



Tanya Kappo was among the first Idle No More organizers when the movement began in Saskatoon in November, 2012. Quote: "The campaign was, in part, a reaction to the Conservative government's omnibus budget bill—which strips environmental regulations from thousands of lakes and rivers throughout Canada. The bill amends the Indian Act in a way that critics believe could threaten aboriginal land rights."

March from North Central to Saskatchewan Legislature, December 21/12

"My name is Shawna Oochoo and I'm the lead organizer for the walk here today. And I just want to say that this isn't an Aboriginal issue, this is a Canadian issue."

"It started here in Saskatchewan and we are very proud of it and how successful it's turned out and the momentum that is there. We are awakened, we know what's going on and we know the action that we need to take."

The Idle No More Movement wants to remain a horizontal grassroots everyday people movement.

Joey Reynolds spoke: "I'm a member of the Saskatchewan Coalition Against Racism and I just want to say I'm proud to be here at the march. Communication sometimes leads to this confrontation. We need unity in the community and not division."

Spurgeon Root: "I'm here to support the fact that the federal government needs to recognize and honour the treaties that were made. They are legal and binding, this isn't something that we can get out of or should be trying to get out of. And I'm also very concerned about the amount of deregulation that the government is doing around the environment and basically anything where they can be held financially responsible for anything. They seem to be trying to get out of that, and I'm very unhappy with that."

Root let it be known that he was marching on behalf of himself and his ministry. "I work with Healing Hearts Ministries, we've been working and doing things in the neighbourhood for a long time. We support North Central, we support the people who live in North Central and we want the government to not try and abdicate all their responsibilities to its citizens."



Two young people were asked "What does it mean to you to gather today with your family members and friends to march for Idle No More?" Serenity Anderson knowledgeably answered "It's for our water and for our children."



photos, interviews Jan Morier

INSIDE

- P2 Early Childhood Literacy at Albert Branch
- P3 RAMP Newsletter Page
- P4 Missing From North Central
- P5 Greystone Bereavement Centre
- P6 Mother Teresa Middle School
- P7 Scott Collegiate
- P8 Help-Portrait Regina Transitions to Trades Needs You
- P9 SEARCH Calendar Foot Care Services
- P10 Editorial—Shovel it Up! Community Calendar
- P11 Chili Cook Off 2013
- P12 North Central Shared Facility We Need A Name!



Early Childhood Literacy at Albert Branch: Let's Get Singing!

A Storybag full of fun is a great way to work on early literacy skills with your children.

There are five ways to help encourage early childhood literacy: singing, talking, reading, writing and playing. Singing is an important part of early literacy for children, for a number of reasons.

Singing with children helps build strong bonds and trust, giving you a special moment with your child. It can be a good tool to help with a temper tantrum, or calm children down for sleep. Singing also encourages brain development, as early exposure to singing with parents helps children create more neural connections, which are especially important in the early years.

As a parent, you don't need to know a whole list of songs, or have a perfect voice to sing with your child. Singing to your children can be as simple as making up a little rhyme or singing along with the radio. For example, a lullaby like "Twinkle, Twinkle, Little Star" is a song everyone knows and loves, that can help your child calm down, focus and get ready for bed.

*Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!*

- Traditional



Singing also helps children with motor development. When we clap hands, shake around, dance and reach up or down with the rhythm, it helps children make a connection with what they are hearing and what they are feeling. A good example of this is singing "The Eensy Weensy Spider" with hand motions.

*Eensy weensy spider (make spider with hands)
Went up the water spout ('climb' up arm)
Down came the rain (wiggle fingers down from head to waist)
And washed the spider out (throw arms to sides)
Out came the sun and dried up all the rain (raise hands above head, make circle for sun)
Now the eensy weensy spider (spider hands)
Went up the spout again (climb up arm)*

- Nursery Rhyme



The Children's Area at Albert Branch includes plenty of books, toys and resources for parents and kids!

Songs and rhymes feature repetition, poetry and rhyme. These patterns are helpful in children's language development, because they reinforce sound recognition of words. Learning songs also helps children develop listening skills. While listening to songs, children are also learning—not just hearing—and learning is a very useful skill that becomes increasingly important in pre-school and formal learning environments.

Children's imaginations are endless, and pretend playing encourages creativity and increased awareness of the social world. A fun pretend song to try is "Mix the Bannock":

*Mix the Bannock (motion stirring)
Stir the Bannock (shaking the pan)
Pat it in the pan (pat motions)
Bake the Bannock (put it into oven)
Taste the Bannock (motion eating/nibbling)
Covered with Strawberry Jam (motion spreading jam)*

- Courtesy of Kathy Reid Naiman



Photos courtesy of Regina Public Library

A great way to work on building early childhood literacy skills with your child is to spend a morning, afternoon or evening together at Regina Public Library's Albert Branch. Staff can provide a CD player and musical CDs, as well as Storybags filled with songs, books, toys, puzzles and puppets, for you and your child to use in the Library. Albert Branch also hosts Family Story Time, a free program where children and their parents or caregivers can learn songs, share books, sing together, and spend time having fun with other families!

Regina Public Library has many resources available for parents, and our Albert Branch staff members would love to share their love of early literacy with you and your family.

Compiled by Jessica Generoux
Source: The Early Literacy Kit, Betsy Diamant-Cohen and Saroj Nadkarni Ghoting (2010)

Albert Branch
1401 Robinson Street
777-6076
ReginaLibrary.ca

Regina Public Library (RPL) is a non-profit, Board-run organization dedicated to enriching quality of life in Regina. For over 100 years, RPL has provided open access to materials, programs and services that encourage cultural, economic, educational and recreational development. RPL currently operates Central Library in downtown Regina, as well as eight Branch locations throughout the city, all of which play a key role in supporting the diverse cultures in our community.



The Regina Alternative Measures Program

RAMP is culturally sensitive with a focus on restorative justice principles. We promote respectful relationships and encourage harmony within our communities.

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

VICTIMS' VOICES ARE IMPORTANT

Repair, Reconcile, Reassure

A victim is defined as someone to whom harm was done or who suffered physical or emotional damage as a result of an offence.

Did you know...?

- Although crime is a conflict between two individuals it results in a ripple effect of injuries. This means that the community, groups, and other people surrounding the victim and the offender are affected by the crime as well.
- One of the goals of restorative justice is to create peace among those affected by a crime. This is done through dialogue to come to an agreement of what will repair the harm that has been caused.
- By participating in the restorative justice process a victim has a voice.
- RAMP and all of the programs that fall under RAMP are based on a voluntary process. Although we value and strongly encourage the participation of all victims—there are occasions that a victim chooses not to participate—in the case a victim decides not to participate they can still have their voice heard by means of a representative, a victim advocate and/or a victim impact statement.
- A crime affects individuals physically, financially, emotionally, and/or psychologically.
- The voices of victims are a very important part of the restorative justice process. Active victim participation not only repairs the harm caused but assist in reduced recidivism rates.

