

The North Central Community Association is excited with the support shown for the RENEW Project. We are pumped for the opportunity to work with our neighbours to boost pride for a safer and cleaner community!

At time of press, we have completed 8 work bees—each one more successful than the previous. In total, we've toiled alongside 30 adult residents, 14 youth residents and 29 non-resident volunteers. We've also had Rainbow Youth Centre's Road To Employment folks come out to help with a couple of clean-ups.

We are always looking for volunteers to help with minor yard work and maintenance, such as painting over graffiti, cutting lawns, trimming hedges and picking up garbage. It's a great opportunity for Renew employees to



article and photos: Kari Herbert, Annette Pegg
Renew Project Coordinators

get to know our neighbours and share NCCA's programs and services.

On work bee days, we meet in the alley at 9:45 a.m. and work throughout the day, in case you want to show up at a later time. Give us an hour, give us six! We provide the work gloves, tools and garbage bags. There's barbeque for volunteers!

Our Facebook group "North Central's Renew Project" is bursting with the most up-to-date scheduling and tons of before and after photos.

Take a look at the work we are doing!



A resident 'Ken' saw the group in the alley and asked to borrow the lawnmower. He told Annette that we appeared like angels as he was so frustrated with his yard. He said we were gifts from the creator.

If you have any questions or suggestions, please contact the Renew Project staff at (306) 791-9888. We hope to see you out there!!!

Volunteer Jennifer P. said: *What this organization does is truly amazing! What confuses me is how they can supply everything needed to clean an alley, while providing a safe environment for volunteers to work, whilst providing free snacks/BBQ for volunteers, & still get no volunteers.....*

Without the help of others pitching in & helping in the long run, things will only stay the same & eventually get worse. Do people not have pride about where they live? How their community looks/ smells? Even if it's for an hour of volunteer work it makes all the difference. Help them help you!

Resident Dale Frigon: *The Renew Project is a welcome addition to the North Central community. We have been treated like our area is a garbage dump for years. The Renew Project should help the morale of the residents of North Central, as we will feel less despair with depressing surroundings, and feel more pride in our community, if it is looked after and not neglected.*

As a longtime resident, I can tell you firsthand that it is hard to care about your own neighbourhood, when you see everyone else treating it with disrespect. If you live in a dump, you will treat it as a dump. Cleaning the area up IS the best approach to rejuvenating North Central!



Work Bee in the alley between ...		Dates (weather permitting)
1000 blk Robinson ODD	1000 blk Retallack EVEN	Aug 03
1100 blk Robinson ODD	1100 blk Retallack EVEN	Aug 07
rescheduling possibility		Aug 10
1100 blk Cameron ODD	1100 blk Robinson EVEN	Aug 14
1000 blk Montague ODD	1000 blk Athol EVEN	Aug 17
1100 blk Garnet ODD	1100 blk Cameron EVEN	Aug 21
1000 blk Retallack ODD	1000 blk Rae EVEN	Aug 24
1000 blk Athol ODD	1000 blk Garnet EVEN	Aug 28
rescheduling possibility		Aug 31
rescheduling possibility		Sep 07
1000 blk Rae ODD	1000 blk Angus EVEN	Sep 14
1500 blk Retallack ODD	1500 blk Rae EVEN	Sep 28
1500 blk Robinson ODD	1500 blk Retallack EVEN	Oct 05

THANK YOU!

Funded by City of Regina (Social Development major grant). NCCA's Go Green and Student Summer Works. The city provides a garbage truck after each clean up.

Thanks to Eddy Eberts from B&B Small Engine Sales & Service (for donating a lawn mower and gas powered weed wacker with accessories). General Paint and Colorburst Paint.

Citizen Wendy Dumalski. residents James Morberg and Wendy Grant.

INSIDE

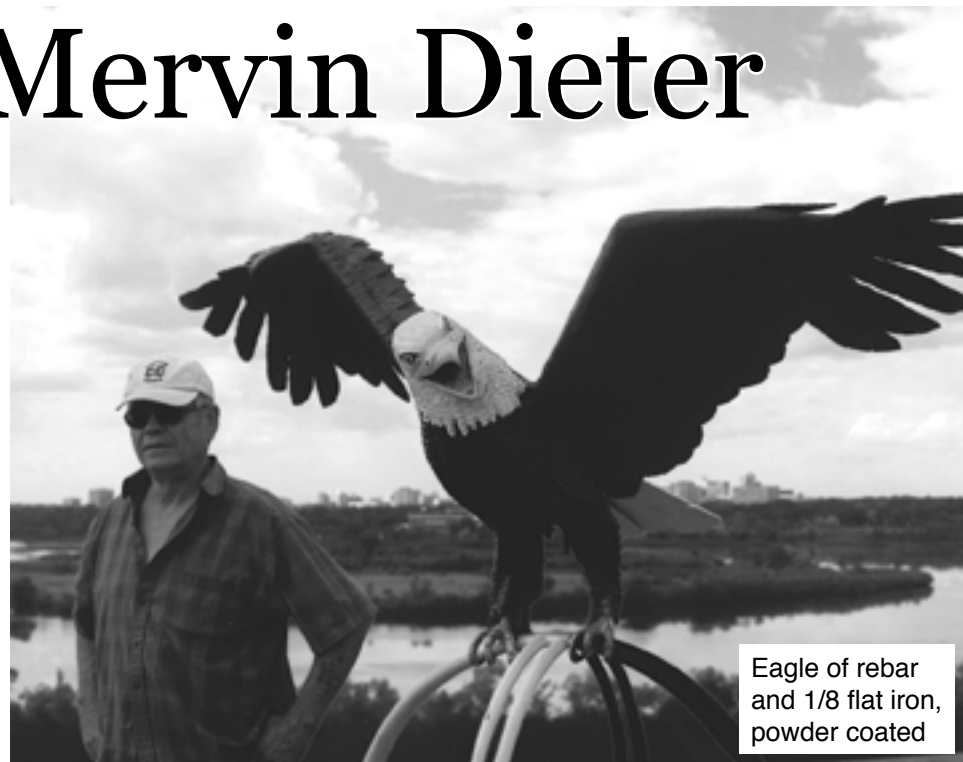
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COMMUNITY YOUR VOICE *Voices*

