



## Clean for the Cup!

The inspiration to start this campaign came about when the back lane bins were rolled out, and the feedback started rolling in. Recent news stories show how the problem is happening in all parts of Regina, but in North Central we're doing something about it!

Sandy Wankel is the Executive Director of North Central Family Centre and assures that it's not just spring clean up, "we work with so many youth and children. And we thought 'where does change come about?' Change comes from within. It just seems like North Central has gotten a bad rap. And we can be the change. So it's not just spring cleanup, it's all summer long, into the fall—and that's what we call 'Clean for the Cup!'"



interviews Jan Morier

"We're very proud that the Grey Cup is coming not only to Regina—but for the North Central community that will host it. And we wondered, 'what can we do to show tourists, the people from all over—maybe even the world, coming into our neighbourhood?' We want to show it the best way."

At the Family Centre, Glen Prettyshield is the Teen Youth Worker and Carla LaFontaine is the T'ween Youth Worker. They live and make a difference in North Central. They want to show and teach the youth served by the Family Centre leadership skills. Sandy says "These are our future leaders, not only of Regina but of Saskatchewan. We just want to show what it takes to lead. They're excited, we're excited! We're going to be cleaning up once a week ourselves during the summer. And into the fall we're going to be cleaning once every 2 weeks."

The youth participating are aged 10 all the way up to 25. They've all made a commitment that this is

something that they really want to do. In an ongoing partnership with the Regina Realtors Association, The Co-operators and Conexus Credit Union, they aim to achieve! Sandy says, "It's going to be a great initiative for the kids to reclaim their community, to take pride in their community because this is their future."

This is where we live, it's not just for the community, it's for themselves. When the time comes to strike out on their own, they'll have their own home to live in, they'll have an idea of what it takes to maintain a house and yard. It's pride of place.

"Some of the things we'll be doing is painting fences, cutting grass, garbage removal. We're going to plant flowers in different areas."

NCFC welcomes everybody to pitch in and help because together we can make a real difference. When that Grey Cup comes, we're going to be sparkling! There is a bad image, there's no doubt about

it. "North Central has its troubles", Sandy continues. "But what people don't see is that there's a lot of folks who go to work each day and make a good living and take care of their children and it's hard in an environment where there's garbage all over, it's demoralizing."

Families can participate together and each clean up will be followed by a barbeque for all who helped. "We'll all congratulate ourselves and have a hamburger!"

The North Central Family Centre plans to approach hardware stores for donations of paint, bags, gloves and masks to make sure the kids are

protected. Sandy says, "that's a priority. If we can get paint maybe residents can help to identify trouble spots in the community that need to be tidied up."

How, I wondered, can they keep up the momentum through the August heat? "You're tired but you feel so good, even though it's hard. The youth feel not only good about themselves, but they enjoy that sense of community."

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photos courtesy of North Central Family Centre

**"GET MAD**  
when you see the garbage.  
But get mad  
**AND DO SOMETHING!**  
Don't just sit & stew!  
**GET MAD AND ACT!"**

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## Joely BigEagle-Kequahtoway Owner, Artist Tatanka Boutique

2156 Albert Street [tatankaboutique.ca/](http://tatankaboutique.ca/)

**Mission** *Tatanka Boutique's mission is to honour the spirit of the buffalo and in doing so, honour the strong tradition and culture that First Nations and Métis people have contributed to today's society. When the culture is acknowledged or represented through the buffalo spirit it enables the culture to grow, flourish and gather strength and momentum. One of Tatanka Boutique's long-term goals is to develop an Art Institute alongside the retail store. The concept of the Art Institute will be promoting and increasing the number of First Nations and Métis artists specializing in the area of traditional art practices.*

The boutique has been in the works for a few years. My husband and I are both entrepreneurs at heart. I'm also a designer. This evolved out of a baby boutique idea I had a couple of years ago. In Tatanka Boutique we have baby moccasins, and we'll add more as time goes on, such as baby blankets and star blankets.

So the dream came true as a full retail space selling First Nations and Métis designed art, jewelry, clothing, star blankets, moccasins. I have my network of friends, family and adopted family showcasing art, dream catchers, purses and fashions.

The actual undertaking took 6 months – it was full steam ahead getting the business plan done and applying for the business loans, all the details. The key thing that kicked us off was finding the space. They always say 'don't let the space dictate the retail business however we found the space last May, we were interested, it took about 6 months. It is the ideal location on Albert Street with a daily traffic count of 30-to-40 thousand cars. There is good frontage to show off what we have in the store.

We're going to have an e-commerce website for art on display and held in storage space. We'll build up our inventory and if we need to, we'll find additional storage. Then we'll be ingenious in how we showcase the art. Some work is getting appraised, so we'll be rotating the store display.

We would really like to go to Santa Fe—it's a juried exhibition, we'll apply to attend next year. It's the premiere art show in North America and they do accept Canadian artists. There is also a big annual economic development show in Las Vegas. I'd like to go to the AFN chiefs' assembly that is held 2 or 4 times a year. The North American Indigenous Games next year are some of the key venues to show the quality work at Tatanka Boutique. We're a good complement to the tourism industry.

I would primarily like to acknowledge my husband because he's the entrepreneur (and he cleans the toilet!). We're not just in this to make money but because we're go-getters, it's fun to challenge ourselves. Of course I thank Wade, my assistant manager, he's the store front. I'm in the back working on inventory, meeting with artists, media, stocking, administration. The other key people are the Women Entrepreneurs of Saskatchewan. The Saskatchewan Indian Equity Foundation a supporter and loan grantor. White Bear First Nation gave us a business grant.

We have good relationships with our artists, I'm working with CARFAC's (Canadian Artists' Representation, le front des artistes canadiens) consignment agreement, it's artist-friendly. A lot of First Nations artists don't realize the tremendous resources available. They should investigate becoming members of CARFAC and know their rights.

Tatanka Boutique is located beside Sâkêwêwak Artists' Collective and we're a



Joely BigEagle-Kequahtoway  
with designer Thomas Benjoe

good fit to their organization. I'd like host joint workshops to become familiar with creating traditional arts such as quillworking and parflèche. As well, I'd like to hold a workshop on how to stretch your own canvas.

I've been taking appointments to meet with artists. I prefer if they have portfolios, some have them on their cellphone or Facebook or they bring in a few samples. It's better if they email me a sample of their work beforehand so I can determine whether or not it's a fit, or if we have something similar already, or if it might be exactly what we're looking for. I'm approachable. There have been a few times where we've had to turn down artists. We're looking for emerging and established artists. We're looking for people who love what they do and it comes out in their work.

Once we opened the store, the word got out and phone calls came from Alberta and all parts of Saskatchewan. I have a couple of suppliers from South Dakota as well. We have Rez Hoofs near Pine Ridge—the artists buy boots and paint designs on them. Quillwork is in demand, I'm trying to find someone who does moose hair tufting, birch bark biting—and other traditional arts.



Our tag line is "Honouring the Spirit of the Buffalo" it's about honouring the culture of the land. Although the buffalo aren't physically here in numbers like they used to be, they live inside of us, their spirit. But they also live in our DNA, to get scientific on you. My ancestors ate them, so the buffalo runs through our veins. When we talk about passing on physical features, I look like somebody in my family and they look like somebody from before and you become the features of many different people. But then as my ancestors ate buffalo, they lived buffalo, they were part of buffalo, breathing, sleeping buffalo, they passed that knowledge down. Even though some of it may have been lost, it's in our DNA.