10 ways to support the survivor of a traumatic event:

1. Learn about traumatic stress.
2. Encourage victims to talk.
3. Don't be intrusive.
4. Let emotions flow.
5. Reflect your feelings, but don't say you know how they're feeling.
6. Don't make false promises.
7. Don't minimize their situation.
8. Provide information.
9. Keep in touch.
10. Take care of you!

Information provided by the Ministry of Victim Service Branch, Saskatchewan Ministry of Justice

Declaration of Principles Respecting the Treatment of Victims of Crime

This Act includes the following Declaration:

“In accordance with prevailing laws, persons working within the justice system shall act in accordance with the following principles respecting the treatment of victims:

- victims of crimes should be treated with courtesy, compassion and respect;
- the privacy of victims should be considered and respected to the greatest extent possible;
- all reasonable measures should be taken to minimize inconvenience to victims;
- the safety and security of victims should be considered at all stages of the criminal justice process and appropriate measures should be taken when necessary to protect victims from intimidation and retaliation;
- information should be provided to victims about the criminal justice system and the victim's role and opportunities to participate in criminal justice processes;
- information should be provided to victims, in accordance with prevailing policies and procedures, about the status of the investigation, the scheduling, progress and final outcome of the proceedings and the status of the offender in the correctional system;
- information should be provided to victims about available victim assistance services and programs, including information respecting the ability of a victim to obtain financial reparation;
- the views, concerns and representations of victims are an important consideration in criminal justice processes and should be considered in accordance with prevailing policies and procedures;
- the needs, concerns and diversity, including cultural diversity, of victims should be considered in the development and delivery of programs and services and in related education and training;
- information should be provided to victims about available options to raise their concerns when they believe that these principles have not been followed”.



Saskatchewan Justice

Volunteerism at RAMP

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

We are currently searching for volunteers to take on the role of victim advocate to represent the actual victim's needs and requests.

Individuals who are interested in becoming a victim advocate will undergo professional training to assist with their duties and in addition they are required to take a criminal record check, provide a resume, and agree to our confidentiality agreement.

Being a victim advocate is a great opportunity to practice and build on everyday life skills. The experience is none other than positive, as well as self rewarding. Don't forget, this will look great on a resume! If you are interested in this exciting opportunity please contact Murray at 352-5424.

VICTIM SERVICES IN REGINA

- Regina Police Service Victim Service Unit.....777-8660
- RCMP Regina Region Victim Services.....780-6694

www.rampinc.ca



VOiCe

VOiCe is a serious offence program that falls under the umbrella of RAMP. The program uses a restorative approach that identifies the needs of victims, offenders, and communities as a result of a serious offence.

VOiCe will consider cases where criminal behavior is not suitable for regular diversion. The offender must accept responsibility for guilt. This restorative justice initiative places priority on allowing participants to voice their concerns, identify their need for redress and to support accountability, reparation and safety. The VOiCe Program is an opportunity for willing participants to have a voice in resolving the effects of serious offences.

Program Purpose:

A) To offer an opportunity for victims and offenders to discuss the crime, its effects, obtain answers to their questions, express their feelings, and participate in a healing and recovery process.

B) To assist in the healing of victims, offenders, their respective families and communities.

Goals

A) To offer victims an opportunity to meet with their offender in a safe environment.

B) To empower individuals affected by crime to achieve satisfying justice through a restorative approach.

C) To encourage interested offenders to develop empathy and accept responsibility.

D) To provide offenders with an opportunity to change their future behaviors and to understand how they affected the victim(s) and their own family.

E) To provide the community an opportunity to participate in the healing and restoring of harm caused by the offence.

MISSING in North Central by Jan Morier

Leese Dustyhorn-BigEagle stared straight ahead as she described registering her teenage daughter for high school. "The walking distance was equal from home to O'Neill or to Scott." Her daughter wasn't born in Regina, so there was some paperwork needed to go to O'Neill. There were no such restrictions to attend classes at Scott, but there was something else.

Walking through North Central to Scott Collegiate meant being propositioned or being asked what she charged for a certain sex act. It drew invitations to join gangs.

Leese's concern was that the very everyday action of walking to and from school would endanger her daughter's safety, even her life.

The story seems to unfold according to where you live. Leese and her family feel safer living in a neighbourhood just north of North Central, she feels her house isn't being scoped, her younger children aren't being followed while walking to school.

Leese was worried about her daughter becoming a victim, as her youngest sister Danita was.

Her sister Danita Faith BigEagle has been missing since February 11, 2007. Whereabouts unknown. Leese says it could happen to any woman, any man, to children, to one's self.

Leese referred to the Pamela George story, when in December 1996, Pamela Jean George, a 28-year-old mother of two, was beaten to death. Two men were charged with first degree murder, committed in connection



Danita BigEagle.
Photo courtesy of BigEagle Family

with sexual assault and forcible confinement. Two friends of the accused gave evidence that each accused had bragged of the killing, with one quoted as stating "...she deserved it. She was an Indian."

Saskatchewan Justice On Trial: The Pamela George Case
Albert Angus
Saskatchewan Indian April 1997
v27 n01 p23

There is Child Find Saskatchewan and the agency Missing in Canada but Leese observed that there was no focus on missing or murdered women and children in Saskatchewan.

The lack of support inspired Leese to do more. The Stolen Sisters Awareness Movement was created in May 2007 to raise international awareness to the disproportionate number of missing and murdered Métis, Inuit, Non-Status and First Nations women in Canada. The group has used social media to spread their message.

At the time when Tara Shingoose was reported missing her family created a Facebook community "Help us find Tara Fawn Shingoose/Chartrand", they also have a closed page for family members to stay informed. Discussions may have helped locate Tara's body in a house, mere blocks away from her North Central home.

The prevailing message from authorities is that the missing individual "wants to disappear". That was the early thinking regarding Brandy Wesaquate, missing from North Central since January 1, 2012. There were many ground and air searches, but it's as if she vanished from the face of the earth.

Leese says, "My sister Danita always knew the dangers out there. She had street smarts. Danita always turned to me for safety and refuge on the Ocean Man First Nations or when Leese was living in downtown Regina. Danita would visit and stay awhile."

