

## Support for All



*Brenda Dubois (at left) Community Coordinator. **Randall Kinship Centre** and fellow staff celebrate their 10th Anniversary.*

**B**renda Dubois spoke frankly, "We appreciate how we've blended in to the North Central Community and have become a part of the flavour of services that are offered. No amount of public relations or information in regards to what we do is enough. So if anybody needs more information or needs help with children under the age of 18—please call our office and connect."

"We're here trying to do the best for the next generation of kids in our community and help families in any way. This atrocity around the harm that's happening to children is causing severe trauma for a lot of us—not just First Nations people. But the preciousness of children really needs to be put across. If people need help—call—don't be silent. Call for help. That's what people are here for. And you know, the luxury of it is—we have the privilege of doing this as a job. And we're thankful for this privilege. I always say I'm respectful of the fact that I wouldn't be here without a population of people to serve. I'm trying to be a good helper—a good *oskapios*—and doing it in a good way."

"We don't charge families to come in for services. You know what I tell people? The only cost that you have to pay is your time. The benefit that you gain from it is priceless for your children and yourself. You're making an investment in your children and yourself."

"We have the ability to give you some more tools to add to your living skills, your coping skills, problem-solving skills—to help you better serve your own children. Because if they are gifts, we need to start treating them as very precious. Gathering great resources around ourselves as individuals we can give them the best in life."

"When Randall Kinship started we couldn't offer evening service, but over the last five years we've moved to evening, starting September, two nights a week, after 5:00 p.m. That's a great change, being flexible, allowing the helpers in our office to assist families at a time that suits them."



*Dr. David Randall and Elder Norma Jean Bird enjoy the celebrations*

"We can go to their home, they can come into the office, if transportation's an issue we can go pick them up and bring them here. The focus of our job is to try and link kids in our community, giving them something to do."

"The extensive partnerships that we have are amazing! We can connect with

CIBC over market funds, Creative Kids, Canadian Jump Start, and KidSport, those are the pieces that really help families to plug their kids into accessing those activities, especially if they don't have money."

"Look at our Under 12 initiative, and see how we're making an impact on that population with primary prevention, rather than 'post-vention'."

*Open House **Shayil Home, Women's Shelter / Addiction Program.**  
A Ministry of Souls Harbour Rescue Mission Beatrice Littlechief,  
Emergency Service Manager*

**G**uests at the Open House had a tour of the rooms, some with family set ups, others with bunk beds for individual women. The shelter can accommodate 12 women, and if they have children, Shayil Home can house up to 16.

Beatrice Littlechief gazed at the Job Board which listed the routine household chores "...and that's really all they have to do—one chore—it's just a way for them to contribute to their stay and to feel like it would in a normal home under normal circumstances."

"At 5:00 in the evening, it's first come, first served so if you show up at 5:00 and you'll get checked in and you have to leave at 9:00 in the morning. You can stay up to a month and you can come back a month after that."

One would hope that in the interim women would be able to find more permanent shelter or housing.

Beatrice says "hopefully that's what we can do for them. Having to leave at 9 gives them a chance to go and look for employment or housing or whatever they need to get back on their feet."

Referrals are made at Shayil Home or women are sent for referrals to other agencies. The shelter has contacts on hand if women have other needs or places to go.

But when the 16th or the 17th person comes in, is there another shelter in Regina that can help them out until there is room available? One would hate to think that women and children are going back on the street, certainly in winter—that's unbearable to imagine.

Beatrice agrees. "In the women's shelter we have been full but we've never had to turn anybody away. If a person is intoxicated, they're not allowed to come in here, but we wouldn't just send them back out. We would

refer them to detox, if they're too intoxicated to walk we would call the police and make sure that they could escort them to wherever they needed to go, we'd call Mobile Services—whatever it takes to make sure they have a place to stay."

When children are involved there are agencies that step in to help, but it is all in the hope of stabilizing the family situation in a safe environment, so Shayil Home is a wonderful transition. Are these 16 beds enough?

According to Beatrice, it's definitely not enough. "Nobody plans on being homeless the next day. It happens, and for now they've have not gone over 16 spaces. Yet there are many people who don't even stay in the shelter. It is a deep issue. But we're glad that we're here to offer that emergency bed for them when they need it."



*Beatrice Littlechief -  
Emergency Service Manager*

Stories and photos by Jan Morier

## INSIDE

|            |   |
|------------|---|
| <b>P2</b>  | <b>NCCA Questions<br/>Ward 6 Candidates</b>           |
| <b>P4</b>  | <b>Regina Votes Oct. 24</b>                           |
| <b>P5</b>  | <b>Community Gardens<br/>Project People</b>           |
| <b>P6</b>  | <b>NC Murals<br/>Foodie Rules</b>                     |
| <b>P7</b>  | <b>Scott Collegiate</b>                               |
| <b>P8</b>  | <b>NC Volunteer Awards</b>                            |
| <b>P9</b>  | <b>SEARCH Calendar<br/>Foot Care Services</b>         |
| <b>P10</b> | <b>Community Calendar</b>                             |
| <b>P11</b> | <b>The North Central Way</b>                          |
| <b>P12</b> | <b>A Safe Trick or Treat<br/>RHS Animal Well-Fair</b> |



# North Central Community Association Board of Directors

## Questions FOR Ward 6 Candidates

photos courtesy of the candidates

1. What are your top measurable goals for North Central?
2. How would you work with the North Central Community Association on an ongoing basis to advocate for the needs of the community?
3. How will you bring the social and economic issues of North Central to city council?
4. What is your plan to address the range of housing needs in North Central?
5. How do you plan to address crime and safety concerns in North Central?
6. How would you address infrastructure issues (roads, sidewalks, etc.) in the North Central area?

Ms. Etter did not submit responses to the questions. This is her profile from the City of Regina website.



Sarah Etter

Sarah Etter is currently working as an administrative assistant, and is a third year part-time statistics student at the University of Regina. Sarah has a strong belief in social justice, and her passion lies in seeking true representation in government.

If elected, Sarah will provide this representation for the people by involving herself in the community, volunteering,

as well as listening to and working hard for her constituents in any way possible. Sarah is well aware of the quite-preventable housing crisis occurring in all neighbourhoods of Regina and will work with the community to provide a real solution to this issue. She would like improvement on the roads, sidewalks & alleyways in Ward 6, as well as a solution to garbage filled and unsafe alleys. Sarah looks forward to providing a focus on the unique challenges that Ward 6 faces.



Allan Kirk

My goal is to see North Central become the vibrant community it once was: with hope for the future, pride of place, a cooperative spirit and meaningful involvement in city planning and decision making. For this to happen big changes are needed. Some of these are detailed below.

