

Ivan Amichand Celebrating a Legacy

Sandy Wankel

It is my extreme honour and privilege to share my thoughts on one of the most amazing human beings I have ever met: Ivan Amichand.

I have always believed that you can tell the measure of a man by their priorities in life. Ivan's priorities were spot-on.

His first priority was his beautiful family, his two fine sons and his lovely daughter-in-laws. The love he shared with his four grandchildren was an absolute joy to watch.

His second priority was what was to become his second family—all of us at the North Central Family Centre. His dedication, long hours and love for the Centre was unparalleled.

Ivan was many things to many people at the Centre. To some he was a counsellor and friend who spent hours listening, healing troubled hearts and lives. His understanding, thoughtful and expert advice consoled many residential school survivors, aiding in their healing. He simply gave as many hours as it took.

To our staff and youth he was a mentor, a father figure and a role model. Ivan's office door was always open to whomever needed a listening ear, caring advice, or professional counsel for a personal problem. He literally changed lives. He strongly believed in the ability each person possesses to change, to evolve and to grow. And he inspired so many people to do just that.

Ivan frequently reminded our staff to never underestimate the difference they were making in the children's lives. He encouraged them to look for opportunities to do good in our community, to become someone's miracle and to make a difference.

Ivan's colleagues and friends were his second family and they were sincerely happy to express their love and appreciation for Ivan's influence and mentorship. See page two for some heartfelt sentiments.

Donations in Ivan's memory may be made to the North Central Family Centre, 2931 5th Avenue, Regina S4T 0L4

We sing for their departure from this life and separation from us, but also because there is a communion and a reunion. For even dead, we are not at all separated from one another, because we all run the same course and we will find one another again in the same place. We shall never be separated, for we live for Christ, and now we are united with Christ as we go toward Him... We shall all be together in Christ.

Larson Schultz, age 15

When I was asked by a writer for the *Leader-Post* if all the things people were saying about Ivan were true, my reply was, "take everything people have said and take it up a few notches!"

Few people leave such an incredible legacy. Ivan was one in a million. He gave so deeply to our community and always in the background, never taking the spotlight, but instead pushing up others. He is missed.

Wade Murray, City Councillor, Ward 7

Ivan was born in 1946 in the village of Barrackpore in south Trinidad. He came to Regina in 1965 and completed his high school and university education here and in Ontario. After a career as a social worker he and his good friend Sandy Wankel started the North Central Family Centre in 2002. He worked long days at the Centre. He passed away, doing the work he loved, on December 17, 2013. The people whose lives he touched filled the Knox-Metropolitan United Church on December 22.

photo courtesy Sandy Wankel



Ivan, Sandy, Rev. Bob Leeson, Ben Hernando, recipients of the Queen's Diamond Jubilee Medal, 2012

Personal development for our staff and youth was so important to Ivan, as he knew he was molding lives. His favourite message to them so accurately described how Ivan lived his life.

He reminded us that—"Today, and every day, deliver more than you are getting paid to do. The victory of success will be half won when you learn the secret of putting out more than is expected in all that you do. Make yourself so valuable in your work that eventually you will become indispensable. Exercise your privilege to go the extra mile, and enjoy all the rewards you receive. You deserve them."

Ivan dedicated his life to the Centre and to ensuring that every child had the opportunity to reach their full potential. He worked tirelessly to provide a safe environment in which they could grow.

Ivan was absolutely delighted to have people walk through our doors. His warmth, respect and enthusiasm made everyone who entered feel special. NCFC is a special place—and Ivan set the tone. He genuinely loved our friends and supporters, and was so very thankful to all who were helping in our cause.

Ivan's outgoing, infectious personality brought love and laughter to our Centre. The camaraderie that we shared cannot be replaced.

Many are unaware about the third family in Ivan's life—his congregation at St. Andrew's United Church. Ivan derived such joy in leading their services twice monthly. He deeply loved the congregation and spent hours researching the scriptures to find the perfect words to feed their spiritual needs. It was in this role Ivan reaffirmed his unwavering faith in the Lord.

On many occasions, I had the privilege of sharing thoughts on God and spirituality with Ivan. We often discussed what God requires of us in this world. Ivan summarized the Prophet Micah:

To do justly
To love mercy
To walk humbly

Ivan not only exemplified but epitomized so admirably these high qualities.

To quote Shakespeare:

**His life was gentle
And the elements so mixed in him
That nature will stand up
And say to all the world—
'This was a man.'**

REV. ROBERT "BOB" WILLIAM LEESON
May 27, 1947 – December 24, 2013
North Central Family Centre's good friend,
Reverend Bob Leeson, lost his courageous battle with cancer on Tuesday, December 24, 2013.

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He was a friend first and a colleague second. I worked with him lots, so the loss is devastating. My children come to the centre daily and every day they come home and tell me what they did at the centre always positive things. They feel the loss and talk about it all the time. I try to explain it to them but they're a little young (5-10 years old).

Raymond Lagimodière

Ivan, I will miss you always and I know there will be things in my life that will always remind me of you and who you were and what you brought to this world. You have left a great legacy behind!

May your family and friends find peace and I know wherever you are and whatever you are doing, there'll be that smiling, twinkling-eyed angel watching over them, forever and always. You are missed.

Your friend, Carol Erickson

I will always remember about Ivan (when I) was at the Family Centre two Sundays (ago). It was very cold outside. He let me in the Family Centre to warm myself up. Then I waited for the city bus to go to the Mental Health club.

When people are really upset Ivan talked with them then they are really happy.

Anonymous

Ivan was my closest friend. I could talk to him about anything at all and he would understand me completely. I have shared all of my deepest secrets with him. He helped me through my problems, like when my best friend moved to British Columbia. If I had any problem I would go to Ivan and he would be there with open arms to comfort me. He was an inspiration to many people and he would help anyone under any circumstances

Ivan was a remarkable man. His heart was pure as gold. My thoughts on his passing are that he was needed back up in heaven. I believe that he wouldn't want us to be sad. He would want you to be happy about all of his accomplishments. I understand that it hurts to see him gone, but right now we need to be strong for each other and for ourselves. Ivan will always be with us in our memory, souls and hearts. He loved us all so much and we returned that love, not only to him but to all of the people around us. He is an amazing role model to all of us. I wish I could have said goodbye.

