

The **GREENING** of NORTH CENTRAL REGINA Community Gardens Grow Community!

by Michael Parker

Spring is here! The birds are swarming verdant yards and tall budding trees filling the air with their song! Planting in the North Central Community Gardens will be underway as this paper is being delivered. Michael Parker, Project Manager of the North Central Community Association says "We are really excited about this year's community gardens. There is a tonne of interest. The plots on city owned vacant lots on 13-block Rae and Retallack will be continued this year along with the garden in front of the Indian Métis Christian Fellowship and beside the Albert-Scott Community Centre. Two new gardens are planned this year one on 900-block Garnet Street across from Grassick Park and one on the south lawn of The Oasis, the former St. Peter's Anglican Church on 7th Avenue."

The community gardens are grown in the spirit of 'help yourself' and community members are invited to share in the work maintaining the gardens as well as to share in the harvest

Michael also noted "The major support we are receiving this year from Evergreen and

their corporate sponsors are really allowing us to build on the grass roots success of the seven-year history of the gardens"

Home Depot will be pitching in again providing funding, supplies, and people power to help expand and improve the gardens existing and new gardens. "We are proud to provide funding and volunteer support for a second time to help North Central Community Association (NCCA) complete their community revitalization project in partnership with Evergreen," said Paulette Minard, general manager, The Home Depot Canada Foundation. "Working together with NCCA to continue their Community Garden program is part of our long-term commitment to help build strong communities across Canada."

Molson will also be encouraging the public's hands to get dirty in the gardens and is staging four events promoting volunteerism and community greening between July 7th and 8th. If you would like to sign up for these volunteer events and get a chance to earn free concert tickets search for Molson Red Leaf Project on Facebook.



photo: Jan Morier



Gardens are located at 13-block Rae Street, 13-block Retallack Street, Indian Métis Christian Fellowship on 3131 Dewdney Avenue, 900-block Garnet Street, and The Oasis on 7th Avenue and Garnet Street. To get involved call Michael at the NCCA office 791-9888.

Demonstration Permaculture Garden

Through the generous funding of Fido and Evergreen NCCA with Permaculture Regina and Oasis are partnering to build Regina's first demonstration Permaculture Garden at the Oasis, on 7th and Garnet. Joanne Havelock, member of Regina Permaculture group explains that "Permaculture design creates relationships between the parts of a landscape to provide food sustainably, in a way that cares for the earth and for people and returns surplus reflecting natural cycles."

Joanne added, "Permaculture Regina is very excited to be part of creating a permaculture garden at Oasis. It is a lovely sunny site and with a group and location that will involve great connections with the community."

Jordan d'Almeida, Director of The Oasis, says "we are really excited for the garden because it is a practical step in realizing important goals for the neighborhood. It beautifies the neighborhood, brings the community together, creates learning opportunities, produces healthy food and is environmentally sustainable. We are thrilled to be part of it."

Thanks to the agencies that participated in the Community Volunteer Fun Day held May 31

- All Nations Hope AIDS Network
- Indian Métis Christian Fellowship
- Scott Collegiate
- Warren McCall, MLA Regina Elphinstone-Centre
- Cosmopolitain Learning Centre
- Next Step
- John Howard Society
- Rainbow Youth Centre
- Four Directions Community Health Centre
- REACH (Regina Education & Action on Child Hunger)
- Dream Team Volunteer Central
- Champion College
- Albert Community School
- North Central Community Association
- Habitat for Humanity future homeowners

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

Miranda Hanus of North Central Community Connection (NCCC) spoke with Sandy Wankel (SW) at the North Central Family Centre, 2931 5th Avenue.

NORTH CENTRAL VOLUNTEER HONOURED

On May 1, 2012, Lieutenant Governor Vaughn Solomon Schofield presented nine citizens with the Saskatchewan Volunteer Medal at Government House in Regina. The Medal recognizes outstanding volunteer service or exceptional community involvement.

"These remarkable volunteers exemplify generosity, compassion and determination," Solomon Schofield said. "I am grateful to each of them for their outstanding contributions."

Recipients are selected by the Saskatchewan Honours Advisory Council from nominations submitted by the public. Including the nine new recipients, the Saskatchewan Volunteer Medal has been presented to 148 outstanding individuals since 1995.

Saskatchewan continues to have one of the highest rates of volunteerism in Canada please visit www.ops.gov.sk.ca/svm

Accomplishments of Sandra R. Wankel 2011 Recipient Saskatchewan Volunteer Medal

Founder and Executive Director of the Regina North Central Family Centre, Sandra Wankel is committed to empowering the quality of life to at risk youth and those less fortunate.

Being totally hearing impaired is not an obstacle and her ability to communicate is inspirational. A passionate leader who embodies the Saskatchewan spirit of reaching out to help one's neighbour, she has given a lifetime of contribution to her local and global community and reaches out to make a difference. Her service to others include:

- Instrumental in the development of the Freedom Writing Program, bringing inner city students together to share their stories and create awareness of living in the inner city environment
- Instrumental in establishing the North Central Family Centre (NCFC) Marathon Running Team, beginning with 17 at-risk youth - a team that now runs nationally and internationally - teaching young runners about the benefit of physical activity, teamwork and dedication to reaching a common goal
- Organizes grocery shopping trips for inner city seniors and drives inner city children to and from swimming lessons at the Lawson Aquatic Centre
- Instrumental in recruiting and encouraging new volunteers at NCFC
- Leads fundraising events for NCFC including the Casino Regina Charity Royale Gala
- Marathon runner and has run in approximately 24 international marathons
- Works with immigrants from all over the world who arrive in Regina, assisting them with employment, housing and settlement, and hosts a Canada Day celebration
- Volunteer, working with Mother Theresa's Sisters of Charity in India
- Volunteered to build houses and education facilities in Africa
- Initiated fundraising events for children in Africa and India
- Fundraising coordinator for international initiatives in India, Egypt, Syria and the Caribbean
- Recipient: Saskatchewan Centennial Medal in 2005, the YWCA Woman of Distinction in 2009 and Regina Kiwanis Club Mother of the Year, Regina Kiwanis Club in 2009



Lieutenant Governor Vaughn Solomon Schofield Sandy Wankel and Regina Elphinstone Centre MLA Warren McCall Photo courtesy of Protocol Office Ministry of Executive Council

SW: The award just came as an absolute total surprise to me, but it was just lovely. It was an honour that I got this (Saskatchewan Volunteer Medal) especially afterward when the day unfolded—the other recipients were just people from all over Saskatchewan, they have done so much for their communities. To be in the same category with those people was a real honour and a real privilege I felt, and I was very humbled by it.