2. First, let's ensure City Hall doesn't exert

undue influence on the NCCA. Funding must be unconditional and its Board independent and representative. I will press for regular public meetings where grievances and ideas for local improvements can be aired in an atmosphere of mutual respect and cooperation. I will work with the NCCA to promote an awareness of the interdependency of the whole city with North Central as an equal partner, not a lame-duck district in need of handouts.

3. I will bring North Central's issues to Council as a spokesman. Important issues will be raised openly at "town hall" meetings. I will mediate between competing interests. Once there is consensus I will present this position persuasively and unequivocally to Council and then to work with them to arrive at a solution that is acceptable to the people of Regina as a whole.

Allan Kirk (continued)

4. The construction of large numbers of so-called "mixed-income" housing units where Taylor Field now stands as called for in the City's Revitalization Plan will do nothing to address the housing needs of North Central. New construction is expensive, especially if it is done as planned to minimize the intrusiveness of the neighbouring railway. New infrastructure is also very expensive, especially since it would put an unacceptable strain on the old system that surrounds and feeds into it. These costs plus the burden of taxes ear-marked to defray demolition expenses will be added-on. People who can barely afford rent or upkeep on their present modest homes can't afford to move into these housing units. The refurbishment of Taylor Field that has already been started should be completed and the huge sums thus saved put toward the renovation of existing homes and infill, including multi-family. Essential to the success of this project will be a complete overhaul of the structure of the landlord-tenant relationship

5. I believe that fairness and consistency in enforcement is key. Other options must be available to people and therefore opportunities for training are essential. However, it is fairness and consistency that are conspicuously absent. Laws, including Bylaws, which are administered in an arbitrary and discriminatory way are not law but dictatorship. Any order against a citizen pursuant to a Bylaw must be amenable to appeal to a neutral third party such as an Ombudsman. Also I'd like to see a fresh commitment to that old idea of community policing. Effective policing depends upon having the respect and cooperation of the citizenry. This is much more likely to exist if officers get out from behind their dark glasses and steering-wheels and get to know people as individuals and partners rather than possible offenders.

6. Our infrastructure is old and crumbling. The practise has been to patch instead of doing what really needs to be done. The growth of the city has put tremendous strain on the system but its needs are being set aside while plans for a new stadium go ahead. It looks great in drawings but I doubt that it will add much to our enjoyment of the game, much less to the quality of everyday life. It will have no roof but only be "roof-ready" and no such stadium in Canada has ever got its roof. Planning is key. One has only to experience the traffic chaos resulting from downtown development to see how poorly things have been planned. What we need most is better planning. I would also like to see changes to the transit system to bring back shuttle buses for the general public. Finally, there's rail line relocation. Council proposes pedestrian walkways over the tracks! Let's get on with what has long been promised and move those rail lines.

**Regina Transit is offering FREE Transportation on Election Day!**  
**Go online to find your route to the polls.**

VISION MEASURABLE AT ISSUE INFRASTRUCTURE HOUSING SAFETY

Stephen McDavid



- 1. Providing a higher level of community service that includes better access to municipal services. I would make an increased effort to provide them in a more inclusive manner to a broader cross section of residents.
- 2. As invaluable allies working together for the benefit of the community.
- 3. I will represent our community proudly as the friendliest neighbourhood in Regina and

tell everyone of the many positive aspects to living here. The most important thing would be to approach issues honestly with accurate information that reflects the reality of living in our neighbourhood, and not gloss over the problems, so we can succeed in our efforts to build a more sustainable, safe and prosperous community.

4. Build and restore accessible housing by every means possible. I would not exclude any option that would help. Developing a comprehensive housing strategy has been identified as an urgent priority by the citizens of this city. The new Official Community Plan along with the new housing policies and programs of the Province of Saskatchewan, that will be revealed in early 2013 hopefully will offer more support than what is currently available.

5. By building a stronger community where people feel empowered by their ability to change things for the better. This will require the leadership of our community, both within and outside of government, to continue to come together and work to build on the strengths of our neighbourhood, to address the issues that leaves us vulnerable to many forms of crime including gangs and the sex trade.

6. I believe as an established community, nearly a century of taxes have paid for the renewal of these services many times over. These taxes have contributed to the growth of our city and the ongoing renewal of the inner city requires ongoing support.

WARD 6

ALL CANDIDATES FORUM

WEDNESDAY  
October 17, 7:00 P.M.

Moderated Forum

at Indian Métis  
Christian

Fellowship (IMCF)

3131 Dewdney Ave.

Wade Murray



1. Top measurable goal for NC, there are several priorities, but top is around safety, reinstating the RAGS program or a similar program, is paramount. Next is housing affordability, seeing the cost of rent at a sustainable level, and the vacancy rate closer to 3% as per the CMHC. My last measurable goal for this term, to attract a large grocery chain to consider building in the community. But remember, there are many more important priorities!

2. Assisting NCCA has always been a priority of mine, as a resident in NC for over 20 years, I know the past, and with the assistance of the Association, and all the service groups and organizations in the community, we will continue to grow. I commit to assist in all the community cleanups, as I always have, and attend those meetings and activities, that my schedule allow. With the change in dates for association meetings, as per Rob Deglau, It will make it possible for me to attend more.

3. The social and economic issues have been a priority to the past councils, that I have been on. Ensuring adequate funding and resources are available to the association has been my priority, balancing the needs of the other communities I'm asked to represent. My council colleagues have come to respect my asks, and when we need resources, for programs, I will ensure they are available.

4. Housing needs are a high priority of mine, our citizens deserve a safe quality home to raise their children in. With organizations like Habitat for Humanity, Silversage and others, we will provide incentives to build affordable homes, at the September meeting of council, I launched in inquiry to the Affordable Home incentive plan, asking if the \$10,000 per home incentive is enough, also I would like to explore the 5 year tax abatement program, to expand the applications. Much will happen as we complete the Regina Revitalization Initiative, which will add 700 affordable lots to the community, NC will become the standard on how to revitalize a community!

5. Crime and Safety has been a top priority of mine since I was first elected in 2003, and my council colleagues have always listen to my concerns. Since 2004 I have been on the Board of Police commission, and as a commissioner, I have been able to assist in creating policy, to improve crime and safety in our community. With your support and ideas I will continue to lead the Regina Police Service to address our concerns. My first order of business in to address the loss of our gang intervention program. The loss of Federal funding, has left a gap, that I feel is critical in our communities development.

6. Infrastructure in NC is like much of our cities older neighborhoods, the City will be undertaking a plan to address the issue, it's important to realize the streets and roads we see, mask a bigger issue, pipes and lines, we must have a holistic plan to address the replacement of our potable water, and waste water infrastructure. New roads and sidewalks are nice to have, but water and sewer are must haves!

Thank you for the opportunity to serve you in the next term of Council, as always if you have concerns that you cannot get addressed or suggestions, please call me anytime, 596-1035 is my personal cell.