Alex Pederson, age 15

Ivan was like a father to me and every time I needed somebody to talk to he'd have time to listen to me. The times I'll really miss him is when he gave me heck all the time. If I'd do something really—not the great way—he'd tell me 'okay you've got to try this way, not this way.'

And he told me "Mel every time people judge you, don't listen to them, just tell them "please don't say that again." He was a gentle teacher.

Mel Burton

I'm proud and pleased to say something about Ivan. Ivan didn't just say things, he actually lived them every day. He'd come here, he'd say hello to everybody, he'd answer the phone and he would say 'have a nice day' or he'd be laughing as soon as he picked up the phone, you knew it was Ivan.

He was a part time preacher but he didn't preach to the kids—he did things. He showed respect, he taught them many, many things. He was anti-bullying, he was against discrimination, and he lived every day like it was a big dream of his to take care of others, to make others happy.

A lot of the youth had no mother or father or they didn't have a happy home life. They would come here looking for love and friendship and Ivan gave everything he had.

Garth Solar

I and my oldest son usually come on Fridays for the Bingo. He was a friend, a father figure. If there were any problems that anybody had, they knew that they could go talk to him no matter what time of day or night, he was always there, he was always happy. And if you were down he was always there with a smile on his face. That really cheered me up a lot of times and that's why I really enjoyed coming here on a Friday morning. He would ask you how your week was. I miss him tremendously already.

Gloria Belhumeur
Resident of NC for 19 years

I've known Ivan about 6 years. He's a very good guy. A sweetheart. He helps people always. White, Black, Muslim, Christian, for him, it's the same. I know from (losing) him, I just cry all day. Because he's a very lovely guy. I hope lots of people come in the same as him. To help the people to work for the people. That's very important.

Alieh Soliemani

He's a fantastic friend and a fantastic man. *Lil - NCFC*

I first met Ivan at NCFC when all the fracas was about Residential School issues. I had no idea of how to deal with that. Ivan had a way of dealing with what seems like a crisis and bringing it to a level where it is manageable. From that point we formed a friendship. Whenever I had personal issues, he always had a down-to-earth, right-to-the-point answer and what makes Ivan so unique with his work—he had this cheeky glint in his eye and he'd stand there for this one little second he'd be playing with his pen, twirling it in his fingers and he had this little smirk, you know darn well he was going to say something funny to you. And when he did, he made everyone laugh and come to life. I'll always cherish those moments, the Centre, and the Friday Bingo players will sincerely miss our dearest and very loving friend who had the gifts of God sent to change people and make them smile and laugh. That inner spiritual peace was really contagious.

Darlene Shepherd

Ivan was a great guy to me. Ivan was caring, he wanted to give back. To me that's one of the hardest things. I notice in my 64 years—is people who try to get people to give. That is a tough thing to do. And that's what I saw in Ivan. He got me to give more now. I really try to concentrate on that. Have some people come out here and give. Try to get some people to clean up around this neighbourhood. Look—I mean that's what I'm talking about—giving. It ain't about no cash, I'm talking about giving. So that's what I got out of Ivan. So thank you Ivan, God rest your soul and maybe you'll open up the gates for me some day.

Phillip Price
(former Alouette Grey Cup '74, former Roughrider)

Ivan was the kind of person who set out to change the world for the better—and that work started right here at home in North Central Regina. He did so on his own terms, with love in his heart, music in his voice, a twinkle in his eye, and a big smile ready to break into a laugh. Ivan will be dearly missed, but his legacy of caring, friendship and generosity lives on.

Warren McCall, MLA
Regina Elphinstone-Centre

When I wasn't working I used to come here and have great talks with Ivan. I felt Ivan was a sort of Guardian Angel for North Central. He helped out a lot of people in big ways. I'm really gonna miss him.

Tryane
Resident of North Central.
Former employee of NCFC

At 67 years of age, Ivan passed away far too young. His funeral on Sunday (Dec. 22, 2013) was attended by people from all levels of government, cutting through all partisanship, plus the business community, multiple volunteer organizations, urban Aboriginal leaders, and the general public, including many of the kids and families he helped. He cut a very big swath.

Ivan's service was unstinting. His caring was authentic. He made a big difference in a great many lives. So it's no wonder that people in North Central call him a hero. And he'll be deeply missed.

It's hard to say good-bye to such a wonderful human-being, but Ivan's vivid example of living those very qualities will last in our memories for a long time.

Ralph Goodale, MP for Wascana
Blog of Dec 23/13 (excerpt)

I knew Ivan as a friend and a brother. I enjoyed his company here. He'd minister the Saint-Andrews Congregation at Knox-Met Church. I really enjoyed his ministry which carried on to the centre here. It's a lot of work here, a lot of people needing help and Ivan is always here to help - fill out applications or just to encourage them in their walk. Really devastating when I found out he passed away.

Ted Boa
NCFC Volunteer

Ivan was a good guy. He inspired me to build dreams and goals. He always loved it when I gave him free tickets to go see professional wrestling. I'm going to miss him a lot. He was a good community member, he had a good heart.

Perry Boyko

Ivan was such an amazing man. He was a strong, kind, funny and generous person. He had a serious side also, especially when it came to the community. When people needed help to get somewhere in life he was the one to come to. He would go above and beyond to help you.

He never judged you on whatever you did wrong in your life, he would say "It's like driving a car, you look out the front window not the side or the rear windows—that was looking back into the past, and you can't change the past. But you can learn from it."

Ivan would never give up on a person but he never really cared for the computer. He would say "Alice, can you fax this? My fingers are tired." or "can you send this email for me?" He always had funny reasons not to do it.

He was a great and amazing man and always smiling. I am going to miss him so much.

Alice Ewenin



**BULLYING:
A Community Approach**

“It’s unjust. It’s unfair, especially if you’ve done nothing to deserve it. Even if it doesn’t seem like it, it is harmful.” ~ T.H.