NCCC: What does it mean for the centre, to get this sort of award?

SW: Well we're such a family agency and I accepted that award on behalf of all of us—it wasn't an individual award at all. It was the staff that really brought this forward and put my name in and I accepted on behalf of all of them because we all work together as such a team and nothing's built alone. I was just very proud and honoured to accept on behalf of the children and the families we work with—really the whole community, because I think that any time something's given in the community of North Central it brings an awareness to the community itself and I'm just so proud to be part of this community. But especially for the staff and we all celebrated together.

How long have you been ED? Is that since the beginning of the centre?

SW: It's been about 10-11 years, since 2002 when we incorporated. Many of the families and kids are still with us and that's what's so nice about it. So many of our youth workers have really been part of our kids and they've grown up being part of it. What's really interesting about the centre is that some of our older youth will come and sit in my chair and said "We're going to be the Executive Director some day. We're going to take over!". There's a real sense of ownership and that's why there was such a sense of pride when I got this award because it was just like for all of us.

NCCC: What else is new for the centre?

SW: We have so many things going on! We recently held our 5K marathon in partnership with the City of Regina for the Crime Prevention event. We had lots of families coming out. We did our 5K walk, run, skateboard, rollerblade – anything! And it was all around this area, then we came back here to celebrate with a big community barbeque. The night before our teens had a Turkey Mother's Day supper for their moms and it was just wonderful! They served their moms and it was really a nice event. The kids got together and any time we can families together to do things together, it's what our main focus is.

NCCC: Will you be having a busy summer as well?

SW: We have two summer camps—a cultural camp out at Pasqua and then we have our regular programming that we do, a lot of picnics in the park and we have our skateboard club, our sewing club. We run "Kids' World" at the Regina Exhibition, where our youth do face painting, balloon making, arts and crafts. We're really excited about being at the Mosaic again. The kids have been making jewelry and artwork and stuff all year for this. We've made dream catchers and we'll have a booth at the fair, and also run Kids' World. And we also have Mosaic and that just gives the kids some money in their pockets. There's lots of exciting things going on.

NCCC: And the running group is now...

SW: "Spirit of North Central"! About a year ago we changed names, it's really hard to change names, but that's what we're calling ourselves now. We thought that it really exemplified the group – it's a bit more positive. But the kids are running and we run the Saskatoon marathon on the 27th of May, so we're busy getting ready. We run three times a week.



**CONGRATULATIONS Sandy
from all of your North Central family!**



WHEELS of GOOD FORTUNE

NCCC: How many years has the bicycle patrol been going on in North Central?

CBY: It started in the early '90s, the beat officers secured bikes and it's basically doing the same thing as patrol, but on bicycles. As far as the service centres started in 1996 at the Al Ritchie—they had teams on bikes there and eventually it came over here.

NCCC: There's a lot of mobility, a lot of side streets that you can cover – do people appreciate seeing the officers riding around?

CBY: Oh yeah, they really like us on the bike. We're more approachable—we find a lot of people just come up to us and chat with us to enquire about the bikes and are glad to see us. They wave to us. It's good for us because we can do more community building that way. We're more approachable because we don't have that wall of a car between us. And it seems easier access to us. We're always open to community events too during the summer months. If somebody wants us there we have the bike officers show up, that's part of the bike team's duties. The bike units are just within the central district here the NC, downtown, Heritage district, Wascana Park and bike paths are the areas we concentrate on. But we're allowed to go anywhere in the city if required to.

NCCC: The children must look with awe, and it's a tremendous role model to see all of the riders out there with their helmets on and obeying all the street rules. Do you get chance to talk to children on their bikes?

CBY: Oh yeah, the first thing they ask is what kind of bike is that.

They're really attracted to the bikes. It kind of works into a recruitment thing and a mentorship thing. As they grow up they can see us and say 'you know policing is not just all arresting guys in cars, I can still have fun, ride a bike and be a policeman also!'. So it works into our recruiting and mentorship program too.

NCCC: If there is anything happening they're in constant communication with patrol units or whoever can quickly come to their aid. Do they have occasion to actually go in and stop altercations themselves or do they always call for cars?

CBY: In areas where it's congested, downtown, in Victoria Park, they take care of their own. There's a lot of stuff that the bike officers can do that the cars can't do. They see a lot more things that are out there that patrol cars don't see. If they arrest somebody and they need a car they're just a radio call away to help them out. Usually the bike officers can take care of their own stuff, if they find something, they look after that.

NCCC: Are bike patrols in just about every Canadian city now?

CBY: I would think so. Most of the cities I've been to I've seen bike patrols and I've learnt last week that Weyburn has a bike patrol too. It's spreading, not yet in every centre but it's growing. It's more of a convenient policing model where you're out there and you're being seen and you're more approachable.



Constable Devon Sterling of the Regina Police Service Central District Service Centre
photos courtesy Regina Police Service

NCCC: Well I wish them a summer of good weather, obviously there would be days where they would not go out on the bikes during extreme heat or powerful wind or rainstorms but it is a tremendous way to get in and out of the side streets. Get to know the people, 'eyes on the streets' too.

CBY: For sure, it all depends on the rider, some riders are 'fair-weather' riders and some officers are out there, they don't mind the cold and the rain. I think last year we had some officers ride up 'til the first week in November. They said it was a little bit cold but when do you ever get chance to ride until November?

Our mandate is that we try to get on the bikes by April 1st and we go as long as the weather can take us. Last year our fall was fairly decent so we got to ride into the early part of November.

NCCC: ...and is it strictly a daytime patrol?

CBY: No, our bike unit goes just like our normal patrol units would. They go—I think most of the beat officers—go until about 2 in the morning, it depends on how busy it is for them, and then they would transfer over to a car.

