase of writing a feature film set in North Central Regina. I'd like to learn more about your community.

Project Details

"North Central" is a feature film about the challenges, tragedies, and triumphs of Aboriginal youth growing up in North Central Regina. It is a right of passage story that examines the struggles and hardships of Aboriginal teens as they confront the negative and positive influences that impact them, and make critical decisions that will forever change their lives. It's about the enduring nature of friendship, the traumatic changes of "growing up," the realities of the streets, and the endeavor to find hope when the cards are stacked against you.

Project Goals

The goal of "North Central" is to provide the Aboriginal youth in Saskatchewan with a voice so that we can share their stories with the world. Our intention is to craft an authentic story that reflects the realities of urban life in North Central, including: poverty, addiction, crime, and



gang activity. We intend to provide a unique glimpse into a community seldom seen, or portrayed in the Canadian media or on the international stage. We see "North Central" as an opportunity to raise awareness for the issues that affect this community and to Aboriginal youth all across Canada.

What I'm Looking For

We are currently in the research phase of this project and are looking to hear any and all stories, perspectives, and opinions. Our intent is to capture the true spirit of North Central, and the authenticity of its people. We would like to collect stories of all kinds from all walks of life, perspectives on North Central's past & future, and opinions on today's aboriginal youth and the obstacles that face them. Moreover, we would like to hear first-hand accounts of growing up in North Central, what it's like to be a gang member, the hardships of addiction, tales of injustice, and stories of celebration.

Contact Information

You can contact me at travis@filmcoup.com (306) 351-7701



Nominate your favourite volunteer for:

- Volunteer of the year
- Youth Volunteer of the year
- Physically Active Volunteer Role model
- Volunteer Leadership Award
- Best Volunteer Community Group or Team

Nominees:

- Must not be paid for their service
- Must serve in the community of North Central
- Cannot be an employee or board member for NCCA, Four Directions Community Health Centre or All Nation's Hope.
- Preference will be given to those who live in the North Central neighbourhood
- Must be willing to participate in a role model poster campaign

For a nomination form:

Call: 791-9888 or drop by: North Central Community Association, 1264 Athol St.
Or email: projects@nccaregina.ca

DEADLINE: Application must be received by August 31, 2012

Last Great Garage Sale of the Summer!

All proceeds to

North Central Volunteer Awards

SATURDAY AUGUST 25th 10 a.m. ~ 3 p.m.

Concession Available

Albert-Scott Community Centre
1264 Athol St.

Life Under Construction

Be sure to watch the 2-part North Central documentary series airing on Saturdays, Aug. 25 and Sept. 1 entitled "Life Under Construction".

They will run Saturdays on CBC from 7:00 to 8:00 p.m.

The show follows a group of young people from the North Central area who are unemployed and trying to turn their lives around.

North Central, this is your moment. Don't miss it!

Explore Regina Fall 2012 For more information about upcoming free lectures at the **Regina Public Library**, phone 777-6011 or www.reginalibrary.ca/prairiehistoryblog Pre-registration is not required.

History of North Central Regina Guest Speaker: Jan Morier

Tuesday, October 9 6:30 to 8:30 p.m., RPL Film Theatre of Central Library (Lower Level)

North Central's rich history began in the late 19th century as an immigrant and working-class neighbourhood. Join Jan Morier as she lovingly recounts her community's history from the development of the Canadian Pacific Railway, the creation of housing for WWII veterans, and the increasing urban residency of First Nations and Métis people. She will also discuss the North Central Regina History Project, a website to promote the community's history and capture stories of well-known Regina individuals who come from the area.

SEARCH

Student Energy in Action for Regina Community Health

Saturdays 12:30 - 3:30 p.m.
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.

SEARCH will be closed for the month of August. Check out the September programming schedule and come visit us in the fall! Enjoy your summer!!