Wade

NCCA VISION MEASURABLE AT ISSUE INFRASTRUCTURE HOUSING SAFETY



# REGINA MUNICIPAL / SCHOOL BOARD ELECTION

## OCTOBER 24, 2012

Polling Information from City of Regina website  
www.regina.ca

### Polling stations will be open from 9 a.m. to 8 p.m. on Election Day, October 24th.

All polls are accessible by wheelchair and stroller. If you have severe restrictions, you may qualify for the mobile polls.

**There are 30 polling locations throughout Regina.** Residents received a voter information card that includes their polling location, ward, and school subdivision.

### Mobile Polls:

Mobile polls are provided for those who are unable to attend a regular or advanced poll due to physical disability or whose mobility is limited or severely restricted. To take advantage of this opportunity, you must submit an application to the Election Office by 4:30 p.m. on October 3, 2012.

Application to vote at a mobile poll is available at [www.regina.ca/residents/elections/polling-information/](http://www.regina.ca/residents/elections/polling-information/)

### Mail-in Ballots:

Mail-in Ballots are new for the 2012 election and may be utilized by voters receiving care in a hospital, personal care facility or similar institution or who anticipate being absent from the city during the advance poll and on election day. Registration for the mail-in ballot should be done in person at the Election Office so that individuals can make their declaration and have identification verified by Election Officials prior to receiving mail-in ballot materials.

**A LEADER is one who knows the way, goes the way and shows the way.**

— JOHN C. MAXWELL —

Congratulations to Bert Adema of IMCF on receiving the Queen Elizabeth II Diamond Jubilee Commemorative Medal.

The medal celebrates both Her Majesty's lifetime of service and the outstanding contributions of deserving citizens. Lieutenant Governor Vaughn Solomon Schofield said "On behalf of our sovereign, I thank each medal recipient for their commitment to the greater good."



### Who Can Vote?

To vote, you must be a Canadian citizen at least 18 years of age on Election Day. You must also have:

- resided in Saskatchewan since April 23, 2012
- either resided in or owned assessable land in Regina since July 23, 2012

### How to Vote

You must submit a voter's registration form and show identification before you can cast your ballot. Save time and fill out this form before you arrive - download it online. [www.regina.ca/residents/elections/polling-information/](http://www.regina.ca/residents/elections/polling-information/)

### MUNICIPAL / SCHOOL BOARD ELECTION

## October 24 - REGINA VOTES 2012

We need our communities' involvement in the election process!

**You live in North Central - you have a voice!** Vote for your choice for Mayor, Ward 6 Councillor and the Public and Separate School Board trustee.

### Where Do I Vote?

In the North Central neighbourhood of WARD 6 - the two polling stations are **Albert Scott Community Centre** (1264 Athol Street) and **Albert Community School** (1340 Robinson St.). Depending on your address you will vote at one of the two.

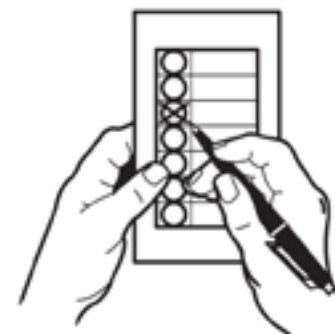
**Ward 6 voter turnout in the 2009 election was poor.** Of 12,435 eligible voters only 14% (1,739) cast a ballot. 86% (10,696) of our ward's residents did not exercise their right to vote.

**TAKE A FEW MINUTES TO SHAPE THE NEXT FOUR YEARS YOUR VOTE MATTERS!**

## Why SHOULD you vote?

By Jessica Hanna

With one of the lowest voter turn out rates, municipal elections often get overlooked when they are going on. Yet on October 24 it is still important for every resident of Regina and North Central to go out and vote. It's really easy to do and has a huge impact on your everyday life. There are various reasons why you, a resident of North Central should go out and vote.



**FIRST** it is your obligation as a citizen of Canada and Regina that you vote. We have that right and responsibility in a democracy, so use it. No matter your background, our ancestors at one time or another fought for this right, now it is your responsibility to honour the fight of those who came before us. Go out and vote.

**SECOND** local politics is where you can make the most change and are more likely to have your voice heard. It also has the most impact on your everyday life. Think about it, the way the city is run and planned and the way that schools are run and planned have an impact on you and your children's lives. The range of decisions - from which schools will be repaired or shut down or class sizes to what the bus services and road conditions will be like; how many police are on the streets and countless other decisions of your life are made by City Councillors and School Board Trustees, They have an impact on all of it. On October 24, you can have an impact as well.

So research who you want to vote for, ask candidates questions and then **go out and vote.**

**AMENDMENTS TO THE INDIAN ACT GAVE FIRST PEOPLES THE RIGHT TO VOTE IN 1960.**

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MGR. MEGAN ZMETANA, BSP



Community Gardens Season in Review

by Ruth Easton

The Community Gardens in North Central are winding down for another year. Although there are still plenty of weeds to be pulled, the vegetables are harder to find at the five locations in the community. Two new gardens were installed this year at 932 Garnet and at The Oasis (formerly St. Peter's Church) on the corner of 7th and Garnet. Three gardens from past years were planted again at the Albert Scott Community Centre, 1300 block Rae, and 1300 block Retallack. As the temperature drops and the community hunkers down for winter, the gardens will also be prepared for winter. The last of the produce will be harvested, and the gardens will be weeded and mulched.

As fall sets in, we're left thinking about the summer's events and all the effort and energy spent tending the gardens. A few highlights of the summer come to mind. We installed two new gardens this summer. The weather forecast for both planting days called for rain in the afternoon, but even the sky seemed to want to make the day a success, and the rain held off until we finished planting. We held lemonade stands at the gardens; they were a huge success. People who often walked by the gardens and weren't sure about picking vegetables came for lemonade and left with cucumbers. Kids in the neighbourhood toured the garden at Oasis and tried kale, Swiss chard, mint, basil, and

parsley, along with the favourites - fresh garden tomatoes and strawberries. They left with cups filled with what the oldest girl called "new scents" and fistfuls of kale. If you don't know what kale is, it's a relative of cabbage, and a bitter green. I haven't met many kids who ask for more kale. Other children in the gardens devoured a spinach plant, leaving only a bare stalk, and most kids wanted to try the edible flowers and weeds.

Murals were painted at the 932 Garnet garden on a shipping container used for garden supply storage. One side was painted by Cristian Barreno, and the other by Marvin Fulton and youth from the Mackenzie Art Gallery North Central Art Studio. At this garden we put up a fence with the help of community members, Team Depot and Next Step. Although the chain link isn't beautiful this year, next year it will help reduce vandalism and make a wonderful trellis for cucumbers, peas, beans, and squash.

If you would like to get involved with the gardens, please let us know at the North Central Community Association. Have a favourite vegetable you would like to see planted in the gardens? Call 791-9888, or email communitygardens@nccaregina.ca.

