

Blind Spot

WHAT HAPPENED TO CANADA'S

ABORIGINAL FATHERS?

by Miranda Hanus

What does it mean to be a father?

That may have been the question on the minds of audience that packed the Albert Scott Community Centre on the evening of January 12 for the premier screening of the CBC documentary "Blind Spot: What Happened to Canada's Aboriginal Fathers?"

There were also local celebrities in the room—the fathers featured in the documentary who were courageous enough to share their stories. Fathers like 15-year-old Tyson Kakakaway who is working hard to be a good parent to his young daughter Clara.

CBC reporter Geoff Leo produced Blind Spot and says he came up with the idea after covering numerous stories in North Central and realizing there weren't many male figures within the Aboriginal families he spoke with and interviewed. During his opening remarks, Leo said he was proud to invite the North Central community to share the screening with CBC.

Elder Norma Jean Bird opened the event with a blessing and says she felt joyful to see the room filled to capacity. "Seeing all the people here tonight makes my heart feel good," she said.

Bird says she knows that Aboriginal men have been forgotten. But is happy to see there is more help out there for them.

The film looked at young Aboriginal men, many who grew up without a father themselves, because their own parent was in jail, or suffering from addictions unable to deal with the pressures of supporting a family. Some men admitted to years of emptiness because of not having a father. Men have carried regrets of leaving their children to their deathbeds.

A discussion session followed the screening. Nick Helliwell is the men's pastor at Healing Hearts. Helliwell has been a guardian to 20 foster children and says the film stirred up a lot of feelings for him. He too admitted he needed to seek healing in his own life and find mentors who would be there for him. Helliwell says it's not just an Aboriginal problem but statistically speaking almost 70 percent of kids in North Central are being raised by their mothers alone. Helliwell says that men need to define themselves in a way that women never had. Unfortunately, men are drawn to the gangs because of this need for acceptance, self-esteem and belonging.

Historically, the roles of Aboriginal fathers were changed with colonization and the loss of traditional roles resulting from the reservation system, residential schools and the sixties scoop. The loss of family meant the loss of activities that brought honour and self-esteem for First Nations men.

First Nations people weren't allowed to leave the

reserves until the 1950s. Families migrated from their communities to urban centres looking for a better life and job opportunities. Unfortunately, many only discovered poverty, racism, and addictions. And more often than not, jail.

Another young man in the audience, Trevor, says his father was an abusive alcoholic. Trevor says he only heard his father tell him "I love you" once for the first and last time before his dad drank himself into a coma. Good memories of ones father are irreplaceable. Trevor says he wants start some support programs for fathers.

But healing is happening. Through programs at the Four Directions Community Health Centre, young families are finding the support their parents never had.

Elder Bird says, "Healing through balance is the only way we can change our communities. Every family has ups and downs and when we're down we need to pull each other up. That's what community is all about. We need everyone's support, including non-Aboriginal people."

A new generation of young men is taking on the challenge of changing this cycle of absent Aboriginal fathers. As Tyson Kakakaway expressed in the film "I'm going to prove all you guys wrong. You guys are going to see."



Tyson Kakakaway attended the premiere screening with girlfriend Kelsey Geddes and their daughter Clara Faith Geddes Kakakaway.



Featured Father Andrew Kinnewisse attended the screening with his family.

photos courtesy of CBC

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COMMUNITY YOUR VOICE *Voices*

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

Fellowship of the Ring by Miranda Hanus

Most kids who hear a bell think it means either recess or home time.

But for the kids with Lamb's Boxing, it also means a chance to spar in the ring.

Aaron Cross is the manager of Lamb's Boxing, a ministry of Youth for Christ. Cross is an experienced boxer and began training youth four years ago.

"Boxing is very exciting. It's an adrenaline rush to be in a boxing match and there's something appealing to that. But there's a lot of hard work behind it, a lot of working out and if you really get into it. Getting hit isn't enjoyable, so you have to have a real fighting spirit if you want to be a boxer."

He says most of the kids involved range in age from 10 to 20.

Cross says he wants kids to come out and belong to the community. He says he's worked with at least 30 kids who participate regularly.

Cross has also trained some champion boxers including Brody Pigeon who is competing at a senior level this year, including a national tournament.

Cross says the club is about physical fitness – including running. "Most clubs, the people that go to it, don't box. They just go there for the workout."

"A large portion of this is to keep kids fit, keep kids away from drugs and alcohol and tell them the story that I have and direct them towards Jesus."

Cross says he was a drug addict and alcoholic until Jesus came into his life.

"Addiction is very, very difficult and a lot of people want to get away from it, but struggle and go through a hard time. Some people want to stay in their addiction. But it really depends on the heart of the person," says Cross.

He adds that one of the great things about boxing clubs is that you don't need much to participate, just a pair of runners. The club provides the boxing gloves.



photo by Miranda Hanus



photo by Aaron Cross



Melvin Dreaver, Aaron Cross, Dawson, Elijah Poitras, Skyler, Cody
photo by Miranda Hanus

Cross also says kids are picked up and given free rides to and from the club – making it harder to say no to participating.

"Boxing clubs have always been the staple of poor countries and poor communities because they're very cost-efficient."

Cross adds that the club is about more than just boxing and kids can join for different reasons. "We do have some arts and crafts, as well as a separate sports night for people who aren't so interested in boxing."