Danita was considered 'high risk'—partying, dabbling with drugs. "I don't think she was into prostitution." Leese noted, adding their father Doug despised that portrayal of his daughter, refusing to believe it, refusing to co-operate with authorities who painted her that way. She adds: "He died, never knowing what happened to his daughter. But he never gave up hope. He never saw her as anyone other than a loving daughter, sister, mother."

Leese and others want to change the negative perceptions of the missing and of the neighbourhood of North Central Regina. Leese created a Facebook group

entitled "Missing since Feb 11, 2007 Danita Faith BigEagle". Another FB page "Saskatchewan Missing Women & Children" focuses on the issues and have been lovingly maintained by those who won't forget Danita.

Danita BigEagle's children were under 5 years of age at the time of her disappearance. Grandmother Dianne is raising Talon and Cassidy. The children miss her, they remember her. Initially they asked Dianne "When's my mom coming home?"

"Emotionally, it's hard to accept." Leese sighs. "It happened when I had just moved out of province." She holds guilt feelings. "Did she want to come to my home for refuge and I was no longer there?" Leese was worried her family would blame her.

The family had a hard time convincing police that Danita was missing. Mother Dianne, accompanied by another family member, have made one trip per year on their own dime to other cities and provinces to search for Danita. Dianne has received some cruel false tips and she is wary and weary, she no longer trusts the system. The family has been very supportive—spiritually, emotionally. Her children have rallied around each other. Their band (Ocean Man) has helped with finances and counselling.

Leese hopes this effort will protect even one woman. She volunteers at Street Workers Advocacy Project out of a sense of trying to protect those who want to live a better life. She is one of a growing number who want to prove that we can live in North Central Regina without fear or saturated in poverty. "Sometimes people just need a boost to their self-esteem." Along with support they won't lose their way.

Resource: www.nwac.ca/
Native Women's Association of Canada

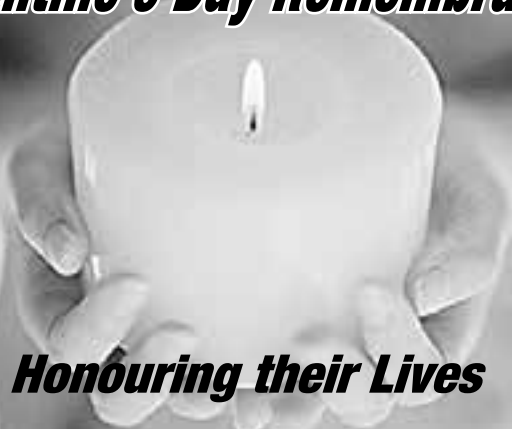
YOU ARE REMEMBERED
YOU ARE LOVED
YOU ARE MISSED

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

February 14 • 11:30 - 1:00

Outdoors behind the Territorial Building
3304 Dewdney Ave.
(Dewdney Ave & Montague St.)

Valentine's Day Remembrance:



Honouring their Lives

SMITHS' INSURANCE *Extended Hours*
Mon - Fri 8 - 8
Saturday 9 - 5
Sunday 12 - 4

Auto Home/Farm Tenant/Condo Commercial **SGI Motor Licence Issuer**

359-3331
1262 Albert St. (Albert & 7th)
www.smithsinsurance.ca

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

Greystone helps people move on after a loss

By Jonathan Hamelin

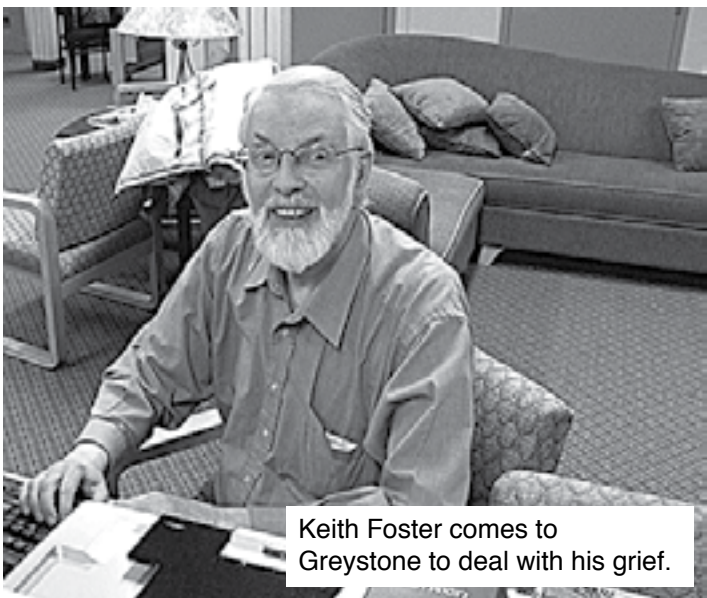
During my tour of the Greystone Bereavement Centre, I was shown the centre's library. The library, according to executive director Bill Pratt, has more than 1,600 books/DVDs on grief.

It gives you an idea of just how comprehensive the centre is.

Since 2008, Greystone—located at 4400 4th Ave. (700B)—has offered free grief counselling services for Regina residents who have lost someone close to them, whether it was through illness, accident, murder or suicide.

Before Greystone was launched, a similar service was offered through Regina Palliative Care Inc. (RPCI), but, according to Pratt, it was recognized that there was a need for a centre focusing solely on dealing with grief. Through fundraising, RPCI formed Greystone. Every year, 800 to 1,000 people use Greystone's services.

"Some people will say, 'Why do you need counselling for? Just suck it up. My dad died and I'm fine.' But we're all different. And that's the beauty of this is that there's no one size fits all," Pratt said. "It's what's going to work for you."



Keith Foster comes to Greystone to deal with his grief.

"We don't ask for referrals. We don't ask you to show your health card. You can simply call in or walk in and say, 'I'd like to speak to somebody,' and we'll see what we can do to make it work.

"We'll travel with you on your journey through this until you're ready to keep going on your own."

Pratt said one misconception surrounding grief is the "seven stages of grief." While Pratt knows many of those suffering through grief will experience the feelings

outlined in the seven stages—1. Shock and denial; 2. Pain and guilt; 3. Anger and bargaining; 4. Depression, reflection, loneliness; 5. The upward turn; 6. Reconstruction and working through; 7. Acceptance and hope—he said this is a timeline that not every person will follow.

"There are no stages, because you can be angry one day, sad the next day, angry the next day, and it will travel with you your entire life because different things happen throughout your life journey," Pratt said. "There are things called bursts of grief. You can be travelling along in this new world and something along the way might remind you: a smell, a song, a birthday."

Pratt said the issue of murder can also be difficult to navigate through.

