

Affordable • Sustainable • Innovative

Slingshot Residential was founded on the ideals of affordability, sustainability and innovation. They are committed to developing housing solutions that contribute to the process of revitalization. As residents of North Central, they bring an insider's perspective to resolving the challenges.

PROJECTS

The primary goal of 'Foundational Change' project is to create an affordable, durable and sustainable house model that combines the Multipoint Foundation with a strategy to revitalize inner-city neighbourhoods.

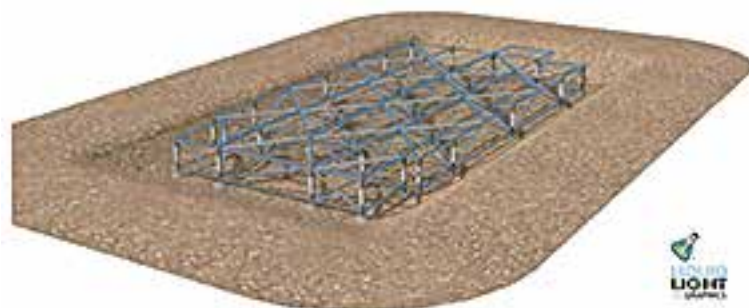
Tipping the balance in North Central from rental to home ownership is part of this strategy. The 'Foundational Change' house model ensures that the cycle of housing degradation link to concrete basements is broken, that the houses maintain their value families are given safe and affordable places to build their lives and pride of ownership is nurtured. Our vision is a thriving, family-centered Community in North Central Regina.

MARKET

Slingshot Residential seeks to provide affordable housing to first-time home owners who fall into one of two categories:

- Families who are currently living in North Central who are interested in further investing in the community through home ownership
- Families who are willing to relocate to North Central by purchasing a home and becoming a part of the community with the goal of contributing to revitalization of the community

The Multipoint Foundation (MPF) is a space frame system that was developed by Triodetic Canada at the request of the Canadian Mortgage and Housing Corporation to prevent foundation damage (called racking or differential movement of the foundation) caused by permafrost in buildings located in northern communities.



The technology has been installed at 800 locations in Canada, the United States, and Russia during the last 35 years.



Summit Action Fund Housing Announcement took place in October on the 900-block Retallack and showcased an innovative foundation system.

Mr. Gene Makowsky, MLA for Regina Dewdney represented the Hon. June Draude, Minister of Social Services and Minister responsible for Saskatchewan Housing Corporation.

Also speaking were Ken Watson, Slingshot Residential, Oscar Contreras, Esperanza Development Corporation, Mike Landon, Triodetic Canada.

At the podium is Rob Sentis, Project Manager for Slingshot Residential.



www.slingshotresidential.com



Slingshot Residential was incorporated in 2011.

Ken Watson (Construction Manager) has lived in the heart of North Central Regina since 1995. He approaches community revitalization from a unique perspective. He combines a passion about healing the hearts and minds of the residents of North Central with a passion to create dignified homes for those hearts and minds to dwell in.

Rob Sentis (Project Manager) is an experienced project manager in the commercial sustainable building industry. Rob's passion is to see Regina fully realize the environmental, economic and social benefits of sustainable housing and development.

INSIDE

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Wascana Community School
4210 4th Avenue Regina
306) 791-8529
Principal: Mr. J. Fladager
Vice-Principal: Mrs. M. Gavel



Seven Stones Community School

These are exciting times at Wascana Community School! In just a few months we will be moving in to our brand new, 21st Century learning facility! Seven Stones Community School represents the work of the community over the past six years to create a facility that embraces the changing needs of today's learners. Seven Stones will offer a collaborative learning environment that is flexible to the needs of the students. It will expand the learning opportunities to include greater interdisciplinary and inquiry-based teaching and learning. In addition, the facility offers a more environmentally friendly structure, flexible furniture and increased technology integration.



Seven Stones Community School is proud to embrace the Seven Sacred teachings and will aim to holistically support our learners: socially, emotionally, mentally and spiritually.

Seven Stones is organized into three Personal Learning Communities (PLCs) that address the unique learning needs of the students. The PLCs will be established to serve Pre-Kindergarten to Grade 2, Grade 3 to Grade 5 and Grade 6 to 8 students. Seven Stones will also feature a multipurpose Commons, Nutrition Centre, Hawks' Nest, Developmental Centre, Learning Commons, teacher collaboration rooms, DaVinci Learning Studios and Flexible Learning Studios.

We encourage you to visit our website wascana.rbe.sk.ca for more information.

Peekishkwewin (language, talk)

Tanshi! Hello! It's an exciting time to be at Wascana Community School. My name is Mandi Elles and I am teaching Wascana's Indigenous Studies and Language program.

Our children are exploring, sharing and discovering the history, contributions and languages of Indigenous people in Canada. Students are led in a traditional educational approach based on the "Three Ls": natohta: **LISTEN**, kanawapahta: **LOOK** and kishkayhta: **LEARN!** Students participate in inquiry projects, hands-on activities and basic language instruction.

The Plains Cree 'Y' dialect as well as Michif are used to teach the language component of our class. Michif is a unique Métis language that consists of a blend of Cree verbs and French nouns. Michif is also a language that is in danger of becoming extinct due to the decline of fluent speakers. In some regions of Canada and the United States, Michif also includes other Indigenous languages such as Saukteaux and Dakota. The mixture of these languages is a symbol of the significant history and diversity among Indigenous nations in our country.

I encourage and invite ALL speakers and knowledge keepers in our community to become involved in our program. The revitalization of our Indigenous languages is especially important for our youth, as language is a large part of identity.

Traditional teachings are also very special opportunities for our community to grow and learn together. Please contact the school office or come for a visit if you are interested in sharing your gift!

Kawapamitnawaw! (see you all)

Wascana Pre-Ks and Kindergartens Celebrate

Eric Carle, pre-K teacher

On Thursday, October 24th, over 100 pre-Ks, Kindergartners and their families participated in an Eric Carle Family Day.

Activities included a whole group reading of "Brown Bear, Brown Bear, What do you See?" and an animated version of "The Very Hungry Caterpillar" on the big screen, as well as various 'make-and-take' art activities based on these two books.

A big thank you to all our families who participated and to Ms. Shukin for providing a scrumptious snack for all to enjoy.



Kindergarden teacher Mehley Whittle and Pre-K teacher Sasha Lapchuk

The Terry Fox Run

by MacKenzie grade 4/5

The whole school took part in the Terry Fox run. We did this to remember Terry Fox who had cancer and worked hard to raise money for cancer research.