SEPTEMBER 2012 SCHEDULE	
September 8 WELCOME BACK BARBEQUE (12:30 - 3:30) Come and enjoy food and entertainment as we welcome you back to SEARCH after the summer!	September 15 <i>Still SEARCHing</i> (11:30 - 12:30) <i>What's The Buzz?</i> (1:00 - 1:45) <i>Women's Group</i> (1:45 - 2:45) <i>Crazy Circuits</i> (1:45 - 2:15) <i>Fun With Food</i> (2:15 - 3:00)
September 22 <i>Still SEARCHing</i> (11:30 - 12:30) <i>Storytime / entertainment with a local author</i> (1:00 - 3:30)	September 29 <i>Still SEARCHing</i> (11:30 - 12:30) <i>What's The Buzz?</i> (1:00 - 1:45) <i>Women's Group</i> (1:45 - 2:45) <i>Crazy Circuits</i> (1:45 - 2:15) <i>Fun With Food</i> (2:15 - 3:00)

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!	Still SEARCHing An addictions support group. Doors open at 11:30 a.m. for this program only.	Crazy Circuits Fun physical activities for children!	Fun with Food Join us to make yummy, healthy, and low-cost recipes!

Come join us on September 8th for our welcome back BBQ. Enjoy free food and entertainment!



FOOT CARE

Mission/Value Statement

North Central Community Health is dedicated to serving all persons equally. We provide quality, compassionate, and professional health care that is easily accessible and without discrimination to all members of the community that we serve.

We believe every individual has the right to quality health care that is respectful and considerate. We create an atmosphere that is safe, accessible, and free of discrimination. We are committed to provide the highest quality primary health services, delivered in a competent, caring, and culturally sensitive manner.

No person(s) in need of the services we provide will be turned away for any reason.

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

- 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

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

4th Annual Focus on Fathers' Baseball Game

Despite the inclement weather, **Four Directions Community Health Centre** held its 4th Annual Focus on Fathers' Baseball Game on June 20. We enjoyed our taco salad just before the rain started. Using our critical thinking abilities, we sought shelter beneath a couple of tarps. The game was called after the rain picked up and it started to hail. Thank you to all those that helped organize the event and to our sponsor, Arthur Woo from **Dewdney Avenue Drugs**.

The funds that Dewdney Avenue Drugs provided allowed our families to receive a special summer gift, which gave us all some sunshine on our rainy, cloudy day!

By providing our families with supplies for a variety of summer time activities, our fathers are better able to enhance their relationships with their children through play. Thank you Arthur, for helping us make a difference in our community!

New Tire Disposal Option for City of Regina Residents

The **Saskatchewan Scrap Tire Corporation (SSTC)** recently launched a pilot program that will provide Regina residents with a new option to recycle their scrap tires for free.

The "Return 2 Retailer" program, launched in May, will give Regina residents the opportunity to drop off rimless scrap car or truck tires (no more than 5), free of charge, at select tire retailers. Select tire retailers include Canadian Tire, Kal Tire, and Quality Tire – drop off your scrap tires at any of these retailers during normal business hours.

Up until now, there were no "free" scrap tire disposal options. Regina residents are encouraged to take advantage of this opportunity! For more information visit the SSTC's website at www.scraptire.sk.ca

Newo Yotina Friendship Centre is having an **Open House** on Aug. 14 from 10:00 am to 3:00 pm at their office 1650 Angus St.

First Nations Language Speaking Circle Wednesdays. until Aug. 29. 7:00 - 8:00 p.m. Regina Public Library, Albert Branch, 1401 Robinson St. 777-6076.

Language Circles are gatherings of language givers and learners that focus on the development of oral knowledge. The First Nations Language Speaking Circle focuses primarily on Cree and Ojibway, and occasionally on other First Nations languages. A fantastic opportunity for families and youth. All welcome, registration not required.