Mervin Dieter

Mervin Dieter is a Cree Indian who was born in 1944 on Peepeekisis First Nation, near Balcarres, Saskatchewan. At age seven, Mervin moved to Regina and now resides in North Central with his own family. Mervin is a self-taught artist, fieldstone and wood carver, stainless steel/iron carver and has sold numerous pieces to various officials in Canada and the United States. Mervin has also won first place for his carvings. Many of his artworks are now owned by private and public art collections, including the Civic Art Collection in Regina, and a sculpture in Saskatoon's Western Development Museum for the exhibit *Born with a Drum*. Mervin also does commissioned work that is detailed to the customer's request.

As Mervin travelled the Prairies and followed the traditional teachings of the Cree, he pursued his self-taught interest in sculpture and painting. Mervin's works depict the traditional way of the Plains Cree and his interpretation of how things were long ago. For instance the high regard the Plains Cree had for Mother Nature and her beauty, including the animals which roamed freely on the Plains. Mervin uses modern technology to promote ancient traditions.

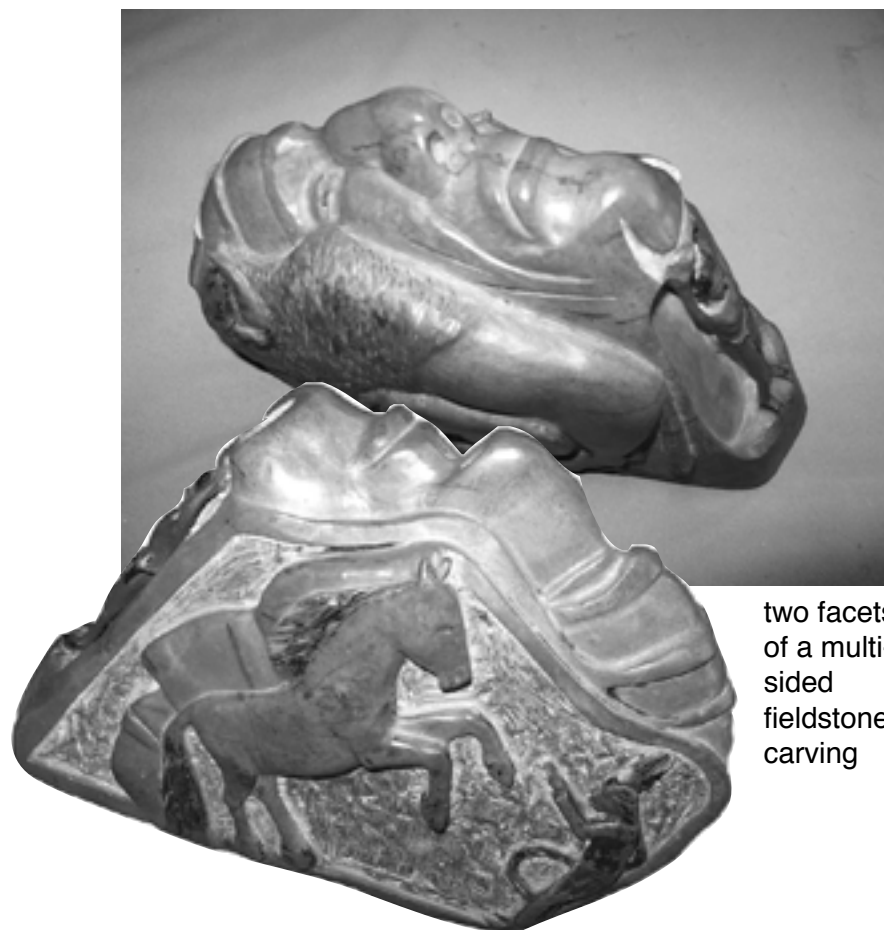


Eagle of rebar and 1/8 flat iron, powder coated

Mr. Dieter created a permanent artwork installed in January of 2006 on the bridge over the storm channel near Ruth M. Buck school. *Memories of the Past*, celebrates the art and culture of the First Nations people. It depicts how the Plains Indians and the buffalo roamed freely on the Prairies. The artist was inspired by the landscape of the park and the history of Ruth M. Buck School as a guardian of aboriginal art.



painted iron sculpture



two facets of a multi-sided fieldstone carving

Call Mervin Dieter to enquire about commissions or prices on his work 306-352-1786



Prairie Meadow Health Centre

This just might stop the bleeding!

Interview with Laveena Tratch by Jan Morier

A new and much-needed health care facility has opened its doors on Dewdney Avenue across the street from the Pasqua Hospital!

Care is coordinated between clinic assistants, nurse practitioners and physicians in the bright open-air clinic. The design features a 'touchdown station', a hub of mobile computer terminals and rolling carts of supplies.

As clients are seen, staff will touch base to discuss the care that's needed and who is the right practitioner for their needs. They also use an electronic medical record, which helps them communicate and coordinate care.