"Sometimes, somebody close to you has been murdered, but you can't talk about it because it's still a criminal case," he said. "You maybe aren't able to articulate what's going on, so you kind of get stuck in a really tough spot."

And that's where Greystone comes in, Pratt said—giving people a chance to talk with those who can actually understand the pain and confusion they're going through.

Greystone offers individual and group counselling sessions. An example of a group session is Cooking for One, for those who have lost their partners and need to learn to cook for themselves.

There's also counselling for children, often done through music and play. Greystone's Caring Hearts Camp gives children ages five to 17 the chance to spend a couple of days at Dallas Valley Ranch, where they learn to deal with their grief and also have fun.

"Having specialized counsellors and group sessions to deal just with grief; it would be like breaking your arm and going to an orthopaedic surgeon who



Bill Pratt, Executive Director of Greystone Bereavement Centre

specializes in arms as opposed to a general surgeon. That's all they think about," Pratt said.

"Grief counsellors are trained to help people deal with this. It makes a difference. People come in and say, 'Oh, now I understand.'"

Keith Foster is one person who has walked through the doors of the Greystone Bereavement Centre to deal with his grief.

Foster, 64, lost his mother in 2003. Then, in 2007, Foster's father, aunt, uncle and cousin all died within the span of half a year. Foster admitted, "It was a bit much to deal with."

But the counselling Foster received at Greystone has helped him come to terms with the losses. Furthermore, through group sessions, Foster was able to connect with people who were working through similar pain. This connection lasted beyond counselling, as Foster and a number of others meet weekly to socialize and talk about how they're doing.

"I look forward to it, because sometimes I'm struggling to get through the week. On Wednesday, I'm thinking, 'Stay in there for another day, because we're going to be going for coffee,'" Foster said.

"Even if I'm feeling really down when I come, something about being with the group perks me up and then I feel more like getting

out there and facing the world or facing some of my problems. Whereas if I didn't have the group to fall back on, I probably would be stumbling and just wanting to keep my head in the sand."

Pratt admitted it can be difficult to be surrounded by grief all the time, especially for the counsellors. On top of that, Greystone is a not-for-profit organization and has to raise \$700,000-\$800,000 for its operating budget every year. While Pratt enjoys fundraising, he said it's a difficult process at times.

However, stories like Foster's motivate Pratt to keep going.

"You can't sign up for this business if you do it for yourself. It's very much about the others. As an organization, we're so proud to be able to be part of the community and we try to remove all the barriers as possible and help people when they need the help," Pratt said.

"I look forward to the day when we can expand our services so we're running individual counselling in the evening and on weekends. When we started in 2008, there was just one counsellor. We've grown and we want to keep growing because we know there's demand.

"As a kid, I grew up and said I want to make the world a better place ... We're helping people move along in a way that's going to help them have a better life experience."



The Greystone Bereavement Centre is open Monday to Friday, 9 a.m. to 4:30 p.m. For more information, call 766-6946.

Mother Teresa



Middle School

A Jesuit Academy



Mother Teresa Middle School (MTMS) is a privately funded, scholarship based, independent middle school that serves highly motivated students, from modest income families in the City of Regina.



NOW ACCEPTING Applications for students entering Grade 6 in September 2013

HOW WE ARE DIFFERENT....

1. Focus on hope, wellness and engagement
2. Rigorous academic program
3. We support our students to employment
4. We provide mentorship for our students
5. Extended school time with a focus on enrichment activities
6. Strength based school
7. Partners with the families to ensure the success of each student



"In this life we cannot do great things. We can only do small things with great love" - Mother Teresa



WILL MOTHER TERESA MIDDLE SCHOOL TAKE STUDENTS FROM ANYWHERE IN REGINA OR THOSE WHO LIVE OUTSIDE OF THE CITY? MTMS may take students who reside outside of its identified boundaries, however we cannot guarantee transportation.



For more information, please contact Ron Gonzales, Graduate Support Director

Mother Teresa Middle School
1975 North 2nd Avenue
Regina, SK S4R 0Y1
Telephone: 306.569.6867
info@mtmschoolregina.com
www.mtmschoolregina.com



IS MTMS RIGHT FOR YOUR CHILD?

1. Do you have a child that will be entering Grade 6 in September 2013?
2. Does your child attend school regularly and is he/she excited about learning?
3. Does your child have long term goals and would they like to attend college or university one day?
4. Would your child enjoy extra learning time and summer programming?

Frequently Asked Questions - By Families



1. **Where is Mother Teresa Middle School located?**
Mother Teresa Middle School (MTMS) is located at 1975 N 2nd Avenue in Regina, SK. It welcomed its first group of grade 6 students in September of 2011 and are now accepting applications for students entering grade 6 in September 2013.
2. **How do you choose the students and where will they come from?**
MTMS will select students primarily based on two criteria - need and motivation. Students and their families will take part in a clearly defined admissions process and most will come from the North Central and Core areas of Regina. MTMS will provide transportation for students who live within its identified boundaries.
3. **Is Mother Teresa Middle School only for Catholic students?**
MTMS will take students who are non-Catholic. In such cases however, parents and students must understand and accept the fact that the school teaches from a faith-based perspective and all students are required to participate in the teaching and celebrations.
4. **When does the admissions process start?**
The admissions process will start in January and be completed by the end of May. Students who are accepted will be informed via mail by June 1st, 2013.
5. **Will your child be required to participate in the enrichment programs?**
Yes. Our students are involved in enrichment activities such as: cooking, zumba, mindfulness, babysitting, football, art, hip hop, basketball, improv, quilting, beading, singing, yoga, cheerleading, history club etc.
6. **How many kids will you take?**
We will accept 20 students per grade.
7. **Is the school for students with behavioural problem or special needs?**
MTMS will take students who are facing academic challenges however it does not have the supports to accommodate students with severe behavioural problems or special needs.
8. **Will the students wear uniforms?**
Students will wear uniform dress/sport wear provided by MTMS.
9. **Will the students pay tuition to go to Mother Teresa Middle School?**
MTMS is not a tuition based school however families are asked to contribute a nominal monthly fee towards their child's education.
10. **What will the school day look like?**
The school day will start at 8:15 a.m. and end at 4:30 p.m. Students will be provided breakfast, lunch and snacks at school. Students will have access to afterschool and summer programming based on their interests.



MTMS students are loving, religious, intellectually competent, open to growth and committed to doing justice in the world.