CBY: This year we did get some new bikes, we have about 15 brand new ones this year and we went with a

different type. It's like a new trend in biking now—a 29-inch wheel as opposed to a 26-inch wheel. It's a bike that rides a little bit taller. It's better on the bumps, a little bit more speed, a better handling bike, a nicer riding bike. Most of the people who have been out riding this year have noticed a vast improvement over the previous bikes that we had. Comfort is important, when you're out that long, sometimes 12 hours a day, it's nice that you can conserve some energy. The bike rides that much smoother over surfaces than the previous generation. At the end of the day a lot of the officers say they don't have problems sleeping after a shift on the bike because they're just so tired with a full day of exercise.

NCCC: We encourage North Central neighbours to watch for the police on bike patrol and wave hi and speak to them.

CBY: Certainly, and if you're having any sort of function, give us a call and we'll make an appearance on the bikes.

Phone 777-6500 to request a visit from the RPS Bike Patrol at your community function.

Constable Bill Yee has been with Regina Police Service for 18 years, the past two at the North Central Service Centre



Constable Kullman (right) and other bike patrol officers at a community event, 2011

Habitat for Humanity Bringing Them Home!



story and photos by Jan Morier

Katherine and her three children Jaylene, Peyton & Xavier received the keys to their brand new home on the 10-block Rae Street on May 1. The build was sponsored by Conexus Credit Union. Katherine's family has grown to include the volunteer crew from Habitat for Humanity, Conexus Credit Union and Sask Housing, the City of Regina, Trades & Skills Carpentry Apprenticeship Program (TASCAP) students—who collectively put in about 3,000 hours. Katherine says "This process has been a life-changing experience. it's the start of a new chapter in our lives. I have grown so much from this experience and I am proud to say I am a Habitat homeowner. I am so thankful for the opportunity you have all had a hand in providing us. I am going to continue volunteering for Habitat and pay it forward to another hard-working family."

Katherine put her 'sweat equity' hours in the build to help her dream of home ownership come true.



Dennis Coutts CEO, and Trish Bezborotko of Habitat for Humanity Regina listen to Kathrine's heartfelt words of thanks.

Thank you to NC cleaner-uppers!

On April 24 fifty volunteers from The Co-operators and six volunteers from Conexus Credit Union, along with five from the North Central Family Centre (NCFC), who worked together to remove unwanted trash.

For the two Regina businesses, the volunteer initiative is part of the International Year of Co-operatives as designated by the United Nations. In Saskatchewan, co-operatives are encouraged to help out in the community.

(information courtesy of Jonathan Hamelin
Leader-Post, April 25, 2012)

COMMUNITY COMMON SENSE or Adventures of a North Central Dog Walker

by Jan Morier

I walk my dog a lot, daily if I can, winter and summer. It's clean fresh air, a chance to visit neighbours and great exercise! I enjoy seeing flower gardens and home improvement projects on the go. My little doggie loves checking her pee mail. I never leave home without my "Poopy Bags" to pick up after my dog. I know people appreciate not stepping in it, but you can't please everybody. When doggie squats to pee on someone's lawn, I have been scowled at. "Sorry," I mumble. "I didn't bring my Shamwow with me."

Regina's infrastructure is in need of repair and in older neighbourhoods we have to watch our step when navigating heaving and broken sidewalks. Public sidewalks are just that—for the public's use.

It's sad when home owners or renters make walking public sidewalks even more treacherous.

There are two houses up at the corners of my street. One homeowner cut his ankle-deep lawn, but left the clippings on the public sidewalk. After a rain that stuff is slippery as I run to catch my bus. On a windy day, the clippings get blown into the gutter right over a catch basin, plugging up the drain. I'm sure your street has a few good neighbours who clean the spring drains of melting ice and debris. Why do some folks make the mess and others clean the mess?

Why do some folks make the mess and others clean the mess?

Across the street from Grass Clippings Man is a property with more than a few untrimmed shrubs and volunteer trees. I've watched one tree for many years grow larger and bushier, now spreading halfway across the public sidewalk! A large cube van is usually parked on the road, making that stretch impassable. Me, my dog, neighbourhood children, moms with strollers—all have to take to the street out in front of the van parked at the corner of a busy intersection. It's an accident waiting to happen.

I suppose there are reasons why a homeowner can't do yard work.

But while on my walks I stop to chat with a lovely woman, age 94, who is always out digging dandelions in her tidy yard. She can no longer mow her lawn, but pays a neighbour to do so. There are many ways to get yard work done.

It's not just keeping up appearances, it's crime prevention. Having clear sight lines to your house allows the neighbours to keep an eye on your property and note any suspicious activity.

Encroaching on public walkways or hampering right of access to delivery agents, repair or inspection folks is breaking any number of bylaws.

Laws and pride of place aside, what ever happened to common courtesy?

Crime Prevention Week Award Recipients



photo by Desirae Bernreuther

Congratulations to this year's Crime Prevention Week award recipients:

- Darcy Dietrich, Regina Open Door Society
- Jan Morier, North Central Community Gardens
- Shawn Fraser, Carmichael Outreach
- Stephanie Molloy, Campion College Campus Ministry and Luther College Chaplaincy
- Troy Hagen, Chief of Police
- Elder Norma-Jean Byrd
- Councillor Fred Clipsham
- Ramona Logan, Al Ritchie Community Association Silver Threads Program
- Justin Reves, Bennett Dunlop Ford
- Wendy Miller, Al Ritchie Community Association Silver Threads Program
- Collin Pullar, Chairperson, Crime Prevention Advisory Committee

Crime Prevention Week awards recognized individuals, organizations and businesses who are building communities and through their efforts reducing crime.
For more information on crime prevention visit Regina.ca.

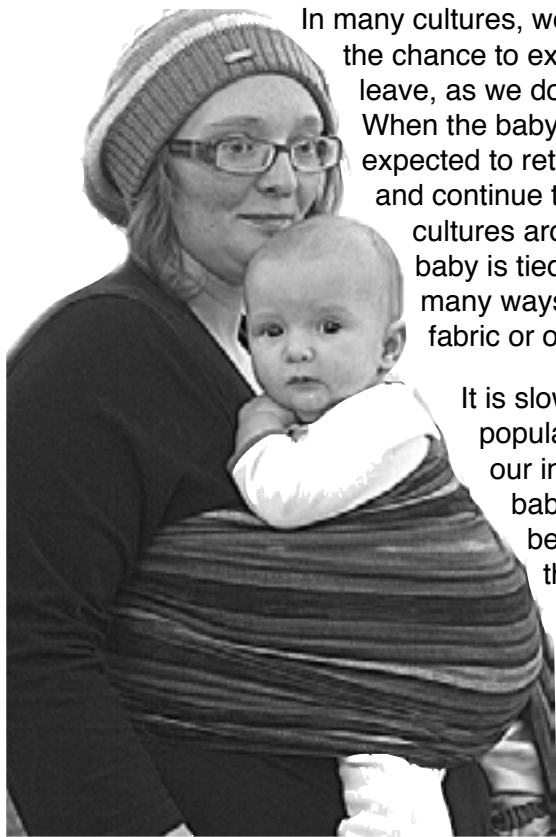


City of Regina



What is Babywearing?

by: Rhonda Young-Pilon RN BScN



In many cultures, women do not get the chance to experience maternity leave, as we do here in Canada. When the baby is born, women are expected to return to their homes and continue to work. In many cultures around the world, the baby is tied to the mother in many ways with many types of fabric or other devices.