The staff works in collaboration with Four Directions and SEARCH (Student Energy in Action for Regina Community Health) on 5th Ave. and Elphinstone St. Records for clients who are seen at both facilities will be accessible.

Prairie Meadow Health Care offers three services: primary healthcare, chronic disease management and immediate care services. Folks from North Central, downtown and Heritage may not have a family doctor and certainly none who are available evenings or weekends.

There are 7 clinical rooms to see clients. Two of these are much larger procedure rooms. These rooms may eventually be used for casting, ECG (heart) tests, even collecting blood samples.

'Kanban' is a Japanese term describing a lean practice to

monitor the flow of resources. Prairie Meadow Health Care is guided by Kanban system. In each clinic room you'll find the exact same number of supplies in the exact same format and place so the clinician always knows where to find it.

In full public view is the 'visibility wall' where clinicians meet each morning before the doors open. Because they're building this clinic from the ground up, they must adjust very quickly. Colourful sticky notes are posted with ideas as they occur. These offer help during unpredictable situations.

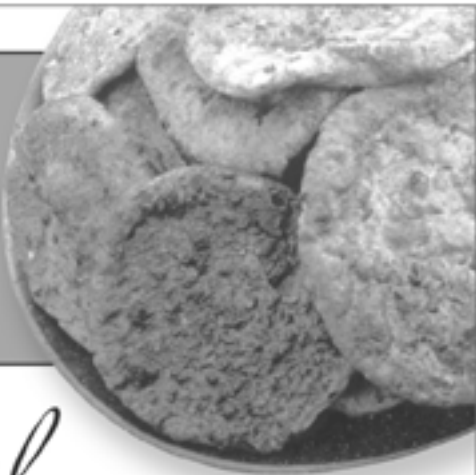
The clinic has a room specifically designed for smudging. It has its own ventilation system to encourage ceremonies.

Prairie Meadow will take appointments, accepting some as same-day access. They advise a phone call first thing in the morning to get a specific time to be seen on the same day or come by to see what is available. Clinic staff are offering a combination until they know what is right for the community.

There will be someone from Mental Health and Addictions services in for one day a week for those with addiction issues.

Laveena Tratch says "It's important to not just open the doors but to really understand who our clients are and what services we should be offering."

BAKERS & TASTERS WANTED!



2nd Annual Albert Branch Community Bannock Bake-Off

SATURDAY
September 7 • 12:00 - 4:00 pm
1401 Robinson Street


Think your bannock recipe is the best there is?
Here's your chance to prove it!

Register now to compete in 1 of 3 categories:
★ BAKED ★ FRIED ★ SPECIAL




Call 306.777.6076 or visit RPL's Albert Branch to enter the competition.
Entry deadline: Saturday, August 31.

Not a baker?
You can still help us celebrate Albert Branch's 100th Anniversary in the North Central Community!

Join us for an afternoon full of activities, including Bannock Tasting, BBQ lunch, a puppet show and performance by the Bionic Bannock Boys. Everyone welcome!



Regina Public Library
ReginaLibrary.ca





Health care providers are available 7 days a week from 9 a.m. to 9 p.m. The clinic aims to ease the use of the Emergency Ward across the street at the Pasqua Hospital.



Mario Goebel filling in for Saint Nick with Kaiden Carlson at Christmas in July presented by Project People

photos by J. Morier



Christmas in July

It's a program that's been moving North Central youth through many transitions into a clean and healthy life, stability with skills and employment.

This program runs under the umbrella of the North Central Community Association. The course offers an incredible opportunity for individuals ages 18-29 who have a minimum of grade 10 and are presently unemployed but motivated.

Transition to Trades offers 16-23 weeks of free training in a variety of areas. Individuals are provided with an income while they attend training. A standard day provides a half-day of life skills and a half-day of construction under the supervision of a carpenter.

Transitions of its Own: The program's headquarters on the 14-block Retallack is being sold by the owner, and a new spacious home for the program is being sought.

On top of this, almost all of the program's power tools were stolen earlier in July. Although the trailer was recovered, the tools weren't. Insurance will cover a portion of the stolen tools, and we are hoping that members of the community will continue to come forward with donations, so that we can replace the necessary tools for the next house build. With charitable status, we are able to issue receipts for donations greater than \$25.

Until the tools are recovered, youth building projects had to be put on hold. We've had several manual hand saws, a jig saw, and other miscellaneous manual tools donated for which we are very grateful. One neighbour even donated \$5. This wasn't a large company, or a wealthy individual. It was someone who gave what they could, right from the heart. A touching gesture.

Despite the recent events however, the program plans to beef up security and move forward with expansion.

Growing Plans: We are planning to double our student numbers for this upcoming program. This requires bringing in additional staff; a Facilitator and a Construction Instructor. Not just anyone will do. They need to be skilled, caring, and dedicated to the success of students and the program as a whole: someone who can lead by example.

Since the program is doubling its student numbers, it is expected we'll need a lot more project hours to keep up with the construction component. Indoor projects such as basement framing or renos are welcomed, particularly in the winter. The home owner provides all the materials and Transition to Trades offers discounted rates for the labour. Time lines need to be flexible. Those interested can contact the office at 306-791-9530.

We invite members of the community to come to our information session held every Tuesday in August at 9:30 a.m. (1 hour) or call the office any time.



Transitioning through change

Current participants will be employed in construction some time in August. After building two new houses from scratch, their confidence is growing in both construction competence and personal transformation. It's rewarding to see how empowered they have become!