Bullying is not just a part of growing up, but it seems to be normalized. It is unjust and unfair for victims to not have their voices heard, and justice for them needs to come from our community. Often, victims are not provoking the bully or retaliating against them. Victims may be chosen as the target as they are perceived as 'different' by their peers. This may include targeting one's nationality, religion and sexual orientation, to name a few. Targets such as mentioned, may directly and negatively impact self-esteem and self-worth. This may often cause a long-term negative relationship between peers. Those who experience bullying are found significantly more likely to be depressed or to commit suicide. However, there are individuals who witness or know about bullying and may choose not to become involved which may be just as victimizing. Bystanders may not always get involved due to their own personal fears or a belief they can't actually help; however, they could just as well play a key role in neutralizing the situation. Our community should step up and challenge the idea that bullying is a 'fact of life'. Bullying can be harmful, even if it does not seem that way.

The community as a whole needs to take responsibility for youth and ensuring justice. Even with all of the awareness and initiatives of recent years, this continues to be an issue for youth and adults as well. The provincial government, as of last year, completed discussions with the community on this issue and emphasized a holistic approach. This approach emphasizes the community's role in supporting victims and reducing bullying and suggests how to assist the community in achieving this goal. Bullies are often victims too; healthier relationships within the community and between youth are needed.

HealthLine (www.health.gov.sk.ca/healthline) 811

**For more information about bullying and anti-bullying initiatives:
www.education.gov.sk.ca/anti-bullying**

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.

How do You Know if Someone is Being Bullied?

The signs of whether a youth is being bullied or not will vary. Maybe the bullying only occurs on school grounds or maybe it is restricted to social media. The most important tip is to talk to your kids both about whether they're being bullied and about bullying in general. Other signs of whether your child may be experiencing bullying can include:

- Not sleeping or eating well
- Being anxious or stressed out (especially while or after using social media)
- Decreased self-esteem
- Decline in grades or a lack of interest in school
- Avoiding social situations or refusing to hang out with friends
- Lost possessions such as clothing or electronics

It is important to understand that kids who are being bullied often feel isolated and helpless, which means they are less likely to reach out to others or talk about the issue. Try to give them the opportunity to talk about it comfortably and without pressure to discuss their experiences, bullying, and its impacts.

Adapted from www.stopbullying.gov

KIDS HELP PHONE
1-800-668-6868 – available 24 hours a day,
7 days a week across Canada

Saskatchewan Government on Anti-Bullying

After hearing from over 1,000 Saskatchewan residents and gaining knowledge from the research process, the Legislative Secretary drafted a proposed definition of bullying and six key recommendations to address bullying and cyberbullying in Saskatchewan. The definition is the following:

Bullying is a relationship issue where one person or group repeatedly uses power and aggression to control or intentionally hurt, harm or intimidate another person or group. It is often based on another person's appearance, abilities, culture, race, religion, ethnicity, sexual orientation or gender identity. Bullying can take many forms; physical, emotional, verbal, psychological or social. It can occur in person or through electronic communication.

These recommendations speak to the need to:

- update policies and procedures in the education sector to ensure consistency in the prevention, rapid response and intervention in bullying incidents;
- develop an anonymous online reporting tool for the reporting of bullying incidents;
- assess the implications for Saskatchewan of upcoming federal cyberbullying legislation;
- support students to develop appropriate and responsible online behaviour;
- provide a stand-alone website for anti-bullying tools and resources for students, families and educators; and,
- engage youth in building solutions to address bullying.

For the full report, see www.education.gov.sk.ca/Anti-Bullying/campeau-report.pdf

Bullying in the Workplace

Written by: B.P.

Your boss should never humiliate or threaten you emotionally, mentally, or physically. This was a big problem in my first job, but I didn't realize it. Workplace bullying isn't recognized that often, but it is a problem facing people, especially young adults. Young people don't always know what to expect of their bosses or what kind of behaviour is okay. When I was younger, I excused the constant negative feedback from a boss because I thought it was how they managed. What I failed to see was how this was negatively affecting my schoolwork and social life. Bullying from one's boss isn't just part of their role or their style of management; it is an abuse of their position. Bosses giving employees instructions and feedback isn't harmful, but when this turns into constant negative feedback, harassment, and threats, this is bullying. For people starting out in their first jobs, this harassment may go unnoticed and result in stress, anxiety, and physical illness, which can be increased as the bully threatens their position. No one should feel that they have to put up with workplace bullying to keep their job, and managers, store owners, or even district managers should be brought in to try and resolve the problem.

Bullying Affects Everyone

Youth who are perceived as being different by their peers are very often targeted by bullies. For youth who identify as two-spirit, gay, bisexual, and/or transgender, bullying is a serious problem. Youth may feel socially isolated because their family and friends might not be supportive, and they might feel as though there is no support for them in the community. When the bully taunts or harasses the victim, they are directly impacting how that person feels about a key part of their identity. The bully is controlling an important part of the person's sense of self. It is not just about name-calling and exclusion because the impact on the victim expands outwards from the words and actions of that one person. This bullying comes paired with serious and lasting consequences for not only the victim, but now for the offender as this behavior is increasingly being seen as not appropriate. There is more and more legal intervention, but along with that needs to be more education and support for youth.

**U of R Pride Centre for
Sexuality & Gender Diversity
Riddell Centre 225,
University of Regina
www.urpride.ca
306-586-8811 ext. 207**



Regina Alternative Measures “Be a Friend, not a Bully” colouring contest winner!

Anna is a 10 year old girl who values being a friend rather than a bully! Anna submitted her colourful artwork to RAMP in December and won a movie pass for two to the Galaxy Cinemas! Congratulations Anna! Thank you for your support against bullying!

Change on the Way for NCCA

Carol Kirk, President NCCA

I wanted to take this opportunity to share some thoughts I have had over the last few months. As any of us living and working in North Central know, changes are happening. The Shared Facility is nearing the end of the planning stage and we are told that ground breaking is going to be happening some time this year. We know a new stadium is going to be built in the near future and decisions are soon going to be made for the current Mosaic Stadium land. A hotel is near completion and a new one is to start up in the next few months. Those are just a few of things changing our community.

There are other changes happening too. Ivan Amichand has left us and the community mourns his passing. On behalf of NCCA I would like to add our condolences to his family and colleague.