The same goes for non-First Nations. The immigrants who came here also had a history with the buffalo. There's been a dichotomy—the buffalo are gone but when we talk to First Nation or Métis people here, they almost pine for them. We're still grieving for them. There are people who honour the passing of the buffalo and the pile of bones, but what they're really honouring is the disappearance, the slaughter.

Everyone remembers that image of the man standing beside the pile of buffalo bones, how that nickname became a tourist attraction when really it was the loss of a way of life. You would think a city that was located where the main animal lived—that we would have honoured that symbol.

For some reason, I think it's because of that dichotomy—some people are proud of the disappearance of the buffalo and some people are saddened, and they're still grieving. But now I feel that by honouring the spirit of the buffalo, we're bringing it forward, making people realize that although there's grief, there needs to be happiness. We need to move past that grief, we've grieved enough. We really need to start honouring that spirit. Although we grieve, we don't like talking about it, but we should. It will help everyone to heal.

We're not just a retail store, we're raising the social consciousness of the importance of buffalo.



## garbage, garbage everywhere

**A**t some inner city addresses, garbage and recycling is the last thing on a person's mind. Its importance falls well below finding next week's groceries or earning enough money for a semester of school. There are people whose health issues (including mental health and addictions) don't make cleanliness a routine, whether in their living quarters or alleys.

And there are the people who just don't care. That's unfortunate, because we all have to live together in this city. Maybe in Utopia there are no issues of noisy neighbours or unkempt yards and alleys. Not in this postal code.

### Conversation : Neil Vandendort Director Open Space & Environmental Services. City of Regina

In July and August, 2012 the multi-family dumpsters were gathered up and the brown carts rolled out in North Central. It was right around the time that Neil Vandendort became director responsible for waste collection.

During the first few weeks of using carts in NC, the manager was monitoring it carefully. He was very impressed, pleased that people were putting their carts out on the right day, in the right position for collection.

Regina's Fire Chief considered it very much a positive that the number of fires were reduced dramatically once the city removed shared containers. Gone was the overflow in shared bins, gone the smell, and the perceived invitation to people within or outside of NC to insult our community by dumping their garbage here.

Now we're responsible for our own garbage. Once again, the individual's behaviours affect us all.

Neil Vandendort says that these rollout carts for recycling and garbage collecting are pretty standard all over North America.

We all got caught with our snow-pants down last winter. It was a bad time to test people's endurance of putting out their carts on a weekly basis, especially for seniors. This was a problem across the city. The department notes that if someone has special arrangements for their garbage collection, these will apply to recycling collection as well. If you have difficulty, around mobility or strength, phone the city for advice on the possible options available to you. These requests are looked at on a case-by-case basis.

Residents are reminded to store their carts securely on their properties. Residents are responsible if their carts are damaged or go

missing. Homeowners will not have to pay for a replacement bin unless the damage is thought to be intentional. There has been occasional damage caused on collecting day, but there's never been a reason to charge the homeowner for replacement.

There are issues with 'midnight moves', there are individuals who seem to think that the Garbage Fairy will come in and remove a discarded mattress or hide-a-bed or pruned tree branches. Some get their kicks from tipping over the bins, scattering garbage all over the lane. That's a social issue, and is not particular to our neighbourhood or any class or generation. We can try to analyze why people treat the streets as their



North Central Has-Bins in 2012

personal trash bin. We blame the city for introducing new systems. We get furious when city officials don't clean up after those who won't respect a simple concept of picking up after themselves.

We have a few agencies that, for a fee, will pick up oversized material. But there is no garbage police. Bylaw deals with reports, but it's not high on priority list. If you see graffiti in progress you can call 911, but garbage does not seem to have the same urgent response. If there's a health or danger issue, the city will deal with it but there are no resources to handle this full time. It's not the same bylaw as for unkempt yards but it's a bit easier to monitor when garbage is overflowing from an addressed bin rather than a communal one.

## Clean for the Cup!

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"They love pointing it out 'We did that!' And little murals, they're not fancy or anything, but they're such a source of pride".

NCFC welcomes partnerships with other community organizations. "We can try to help seniors, another group can fix a fence and the youth can paint it, there's no end to what we can do!"

What makes the staff feel so good is that it's youth-inspired. Glen says "my kids fell in love with the idea, right away when I told them the Grey Cup's going to be here."

Carla agreed. "The younger kids like the idea, guaranteed. They have younger siblings, little baby sisters or brothers, who walk around everywhere. The ridiculous thing that you see garbage and needles on the streets and alleys, even when they're playing in their back yards, the garbage is everywhere. The kids like the idea that we are cleaning up as a group, starting something off. It's baby steps."

"Wait until they start painting fences, that'll be fun!" Worked for Tom Sawyer!

Dear Friends: "CLEAN FOR THE CUP"

The North Central Family Centre wishes to take this opportunity to inform you of our "Clean for the Cup" project which we are undertaking to reclaim and beautify our neighbourhood in preparation for the 2013 Grey Cup activities.

We will be organizing ongoing clean-up activities until the "Grey Cup" event and are currently seeking assistance from individuals, groups, churches, service clubs and businesses in this worthwhile endeavor as we showcase our community to all of Canada during Grey Cup.

Our initial clean-up activity will occur on May 28 and 29th beginning at 9:00 am. We extend a special thank you to Cooperators and Conexus Credit Union who will be kicking off the Campaign.

Once again we extend an invitation to the community, individuals, City of Regina, and the businesses from all over the city to join us and support us in reclaiming our neighbourhood, and in restoring well-deserved pride in our community.

Sincerely,  
Sandy Wankel

Ward 6 City  
Councillor  
W a d e  
Murray gets many  
phone calls and

urges people to call the city. People get frustrated with being on hold for 10 minutes, only to see that city workers don't show up. Atoskatay (at The Gathering Place) is called in bad situations. There are private services, if one can afford it.

We don't want anybody to live in filth. In truth, it's the homeowners, tenants, or landlords' responsibility. But if they don't or won't clean it up, it's the neighbours who suffer from the influx of vermin or the reek of rotting garbage.

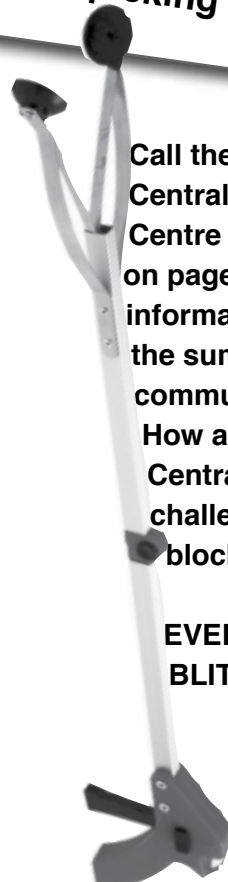
Mustn't forget blaming scattered trash on the wind and the starving abandoned pets!

Citizens, there comes a time when the excuses and the coddling must end and common sense must step in.

