



photo by Jan Morier

CBC Reporter Geoff Leo and Videographer Aldo Columpsi (who was raised in North Central) at the Screening of their latest documentary "Life Under Construction" following a group of NC youth in NCCA's Transitions to Trades program.

**A** documentary by CBC Saskatchewan's Geoff Leo has been named the winner of the 2013 Canada Award by the Academy of Canadian Cinema & Television.

**Blind Spot: What Happened to Canada's Aboriginal Fathers?** honoured for excellence in mainstream programming that reflects racial and cultural diversity of Canada. It was largely filmed in North Central Regina and sheds light on the unknown and unstudied problem of fatherlessness in the aboriginal community.

The award was presented in February at the first ever Canadian Screen Awards Television and Digital Media Awards.

The *Globe and Mail* called it a "powerful film" and the *Regina Leader-Post* hailed it as "brilliant journalism". The video can be viewed online at <http://bit.ly/ACUzuQ>

by Brandon Brooks Sr.

**T**he **North Central Lakers Football team** has seen their share of talent come through their program — from Asher Hastings (Regina Thunder) to Tristan Desjarlais (All City Defensive Lineman 2012). They have excelled in the sport of football in the city of Regina. Little did the Lakers Program know that a young man by the name of Brandon Grasdal will become one of the best football players they have ever coached.



photo by Kaitlyn Pickering

Brandon Grasdal started playing football at the age of 12. He was once told by his pee-wee football coach that he should focus on defence because he lacked the intelligence to play offence.

Brandon went on to play for the North Central Lakers under Coach Brian Saip who immediately recognized Brandon's talents. "Coach Saip had a method of keeping things simple.", states Coach Brandon Brooks. "Saip would start off with teaching the fundamentals and then gradually add more to what we were trying to do. He had a way of molding young football players who had very good potential, but low football IQ."

Brandon Grasdal eventually came into his own as a North Central Laker and made his mark in the competitive football scene in Regina. He is now in his final year of school at Sheldon Collegiate. He was named the Schwann Conference Running Back of the Year and he was ranked as one of the top 100 football



**I**n the heart of North Central Regina is **Sacred Heart Community School**, built in 1928. Ms Starla Grebinski is the Principal of Sacred Heart and has poured 7 years of her own heart into the education of the children. "There's something about this neighbourhood, I love coming to work!"

Ms. Grebinski was raised in North Central, having attended Albert School. Reviewing the staff roll call she found many who attended Sacred Heart have returned to work in the office, as teachers or in maintenance.

Sacred Heart is a reading school and offers a great program called Accelerated Reader or AR. Students read well and extensively.

Ms. G. piloted the program as a teacher-librarian. It's now in all Catholic schools. The AR program is based on a point system, students read to earn 100 points every year. Students are told "those 100 points are yours and they are forever!" as encouragement of an achieved milestone.

The program only works with good teacher reading instruction, it's focused on reading but the attitude is catchy and has improved attendance, behaviour and attitude. AR is based on the 'old school' premise of stars or points. Instead of shiny stickers on a chart on the wall it's precisely recorded on a computer database.

Denita Stonechild's daughter attends Sacred Heart Community School. Denita observes "Ms. Grebinski is great administrator who takes the time to acknowledge the children and their parents. Her time and effort seem a natural quality she possesses toward others. She's always willing to help children and families through education, family values and the school mission statement: 'every child is treated as the Christ child.'"

Her daughter Roselin Stonechild agrees: "Mrs. Grebinski is kind, nice and cool!"

prospects in Canada by Top Prospects (Canada's largest recruiting base for football and basketball).

He's currently ranked #96 out of 113 of the top football players in Canada. From being told that he was not smart enough to play running back to being among the top prospects, it seems like Brandon Grasdal has made the sport of football into his own.



photo, interviews Jan Morier

There is a short test associated with every book, if you read the book and pass the test, you receive a point. Teachers set example by participating. T-shirts are earned at 100 points, so it's very achievement-driven.

When the AR program was implemented attendance rose by 5% - a huge increase! Reading Nights are held once a month with parents reading to children and children reading to parents. Children then take the test by computer. "Some parents never miss! It's powerful to see children and their families doing their own work to earn their own rewards."

Assemblies are held at Sacred Heart every morning. On the last day of the week children wear their yellow 100 points t-shirts. Starla says "it's jaw-dropping to see a sea of sunny yellow t-shirts gathered in the assembly."

In February, Starla Grebinski was presented with "The Learning Partnership" award for Canada's Outstanding Principals for 2013 as an exceptional educator.

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# COMMUNITY YOUR VOICE *Voices*

On February 14 a group of concerned citizens gathered behind the Territorial building to remember those we have lost in our neighbourhood due to tragedy. The gathering was a time for us to reflect as a community on safety and healing.

JAEQUELINE ANAQUOD

"Things need to change! And today with you guys all standing in a circle - you're making things happen. This is how change happens in a community. It all starts with each and every one of us.

My heart goes out to all the family members that are here today. You know, I have a teenage daughter. Every time she walks out that door I have to worry. Is she going to come home? Or will she be stereotyped because she's a First Nations girl? Are they gonna think that they can do things to my daughter? Because there has been no action by the government. In the past there has been slow action by police. The community doesn't seem to care anymore.