It is slowly becoming more popular in Canada to wear our infants. Wearing a baby comes with many benefits. Not only can the mother continue working or caring for her smaller children - she can also have access to her baby when it cries, when it needs to be changed (or, put

to the bathroom), when it is hungry, or when it just needs to sleep and be close to the mother. It makes sense in many ways, and now that is becoming more popular - it is also interesting to know the what and the “why”.

Dr. Nils Bergman, a researcher from South Africa, has done a lot of research into how babies act when they are in the traditionally appropriate place from birth and beyond. Dr. Bergman’s research is based on attachment of a mother to a baby. When a baby is born, it is placed upon the chest of it’s mother and can find the breast to eat it’s first meal without any assistance. The baby will “crawl” up to the nipple and begin to suck. If left on the chest, it will know which breast to go to, and the mother’s body will even change the temperature of the breasts to keep the baby warm and safe. Babywearing is a continuation of that - allowing the infant to continue having safe access to food and comfort, all while meeting all of the requirements to keep the baby in it’s normal and happy environment.

Dr. Bergman goes on in his research to conclude that the infant will have normal development if left in the appropriate environment. In our culture, right after birth our babies are usually only allowed a short time to try to feed for the first time and then are whisked away from the mother to be checked by doctors and nurses. Many times in the newborns first moments of life, there are interruptions to feeding and bonding. Containers for our babies are also frequently used as places to sleep, to be changed, and to remain for play. The average north American mother is said to only hold her new baby around two hours per day!

Babywearing mimics the “in arms” placement of a newborn. There are many ways to carry a newborn - even a bed sheet or a blanket can be used to tie a baby to its mother’s chest. The positions which are most effective are facing inwards towards the mother with the infant’s legs in a spread squat position and the head turned to the side or attached to the breast.

With proper and safe positioning, the infant is able to be attached to their mother while ensuring comfort for both mother and baby. To learn more about how to safely wear your baby, you can visit a wonderful website - www.thebabywearer.com to learn all about the ins and outs.

Many carriers exist in the market today - some carriers brag about their ability to carry an infant facing outward. There is theory and research to suggest that some carriers that look like harnesses may cause discomfort to the newborn’s “crotch” region (similar to what a harness would do to an adult who was suspended for a long period). Other carriers exist - such as large hiking packs, which are harder to use and may be not practical for the typical parent.

Here in our neighbourhood of North Central it makes sense to wear your baby. Many of us see young mothers pushing strollers through the neighbourhood, through all kinds of weather and road conditions. When you are wearing a baby, you can get to where you need to go - while providing a safe, warm, and comfortable place for your baby to be while you are travelling from point A to point B. This also makes sense from the lifestyle of some mothers who need to escape from their homes rapidly or in an emergency, and in places where it is hard to carry a stroller up and down stairs.

There are many ways to safely wear your baby, and many great products that you can use that cost the same as a stroller. There are wraps - which are pieces of fabric that are five yards long, that can be tied in such a way that the baby is supported behind the knees, in a way that can protect the newborn spine and hips, and provide for warm and space for the baby to breathe. You can wear your baby on your front or on your back. Other carriers are also excellent - such as ring slings, a mei tie (or asian-inspired carrier), or a structured carrier which looks much like a backpack and has easy to use buckles.



photos courtesy of Rhonda Young-Pilon

Rhonda is a Registered Nurse, CAPPA trained labour doula (birth attendant), and a Canadian Babywearing School Educator. Rhonda is a mother of three, and enjoys being an advocate for birth and exploring the issues of motherhood that may be a barrier to mothers.

NCCA Staff Stuff

North Central Community Association bids farewell to that hard-working, dedicated and creative individual **Jessica Hanna**. As Project Manager of NCCA, Jessica propelled the success of the Community Gardens and the Go Green Murals. She nurtured many partnerships for community festivals, art classes and volunteer recognition events.

Rob Deglau, Executive Director of NCCA, said "Jessica's impact on the community will be felt and seen for a long time to come. From the ever-expanding community gardens to the beautiful murals throughout the neighbourhood, her legacy is a testament to the spirit of this community. We will definitely miss her."

NCCA welcomes **Michael Parker**. Michael began his involvement with NC as a volunteer with community festivals and running children’s activities. He began working part-time in the office in January, 2012, and recently came on full-time as Project Manager. Michael has a diploma in Youth and Community Work and has experience in youth and community development work in his home town Edmonton as well as in Vancouver and Regina, as well as international experience working in China, India, Guatemala, and Australia. He now calls Regina home, with his wife Steffi.

Michael enjoys cooking and busking as a ‘Living Statue’.

Tannen Acoose is the Manager of Administrative Services at the North Central Community Association (NCCA), responsible for business and operational development. Tannen joined the NCCA in January of this year and has been involved with: the Community Billboard initiative, overseeing the development of the Regina and Area Support Services (RASS) database, developing processes for Human Resources and exploring initiatives involving Social Enterprise and Social Return on Investment.

Tannen has a Bachelor’s of Science in Mathematics and is currently pursuing a Master’s of Science in Mathematics, both at the University of Regina.

North Central Community VOLUNTEER AWARDS

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**

Do you — or someone you know —
have a beautiful yard?



Enter the:

Beautiful North Central CONTEST

Contact NCCA with nominations. We will send our photographer to meet with home-owners and capture the beauty of their yards or gardens.

The loveliest yards will be featured in the August issue of Community Connection.