**"When our kids see the alleys  
it creates a huge awareness  
of WHAT LITTERING DOES.  
You wouldn't have thought  
twice about it until  
you're the one picking it up!"**

**Call the North  
Central Family  
Centre (phone #  
on page 11) for  
information on  
the summer's  
community efforts.  
How about a North  
Central agency  
challenge for your  
block?**

**EVERY LITTER  
BLITZ HELPS!**





## blue bin blues?

stories by Jan Morier

The recycling carts and bags will be delivered during the month of June (62,000 carts in 6 weeks, city-wide). Collection of the blue bins from your back lane will be done bi-weekly in all neighbourhoods and recyclables will be delivered daily to the 'materials recovery facility'. This will divert material from Regina's shrinking landfills and it is a very good thing! Recycling carts are to be placed wherever your garbage pickup is. Most (if not all) of North Central Regina has back lane access, so that's where your garbage and recycling bins will be placed.

A recycling guide will be sent to everybody's mailbox, detailing what can go in the cart and a collection date calendar for your fridge. If you prefer, you can visit City website (regina.ca) and download an app or sign up for email, text, phone reminders of your recycling date (call 777-



7000). Nobody will have a reason not to participate.

These ideas are long overdue, yet there still seems to be resistance to curbside recycling.

I asked Neil Vandendort, Director, Open Space & Environmental Services with the City of Regina, if there was any magic way to convince people to use their common sense and say "this is your environment, clean it up!"

"No, there's no magic way to appeal to people's sense of citizenship, of environmental responsibility, of stewardship of their surroundings. Not everybody thinks that way. That attitude is across the city. Part of introducing the recycling is that we're trying to change the behaviour of Regina residents as a whole."

There's been a wide communications campaign attached to blue cart recycling program. A lot of people have been waiting

**R**educe, reuse and recycle will be the saving of us all. The annual love-in on Earth Day encourages individuals to act responsibly as stewards of our environment. Now it's reached our own back yards. What will you do?

for this service. Early adopters have long been using private services or they're hauling to the recycling depots. There may be a time lag while citizens adjust to their schedules. Some might take longer, but Vandendort is hoping for good participation rate. "People will adopt it over time."

While the City's recycling program will accept beverage bottles and cans, residents are still welcome to take their bottles and cans to SARCAN for a refund.

It's no shame that 'binners' (formerly dumpster divers) supplement their livelihood by rooting through trash, searching for soda pop cans. It is known that blue bin material does not need to be sorted. This might lead binners to pull everything out to get to the refundables. One solution might be to bag up SARCAN bottles and place beside your blue bin if you choose to help the underground economy. Plastic grocery-style bags (holding newspapers or cans) are not permitted in the blue bins as they will bung up the

machinery on the sorting end.

Residents will be billed monthly whether or not they use the service. It's not a violation to not use the cart, but there will be an eventual charge if you continue to put recyclables into the garbage.

The success of the program requires all citizens to participate. The recycling fee will appear on your monthly utility bill whether you use the service or not.

This first year will be about encouraging voluntary change of behaviour. You're already putting your garbage out, they're just asking you to separate it. This is not an unreasonable request.

Some lament the \$91/year will be a hardship for people on fixed income. The decision was made, the fee is in the ballpark with other municipalities. The end goal is to keep it out of the landfill. Forward-thinking people will see the benefit of recycling, perhaps eventually community composting. We're doing this for those who will inherit the earth (see page one).

## graffiti

**I**t's the scourge of urban living, right up there with dandelions and dog poop on your lawn. Behind graffiti are human beings with a bunch of reasons but no justification for their acts of vandalism. One Regina Detective is trying to keep graffiti in check, but he needs our help.

Detective Constable Dave Scantlebury shares the profile of graffiti vandals "aged 12 to 28. 98% male, some females have been charged. Unfortunately, their common denominator is that of being fueled by drugs or alcohol. They're abusing on a regular basis, some are selling." He continues, "They gather with their buddies, there's alcohol, then somebody comes up with the idea to go 'bombing' or tagging. If they have spray paint they go until they run out."

Now he's seeing that permanent markers are the tools of choice and are used in all areas of the city. They're portable and easily concealed.

***It's not all about poverty, vandals come from all walks of life.***

Scantlebury adds, "I know some who live in an area where money is not an issue. Even those who we think come from good homes, still have social problems. If you're doing it on somebody's property, there's something wrong in the family or with that individual."

He continues, "What really bothers me is that a lot of parents know their kids are doing it. They want them to be allowed to express themselves. One parent said 'my son can do it anywhere he wants to'."

In the end, Scantlebury assures, it's the parents' responsibility. "Some parents think if they let their kids do it on their own garages, bedroom walls, on canvas—that they wouldn't be attracted to do it elsewhere. Unfortunately there's the element of peer pressure, other vandals saying 'you're not really a graffiti person until you have done it illegally on the streets'."

The vandals have a twisted rationale. They're marking territory and they feel they're entitled, and they love the control factor. "If I want to put my tag on your property, I should be entitled to do that." Vandals want control because they don't have any control in their life, at home, at school.

There may be social problems in the family or they're not getting the right guidance from parents or other adults. "They want to feel that they're in charge of that moment, or to walk down that lane and know that graffiti was their doing." Scantlebury notes.

"I asked an individual how he felt when he does this. He said, 'ooh I'm pumped! Adrenalin starts to run!' Is that because you're looking for police? 'Oh yeah!'

When they have drugs in them it's highlighted even more, increasing that fear, that rush. That's the only way they can get joy or excitement in their lives at that time."

***It's vandalism—it has nothing to do with art. What's artistic about putting your tag on someone's vehicle, sign, street light? It's just pure vandalism.***

Meanwhile, the public is furious and uneasy to see gang tags surrounding them over a couple of blocks. It's not a stretch for people to think they're being targeted. Graffiti undermines our sense of wellbeing and safety. Knowing they have to deal with it immediately, as dictated by City bylaw, people feel like they're being victimized twice.

"People aren't being targeted" Scantlebury emphasized. "Seniors often feel vulnerable. But these individuals don't care who you are, they're just going to use your nice garage door to display their tag. It has nothing to do with you personally. Even if homeowners are tagged, the gang is just letting people know that this is their area, 'this is where we exist'."

They will tag where they live, often within 2 or 3 blocks of their home. But there are no restrictions, some people's tags have been seen from one end of town to the next.

Scantlebury wants to emphasize Record, Report, Remove. Take a picture of it, report it, but make sure you take it off within 72 hours (24 hours if it's hateful, racist or obscene). Graffiti is like a magnet for others to put their mark overtop, the way dogs pee on trees. He tells of one downtown business that had up to 50 different tags on it. So it's important to remove it as soon as possible.

"Often people react with 'well nothing's going to be done'. You're correct, nothing will be done, unless you report it. I won't solve every one, but I'm going to solve the majority of them. But I need the people's help to report, if they see graffiti, in progress, dial 911. People will call and tell me 'it's been happening here for 2 years', but you're the first report I've had in 2 years!"

As of May 15, Scantlebury had charged 7 people in the last 10 days. Of the 7, 4 belong to same graffiti crew. VAC (vandals and criminals) Graffiti Crew has a membership of 10 to 15 young people. You've probably seen a tag accompanied by VAC to indicate this affiliation.