Cross says the club's newest program—Heroes—is about building character and making healthy life choices.

You could say it's about fellowship inside and outside the ring.

For more info, please call 347-1900 or check out their website at www.yfcregina.com



photo by Miranda Hanus



PharmaChoice
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MON - FRI: 9-6; SAT: 9-4
10% Seniors Discount
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MGR. MEGAN ZMETANA, BSP

Advice for Life



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.

The Resolution Health Support Worker Program

RAMP in partnership with Health Canada has offered the Resolution Health Support program since September, 2010 and has provided emotional and cultural support to former Indian Residential School students and their families. These services are offered before, during and after the claims process. Referrals to other agencies, professionals and transportation support are also offered.

Emotional and cultural supports are offered by an Elder and two staff to assist individuals and families through each step of the way in an environment of comfort, respect and confidentiality.

Each claimant and their families are very important and will be supported and assisted in a professional manner and given priority to ensure the best quality of support is in their best interests.

If you are a former Indian Residential School student who is in the process of making a claim then you and your family members are eligible for these services.

Please contact us at:

1 First Nations Way, Regina SK
Room 0127

(306) 751-2345/570-4610
James Desjarlais

(306) 751-2346/570-4620
Rhonda Anderson

Or at the RAMP office

(306)352-5424
rhswpcoordinator@gmail.com
rhsworkerrhonda@gmail.com

Residential School Health Support Program (RAMP) Presents

Community Information Meeting for any new claimants who would like to apply for the IAP (Independent Assessment Process) or require legal advice, form filling, set up referral for counselling or therapist or Elder. We would also like to extend a welcome to former claimants who went through the hearings and are in need of further support.

Thursday, February 16, 2012

8 a.m. - 4 p.m.

Best Western Seven Oaks
777 Albert Street
Regina, Saskatchewan

For more information please contact:
James or Rhonda (306) 352-5424

Rhonda Anderson James Desjarlais

We started working for RAMP as Resolution Health Support Workers in early November 2011. We attend hearings with claimants who need support as they are going through the process of sharing their experiences of being in the residential school. We offer frontline emotional, cultural, and referral services to agencies, government departments and professional counselling, or Elder services to claimants and their families.

www.rampinc.ca



The Regina Alternative Measures Program hosted the 7th Bi-annual Youth and Elder Symposium on November 16, 2011. The theme for the event was "Education through Justice/Justice through Education". The event was well attended by youth from various schools throughout the city and Elders from surrounding areas.

SERVICES

Emotional Support: Provide front-line support to eligible former Indian Residential School students and their families when and where required in all phases of the IRS Settlement Agreement.

Cultural Support: Provided by Elders to eligible former Indian residential school students and their families before, during and after the process of resolving an IRS claim or applying for the Common Experience Payment (CEP), as well as participation in the Truth and Reconciliation events.

Transportation: To access counselling and/or Elder's services not available in the home community. This service is coordinated by the IRS Resolution Health Support Program Regional Coordinator.

Appeals: If your request for services is denied, you have the right to appeal the decision. There are three levels of appeal, each of which has to be initiated by the person whose request was denied. Further information on the appeal process is available by contacting the IRS - Resolution Health Support (RHS) Program Regional Coordinator.

Counselling: Is coordinated by the IRS-RHS Program Regional Coordinator and service is delivered by Health Canada registered service providers.

Referrals: Adjudicator Secretariat, Law Society, Service Canada, medical professionals, Form filler, IAP information line, CEP Response Centre, Settlement Agreement information line, community-based program, INAC-Estates, and others.

The deadline for applying for the Common Experience Payment was September 19, 2011.

Important Notice: The Common Experience Payment application deadline has passed. Late applications will be accepted until September 19, 2012 in cases of disability, undue hardship and exceptional circumstances, and must include a written reason for the delay in application.

The Common Experience Payment (CEP) is one element of the Indian Residential Schools Settlement Agreement. The court-approved Settlement Agreement was implemented on September 19, 2007, and was negotiated by representatives from various Aboriginal organizations, church entities, legal representatives for former students, and the Government of Canada. The CEP is paid to eligible former students who resided at a listed Indian Residential School. Eligible former students receive \$10,000 for their first year (or part thereof) of their attendance at a listed Indian Residential School plus \$3,000 for each additional year (or part thereof).

The deadline for applying for the Independent Assessment Process is September 19, 2012.

The Independent Assessment Process (IAP) is a claimant-centred, non-adversarial, out-of-court process for the resolution of claims of sexual abuse, serious physical abuse, and other wrongful acts suffered at Indian Residential Schools (IRS).

The IAP is one element of the Indian Residential Schools Settlement Agreement, which is the largest class action settlement in Canadian history and aims to bring a fair and lasting resolution of the legacy of residential schools. The court-approved Settlement Agreement was negotiated by representatives from various Aboriginal organizations, church representatives, legal representatives for former students, and the Government of Canada.

1-866-250-1529

Or visit the Health Canada website:
www.healthcanada.gc.ca/irs

A crisis line is available to provide immediate emotional assistance and can be reached 24 hours a day, seven days a week: 1-866-925-4419.