Ms. Kimbley's class participated in the run at 3 o'clock. It was raining and was a bit cold but we didn't stop even through the rain and we were glad to have participated in remembering this Canadian hero.

My Friends

by Cherelle

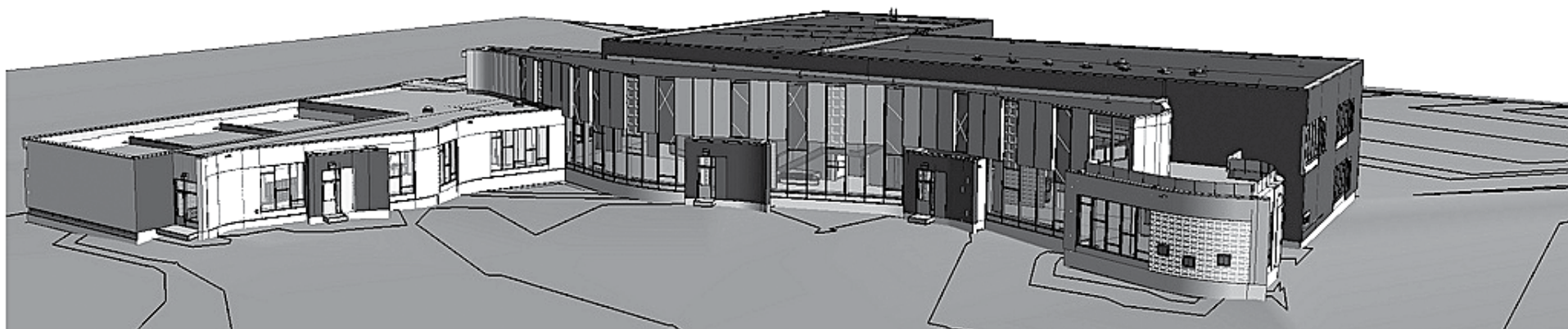
My friends are fun to talk with,
fun to walk with,
fun to play with,
fun to stay with,
fun to laugh with,
fun to do math with,
fun to rhyme with,
fun to spend time with,
My friends are unique
in every way,
They're nice to me every day,
and those are what my
friends are anyway!

On Friday, September 27th, the senior students and teachers (Alison Kimbley, Jason Howse, Natalie Agecutay-Sweet, and Leatha Bird) from Wascana School went to the University of Regina to participate in the annual Glen Anaquod Tipi Raising Competition. There were many teams registered for the event, representing corporate groups, university students, faculty members, and high school students, but Wascana was the sole elementary school team in attendance.

Over the course of the afternoon, the Wascana team grew and grew to include many of our students, and it was exciting to watch as they began to take charge of the raising of the tipi while the teachers took a step back and let the problem-solving happen. Given the large scale changes at Wascana this year, this was a wonderful team-building exercise for both students and teachers alike. In the end, the Wascana team placed third in the High School category.

Jason Howse grade 5/6 teacher

Follow us on Twitter @WascanaSchool
Visit our website: wascana.rbe.sk.ca





The Regina Alternative Measures Program

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

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

Dive for Dollars

In October 2013 two staff members from R.A.M.P. Inc. and a R.A.M.P. volunteer decided to skydive. This is something that Sheila Sinclair, Aaron Froh and Gwen Seed had always wanted to do. As the planning began they decided that this would be a great opportunity to raise awareness and funds for community youth programming. North Central Family Centre and North Central Kids Music were the two agencies chosen to receive any donations raised. It was decided that 100% of the proceeds would go directly towards



Left to right: Gwen Seed, Bill O'Shea (North Central Kids Music), Sheila Sinclair, Aaron Froh, Ivan Amichand (NCFC)

youth activities. As a result of this endeavor R.A.M.P. was able to provide both agencies with donations to help enhance the services that they provide. We have included a brief on each organization:

North Central Kids Music is a non-profit organization dedicated to helping kids in North Central Regina to play musical instruments. The program provides instruments and instruction, and they also pay for music lessons with registered music teachers. They have organized fiddle camps and workshops and have helped kids attend summer music camp. They believe that playing music has many benefits but, most importantly, it raises self-esteem for kids—especially those who lack opportunities for participation in sports and cultural activities. The motto for the North Central Kids Music is “Kids making music are better kids”.

The North Central Family Centre (NCFC) is a registered non-profit charitable organization serving Regina’s inner-city children, youth, families and seniors. NCFC offers a range of program and activities including educational, sports and recreation & social and cultural. NCFC also offers a GED program, Drivers Licence Train-

ing, Nutritional Cooking and Literacy Programs. NCFC believes strongly in their community and delivers programs designed to improve the quality of life for all residents. NCFC is committed to the revitalization of Regina’s North Central Community.



R.A.M.P. would also like to thank: South Sask Skydiving, Y.M.C.A., R.A.M.P. Inc. staff and the Citizens of Regina. Without these supporters this would not have been possible. You ROCK Regina!

Tips for the Holiday Season

The holidays are supposed to be a time of joy: family, friends, gifts, food, Christmas lights and music. However, for many it is a time of unwanted stress and struggle. The overwhelming financial and psychological burden of the holiday season can result in the “holiday blues”. It’s easy to forget about yourself and get lost in other’s expectations of you, be that social commitments or financially. Take a minute to focus on what is important to you during the holiday season. Sticking to the basics, as you define them, may allow for the holidays to be a little less stressful. Below are a few tips that may help towards maintaining a positive mind set during the holiday season:

Prioritize your schedule. We are busy enough in our day-to-day lives, even more so during the holidays. It is okay to say “no” to social events.

Remember that it is okay to feel sad or angry during the holidays. Your emotions are valid no matter what time of year it may be; however, allow others to express their “holiday cheer” if they so desire. Maybe it will rub off on you, and maybe not. Whatever happens, it is okay.

Allow for change. Don’t expect every holiday to be the same. People change, as do family situations, attempt to accept it to the best of your ability.

Although alcohol tends to be a part of many holiday celebrations, drink responsibly. Overuse can increase feelings of depression.

Attempt to create and maintain a reasonable budget. A great gift isn’t

measured in terms of the dollars spent: homemade gifts, baking and visits over coffee carry more value than money.

Allow for down time. Don’t let yourself get so caught up in the “hustle and bustle” that you forget to allow yourself the much needed time to unwind and focus on yourself and your family.

Don’t be afraid to ask for help. We all need support, especially during the holidays. Don’t be afraid to reach out to family, friends, or community support groups whether you are suffering through the loss of a loved one, depression or a broken relationship.