**Thank you** to all of the volunteers who came out and kept the gardens weeded and clean this summer!

Home Depot Build Project: A Fence to coral the NC Community Garden

On September 6 volunteers from Home Depot and the North Central community gathered to build a fence around the Garnet Street Garden (to keep the wild produce from escaping and terrorizing the neighbourhood).



L to R: Bob Steffenhagen, Hiren Patoliyu and Patrick McAuley

Patrick McAuley with Home Depot said "I'd like to say thank you very much to the North Central Community to let us come out here today to help them with this project here. To help make the community garden that much prettier. We're taking great pleasure in trying to get a fence up here and make it a finished product so that next year we can continue to expand this project altogether."

Bob Steffenhagen added "I'm just here to give everybody a hand and help get this fence up for the community. And it's my pleasure to be here and help."

Thank you to  
Volunteers from  
Home Depot  
Build Day:

- Kymberlee Cote
- Patrick McAuley
- Gail Namett
- Michael Parker
- Hiren Putoliyu
- Bob Steffenhagen
- Dhaivat Vyas
- Andi Zogruf

Project People Update

by Lisa Workman

**Mark your calendars!**  
**Community4Connection**  
10:00 a.m. – 5:00 p.m.  
Thursday, November 1  
Knox Metropolitan Church  
2330 Victoria Ave.



A one day, one-stop shop of services for those who are homeless or at risk of being homeless or hungry. A hot meal, free groceries, second-hand clothing and self-care items. Many agencies (REACH, CanSask, Mental Health and Addictions) to give out information on their services. This year, the Regina Qu'Appelle Health Region will be providing flu immunizations.

A variety of volunteers are needed. Please email: community4connection@gmail.com. Check it out online: <http://community4connection.wordpress.com> We are also on Facebook and Twitter

**Furniture donations:**  
We are currently unable to pick up as we are trying to obtaining our own truck to help agencies move families who cannot afford to move all their belongings and end up leaving most of it behind. This is a hassle for landlords who are left to clear out the houses. Also, it leaves families in need of furniture.

We are considering fundraising and/or partnering with agencies. If you are interested in helping or if you have a lead on a truck, please let us know.

While we are planning, we would still like to do pick ups and deliveries. If you have a truck that you could volunteer for one Saturday afternoon a month, please contact us.

**Friday Night Social:**  
Fridays 7 p.m. – 11 p.m.  
3137 Dewdney Ave.

We could always use some visiting volunteers. It is an open program, anyone is welcome to drop in and visit.

We have a new partnership with the Chimatawa Family Youth who are extending their programming to include supervising children for parents who are attending the Friday Night Social. This will provide opportunities to do activities together such as crafts, games and sewing.

The Friday Night Social group provided the youth with school supplies after bottle drives and other fundraising. They presented the gifts at the Chimatawa Family Youth's fall celebration.

Recently, Friday Night Social held its first **Family Dry Dance**. It was small, but loud and fun! The youth ran their canteen for us. It was such a success, we will definitely have another one!

**Holiday Drop in:**  
We want to hold a Holiday Drop In over the Christmas week. Four Directions will host it on December 24th, 27th and 28th. We hope to extend the drop in to Christmas Day and Boxing Day to be hosted at the Prayer Lodge at Indian Métis Christian Fellowship. We would offer coffee, snacks, movies and games, just a warm place to be during the holidays. Please consider volunteering for an hour to help us make this happen. More details to come.

**Reminder:**  
We cannot accept cheques, as we don't have our own bank account. If you would like to write a cheque, please make it out to Indian Métis Christian Fellowship.

Lisa Workman  
Volunteer Coordinator  
Project People  
Info - call: 533-5117  
Gmail: reginapeople

3rd Annual Nights of Shelter

Wait t'go Joe! "Homeless" Joe Miller of Souls Harbour Rescue Mission spent Aug. 20-24 on the roof of the old St. Andrew's Church and raised 1,731 Nights of Shelter (at \$24.88 a night).





## Community Garden Mural on storage 'sea can' 900-blk Garnet



Mural design by Cristian Barreno

Priscilla McNab was hired by the North Central Community Association as Summer Arts Coordinator. Priscilla says "I am an art lover and the mural project was an absolutely amazing experience – for me, for the community, for the youth who we worked with. It was just awesome to see all the artwork go up in the community."

"It gives North Central a sense of pride and the people in the neighbourhood come together. Every time somebody came to the garden to pick or to volunteer, they were able to see other things going on, so it really brought positive attention."



Angels Arlene Kenville, Pearl Harvey and Thelma Childs dress NCCA Executive Director Rob Deglau to be warm and cozy this winter.

**Angels 4 Warmth** in Regina and area is a registered non-profit group who craft goods to donate to Regina agencies. They need people of all abilities to knit, crochet or quilt blankets or sew squares together. Most members work from home. Pearl Harvey says "we're helping people who are left out in the cold, women who are leaving an abusive home, cancer patients. We make preemie caps, ostomy bags, and everything in between."

Meetings: first Wednesday of each month, 2:00 p.m. Regina Village, 4550-10th Ave. If you would like to knit, crochet or quilt or to donate yarn or material, please contact Thelma 545-3270 or 692-4786. Items may be dropped off at Lorne Drugs 2255 14th Ave.

Angels 4 Warmth appreciate the support from Farm Credit Canada's Regina Spirit Fund and Lee Funeral Homes.



Devin Akapew lends a hand to the sea can mural

### The Food Savvy 10 / 30 classes

discussed  
the Top 11

**Foodie  
Rules**

when it  
comes to  
nutrition  
& being healthy!

- #1 All food is ok, but don't binge!
- #2 Try new foods, don't be boring!
- #3 Keep balanced...energy in (from food) has to equal energy out (what your body uses) if you want to maintain weight!
- #4 Fad diets don't work!
- #5 If your kokum wouldn't recognize it, don't eat it! (probably over-processed)
- #6 If it's greasy, fatty or loaded with sugar, hold back!
- #7 Fruits and vegetables are loaded with nutrients that are good for you, so eat lots of them!
- #8 Carbohydrates (bread, rice, potatoes & pasta) are your body's #1 source of energy!
- #9 Do some exercise everyday (about 60 minutes)!
- #10 Don't watch too much TV!
- #11 Laugh lots!

STAY TUNED FOR RECIPES,  
HEALTHY SNACK IDEAS & COOKING TIPS  
from the Scott Collegiate Kitchen!!



Scott Collegiate Grade 10  
Field Trip and Medicine Walk





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Saturday 9 - 5  
Sunday 12 - 4

Auto  
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**359-3331**  
1262 Albert St. (Albert & 7<sup>th</sup>)  
[www.smithsinsurance.ca](http://www.smithsinsurance.ca)

**SGI CANADA**



Message from the Office

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

We have had a few staffing changes this school year. We are most pleased to welcome Mrs. Marin Shiplack to the position of English teacher with our grade 10 and 11 teams and Mr. Darcy Keewatin as teacher with both the grade 9 and 10 teams. Additionally, we welcome Ms. Jessica Lynch, an intern working with Mr. Bridgeman in our Physical Education program. Your administration team remains unchanged and Mr. Tomchuk and I are both very pleased to be back, and look forward to renewing acquaintances within the community. We know that the North Central community will continue to support and share in the learning of the Scott students.