So when I'm here today I think about my teenage daughter. And she knows everything that's going on. Do you know how hard it is for me to tell her that she's a target 'cause she's First Nations? That people are going to think less of her? That when she's walking down the street that she's approached by tricks and johns - offering her money to have sex?

That's dehumanizing our young women! And they need to be informed about that. They need to be educated. We have to let them know of what's going on. That's the only way they're going to be able to protect themselves. And they need to listen to that inner voice, that gut instinct. When you feel that something isn't right - it's not right. Turn around, walk away. I tell her that every time.

So October 4th we're planning a round dance for the families and for the women. Last year we had a feast to feed the women and this year we're going to have a round dance to dance with them. So I invite you all and if anybody wants to come and volunteer and sit on the committee - you're more than welcome to. Hiy hiy."



Contact "Official Sisters in Spirit  
Southern Saskatchewan"  
janaquod@hotmail.com

YOU ARE REMEMBERED  
YOU ARE LOVED  
YOU ARE MISSED

**A gathering to remember those we have lost due to tragedy was held**

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

***Valentine's Day Remembrance:***



***Honouring their Lives***



BRENDA  
DUBOIS

"THAT'S IT! No more violence in our community! Today we take up the challenge for every one of us to be educators to a new generation. Young ones - both male and female because both of them are at risk in this society. And please just remember: Stand up! Creator gave us voice, gave us feet to stand on. Voice to use. As long as we do stuff in a good way with good intention. There's no harm intended. Hiy Hiy"

ELDER  
NORMA JEAN  
BYRD

"It's true I just worry about everyone and for the families that have lost loved ones. My heart just breaks for all of you. You're really strong to be here. All we can do is pray and have this no more. We need to go after our governments and our justice system - that no one is disposable. We're all sacred. We never asked to walk this journey here. And we didn't ask to walk what we're brought into this world as. So we need to honour everyone. Respect everyone. Take care of everyone. Love everyone. So that's my wish. That love can come into our community so that no one would be lost or gone from us. So thank you very much for being here."

## RCMP Launches National Public Website for Missing Persons & Unidentified Remains

The RCMP's National Centre for Missing Persons and Unidentified Remains (NCMPUR) [www.canadasmissing.ca](http://www.canadasmissing.ca) is Canada's first national website designed to engage the public in reporting tips and information related to ongoing cases. "This website gives the public a chance to make a difference in finding some of Canada's missing. Each person who takes the time to visit the site could help bring a loved one home to their family," said the Honourable Vic Toews, Minister of Public Safety.

## Homicide Loss Support Group Available

The Greystone Bereavement Centre is now offering a Homicide Support Group for those who have experienced a loss due to homicide. This group will provide support, education, encouragement and help in a confidential and safe setting. The group will be facilitated by volunteer leaders who have experienced a homicide loss. For more information call 306.766.6949.



The second Annual **North Central Community Volunteer Awards** night will be held Wednesday, May 16 at Scott Collegiate Auditorium to celebrate volunteers and recognize their contributions to our community.

Five major awards will be presented to outstanding volunteers. Winners will receive a beaded medallion, a certificate and an opportunity to participate in a role model poster campaign.

We are now accepting nominations for the following:

- Volunteer of the Year
- Physically Active Volunteer Role Model
- Volunteer Leadership Award and
- Best Volunteer Community Group or Team.

Preference will be given to volunteers who serve the community of North Central.

If you have any questions, please feel free to call 306-791-9888 or email [projects@nccaregina.ca](mailto:projects@nccaregina.ca)



We invite volunteer agencies to participate in the evening by offering entertainment. Please consider putting together a skit or musical number to showcase your agency's talents!

The first North Central Volunteer Awards was held at the Performing Arts Centre on September 20, 2012.

Nominations came from agencies like Aids Program South Saskatchewan, Indian Metis Christian Fellowship and Erhlo Sports Venture. The following volunteers were presented with awards: Marty Rothermal, Albert Scott Community Income Tax Program, Miranda Cote and Stephen McDavid.

The evening was sponsored by Conexus Credit Union, Regina Little Theatre and Loblaws.

This year, the awards will be presented in May to celebrate spring.

- CATEGORIES:**
- Volunteer of the Year:** an award to an outstanding volunteer who is dedicated and reliable
- Youth Volunteer of the Year:** 21 years or younger who is an outstanding volunteer
- Physically Active Volunteer Role Model:** one who serves through being physically active or who leads physical activity for the community
- Volunteer Leadership Award:** a volunteer who shows outstanding leadership qualities
- Best Volunteer Community Group or Team:** An award will be given to a group or team who volunteers together.

# Volunteerism has the potential to transform my community!

- People who volunteer:**
- ✓ Boost confidence
  - ✓ Increase community pride
  - ✓ Build a support network
  - ✓ Add references and work experience to their resume
  - ✓ Develop work skills and contacts
  - ✓ Gain casual work opportunities and.....
  - ✓ Go on to bigger and better things—school, work, training and realizing their dreams!