On a different note, Rob Deglau, the Executive Director of North Central Community Association (NCCA) has stepped down from that position and will be continuing in a

public relations capacity over the next couple of months. He has been such an encourager and motivator for social concerns and change in North Central Regina for more years than I am aware. Rob has spoken to me many times about how important it is to bring people together and let them make things happen that I see that's where his heart is; helping people to help make change happen.

Michael Parker has accepted the Interim Executive Director position. Michael has most recently been the Projects Manager at NCCA and brings a 'toolbox' of skills to the position.

All of this brings me to the ideas I'd like to share. Change is both exciting and alarming; it can be good, but we're not always sure it will be. While there are times I struggle with change, one thing I know is that if I don't work with change, it'll roll right over me and keep on going. What helps me to work with change is to keep in mind what my goals

are. Do I want a cleaner back alley? Then maybe I could take 20 minutes to pick up some of the stuff. Do I want to see children safely playing on my block? Then maybe I can sit on my steps and be a presence. It doesn't take great amounts of time or money to make changes; commitment to being a positive presence and being that a few times a week really doesn't cost much.

Being committed to change means we also have to care. That's probably the hardest part of this; there may be some who criticize what we do (or don't do!), there may be some who say we're wasting our time and there may be some who actually try to work against us. But nothing can destroy the feelings of satisfaction and pride (not boastful pride, but dignity pride) that come from knowing we've done a good job.

So I want to end this with a friendly challenge—is there one big or one little thing you can do in your community to make it safer and more caring? If you can think of one thing, I encourage you to try it—even just a few times and help us make North Central a safe, vibrant and attractive community.

Being committed to change means we also have to care.

ROB'S OPEN HOUSE CELEBRATION

MARCH 28 2014

1:30 to 4:00 program at 2 p.m.

Albert-Scott Community Centre

If you have stories or photos of Rob you would like to share please contact Michael.

Michael Parker's new email
exec.director@nccaregina.ca

Rob Deglau's new email
CommunityRelations@nccaregina.ca

Main office line: 306-791-9888

There will be a Celebration of Rob's contribution to the Association and North Central on March 28 2014 1:30 to 4:00. Rob will be continuing part-time with NCCA during the transition and sees himself staying involved in the community. Rob's hoping to work on various other volunteer projects, is considering returning to university, and may be able to spend a little more time on his sailboat.

Michael Parker has been appointed as Interim Executive Director of NCCA.

TRANSITION TO TRADES

NEED A GOOD JOB?

WHAT YOU WANT:

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

WHAT WE WANT:

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

APPLY NOW!
1459 Retallack St.
PH: 306-791-9530
admin.tt@nccaregina.ca

TRANSITION TO TRADES

saskjobs.ca

A gathering to remember those we have lost due to tragedy

February 14 • 11:30 - 1:00

Angel Square behind the Territorial Building
3304 Dewdney Ave.

Dewdney Ave. & Montague St. Dress for the weather

YOU ARE REMEMBERED
YOU ARE LOVED
YOU ARE MISSED



In the fall of 2009, the City of Regina recommended that the park on 3300 Block Dewdney Avenue be named Angel Square.

This was to show support for the Iqaluit, Nunavut Angel Street Project to have all Canadian cities designate a street to commemorate the victims of violence and bring attention to the issue of family violence. It is also a reminder that there are safe places in Regina to seek support.

The park is also home to an outdoor swimming pool and play structure that is used by families and children.

Destination Imagination!

Since the beginning of December, middle years students at Wascana School have been participating in a program called Destination Imagination, which encourages teamwork, creativity, ingenuity, and cooperative learning. Each week, teams of students are given specific challenges and a variety of materials that they are able to use. The goal is to meet the challenge within the time allowed using only those materials.



Communication is a major component to each group's success, and we have been very encouraged by the progress many of our students have made in their own communication skills. Working as a cooperative group and encouraging the contributions of others are going to be extremely important skills for our students to have as we transition to Seven Stones Community School next fall, and through their work with Destination Imagination, they are being given an important chance to practice these skills in a fun way!

Jason Howse,
Middle Years teacher

The challenges have varied greatly, from building a device to carry chickens across the road, to silently constructing a shelter using only newspapers and tape. During the building process, students must look closely at the materials they have available to them and think about their possible uses. It is always interesting to see how many completely unique solutions the groups have come up with for the same tasks!

On Dec 18, the students of Wascana Community School hosted their Christmas Concert with afternoon and evening performances. Every classroom from Pre-Kindergarten to Grade 5 did a group performance which included actions, dancing, singing—even a video. While the little ones always steal the show, it was a variety-packed evening with parodies, traditional Christmas carols and several selections sung in Cree. With so much talent, we were able to showcase our senior students as well, through solos, duets, a choir and guitar players. We were very fortunate to have Jonathan Ward and our students from the fiddling program perform two songs as well. In fact, our program was so full, the Jiggers and the Junior Choir had to save their performances



for our Evraz Turkey Dinner the following Friday! Students from 7/8 assisted with set-up and decorating, as well as with the candy canes and hot chocolate that followed the concert. Our Nutrition Coordinator provided us with turkeys and oranges to raffle. It was a wonderful time for families and community members who proudly watched our students perform at their school—for the very last time. Yes, it actually was Wascana's last Christmas Concert, as we transition to our new building—Seven Stones Community School, where the music is sure to continue.

Money Can't Buy Everything
Money can't buy you everything
Sometimes you want to see a ghost
because it feels like you're at the end of a coast
when someone's life is gone
just like a running fawn.
Money can't buy you everything

by Cassidy Bigeagle

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

Grade 7/8 Indigenous Studies Group of 7 Art Project

The Grade 7/8 classes at Wascana School recently completed an art history unit that emulates the work of Canada's ground-breaking Indigenous Group of 7.

The Group of 7 are seven influential First Nations artists: Norval Morrisseau, Daphne Odjig, Jackson Beardy, Eddy Cobiness, Alex Janvier, Carl Ray, and Joseph Sanchez. They organized themselves in the 1970s as professional artists to gain respect and recognition as contemporary First Nations artists. Their legend paintings tell stories learned from the artists' traditional family stories and values. Their innovative art revealed the resilience and strength within these residential school survivors, painting works that brought political, social, and cultural issues to light for all of Canada.