Daniel Ish sends a warning to lawyers dealing with First Nation Residential School Survivors

Lawyers are warned they must tread carefully when acting on behalf of First Nation residential school survivors and not take advantage of vulnerable clients, Daniel Ish, the Chief Adjudicator for the Independent Assessment Process, has warned.

"Claimants are vulnerable people", Ish said days after the B.C. Supreme Court ordered an investigation into the Calgary Law firm of Blott & Company, for allegedly mishandling compensation awards of some IAP Claimants.

From Kim Pemberton, Postmedia News
"Lawyers for residential schools must 'tread carefully,' adjudicator warns, *Vancouver Sun*, Wednesday, November 16, 2011.

Blind Spot



People were turned away from the filled-to-capacity space at Albert Scott Community Centre on January 12

Thank You from CBC Saskatchewan

20 January, 2012

On behalf of CBC Saskatchewan, thank you for attending the screening of *BLIND SPOT* last week. The level of community interest this garnered exceeded all expectations, and the turnout was overwhelming. Though we were certainly pleased with the attendance, the Albert-Scott hall quickly reached maximum capacity, and we regret having to turn people away. We are pleased to inform you that the documentary can now be viewed online at our website www.cbc.ca/sask under the Features section, or by visiting: <http://bit.ly/ACUzuQ>.

The positive response from the audience by email, social media and in person at the screening was remarkable. The *Globe and Mail* called it a "powerful film" and the *Regina Leader-Post* hailed it as "brilliant journalism". The links to the articles are below.

The *Globe and Mail*:
<http://bit.ly/wmT6eb>
Leader-Post:
www.leaderpost.com/news/Blind+Spot+need/5988680/story.html
Leader-Post:
www.leaderpost.com/life/Blind+Spot+uncovered/5976856/story.html

Geoff Leo CBC Producer of *Blind Spot - What Happened to Canada's Aboriginal Fathers?*



photos courtesy of CBC

If you require a DVD copy for professional or educational purposes, please email Lauren Jelinski at Lauren.Jelinski@cbc.ca

From all of us at CBC Saskatchewan, thanks again for making the effort to attend the event and support our programming.

Sincerely,
 John Agnew, Managing Director
 Paul Dederick, Managing Editor
 Geoff Leo, Producer, *Blind Spot*
 Kerry Fraser, Manager of Communications and Partnerships
 Diane Adams, Associate Producer
 CBC Saskatchewan

"Fathers may well be the greatest untapped resource in the lives of Aboriginal children."

Grand Chief Edward John,
 Hereditary Chief Tl'azt'en Nation

Regina Trades & Skills Construction Apprenticeship Program TASCAP and Habitat for Humanity

This program engages Grade 11 and 12 learners in all aspects of the residential housing industry. The end result is a new home for a deserving family in the Regina community. Participants work with a qualified instructor in all aspects of the construction trades, working from the foundation up.

Congratulations to the students and their supervisors and instructors.



The North Central Community Gardens Garnet Street plot in full bloom in 2008. The Community Garden volunteers are thrilled with the outcome and we were proud to have tended the plot until the home was built.



The once vacant plot on the 13-block Garnet is now a new home for a deserving Regina Family! Vegetable beds to People beds! A happy ending!

photos by Jan Morier

ADVERTISE
 in the North Central
 Community Connection

editor@
nccaregina.ca
 or call 791-9888

deadline for APRIL issue - Mar 9





**Regina
Humane
Society**

Cold Weather Pet Care

information courtesy of Regina Humane Society
web site www.reginahumanesociety.ca

With the winter months upon us, you'll find your pet needs a little extra care from you. Here are some points to remember during the upcoming months:

- Cats and dogs need protection from wet and cold, whether they get it inside your house or inside their own. Cats should be kept inside as well as young puppies, very old dogs and small or short-haired dogs. Many people still do not realize that adequate shelter is a requirement within the Animal Protection Act. If you have a winter tolerant breed and must keep the dog outdoors, an outdoor dog needs a dry, insulated, elevated dog house with clean, dry bedding and a flap over the opening to keep drafts out. Straw is an excellent bedding material. Blankets and carpet are not suitable.
- A bowl of frozen water can't help a thirsty pet. Check outdoor water bowls often when it's below freezing, and break the ice or refill with water as

necessary. Snow is NOT an adequate substitute.

- If your dog is outdoors a lot in the winter, he/she will need more calories to produce body heat, so increase the amount you feed him or her by 20 to 30 percent.
- Chemicals used to melt snow on sidewalks can irritate or burn the pads of pets' feet. Wipe them with a damp cloth before your pet licks them and burns its mouth. Also remember to remove the ice between his/her paw pads when your dog comes back from his walk.
- **THINK AND THUD!** Cats may crawl up under your car seeking shelter and warmth near the engine. They may get caught in the fan and seriously injured when the engine starts. Open the hood of your car, honk your horn a few times, or slap the hood noisily with your hand before starting the engine on cold days to startle any animal sleeping there.

- Antifreeze tastes good to pets, but it is a deadly poison. The most likely source of antifreeze is spilled or leaking from your car in your garage or on your driveway. Even the smallest puddle must be flushed with water and cleaned immediately. Antifreeze should be stored or disposed of in sealed containers well out of reach of children and animals. It takes less than a teaspoonful to kill a cat. Symptoms of antifreeze poisoning include staggering, lethargy and obvious signs that the animal is in pain. Pets with suspected antifreeze poisoning should be rushed to a veterinarian **IMMEDIATELY** as it runs its course very quickly. Jaundicing in the animal is a sure sign death is not far away.