**Dream Team Volunteer Central  
North Central Community Volunteer Awards  
DEADLINE: Nominations must be received  
by April 22, 2013**

NOMINEES

- must not be paid for their service
- preference will be given to those who live and/or serve in North Central
- cannot be an employee of NCCA or Four Directions Community Health Centre
- must be willing to participate in a role model poster campaign

**Volunteer Nomination Form**

Volunteer's name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Work/Cell/Other: \_\_\_\_\_

City / Prov / Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Agency(ies) where nominee volunteers: \_\_\_\_\_

Agency contact / Volunteer Co-ordinator: \_\_\_\_\_

Please describe what kind of volunteer activities this person is involved in:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long and how often has this volunteer been involved in these activities?

\_\_\_\_\_

I would like to nominate this volunteer for: (see categories listed above)

\_\_\_\_\_

Nominator: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

**\*\*Please feel free to attach letters of recommendation/reference, newspaper articles, etc.**

Please explain why you think this volunteer should be chosen for this award:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Regina Early Years Family Centre: Reaching out & Reaching in



Their vision is for a comfortable place where children (aged 0 to 6) and families can walk through the door and be greeted by a caring team of professionals with a wealth of knowledge and support.

Now Open!  
2 Locations



**Early Years  
Family Centre**

REGINA  
**Children's  
Initiative**

*Strong beginnings. Brighter future.*

### Early Years Family Centre

Scott Collegiate 3350 7th Ave (306) 523-3512  
Gathering Place 4001 3rd Ave N (306) 533-9644

A free drop-in centre  
for children ages newborn to six with their caregivers



Lynda Gellner and Kim Fruck are facilitators at the Regina Early Years Family Centre. The centres are a result of multi-agency collaboration under the umbrella of the Regina Regional Intersectoral Committee (RRIC). There are two brand new centres now open at Scott Collegiate and The Gathering Place.

The Early Years Family Centres provide learning through play for both adult and child and invites visitors to join in a wide range of programs. Those programs include specialized support services around literacy and numeracy activities, social skill development, speech and language intervention and parenting classes. Prenatal

and postnatal support groups will also be available in the near future.

Two Early Years Family Centres are easily accessible in neighbourhoods with high need but they are open to anybody in Regina. The centres are not a daycare, rather a play and learn place for children accompanied by their family. It's all free, whether you join a playgroup or come in for set programs on science, art and reading. A speech language therapist from Four Directions Community Health Centre will stop in regularly for sessions. Parent groups can meet in a cozy family room to address issues, or simply for coffee and

conversation. The teams believe in a holistic approach to child development - cognitive, spiritual and cultural - and organizers want to be representative of Regina's diverse community.

They hope to talk to parents with inter-generational issues. "We want to be here to hear, we want parents to feel safe, we want to break down stigma, establish trust." They will offer learning techniques for parents and refer them to existing programs and services for children with chronic development or health issues.

The Centre offers a chance for child caregivers to get out, be

with others and share ideas. There is a gold mine of help for those who need referrals, or who need collaboration in working with Catholic and public school divisions. There is a standing invitation for other community groups to present their offerings. "Children and family are at the centre. We reach out and in for them." Said Kim Fruck, "I don't see any limits to collaborating."

These Early Years Family Centres are pilots for future locations all over the city. This year is for getting the word out and building the centres up. They will be open over the summer and the staff hopes for early evening hours and Saturdays.

## Aboriginal Grandmothers Caring for Grandchildren

The **Aboriginal Grandmothers Caring for Grandchildren Support Network** began from a research program with First Nations University of Canada and Women and Gender Studies at U of R.

The researchers were Carrie Bourassa and Wendee Kubik, who along with Elder Betty McKenna, facilitated talking circles with grandmothers. Based on anecdotal accounts collected between 2003-05, these family units were on the increase.

It was a traditional role of the grandmother (or Kokum) to raise the grandchildren. Now that role is confusing, you can't spoil the child. One woman notes "It's hard being a kokum these days." The usual cultural roles are distorted.

The current need for them to provide 24-hour care depends on the circumstances of their daughters. Some may have medical, mental health or addictions issues, others may be

in prison. Tragically, some of the women are missing or have been murdered.

*"It's a hard choice—starting all over raising babies, but how could I possibly let those children go into the system?"*

In one instance, a woman dropped off children at grandma's and never came back.

There are currently about 70 grandmothers within this support group. The women help each other with issues faced while raising one or more youngsters. One woman cares for seven grandchildren.

The Lifelong Learning Centre (U of R) co-ordinates the group and may bring in speakers or hold workshops for members. These members range from professional women to those who are raising grandchildren on their old age pension. The group gathers statements

from grandmothers for future advocacy efforts. Individuals earn certificates of participation and learn about available programs and services to help themselves

*"Having grandchildren keeps me young and active."*

and others. They realize there is strength in numbers when they advocate together. The grandmothers get that strength and confidence from each other.

Many offerings in the system, such as child financial support or respite care (2 weeks per year) must be negotiated for on a case-by-case basis. Some

grandmothers have full custody of their grandchildren,

some have adopted the kids, some are considered foster parents. That's where advocacy comes in. The Dept. of Social Services has rules and regulations but the Kokums will tell you - it's not what they want for themselves. They want supports and activities for the children so that they have a better life. Meanwhile these women are growing older and facing their own health issues.