The solutions are about having eyes on the street and with that

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Roxy Balkwill Branch Manager of 5th Avenue Conexus Credit Union awards Volunteer of the Year to John Stout

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

Five awards were presented to outstanding volunteers. Winners received a beaded medallion and certificate. The 2013 Volunteer Awards were sponsored by Conexus Credit Union and Dewdney Drugs

Awesome entertainment was provided by Listen to Dis, South (Saskatchewan Independent Living Centre) and fiddler Brennan Hoffman from the North Central Kids Music Program.

cooperation, the hope is to redirect the youth into a more constructive life.

**Graffiti is not a new problem and it's not going to go away.**

it's usually because they're involved with other crime or a lot of graffiti.

There is a variety of programming in our neighbourhood; counsel is available through numerous agencies, designed to give youth leadership and creative expression. In fact, some former vandals have gained fame as legitimate graffiti artists.

Murals are good for beautification, but they only have a 4 to 5 year life span. The whole wall has to be covered. A mural with too much blank area is an unspoken invitation to vandals to add their mark. Still, some murals have been tagged because those who do the graffiti have no connection with those who've painted the mural. It's just their way of saying, again, 'I don't like your mural' and 'this is my territory'.

When vandals are caught, the fine depends on the individual. There are options for first-time criminal activity to get a warning, though you'd be found guilty on police files. Depending on your criminal record, if you've had numerous mischief or graffiti charges, you could do fine option programs at RAMP or John Howard Society. If you have a lengthy criminal record, and you've already been through the alternative programs, then it's straight to court with conditions. There has been restitution at times. Some individuals have spent some time at youth facilities but

For charges to be laid, it's crucial to report. The internet reporting method asks for all contact information and you may add up to 3 photos. You can only report vandalism to your own property.

Const. Scantlebury can't find all the areas hit on his own and relies on help from other patrol officers, Street Crimes division, school resource officers, and eyes on the streets.

"I can't over-emphasize the extreme importance of a report. I will find out eventually who's doing these tags. The frustrating part is when I do find who belongs to a tag, I drive around the city and see the same tags knowing that nobody has reported it. So maybe I charge the person with 14 when I should be charging them with 114!"

He continues, "There has been one homeowner in North Central who has reported he got hit 10 times in 2 weeks. At the same time, everybody else is getting hit. His garage is kept clean, it's a nice white door. He removes the tag, but his neighbours don't. When

the vandals walk by and see their mark has been removed, through their sense of entitlement—they keep marking. That individual is going to meet me very, very soon."

Since this interview, Const. Scantlebury has charged 3 North Central residents with 2 counts, another with 22 counts. They are in the court process now.

**RECORD, REPORT, REMOVE**  
*It's extremely important to record and report graffiti on your property.*  
Two ways to report: via website [www.reginapolice.ca/online-reporting/](http://www.reginapolice.ca/online-reporting/) or by phone 306-777-6500

## Mosaic Donates \$100,000 to Support a Healthier Regina

The Mosaic Company announced that it has donated \$100,000 to non-profit organization REACH (Regina Education and Action on Child Hunger), in support of a partnership that will provide funding for nutritional assistance and healthy food programs designed to help disadvantaged families, children and senior citizens.

"The issue of hunger is one Mosaic takes seriously," said Walt Precourt, Mosaic's Senior Vice-President of Potash. "It looks different locally than globally, but there are people without regular access to food in our community. Mosaic's support of REACH helps provide resources for healthy eating that will have a real impact on hunger in Regina."

REACH serves as an umbrella association for a wide range of healthy food programs, delivered through over 100 organizations and schools, ensuring all people in the community have access to affordable, nutritious food. Mosaic's donation will assist four areas of programming: Child nutrition programs, family food access, food preparation, and the Mosaic Mobile Food Van - reaching neighbourhoods where access to healthy food is difficult.

The Mosaic Company is one of the world's leading producers and marketers of concentrated potash and phosphate crop nutrients. Mosaic's mission is to help the world grow the food it needs. Mosaic proudly supports programs that are working to end hunger in Saskatchewan such as Breakfast for Learning, Hunger in Moose Jaw, and the Mosaic Backpack Feeding Program. More information on the company is available at [www.mosaicco.com](http://www.mosaicco.com).



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)**





photos Sacred Heart School

Isabel Solano—Assistant Family Support Worker with the Catholic School Board:

*"I've been coming to these reading nights for a number of years and what I see is that this is the way that people feel a real sense of community, a sense of support and a sense of accomplishment. Children come and read, they get points and prizes if they do well – but they come for the love of reading. So the emphasis is placed on learning and when there's success in learning, there's a high self-esteem that is developed. No fear at all, they feel comfortable, they feel respected, valued, and recognized."*

Cari Bondy Community Coordinator at Sacred Heart School:

*"I've worked with the Catholic School Division for awhile, I've been to two other schools but I've not seen a turnout like this in the whole time I've worked in the division for an AR reading night! It's unbelievable!"*

*I feel very humbled to see the families, the engagement, the love that's in this school. Any room you're going to go into you'll see a number of families on all three floors. I estimate about 100 families."*



## Sacred Heart Community School

1314 Elphinstone Street, Regina, SK. S4T 3M4

Tel: (306) 791-7290 Fax: (306) 791-3589

Starla Grebinski, B.Ed., M.Ed., Principal  
Adam Ward, B.A., B. Ed., Acting Vice-Principal



May 17, 2013

Dear residents of North Central,

As the principal at Sacred Heart Community School, I would like to take this opportunity to say that it is an honour to serve your community and to educate your children and grandchildren.

The staff and I take great pride in the partnerships we have developed with the community and in the educational work that we do. Since the school first opened its doors in 1928, it has grown and evolved. It now has 450 students, and is the second largest elementary school in the Regina Catholic School Division. We strive to provide a quality faith-based Catholic education, and for our 450 students, attendance, reading, writing, and math scores are all improving.

As I'm sure many of you are aware, our gym has been closed for safety reasons. As the gym is an integral part of the quality educational program we provide, its closure represents a loss not only to our school but to the community as a whole. We recognize this and are doing everything we can to find a solution to the problem as quickly as possible.

Our division is currently working with the Ministry to secure emergent funding so that our students will have a place to celebrate reading, build our community, and participate in physical education in the fall. We are also advocating for the Major Capital funding required to provide a long-term solution. The way you, the community, have joined us in advocacy has been humbling and deeply appreciated.

We consider the opportunity to teach your children and grandchildren an honour and a privilege. By choosing to send your children and grandchildren to Sacred Heart Community School you are trusting us with your most cherished resource. This is not something that we take lightly and therefore will continue to do everything within our power to give your children and grandchildren the education they deserve.

Thank you for your patience, understanding, and confidence,

Starla Grebinski, Principal of Sacred Heart Community School

## ACCELERATED READING NIGHT at SACRED HEART COMMUNITY SCHOOL



Reading Night photos Jan Morier

Jeanine Juhlin grew up in NC, and resides in NC. At the Accelerated Reading Night at Sacred Heart, her daughter Keona 7 reads to her sister, age 3.