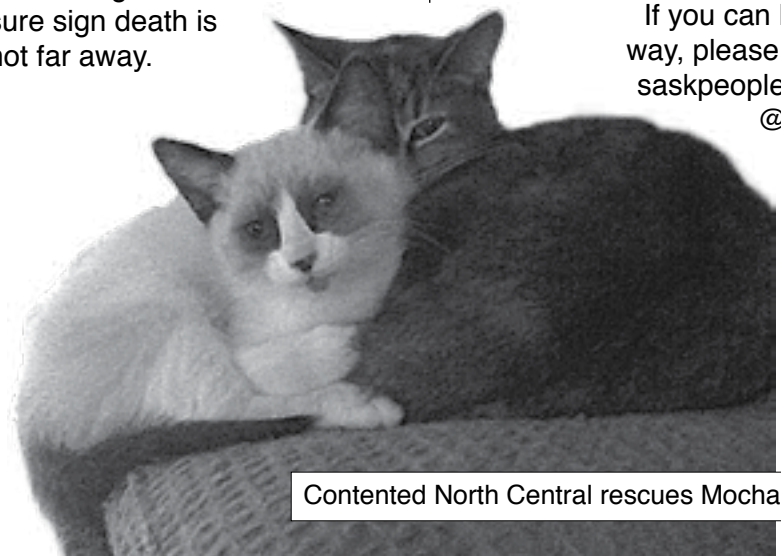
The Regina Humane Society is on call 24-hours a day ready to respond to emergency situations. If you know of an animal in distress for any reason, please call 777-7700 immediately. Your call could save a life.



As a volunteer, non-profit organization, we can always use your help!

- We need donations of money, food, feline vaccines, and other supplies.
- We need people to open up their homes and their hearts, and adopt one of our wonderful rescued animals.
- We need more foster homes, to temporarily shelter all of these refugees from the streets.
- We need more volunteers to assist with fundraising, pet rescue, feral team, driving, and many more roles.

If you can help in any way, please contact us
saskpeopleforanimals@gmail.com



Contented North Central rescues Mocha and Topaz

School Report Card

by Carla Beck

Happy New Year to everyone in North Central. I hope that the year has been good to you so far.



As trustees on the Regina Public School Board, we are heading into the home stretch of what has been for most of us our first term as trustees. It promises to be eventful.

This fall, we welcomed new director Julie McRae to Regina Public Schools. Julie came to us from Abbotsford, BC where she was the superintendent. Julie has been kept very busy since. She has made a great effort to get out to schools and to meet students, staff, and community members alike. If you see Julie out and about be sure to stop and welcome her to Saskatchewan.

Trustees have also been kept busy this year. This past fall, Haultain and Dieppe schools were cited for closure. This triggered a three month community consultation process that ended January 10 with a 5-3 vote to close Dieppe School and a 5-2 vote to close

Haultain. Both schools will close their doors for the last time at the end of this school year.

I voted against both closures. There were several factors in my vote. First, was the fact that

Regina Public Schools is forecast to have 4200 more students in 2018 than were originally forecast in the original 10-year Renewal Plan (2007). Since the plan was revealed, we have closed 6 elementary schools and 1 high school. An ever-increasing number of schools are projected to be above the 400 student level. I believe that there is little extra room left in our elementary system especially given the rate at which Regina continues to grow.

Another factor in my decision was the uncertainty around funding for schools. School Boards in Saskatchewan have been under a temporary funding model since 2009 when the Province took away the ability of School Boards to set raise additional money through taxation. The new funding model is set to be revealed this spring and the funding model for buildings (capital) will come

sometime after that. I felt that this information was important to have in hand before we closed more schools.

That said, the decision of the majority of the Board was in favour of closure and now the process to ensure a smooth as possible transition for students, staff, and families will get underway. This will be a main focus for the Board, administration and school communities.

A button I recently received states "If you think education is expensive, try ignorance". I couldn't agree more. Money we invest in children's education improves their lives and comes back to us many times over in terms of savings in health, social services, and corrections. We don't need more prisons. We need affordable housing and school funding. We need a vision that extends generations into the future. It is my sincere hope that all levels of government will work with communities to provide our children with what they deserve and require in order to thrive and meet the challenges of tomorrow.

I truly enjoyed getting out to all of the elementary schools

in Subdivision 5 prior to the Christmas break. I love to see the good work being done in our schools and meet the people, big and small, who make them great places to be. I hope to see more of all you this year.

Also upcoming this year, I am pleased to announce some news regarding the Herchmer/Wascana rebuild. It seems that Regina Public Schools will soon be in a position to hold a sod-turning at the old Herchmer site. This is exciting news and we need your ideas about what to name the new school! Do you have an idea for the name of the new Wascana/Herchmer school? Details about how to get your ideas to us will be coming soon to a paper near you (this one included).

As always I welcome and seek your ideas, questions, and comments regarding my work as a trustee and the work of the Board of Education.

Wishing you all good things in 2012.

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

Valentine's Day Remembrance: Honouring their Lives

A gathering to remember those we have lost due to tragedy.