*"Why do I like the meetings? This is all mine. It's not for the kids. It's for me."*

Aboriginal Grandmothers Caring for Grandchildren hold regular monthly gatherings at Four Directions Community Health Centre or at the Lifelong Learning Centre. The usual times are from 9:30 to 11:30 a.m. on the second Friday of the month. The next two meetings are April 12 and May 10 at Four Directions. With advance notice the group provides taxi service there and back and childcare. And you are always welcomed with tea and bannock.

Contact:  
Hertha Kay  
LLC Outreach Program Assistant  
Lifelong Learning Centre  
University of Regina  
306-585-5766  
Hertha.Kay@uregina.ca

Thanks to:  
*Aboriginal Grandmothers Caring for Grandchildren: Located in a Policy Gap*  
Holly A. McKenzie, Carrie Bourassa, Wendee Kubik, Kerrie Strathy, Betty McKenna

Abstract: <http://indigenouspolicy.org/index.php/ipj/article/view/32>



# Regina Rotary donation to Project People

A donation of \$500 in the form of prepaid gift cards was made to Project People to be used to help meet the needs of individuals who are homeless, hungry or at risk.

'Project People' is a network of volunteers, donors and resources to help those who are homeless or at risk of being homeless in Regina. Project People strives to work with and support existing agencies where those agencies have identified a gap in services.

Through collaboration with the Indian Métis Christian Fellowship, one unique service proved by the volunteers is the pick up and delivery of donated furniture. They plan to use some of the Rotary gift cards to purchase gas for the donated truck that is used for this service.

Although their 'wish list' includes a bigger truck, they continually find the need to purchase items such as winter clothing or personal items such as underwear for clients, games for family gatherings, food, etc.

This is an example of how a group of volunteers can work collaboratively with existing agencies to provide a service identified by the community.



## Be part of North Central's GO GREEN TEAM

Free Rider game tickets  
Clean up recyclables at Mosaic Stadium for 4 to 6 hours after watching the game  
Earn \$40 or more per game  
Get paid that night!

Sign up for an orientation today!  
Call 791-9888 or visit 1264 Athol Street (NCCA offices, 2nd floor)



The Urban Aboriginal Strategy (UAS) was first developed in 1997, to help respond to the needs facing Aboriginal people living in key urban centres. Through the UAS, the Government of Canada seeks to partner with other governments, community organizations and Aboriginal people to support projects that respond to local priorities.



Left to right: Bert Adema (IMCF), Joanna Alexander (Community Service Director, Regina Rotary Club), Lisa Workman (Volunteer Coordinator, Project People)

The Regina Urban Aboriginal Strategy (RUAS) is part of a federal government initiative (UAS) that consists of a partnership with all three levels of government and urban Aboriginal people in Regina (a steering committee of 12).

The RUAS funds and recommends funding for projects in our community that increase opportunities and improve outcomes for urban Aboriginal people. As well RUAS holds workshops and other events to bring together potential partners and increase awareness. Among others, past events have included the Coffee House Conversations on Homelessness and Housing, a gathering of community to prepare a submission to the Child Welfare Review Panel and the Aboriginal Prairie Showcase. The RUAS has also recommended funding for successful

Community Workers are there to help people in need. My work is to awaken people to connect with the Creator.

Elder Archie Weenie  
Open Sky Retreat

The Regina Urban Aboriginal Strategy priorities until March 31, 2012 were (to complement the federal priorities): Homelessness and Housing, Exit and Prevention Strategies for Gangs and Street Workers, and Family Healing and Wellness.

Look after your Homefire. If it goes out, your spirit leaves you.

Elder Archie Weenie  
Open Sky Retreat

In 2012, UAS underwent renewal and was extended until 2014. The federal government

priorities remain the same, but the RUAS needs to identify themes and priorities that meet the needs of urban Aboriginal people in Regina. On March 1, RUAS held a community consultation—including government, service providers and citizens, to determine what these needs are.

Cora Sellers  
Regina Urban Aboriginal Strategy Steering Committee Coordinator  
306-536-3010



Community Engagement held March 1 at Core Ritchie

projects like My Aunt's Place (MAP), Oxford House, the Elders in Residence program and Transition to Trades (among many many others).

The Federal Government Priorities are: improving life skills, promoting job skills, training, skills and entrepreneurship, and supporting Aboriginal women, children and families.

You must trust someone.  
You must rely on something.  
You can't make a circle by yourself.

Elder Archie Weenie  
Open Sky Retreat

To Get Involved:  
  
Google search  
"Regina Project People"  
reginapeople@gmail.com  
  
Ph: 306-533-5117

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10% Seniors Discount  
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Advice for Life



## Congratulations Graduating Class of Transition to Trades

(see story, page 12)



Photo by Maxton Priebe



*Here's to the great neighbours that give of themselves to make North Central a great Neighbourhood.*

Warren

Warren McCall, MLA - Regina Elphinstone-Centre  
2900 5th Ave • 306-352-2002 • warren.mccall@sasktel.net



### LES STEVEN BALIKO

On February 28, 2013, at the age of 66, Les passed away suddenly due to complications from metastatic melanoma. He was surrounded by his loving family.