Lastly, try to keep it as positive as you can. Focus on the good and maintain hope!

Holidays are over in the blink of an eye, so slow down and enjoy it! Find your own unique traditions. Take time to enjoy the small things: the smiles, the chill in the air, the Christmas lights. Moreover, remember that the not so fun stuff will pass: the extra spending, the mass amount of social commitments, the grief and the overplayed Christmas music (this is my own personal opinion, I know some people adore it; however, I am ready for it to end once December is over!). Stick to the basics and try to enjoy it!

Mayo Clinic Staff. (2011). Stress, Depression and the Holidays: Tips for Coping. Mayo Clinic.

Sichel, M., (2009). 10 Tips to Beat the Holiday Blues. Psychology Today.

R.A.M.P. COLOURING CONTEST

Contest is open to youth ages 7 years to 11 years old. Mail or deliver coloured entries to R.A.M.P. at: 2815 Dewdney Avenue, Regina, SK, S4T 0X8. One winner will be selected to receive a Cineplex Night Out Movie Package.



Name: _____ Age: _____

Address: _____

Phone: _____

Do you want to talk about bullying? Call the Kids Help Phone Line (24 hours) at: 1-800-668-6868

Renew in Review

by Kari Herbert,
Renew Project Coordinator

Some of the highlights of this year's Renew project were engaging residents who had given up caring about their alleys which included reporting crime and observing traffic and garbage dumping. Renew staff were told by these residents on a few occasions that their sense of pride and care was renewed. They were now committed to monitor traffic in their alleys and try to keep it clean. Some shared that they felt we were "gifts from the creator" and "appeared like angels". They were frustrated with their yards as they had no tools to maintain the growth. Many youth joined in and helped with enthusiasm. They returned home and commented to a friend of their parents that they did not want them over because they "would just mess the yard up all over again". This speaks volumes for the level of pride these children took in cleaning their yards and alleys. Those same children had a trampoline in their yard the very next day after the waist-high weeds had been cut!

The whole purpose of the clean up work bees was to engage residents and renew their sense of pride in their environment. As well we wanted to renew North Central in the bigger scheme of things. Residents from all walks of life came out to help and it allowed them to meet each other as neighbours. We had a great partnership with Rainbow Youth Centre's (RYC) Road to Employment youth who expressed to Renew and RYC staff how good they felt about themselves after a day of doing alley clean ups. They came out almost every

Wednesday all summer and many of the accomplishments Renew achieved can be directly attributed to their assistance. They worked hard and were full of heart and spirit.

The City of Regina noted that they picked up an average of 50 hopppers per month, which is their measurement with the older garbage trucks. After a Renew bee in one alley alone the workers estimated they hauled 30 hopppers and that it took them 3 days to clear all of the garbage and branches we piled.

In addition to work bee clean ups, we also participated in graffiti cleaning blitzes which involved painting over graffiti and removing tags from garbage bins. The area from the 600-1400 blocks (railway tracks to Dewdney Avenue) and all the way between Albert and Elphinstone Streets were completed for garbage bins and graffiti removal. Only a handful of blocks were completed on the other side of Elphinstone up to Lewvan Drive.

During these blitzes youth graffiti offenders (who we will call J and E) came through the John Howard Society of Saskatchewan (JHSS). They had each worked 10 hours with the Renew Project doing alley clean ups. When they had another set of hours to complete they specifically requested working with the Renew Project. The JHSS coordinator expressed gratitude and appreciation for the Renew Project staff for the impact it had on these youth. In one blitz, E and the coordinator were driving down an alley and he pointed out his tag which was

quite old. The coordinator had E knock on the homeowner's door to introduce himself as the offender who vandalized her property. The lady was elderly and told him she had just painted over a tag when his appeared. Due to ill health and limited funds, she was unable to cover it again, so the tag sat there for over a year. E apologized and offered to cover it up immediately. He did, and the homeowner expressed a sincere appreciation for it.

The YOUNG OFFENDERS expressed both complete shock and humility to have SO MANY different people THANK THEM.

These young people showed a strong remorse and had a clearer understanding

of the impact of their crimes. The biggest level of awareness came during the moments of being in the alleys, painting. All types of people approached us, questioning what we were doing, thanking us for our efforts, and sometimes congratulating the youth on completing their hours by working hard. Some of these visitors also enquired if there were available jobs doing what we were doing. The young offenders expressed both complete shock and humility to have so many different people thank them. It was a matter of not being judged as well as breaking stereotypes. It helped the youth see that even down-and-out people do not want their neighbourhood vandalized or abused. Conversations with these youth reflected their sense of awareness of the impact of their



crimes on the victims as well as the neighbourhood.

In addition to the work bee and the blitzes, Renew staff have been monitoring re-tags. We have had approximately 20 re-tags all summer out of the entire area of the 600-1400 blocks from Elphinstone to Albert Street. Most of the re-tags were done by the same individual(s). We would paint over the re-tags and as of today, only 9 re-tags remain. There were approximately 30 graffiti tags on non-white surfaces that we did not cover as we only had the use of white paint.

How to make new friends and RENEW a neighbourhood:

The process began with delivering an introductory flyer to residents of targetted blocks notifying them when Renew Project staff would return to conduct a survey and solicit volunteers for the work bee.

Renew Project staff conducted the survey and informed residents how to report graffiti as well as educated them on other NCCA programs.

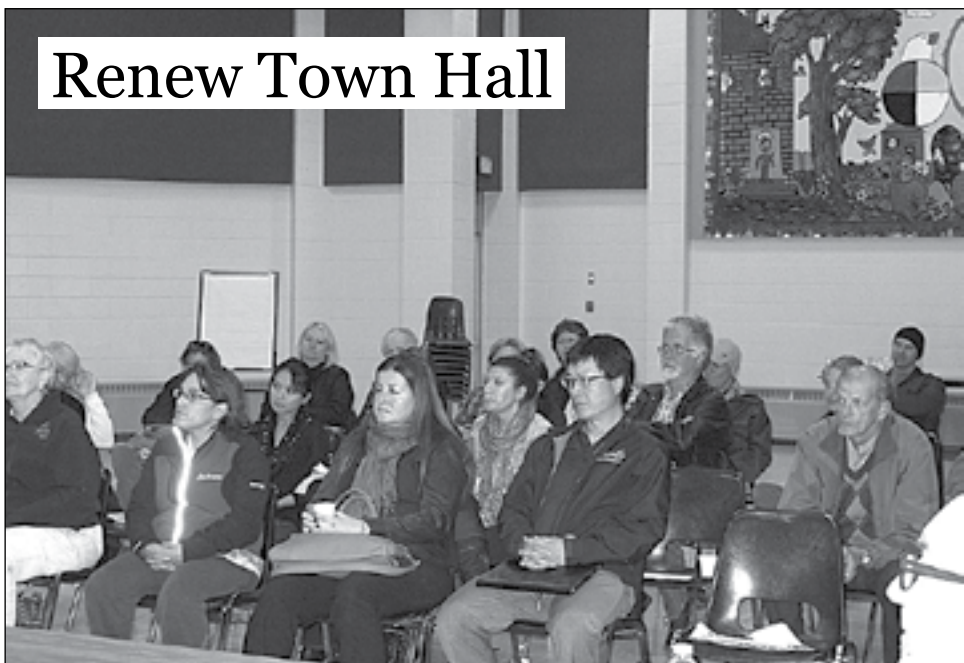
This was followed by holding the work bee with our neighbours. With all tools provided by Renew we picked garbage, covered graffiti and tackled minor yard work together.