The students attended the Group of 7 art exhibit at the MacKenzie Art Gallery and chose an artist to study. The students then created a painting similar to their artist of choice.

The students' amazing artwork is currently on display throughout our school. ~*Kiyanaw masinpahonak, Kiyanaw mitsamin tohtamowin~ (Our Pictures, Our Traditions)*



Ivan Amichand meant a great deal to many people.

In 1996 Ivan brought a van full of young people from his program at the NCFC to the Teen Program at the Core Ritchie Neighbourhood Centre. While supervising and participating with the youth in various sports and activities Ivan, my co-workers and I got acquainted with one another. Over the next twelve years, the North Central Family Centre and the Core Ritchie Centre formed partnerships and hosted many different activities for children and teens. During that time I also had the privilege of working with Ivan's sons Willy and Robert (JoJo).

In 2000 I bought a house in North Central and in 2003 I began working as a TA at Wascana Community School. I have always looked forward to crossing paths with Ivan at community events.

Ivan had a wonderful sense of humour. Young people and adults found Ivan to be approachable and easy to talk to. He worked tirelessly, always going the extra mile.

After his passing I watched and listened to local newscasts. Some of the youth interviewed described Ivan as "fun, kind and generous." One little girl said he was like a 'dad' to her. Working with Ivan was an honour. He will be missed.

Brandi Reles, Teacher's Assistant
Wascana Community School



The staff and students of Wascana Community School enjoyed a wonderful turkey dinner on December 20th and wish to express appreciation to Evraz staff for preparing and serving us. Additionally, each student received a book as a gift from Evraz Place.

SAFE SPACE

Congratulations to the students who have volunteered to be part of the Wascana School Gay Straight Alliance (GSA). This group has identified that it is important that all students feel a sense of belonging in our school community. This includes openly welcoming students for their gender variance as well as those who are questioning their sexual orientation. The group is

exploring ways to be an ally for individuality and self-expression. First projects center around addressing homophobic language in the school and bringing awareness to global issues for LGBTI people, including the controversy surrounding the Sochi Olympics.

Ms. Kimbley and Mr. Fladager thank these students for their courage and commitment to opening dialogue and expanding acceptance in our school.

SACRED HEART COMMUNITY SCHOOL

At Sacred Heart, we are proud to host a community of readers. This community is supported by our teachers, families, community leaders, and alumni, all of whom instill a love of reading to each student. Reading at Sacred Heart is promoted through the Accelerated Reading (AR) program. Through this program, each student has a computer account they use to take short quizzes on books they have finished. Each passed quiz is worth points. Once students reach different point levels they are awarded with bookmarks and prizes. For instance, every Kindergarten to Grade 4 student who earned 10 AR points in the month of October went swimming at the Lawson for the afternoon. Twenty senior students who had read a 10 point chapter book put their names in a draw to go see the new *Catching Fire* movie at the Galaxy Cinemas in November. In December, every



Kindergarten to Grade 4 student who earned 10 AR points during November went to the new *Frozen* movie at the Cineplex Odeon Cinemas. All in all, we took over 180 students to both the swimming and movie outings. Currently, the senior students are trying to earn a spot in the forty-five AR point earners, which would mean a ski

trip to Mission Ridge. The Kindergarten to Grade 4 students have a Winter Carnival to look forward to if they continue reading.

Our community of readers also comes together for monthly reading nights. These nights see many families joining their children to read. We, at Sacred Heart Community School, are so proud of our community of readers. Reading not only builds your child's reading fluency and comprehension, it also supports a stronger and more successful education experience.



1314 ELPHINSTONE ST S4T 3M4
PH: (306) 791-7290 FAX: (306) 791-3589

We are most thankful to be serving as the administration of Sacred Heart Community School this year.

We have over 450 students at Sacred Heart and we are full to capacity. Many of you have seen the new portable that was added to the north end of the school last fall. We are also using the former Sacred Heart Church as our temporary gymnasium. If you see our students running from the school to our temporary gym give them a wave!



Many exciting activities and programs are planned for the upcoming months. Please contact us at any time with questions or concerns. We thank the Sacred Heart parent community for their support and understanding.

Starla Grebinski, B.Ed., M.Ed., Principal
Tricia Erlendson, B.Ed., M.Ed., Vice-Principal

OUR NEXT READING NIGHTS ARE
FEBRUARY 6 & MARCH 13 FROM 6-7:30 P.M.



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

COMMUNITY VOLUNTEER INCOME TAX

We will offer a clinic as well as
a drop off location.

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

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

SGL Motor Licence Issuer

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

SGI CANADA

PLEASE keep your
sidewalks shovelled.

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



**Working With You
Working For You**

Warren

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

Message from the Scott Collegiate Office

Greetings from Scott Collegiate.

Our students at Scott Collegiate have been busy preparing for Semester One finals and the start of Semester 2 on January 30th. Students have worked diligently to complete their courses. In order to graduate, students need 24 credits including the required courses (English, Math, Science, Wellness, and Native Studies at the Grade 10, 11 and 12 levels) along with a minimum of 9 electives. We thank parents for continuing to support the school and our students as this is a vital ingredient to ensure student success. Also, a special thank you to all community members that joined our school for the feast and round dance on January 17th.

Our Open House for our three feeder schools of Albert, Wascana and Kitchener School will be held on February 11th at 6:00 pm. Supper will be provided for Grade 8 students and parents wishing to learn more about what Scott Collegiate has to offer. We invite all Grade 8 families to come out and enjoy a brief presentation and a supper at Scott Collegiate in the library.

Our next School Community Council meeting is on February 25th at 5:00 pm. We invite parents, students and community members to come out to support school initiatives that are student driven. Finally, we will have a Pancake Breakfast to kick start Semester 2 off on February 5th at 10:00 am for all students.

Shannon Fayant, Principal
Chris Beingessner, Vice-Principal

THER Cooking with Class! Semester 2 Project

Welcome to Chrice's Kitchen!! Hell's Kitchen meets Master Chef in this new class offered by Ms. Christopherson & Mr. Rice. Students will earn their Commercial Cooking and Tourism, Hospitality & Entrepreneurship credits while learning the skills to work in any kitchen in the world. Students will compete in quick fire challenges that will test their taste buds, cooking techniques and quick thinking.