*"I really enjoy coming, it's a nice atmosphere. I come to every reading night, it's important and encourages my daughter in reading. It's good to get out to the school and re-familiarize with everyone. It makes my daughter feel good when we come out as a family, then they have the nutrition room where we can have a snack. It's just good family time overall."*

Teacher Mrs. Shaw notes: *"last year Keona read over 400 books for her Accelerated Reading goal, she had approximately 200 points. In grade one that is a very big accomplishment!"*



Keona is in Mrs. Shaw's Grade 2 class Her favourite book so far is Lessons from Mother Earth.



Message from the Office

Semester two has been busy with an amazing array of classes, outings, presentations and projects. Our Scott students are working to complete a wide variety of core and elective classes needed for grade completion and graduation. With the summer holiday and graduation fast approaching, ensuring that all students are in classes and achieving curricular outcomes becomes of paramount importance.

The grade 10 project this semester is a theatre production of *The Boy in the Tree House*. Our students have worked very hard to ensure a successful production, and performances occurred on May 23rd and 24th.

The second interim report card for semester two was issued in late April. If you have any questions or concerns about the progress of your Scott student please contact the school. The end of the school year is fast approaching so please mark

your calendars with the following dates. The last day of classes and credit completion is June 21st. Our graduation ceremony will occur on June 27th. Report cards will be available for pick up on June 28th at 8:30 am.

We are living in exciting times at Scott Collegiate, on the cusp of the new North Central Shared Facility. Many planning sessions and meetings have occurred and the tentative construction start date is September 2013 with the doors opening late in 2015. We look forward to registering our neighbourhood grade 8 students and knowing they will be an integral part of the new facility. Registration details for the 2013 - 2014 school year are available through the Scott Collegiate office.

We would like to take this time to thank all staff and students at Scott Collegiate for their hard work and dedication. The hard work does not go unnoticed!

Finally, please feel free to call the school anytime to discuss the progress of your Scott student. We would love to hear from you.



Upcoming Dates for your Calendar

June 21	Last day of classes
June 27	Graduation Ceremony
June 28	Report cards available for pickup at 8:30 am

Earth Day Celebrations at Scott

On Monday April 22, Scott Collegiate hosted an Earth Day celebration. The Scott Collegiate students as well as the 7/8s from Albert and Kitchener learned about Earth Day and what they could do to reduce their ecological footprint. The science 10 students made a short video about the new curbside recycling program the city is launching in July.

Jenna Tokaruk from SaskTel spoke to students about some of the green initiatives happening there. Another video, made by the students, showed 10 ways we could go green.

Some grade 9 students shared letters they wrote on recycled paper they made to the school board about ways we can make our schools greener.

The celebration concluded with some educational games including a trash sort to show how much of our garbage we can actually keep out of the landfill and an ecotrivia game. Everyone got to enjoy earth cupcakes that were made by Foods 10/20/30 classes.



Since we are only given one Earth and it has to last for years and years to come, we need to start taking better care of it. Reducing your ecological footprint is important. Here are ten ways you can GO GREEN!

- 1) Install compact fluorescent light bulbs when your older incandescent bulbs burn out. They use at least two-thirds less energy and last up to 10 times longer than incandescent bulbs. CFLs will save you \$30 in energy costs over the life of the bulb.
- 2) Install a low-flow shower head. They don't cost much, and the water and energy saving can quickly pay back your investment. Low-flow showerheads reduce the amount of water you use by 13 liters per minute. That saves 65 litres of water in 5 minutes.

- 3) Wash your clothes in cold water and only do full loads of laundry. If every household in Canada did this, it would reduce approximately 1.5 billion kilograms of greenhouse gas emissions every year.
- 4) Compost – use your food scraps and coffee grounds to fertilize the soil. Composting can reduce your household waste by 50%.
- 5) Recycle your cans, bottles, paper, tin cans and cardboard. We can keep 70% of our waste out of landfills by recycling. Curbside recycling will make this even easier to do!

- 6) Install a low flow toilet. These will save you at least 13 litres of water with every flush. Alternatively you can fill a plastic container with water and put it in your toilet tank. This can save up to 5 litres per flush.

- 7) Sweep it to Sarcan. Keep electronics out of the trash. Sarcan will recycle your old computers, printers, dvd and mp3 players.
- 8) Use green cleaning supplies or make your own. Most things can be cleaned with baking soda, vinegar or lemons. These are all inexpensive and you won't be exposed to any toxic chemicals.
- 9) Take a shorter shower. Even if you only shorten your shower by a minute or two it makes a big difference. This can save up to 570 litres per person, per month!
- 10) Lower your thermostat. Heating costs rise by 5% for every degree above 20 degrees Celsius you set your household thermostat at in the winter. Put on a sweater and dress accordingly in order to save money and to use less energy. Installing a programmable thermostat will automatically lower the temperature of your house during the day when no one is home and at night when you're sleeping.

Remember that everyone can make a difference. If everyone does a small thing for the environment it has a big impact.





**"Life Under Construction Part 2", Winner of the BEST Multicultural documentary at the 2013 Yorkton Film Festival!**

Congratulations to everyone involved! Starring—youth participating in North Central Community Association's own Transition to Trades. Special Supporting Roles by Jane Gattinger and the amazing Staff.

Doc Producer(s) Geoff Leo, Paul Dederick, Director(s) Geoff Leo, Production Company CBC Saskatchewan.

**ABORIGINAL YOUTH CREATIVE WRITING CHALLENGE & WORKSHOPS**

**Showcase & Ceremony:**  
**Wednesday, June 12, 7:00 - 9:00 pm**  
**Albert Branch 1401 Robinson Street, 777-6076**

In May, RPL's Albert Branch and the Saskatchewan Writers' Guild invited Aboriginal youth to participate in a creative writing challenge to explore Aboriginal culture, language and traditions in fiction, essays, poetry, songs

and plays. All youth who applied to the challenge were encouraged to participate in the workshops.

You are invited to celebrate our young creative writers on June 12 at the Aboriginal Youth Creative Writing Challenge Showcase & Ceremony. Prizes will be awarded and selected readings will be shared.