Scouts Canada St. Timothy's 49th Scouting Group Registration Night New Hope Lutheran Church – Avonhurst Location 3440 Avonhurst Drive Tues, Aug. 28th, 6:00 – 8:00 p.m. Phone: Janet - 543-7224 or Bev - 352-1016 Email: jfocht34@sasktel.net Early Bird Fees - \$180. After Sept. 15th - \$190. Fun, friendship and adventure for all boys and girls age 5 to 26.

Aboriginal Family Service Center Groups for Aug. & Sept. held at 1102 Angus St.

Parent Night - Wed. Aug. 8, 2012 & Wed. Sept. 12, 6 – 8 p.m.

Coffee Group - Wed. Aug. 15 & Wed. Sept 19 Time: 6 – 8 p.m.

Parent/ Child Night - Wed. Sept. 5 Time: 6 – 8 p.m.

PARENTING PROGRAM Sacred Children, Parenting September (TBA) Times: 1:00 – 3:00 p.m. For more info or to register contact Maddie at 525-4161.

All Nations Hope AIDS Network presents **Neckbone Festival!** Thurs, Aug. 16: 11:00- 4:00 p.m. 2735-5th Ave.

Indian Residential Schools Resolution Health Support Program: Deadline approaching for Independent Assessment Process (IAP) September 19/12

- Donate a pot or two and even enter a sampling of your culinary art of neck bone tasting contest! You can also donate bannock! There will be secret judges on site. Call Samantha 924-8424 ext 229 for more info.

- Bring your pamphlets and your agency calendar of upcoming events/programs! Donate a door prize for your agency for special draws!

- Entertainment and complimentary neckbones and bannock!

An opportunity to **NECKWORK** with other agencies as well!

Regina Transit Update In July bus passes changed to rolling-start-date passes. Purchase any time during a month and receive a full 31 days.

New pass activates the first time you scan your R-Card on the bus. Rolling-start-date applies to Adult, Youth, Post Secondary, Discount & Senior passes.

Discount Pass Update to August 20, 2012. Recipients must visit the Transit Information Centre (2124 11th Ave) to purchase their pass(es). Must provide proof that they are still receiving benefits under one of the five eligible programs.

Route 21 University Express The route 21 University Express service will resume on August 26. For more info call 777-7433 or visit Regina.ca.

6th Annual Teddy Bear Clinic

On August 20, Four Directions Community Health Centre is hosting their 6th Annual Teddy Bear Clinic. The purpose of this event is to provide community members with an opportunity to learn about services that promote health and safety in North Central Regina. We hope to educate the children and parents by having them visit with the community services providers and volunteers at the different interactive booths set up in the parking lot. Children are encouraged to bring along their favourite teddy bear or stuffed animal, and experience the services together. The event will be held on **August 20, from 1 – 3 p.m. at Four Directions Community Health Centre - 3510 5th Avenue**. Everyone is welcome!



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: SEPT. 14, 2012

Angels 4 Warmth in Regina and area is a registered non-profit group who make afghans, blankets, hats, mitts, sweaters, lap robes, etc. to donate to Regina agencies. We need people of all abilities to knit, crochet or quilt blankets or sew squares together.

Meetings: first Wednesday of each month, 2:00 p.m. Regina Village, 4550-10th Ave. If you would like to knit, crochet or quilt or to donate yarn or material, please contact Thelma 545-3270 or 692-4786.

Items may be dropped off at Lorne Drugs 2255 14th Ave.

Care & Share Seniors Lunch starts up again in September. Tuesdays at 11:45 a.m. Albert Scott Community Centre (1264 Athol St.)



"R" Healthy Food Store - Mondays ONLY 11 a.m. - 1 p.m. - 1264 Athol Street (Second floor)

North Central Community Clean Up Sunday, Oct. 14

Bennett Dunlop Ford is volunteering for their 3rd year! Come out and lend a hand!