After the work bee, staff hosted a BBQ to encourage community engagement and communication as well as to enjoy our accomplishments!

The Renew project would like to thank the following people for their donations and support:

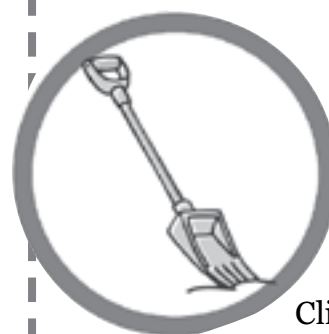
City of Regina, Rainbow Youth Centre, John Howard Society of Saskatchewan, RAMP, B&B Small Engine Sales & Service Company, Wendy Dumalski, General Paint, Colorburst Paint, James Morberg and Wendy Grant, Regina Police Service, Aids Programs South Saskatchewan, Go Green, Student Summer Works Program, McDonalds, 5th Avenue Convenience Store, and Roberta Pelletier (for the AMAZING BANNOCK). Most importantly, The Renew Project would like to thank all of the volunteers and especially the North Central Residents who came out and led by example in working towards a safer, cleaner community. It is the volunteers who made the difference, and we are forever thankful for the time given!

Renew Town Hall



photos J. Morier

Hire A Neighbour!



THE SNOW IS FALLING
TELL IT TO FLAKE OFF!
TAKING BOOKINGS FOR
SHOVELLING WORKERS.

Clients need workers, workers need clients. NCCA's Hire A Neighbour needs both! **Call** North Central Community Association 306-791-9888 or **drop in** to see Pauline on Mondays at 1264 Athol St. (NCCA Offices, 2nd floor) or **email** gogreen@nccaregina.ca or **text** 306-570-7101

A Day of Healing and Discussion

Murders...Missing...Violence. Change is needed in Regina. There's an urgent need for collective healing, peer support, community support, a family healing centre. Dealing with the trauma and grief through ceremony and traditional ways.

excerpt from Regina Police Service website: www.reginapolice.ca/2013/11/day-of-healing-and-discussion-gathering-place/

On November 6, 2013, Regina Treaty Status Indian Services hosted a unique event in response to community concern over violence, crime and victimization. The Day of Healing and Discussion, held at the Gathering Place at 4001-3rd Avenue North in Regina brought together community members, frontline workers and other concerned citizens with mental health professionals, Elders, police and other resources. The day began with a Pipe Ceremony and objectives for the event included: recognition of the importance of ceremony and First Nations culture in creating strong individuals and community; acknowledgement of the impact of traumatic events on individuals, families and community; skills to help people make change in their lives; and strategies to help people live in safety.

“Right now our First Nations communities are hurting and we do need to sit down

together and discuss how we can make changes”, said Vice Chief Kimberly Jonathan, of the Federation of Saskatchewan Indian Nations.

“We want this gathering to create community mobilization and to provide less chances of victimization for themselves and their loved ones” said Erica Beaudin, Urban Services Manager, Regina Treaty Status Indian Services Inc.

“We felt very strongly that we needed to be part of this day to answer the questions we can and to urge people to examine their own personal safety plans”, said Chief Troy Hagen of the Regina Police Service.”

Attendance for the Day of Healing and Discussion was higher than expected and organizers plan to continue to explore opportunities for community discussion, education and information sharing.

In November, a Vigil was held for a 22-year old woman found face-down in a drainage ditch.



REDress Project

In November red dresses on hangers waved in the breezes at the University of Regina. The motion caught your eye, and when you realized what the many dresses represented, the emotion caught your heart.

Each of the 300 red dresses represented a murdered or missing aboriginal woman in Canada. Some were donated

by the family members of the murdered or missing.

Installation artist Jaime Black says the exhibit has been shown in Winnipeg, Edmonton, Kamloops, Toronto and London, England. In 2014, the exhibit will be shown at the Canadian Museum for Human Rights in Winnipeg for one year.

Walking With Our Sisters

This element of ceremony and respecting local Indigenous protocol ensures that the honouring of missing and murdered Indigenous women is the focus and also represents a reclamation of justice and healing for our communities.



WWOS has been guided by Métis Elder, Maria Campbell since the beginning and she will continue to guide ceremony as needed. The project is also travelling with medicines (plants held in high regard by various Indigenous nations) and two eagle staffs.

Engagement and the meaningful involvement and leadership of

families of missing and murdered Indigenous women and girls is a critical component to what we want to help build through the work of Walking With Our Sisters. We encourage families to participate in local community exhibits, programming and the leadership of the project as it travels.

The project is a commemorative art installation to honour the lives of missing and murdered Indigenous Women of Canada and the United States.

The moccasin tops are also known as ‘uppers’ or ‘vamps’ and are the portion of the moccasin that is usually adorned with beaded images, on top of the foot.

Each pair of unfinished moccasins represents the unfinished life of a missing or murdered Indigenous woman or girl.

The project now involves hundreds of volunteers who are working to organize exhibits in various communities across Canada and the United States.

Walking with our Sisters exhibit features more than 1,700 moccasin vamps. It is at the First Nations University of Canada making it the 2nd stop on a six-year tour.

On exhibit at the FNUniv Art Gallery until December 13
Gallery hours:
Tuesday & Wednesday: 9 am to 4 pm
Thursday & Friday: 10 am to 8 pm
Saturday: 1 to 4 pm

www.walkingwithoursisters.ca Facebook: Walking With Our Sisters

In September, 21-year old Kelly Goforth became the city's seventh homicide victim.