Message from the Office

January and February are months filled with learning opportunities for both parents and students. Staff and students are working together to meet the learning indicators, outcomes and goals set at the beginning of each semester. As each day and month passes, our staff members work to ensure that every student is receiving a quality education. This month the boys' and girls' basketball teams continue regular season play and our students have displayed wonderful sportsmanship and dedication to their skill attainment in all their endeavours—basketball included.



Nancy Buisson
Principal

February 1st saw the Scott Collegiate School Community Council in partnership with Kitchener and Albert schools host a very successful feast and round dance. We were thrilled by the many community members and families who attended this annual event. We look forward to other opportunities to build our school community and we thank the Albert Scott Community Centre for providing a suitable venue.

This month we celebrate Teacher and Staff Appreciation Week. February 10th to 16th provides us with an opportunity to acknowledge the hard work and dedication of our teachers and support staff across the province. The staff of Scott Collegiate play a big role in helping students learn, grow, and develop the skills they need to become active members of society. We are grateful to have such a dedicated group of individuals working with our students.



Mike Tomchuk
Vice-principal

On February 18th there will be no school for students and staff as we are on break for the family day holiday. The 8th of March teachers will be attending the annual teachers' convention. This is an opportunity for teachers from across the city to meet, discuss and learn new strategies and methods to better teach your sons and daughters. Our teachers are wonderful role models who strive to be lifelong learners. As always, we at Scott Collegiate strive to instil a love of learning through our staff loving learning.

Have a great February and March!



Upcoming Dates for your Calendar

- Feb 10-16** Teacher & Staff Appreciation Week
- Feb 18** Family Day; no school for students
- Feb 27** Picture Retake morning only
- March 8** Annual Teachers' Convention; no school for students
- March 11** Semester Two 1st Interim Report Card Issued
- March 13** Three-Way Conferences
- March 29** Good Friday
- April 1-5** Spring Break, no classes
- April 8** Classes resume

A Passion for Storytelling

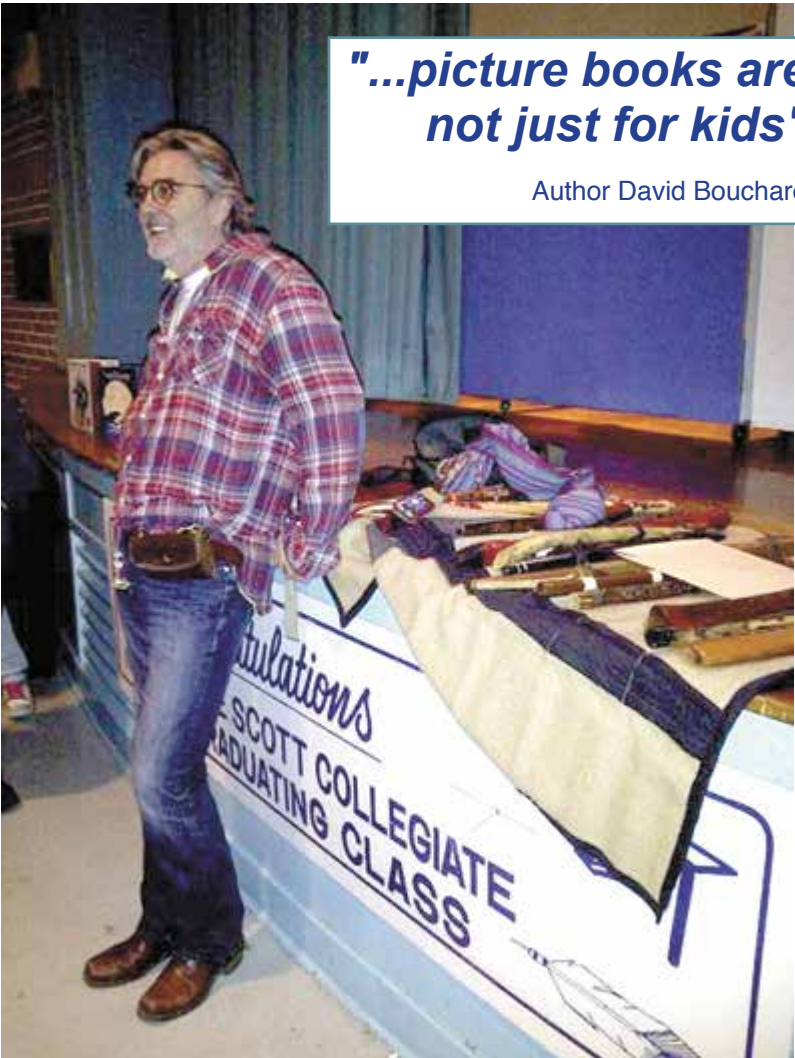
by Roseanne Topp

On November 21, Scott Collegiate and Cochrane High School joined together to host Canadian Métis author and former Regina Public School's administrator/teacher **David Bouchard**. Students were introduced to a speaker who inspired them to pick up a book. David's message, 'one book' is what he believes is the answer to our students achieving their dreams. He became passionate about reading when he and his wife were expecting daughter Victoria because he realized what a disservice he did to his sons by not having that emphasis with them. He talked about how he immediately started reading to her when she was still a fetus and how they still continue the tradition of reading every night.

It is evident that David is passionate about storytelling. He has over 70 books that he has written and many of his books are accompanied by a

disc. These books are translated into many different Aboriginal languages and as a result the books have a disc that reads the languages it is written in. He has gathered stories from different sources and paired them with Aboriginal art. David stresses that picture books are not just for kids but that there is a place for them in the adult realm.

David told many stories and incorporated his Aboriginal flutes into his stories flawlessly. He switched between real life and his written stories and was truly engaging. David's message was well received and the students were challenged to find that book that might get them hooked on reading. David was honest about his life with the students and connected with them easily. It was a great presentation that is still being talked about in our classrooms!