Project People Friday Night Socials at IMCF. A sober get-together every Friday, 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 easy sober get-together. Play a game, watch a movie or just sit and chat. Every Friday 7:00 p.m.-11:00 p.m. Prayer Lodge - at 3137 Dewdney, next door to IMCF.

For information or to volunteer, call Lisa at 533-5117. Sorry no childcare available.

Soup and Bannock Wednesdays at IMCF 3131 Dewdney Ave, all welcome, \$2.00

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

NCCA's ANNUAL GENERAL MEETING, JUNE 18

Year in Review

Michael Parker Program Manager presented the year's activities on behalf of the NCCA Executive Director Rob Deglau. The membership is encouraged to obtain the Annual Report from the office to read an overview of the accomplishments of the previous year.

Elections

Board candidates were presented through their biographies. Having no nominations from the floor, the slate was approved as presented. Your NCCA Board of Directors Dianne Songer, Carol Kirk, Cari Vixamar, Denita Stonechild, Ken Watson and Sherri Maclean. Returning to the Board to complete their terms: Joely BigEagle, Georgina Magee, Cindy Tripps and Helmi Scott.

North Central Shared Facility

Members viewed a presentation by Allen Lefebvre, Project Coordinator for the Shared Facility who now has an office in Albert-Scott Community Centre. The organizations currently involved are a moving target, stakeholders have changed as the project has evolved over the years.

It started in 2003 as phase 1 through to the current phase 4 occurring between 2011 to 2015 for the Project Design and construction. Throughout, the community has been consulted, the work behind the scenes has continued with the major funders. As the ideas evolve, the original intent is intact and matches the NCCA 2020 Vision Statement of a safe and caring community. The goal of creating a new physical environment for integrated programming—a community of organizations—is the same. Scott Collegiate is adopting a 'learning across the community' model. Community Elders will be involved throughout.

Randy Fielding's original proposals are now under 100K square feet with a budget of \$35 million. The design has changed due to the cutback in funding. The building blocks of ownership, programming, operations, and design are being created. Scott Collegiate and Albert-Scott Community Centre will remain operational (functional) during construction. In the Fall of 2012 schematic designs will be shared with the community. Summer of 2013 construction will be tendered. The North Central Shared Facility will open in the fall of 2015 or winter of 2016.

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

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

Thanks to contributors to this issue:

Carla Beck Leah Brodie
Jan Morier Travis Neufeld
RAMP RFPS
RPL RQHR
Scott Collegiate SEARCH
Virginia Wilkinson 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
OCTOBER ISSUE
Sept 14, 2012

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



Mission Statement of
North Central
Community Association

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



www.nccaregina.ca

NCCA Board of Directors

Board of Directors

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

Join us for our 30th Anniversary
BBQ & Open House!!
Games, Entertainment & Food
977 McTavish Street
Saturday, September 15, 2012
From 11 a.m. to 3 p.m.

RSVP to Angela at 757-9743 by Sept. 5



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 Centre	525-4161
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
First Nations Employment Centre.....	924-1606
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
RASS	565-8889
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	359-0541
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	551-3366
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
SWAP.....	525-1722
Traditional Grandmothers' Guidance Centre	352-2241
Transitions to Trades	791-9530
YMCA of Regina	757-9622

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

Proud young women share their culture through dance and colourful regalia.



photos: Jan Morier



Regina Humane Society

The Animal Well-Fair

Join the Regina Humane Society for a jam-packed afternoon of **FREE** fun all about our furry friends! Learn about pet care and animal welfare, and join in the party!

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

Sunday, August 26, 2012
1:00 - 4:00 pm
Albert Scott Park



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

North Central Celebrating National Aboriginal Day in Grassick Park



Grand Entry



IMCF's Chimatawa Dancers

Back-to-School Registration is Here!

Registration Days for all students:
Monday, August 27 from 1-3:30 p.m.

or

Friday, August 31 from 10 a.m. to 3:30 p.m.

Students return September 4



Regina Catholic Schools

www.rcsd.ca