Les volunteered for numerous organizations, including several years with North Central Community Association's Income Tax Program. Les was always excited to share his knowledge so that it benefited others. After Les died, one of the volunteers at the hospital recognized his name. She had hired him to be a tutor for people trying to obtain their GEDs. She said that Les had been one of their best teachers, and he had certainly had a positive impact on many people. To hear this would have made Les' day.

## Feel the Support of a Kokum Traditional Grandmothers Guidance Centre

2901 5th Ave. Regina • 306-352-2241  
tradionalgrandmothers@sasktel.net

Kokum Beatrice (Northern Light Woman) Laframboise is the force behind Traditional Grandmothers Guidance Centre. Her daughter and son Evening Star and Eugene (Rising Sunn) Isaacc are the forces behind Beatrice. They've offered a safe place for the community to visit since 2007.



Eugene (Rising Sunn) Isaacc & Evening Star

The family has seen the stressed and struggling people along 5th Avenue and realize they need more than a bowl of soup and a hug. At TGGC people will find prayer and smudging and someone to talk to. They feel valued because someone cares.

The centre ran language classes in the past and needs volunteer and financial help from the community to re-establish that programming. They also have a need for donated kids' clothing. Every Wednesday at noon TGGC serves soup and bannock "until the pot is empty" laughs Evening Star. They donate and prepare the ingredients and would certainly appreciate donations of groceries.

Because everyone needs the love of a Kokum.

ALL NATIONS HEALIN' THRU ARTZ  
PROUDLY PRESENTS

# Shock Value

5th annual talent show fundraiser featuring  
**The ANHTA Dancers**

Doors open at 6:00pm, show at 7:00pm, April 23 2013  
Regina Performing Arts Centre • 1077 Angus Street

General Admission \$5 at the door

Saskatchewan LOTTERIES  
Community Fund  
Scooter's FOTOS 4 U

Aboriginal Affairs and Northern Development Canada  
Affaires autochtones et Développement du Nord Canada



Message from the Office

Our school is proud of our achievements during the second semester of this school year and our staff was glad to share these achievements with families through our March conferencing. Our continued goals at Scott Collegiate are focused on literacy and numeracy. Our students have been working diligently toward continued achievement in each area. Please continue to support your Scott student's education by guiding them with motivation and assistance with their studies.



Nancy Buisson  
Principal

Congratulations go to our boys' and girls' basketball teams. Throughout the season they demonstrated their spirit and determination, and we are very proud of their sportsmanship and keen sense of competition. Special thanks go to Mrs. Christopherson, Mrs. Crossan-Parker and Mr. Bridgeman as coaches of the teams.

April and May are guaranteed to be busy months. There are many activities planned so be sure to check the calendar on the Scott Collegiate website regularly. You will find us at <http://scottcollegiate.rbe.sk.ca/>

Registration forms for the 2013-2014 school year are available at the school. We are intent on offering programming and supports that meet the needs of each and every one of our

students. Choosing Scott Collegiate may be the best educational decision you will make. Our school has an excellent student body, outstanding teaching staff and we continue to move forward with unique project plans for a future Scott Collegiate/ North Central Shared Facility. I would encourage prospective students, parents and other interested parties to contact us for more information about our school. We would love for you to be part of the Scott Blues!



Mike Tomchuk  
Vice-principal

As an additional course offering, Campus Regina Public provides high school students from across the division the opportunity to enroll in specialty two credit courses. Each course is industry supported and features approved training that may not be available in their home school. Students will engage in learning opportunities with others who share their passion for a specialty field of study which better supports their learning as they prepare for the transition to post-secondary studies and the workplace.

Spring break occurs from March 29th to April 5th. Students return to school on April 8th. We hope that this break reenergizes each student for the remainder of the school year and is both safe and restful. The next SCC meeting is on Tuesday, April 9th at 5:00 pm. in the student lounge. Everyone is welcome and encouraged to attend.

There will be no afternoon classes for the students at Scott Collegiate on April 26th in order for to teachers to attend the regularly scheduled monthly staff meeting.

As always, should you have any questions or concerns we encourage you to contact the school. As a community we make our children's learning both enjoyable and beneficial.



Upcoming Dates for your Calendar

April 29	Report Cards
May 17	PD day for staff, no school for students
May 20	No school for students or staff—Victoria Day long weekend



Scott Collegiate Vice-principal Mike Tomchuk got a birthday surprise from students and staff.



Kelley Christopherson

Veggie Packed Pizza Sauce  
Thebestmomontheblog.blogspot.ca

- 1 carrot, peeled & diced

1 onion, chopped

1/2 green pepper, seeded, chopped

1/2 red pepper, seeded, chopped

1/2 yellow pepper, seeded, chopped

1 stalk celery, diced

1 cup mushrooms, cleaned, chopped
- 1 tbsp extra virgin olive oil

1 tsp dried oregano

2 cloves garlic, minced

1 tsp sea salt (optional but I find it helps to balance the sweetness of the tomato paste)

1 can tomato paste

1 can crushed tomatoes
- Instructions:
- 1) Roughly chop your veggies (no need to be fussy as it will all be puréed) and place in a large bowl.