Transition to Trades Current group graduating Sept 6/13
From left to right top: Duran Redwood, Abraham Manyang, Shawna Kittiesaywinnie,
Middle row: Dwayne Allan, Chasity Paskimin, Dana Strongarm
Front row—left to right: Elvis Harimenshi, Braden Taypotat, Micheal Ripplinger, Saeed Al-Hobaishi

With the next start date nearing, young adults ages 18-29 are encouraged to call in, or come down and apply. All you need is your SIN number.

16 to 23 weeks Full Time! APPLY NOW!

**1459 Retallack St. Phone: (306) 791-9530
E-Mail: admin.tt@nccaregina.ca**



Getting up in this world!
Ashley Leibel ready to rise to the top in the scissor lift!

www.nccaregina.ca/trades/

What you want:

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

What we want:

- Age 18-29
- Motivated
- Reliable
- Unemployed
- Grade 10 min.
- Desire to work Construction

Trades Team Social Activities

It's not all work and no play! The first and third Tuesday of each month are designated as **Trades Team** events with a variety of fun and entertaining activities for Trades Team members and their guest.

It's a time for past and present participants to build a healthy social network by connecting with other participants who are employed, looking for employment, or on maternity leave from employment.

It's a healthy environment where everyone is valued and respected. They raise up community role models from the Trades Team student body to provide healthy mentors from within past and present students to lead others who are striving to live a healthy lifestyle.

Trades Team Socials events invite both new and former Transition to Trades students who are interested in connecting with others striving to live a clean and healthy addictions-free lifestyle.

These events are intended to be to be free of charge whenever possible and guests are welcome. Some events are family-oriented where children are welcome.

If you are a Trades Team member, and would like to be part of a planning committee for future events, please contact Cheri, at 306 791-9530. Work hard. Have fun!

Meet the TT Team:

Construction Project Manager **Micheal Ripplinger** is a 4th year carpentry apprentice and is expected to complete his journeyman status within 6 months. Mike's experience as a Youth Leader leaves him suited to instruct and connect with those attending this program on the job site. With years of experience in renovations and construction, he instructs the students in Trades math and blueprint reading in the classroom. He sets up and oversees the projects that students build.

Skills Development Coordinator **Dwayne Allan** fills in as a classroom facilitator on occasion. He also meets with participants as the need arises to address concerns, but his primary role is construction instruction with the students.

Dwayne owns his own construction business; Selah Construction. A combination of training and experience in addictions counselling, organizing/leading major foreign youth house builds, leading parents groups, teaching youth in school, and mentoring youth locally leave him exceptionally well-suited to this position. All student hours worked under the supervision of Dwayne are recognized under the Saskatchewan Apprenticeship and Trade certification commission as counting toward their first year apprenticeship-required hours in carpentry.

Cheryl Taylor is certified as an Administrative Assistant. She multi-tasks, in supporting staff and connecting with students. Cheri coaches past participants in career hunting, as well as offering personal support. Having achieved her first year of psychiatric nursing, in addition to her sociology classes, she fills in as class leader on occasion.

With her construction-related courses and safety certificates, Cheri eagerly assists on the construction worksite on an emergency basis. She also coordinates the Wellness portion of the Transition to Trades program. Her rehabilitation worker/youth care worker classes coupled with her employment background in coordinating / leading recreational events for vulnerable and special needs youth leave her qualified for this role.

Director **Jane Gattinger** is a certified Life Skills Coach with nineteen years experience coordinating/facilitating a very broad spectrum of sessions. She also has twelve years of experience coaching parents and providing family treatment. Jane leads the Life Skills segment in the classroom of the Transition to Trades program as well as oversees the students and staff. Additionally, she meets with students individually to offer personal coaching. Jane's training in Choice Theory counselling and Genesis process addictions treatment flavours her approach.

Transition to Trades is Hiring:



You must be committed to the improvement of students lives and the betterment of the North Central and Inner City communities of Regina. You hold a broad spectrum wealth of Life Skills knowledge. You are an effective communicator with presentation and facilitation skills. You are a person with high moral standards and integrity. Your attitude is positive and cooperative, professional and sincere.

Life Skills Coach

Planning and scheduling daily classroom discussion/activities for participants in areas such as: self-esteem, communication, conflict resolution, anger management, addictions, substance abuse, time management money management, relationships, parenting, problem solving, values, goal setting, boundaries, work ethic, resumé's, interview skills, job search, housing, tenants rights/responsibilities, communication job site tours and apprenticeships.

- Excellent organizational and time management skills
- Ability to hold students accountable for their behaviours
- Criminal record check
- BA degree in the humanities and/or equivalent training/experience

Team Leader

Oversee young multi-cultural adults in the North Central area of Regina and assist them in their transition into construction employment and trades by maintaining positive relationships with participants, holding them accountable for their choices, demonstrating/instructing construction through actual construction projects, and helping them rise to a successful employment standard of performance.

- Experience in Construction
- Min. grade 12, and/or post secondary education or equivalent experience in a related field
- Valid class five driver's licence
- Criminal record check

CARE & SHARE Wrap-up BBQ

Your roving reporter crashed the Care & Share wrap up Barbeque in June and recorded this feedback. No, not the feedback from too much potato salad, the honest-to-goodness appreciation of this weekly gathering of Senior residents of North Central.

Sophie, what does Care & Share mean to you?

"It's a nice outing, meeting some of these community people is nice. I haven't really known them before. It's good to see them again. It's nice to come out once in awhile and enjoy it. It's for the meals, the fellowship moreso. I will miss it over the summer."

Ken Block, you don't live in the neighbourhood but you come to enjoy Care & Share.

"We had friends who came here and they talked us into joining them. Now I look forward to it."

Al Cripps is originally from London, Ont., now living in North Central. He's been coming to C&S lunches for 3 or 4 years.