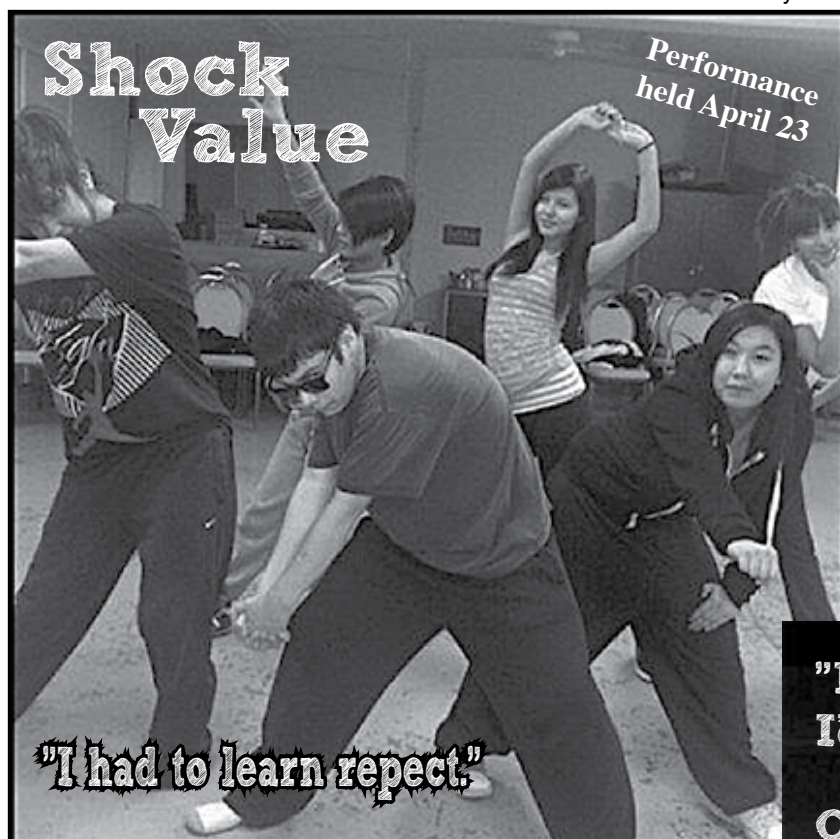
**FARM CREDIT CANADA HELPS OUT DEWDNEY POOL PARK**

In early April North Central's Albert Scott Community Centre played host to **Farm Credit Canada's Regina Spirit Fund** public announcement event. A great turn out of community groups, local press and staff were in attendance as FCC's own CEO, Greg Stewart

acknowledged these wonderful programs and initiatives awarding them each with much needed funding. NCCA's Executive Director, Rob Deglau graciously accepted a cheque for \$6,300 in funding towards revitalization of the Dewdney Park Playground.

**ALL NATIONS HEALIN' THRU ARTZ**

photos courtesy of ANHTA youth



Mayor Michael Fougere brought greetings on behalf of City Council, praising ANHTA for "helping with self esteem for our youth. You build our community and make Regina a better place."

Kudos to Monica Fogel and workshop leaders, spiritual coaches—Elder Norma Jean Byrd and Elder Shirley Bonk (who, sadly, passed away 2 days before the performance) and Lifeskills Coach Doreen Lloyd.

Thanks to sponsors Aboriginal Affairs and Northern Development Canada, Community Initiative Fund, Sask Lotteries, Scooter's Fotos 4U.

It was athletic, balletic and showed off the great energy from youth. They receive so much from the ANHTA program. It deserves to be supported.



Circle Project  
Assoc. Inc.



**Come Celebrate National Aboriginal Day**

Cultural  
Activities

**Friday, June 21 • 2:30pm**

Childrens'  
Activities

Elders'  
Tent

**GRASSICK PLAYGROUND**

**CAMERON St. & 4th Ave.**

**FREE!**

**Community Barbeque  
at supertime!**

**FREE!**

**All Are Welcomed to Enjoy this Fun-Filled Day!!**

proudly sponsored by community partners



For Further Information contact: Circle Project: 347-7515

Citizens marched from North Central to City Hall on Earth Day (April 22). Women carried the four precious elements, Earth, Fire, Water, Air, in glass vaults to protect them for future generations.

Pictured in front is Audrey Cook who is presently participating in "A Walk for Unity" to Ottawa.

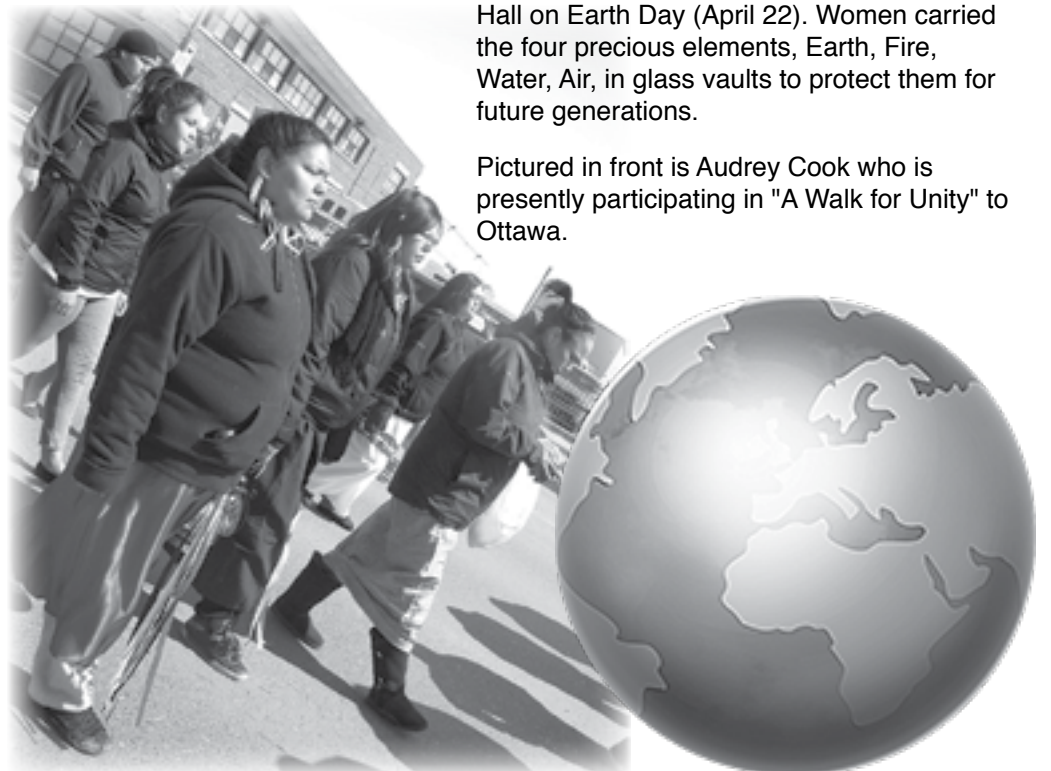


photo by Jan Morier

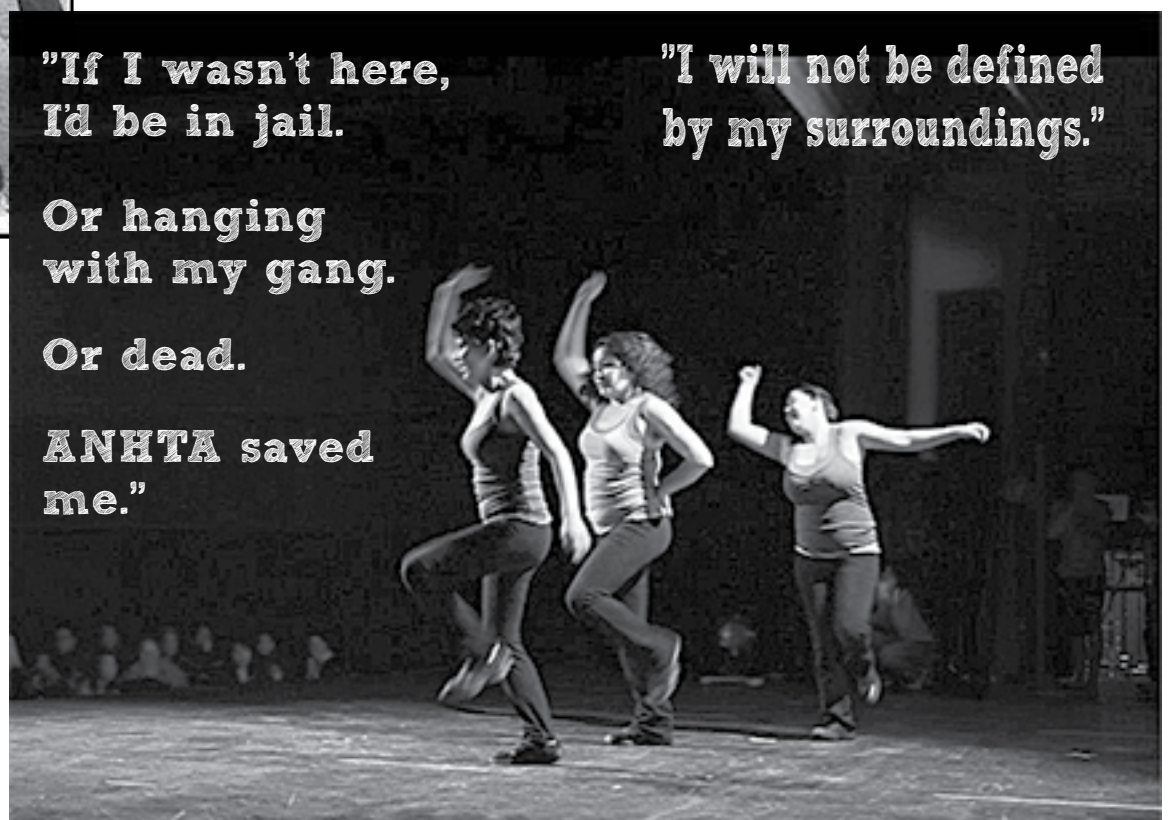
**"If I wasn't here,  
I'd be in jail.**