February 14
11:30 - 1:00

Outdoors behind the
Territorial Building
3304 Dewdney Ave.
Dewdney Ave and Montague St.

For more information contact the
North Central Community Association
office ph: 791-9888

In the fall of 2009, the City of Regina recommended that the park on 3300 Block Dewdney Avenue be called Angel Square.

This was to show support for the Iqaluit, Nunavut Angel Street Project to have all Canadian cities designate a street to commemorate the victims of violence and bring attention to the issue of family violence. It is also a reminder that there are safe places in Regina to seek support.

The Territorial Building connects the community to Northern Canada and Iqaluit as well as being a heritage property.

The park is also home to an outdoor swimming pool and play structure that is used by families and children.

The park was designated Angel Square during the YWCA Week without Violence in October, 2009.

Discover the Difference!

All Grade 8 students and their parents/ guardians are invited to join us at any Regina Public high school open house!

Discover the difference a Regina Public high school can make!

- Explore unparalleled choices and opportunities.
- Ask questions. See the classrooms, labs and shops.
- Visit the arts and sports facilities.
- Get the information you need on academic and extra-curricular programming.
- Experience the best school spirit anywhere!

Scott Collegiate Open House
Tuesday, February 14th 6:30 p.m.
Open House / Registration
Information Night



Angel Square

"Where I'm From"

by Keena Aisaican Checkosis

I am from the couch, from Febreeze
and grandma's bingo dabbers

I am from the warmth and security of my home

I am from the blue rose, the petal's divine colours

I am from sundances and long black hair,
from Linda Aisaican and Mervin Sr. of the Checkosis side.

I am from Pepsi and Cola

From "Don't put that in your mouth!", and "Go apologize please."

I am from the long round dance nights

From Wolseley, Saskatchewan, grapes and apple pies

From the generation of strong twin genes and grandma's twin

I am from the early morning sunrise



Poetic Response to "The Lovers"

by René Magritte

by Keena Aisaican Checkosis

The non-infatuated scene of love,
The gloom of the daylight on the grassy hills
and evergreen trees,

It is so loving yet so depressing.

The green eerie feeling of death,

Breezing through the wind,

Mystery is like motionless silence,

Silence fills the air as a wolf's growl fills the night,

The scene is silent like a secret spot,

The mystery from misery

of missing his mother.

The silent groan of a broken heart echoes

The heart is as strong as a child's mind

Message from the Office

January and February are months filled with learning opportunities for both parents and students. Staff and students are working together to meet the learning indicators, outcomes and goals set at the beginning of each semester. As each day and month passes, our staff members work to ensure that every student is receiving a quality education.



Nancy Buisson
Principal

This month the boys' basketball team is playing their regular season games and our students have displayed wonderful sportsmanship and dedication to their skill attainment in all their endeavours – basketball included.

The School Community Council organized a wonderful event in January. The annual **Feast and Round Dance** occurred with many community members and families attending. We look forward to other opportunities to build our school community.

This month marks the twenty-fifth consecutive year that the province has celebrated **Teacher and Staff Appreciation Week**. February 13th to 17th provides us with an

opportunity to acknowledge the hard work and dedication of our teachers and support staff across the province. Scott Collegiate staff plays a big role in helping students learn, grow, and develop the skills they need to become active members of society. We are grateful to have such a dedicated group of individuals working with our students.



Mike Tomchuk
Vice-principal

On February 20th there will be no school for students and staff as we are on break for the family day holiday. The school will remain closed from the 21st to the 24th for a system wide mid-winter break. There will also be no school on March 8th and 9th. March 8th is the regularly scheduled Professional Development Day for teachers; on the 9th of March teachers will be attending the annual teachers' convention. This is an opportunity for teachers from across the city to meet, discuss and learn new strategies and methods to better teach your sons and daughters. Our teachers are wonderful role models who strive to be lifelong learners. As always, we at Scott Collegiate strive to instill a love of learning through our staff loving learning.

Have a great February!

Important Dates at SCOTT COLLEGIATE

- February 14th** Open House/Registration/ Information Night for G. 8 students, parents 6:30 p.m.
- February 20th** Family Day; no school for students
- February 21st to 24th** School Closed, system-wide mid-winter break
- March 8th & 9th** School closed, Teachers' Day, Annual Teachers' Convention



The Native in the Wind
by Mathew Desrochers

The native on the cliff with the cold winter wind blowing his hair.
And his cloak is swaying with the wind.
The sun behind a thick wall of clouds.
A single dove trying to beat the howling winter wind.
The wind whispering to the ground.
This may be the best of times but also this
May be the worst of times.

Where I am From
by Mathew Desrochers

I am from apples, and bananas and pears.
I am from the bed
I am from the soil, the earth.
I am from snowfall and stars, from Cory and Nicole and Rick.
I am from the trees and the leaves.
From the womb and highchairs.
I am part French and part Cree.
I'm from France, and peas.
From the sunshine, the daylight, and the prairie sky.
I am from lightning.