"...picture books are not just for kids"

Author David Bouchard

Drum Group at Scott

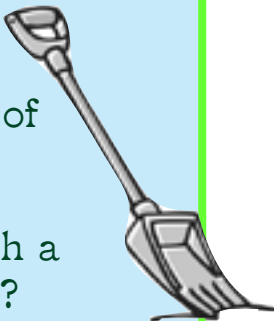
by Darcy Keewatin

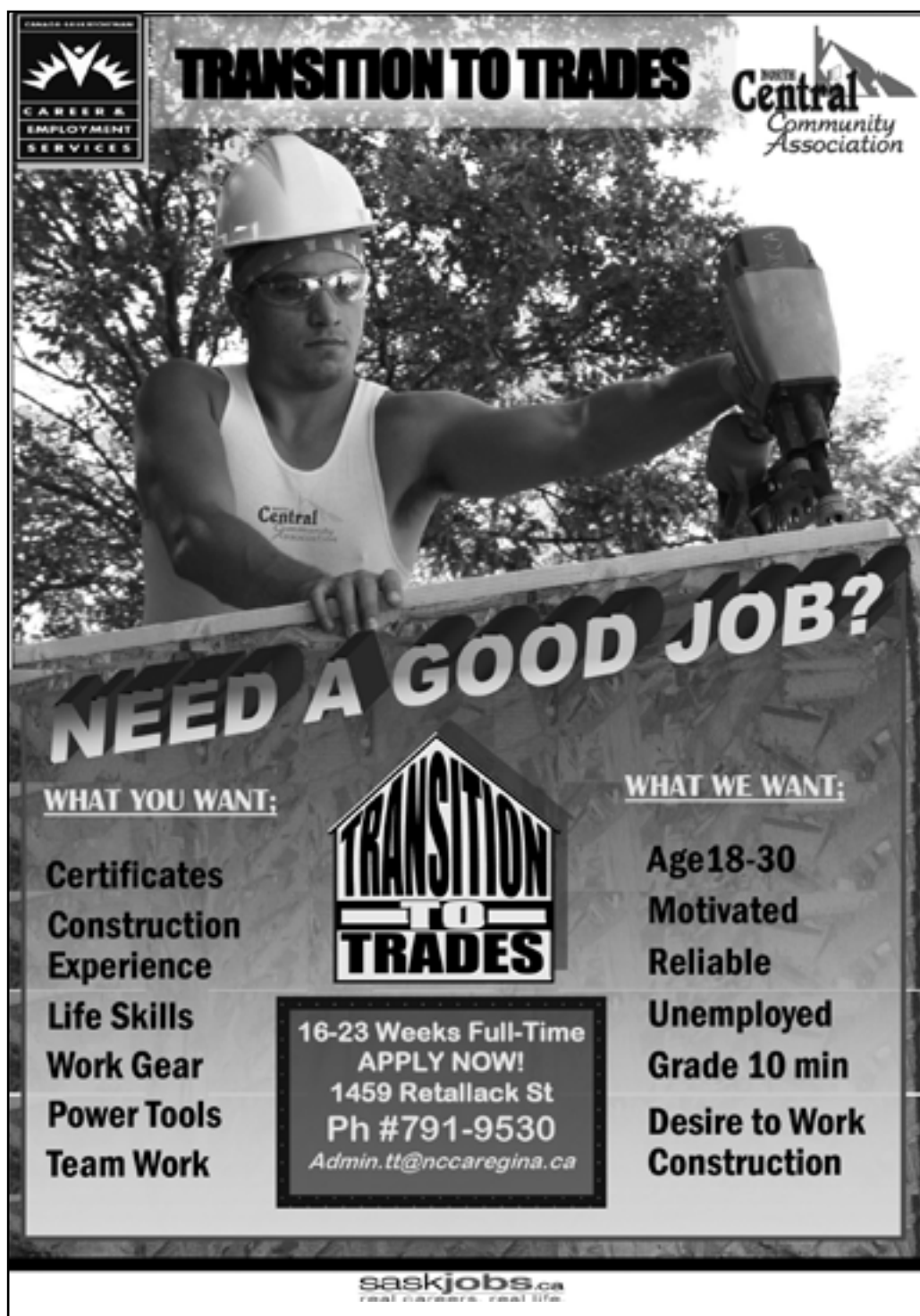
Scott Collegiate has started a First Nations drum group. This group is for all students interested in learning how to sing and drum pow wow and round dance songs. Students and staff are invited to participate or just to watch and learn. Jayson and Blair Littlelent and their helpers are the group instructors. The drum group meets every Tuesday at noon from 12:15 P.M. to 12:45 P.M. The drum group started Jan. 8, 2013 and runs until June, 2013.

PLEASE keep your sidewalks shovelled.

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

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





TRANSITION TO TRADES Central Community Association

NEED A GOOD JOB?

WHAT YOU WANT:

- Certificates
- Construction Experience
- Life Skills
- Work Gear
- Power Tools
- Team Work

WHAT WE WANT:

- Age 18-30
- Motivated
- Reliable
- Unemployed
- Grade 10 min
- Desire to Work Construction

16-23 Weeks Full-Time
APPLY NOW!
 1459 Retallack St
 Ph #791-9530
 Admin.tt@nccaregina.ca

TRANSITION TO TRADES

saskjobs.ca
 real careers. real life.

In our Transition to Trades program, we currently have one student hired with a framing company and six students in a construction work experience. Congratulations students for how far you have come!!!

Kavan Sayer

Transition to Trades was life changing for me. It brought me to know who I really am and showed how much I'm capable of going with my hands and problem-solving.



Brad Nayneecassum

It taught me a lot about myself in the life skills part. I have a lot more confidence in myself, more self esteem. And it helped me to realize staying sober is way more fun and better for me and my family.

Krissy Carty

The lifeskills aspect of the program taught me a lot about myself. From how to identify my feelings, how to work on my confidence; how to feel better about myself. It gave me the skills I needed to be able to be employable, taught me that I'm worth it and can do it. It made me realize a lot of things that were holding me back from being successful, and they taught me how to overcome these barriers. I now know the skills I need to know to be successful, more confident and to build myself up when I'm feeling down and out. I now believe in myself and have goals set and believe I can reach these goals. Since the program, I have changed a lot. I now feel capable of doing whatever I put my mind to. I feel I'm worth it for the first time in a very long time.




HELP-PORTRAIT REGINA

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

Our Mission
 Help-Portrait is a community of photographers coming together across the world to use their photography skills to give back to their local community.

WWW.HELP-PORTRAIT.COM

There's a new world-wide movement that's come to Regina! Help-Portrait Day began in the U.S. in 2009 and with several partners has made its way to our community.

At the December 8 event Help-Portrait Regina, 104 portraits were taken and 306 individuals attended.

If you had your portrait taken on Help-Portrait Day, electronic copies are available.

story and photo by Jan Morier

SPONSORS & PARTNERS

North Central Community Assoc.
 Don's Photo Ltd.
 Barker's Trophies Awards & Gifts
 DirectWest
 SaskTel Pioneers
 Kin Canada Regina
 Queen City Kinette Club
 Ramjet Contracting Ltd.
 Look Matters
 Creative Consulting Strategy
 City of Regina
 Marvel Beauty Schools
 Jane's College
 Urban Aboriginal Strategy

Organizer Kim Schmidt is with the Queen City Kinette Club and Look Matters. She was very enthusiastic about the turnout. "It's been great! We have had about 200 people come through already with about 50 volunteers helping out. Donations have come from all over the community! Donations go toward paying for food so we can give people a meal, also toward printer paper and printers, so that when people come we can give them one 8x10" and two 4x6" prints on the spot. We've got photographers going, we have volunteers from different schools run the memory cards upstairs, we've got editors upstairs and people printing shots and they come back and give them a smile right there. It's a fast production line, but it's great!"