Our school leadership team is in the process of developing action plans to improve learning and achievement in our school. The focus of our action plans will be on improving literacy and numeracy, working collaboratively as professionals and community members, and ensuring smooth transitions for students entering into and exiting out of Scott Collegiate.



Nancy Buisson  
Principal



Mike Tomchuk  
Vice-principal

We are committed to engaging students in their learning, and we will constantly monitor each student's individual achievement growth through value-added assessments. Finally, our staff is committed to ensuring a safe and caring environment for all of our students. Our students have been reminded that care starts with the individual and spreads. Please reinforce the virtues of honour, respect and responsibility with your Scott student. Our next SCC meeting will occur this month, so watch the school website for details. It is a motivated and goal-focused group of individuals on the council. Consider becoming part of our School Community Council.

We look forward to working with parents, community and most importantly, the students. If you have any questions or concerns, please feel free to contact us. The Scott Collegiate teachers are open, sincere, and knowledgeable professionals. Please get to know them. Scott Collegiate is a great place to teach and learn. We look forward to a fantastic school year.

The Scott Collegiate website is a valuable resource. Information regarding programs, planning and happenings can be found at this site. There is much going on so be sure to check the calendar regularly. You will find us at [scottcollegiate.rbe.sk.ca](http://scottcollegiate.rbe.sk.ca)

Nancy Buisson, Principal

Here at Scott Collegiate, we love to encourage reading! Any type of reading will do, whether it is delving into a good book yourself, reading the newspaper or reading to your children, we encourage it. So, to help you out, a few staff members have recommended the following books for you to check out the next time you're looking for a good book!

From the desk of Sherrie Sveinson Kuntz, Grade 12 Project Teacher:

My students often share the titles of books with me that they are excited about. Recently I was told about *The Perks of Being a Wallflower*. The story is about a teenager named Charlie who describes various scenes in his life by writing a series of letters to an anonymous pen pal. I would recommend it for older students as it is rated PG 13 for some of the mature content. The cool part about this book is that it has been made into a movie released in September 2012. Always a good idea to read the book before watching the movie!

My second recommendation is for the younger crowd, the book is called *The Trumpet of the Swans* by E.B. White — a favourite book in my household. It tells the story of a young trumpeter swan named Luis who is born without a voice and is trying to overcome it by learning to play a trumpet. It is a touching story that my family enjoyed.

Great for kids age 6-10. Oddly enough, the books recommended have all been turned into a movie, I always read a book before I see the movie and most times, despite how good the movie is, the book is always better!

From the desk of Nancy Buisson, Principal: *Water For Elephants* by Sara Gruen

There is something in this novel for everyone: it is filled with adventure, mystery, fictional memoir, love story, and historical account.

Don't pick up this book unless you have the time to read it all, as you will not put it down until you have read the last page.

It is well written and characters are well developed along with an interesting story. When you are finished, you will be left with the feeling of knowing you have just read a truly great book.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." Dr. Seuss

From the desk of Roseanne Topp, Teacher-Librarian: *The Hunger Games* by Suzanne Collins

I recommend this book for ages 11 and up, this book is set in the ruins of what used to be North America which has been divided into 13 districts and once a year, representatives from each district are chosen by the well-to-do Capitol to fight to the death in the Hunger Games. The winner of the games brings good fortune to his/her district, what The Capitol didn't count on was Katniss Everdeen. She and her survival skills test the Hunger Games. I have shared this book with my husband, my own child, she is 12 and my friend's Mom, a retired teacher. We have all enjoyed the book and now the movie. Please pick this book up and start reading.



Upcoming Dates for your Calendar

- Oct 4 Girls' Volleyball @ Scott 4:30
- Oct 5 PD Day, no school for students pm
- Oct 8 Thanksgiving
- Oct 11 Girls' Volleyball @ Scott 4:30
- Oct 15-19 Education Week – Learning Success Today ... Leading Success Tomorrow
- Oct 15 Report Cards sent home; Girls' Volleyball @ Scott 4:30
- Oct 17 Student / Parent / Teacher Conferences pm; Girls' Volleyball @ Scott 4:30
- Oct 22 Girls' Volleyball @Martin 6:00
- Oct 25 Picture Day, am only
- Nov 8 Remembrance Day Service am
- Nov 9 PD day no school for students
- Nov 12 No school in lieu of Remembrance Day





## Wiichiwayshinawn Foundation Métis Awards

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

Wiichiwayshinawn 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.

### Inaugural Métis Awards

Saturday, October 20  
Regina Inn, 1975 Broad Street  
(Wascana Ballroom)  
Cocktails: 5:30  
Supper: 6:00  
Awards: 7:00

Tickets \$50. call 530-3409

### Transitions to Trades GIVING THANKS

North Central's **Transition to Trades** would like to thank the following Sponsors for their generous support of our graduating group of students in the following areas:

**Duane Gwilliam at A.R. Williams** who has once again sponsored and trained our students to obtain their Aerial Work Platform Operator's license!

**Saskatchewan Construction Safety Association** for sponsoring our students in Fall Protection, Back Safety, hand protection. SCSA has helped this program tremendously. We could not have offered these to our students without their assistance.

**Regina Skills and Trades Centre** for sponsoring WHMIS

**Home Economics For Living Project** for instruction of nutrition, cooking, and budget.

**Primex** for donations and sponsored training of Workplace and Power Tool Safety.

These training opportunities and certification may not be possible without the continuing support of these community partners; Transition to Trades thanks you for improving this program, and making a distinct impact on students' futures! Many of these opportunities could not have been provided otherwise.

And Finally, Transition to Trades would like to recognize **CBC's** Reporter Goeff Leo, Cameraman Aldo Columpsy and Editor Trevor Aikman their diligent work in producing "Life Under Construction" a two-part series depicting Transition to Trades and those attending the program.

## North Central Community VOLUNTEER AWARDS

### PHYSICALLY ACTIVE VOLUNTEER

*An Award for a volunteer who serves through being physically active or leads physical activity for the community. Deciding factors will include demonstration of role model qualities amount of time given, quality of service, impact on our community and healthy living.*

### MARTY ROTHERMAL

Nominated by Ehrlo Outdoor Hockey League Marty is a committed a volunteer couch at Grassick Rink. He coaches twice a week for 6 months of the year providing skills, drills, and team play. Most importantly he provides a safe and fun environment for children ages 8-18. Although he has no children of his own he recognizes the need for community youth to stay active and busy. Marty does an excellent job creating team spirit and belonging.