Winning entries will receive a prize! DEADLINE: JULY 6

North Central Community Association • 1264 Athol St • 791-9888

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SGI CANADA



Aboriginal Grandmothers Caring for Grandchildren Support Network Meeting

June 8 - 9:30 - 11:30 a.m.

Topic: Preparing Our Stories - facilitated by Sheila Brass. Year-end celebration and planning for summer event with grandkids including trip to take part in a Full Moon Ceremony.

As always, tea and bannock will be served at the meeting. Childcare and rides will be provided to those who call Hertha at 585-5766 to request these or to register.

Meeting held at Four Directions Community Health Centre, 3510 - 5th Ave. at Elphinstone St.

photos by Miranda Hanus



The longer I live, the more I realize the impact of attitude on my life.

Attitude, to me, is more important than facts. It is more important than the

past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.

It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

Charles Swindell

Aboriginal Grandmothers Caring for Grandchildren Support Group take inspiration from this quote.



Message from the Office

Good day,

Semester two has been busy with an amazing array of classes and projects. Our Scott students are working to complete a wide variety of project based classes, such as photography and film along with many core and elective classes needed for grade completion and graduation. With the summer holiday and graduation fast approaching, ensuring that all students are in classes and achieving curricular outcomes is of paramount importance.



Nancy Buisson
Principal

The second interim report card for semester two was issued early in May. If you have any questions or concerns about the progress of your child please contact the school. Other important dates include no school for students on May 18th and 21st. The end of the school year is fast approaching so please mark your calendars with the following dates. The last day of classes and credit completion is June 22nd. Our graduation ceremony will occur on June 27th. Report cards

will be available for pick up on June 29 at 8:30 a.m.

We are living in exciting times at Scott Collegiate, on the cusp of the new North Central Shared Facility. Many meetings have taken place and the tentative construction start date is September 2013 with the doors opening September 2015. We look forward to registering our neighbourhood grade 8 students and working with them to be the first graduating class in the new facility. Registration details for the new school year are available through the Scott Collegiate office.



Mike Tomchuk
Vice-principal

We would like to take this time to thank all staff and students at Scott Collegiate for their hard work and dedication. The hard work does not go unnoticed!!! Hopefully by the time this goes to press the rainy weather will have given way and the sun will be shining. Finally, please feel free to call the school anytime to discuss the progress of your child. We would love to hear from you.



Scott Collegiate Celebrating Earth Day!

On Monday, April 23, Scott Collegiate hosted an Earth Day celebration. Scott students as well as the 7/8s from Albert School learned about Earth Day and what they could do to be more “green”.

The science 10 students made power points about various topics such as global warming, climate change, and sustainability. Rebecca Fiissel from the Summerhill Group spoke to students about how they can reduce their ecological footprints.

The celebration concluded with some educational games including a trash sort, to show how much of our garbage we can actually keep out of the landfill, and an ecotrivia game. The whole school got involved leading up to Earth Day. The grade 9s made “10 Ways to Go Green” posters and recycled paper. The grade 10s wrote letters to the school board on the recycled paper about ways we can make our schools greener. The grade 11 photography project took pictures that showed environmental leadership and wrote about the importance of leading “green” initiatives. The foods 10/30 classes made earth cookies that were handed out to end the celebration.

scottcollegiate.rbe.sk.ca



Seed potatoes for the Scott Gardens



Our Pledge to the Planet



Scott Collegiate students and others continue their pledge to honour the planet by helping with the North Central Community Garden in front of the high school on Athol Street.



photos by Scott Collegiate & Jan Morier

NORTH Central

What is ART?

by Charlotte Hauk

I received the Explorations Grant from the Saskatchewan Arts Board and North Central Community Association to assess the needs and wants of youth (ages 10-30) within arts and cultural programming, in North Central.

I began compiling information by networking with all the community's organizations, and with Dream Brokers at Sacred Heart and Kitchener School to determine what programming was available for youth. A survey was developed and dispersed to various youth in the community to assess their interests in art and culture, and to see if there was an interest in a long-term art project.

Pilot art projects were also held for four weeks once a month, at Rainbow Youth Centre, Kitchener School, Albert Library, North Central Family Centre, and South Saskatchewan AIDS Program Life Skills Group. In the final stages I organized a Youth Night for young people to engage with working artist, from various mediums, as well as a Traditional Dance Night with the Pow-wow dancers and drummers from Ranch Erhlo. All of the pilot projects and youth nights were a great success!

The research revealed the community is lacking in theatre, music and dance, with the main interest in painting and music. The majority were interested in a long-term art project.

You can find a video of the project at: vimeo.com/42218379



Circle Project
Assoc. Inc.



Come Celebrate National Aboriginal Day

Cultural
Activities

Thursday, June 21 • 2:30 pm

Educational
Activities

GRASSICK PLAYGROUND

Elders'
Tent

CAMERON St. & 4th Ave.

Childrens'
Activities

FREE!

**Community Barbeque
at supertime!**

FREE!

All Are Welcomed to Enjoy this Fun-Filled Day!!

proudly sponsored by community partners

conexus

**LORAAS
DISPOSAL**

SaskEnergy

For Further Information contact: Circle Project: 347-7515

JUNE • IS NATIONAL ABORIGINAL HISTORY MONTH

www.aboriginalcanada.gc.ca

Interested in having a mural painted on your property in North Central?

Are you an artist interested in painting a mural in North Central?

Call: 791-9888

Email: projects@nccaregina.ca

North Central Regina Community History Online Mapping Project



TIMOTHY LONG

DOB: January, 1961

Occupation: Head Curator of the MacKenzie Art Gallery of Regina

Heritage: Western European Settler

Year Graduated from Scott Collegiate: 1978

Resident of North Central: 19 years

Timothy Long was born and raised in North Central and spent nineteen years living in the neighbourhood. He attended Kitchener elementary school and graduated from Scott Collegiate in 1978. As the Head Curator of the MacKenzie Art Gallery, some of his greatest achievements include celebrating art and artists from Saskatchewan. "I'm particularly proud of the exhibitions I've done that have highlighted Saskatchewan art history and artists of this region, including an exhibition entitled Regina Clay: Worlds in the Making, which is an art movement that began here and reflects the regional realities of this province."