"I don't know where else you would get something like this for 4 or 5 dollars. It's quality food."

Doug McCall added: "It's been great. It's amazing how many people come and go. People pass on, new people come in. But the fellowship is good, people look forward to it."

After the meal, 'Preferred Clients' can retire to another room to shoot pool, additionally there's bingo, bridge tournaments, occasional presentations, nurse blood checks and this day there was a few prize draws and a few Buy & Swap tables.



Police served a delicious menu of picnic fare at Care and Share!

Dianne Songer has been Care and Share's official cook for 2 years. She enjoys the people who attend. "It's a lot of fun."

Dianne, how do you come up with menus? "I try different recipes that I've found at home. I've asked questions about what they might like and don't like. If they like a meal, I'll repeat it, if not I'll take it off my menu plan. I haven't cooked with salt in years. A lot of folks can't have salt. If they want to add it, it's on the table. The best part of job is meeting everybody."

They are our neighbours after all! Care and Share lunches resume September 3.

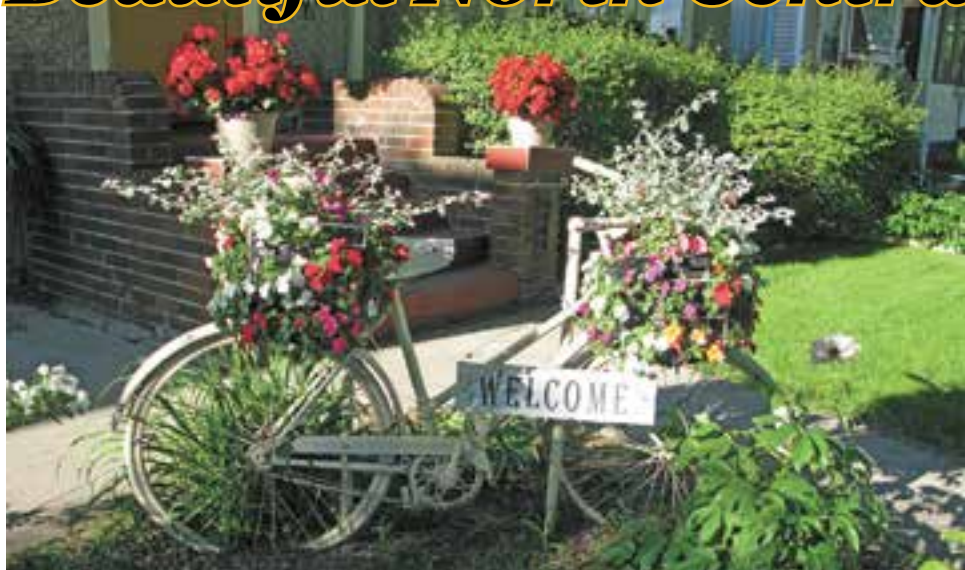


Be part of North Central's GO GREEN TEAM

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)

Beautiful North Central



Barry & Sandra's Garden
3600 block Dewdney Avenue

photos & interviews by J. Morier



Helen's Garden
1300 block Montague Street

It's a completely amazing oasis in their back yard.

Sandra said "Dreams really do come true. and I just call it organized bedlam back here because there's so much happening"

Sandra and Barry planted all of the material themselves over a period of 15 years. "We do a little bit every year so it's a work in progress and we're still not 100% done yet, but it's close."

That's the pleasure of it, creating

something different. Their blue roses have been cultivated over a number of years to this stage.

"It's almost like its own little eco-system because we have plants that don't normally survive in this type of weather in the winter."

And yet here they are.

"We take a bit of a hit being in North Central, but you know what? It's what you make it and we've determined that it's not going to put us down and we've developed this and we love it."

The house was built in 1945 and Margaret is only the second owner.

"I'm very proud to be a homeowner. I'm proud of my home in North Central, and I like to keep it clean, neat and tidy. It fits in well with the neighbourhood. My neighbours are the same as I am and we like this street and are proud to have our homes as representative of other homes in the city. I like to keep my home tidy and just because I live in North Central, that doesn't mean that that's not possible."



Margaret's Garden
1300 block Queen Street



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Helping to make a difference
in someone's life

It's back to school time!

Register your child for school supplies
and a backpack as they return to school.

August 12 to 23

Bring health care cards for you
and your kids! Come back between
August 26 & 28 to pick up the supplies.

Supplies are limited.

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





Farewell and Thank You

Scott teachers who are moving on to other schools for the 2013-2014 school year - Bill Nagel, Sherrie Kuntz, Keeley Skrypnyk and Janine Taylor.

My special thanks to Janine Taylor who has been a reliable and constant source of content for this newsletter page. — Editor



Upcoming Dates for your Calendar

2013-14 School Year
Classes resume
September 3

Elementary Schools

Morning: 8:53 to 11:45 a.m.
Afternoon: 12:45 to 3:37 p.m.

High Schools

All schools start at 8:30 a.m.
End times vary based upon
programming needs at each
school.

Scott Collegiate:
8:30 to 12:03; 1:03 to 3:11

Student Memories

Grade 11 photo
exhibition poster
from February 2013



Nasheeka Bird
Being at Scott has taught me a lot about friendship, team work, support and most importantly, respect. I will forever carry on these values in hopes of having a healthy and beautiful future.

Trinity Caplette and daughter Harmony
I love the teachers at Scott Collegiate because they are all so understanding with your situations, and they are always willing to help you with anything and don't judge you at all!

Having a baby has changed my whole life! I want to be successful and stay on track.