Throughout the semester students will be designing their own restaurant from the name & menu to the design & layout. At the end of the semester they will present their restaurant by offering a "Taste of Scott" venue where tickets will be sold to sample items from their menu. The winner will earn the privilege of having their restaurant name and one menu item featured at the Scott Canteen for the first semester of the 2014-2015 school year. Check out our Twitter feed (@scottcollegiate) often for daily canteen specials that will be offered by the students in this class. As well, students will receive Food Safety, Service Best, First Aid and WHMIS training. #regteach #servicelearning #nomnomnom



To keep up to date, follow us on Twitter @scottcollegiate

Oral Storytelling Night – February 25th

As February is oral storytelling month, students from Scott, Albert, Wascana and Kitchener will be working on creating their own stories. Family, friends and members of the community are invited to visit the Albert Scott Community Centre at 4:30 pm on Tuesday February 25th to see what our young people have been working on. After guests have had a chance to look at the students' work, soup and bannock will be served at 5:30 pm and we will settle in to listen to some very skilled storytellers perform their craft. This will be a fun, educational and cultural evening and we hope you will swing by to check it out!

If there are any questions please contact Brian Gatin at brian.gatin@rbe.sk.ca or 306-523-3508.

Student News

Have you been wondering about the number of young children and their families you have seen entering the west doors on 7th Avenue at Scott Collegiate? No, Scott Collegiate hasn't changed to a Kindergarten to Grade 12 School—it has generously shared space with the **Early Years Family Centre**—a free drop-in resource centre for families and children.



The Early Years Family Centre has been operating in the lower level of Scott Collegiate since March 2013. It is a place for children (infants to age six) to come with their families. Families are welcome to use the beautiful play and learn space; participate in programs; meet with community professionals

and of course meet other families.

The centre is open Monday through Friday from 9:00 am to 4:30 pm and Tuesday evenings until 7:00 p.m. Programs are scheduled throughout the week. Children and their families can take part in literacy, music and movement programs. February and March will see the addition of adult-focused programs such as Traditional Parenting, Beading, Star Blankets and Make the Connection.

For more information:
306-523-3512 or
www.reginakids.ca/eyfc



photos courtesy Scott Collegiate

Scott Collegiate Grade 11 Photography Exhibition



A photo collection was on display in Northgate Mall in January. Photos were taken by Scott Collegiate students to represent "Community."

February is Storytelling Month

by Rodger W. Ross

Since I was a child I have always been fascinated with stories. I remember going to the old Met Theatre on 11th and Broad St. to watch a double bill, Boris Karloff's *Frankenstein* and *The Wolfman*. I was terrified but I loved that theatre. The old Capitol Theatre was another venue I enjoyed.

On television, I enjoyed watching Cecile B. De Mille's films, *Samson and Delilah*, the *Ten Commandments* of course and *Ben Hur*. They were grand spectacles.

Another favourite I saw at the Roxy Theatre was Jules Verne's *20,000 Leagues Under The Sea*.

A few years later I would spend an entire day watching Bruce Lee movies when I lived in Winnipeg from 1970-1975. Back then you didn't have to leave the theatre except when they were cleaned between showings. I can't even tell you how many times I saw *Enter The Dragon*.

It wasn't just movies. It was books too. I loved to read back then and I still do to this day. In 1973 I met W.O. Mitchell. He was a guest lecturer for a week at our school for our English class.

Mr. Mitchell shared with me a secret to writing prose which I still use. He asked me to close my eyes and write whatever I saw with my minds eye. "Don't worry about where the words land on the page", he said.

After 5 minutes I opened my eyes and he told me to grab another piece of paper and find the story in the scrambled words. Prior to this exercise I used to try and rhyme my poems. I never tried rhyming again.

I continued to write throughout high school and added Chinese philosophers and prophets to my selections which added a whole new dimension to the prose that I wrote.

In 1981 I started my training in Journalism and electronic media, learning to make films myself and produce radio shows. Since then I have travelled across Canada hearing and recording stories of all kinds.

In 1983 the video crew worked with Little Red Hen Theatre Group led by Marla Dufour to produce a series of Wasakechak (Trickster) stories using shadow puppets. It aired on CBC Regina.

Through the years I have been gifted with stories by some of the storytellers I had met in my travels and every now and then I share them when I am asked to.

Prior to receiving my first story in a semi-formal way, I had never considered myself a "Traditional Storyteller", I was just repeating things I had heard.

In the 1980s I was fortunate enough to meet and hear some wonderful storytellers—Winston Wuttunee, George Tuccaro, Maria Campbell, Joe Charles and Richard Wagamese.

Joe Charles was from LaRonge and he was a keeper of many Wasakechak stories. Joe could entertain you from sunup to sundown or in our case sundown to sunup.

Back then we were usually in the midst of a celebratory state and it was a wonderful way to pass the time. In fact we lost all sense of time being entranced in Joe's incredible ability to spin a yarn.

Winston and George used music to tell their stories. They were consummate performers and I was fortunate enough to share the stage with them as co-emcees of the Back to Batoche Days.

Maria Campbell is a matriarch in the Métis community. Her roots go back to Gabriel Dumont and in fact she still maintains a home at Gabriel's Crossing near Batoche.

She is a Métis historian and award winning author whose book *Halfbreed* is required reading at a number of high schools and universities across the nation.

I am honoured to call her my friend and I was blessed to have been able to sit with her and her now-deceased husband Shannon Two Feathers on numerous occasions to listen to them reminisce.

For a year and a half Rick Wagamese and I produced a weekly radio show called "Wehta Matowin" Radio for the Saskatchewan Native Communications Corporation.

It was a news, information and music program that we researched, wrote and produced from our recording studio on 11th

Avenue and McIntyre Street.

The show was delivered on reel-to-reel to the CBC Broadcast Centre where it was then broadcast through Keewetin Country in LaRonge at what is now known as Missinippi Radio as well as CJUS—University of Saskatchewan in Saskatoon.

Richard is an incredible writer, he has a wonderful voice for radio and if you ever get to listen to him live you will see an amazing example of how he transforms into his characters and brings them to life. It's like watching a one-man play.