Timothy remembers living in the North Central neighbourhood as "Fairly positive. There were always lots of activities for children. Attending Scott Collegiate I was really encouraged to pursue visual arts by the high school art teacher. Being in the arts was a good thing; it was something that was encouraged." Timothy says it's important to tell stories from the place you come from. He continues to give back to the community by working with Aboriginal and Métis artists and curators "who serve as cultural leaders to those communities in the city."

www.northcentralregina.ca

by Taylor Bendig

Attend PlayEscapes in 2012

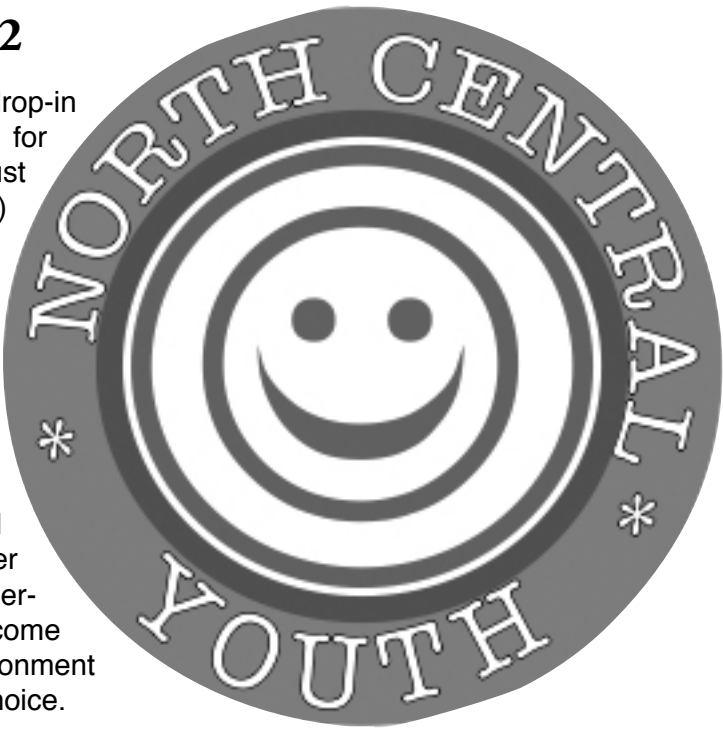
PlayEscapes is a FREE summer drop-in program offered by the City of Regina for children entering Kindergarten (must be 5 years old by December 31, 2012) through Grade 7. The program offers leader-facilitated play opportunities that develop and foster life skills, creativity, imagination, positive self-image and promote a physically active lifestyle.

Self-directed play is the key to the PlayEscapes program. Children engage in play they select by themselves, and are encouraged to explore and discover activities they enjoy most. Through leader-facilitated self-directed play, children become more active and creative in the play environment while gaining a sense of freedom and choice.

The City of Regina partners with Regina Education and Action on Child Hunger (REACH) to offer a lunch program at Albert Scott. A bag lunch will be provided but supervision will not be provided during lunch time! All children must be picked up or go home over the noon hour. (A form when registering will clarify this arrangement).

The program runs Monday through Friday, **July 9th to August 17th**, 2012 (no program Monday August 6th), from 9:30 a.m. to 12:00 p.m. and 1:30 p.m. to 4:30 p.m. In North Central the program takes place at Albert Scott Community Centre, 1264 Athol Street.

For more information about PlayEscapes, call 777-7032 or visit www.regina.ca/residents/recreation/playescapes



Youth & Families:
the North Central
Community Gardens
could use your Help!

Gardens are located at 13-block Rae Street, 13-block Retallack Street, Indian Métis Christian Fellowship on 3131 Dewdney Avenue, 900-block Garnet Street, and The Oasis on 7th Avenue and Garnet Street. To get involved call Michael or Ruth at the NCCA office 791-9888

Kids Klub August 6 - 10

Church youth group from Racine, Wisconsin will host free games, crafts, sports, stories, snacks and more in various North Central parks mornings & evenings! Watch for the rolling sailboat down North Central streets! Brought to you by Healing Hearts Ministry.

Healing Hearts Ministry
Strasbourg Bible Camp

Free! for 8-12 year olds
August 13 - 17 and August 20 - 24

To register call 761-1562 ask for Gwen or Bob. We will pick up youth on Monday at noon and will deliver home on Friday afternoon.

Protect your investment!
Licence Your Bicycle
It's the Law

If you're getting a new bike this summer, ask your sales representative for more information on bike licencing or contact distributors at: North Central Community Association 1264 Athol Street, Regina S4T 7V3 Phone: 791-9888 Fax: 757-1052

Chimatawa Family Camp

is scheduled for July 3-6 (Tuesday - Friday) at Kenosee Lake. If interested, please talk to Betty Krohn to register. Indian Métis Christian Fellowship (IMCF) 359-1096



**Free Summer
Basketball Camps**
Weekly in July & August
For info 585-2020
www.yas.ca

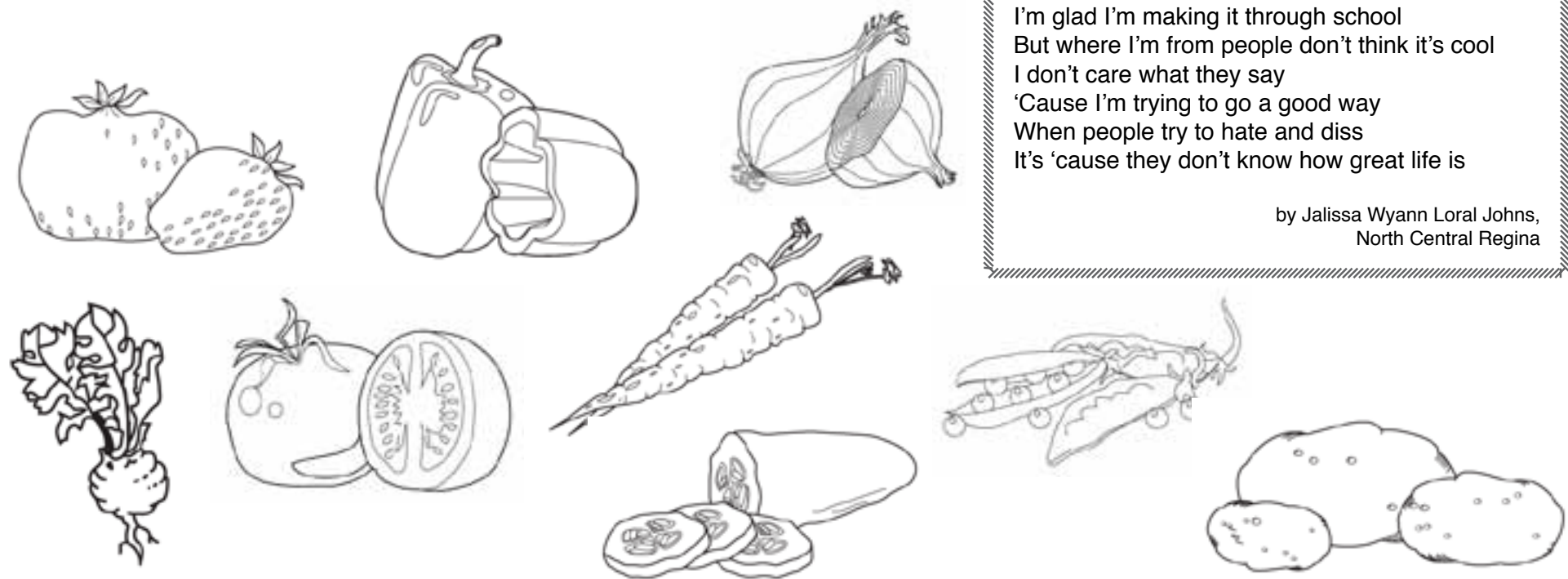
photo courtesy of YAS website
(Young Athlete Sports)