Marty said: "the program is important to give the kids a sense of camaraderie – being part of a team, being a good team member."

### VOLUNTEER COMMUNITY GROUP OR TEAM

*An award for a group or team who volunteers together. Deciding factors will include amount of time given, quality of service, impact on our community and healthy living.*

### ALBERT-SCOTT COMMUNITY VOLUNTEER INCOME TAX PROGRAM Joyce Sitter, Hazel Douglas, George Briton, Dr. Bodani, Les Baliko, & Bill O'Shea

This group of volunteers helped over 500 people, free of charge, file their income tax this year alone. The volunteers take between 3 to 15 hours a week for 3 months each year. The attitude and quality of service the volunteers provide is friendly, professional, patient, and kind. Many of the volunteers have been helping for 5 to 10 years.

People volunteer for the joy of it. And the more you do, the more you want to – getting to meet people, socializing. It's so valuable for personal growth and for keeping the community growing as well. And it's a wonderful opportunity to learn.



### YOUTH VOLUNTEER of the YEAR

*An award for a youth, 21 years or younger, who is an outstanding volunteer. Deciding factors will include amount of time given, quality of service, impact on our community and healthy living.*

### MIRANDA COTE

Miranda has been a youth leader with the Chimatawa Youth Group at the Indian Métis Christian Fellowship for 6 years. She helps by making bannock, soup, dessert, and family breakfast. She is a traditional dancer. It is said that she is a great helper whenever and wherever help is needed. She is not only a stunning example to her peers but to the adults of our community.

### VOLUNTEER of the YEAR

*An award to an outstanding volunteer who is dedicated and reliable. Deciding factors will include amount of time given, quality of service, impact on our community and healthy living.*

### STEPHEN McDAVID

Nominated by the Indian Métis Christian Fellowship for his regular volunteer efforts at the centre helping with community meals, serving, cooking and cleaning as well as organizing various events. He can also be found volunteering at numerous community events, community gardens, and with RAMP as a surrogate victim, to name a few. It is said about Stephen that he is a cheerful and confident volunteer who does not shy away from sharing his time and his talents.

### Stephen McDavid – Volunteer of the Year

"It certainly is nice to be acknowledged. There's great satisfaction in volunteering, it has created all kinds of opportunities for me to do so. It's for personal growth and development and it feels good to give back. But it's also nice to be acknowledged for that. Sometimes you just feel like you're



giving, giving, giving, so the occasional pat on the back is encouraging. I started to volunteer back in the 80s when I was in Moose Jaw. I've gotten employment through volunteering, or I get to meet people and learn new skills – getting out of the house and being engaged with others – there's so much value to it!



**A Revival Crusade** was held by the Good News Chapel from Sept 8 to 19th in partnership with Healing Hearts Ministry and Morning Star Ministries with many other churches in Regina who supported financially.

"We then marched around North Central and asked for God to show his Glory and have His will in this area."

Aaron Cross, Good News Chapel Elder



# SEARCH

Student Energy in Action for Regina Community Health

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

| OCTOBER 2012 SCHEDULE  |  |
|--|--|
| <b>October 6</b><br><br><i>CLOSED-Happy Thanksgiving!</i>  | <b>October 13</b><br><i>Doors open/Lunch (12:30)</i><br><i>What's The Buzz? (1:00-1:45)</i><br><i>Women's Group (1:45-2:45)</i><br><i>Crazy Circuits (1:45-2:15)</i><br><i>Fun with Food (2:15-3:00)</i> |
| <b>October 20</b><br><i>Doors open/Lunch (12:30)</i><br><i>What's The Buzz? (1:00-1:45)</i><br><i>Women's Group (1:45-2:45)</i><br><i>Crazy Circuits (1:45-2:15)</i><br><i>Fun with Food (2:15-3:00)</i> | <b>October 27</b><br><i>Doors open/Lunch (12:30)</i><br><i>Literacy Day (1:00-3:30)</i>  |

| PROGRAMS   |   |  |   |   |
|--|---|--|---|---|
| <b>Women's Group</b><br>A holistic support group for women to self-explore and empower themselves. | <b>What's the Buzz?</b><br>A surprise topic every week! | <b>Literacy Days</b><br>A fun focus on literacy, led by volunteers or published authors! | <b>Crazy Circuits</b><br>Fun, physical activities for children! | <b>Fun with Food</b><br>Join us to make yummy, healthy, and low-cost recipes! |



## Foot Care Services BACK IN BUSINESS!

We are now accepting new clients for office or home visits!

"I have been getting my toenails and feet looked after at the North Central Community Association Foot Care Clinic. These many problems have been looked after; such as ingrown toenails, slivers in the bottom of my feet, cuts on my toes, split nails, etc.

They also take my blood pressure each time which prompted me to see my Doctor when my blood pressure was up.

I would highly recommend this care for everyone. It is very more involved than a pedicure at a very reasonable cost."



Jacquie Sivertson

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

### RATES for Foot Care:

|   |         |
|---|---------|
| In office visit – North Central Resident .....            | \$15.00 |
| Home visit – North Central Resident .....                 | \$20.00 |
| In office visit – <i>Non</i> North Central Resident ..... | \$20.00 |
| Home visit – <i>Non</i> North Central Resident .....      | \$25.00 |

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

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



## Four Directions Primary Health Care has expanded the Health Care Team

Laveena Tratch RN, BSN, MN, Urban Primary Health Care Manager

In partnership with Family Medicine Unit, the Four Directions Primary Health Care team will have additional physician services available for the residents of the North Central Community.

**Dr. Sarah Liskowich** will be available to see clients on Mondays from 9am to 4pm at Four Directions (3510 5th Ave) and Wednesdays from 1pm to 4pm at 1056 Albert St.

**Dr. Lauren Kimball** will see clients at 1056 Albert St on Tuesdays from 1pm-4pm.

Primary Health Care services continue to be offered by Nurse

Practitioners at Four Directions Monday to Friday 9am-noon; 12:45pm-4pm (closed Wed mornings); Tuesday & Wednesday afternoons at our second site (1056 Albert St). Services offered by Nurse Practitioners and Physicians are available on a walk-in basis. To improve accessibility and decrease wait times for our clients we now offer a limited number of same day appointments by contacting 766-7541.

Please join me in welcoming Dr. Sarah Liskowich and Dr. Kimball to our Primary Health Care team at Four Directions Community Health Centre.

## The 4th annual North Central Diabetes Health Fair and BBQ

Brie Hnetka Manager, Public Programs & Services SK Cnd Diabetes Assoc

The 4th annual North Central Diabetes Health Fair and BBQ presented by the Regina Capital Cosmo Club was held on Aug. 21st, 2012 and was again a huge success! Over 500 people attended this event where families in North Central received health information, education, participated in a diabetes risk assessment, and were introduced to local health and wellness resources they can use to reduce their risk of developing a chronic condition such as diabetes. After going through the health fair participants enjoyed a



healthy BBQ, and were entertained by traditional First Nation's dancers.