Breanne Brittany Asapace
I'm proud to come from a Native background, from Paskwa First Nation. My heritage has taught me a lot about myself and where I stand as a woman and as a human being. I love my culture in so many ways imaginable.

If I had one wish it would be to send out a message to all teen mothers who think they are stuck because they have a baby. I have two and I still did it, so they can do it as well.



Proud moment for Teacher Janine Taylor and graduates Keanue Stanley and Devon Ahpay

Focus 91 students. Photos from a travelling exhibition of high school students that circulates through Regina malls each year.

Wiichihiwayshinawn Foundation Inc.

2013 Métis Awards
Saturday, September 28
Queensbury Downs

For Nominations and
Sponsorship e-mail:
wearehelpers@gmail.com

For tickets contact Ashley
Norton 306-550-8938

www.wearehelpers.ca

Eureka! A New Mural in North Central!

There's a new piece of heart-felt art in our community. Artist Tanner Lawley from Allen, Texas is with Mission 6:10. Along with a crew of 36 people from Texas and joined by 20-30 more from Saskatoon, Regina and Alberta, a piece of their heart stayed behind in our neighbourhood.

The project started in mid-July but got rained out a few shifts. It took 5 or 6 full days to complete a 160-foot wall, 14 feet tall.

Lawley enjoys the fellowship with fellow artists. He's a heart painter, specializing in symbols of love. Has painted and sold over a 1000 paintings in the last 5 years. "I heard about this and volunteered. I thought what better way than to do a cityscape of Regina with my signature pieces of hearts. It

just happened to be the *I Love Regina* day, so I thought it was a perfect fit to put all the hearts in."

"But anytime you have a community of people, love is the one thing that brings everybody together. It's the one thing—no matter where you're from, no

matter what language you speak, everybody gets it, everybody knows it. Just love each other. Anytime you see anybody down, pick 'em up!"

This work of (he)art will grace our neighbourhood for years to come.

It's located on the Eureka Fellowship building on Pasqua Street, near 7th Ave.



Creative and Traditional Moss Bag classes at Four Directions Health Centre



Share what you love about our province, win fabulous prizes! A new online contest called "I Heart Culture!" invites you to submit photos, videos, poems, stories, blogs or even recipes, that reflect what you love most about our province. Entries can be submitted by posting a photograph or video on Facebook, Twitter or Instagram, using the hashtag #iheartculture.

A draw will be held during Culture Days 2013. Prize packages are the Ultimate Saskatchewan Cultural Experience. Info: www.iheartculture.ca

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

CULTURE DAYS

CELEBRATE CREATIVITY IN NORTH CENTRAL

ART | MUSIC | FOOD | MARKETS
WORKSHOPS | PERFORMANCES & MORE

5TH AVE | RAE ST | SATURDAY SEPTEMBER 28



OPEN MONDAYS!
5:30 pm — 8:30 pm
Four Directions
Community
Health Centre

Our hours go back to Saturdays
(12:30 to 3:30)
beginning September 7



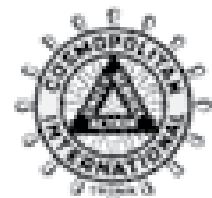
SEARCH

Student Energy in Action for Regina Community Health

You can drop in at the clinic to see a doctor, have a free hot meal, and take part in different social programs for all ages! Everyone is welcome!



COUNSELLING NOW AVAILABLE
SEARCH has partnered with The Caring Place to offer free, drop-in individual counselling for adults during SEARCH hours, beginning August 12, 5:30-8:30 pm at Four Directions Community Health Centre 5th Ave. & Elphinstone St. in partnership with: Community Initiatives Fund and the Caring Place



North Central Health Fair & BBQ

Presented by the Regina Capital Cosmopolitan Club

Everyone is Welcome

Wednesday, August 21
10 am to 2 pm
Albert Scott Community Centre
1264 Athol St.

Join us for:

- A Diabetes Risk Assessment
- Health Booths
- Fun activities for the children
- Healthy BBQ

It's FREE

With support from: Canadian Diabetes Assoc, Eagle Moon Health Office, North Central Community Assoc., REACH, RQHR - Aboriginal Home Care / Seniors' Healthy Living / Four Directions Community Health Centre, SEARCH, HELP, City of Regina

Exploring and Revitalizing Indigenous Food Systems

Participate in hands on workshops Free and open to all

✿ **Fri, August 9, 11:30 am–4:00 pm**
Meet at First Nations University of Canada, Regina Campus (Parking Lot 18 M) 1 First Nations Way where we will car pool to Moose Jaw.
Elder Betty McKenna Medicine-Wheel Walk
Seasonal foods and plants for teas. Share sacred foods during an honour ceremony to the creator, mother earth, and the sister plants.

✿ **Fri, August 16, 2:00–4:00 pm**
Indian Métis Christian Fellowship, 3131 Dewdney Ave.
Nellie Anne Rider-Iron Quill — Four Sacred foods of the Lakota, Nakoda, and Dakota Teachings
Learn how to prepare the sacred foods and medicines.

✿ **Fri, September 6 Noon-2:00 pm**
First Nations University of Canada, Regina Campus, FNUniv Veterans Memorial Tipi, 1 First Nations Way
Elder Betty McKenna - Harvesting Ceremony
The harvest will have people stand in each direction and when the song for their direction is sung they move forward to pick those foods.

✿ **Weds, September 11, 2:00–4:00 pm**
First Nations University of Canada, Regina Campus, Executive Board Room, Mezzanine Floor, 1 First Nations Way
Elder Harry Francis – Traditional Diet
Elder Harry Francis will share his story of managing diabetes and discuss healthier ways of eating and incorporating traditional foods in your diet.