2) Add garlic, oregano, salt and olive oil and mix to coat.

3) Spread veggies out on a cookie sheet and roast in a 450°F oven for 15-20 minutes.

4) Remove veggies from the oven and allow to cool for 5 minutes.

5) Add veggies to a food processor or blender and purée until smooth.

6) Add tomato paste and crushed tomatoes to veggie purée and blend until smooth.

7) Store in the fridge for up to 3 weeks.

The Boy in the Treehouse

Scott Collegiate's Theatre Project will be staging a production *The Boy in the Treehouse*, written by the award winning Canadian playwright, Drew Hayden Taylor. The play follows the story of Simon, a young boy who pursues a vision quest in an attempt to reclaim his mother's First Nations heritage. *The Boy in the Treehouse* explores the themes of family, loss, and identity along Simon's journey of self-discovery.

*The Boy in the Treehouse* will be staged in the Scott Collegiate Auditorium on Friday, May 23rd. Admission is free for everyone.

Please come and join us for an evening of theatre. If you have any questions please contact Ms. Shiplack at Scott Collegiate: 306-523-3500.



## ALL NATIONS Healin' Thru Artz

All Nations Healin' Thru Artz Inc. is a Regina-based after school non-profit community arts organization.

In conjunction with Aboriginal Affairs and Northern Development Canada, Saskatchewan Lotteries, Community initiatives Fund, and through a unique partnership the Healing Hearts Ministries, we have been able to offer after-school multimedia arts programming in their facility providing a positive, creative outlet and voice for youth living in and around North Central Regina.

The program is free and available to all youth (ages 13-20) living in North Central Regina; regardless of ethnicity, race, gender, religion or economic background. We encourage all to attend.

We currently offer youth the opportunity to get involved in a variety of workshops that will include crafts, acting, creative writing, film, music, dance, life skills/ cultural teachings, and a strong elder presence for support for those in the Aboriginal community. We also offer a supper from 4:00pm-5:00pm and paid transportation via cab for those who require it.

Workshops are being held Monday through Thursday from 5:00pm - 8:00pm at various locations such as the Healing Hearts Ministries, YWCA, and the Regina Performing Arts Centre.

For more information, please contact Monica Fogel – Artistic Director at 306.205.7333



### WORKSHOPS

**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.

### NORTH CENTRAL COMMUNITY GARDEN PLANTING DATES!

**Community Partner Garden Fun Day**  
Thursday, May 30th

**Community Garden Work Bee**  
Saturday, June 1st

Both events will have registration at Albert-Scott Community Centre between 10:00 and 10:30 a.m.

### THANK YOU TO ARTS CARES STUDENTS who helped at NCCA:

Ruth Easton, 2nd year, Environmental Studies and International Studies

Sarah Manoah, 2nd year, Social Work

## Makin' Art Gallery Outreach Classes in North Central from the Mackenzie Art Gallery

story & photos: J. Morier

The youngsters confidently take their canvas boards and load bright colours onto a palette. After a brief lesson chat, instructor Josh Goff guides the students' imagination and lets them loose!

All styles are experimented with in these freestyle classes. The MacKenzie Art Gallery outreach program is cultivating future artists who love learning and creating.

Dinesh lives in North Central and has been coming to the art classes from the beginning. What he loves most about the class is playing with paints and creating beauty.

Justine and Izel came from another part of Regina to the classes. They haven't missed a class, and they enjoy being able to express themselves in ways they haven't tried before. The young artists have produced multiple paintings to take home and adorn their walls.

Josh Goff is the Workshop Instructor contracted by MAG. It's the second time he's delivered the free workshops in North Central over six months.

Josh also works with the Regina Board of Education as a CREATE instructor for a series of lessons in public schools.

You may have seen Josh's work on graffiti murals in North Central on 3 or 4 on garages for the NC mural program. Last summer's MAG art class was tied in with the NC Community Gardens, creating a mural on the storage sea can on site at Helmi's Garden on the 900-block Garnet.



Marv Fulton works with young artist Dinesh



Art Instructor Josh Goff



The average class size is 10-13 youth. Currently there are two artistic volunteers helping out—Marv Fulton and Crystal Massier. It's a relaxed environment, not heavy into structure, kids paint, wandering instructors are always there to help. Healthy snacks are served. Hey—where do I sign up?

*The MacKenzie North Central Art Studio is an exciting collaboration with the North Central Community Association and the Albert Scott Community Centre. The current program is by registration only and has successfully provided free arts programming to youth since April 1, 2012. Recruitment is done through the neighbourhood schools. Children ages 11 and older can also receive registration information by contacting Wendy Winter at the Mackenzie Art Gallery at 306-584-4294.*

*The MacKenzie Art Gallery hopes this program will continue and grow. My dream as the Mackenzie Educator responsible for the Youth Art Program, is to provide free arts programming in North Central everyday of the week. Perhaps one day we could see the opening of an art studio for youth in the neighbourhood, and for youth from across the city who will want to come to North Central because it is epicentre of youth artistic activity in the City of Regina.*

Wendy Winter



Two artists: Justine (L), Izel (R)



# SUNTEP

## Saskatchewan Urban Native Teacher Education Program is recruiting students for Fall 2013

If you are Métis and interested in teacher education, please join us for Introduction to SUNTEP Day on Friday, April 19, 2013 in Room 214, College West Bldg, U of R from 1:00 to 4:00pm. First Nations students with Band funding are welcome to apply.