Kelly Goforth Justice Walk Nov 9
one of the speakers:

"So how are we going to stop this? It's by your decision. Time will not stop this. Talking will not stop this. Accusing people will not stop this. Until you know how to love yourself. Then you'll know how to

love others. You'll know how to spread that to others. There is no man who will stop this. The government, even the police will not stop this. You decide. You are the way to stop this. You can make a change. You can change all this by your decision making."

3.5 Aboriginal women are assaulted and abused and 66% of them are victims of a sexual assault.



A sad poster gallery of the missing from inside a 5th Avenue office.

Kitchener Community School

Follow us on Twitter @kitchenerschool or on the web Kitchener.rbe.sk.ca

KITCHENER and the NORTH CENTRAL FAMILY CENTRE

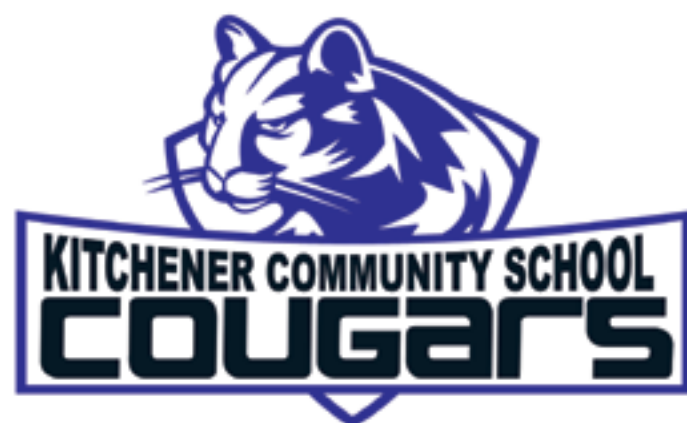
Teacher Feature!!

This fall, the Grades 1/2 students at Kitchener Community School have enjoyed a blossoming partnership with the North Central Family Centre. The students have enjoyed a few outings to the centre to make cupcakes, crafts and connect with the caring staff. North Central Family Centre is a wonderful organization that provides many positive after-school activities and services for the community surrounding Kitchener School. We look forward to future collaboration with this excellent community partner!



Students in Grades 5-8 have the opportunity to learn alongside Ms. Kretschmer, our Transition Teacher. Ms. Kretschmer teaches Grade 9 in the mornings at Scott Collegiate and in the afternoon, Grade 5-8 classes at Kitchener. She has the BEST job ever! Ms. Kretschmer's job is to help students

feel comfortable transitioning from elementary school to high school. She plans many fun and engaging learning experiences for students. We are so fortunate to have her as part of our school family! It is comforting for students to know that when they enter Grade 9 at Scott next year, they will receive some of their instruction from this wonderful teacher!



On October 10th, the Pre-K, Kindergarten, and Discovery Preschool classes at Kitchener Community School held a Family Day at the Scott Early Years Family Centre. They were greeted with a story and a short welcome for parents to the centre. The children and parents had a wonderful time interacting with all the amazing play and exploration stations. We are very thankful to the staff at the Early Years Family Centre for welcoming us and providing such a wonderful opportunity for our families.



Kitchener Community School Administrators—(right) Angie Balkwill (Principal) and (left) Jillian Bussiere (Vice-Principal)

HOLIDAY BREAK
December 21st to January 3rd

SMITHS' INSURANCE

Extended Hours
Mon - Fri 8 - 8
Saturday 9 - 5
Sunday 12 - 4

Auto
Home/Farm
Tenant/Condo
Commercial

SGI Motor Licence Issuer

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

SGI CANADA

Seasons Greetings
and all the best in 2014

*Ward 6 Councillor
Wade Murray*

May the coming holiday season be a time of celebration and sharing of friends and family and of healing and hope!

Warren

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



Giving Hope Today

THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600

www.havenofhope.ca

Helping to make a difference
in someone's life

Christmas Assistance Program

HOURS OF OPERATION
Monday to Friday
Starting November 18
9:00—11:30 am
1:30—4:00 pm

WHAT TO BRING

Proof of: Address
Income
Expenses

Health Services Card for everyone in the household

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

Message from the Scott Collegiate Office

Greetings from Scott Collegiate. We are over half-way through our new semester – time is flying! Our girls wrapped up a successful volleyball season and basketball games have begun. Our grade 10/11 Theatre Project presents “The Monkey’s Paw” on December 13th at 6:30pm in the auditorium.

Our grade 9s are currently working with Chili for Children in the morning. This is just one of the integration activities undertaken by the school and community partners to prepare for the upcoming North Central Shared Facility. Stay tuned for more information about the upcoming build!

Our first day back after holidays is January 6th. As a reminder, there is no school for students on January 28th

and 29th, as we prepare for semester 2. We have our Feast and Roundance coming up on January 31st starting at 5pm in our gymnasium. Please come join us!

We have a School Community Council composed of parents and community members who guide the direction of the school. We welcome new members, and our meetings are monthly at 5:00. Our next meeting is January 14th. Following meetings are February 25th, March 18th, April 15th, and May 13th.

To keep up to date on the goings on in the school, follow us on Twitter @scottcollegiate.

Regards,
Chris Beingessner, M.Ed., B.Ed.
Vice Principal
Scott Collegiate

A Writer's Visit to Scott

Carol Daniels is a published poet and a member of the Saskatchewan Writers' Guild. In addition, she recently finished a contract as writer-in-residence at Martin Collegiate (March 2013).

"My visit was an initiative of the Albert Branch Library. In October we worked on different styles of poetry. The students I spent time with at Scott are simply amazing, talented and enthusiastic about poetry!"

Writer Carol Daniels, far right



Student News

Have you ever wondered what life on earth would be like without carbon? Well neither did the students in the FADS (Freedom of Art, Direction of Science) Project. After learning about nutrient cycles in science, they were posed with the question “what if there was a carbon shortage?” They soon realized that without carbon, there would be no life on earth, but with a little imagination and some science fiction, students came up with an idea for a movie. The carbonless movie is currently in production and will be screened at Project Scott on January 15th. For past years Scott Collegiate movies, check out our Youtube channel at: <http://www.youtube.com/user/scottpathfinders>



Students in the FADS project, set up for a scene for their carbonless movie.