**Or hanging  
with my gang.**

**Or dead.**

**ANHTA saved  
me."**

**"I will not be defined  
by my surroundings."**







**SEARCH is now on  
Monday Evenings!!!  
Come and visit us  
from 5:30 pm - 8:30 pm  
at Four Directions  
Community  
Health Centre!!!**

# SEARCH

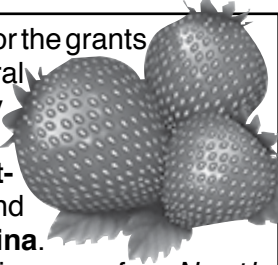
Student Energy in Action for Regina Community Health 5th Ave. & Elphinstone St.

**Andrew SCHEER**  
MP—Regina-Qu'Appelle

Regina: 306-790-4727  
Fort Qu'Appelle: 306-332-2575  
[www.andrewmp.ca](http://www.andrewmp.ca)



Sincere thanks for the grants to North Central Community Gardens from **Walmart-Evergreen** and the **City of Regina**. The August issue of *North Central Community Connection* will feature all the gardens' growth!



**PharmaChoice**  
Stapleford Pharmacy  
4113 - 5<sup>th</sup> Avenue  
Regina, SK Ph: 545-5900

MON - FRI: 9-6; SAT: 9-4  
10% Seniors Discount  
Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP



An Autobiography in Five Short Chapters  
by Portia Nelson

*Chapter One of My Life*  
I walk down the street. There's a deep hole in the sidewalk. I fall in. I'm lost. I'm helpless. It isn't my fault. And it takes forever to find a way out.

*Chapter Two of My Life*  
I walk down the same street. There's a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place. It isn't my fault. And it still takes a long time to get out.

*Chapter Three of My Life*  
I walk down the same street. There's a deep hole in the sidewalk. I see it there. I still fall in it. It's a habit. My eyes are open. I know where I am. It's my own fault. And I get out immediately.

*Chapter Four of My Life*  
I walk down the same street. There's a deep hole in the sidewalk. I walk around it.

*Chapter Five of My Life*  
I walk down another street.

## FOOT CARE SERVICES

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

*To all the people in the North Central Community, I had my first experience with foot care. The staff are highly qualified and licensed in this area. My experience, was the best I've ever had. It doesn't even compare to a pedicure. I will be coming back on a regular basis, as this was just amazing as well as relaxing. I would highly recommend this facility and its staff to anyone who has diabetes or just needs personal foot care.*

*Joselyn Larsen*

- 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





### PlayEscapes—Kids play for free July 8 to August 16

A FREE summer drop-in program offered by the City of Regina. The program is a leader-facilitated play opportunity to develop and foster life skills, creativity, imagination, positive self-image and promote a physically active lifestyle.

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, July 8 to Aug. 16 (no program on Mon, Aug. 5)  
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.

Parents/guardians will complete a Participant Information and Photo Release form on the first day their child(ren) attends the program.

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

### 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 Family Centre vs Regina City Council! Annual Volleyball Tourney at Albert Community School. Featuring the startled faces of Councillor Wade Murray, and NCFC's Ben Hernando and Sandy Wankel! If you thought they looked surprised, you should have been the photographer!

*North Central mourns the loss of our friends and role models **Elder Shirley Bonk** (April, Regina) and activist **Stella Rogers** (February, BC).*

*Shirley Bonk worked dedicated in the community and Stella was a tireless advocate for the homeless, notably with Occupy Regina.*

**Thanks to Loraas** for supporting **Transition to Trades** as students rebuild their lives while rebuilding their community.

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

**Babysitting Class** June 22, July 6, July 28, August 16  
Cost \$40/person includes all materials, Basic First Aid and CPR training and a certificate of completion.

**Personal Care Worker (PCW) Course** July 13 & 14, \$135/person (16 hours): is useful to anyone who has to provide support for elderly or infirm residents. The course is conducted by a certified nurse (RN, LPN or RPN) and is a combination of practical activities and theory sessions.

**Pet First Aid** (4 Hours): Introductory look at basic life-saving techniques for the family pet. It provides the tools to respond safely and effectively to emergencies involving domestic animals.  
July 15, Aug. 6 (12nn-4:30pm)

### REGINA RENTER'S GUIDE

*Solutions to the 5 Biggest Challenges to Keeping a Roof Over Your Head*

Produced by Project People [reginapeople@gmail.com](mailto:reginapeople@gmail.com)  
2013 first printing sponsored by Kids First

Filled with important information for first-time or seasoned tenants, this 60-page booklet is the brainchild of Project People. This group is a network of volunteers and donors who help the homeless or those at risk of being homeless. Project People supports the good work of existing agencies. One such effort has been the development of a *Regina Renter's Guide*.

The target audience is those who have never rented before or who haven't rented in awhile or people who face challenges with renting. The guide is an easy to read, practical, skill building book to help understand how to be a good tenant. Some of the topics include budgeting, landlord responsibilities, tenant responsibilities, caring for your home and stretching your food dollar.

This will be a tool for landlords to help tenants who are struggling to meet their responsibilities. Agencies can use the guide to educate their clientele and help them to be better renters. Project People provides this resource to agencies and their clients at no cost.

Project People hopes the *Regina Rental Guide* will help people in a practical way during this housing crisis.

*Regina Rental Guides* have been distributed to a number of agencies. Check in whichever agency you are involved in or ask at Four Directions for a copy.

Lisa Workman of Project People says "So far, feedback has been very positive. One community member already told me that she has used the Guide to help deal with a mould issue at her home."