If you have questions, please contact us at:



GDI-SUNTEP Regina  
CW 227, U of R  
3737 Wascana Parkway  
Regina, SK S4S 0A2  
306-347-4110



### RANDOM GOOD DEED

Our Roving Reporter saw a few young boys walking to a bus stop. They came across a person in a car stuck in a snow bank. The boys pushed the driver out and gave each other high-fives. They then realized they missed the bus. The person they rescued offered the boys a ride. Now that's helping one another!

Have you witnessed a neighbourly deed? Send it in for publication in the June issue of NCCC. e-mail: [editor@nccaregina.ca](mailto:editor@nccaregina.ca) or phone the office: (306) 791-9888.

### Foot Care Services BACK IN BUSINESS!

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

*My spouse and I both have diabetes and it is important to look after our feet. We had been going to a spa for pedicures as we did not know anywhere else to go. I saw an ad in the North Central News stating that the Community Centre at Albert-Scott offered foot care at a cost much less than the spas, so we decided to try the service. The two ladies there were very professional and did good jobs on our feet. My feet are especially sensitive and I do not like sitting too long to have my feet looked after. I found the service very quick and I really did not have time to complain about them taking too long on my feet.*

*We have continued to use this service and will continue to go there as long as they are available. We live in North Central and are not far from Scott so it is very convenient for us.*

Jessie Coule



- 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 – Non North Central Resident ....	\$20.00*
Home visit – Non 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**

\* New rates will be in effect on June 1st: \$30. for an in office visit for non-North Central residents; \$40 for home visits for non-North Central residents.



kinda-sorta...





## 2013 INTER-AGENCY

## Chili Cook Off



photos J. Morier

## Regina Transit Update

## Route Review

Transit received over 300 comments on the proposed system changes. A lot of positive feedback was received regarding the areas with new service, as well as the new Express routes. Administration is now going through the feedback received to identify areas of concern for customers. Changes will be made where necessary. Customers can still call Service Regina (777-7000) with any questions they may have. Final recommendations will be released in April. Thank you to everyone who provided feedback.

## Income Tax Receipts

The Federal Government will provide a non-refundable tax credit to those persons who purchase a monthly pass. Please save all of your receipts at the time of purchase. Regina Transit cannot be responsible for reprinting receipts if they are lost.

If you have an Employer R-Card issued through the Employer Pass Program your Employer will have included the amount you paid for your pass on your T4 slip.

## 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



Please look in on the seniors/elders in your area, they may need your help or a enjoy a good visit from you.

**Camp Monahan** is entering its 69th year of camping; open to all regardless of denomination; sponsorship available. Open house & bbq with fun FREE events! Begins at noon. Katepwa Lake, June 16th  
Register online. Earlybird registration deadline is May 31st  
[www.campmonahan.ca](http://www.campmonahan.ca)  
Phone: 306-522-1047

**Upcoming Classes at St. John Ambulance** For more information or to register:  
(306) 522-7226 [www.sja.ca](http://www.sja.ca)  
2625 3rd Avenue, Regina

**Babysitting Class** April 20, May 11  
Cost \$40/person includes all materials, Basic First Aid and CPR training and a certificate of completion.

**Personal Care Worker (PCW) Course** April 6 & 7, May 4 & 5, June 1 & 2 \$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.

**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.  
May 4, (12nn-4:30pm)

**The 2013 Inter-Agency Chili Cook Off** was held February 13. Thanks to Indian Métis Christian Fellowship for hosting the fun competition while raising funds for the Canadian Foodgrains Bank ([worldrenew.net](http://worldrenew.net)).

Gratitude to the participants and their chefs—All Nations Hope AIDS Network, Circle Project, Four Directions Community Health Centre, IMCF, North Central Community Association, Regina Police Service, The Storyteller (Bird Song Communications).

Thanks too, to the volunteer judges, they had their work cut out for them!

Congratulations to this year's recipients of the coveted the RPS, North Central Police Detachment. Emcee Bert Adema asked "Who made chili for you guys—was

it a community effort?"

An officer pointed to a colleague and answered "Yes. But if we lose, she did."

On behalf of Last year's Champs, The Circle Project, Executive Director Anne Perry presented the trophy to the new recipients. Congratulations all and see you for next year's match!



## 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 June issue is MAY 10, 2013**

**STILL MISSING:** 8-year old female grey tabby cat, "Maggie" since mid-October/12, from 900-block Queen Street. Grey stripes, "circles" or bullseyes on her sides. Diamond pattern on forehead.