Here is a project by Keena Aisaican Checkosis. The other girl pictured is Feona Fourhorns.
Keena's artwork is based on "The Lovers" by René Magritte

This a project completed by Mathew Desrochers. The other student pictured is Nigel Kaisawatum.
Mathew's artwork is called "Winter" by NC Wyeth

JASON BIRD

by Ntawnis Piapot

DOB: March, 1975

Occupation: University of Regina:
Student Recruitment, Career Services
and Academic Advising

Heritage: First Nation – Saulteaux / Cree

Date Immigrated: 1991 from

Peepeekisis First Nation

Resident of North Central: 14 years



Photo courtesy of Jason Bird

Jason Bird is a Cree-Saulteaux from the Peepeekisis First Nation, where he lived for twelve years before moving to the North Central neighbourhood in 1987. He attended Sacred Heart elementary school and graduated from Scott Collegiate.

He has lived in the North Central neighbourhood for fourteen years. Of living in the neighbourhood Jason says, "I really enjoyed the community feeling that was there. Everybody knows everybody and is willing to help one another out." Jason applies this communal feeling he received from the North Central neighbourhood and applies it to the work place as an Academic Advisor at the University of Regina, where he has worked in Student Recruitment and Career Services for the past six years. "My goal is to always support and encourage people to continue down the path that makes their lives better. I understand how tough it is to make it out and to continue to thrive with the many problems we all face in life. My goal is to always stand by the side of fellow people from North Central and encourage them in tough times and celebrate their accomplishments."



Shaen Herodier, 2011

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

"We are Helpers Foundation" STEAK NIGHT

Saturday, February 25, 2012

5:00pm until 10:00pm

Wiichihiwayshinawn Foundation "We are Helpers" is raising funds to put together our 1st Annual Métis Awards Show to be held on Saturday, October 20, 2012 located at the Regina Inn.

\$20 per ticket includes an 8-oz steak, baked potato, salad and a beverage of your choice. Raffle and 50/50 draw.

****must be 19 years old to attend****

For Steak Night tickets and more information on either event, please call Jen McGillis at 530-3409.

MERCHANDISE BINGO

Hosted by: Wiichihiwayshinawn Foundation Inc.

Saturday, March 31, 2012

1:00 p.m. until 4:00 p.m.

Albert-Scott Neighbourhood Centre
1264 Athol St, Regina, SK

Merchandise BINGO to raise funds for our Children's Christmas Party.

Tickets will be sold for \$0.25 each or a bundle of 20 cards for \$5.00.

Jackpot Cards will be sold for \$20 each.

There will also be a canteen. Please invite everyone and come out and support us!!

****cards can be purchased in advance****

WIICHIHIWAYSHINAWN

**We Are Helpers
FOUNDATION**



Wiichihiwayshinawn Foundation Inc. is a non-profit and charitable Corporation created to give back to the community of Regina and Southern Saskatchewan. Wiichihiwayshinawn received its Michif name in December 2011 from a Métis Knowledge Keeper.

Wiichihiwayshinawn came to be by the vision of three Métis women who are dedicated to giving the much needed and long overdue recognition to those Métis people who have advanced the culture, traditions and values of the Métis nation.

www.wearehelpers.org/

Organized in December 2011, the Wiichihiwayshinawn Foundation is a charitable organization supported by the generous volunteering spirit of our members.

The Foundation is independent, self-governing and consensual in its decision-making approach.

We will seek guidance from our knowledge keepers to work to build community amongst urbanized Métis women and their families in Regina and Southern Saskatchewan.

To acknowledge Métis Achievement.

To provide educational workshops to Métis Families.

To preserve Métis culture and traditions.

To empower Métis women and their families.

To develop a foundation

To develop a scholarship

To build community partnerships and networks within Regina and Southern Saskatchewan

To identify issues impacting Métis women

We are starting to organize categories for the 1st Annual Métis Awards for Saturday, October 20, 2012 to be held at the Regina Inn. So far we have come up with 20 award categories which are:

- 1) Justice
- 2) Community Work/Development
- 3) Science & Technology
- 4) Medicine
- 5) Life Time Achievement Award
- 6) Journalism
- 7) Youth Award (under 25 years old)
- 8) Health
- 9) Visual Art Award
- 10) Sports & Recreation
- 11) Performing Artist
- 12) Business
- 13) Social Development
- 14) Knowledge Keeper (Elder)
- 15) Education
- 16) Métis Spirit Award
- 17) Veteran
- 18) Culture
- 19) Portrait of Honour
- 20) Business

SEARCH

Student Energy in Action for Regina Community Health

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

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

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

Childcare provided for guests during the shift.

Free food served every shift.

Free programs for all ages.

FEBRUARY 4	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15
FEBRUARY 11	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15
FEBRUARY 18	CLOSED				
FEBRUARY 25	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15

- Fun with Food: Join us to make yummy, healthy, and low-cost recipes
- Crazy Circuits: Fun physical activity program for children.
- Women’s Group: A holistic support group for women to self-explore and empower themselves.
- What’s the Buzz? Surprise topic each week!



MARCH 3	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15
MARCH 10	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15
MARCH 17	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15
MARCH 24	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15
MARCH 31	Still SEARCHing: Support Group 11:30-12:30	Fun with Food 1:00-1:45	Crazy Circuits 1:45-2:45	Women’s Goup 1:45-2:45	What’s the Buzz? 2:45-3:15

- Fun with Food: Join us to make yummy, healthy, and low-cost recipes.
- Crazy Circuits: Fun physical activity program for children.
- Women’s Group: A holistic support group for women to self-explore and empower themselves.
- What’s the Buzz? Surprise topic each week!