Richard has gone on to become an award-winning novelist with 14 books to his credit and more to come. We are planning a reunion of sorts in the not too distant future and I am looking forward to the experience.

My point to all of this is that a true storyteller draws on his life experiences and weaves them into tales of mystery and intrigue, not by the mere subject, but through the telling. It is the responsibility of the teller to introduce himself, where he comes from and acknowledge where the story came from as well.

True Indigenous Storytellers earn the right to tell a story and they do it from memory. They are not written down, they are nurtured in

the mind and delivered from the heart.

Part of earning a story is offering a gift to the one who gave you the story. Usually that gift consisted of tobacco and whatever you felt was a good trade. Stories have a spirit of their own and the storyteller is just a vessel for that spirit.

The stories where this protocol would be acknowledged include: Creation stories, Raven stories, Wasakechak (Trickster) or Coyote stories, and Ceremonial stories. Sometimes they are one and the same. Many of these stories would only be told in the winter season because of the characters that are called out during the telling.

For many years, our stories went underground because of the oppressive policies that governed the people under the Indian Act. Resurgence of the stories has begun and the stories are being celebrated at events across Turtle Island.

Ekosi. Rodger W. Ross.

Sâkêwêwak Artists' Collective will be presenting their Annual Storytellers Festival—February 16-21, where a fine collection of contemporary and traditional Indigenous Storytellers can be seen and heard.



In conversation with Kim Schmidt - Help-Portrait Co-ordinator

This was year two for Help-Portrait Regina. The free event was held on December 7, 2013, in the Dean Smith Youth Centre (former St. Andrews United Church). "It's nice to move the event around in North Central." said Schmidt.

This year was bigger too! 75 volunteers, and 10 hair and makeup artists participated. There were more photographers, more people wanting to give back. "Traffic has been steady, not as busy as last year due to the extreme cold, but we have warm chili!" she added. It certainly was inviting for many people, warming the heart and stomach.

While Kim delivered flyers around the community many folks remembered Help Portrait from last year and said they were going to send families over. The gift of a portrait means a lot. For some folks this is their first family portrait.

Help-Portrait is held on the first Saturday in December, world-wide. Take a look at the locations it serves and see uploaded portraits on their website: help-portrait.com

Official stats from Help-Portrait Regina: 80 portraits given to 250 people, 75 volunteers. The next event will be held December 6, 2014.



Help-Portrait Regina is co-sponsored by North Central Community Association

Partners: Don's Photo Ltd., Barker's Trophies, Kin Canada - Regina Queen City Kinette Club, Ramjet Contracting Ltd., Direct West, Brown Sugar Tanning & Day Spa, Souls Harbour Rescue Mission, Aramark, SaskTel Pioneers, Look Matters, Rock Creek, Crave Kitchen & Wine Bar, Kim & Ashlee's Cakes and Cookies, Orange Boot Bakery, Marvel Beauty Schools, Salon 306.

Traditional Indian Parenting
(Tradition to Practice)
This group will use Kesi-wa-to-ta-to-win “Traditional Indian Parenting” model, based upon First Nations and Métis parenting practices.

Living a traditional lifestyle in contemporary society is sometimes a challenge. The goal is to help First Nation/Métis parents explore the values and attitudes expressed in traditional Indian child-rearing practices and then to apply those values to modern skills in parenting.

Cycle of Life Teachings
Traditional Values/Beliefs
Mondays, Jan. 27 – March 24
6:00 – 8:00 p.m.
Pasqua Hospital Healing Room
4101 Dewdney Ave

CERTIFICATE ISSUED
Elders will be in attendance
Phone 766-6693 to register



Washington Park Home Owners Association

You are invited to our
Kick-off Meeting!

Albert Scott Community Centre
Mon, Feb 24 at 7:00 PM

We live in a diverse neighbourhood with a promising future. Join us to discuss the future of our community. Let's work together to correct the perception of North Central, invite newcomers, and become a thriving community.

Tell your story → Visit www.washingtonpark.ca
for Survey & Facebook Page

A Free Drop-In Centre
for Children (infants to age 6)
and their caregiver.



REGINA
Children's
Initiative
Strong beginnings. Brighter future.

Early Years
Family Centre

Come to use our Play and Learn Space

Come to take part in programs



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

Open Monday to Friday
9:00 to 4:30

Recently I thought I'd treat myself to a treatment of the foot care variety. We're not talking a mani-pedi (actually I'm not even sure what a mani-pedi is).

This time of year is very cruel to your skin. Then there is that little side effect, that comes along with Type 2 Diabetes, of not being able to feel if you have a sore on your sole that might lead to infection. Whether you're on your feet all day or sitting with your feet up—your little piggies need care if they're going to make it to market.

North Central Community Association is on it! Jude McCann will file your dry and calloused heels, massage with healing cream, snip the toenails and check all the nooks and crannies of your feet to ensure they're in good shape. If more intense examinations are recommended, she'll let you know. So treat your feet! Make an appointment and go!