Entrepreneurship is alive and well at Scott Collegiate. This year, the entrepreneurship students will continue with the tradition of fundraising by holding delicious lunch sales. The students already have one sales day under their belt and successfully raised \$120 by selling bannock burgers! In class, students are finalizing their business ideas and getting ready to start writing their business plans. These business plans will be presented to a panel of judges and the winner will receive a prize! The entrepreneurship class is a partnership between the Regina and District Chamber of Commerce, The Martin Aboriginal Education Initiative, and Regina Public Schools

The Scott Collegiate's Theatre Project is proud to present a modern retelling of W.W. Jacob's classic spooky tale, *The Monkey's Paw*. The performance will be staged on **Friday, December 13th at 6:30 pm in the Scott Collegiate auditorium**; the show will last approximately one hour. Admission is free! There will be complimentary coffee and snacks provided at intermission. For more information please contact: 306-523-3500.

Come out and watch The Scott Collegiate Theatre Project perform for a Friday the 13th spectacle!



The Visual Art class has been working hard learning about colour theory and artists such as the Indian Group of 7. These photos are of Dillion Merasty's symbolic portrait, and Jennifer Klyne's colourful portrait

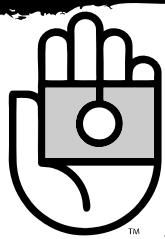
Next semester at Scott Collegiate, we will be offering an exciting class called The Fire Project. It will include ELA/Communication Media and Visual Arts. Some of the themes surrounding the FIRE Project include Freedom, Idle No More, Resistance/Resilience and Empowerment (FIRE). The Project will be based on inspiring young people to take part in social justice through creative and innovative story telling. These stories will be told through a variety of medium such as photography, podcasts, graffiti art and social justice campaigns. We are very excited about the final project which will be A Resilience Café which will showcase the students work in a public setting. To be involved please contact (306) 523-3500.

photos courtesy Scott Collegiate



Scott Collegiate Looking for Donations

Scott Collegiate is hosting a traditional feast and round dance on January 31, 2014. Traditional protocol requires women and girls to wear long skirts during the ceremony. We are hoping to receive community donations of long skirts of various sizes. These donated items will be kept at the school and available to anyone in need and attending the ceremony. Any questions can be directed to Tanja Maxie-Poitras at Scott Collegiate (306) 523-3500.



**HELP-POrTRAIT[®]
REGINA**

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

WHAT? Local Photographers & Make-up/Hair Artists Will
Take Your Photo, for Free. Now that's worth smiling about.

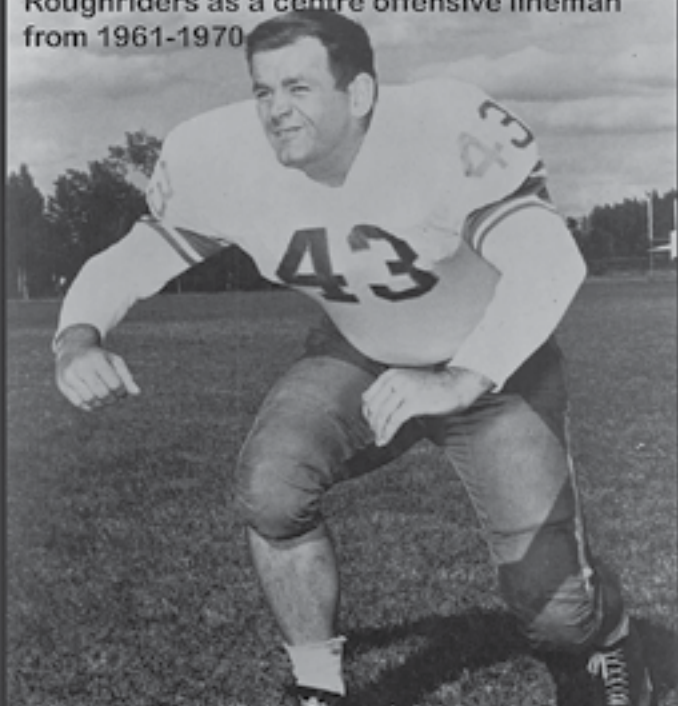
TIME: 11am - 4pm **DATE:** Saturday Dec. 7th

LOCATION: Dean Smith Youth Centre (1475 Athol St)

WWW.HELP-POrTRAIT.COM

co-sponsored by
**NORTH
Central**
Community Association

A graduate of Scott Collegiate in 1955,
Ted Urness played for the Saskatchewan
Roughriders as a centre offensive lineman
from 1961-1970.



He was named All Star six years in a row,
and played in three Grey Cup games,
winning the 1966 Grey Cup. Although he
wasn't the best rugby prospect on his high
school team, his departure from the Riders
in 1970 was seen as the loss of the
"greatest centre who would ever play for
them". Urness was inducted into
Roughrider Plaza of Honour in 1989.

image courtesy of Saskatchewan Archives Board

Street Culture Studios present Stereo Type Music video

link: www.youtube.com/watch?v=fj418dEJoDo

*"You see that I am:
Gang involved
Drug using
Uneducated
Tattooed
and Angry*

*...I am so much
more..."*

featuring Kno Tiz
& Arian Ross
produced by
Mike Gerrand



StereoType Official Music Video



Changes Restaurant

is a name chosen to reflect the transformation of those who follow the 12-Step recovery process.

Support groups meet in the building, owned by the Eureka Fellowship Society. The groups are a fellowship

of men and women who share their experience, strength and hope to solve their common problem and help others to recover.

Margie Fyfe has owned Changes Restaurant for a year and a half. She leases the building from Eureka Fellowship Society and rents out space to the various support groups and recovery programs.

The Restaurant welcomes walk in customers and if you fancy an early supper, you'll enjoy their fare at comparable prices. The kitchen is open long enough to ensure the group meeting at 5:30 is set up with coffee and nibbles. Fyfe might look at staying open later, eventually. At this time they have steady business who come for the quality, fresh meals. Chef Mike Klein is originally from Winnipeg and trained in food and nutrition management at SIAST. In Margie's words "he is a stunning chef!"

Mike prepares standard menu items, like the popular veggie bowls, soups from scratch and salads. There's a good variety in their changing menu. The restaurant has a capacity of 35 and is open from 11:00 a.m. to 5:30 p.m., Monday to Friday.

The hall is rented out for banquets, formal or casual, and for private functions. The kitchen can cater up to 100 meals. They just hosted an immensely

popular sober gathering to watch the Grey Cup. They enjoy providing safe celebrating among friends. The staff have welcomed wakes, banquets, feasts and conferences—all dry events. Many of the clients are repeat customers.