Atoskata Alley Litter Pick-up Contract

Interesting info!

The number of Service Requests that Atoskata responded to in 2010 and 2011 raised by Councillor Bryce at the last City Council Meeting.

In 2010 Atoskata responded to 1589 service requests and in 2011 they responded to 1010. These requests are in addition to the proactive patrolling of Zones 1 & 2. The perimeters of these zones are from Park Street to Lewvan Drive from College Ave. to 1st Avenue. The volume of alley litter that is removed by this program is approximately equal to the playing surface of Mosaic Stadium stacked 8 feet high on a yearly basis.

Chris Holden, Director
Community Services Department
Community Planning and
Development Division

P: 306.777.7173
E: cholden@regina.ca
www.regina.ca

The **New Yotina Frienship Centre** would like to thank **Geraldine Henderson** for her generosity of providing a hot meal to the frienship centre members on Tuesday, Jan. 17.

She made a turkey meal and served over 25 individuals on one of the coldest days of the year. A bouquet of thanks to Gerladine for her heartfelt kindness.

Geraldine is Senior - Elder from the Peepeekisis First Nation. She has been a long-time resident of Regina since 1998.

Ekosi - Denita Stonechild

The **Albert Library Committee** is fundraising to send inner city youth to a cultural day camp in July. A day trip to Wanuskewin Heritage Park will provide an opportunity for youth to experience First Nation culture through hands-on demonstrations, traditional cuisine, art galleries and indoor and outdoor activities. Wanuskewin Heritage Park is a Northern Plains Indians cultural interpretive centre located 5 km north of Saskatoon.

Support a Steak Nite Fundraiser. Please encourage your family and friends to attend. The event will include a silent auction and 50/50 draw.

WHEN: Wed. Feb. 29 at The Hub (east Regina)

COST: \$20

MEAL: Steak sandwich, choice of salad, baked potato and drink (beer/highball/pop/coffee/tea) We look forward to a successful fundraiser with your help.

Letter to the Editor

Tamara Harder

Every day I get up and walk one block to the bus stop to go to school or 3 blocks to work. I am lucky that I live in a neighbourhood where the bus stop is so close to my house, and I have a job that is within walking distance. In the spring, summer, and autumn I love my morning walks. Unfortunately in the winter they are scary and dangerous. Is it because I am walking before the sun has come up so it is dark? No. Is it because of the bitter cold Saskatchewan has experienced with temperatures dipping to -40° C? Maybe, but that's not the real worry. I walk cautiously, scared for my safety, in the winter because sidewalks and streets are covered in ice and snow!

Sure, we live in Saskatchewan and we should expect cold temperatures and falling snow. And I do. What I can't accept is the number of people who leave that snow on their sidewalks and think that "spring" is an effective snow removal plan. Let me tell you, it's not! In early January we were lucky to have warm temperatures hovering around 0° C. It even almost felt like

March or April. Unfortunately that left lots of sidewalks covered in water, which then froze and turned to ice. There is no reason the water, snow and slush could not have been cleaned up when the temperatures were above zero. Don't get me wrong, I know some people are working during the day (or in the evenings) but it shouldn't take more than 15 to 20 minutes to get the snow cleared, in many cases even less. There are some people who are unable to shovel snow. That's where programs like Hire a Neighbour come in. The North Central Community Association facilitates hiring people within the neighbourhood to do odd jobs like shoveling snow. (To get more Hire-a-Neighbour information please call NCCA at 791-9888.)

It's not just friends and neighbours who walk on your sidewalks every day, but also people doing their jobs like meter readers, letter carriers and emergency service personnel. Those people have agreed to work in all types of weather conditions sometimes walking for hours a day and they deserve to

have SAFE working conditions. When sidewalks are not cleared of snow and ice the job is no longer safe and it is possible your letter carrier will not deliver your mail. It might be nice to not get bills delivered for a while, but I sure would hate to miss out on a birthday card and cheque from my grandma!

Some days it's hard to want to get out and clear the snow. On the mornings when it was -43° C with the wind it would have been easy to say "I'll shovel in a couple of days when the weather warms up". Unfortunately that would have made the walk for everyone going to the bus that much harder on an already cold day for them. It only took a few minutes, and the shovelling actually warmed me up and made the frigid temperatures just a little bit more bearable. There is no city bylaw that will fine you for not clearing your sidewalk, but as a sign of respect for your neighbours, and the people who work in your neighbourhood, please get out and start shovelling.

North Central Community Connection welcomes your letters. Please send your opinions to editor@nccaregina.ca or mail to Editor NCCA 1264 Athol St. Regina SK S4T 7V3

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

Deadline for April issue: MARCH. 9, 2012

Community Calendar

FEBRUARY 14



Enjoy Fiddle Music?
Want to help North Central kids?

Benefit Concert for North Central Kids Music
Proceeds go to music lessons for North Central kids.

Thurs, March 1, 7:30 p.m.
Performances by

- North Central kids
- Athol Jam
- Guest Artists - TBA

at The Exchange (2431 8th Ave.)
Phone: 545-3737

Coach Brandon Brooks Sr. would like to congratulate **Myles Ledesma, North Central Laker Football Alumni**, on being selected to go to Rams Spring Camp. From all the Lakers we wish him the best.