Katherine Vermillion's family enjoyed portrait day in North Central. L to R: Mia, Miranda and Samarah Silverquill with mom Katherine

suggested that she put on her regalia and get her picture taken. They did and showed us the portrait before they left. It was absolutely beautiful and they were very happy they had come here today."

Kim Schmidt is a big fan of the project. "It's worldwide! Last year there were 52 countries with about 15,000 volunteers helping. So 200,000 photos were given—it's a really big deal. This is the first time Regina's held it. I've been part of it in Saskatoon for the last two years, so when I moved here and saw that Regina didn't have one, I needed to make it happen. North Central Community Association was the first group I approached to ask if they wanted to partner with me, they jumped on board and they've been great ever since.

Raeleen Fehr-Rose volunteered at the registration desk. "A young lady and her mom came in expecting the usual Saturday afternoon drum circle. They were disappointed to learn that it was not going to happen because of portrait day. However we

We want to do it again next year! I've already talked to NCCA and they want to have us back next December, so we'll be happy to return and make it even bigger!"

SEARCH

Student Energy in Action for Regina Community Health

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

February-March 2013		
February 2 Doors open/Lunch (12:30) What's The Buzz? (1:00-1:45) Women's Group (1:45-2:45) Crazy Circuits (1:45-2:15) Fun with Food (2:15-3:00)	February 9 Doors open/Lunch (12:30) What's The Buzz? (1:00-1:45) Women's Group (1:45-2:45) Crazy Circuits (1:45-2:15) Fun with Food (2:15-3:00)	Closed for Family Day : February 16 Happy Family Days!
February 23 Doors open/Lunch (12:30) Literacy day fun! (1:00-3:30)	March 2 Doors open/Lunch (12:30) What's The Buzz? (1:00-1:45) Women's Group (1:45-2:45) Crazy Circuits (1:45-2:15) Fun with Food (2:15-3:00)	March 9 Doors open/Lunch (12:30) Literacy day fun! (1:00-3:30)
March 16 Doors open/Lunch (12:30) What's The Buzz? (1:00-1:45) Women's Group (1:45-2:45) Crazy Circuits (1:45-2:15) Fun with Food (2:15-3:00)	March 23 Doors open/Lunch (12:30) What's The Buzz? (1:00-1:45) Women's Group (1:45-2:45) Crazy Circuits (1:45-2:15) Fun with Food (2:15-3:00)	March 30 Doors open/Lunch (12:30) What's The Buzz? (1:00-1:45) Women's Group (1:45-2:45) Crazy Circuits (1:45-2:15) Fun with Food (2:15-3:00)

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

www.reginastudentclinic.com
reginastudentclinic@gmail.com

THE SALVATION ARMY

HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600
www.havenofhope.ca

Helping to make a difference
in someone's life

Anger Management Group

Tuesdays
February 26 - April 30
3:30—5:00 pm

- 10 weeks
- Up to 2 additional individual sessions during group period
- Relapse Prevention Planning
- Cost: \$125/individual
- Pre-registration is required

Please contact our counselor, Heather Neufeld, if you have any questions or to register for the group.
Phone: 757-4600
Heather_Neufeld@can.salvationarmy.org

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

Foot Care Services BACK IN BUSINESS!

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

FOOT CARE

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

Editorial: Shovel it Up!

Jan Morier, North Central Community Connection

Finally a break from the limb-snapping cold over December. Maybe it wasn't as cold as all that, but I'm entitled to exaggerate if I choose. The hoar frost and blue sky is brilliant and makes my eyes water, and it sends that vitamin D right into my system so I'm not complaining.

It's hard walking on the less-than-shovelled sidewalks in the city. On that subject, I am complaining. There are individual reasons for people not clearing a path to their houses, and on the public walks—but I don't want to hear them. I'm speaking for the citizens who walk out of necessity: it's part of their job or it's their means to get from point A to the bus stop. I'm speaking on behalf of the single parent who must navigate the paths with a stroller and precious cargo. I am sharing the frustration of those in wheelchairs or with walkers who feel imprisoned indoors for six months a year.

Have you seen children who are forced to walk on the road while making their way to school? That can't be safe.

I have been on this common sense campaign for years. It's a pushback against the lackadaisical attitude of those who feel this maintenance "is

not my job. It's the city's responsibility." Oh yeah? Since when? When did abdicating personal responsibility become the new normal?

I recently volunteered to deliver handbills for a North Central social agency offering a Christmas meal. A free Christmas meal! Gifts for children! A generous offering of fellowship, food, smiles! I had a number of streets and houses to cover, it took all day, with a lunch and warm up break. It took much longer than it should have, owing to the brutal state of the sidewalks after recent snowfalls.

Many houses on my flyer route did not get the notice of the Christmas meal in their mailbox.

This neglect is not unique to North Central Regina. But I'm only talking about North Central here. Our community's reputation is not a favourable one, but we know that to be highly exaggerated due to misconceptions. Let's not add to that.

The NC *Community Connection* is doing its best to bring you bright news, to share positive events, to break those attitudes—but it's a challenge to deliver anything when you are struggling through unshovelled paths, both real and perceived.

The cleanup starts with us.

When did abdicating personal responsibility become the NEW NORMAL?

Regina Police Service News Release
January 9, 2013

SNOW SHOVEL SCAM

The Regina Police Service is advising residents of a potential scam in their neighbourhood. There have been three reports of an adult male, late 30s or early 40s, offering to shovel walkways in the evening, after 6. The adult male is then alleged to return the following day to the neighbourhood, sometimes with another male, and knock on doors offering to shovel walks. It is alleged that if the door is not answered, the individual or individuals break in and steal items from the house.

If you see something or someone suspicious in your neighbourhood, or you have an adult male approach you to shovel your walk, please phone police at 777-6500. Remember to secure your property when you are away and to report any incident to us as soon as possible.

IN MEMORIAM

Edith Gropp

July 4, 1944 - December 13, 2012

It is with great sorrow that Edith Gropp age 68, of Regina passed away suddenly. Edith worked at the Regina Exhibition for 15 years. She enjoyed Care and Share at North Central Community Association and was a volunteer at Herchmer Community School. Edith is survived by husband Jim Gropp, sons Norman (Andrea), Allan (Lesley) and beloved grandchildren. The family of Edith Gropp wishes to thank everyone for their support.