Margie invites North Central agencies to consider Changes for their supper and evening meetings. It's located at 1165 Pasqua Street, with plenty of parking. Margie doesn't give the location another thought. "I'm here making North Central a better place!" she smiles.

Along that line is the Yoga class that started up in October. Margie welcomes those who offer healthy activities to rent the facilities. Call 306-757-9119.

Y12SR Yoga of 12-Step Recovery

Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga. Combining the two creates a model that truly addresses addiction as the physical, mental and spiritual disease that it is.

Y12SR is for anyone working with addictive patterns or affected by those patterns in others.

TIME: Thursdays, 7:00 to 8:30 p.m.

Location: Eureka Club, 1165 Pasqua Street

For more information call Wendy 569-9744

• *Wear comfortable clothing* • *"Tradition Seven"*
(passing the hat for fees) • *Male & Female, all ages*

Log House Thrift Store

2741 Dewdney Avenue ph: 791-0255
Serving the community Monday to Saturday 10 am to 5 pm

You might remember the log cabin on Dewdney Avenue and Rae Street as the MCC Thrift Shop or in its earlier incarnation Painted Buffalo Trading Post. The building is now home to the Log House Thrift Store and it's chock full of quality used items. They've been operating for one year.

Manager Penny says "Business has been great. More and more people are learning about the store, it was a well-kept secret for a long time, people didn't know where we were."

Wagner assures "We don't put anything out that isn't quality."

At this time baby boomers are downsizing or in transition, there are estate sales, many occasions where people need to cull their possessions. "Most sales items are donated by individuals, but some items of clothing come from women's high end used clothing shops. There are the odd items that get thrown away during sorting, as staff won't put out goods that are chipped, stained, or ripped, unless it's very very old. "We have a gentleman who looks at the jewelry or dishes that have value. If it's quality he prices it accordingly."

Penny adds "We really love being in this area. People from all walks of life sometimes need help. Help might mean being able to buy a really nice blouse—some of them still with brand new tags—for \$3. We have a high end rack, which doesn't go very high end in price. We have Toonie Tuesdays—clothes, with the exception of coats—are \$2. shoes are \$3 unless they are really high end then they are \$6 or \$8. Our prices are very affordable across the board."

The Log House Thrift Shop is not affiliated with any group. Penny explains "We are our own entity, we're incorporated and run by a Board of Directors. We're building our funds to be able to give back—locally, provincially, nationally and globally." They recently donated to Mennonite Disaster Services destined for troubled areas. They've recently sent clothes to the Philippines, to

churches in Moose Jaw, Salvation Army, and books to the hospital.

Barb works at the Log House part time. "I came in to work off a fine (fine options). Then I volunteered because I enjoyed the job so much. I really like meeting different people, many who come into the store I do know already. I find it very fun

working here and no two days are the same, you never know what you're going to be doing. I'm thankful that the board gave me the opportunity to come in as an employee. There are a lot of benefits to working here."

Volunteer placements at the Log House are appreciated. It's suitable for agencies or students who do community service hours. Duties include sorting, stocking, pricing, displaying, and property maintenance.

There's a downside to the business. "People who don't let us know they have dropped off items, most of which is garbage, that they can't be bothered to take to the dump themselves. If you donate anonymously we would really appreciate it if you don't leave us your garbage because it costs us to empty these bins. We could use that money toward helping other people." It's a perpetual problem in many thrift shops. People don't take responsibility for their own junk. Despite a sign requesting: *"Please do not leave your donations after 5:00"* the bags get left, the contents get scattered, staff have to spend a half hour cleaning up before they even open.



TO DONATE:

- Phone first for a large quantity with delivery at back door
- Walk-in drop offs in the front door

- full truck loads cannot be accomodated

TO SHOP:

- cash, credit or debit card

THEY DO ACCEPT:

- hand crafted items
- small appliances in good repair
- books & record albums
- clothing, household goods

THEY DON'T ACCEPT:

- electronics, computers, TVs
- large items of furniture due to size restraints or no resale value



Community4Connection was held November 13 at Knox Metropolitan Church in downtown Regina.

The was the third year of “A Celebration of People Caring for People” 165 visitors attended the giveaway, lunch and information booths from front line agencies.

top photo:

Kelsey Philipchuk first year Nursing student. currently volunteers with SEARCH working with the nutritionist.

Desiree Gallant U of R
Social Work second year.
"It's a good opportunity
to learn about community
programs and give out
some free stuff"

bottom photo:


Dan Lindsay of AIDS Programs South Saskatchewan offers advice, literature and free pens!



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

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

FOOT CARE

- Free diabetes checks
 - Free blood pressure monitoring
 - Foot Care by a trained professional, at a minimal cost
- 
- A black and white line drawing showing a close-up of a person's foot. A healthcare professional's hand is visible, holding a small, specialized tool (likely a foot probe or similar diagnostic instrument) to examine the foot. The foot is resting on a surface, and the overall scene suggests a clinical or podiatric examination.

RATES for Foot Care:

In office visit – North Central Resident	\$15.00
Home visit – North Central Resident	\$20.00
In office visit – <i>Non</i> North Central Resident	\$30.00
Home visit – <i>Non</i> 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



The good neighbours from **Eclipse Fencing and Decks** (www.eclipsefencinganddecks.com) confer with Renew North Central Coordinator **Kari Herbert** and NCCA Executive Director **Rob Deglau** (his 20th Community Cleanup!)



City Councillor for Ward 6, **Wade Murray** keeping warm with his muffler!



MLA for Regina Elphinstone-Centre, **Warren McCall** looking chipper feeding the wood chipper!



THANK YOU!

Bennett Dunlop Ford

Driving Change



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

COMMUNITY CLEAN UP!

held **OCTOBER 20**

- 42.03 Metric Tonnes hauled to the dump
- 32+ Loraas Bins filled
- 100+ volunteers

FUN FACTS:

BDF notified us that many of their crew were helped in the alleys by residents coming out to haul the stuff either from their yards or from their alley in general.

Oct. 21, the **City of Regina** dispatched Loraas to pick up in 2 more alleys that had been missed and they picked up the tab. That was another 1.52 tonnes (included in the overall total).

Bennett Dunlop Ford has said it is their goal to increase their volunteers every year and so far they have!

ALL THE COOL KIDS helped at the North Central Community Clean Up!

We thank all good neighbours who showed up and showed they care.

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 February issue: JAN. 10, 2014

Care & Share Seniors Lunch
Tuesdays 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

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

Babysitting Class Dec 26; Cost \$40/person includes all materials, Basic First Aid & CPR training and a certificate of completion.