For more information Call or text Ashley Norton: 306-550-8938
Email: ifs.sk@outlook.com
Facebook: www.facebook.com/ifs.sk

We are accepting new clients for office or home visits!

- 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	\$30.00
Home visit – Non North Central Resident	\$40.00

North Central Community Association
1264 Athol Street, 2nd floor (elevator)
Call 306-757-1046 to book an appointment or leave a message

Community Nurse: Jude McCann RN

Letter to the Editor

Dale Frigon, North Central resident

I have lived in the same home in North Central for over ten years. I have seen many changes, and I have seen many things stay the same. The city's switch from the large alley garbage bins, to the small roll-out bins has been one welcome change. The benefits for those in North Central are even greater than for the rest of the city. This is because North Central is treated AS a dumping ground by many landlords in the city, those in North Central, AND those outside its boundaries.

In the past, the residents of the area have had to deal with their large garbage bins being filled with refuse from house renovations, tree clippings,

and such. I have watched with my own eyes, as a rental property gets renovated and the gyprock, wood, and even bathroom fixtures got thrown into the bins in the alley. And I do mean bins: plural. This type of activity has gone unchecked for years and years. So I for one, am glad of the change, and even further gladdened that we now even have the 'recyclables' bin.

It would be beneficial to the community if we were to assume a composting collection service as well. Any steps that we take towards a more natural lifestyle, will help us in being less reliant on destroying the environment.

Thank you.
Dale Frigon

SPONSOR NCCA Executive Director, Rob Deglau or SPONSOR his lovely, talented, almost 80-year-young, brave mother!

Mrs. D double-dog-dared her son on a challenge! Nothing pedestrian—they are both going to rappel down a 22-storey Hill Tower for the Easter Seals Regina fund-raiser Drop Zone on August 24.

On the website: www.thedropzone.ca/regina hit sponsor a hero, search Deglau. Or you can call in to North Central Community Association (306) 791-9888 to designate your dollars to Rob or Honey.

I need more sponsorship than my mom—Rob
I'm telling!—Editor
You kids stop fighting!—Honey



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 October issue is SEPT 13, 2013

AIDS Programs South Saskatchewan & All Nations Hope AIDS Network invites you to attend the annual Scotiabank AIDS Walk for Life **Sunday, Sept. 15, 12:30 – 3:30 p.m.**

We would like to have as many organizations & people attend to create awareness and decrease the spread of the virus that has affected us all. Our organizations rely on our community partnerships to reassure all those who are living positive that they are not alone.

We are walking to breathe LIFE into the community and carry positive messages to the people. Please bring your signs, banners or flags and walk with us to honour LIFE.

If you have any questions please call Bobby or Pam (306)-924-8420

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



North Central mourns the loss of our friend and community volunteer Carolyn McCall on June 23 at the age of 82.

Mrs. McCall leaves to mourn her loving family Doug, children Ian (Ana), Carla (Larry), Warren (Theresa), and daughter-in-law Carolyn.

NEW SCHOOL HOURS for all public schools: Wascana, Albert and Kitchener in North Central

8:53.....school starts
11:45 to 12:45lunch
12:45.....afternoon classes start
3:37.....dismissal

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

Babysitting Class August 16, September 21
Cost \$40/person includes all materials, Basic First Aid and CPR training and a certificate of completion.

Personal Care Worker (PCW) Course August 29 & 30, \$135/person; September 13 & 14; October 5 & 6 (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.

Traditional Grandmothers Guidance Centre 2901 5th Ave.

Sat. Aug 17, time TBC **Free Meal and Free Fun** for Families at TGGC (sponsored with Church of Christ, 70 McNaughton).

Fundraiser - Tues. Aug 20, noon. Indian Pizza Pops, Poutine, Deep Fried Ice Cream!

Every Wednesday is Soup Day! (free)

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 306-533-5117.

Care & Share Seniors Lunch resumes Tuesday, September 3rd at 11:45 am at Albert Scott Community Centre (1264 Athol St.)



Soup and Bannock Wednesdays at IMCF 3131 Dewdney Ave, all welcome, \$2.00

Together Now Interagency Meeting Wed, Sept 3, 1:30 to 3:30 at Scott Collegiate. Meet the new principal and vice-principal Shannon Fayant and Chris Beingessner. Call NCCA office for info: (306) 791-9888.

Together Now is a time to network with agencies in/ serving North Central to hear their programs and look for collaborative opportunities.

Network gatherings and committees also welcome the participation of concerned citizens.

PlayEscapes—Kids play for free (to August 16)

A FREE summer drop-in program offered by the City of Regina.

PlayEscapes is for all children entering Kindergarten (must be 5 years old by Dec. 31, 2013) through Grade 7. PlayEscapes welcomes children of all abilities. Participants who need assistance during the program are asked to bring an attendant.

Monday to Friday, until Aug. 16
9:30 am - 12 pm
1:30 pm - 4:30 pm
Albert Scott Community Centre,
1264 Athol Street

There is no supervision over the lunch hour! All children must be picked up at that time.

For more information about Play Escapes, call 306-777-7032.

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

"We thank the staff and volunteers for all the hard work they've put in making North Central a safe, caring and vibrant community!"

Carol Kirk, President
on behalf of the Board of Directors,



NCCA Annual General Meeting held June 17

Financial Report: Accountant Rick Wilgosh, presented highlights of the fiscal year (Apr 1/12 to Mar 31/13). Financially, it was a difficult year. Federal funding for admin/overhead was not renewed for Regina Anti-Gang Services (RAGS). While winding down RAGS and hoping for its rebirth as a provincial program, we were still paying rent and utilities for its headquarters. The provincial government did not let us know until November that they would not proceed with RAGS funding.