THIS IS HOW LIFE IS

We always try to be treated good
But it's hard to get that from people in the hood
'Cause everyone is used to treating each other like sh*t
& I don't like that, it feels like a hard hit
It makes me go insane
To feel this kind of pain
Where I'm from people have it rough
But a lot of us know how to be tough
Even when your parents are gone
You have to stand there and be strong
In this world I feel alone
Especially when my parents use that loud tone
Even tho sometimes I feel hated
I can say, "Look this is how far I made it."
I try to look further in life
But I get scared of what I might see and it feels like a knife
I'm glad I'm making it through school
But where I'm from people don't think it's cool
I don't care what they say
'Cause I'm trying to go a good way
When people try to hate and diss
It's 'cause they don't know how great life is

by Jalissa Wyann Loral Johns,
North Central Regina

HEY KIDS! Name and colour these fruits & vegetables
you'll find the North Central Community Gardens



Letter to the Editor

Jessica Hanna

Where did my post office go?

Have you been noticing something different with your mail service lately? Actually it has been a trend in North Central for the past couple of years, but after the latest changes I feel I have to say something. It first started when Brandee's lost their post office outlet a few years ago. Suddenly in North Central there was not a place that I could mail a letter or parcel or even buy a stamp. More importantly when I receive a parcel when I am not home I have to drive all the way to Rexall Drugs on Albert Street and 2nd Ave N to pick it up. That is a long way to go for my parcel that is to be delivered to my door. To make matters worse there are a lot of options that are closer to my house than Rexall drugs. The Brandees on 13th Ave. comes to mind, or even the main post office

is closer. But what would have been closer is if they hadn't closed the postal outlet in the first place. What was Canada Post thinking when they decided to close a vital service to the nearly 12,000 residents of North Central? Then they started taking away the street letter boxes. Some of them have gone missing in the neighbourhood and they have not been replaced. If they are not going to bring them back it is just another example of Canada Post failing their customers.

I have to be clear though, Canada Post employees are not to be blamed for the lack of customer service in the neighbourhood. That blame goes directly to Canada Post. Did you notice that Canada Post changed the way letter carriers (or as they are now known "delivery agents") do their job? They are expected to deliver the mail to a lot more

houses in the same amount of time. They are also required to deliver all the packages, when it used to be a separate group of employees that would do this. This is why we are sometimes getting our mail so late, or the mail is being delivered to the wrong house more often than it used to be. Postal workers are going through a rough time right now, adjusting to this new delivery model called Postal Transformation. It doesn't seem to be going well which is clearly not their fault. So next time you see a Canada Post employee, doing their job, delivering the mail, doing the best they can, say thank you for their hard work and show your appreciation. Then call up Canada Post directly and complain. I want a post office outlet in North Central. The citizens of North Central should have 1st class mail service like everyone else in this city.

The Good Life

Tired of groups that only focus on what is wrong with life?

Let's get together to talk about:

- What is working
- What are the good things in your life
- What are the positive things that are happening in the community
- Making positive change

Tuesdays in June 1:30 p.m. - 3:30 p.m. at All Nation's Hope
2735 5th Ave. Sorry, no childcare available

*Dream Team Volunteer Central, North Central Community Association,
All Nation's Hope, Four Directions Community Health Centre*



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

Deadline for Aug. issue: JULY 13, 2012

Community Calendar

Health Fair - Knowing is Better

Tuesday, June 12, 9:30 - 3:30
Regina Food Bank
FREE

- Confidential
- HIV and Hepatitis Testing
- Immunizing
- General Health Counselling
- Social Supports

Nurses and Nurse Practitioner

Sponsored by: APSS, Regina
Qu'Appelle Health Region,
Regina Food Bank

Care & Share Seniors Lunch

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



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

TransitLive pilot project update

Regina Transit, Communities of Tomorrow and local company CRL Engineering present the TransitLive research and development pilot project. TransitLive allows customers to access real time schedule information on the arrival of their bus. TransitLive has been installed on 106 buses of the Transit fleet. Visit www.transitlive.com.

Regina Transit now has service to the Harbour Landing area. Route 18 will run Monday-Friday 6 am to 9 am and 3 pm to 6:30 pm. The small shuttle bus can accommodate up to 24 passengers. This route will run from Wal-Mart along Harbour Landing Drive and Parliament Ave. to Golden Mile. It will run on 25th Ave. temporarily, until Parliament Avenue construction is complete later this year. Please visit Regina.ca and click on Transit services to view the schedule and route.

Regina Transit has added more lowfloor bus routes to help serve our customers better. The new routes using the lowfloor buses are 3,5,7,10,11,17 and 18.

Lifelong Learning Centre

Learn more about Lifelong Learning Centre BIG Book Sale and calendar project to celebrate 10th Anniversary of Support Network
Location: Four Directions Community Health Centre
August [date to be confirmed]
10:30 a.m. - 2:30 p.m.