Personal Care Worker (PCW) Course Dec 7 & 8; (16 hours) \$135/person: 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) Dec 13. \$50 An 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.

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



Children's Christmas Party!

Youth For Christ, City Kidz
& Souls Harbour Rescue Mission

Saturday, December 14
Zeike's Place, 1475 Athol St.

- Matt Rapley, Canadian Idol Finalist, performing!
- Gainer the Gopher will be attending!
- Crafts & games
- Food provided by Fireside Bistro
- Every child will receive a free gift!

It's going to be a ton of fun!



Take out a **NEWSLETTER PAGE** in *North Central Community Connection*. **SPECIAL RATES** for NC non-profit agencies to celebrate your news & achievements, publish photos and advertise your programs. **LAYOUT** by Right Brain Creative Services **INCLUDED IN FEE**. Get in touch for details & rates by e-mailing editor@nccaregina.ca



The North Central Community Connection is a bi-monthly newspaper produced by the North Central Community Association. We deliver 6,000 copies of the newspaper throughout Regina. 4,500 copies are delivered to households and businesses in North Central. The remaining 1,500 are delivered to non-profit organizations, to municipal and provincial politicians and to the North Central Community Association’s corporate partners throughout the city. An electronic copy is e-mailed nationally and is available on our website www.nccaregina.ca North Central Community Connection is produced on broadsheet newsprint (16¾” x 11¼”). Issues are twelve pages long, with eight pages in black and white and four pages in full colour.

	Price	Size	
Full page (colour)	\$ 450.	15.25” x 10”	Customized ads of any size to accommodate your advertising needs. Price negotiable.
Full page (b & w)	\$ 375.	15.25” x 10”	
Half-page (colour)	\$ 300.	7.50” x 10”	Community Calendar submissions for community events are free! We reserve the right to be selective about the calendar events we print.
Half page (b & w)	\$ 250.	7.50” x 10”	
Quarter page (colour)	\$ 150.	7.50” x 5”	
Quarter page (b & w)	\$ 125.	7.50” x 5”	
Business card (colour)	\$ 85.	2.25” x 3.50” (Horizontal)	
		3.75” x 2.00” (Vertical)	
Business card (b & w)	\$ 65.	2.25” x 3.50” (Horizontal)	Your sixth ad is free when you advertise with us for five consecutive issues.
		3.75” x 2.00” (Vertical)	

Whenever possible, please contact us in advance so we can reserve a space for your ad. Camera-ready ads can be submitted by email in .pdf, .tif, .jpg or .png format or delivered to the office on a CD. If you want the ad designed in-house, ensure you have high quality graphics (logos or clip art) attached.

Contact the Editor at (306) 791-9888 or editor@nccaregina.ca if you have any questions or to place an ad. Ask about our newsletter page for non-profits.

Neighbours! Please inform us if you know of residents or businesses & organizations in North Central who don’t receive this newspaper in their mailbox near the beginning of February, April, June, August, October and December each year.

Call the NCCA office at 306-791-9888.

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:

- Albert Community School
- City of Regina Kari Herbert
- Kitchener Community School
- Jan Morier Michael Parker
- RAMP Regina Police Services
- Scott Collegiate Slingshot Residential
- Street Culture Studios
- Walking With Our Sisters
- Wascana Community School

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
FEBRUARY ISSUE
January 10, 2014

North Central Community Connection
1264 Athol Street
Regina SK S4T 7V3
Phone: 306-791-9888
Fax: 306-757-1052
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

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



Schools

Dial 306 before calling!

NORTH CENTRAL PHONE LIST	
Albert Community School.....	791-8539
KitchenerCommunity School.....	791-8516
Sacred Heart Community School.....	791-7290
Scott Collegiate.....	523-3500
St.Luke.....	791-7248
WascanaCommunity 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	523-3512
Ehrlo Sport Venture Program.....	751-2411
First Nations Employment Centre.....	924-1606
Four Directions Community Health	766-7540
Gathering Place	522-7494
Greystone Bereavement Centre	766-6946
Indian Métis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	205-7355
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
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
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

CREATE CLASSES AT

ALBERT SCHOOL

CREATE

Connecting Regina Educators & Artists Through Expertise

CREATE (CONNECTING REGINA EDUCATORS & ARTISTS THROUGH EXPERTISE) IS A UNIQUE PROGRAM WHICH LETS STUDENTS EXPERIENCE TOPICS COVERED IN THEIR CORE CURRICULAR AREAS THROUGH VISUAL ART, DANCE, DRAMA & MUSIC.

ALL GRADES 3, 4 OR 5 TEACHERS IN REGINA PUBLIC SCHOOLS ARE ASSIGNED A PROFESSIONAL ARTIST FROM THE COMMUNITY. THE ARTISTS WORK WITH CLASSROOM TEACHERS, PROVIDING ONE-OF-A-KIND EDUCATIONAL EXPERIENCE FOR THEIR STUDENTS.

LET'S MAKE A COMIC STRIP!

KRASH

FUN!

THE END!

EACH SCHOOL YEAR, 30 CREATE ARTISTS COMPLETE APPROXIMATELY 1200 ARTIST VISITS THROUGHOUT OUR SYSTEM.

Thank you to Albert Community School's grade 4 students and Teachers Brittany Johns and Faith Isnana

Featured in this comic page are:

Soray Keewatin	Jaiven Morin
Carly Bear	Taz Favel
Joshua Panipekeesick	Michelle Tourangeau
Ethan Sheepskin	Conredge Threefingers
Huzaifa Hussain	Damien Nepoose

Early Years Family Centre

REGINA Children's Initiative

A free drop-in centre for children **newborn to age 6** along with their caregiver.

The Early Years Family Centre

Wishes You a Happy Holiday Season!

Scott Collegiate 3350 7th Ave (306) 523-3512

Gathering Place 4001 3rd Ave N (306) 522-7494 ext 219

PLEASE in the spirit of giving - keep your sidewalks shovelled.

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

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



The Public Education Centre officially opened on October 10th at #4 Fire Station. Special guests were recognised for going above and beyond in working with the department and with the community to create a safer living environment for everyone. **Angela Prawzick**, Public Education Officer, Regina Fire & Protective Services, congratulates **Starla Grebinski** Principal of Sacred Heart School.



Congratulations Go Green crew

lead by Pauline Gabriel

on another successful season!



Special thanks to Walmart–Evergreen Green Grant & City of Regina Community Investment Grant

for making our 2013 North Central Community Gardens a Growing success.



EVERGREEN
Imagine your city with nature