## 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 August issue is JULY 12, 2013**

### YMCA Summer Day Camps

start July 8 and run weekly until August 26. For more information visit [ymcaregina.squarespace.com/summer-day-camp/](http://ymcaregina.squarespace.com/summer-day-camp/) or call 306-757-9622

### Care & Share Seniors Lunch

wraps up for the summer on June 18 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

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

**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.

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





Are you an active person? Concerned about your community? Then consider running as a board member at your AGM. The association has been active in rebuilding your North Central. Be a member-at-large or take 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.

Take part and have your say! Review the events of 2012. Consider letting your name stand for the Board of Directors. Members, this is your invitation and a call to action.



Monday  
June 17

Albert Scott  
Community  
Centre

Registration 6:30  
Meeting begins  
7:00 pm

North Central Community Association

MISSION STATEMENT

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

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

VISION STATEMENT

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

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



Dial 306 before calling!

NORTH CENTRAL PHONE LIST

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

Organizations & Agencies

Aboriginal Family Service Centre .....	525-4161
Aboriginal Skilled Workers Association .....	337-0400
AIDS Program South Saskatchewan .....	924-8420
Albert Library .....	777-6076
Albert-Scott Community Centre .....	777-7033
All Nations Hope AIDS Network .....	924-8424
Bylaw Enforcement .....	777-7000
Child and Youth Services .....	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
Circle Project Childrens' Centre .....	569-3988
Circle Project Infant Centre .....	949-4911
Early Years Family Centre .....	533-9644
Ehrlo Sport Venture Program.....	751-2411
First Nations Employment Centre.....	924-1606
Four Directions Community Health .....	766-7540
Gathering Place .....	522-7494
Greystone Bereavement Centre .....	766-6946
Indian M�tis Christian Fellowship (IMCF) .....	359-1096
KidsFirst Program .....	766-6792
Kids Help Phone .....	1-800-668-6868
Mobile Crisis Services .....	757-0127
Morning Star Ministries .....	757-8421
Newo Yotina Friendship Centre .....	525-5042
North Central Community Association (NCCA) .....	791-9888
North Central Community Health Office (Nurse) .....	757-1046
North Central Community Police Service .....	777-6450
North Central Family Centre .....	347-2552
North Central Kids Music Program .....	545-3737
Oxford House Society of Regina Inc. ....	205-7355
Pasqua Hospital.....	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6780
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police .....	777-6500
Regina Crime Stoppers .....	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman .....	787-2699
R Healthy Food Store .....	359-0541
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement .....	787-4723
SEARCH .....	551-3366
Sepak Takraw Saskatchewan (STAS) .....	584-8778
Souls Harbour Rescue Mission & Youth Centre .....	543-0011
Street Culture Kidz .....	565-6206
SWAP.....	525-1722
Traditional Grandmothers' Guidance Centre .....	352-2241
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	

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:  
ANHITA Youth Joely BigEagle Kequahtoway  
Monica Fogel Starla Grebinski  
Jan Morier Michael Parker  
Maxton Priebe REACH  
Det. Const Dave Scantlebury  
Scott Collegiate SEARCH  
Neil Vandendort Sandy Wankel  
Lisa Workman

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

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

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

DEADLINE for  
AUGUST ISSUE  
July 12, 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



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

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



MCF Youth Worker Betty Krohn doesn't hesitate. "We love them endlessly. I'd lay down my life for them."

She is praising the members of the Chimatawa Family Youth whose only membership fee is Respect.

"They are the hope of the future." Betty says. "I ask them '20 years from now, which one of you is going to be the youth worker here?' We nurture them here. We're not comfortable with being tough, but sometimes we have to be."

In fact, in 2012, one of their own, Miranda Coté, was chosen as North Central Youth Volunteer of the Year. It's said 'She is not only a stunning example to her peers but to the adults of our community.' This proves these youngsters are practicing the elements of the Circle of Courage: belonging, mastery, independence and generosity.

Betty adds "If we had 20 of these programs in the neighbourhood, we'd be in good shape."

Traditional Dance has been running four years and has become one of IMCF's major programs. To get kids in the groove, Program Assistant Steffi Parker offers hip-hop for strengthening muscles and bones.

That leaves Betty to focus on the youth creating their own dance regalia. "Handwork is done but they're not strong on beadwork yet so we do a lot of appliqué. They're developing skills, from no training to quite good sewers".

Regalia design is inspired by the traditions and by their own imaginations. "First, they need to get their colours, usually four." Betty explains. "They talk with their parents and get their Indian Names. They must find the animal that represents them,



is meaningful to them. It may be a clan inheritance, or it may choose them."

This oral history helps to bond families. Involvement and teachings reflects the name Chimatawa Family Youth Group. It encourages families to touch base with their spirituality, be it Traditional or Christian.

"Some kids flounder and we've had to take them in hand," Betty adds. "But most are very enlightened. They know a lot more than they tell us." When presented with a rainbow of fabrics, Betty asks them 'What do you see? What calls to you?'

Betty smiles, "Some are drawn to certain colours right away, they're in tune to something, to their definition of getting in touch with God. They design saying 'I

want this animal' or 'I want bear paws here'. We let them make their own choices. It's healthy decision-making and we have fun doing it!"

Looking at older pictures from previous National Aboriginal Days' events, you can see the progress, Betty says they've matured and their dancing has improved They seem to enjoy gliding in the powwow dance, even on a hot June day.

Betty remembers a couple of incidents where they had to do all of their dancing in one performance. "That's not the way it's done, each dance has its own music. At that moment you have a chance to reach into their lives and teach them—it's not about the music, not about how good you look, it's about how you dance before the Creator. Show Him your heart and the music will just be the added part. And your outfit and you, that's all there is. I've watched them struggle a few minutes into the dance as they try to find the right pace. When they find their step, you know they're growing. They're accepting and adapting."

Steffi adds: "Even though dancing is a physical activity, it's also very spiritual and emotional. It's a holistic approach. Dancing takes endurance and you have to strengthen your muscles. It's also a connection with who you are and expression of that, as well as a connection with the Creator." Chimatawa Family is trying to build up our North Central children by validating their own self-image, their own view of the world. The group is trying to make a difference in young lives. So when they leave Chimatawa, they'll build on the basics that they've learned here.

Betty says "We try to bridge the Christian way and the Aboriginal culture. Sometimes it takes a long time to come to the answers to our questions. But the youth make their own choices."



**THE SALVATION ARMY**  
**HAVEN OF HOPE MINISTRIES**

2240 13th Ave.      306-757-4600

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

Helping to make a difference  
in someone's life

**Summer Camps**  
**ADVENTURE CAMP**  
July 22 - 26  
for children age 7 - 12

**TEEN CAMP**  
August 12 - 16  
for teens age 13 - 15

The cost these camps are \$220.00 but there are subsidies available from our office. Registration is on a first come, first paid basis. For more information call 306-757-4600.

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



**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 & 7<sup>th</sup>)  
[www.smithsinsurance.ca](http://www.smithsinsurance.ca)

**Do you—or someone you know—  
have a beautiful yard?**



**Enter the:**  
**Beautiful North Central  
CONTEST**

Contact NCCA with  
n o m i n a t i o n s .  
We will send our  
photographer to  
meet with home  
-owners and capture  
the beauty of their  
yards or gardens.

**The loveliest yards will be  
featured in the August issue  
of Community Connection.**

**Winning entries will receive  
a prize! DEADLINE: JULY 6**

North Central Community Association • 1264 Athol St • 791-9888