Creative Connections Adult Art Program Create beautiful art and make new friends. Open to everyone 13 years and older living with a disability.

Albert Scott Community Centre
1264 Athol Street
Mondays 1:30 - 3:30 p.m. and
Fridays 10:00 a.m. - 12:00 noon

Albert Library
Wednesdays 1:30 - 3:30 p.m.

Will be running until the end of
February, 2012
Info: 791-9888

Kitchen Help Needed for Kitchener Community School's Nutrition Program

Hours of volunteering: 9:00 -11:30 a.m. or 12:30 - 2:30 p.m.

Must be: reliable and dependable, available to work school days, Monday to Friday, physically fit and able to lift, able to take instruction and work independently.

A Criminal Record Check is mandatory and is free of charge for all volunteers. There is the possibility of future employment with the Regina

Care & Share Seniors Lunch

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

"R" Healthy Food Store -

Mondays ONLY 11 a.m. - 1 p.m. - 1264 Athol Street (Second floor)

Tired of talking about what is wrong in life? **The Good Life** Let's get together to talk about making positive changes, what is working, building on the positives! Fridays, January 27, February 24 & March 30 - 1:00 to 3:00 p.m. Four Directions Community Health Centre (Regina Qu'Appelle Health Region) 3510 5th Avenue

Public School Board as a sub, for volunteers who learn quickly, and enjoy cooking and working in a kitchen environment.

Please contact Sandi McKenzie at Kitchener Community School by phone - 791-8522 or 791-8516 or in person during school hours 9 a.m. to 3:30 p.m.

Sandi McKenzie
Nutrition Co-ordinator
Kitchener Community School



2012 INTER-AGENCY

Chili Cook Off

WEDNESDAY, FEBRUARY 15
~ HIGH NOON ~
Indian Métis
Christian Fellowship
3131 Dewdney Ave.

2011 Inter-Agency Chili Cook Off
Champs: Albert Branch Library
Will they win again?
Who will beat them?
Who has the HEAT?
Who has the HEART?



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

Lunch: \$5.
Donations over \$20.00 will be
issued a tax deductible receipt

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

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

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Ntawnis Piapot RAMP
Regina Humane Society
Regina Trades & Skills
SEARCH Scott Collegiate
Valerie Skiba

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

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

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

**DEADLINE for
APRIL ISSUE
March 9, 2012**

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



Mission Statement of
North Central
Community Association

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



NCCA Board of Directors

- Board of Directors**
Joely BigEagle
Rosalind Caldwell
Shannon Cattell
Georgina Magee
Camillia Fraser Rus
Helmi Scott
Dianne Songer
Cindy Tripps
Ken Watson

Tom Wright.....Past President



NORTH CENTRAL PHONE LIST
Schools

Albert Community School.....	791-8539
Kitchener Community School.....	791-8516
Sacred Heart Community School.....	791-7290
Scott Collegiate.....	523-3500
St. Luke.....	791-7248
Wascana Community School.....	791-8528

Organizations & Agencies

Aboriginal Skilled Workers Association	337-0400
AIDS Program South Saskatchewan	924-8420
Albert Library	777-6076
Albert-Scott Community Centre	777-7033
All Nations Hope AIDS Network	924-8424
Bylaw Enforcement	777-7000
Chili for Children.....	359-7919
Circle Project	347-7515
Circle Project Childrens' Centre	569-3988
Ehrlo Sport Venture Program.....	751-2411
Four Directions Community Health	766-7540
Gathering Place	522-7494
Greystone Bereavement Centre	766-6946
Indian Métis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	205-7355
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	359-0541
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	551-3366
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
Traditional Grandmothers' Guidance Centre	352-2241
Transitions to Trades	791-9530
YMCA of Regina	757-9622

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

FOUR DIRECTIONS 15th Anniversary



Amy Cooke (participant from the community) signing up for the Penny Auction, Christa Trelenberg (Child Life Worker, Four Directions Community Health Centre) and Trina Kruszelnicki (Public Health Nurse, Four Directions Community Health Centre).

Lisa Workman (Aboriginal Community Development Coordinator, Four Directions Community Health Centre) and Trina Kruszelnicki (Public Health Nurse, Four Directions Community Health Centre)



Dozens of families including mothers, children and babies turned out for the Four Direction Community Health Centre's 15th Anniversary celebration on Monday January 16th.

The centre started out with Healthiest Babies Possible Program and the health region's first Aboriginal Community Development Coordinator.

Elder Norma Jean Bird says she's been with the centre since 1996. Bird says, "(Four Directions) is great because it's not downtown. The staff who work here are cordial and friendly and really care about the community and the people they serve."

Bird says she's been involved in several programs working with parents, including teaching traditional tipi teachings.

Today, the centre has 15 full-time staff, 5 part-time staff and 7 regular visiting service providers, plus Elders, community volunteers, post-secondary students and interns.



Brittany Stevenson and her children: Apollos (12 mon), Chaz (3 yrs), Valedova (4 yrs)

story by Miranda Hanus

photos by: Valerie Skiba,
Regina Qu'Appelle Health Region



SMITHS' INSURANCE

Extended Hours

Mon - Fri	8 - 8
Saturday	9 - 5
Sunday	12 - 4

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- 🏠 Home/Farm
- 🏢 Tenant/Condo
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