Thank you to all the sponsors for the event; Regina Capital Cosmopolitan Club, Evraz Place, Community Initiatives Fund, SaskEnergy, SaskTel, and Bennett Dunlop Ford. Also thank you to the community organizations that helped to plan the event; Regina Qu'Appelle Health Region-Aboriginal Home Care, Four Directions Community Health Centre & Seniors' Healthy Living Program, North Central Community Assoc., Canadian Diabetes Assoc., REACH, HELP, Safeway.

"It's difficult in North Central because healthy food is hard to come by and it can be expensive. We try to give people some options of some food that might not be as expensive and you might be able to get locally - maybe at the convenience store or at the new Asian food market. It is still really hard so we're giving people some ideas of what they could be eating to improve their health."

Brie Hnetka

## COMMUNITY CLEAN UP! SUNDAY, OCTOBER 14, 9 a.m. - 1 p.m.

put large items out behind your lot the night before

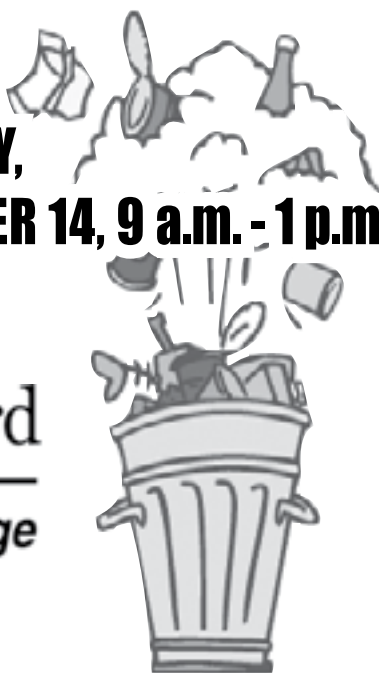
BennettDunlopFord

Driving Change

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



All valuable volunteers welcome!  
Meet @ Scott parking lot at 9 a.m.  
Free BBQ for VOLUNTEERS



**Community Partnership Against Violence** invites you to join us for the 11th Annual Peacemakers Breakfast *Rose's Story: Abuse in Later Life* Featuring: Marj Thiessen, Maria Reardon, and Gerri Wood

Tuesday, Oct 9, 8:30 – 10:00 a.m. at Regina Inn – 1975 Broad Street

Tickets \$10 each to be purchased in advance by contacting maggiemikhail@hotmail.com or phone 551-6809 to book your tickets.

**Aboriginal Grandmothers Caring for Grandchildren** Support Network Meeting - Friday, Oct 12, 9:30 - 11:30 a.m. at Four Directions Community Health Centre, 3510 – 5th Ave. at Elphinstone St. Regina  
Guests: Elder Betty McKenna & The Sage Girls

Join Elder Betty and The Sage Girls to learn how these students are making a difference in the lives of their fellow students, families, communities and nations.

Tea & Bannock are always served. Childcare and rides are provided if requested in advance. Welcome gift for all new Grandmothers in attendance.

Please call 585.5766 to register by Oct 5 and let us know if you a need ride or childcare.

### Regina Transit Update

Transit will be installing video cameras on the bus fleet. The safety and security of operators and passengers is the purpose of the program. By the end of 2013, 79 out of 106 buses will have cameras installed and all new bus purchases will have cameras.

Each bus will have 8 cameras, located on the inside and outside of the bus. The cameras on the outside will be recording video only and cameras inside the bus will record audio and video. Stickers will be put on each bus to indicate that they are being monitored by cameras.

**Lorne Street Construction Update**  
The watermain relining project on 12th Avenue (Albert Street to Lorne Street) is scheduled to be completed at the end of October.

## Community Calendar

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

**Deadline for Oct. issue: NOV. 9, 2012**

### Care & Share Seniors Lunch

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



### "R" Healthy Food Store

Mondays 11 a.m.-1 p.m. at 1264 Athol Street (second floor)  
Thursdays 3:30 - 4:30 p.m. at Rainbow Youth Centre 977 McTavish Street

### Soup and Bannock

**Wednesdays** at IMCF 3131 Dewdney Ave, all welcome, \$2.00

### Project People Friday Night

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

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

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

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

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



The North Central Way

by Jan Morier

There was a story recently about a Saskatchewan farmer who contracted the West Nile virus at this critical time of year. A collective of good-hearted neighbours took his crop off after the labour of harvesting their own. That's the Saskatchewan Way. Neighbours helping neighbours with whatever needs to be done.

The tradition of helping one another can be as simple as saving a recipe or as awesome as saving a life. That thought occurred to me while a neighbour and I were pruning another neighbour's cotoneaster hedge while she was putting in several 12-hour shifts at the Regina General. We heard a commotion from a Mrs. a few doors down as she dashed across the street to borrow a cup of sugar. "How quaint and neighbourly." I thought.

Over a recent weekend the Board and staff of North Central Community Association gathered to review our strategic plan for the next three years to see how we could best serve our neighbourhood. There were many expressions revealing that, when it comes right down to it, we are a caring bunch in North Central.

On my way home I saw that caring played out - albeit in a scene that might seem tragic to some.

Driving from IMCF a little after 9:00 p.m. I made my way west on 8th Avenue. A pedestrian crossed in front of me and held up his hand for me to slow down or stop. He saw what I didn't. At the same time, a van heading east pulled to a stop and a man jumped out. The two men approached a man crumpled in the road and proceeded to drag him to the

sidewalk. Horrified, I watched them go on their way. Was the man alive? Had I just watched the aftermath of a hit-and-run? The van took off, another car pulled up across the street, I was on the phone to 911. The couple in the newly-arrived car approached the 'body' and he came to life and waved them away. I relayed as best I could that there was no blood, no apparent injuries - as the cruiser and EMTs arrived.

The ones who dragged this lost soul out of harm's way were

helping 'North Central Style'. They saw to his emergency, just as surely as the many agencies described in this issue of NCCA do. The police and ambulance would deliver him to a shelter that would detoxify his system, followed by referral to a service that will humanely detoxify his soul. If he falls along the way, help will be there. Whether it's preventing or treating trauma, we are here for each other. That's the 'North Central Way'.

Special thanks to Hon. Ken Cheveldayoff for participating in the documentary *Life Under Construction*. To Minister Rob Norris, Premier Brad Wall and Kathy Young for their vision and leadership in allowing this documentary to go forward. A special shout-out to our partners in the Ministry of Advanced Education for their patience on this project. Our community loves you for letting our story be told.