Saskatchewan Aboriginal Storytelling 2013

Royal Saskatchewan Museum
Monday, Feb. 4, 7:00 p.m.

Featuring Winston Wuttunee, Sharon Shorty, Bionic Bannock Boys, Erroll Kinistino, Jane Carriere and others.

Reception to follow. Catering by The Sioux Chef

Upcoming Classes at St. John Ambulance

For more information or to register:
(306) 522-7226 www.sja.ca
2625 3rd Avenue, Regina

Babysitting Class

Cost \$40/person includes all materials, Basic First Aid and CPR training and a certificate of completion.

February 9

March 9

April 20

Personal Care Worker (PCW) Course

\$135/person (16 hours): is useful to anyone who has to provide support for elderly or infirm residents. The course is conducted by a certified nurse (RN, LPN or RPN) and is a combination of practical activities and theory sessions.

March 2 & 3

April 6 & 7

Pet First Aid (4 Hours):

Introductory look at basic life-saving techniques for the family pet. It provides the tools to respond safely and effectively to emergencies involving domestic animals.

Mar 25, (Monday / 12nn-4:30pm)

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 April issue: MARCH 8, 2013

Basic Backyard Gardening - North Central Community Gardens Workshops

April 17 & 24

Albert Library Branch

Learn some simple methods of container gardening, gardening in a small space and composting kitchen waste to feed your garden. Build a self-watering garden in a five-gallon pail to take home. All materials and seeds are included.

Care & Share Seniors Lunch

Tuesdays at 11:45 a.m. at

Albert Scott Community Centre (1264 Athol St.)



Soup and Bannock

Wednesdays at IMCF 3131

Dewdney Ave, all welcome, \$2.00

I wanted to thank the anonymous Santa/Group who came by Christmas Eve with wrapped gifts for the kids. They were tickled beyond belief Christmas morning, and the whole family (including our visitors) were very touched at the gesture of being given such wonderful and unexpected gifts—they were very appreciated and totally helped to make our Christmas morning special. Thanks. The Gabriel Family

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.

Not a meeting, but an easygoing sober get-together. Every Friday 7:00 -11:00 p.m. Prayer Lodge at 3137 Dewdney, next door to IMCF.

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

You are invited to your **COMMUNITY MOBILE STORES!**

EVERY MONDAY

11:00 am to 1:00 pm
North Central Community Association
(1264 Athol St. - upstairs)

EVERY THURSDAY

3:30 pm to 4:30 pm
Rainbow Youth Centre
(977 McTavish St.)

Everyone welcome!
Cash only! Call 347-3224 for details



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



2013 INTER-AGENCY Chili Cook Off

WEDNESDAY, FEBRUARY 13
~ HIGH NOON ~
Indian Métis
Christian Fellowship
3131 Dewdney Ave.

Vegetarian Chili welcome!
Participation by invitation;
for more information call
IMCF. 359-1096

2012 Inter-Agency Chili Cook Off Champs:
CIRCLE PROJECT
Will they win again?
Who will beat them?
Who has the HEAT?
Who has the HEART?



Lunch: \$5.
Fundraising for Canadian Food
Grains Bank. Donations over
\$20.00 will be issued a tax
deductible receipt

**2013 Chimatawa
Chili Challenge**
6:00 PM, Friday, March 15th

Entry \$3.00 or more
Fundraising for Canadian Foodgrains Bank

Hosted by Chimatawa Family Youth of Indian Métis Christian Fellowship
Participation by invitation; for more information contact
Betty Krohn, IMCF Youth Worker Ph: 359-1096

2012 Chimatawa Chili Challenge Champs:
NORTH CENTRAL FAMILY CENTRE

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:

Jessica Generoux (Albert Branch Library)
Jonathan Hamelin Jan Morier
Mother Teresa Middle School
North Central Shared Facility
RAMP Regina Police Service
Scott Collegiate SEARCH
Transitions to Trades

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

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

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

**DEADLINE for
APRIL ISSUE
March 8, 2013**

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



Mission Statement of
North Central
Community Association

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



www.nccaregina.ca

NCCA Board of Directors

Board of Directors
Joely BigEagle - President
Ken Watson - Vice President
Shannon Cattell
Anna Galassi
Carol Kirk
Georgina Magee
Helmi Scott
Denita Stonechild
Cari Vixamar



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
Child and Youth Services	766-6700
Chili for Children.....	359-7919
Circle Project.....	347-7515
Circle Project Childrens' Centre	569-3988
Ehrlo Sport Venture Program.....	751-2411
First Nations Employment Centre.....	924-1606
Four Directions Community Health	766-7540
Gathering Place.....	522-7494
Greystone Bereavement Centre	766-6946
Indian Métis Christian Fellowship (IMCF)	359-1096
KidsFirst 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
Randall Kinship Centre.....	766-6780
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
Transition to Trades.....	791-9530
YMCA of Regina	757-9622

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

WE NEED A NAME!

It's time to name North Central's new building!
The name should capture the spirit of our community.

There's a new building coming to North Central. It will be the home of Scott Collegiate, Regina Public Library's Albert Branch, Albert Scott Community Centre, health and other community services. The names of the school, library and community centre will not change. The new name will be for the new building. This shared space, where working and learning connect, is the first of its kind in Canada.

You've heard of this project as the *"North Central Shared Facility"*. Find out more details about the facility at www.northcentralsharedfacility.ca



Now's the time to give it a name.

It needs to reflect this community, the services it will provide and the vision for the future of North Central, the community that's in the heart of Regina.

What we need from you:

- ✓ Proposed Name
- ✓ Why name is important
- ✓ Any historical or biographical reference
- ✓ Your full name and contact information

The name will be chosen after considering all submissions from all sources. Please drop off your suggested name(s) by February 28, 2013 at the following locations:

- ✓ Regina Public Library's Albert or Connaught Branches
- ✓ Four Directions Community Health Centre
- ✓ Any Regina Public School in North Central
- ✓ Regina Sportplex - Fieldhouse
- ✓ Albert Scott Community Centre

Or email to: name@northcentralsharedfacility.ca

North Central Shared Facility

Together We're Building Our Community



Name Suggestions

Proposed Name: _____

Why name is important: _____

Historical or biographical reference: _____

Your Name/Group: _____

Address: _____

Phone #: _____

Email Address: _____

Proposed Name: _____

Why name is important: _____

Historical or biographical reference: _____

Your Name/Group: _____

Address: _____

Phone #: _____

Email Address: _____