Our newspaper *NC Community Connection* has also been depleting funds. The electronic billboard is about to come to fruition with a sign being erected at the Performing Arts Centre (Angus & 4th). This e-sign should generate revenue and help subsidize the newspaper.

Debt was also incurred from the nursing program when we replaced our veteran foot care nurse with RN and LPN who had to take courses. Fees have been increased to help cover the service's overrun. Surplus

was dipped into, to cover our losses. Right now we're pretty healthy with where we're sitting. A full financial report as part of the Annual Report of 2012 is available at the NCCA Office.

NCCA Executive Director Rob Deglau announced he will be stepping down in March of 2014. The community's new involvement with the upcoming stadium will move NC to the next level. He thanked all concerned for their support over the years, noting NCCA has set new trends in community involvement.



Are you a busy person? Concerned about your neighbourhood? Then consider taking an active role in one of our committees. From community planning to community gardens, your help is needed in building a safe and caring North Central.

NCCA has been active in rebuilding your North Central. Take part and have your say! Neighbours, this is your invitation and a call to action.

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:

Mervin Dieter Dale Frigon
Kari Herbert Jan Morier
Mission 6:10 Michael Parker
Annette Pegg
Prairie Meadow Health Clinic
Maxton Priebe Scott Collegiate
SEARCH Transition to Trades
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.



Get Social!



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

President - Carol Kirk
Vice President - Ken Watson
Secretary - Georgina Magee

MEMBERS-AT-LARGE

Joely BigEagle Kequahtoway
Tom Brown Greg Campbell
Shannon Cattell Anna Galassi
Helmi Scott Denita Stonechild
Cari Vixamar

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
Circle Project.....	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
Transitions to Trades	791-9530
YMCA of Regina	757-9622
Want the number of your agency in this space? Call us to add it: 791-9888	

**DEADLINE for
OCTOBER ISSUE
September 13, 2013**

North Central Community Connection
1264 Athol Street
Regina SK S4T 7V3
Phone: 306-791-9888
Fax: 306-757-1052
e-mail: editor@nccaregina.ca



**Regina
Humane
Society**

The Animal *well*-Fair

Join the Regina Humane Society for a jam-packed afternoon of **FREE** fun that is all about our four-legged friends!

- FREE** games & activities
- FREE** prizes & giveaways
- FREE** face painting
- FREE** food & much more!

Learn about pet care and animal welfare, and join in the party!

**Sunday, August 25
1:00 - 4:00 p.m.
Albert Scott Park**



For more information please contact the RHS Education Coordinator at 306-543-6363 (ext. 224) or email education@reginahumane.ca



National Aboriginal Day photos J. Morier



*Working
for you.
Working
with you.*
Warren

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



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Advertisement

Regina Catholic School Division welcomes 2013-2014 school year

Rich in tradition, culture, and history, the Regina Catholic School Division's humble beginnings date back to the earliest days of the city of Regina.

On February 11, 1899, the city's small Catholic community came together to establish a separate school district. Named after Father Damian Gratton, the one-school Gratton Roman Catholic Separate School District No. 13 grew out of a strong faith and a commitment to educating Catholic children in their own schools.

The Division grew and evolved, becoming the Regina Catholic School Division No. 81 in 1979. It is now made up of over 1,000 devoted staff members who serve the more than 10,000 students who attend the Division's 24 elementary schools, four high schools, and one Kindergarten to Grade 12 alternative school.

The Division offers a wide range of academic programs, practical and applied arts programs, student support services, and extracurricular activities. What makes the division unique is the faith-based education it

offers. Schools at Regina Catholic are faith-filled communities where the values and teachings of Jesus Christ guide every aspect of teaching and learning. The Division's schools are places where staff and students can freely teach and practice the Catholic faith and where the school, home, and church work together to help students become informed, compassionate, and responsible citizens.

"The Regina Catholic School Division offers a quality Catholic education that focuses on inclusion and respect while improving literacy and learning outcomes," says Rob Currie, Director of Education. "We are committed to developing informed, responsible citizens through faith-based, student-centered, and results-oriented education."

There is a strong sense of community within the Regina Catholic School Division. The Division strives to work alongside first Nations and Metis leaders to recognize their distinct culture and traditions and welcomes all newcomers, offering programs and teaching supports to students learning English as an additional language.



Families of elementary aged students who wish to attend a French Immersion Catholic school can choose a school based on where they live. There are four French Immersion elementary schools, each located in and serving a different area of the city. The French Immersion program is also offered at both Archbishop M.C. O'Neill Catholic High School and Dr. Martin LeBoldus Catholic High School.

Community partnerships are a priority for the Regina Catholic School Division. Schools partner with local organizations to improve student learning, build stronger families, shape healthier communities, and continue the development of Catholic values. They also create opportunities for students to gain new skills and experiences, which may help them with their future education. The Division also partners with many community organizations and non-profit groups to provide before/after school programs for our families.

Parents of students interested in attending a Regina Catholic School are encouraged to contact either the Catholic Education Centre or their local school. For the 2013-2014 school year, registration is on Tuesday, August 27, from 1:00 - 4:00 pm and on Friday, August 30, from 9:00 am - 12:00 pm. All students return to class on September 3. More information is available at www.rcsd.ca, or by calling the Catholic Education Centre at 306-791-7200.

Back to school registration is here!

Registration takes place:

Tuesday, August 27 from 1:00 - 4:00 pm

and

Friday, August 30 from 9:00 am - 12:00 pm

At your local school.

Students return September 3, 2013.