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:

|                  |                 |
|------------------|-----------------|
| City of Regina   | Aaron Cross     |
| Ruth Easton      | Sarah Etter     |
| Jessica Hanna    | Brie Hnetka     |
| Allan Kirk       | Stephen McDavid |
| Jan Morier       | Wade Murray     |
| Nursing Students | RQHR            |
| Scott Collegiate | SEARCH          |
| Lisa Workman     |                 |

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

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

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

DEADLINE for  
DECEMBER ISSUE  
Nov 9, 2012

North Central Community Connection  
1264 Athol Street  
Regina SK S4T 7V3  
Phone: 791-9888  
Fax: 757-1052  
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Mission Statement of  
North Central  
Community Association

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



www.nccaregina.ca

NCCA Board of Directors

Board of Directors

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



NORTH CENTRAL PHONE LIST

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

Organizations & Agencies

|  |                |
|--|----------------|
| Aboriginal Family Service Centre .....               | 525-4161       |
| Aboriginal Skilled Workers Association .....         | 337-0400       |
| AIDS Program South Saskatchewan .....                | 924-8420       |
| Albert Library .....                                 | 777-6076       |
| Albert-Scott Community Centre .....                  | 777-7033       |
| All Nations Hope AIDS Network .....                  | 924-8424       |
| Bylaw Enforcement .....                              | 777-7000       |
| Chili for Children.....                              | 359-7919       |
| Circle Project .....                                 | 347-7515       |
| Circle Project Childrens' Centre .....               | 569-3988       |
| Ehrlo Sport Venture Program.....                     | 751-2411       |
| First Nations Employment Centre.....                 | 924-1606       |
| Four Directions Community Health .....               | 766-7540       |
| Gathering Place .....                                | 522-7494       |
| Greystone Bereavement Centre .....                   | 766-6946       |
| Indian 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



# Trick or Treat

Hallowe'en is right around the corner, which means ghosts, goblins, and trick or treating! We hope that everyone has a scary costume, and is ready for a night of fun! However, it is important to keep safe during this exciting time of the year.

Here are ten important safety tips to keep you and your family safe this Hallowe'en:

- 1) Accompany children under the age of 9
- 2) Travel in groups
- 3) Visit houses with porch lights on and only accept candy at the door, do not go into homes or cars
- 4) Set boundaries for your children and a curfew so they arrive home safe
- 5) Do not eat candy unless it is properly sealed, and has been examined
- 6) Stay on sidewalks and paths
- 7) Make sure costumes are not too long and that you can see properly through your mask to avoid tripping and falling
- 8) Look both ways before crossing the street, and do not cross between parked cars
- 9) It is often chilly on Halloween night, so make sure to layer clothes to keep warm
- 10) If you are wearing a dark costume bring along something reflective or a light so that vehicles can see you



We would also like to remind drivers to be extra cautious while driving and slow down in residential areas.

**Happy Hallowe'en!**

- Nursing Students at NCCA

North Central residents - **please** consider the little ones as they chase their Hallowe'en fun down the streets! Cracked and heaving sidewalks are dangerous enough at dusk - but overhanging branches or shrubbery sticking out into public routes are hazardous!

We can't repair the city sidewalks, but we can be responsible for our own clean up. Take the weekend of October 27-28 to look at your sidewalk and the edge of your property and clear the overgrowth! The children will thank you!

## Central Zone Rec Programming Fall/Winter 2012 Child & Youth Programs

Transportation to these programs is not provided. All sport teams must have volunteer parent coaches. Please sign up to coach.

### Central Zone Indoor Soccer

Age Range: 3 - 6 yrs  
(Shin guards required)  
Saturdays, October to March  
Start & End Times: Mornings:  
Times vary.

Times vary.  
Location: Eastview Community Centre  
Cost of Program: \$20

Location: Core Ritchie Neighbourhood Centre  
Cost of Program: \$45

### Central Zone Indoor Soccer

Age Range: 7 - 10 yrs  
(Shin guards required)  
Saturdays, October to March  
Start & End Times: Times vary  
Location: Core Ritchie Neighbourhood Centre  
Cost of Program: \$65

### Central Zone Indoor T-Ball

Age Range: 4 - 5 yrs  
Saturdays, September 15 to November 24  
Start & End Times: Mornings -  
Times vary.  
Location: Eastview Community Centre  
Cost of Program: \$20

### Central Zone Hip Hop

Age Range: 5 to adult  
Fridays, Sept 14 - Nov 23  
(No class Oct 5)  
Start & End Times: 4:00 to 5:30 p.m.  
Location: Albert Scott Community Centre  
Cost of Program: \$20  
Class Limit: 30 participants

### Central Zone Indoor T-Ball

Age Range: 2 - 3 yrs  
Saturdays, September 15 to November 24  
Start & End Times: Mornings -

## Regina Humane Society Animal Well-Fair August 26

### A Conversation with RHS's Don Simons

We try to be very active in all the communities in the city but particularly in North Central because we do recognize that for a lot of people in the area it's expensive to have veterinary care. It's expensive to take care of a pet in the way that they want to. And so with the City of Regina we have a program where people can have their pets spayed or neutered, microchipped, tattooed, vaccinated ... and we do all that. It's pretty well fully subsidized - it's a great program. And it's been really nice because we know that people are seeing the effects of it. People are coming out to this event - they see the mobile clinic and want to know if it's open and how can they find out more about the program. We've had people come up and say 'Oh, I have to renew my pet's license this year, do I have to come to you or do I get mailed something?'

We've had the mobile clinic for a year and a half, it's actually the very first one in Canada and it's still the only one in Canada. We use it primarily as our surgery space right now. But it's nice when we're able to bring it out like this and let people know where it is. We get a lot of calls from Humane Societies and SPCAs across the country wanting to know how we did it and how we got our staff to do it and it's a great thing. People are receptive to programs.

When the animals come into our clinic they get microchipped and tattooed and get their license.

When the animal gets lost - everybody's animal gets lost, it doesn't matter where you live or even when you say 'my dog never runs away' - at some point your dog's going to run away! But they get to go home right away (with the

licensing and the identification). We know exactly where they're from. It saves the family and the animal stress.

If anybody ever has any questions, just give us a call or check online - but ask us anything and we'll do our best to find the answer for you and help you out.

We're very approachable.



Bean Bag Toss at the Animal Well-Fair

The vast majority of people here are pet owners - either now or they have had a pet. And there's so many kids that have pets. No matter where the event is, it's always nice when other pet owners get together. All the people who are out here - they love animals and they're enjoying themselves and so that's really what makes the day for everybody.

## 6th Annual Teddy Bear Clinic

On August 20, Four Directions Community Health Centre hosted their 6th Annual Teddy Bear Clinic. They provided community members with an opportunity to learn about services that promote health and safety in North Central Regina.

Children brought along their favourite teddy bear or stuffed animal to fix their boo-boos together.



Deanna, Darius and Darian Shepherd enjoyed the Teddy Bear Clinic

photos and stories by Jan Morier