Owner anxious for her return. Please leave message at 306-529-8087

I want 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

**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

**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.

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](mailto:editor@nccaregina.ca)



North Central Community Association

MISSION STATEMENT

*The Mission Statement is an overarching, timeless expression of the purpose for the Association, addressing both what it seeks to accomplish and the manner in which it seeks to accomplish it.*

**Our Mission Statement:**  
Pursuing the development and maintenance of a safe, vibrant and attractive community through advocacy, partnership and services.

VISION STATEMENT

*The Vision Statement describes a desired future state for the Association and helps inspire people to follow.*

**Our Vision:**  
A safe, caring and vibrant community where all people can live, learn and prosper.

OUR VALUES

*Values are enduring, passionate and distinctive core beliefs. They are guiding principles that never change and are part of the strategic foundation and culture of the Association. Values help define the boundaries of behaviours in the organization and help shape decisions accordingly.*

**Values identified for the North Central Community Association:**

- Innovative: we are creative, pro-active and visionary
- Integrity: we are accountable and honest in everything we do
- Respectful: we are considerate and we treat others with care and respect
- Inclusive: we engage all those who live in our community and work in partnerships with others
- Pride: we are proud of our community and our successes
- Sustainability: we are stable, growing and nurturing

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:

Jaqueline Anaquod	Brandon Brooks Sr.
Norma Jean Byrd	Jessie Coule
Brenda Dubois	Monica Fogel
Jan Morier	Maxton Priebe
Scott Collegiate	Cora Sellers
Denita Stonechild	Wendy Winter
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  
JUNE ISSUE  
May 10, 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

Pursuing the development and maintenance of a safe, vibrant and attractive community through advocacy, partnership and services.

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

Seniors Home Security Program

Government of Saskatchewan

**S**eniors Home Security Program is a safety program implemented by the Government of Saskatchewan. The program supports low-income seniors and seniors who have been the victim of a break and enter or home invasion. The program provides free safety assessments to seniors and free installation of home safety improvements, to increase the safety of their homes. Security equipment is provided and installed at no charge. Both seniors who own their own home and seniors who are renters are able to apply to the program.

For more information about the province's no-cost Seniors Home Security Program, call toll free: 1-855-524-6034 email: senior.security@gov.sk.ca web: www.seniorsecurity.gov.sk.ca or write: Seniors Home Security Program, 100-1855 Victoria Ave. Regina SK S4P 3T2

Upon your approval for a home safety assessment, a member of the Seniors Home Security Program staff will contact you with your service provider information.



Dial 306 before calling!

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
CircleProject.....	347-7515
Circle Project Childrens' Centre .....	569-3988
Circle Project Infant Centre .....	949-4911
Early Years Family Centre .....	533-9644
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
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	





Giving Hope Today

## THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600

[www.havenofhope.ca](http://www.havenofhope.ca)

Helping to make a difference  
in someone's life

### Volunteer Income Tax Program

**Monday to Friday**  
**March 11 to April 30**  
**9:00 — 11:30 am &**  
**1:00 — 3:30 pm**

**FREE of Charge**  
**Both walk in and drop off service**  
**at the Salvation Army office**  
**2240 13th Ave.**

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

## NUTS & BOLTS:

### The Transition to Trades Graduation

By Maxton Priebe

After months of hard work, sweat and the no doubt occasional bruised thumb it was a night of celebration for the graduates of the 2013 Transition to Trades program. Clearly both the instructors and six graduates had overcome many challenges and hardships in order to reach such a defining point; as a mixed sense of pride and excitement filled the dining hall.

This was a time for laughter, pizza and prizes as the group looked back over their time together with fondness, whilst keeping their eyes fixed firmly on the future. Putting it in perspective, new graduate Janelle explains, 'We all learnt so much and while we still have a long way to go, I now feel confident knowing I'm headed in a good direction'.

Confidence in the program was hardly unwarranted, with a fantastic employment rate of 100% for students. Snapped up by eager and impressed employers, some students were even invited to join the workforce ahead of schedule! In addition to this new found confidence in their technical ability, it was clear the personal growth and family bond that had developed amongst students and staff exceeded textbook standards.

Mentors and Program Managers Mike Allen and Dwayne Ripplinger proudly bestowed the graduates with their trade certifications, regaling the audience with hilarious personal insights, while imparting touching final words of advice and encouragement for each graduate. 'It's been quite a journey and I'm just so proud to see them all here to celebrate this achievement', beamed Program Manager Mike Allen. No doubt there was a long and exciting road ahead for these accomplished young graduates, but the one question on everyone's lips was who was going to take home the trophy for the evening's highly anticipated ten pin bowling after party?

For more information on how to get involved with the program, including sponsorship opportunities please send enquiries to:  
[Admin.tt@nccaregina.ca](mailto:Admin.tt@nccaregina.ca)



# Congratulations

## 2013 TRANSITION TO TRADES GRADUATES

### \*100% EMPLOYED!

PROUD SUPPORTERS

TRANSITION TO TRADES | NORTH CENTRAL COMMUNITY ASSOCIATION | GLOBAL TRADE & DISTRIBUTION

TO GET INVOLVED VISIT [WWW.NCCAREGINA.CA](http://WWW.NCCAREGINA.CA)