Open House & FREE Forums
Join us for tours, displays, demonstrations and free presentations, and to find out more about Computer Use and other courses we have to offer.
Location: Lifelong Learning Centre – College Ave. at Cornwall St.
September 6 - 8 p.m.
Thurs afternoon & Friday/
Saturday 9:00 a.m. – 4:00 p.m.

Project People Friday Night

Socials at IMCF. This is a sober get-together every Friday, open to the community.

This is a partnership with Project People and Indian Métis Christian Fellowship. We are still looking for volunteer helpers and donations of snacks and coffee. 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 Indian Métis Christian Fellowship

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

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

From the President

Joely Big Eagle

Umba waste, I am the interim President of the North Central Community Association until our Annual General Meeting on June 18 at 7:00 p.m. I encourage all of our community members to consider joining the board of NCCA, nominations will be accepted at the AGM and members voted in that evening as well. The board of directors meets once a month for 1 - 2 hours. North Central is changing and evolving in the last few years. There is a lot of positive change occurring and it would be great if that could be shared at the board level.

I have lived in the community since 2005 and I really love it here. I know we have lots of room to grow, but it is wonderful to be a part of the change that is happening around us. We have a long way to go yet, but it is happening. You have probably heard a lot of talk about the Riders and city's plan to implement the new development on the existing site of the stadium. As a community we need to hear your views and any concerns on this new plan. Hopefully, we will have a community consultation on

this in the near future. We have a number of exciting projects coming up this summer. The Go Green project and the mural projects were extremely successful and will continue. I want to commend all our people at NCCA for working hard for the community and especially to Rob Deglau for always giving 110% to our community! We will also be hearing more about the North Central Shared Facility in the next few months, funding has been approved and it is going through some community consultation. At the NCCA AGM on June 18 we will be having a presentation on the Shared Facility and the community is invited to attend and hear the up-to-date report on what is happening with the facility planning.

If you have any comments for the neighbourhood or want to share a big idea but don't want the commitment of becoming a board member please email me with subject heading BIG IDEAS at ncca@sasktel.net

Cheers,
Joely BigEagle,
Community member
and Interim President NCCA

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:
Taylor Bendig Joely BigEagle
Jessica Hanna Miranda Hanus
Jan Morier Michael Parker
Rhonda Young-Pilon Scott Collegiate
Lisa Workman Cpl. Bill Yee

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
AUGUST ISSUE
July 13, 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

Shannon Cattell
Georgina Magee
Sheri Maclean
Helmi Scott
Dianne Songer
Cindy Tripps
Ken Watson

Tom Wright.....Past President

791-9888



ANNUAL GENERAL MEETING
Monday June 18

Albert Scott Community Centre

Come take part and have your say! Review the events of 2011. Consider letting your name stand for the Board of Directors. Members, this is your invitation and a call to action!

Registration 6:30 pm
Meeting begins
7:00 pm



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
First Nations Employment Centre.....	924-1606
Four Directions Community Health	766-7540
Gathering Place	522-7494
Greystone Bereavement Centre	766-6946
Indian M�tis 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

North Central Welcomes Ngoy Hoa Asian Foods to the Neighbourhood

Ngoy Hoa is the first grocer in the area in over 10 years. The need for a grocery store in the area has been expressed since the Superstore located on Albert Street closed.

Though the name and owners are Asian there is a definite Western grocery presence as soon as you walk in the doors.

From 'KD' to cereal, fresh meat selections, and canned goods. The prices are comparable to other grocery stores. (A 2L of 2 per cent milk was \$3.29 when I visited). Fresh bread and baked goods are also available.

The store is much larger on the inside than it looks. Two-thirds of the store is stocked with Asian fare including rice, teas and oodles of noodles as well as Asian bowls, woks and beautiful ornate teapots. There is a produce section in the corner which featured

coloured peppers, watermelon, apples, oranges, and lettuce. A cooler along the back wall is stocked with everything from dairy products to frozen foods, like chicken fingers, fish sticks and ice cream. A centre freezer on the floor has wide variety of frozen cut meats – including neckbones!

little English, Cau's father set up their first store Ngoy Hoa on 11th Avenue. This new location is bigger with a wider selection of items.

And if you can't read the labels on the packaging, the price codes do have the items labelled in English.



榮華亞洲食品公司 NGOY HOA ASIAN FOODS LTD. STORE HOURS		
MON	9 – 8	星期一
TUE	9 – 8	星期二
WED	9 – 8	星期三
THU	9 – 8	星期四
FRI	9 – 8	星期五
SAT	9 – 8	星期六
SUN	10 – 7	星期日
HOL	10 – 7	公眾假期


The store opened at 1:00 on April 24th. According to the calendar, it's a lunar year and Sang Cau says it's good fortune to open on this day and time, noting the beautiful sunny weather on that day. At their grand opening the Cau family celebrated with traditional Chinese dancing lions who gobbled up lettuce and money ribbons that were hanging outside the store entrance.

The Cau family says they look forward to serving the residents of North Central for many years.


Owner Gee Cau (pronounced cow) and his family sought refuge in Canada in 1980, fleeing the terrors of the Khmer Rouge regime in Cambodia. By 1984, despite knowing very

story and photos by Miranda Hanus





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





FREE RIDER TICKETS!

GO GREEN

CLEAN UP RECYCLABLES AT MOSAIC STADIUM FOR 4 TO 6 HOURS AFTER WATCHING THE GAME

EARN \$40 OR MORE PER GAME

GET PAID THAT NIGHT!

SIGN UP FOR ORIENTATION TODAY!

JOBS FOR MATURE PEOPLE; MUST BE AT LEAST 12 YEARS OLD.

CALL 791.9888 OR VISIT 1264 ATHOL STREET TO SIGN UP FOR AN ORIENTATION AT NORTH CENTRAL COMMUNITY ASSOCIATION

Home games

Fri, June 22 @ 8:00 p.m.	Sun, Jul 8 @ 5:00 p.m.
Sat, Jul 14 @ 2:00 p.m.	Sat, Jul 28 @ 5:00 p.m.
Sat, Aug 25 @ 2:00 p.m.	Sun, Sep 2 @ 3:00 p.m.
Sun, Sep 23 @ 3:00 p.m.	Sat, Sep 29 @ 9:00 p.m.
Sat, Oct 20 @ 2:30 p.m.	Sat, Oct 27 @ 3:00 p.m.