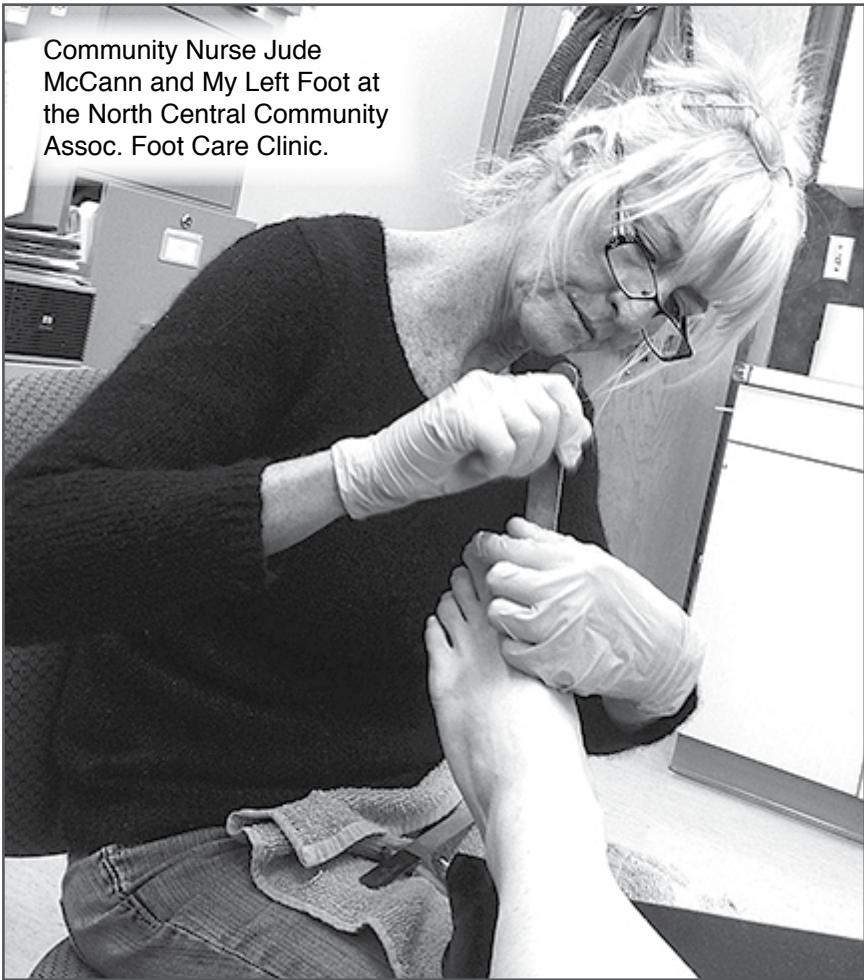
Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: 545-5900

MON - FRI: 9-6; SAT: 9-4

10% Seniors Discount
Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP

Advice for Life



Community Nurse Jude McCann and My Left Foot at the North Central Community Assoc. Foot Care Clinic.

We are accepting
new clients for office
or home visits!

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



RATES for Foot Care:

In-office visit – North Central Resident	\$15.00
Home visit – North Central Resident	\$20.00
In-office visit – Non North Central Resident	\$30.00
Home visit – Non North Central Resident	\$40.00

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



**2014 INTER-AGENCY
Chili Cook Off
Lunch: \$5.**

**WEDNESDAY, FEBRUARY 12
~ HIGH NOON ~
Indian Métis
Christian Fellowship
3131 Dewdney Ave.**

2013 Inter-Agency Chili Cook Off Champs:
RPS, NORTH CENTRAL POLICE DETACHMENT

**Will they win again?
Who will beat them?
Who has the HEAT?
Who has the HEART?**

Vegetarian Chili welcome!
Participation by invitation;
for more information call
IMCF. (306) 359-1096

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



2014 Chimatawa Family Youth Chili Challenge 6:00 PM, Friday, March 14th

Entry \$3.00 or more. Hosted by Chimatawa Family Youth of Indian Métis Christian Fellowship. Participation by invitation; for more information contact Betty Krohn, IMCF Youth Worker Ph: 306-359-1096

Regina Transit Update - January, 2014

Family Day Transit Service will be provided on Mon, Feb 17, Family Day. Service will use the Sunday routes and schedules. The Information Centre and Ride Line will be open from 9:00-3:55. To ensure you are up-to-date with the most current schedule, look for "January 12, 2014"

Care & Share Seniors Lunch
Tuesdays at 11:45 am at
Albert Scott
Community
Centre
(1264
Athol St.)



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

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

Call the RideLine at 306-777-RIDE(7433) or visit Regina.ca

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 306-347-3224
for details



IN MEMORIAM

*Young or old. Before their time,
or having lived a good long life.*

*We recognize the passing
of those friends,
family or neighbours who have helped
to weave the community
of North Central Regina.*

WE REMEMBER

Robert (Bob) East
Born: February 8, 1957
in Oxbow, SK
Died: January 3, 2014

"A Good Family Friend"
Roxanne Chapin

George Gordon First Nation Business Center

2704 10th Avenue Regina, Saskatchewan S4T 1E9
P: 306-949-4230 F: 306-949-4249 Toll Free: 1-844-222-0822
E: website@georgegordonfn.com

The George Gordon First Nation Business Center provides urban services as well as a secondary home for better efficiency in meeting the needs of its members and business operations. The initiative will benefit the operations of the **George Gordon Developments Ltd (GGDL), Treaty Land Entitlement, GGFN Post Secondary, Registry Services**, and will also provide office space leasing, boardroom rental, and available space to provide training.

The Registry Clerk and Post Secondary Manager is in the Urban Office every Friday. Status Cards are done on site. You need to bring in at least one piece of ID.

The TLE Coordinator is in the Urban office twice a week.

George Gordon Developments Ltd
CEO Kim Sinclair Tel 306-949-4238
GGFN Post Secondary & Registry
Rita Pratt Tel: 306-949-4234
GGFN Treaty Land Entitlement Byron Bitternose Tel: 306-949-4233
George Gordon First Nation Admin Center
Tel: 306-835-2232 Fax: 306-835-2036
Toll Free Number: 1-877-835-2232

Urban Services

The GGFN Urban Services will initiate community engagement to ensure the success of its members who do not reside on the reserve. The service will also be available to members who are making the transition from the reserve to an urban setting. By establishing working relationships with other service providers, departments and community based programs the Center will ensure limited resources are utilized toward the maximum advantage of its members.

GGFN Urban Services Staff
Coordinator—Melody Bitternose
306.949.4235
mbitternose@hotmail.com



Community Calendar

Send in your events
for a **FREE LISTING**
in the Community Calendar or
Announcements section of your *North Central
Community Connection* newspaper!

Deadline for April issue: MARCH 7, 2014

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

So You Think You Can PowWow? Program Saturdays at Albert Scott Community Centre, 1264 Athol St. New registrations welcome weekly.
Newo Yotina Friendship Centre

Feb 8: 12-1 ^{pm} Drumming & Singing (boys only)
1:15-3 ^{pm} Pow Wow Dance (all ages)

Feb 15: 1:15-3 ^{pm} Pow Wow Dance (all ages)

Feb 22: 12-1 ^{pm} Drumming & Singing (boys only)
1:15-3 ^{pm} Pow Wow Dance (all ages)

March 1: 1:15-3 ^{pm} Pow Wow Dance (all ages)

March 8: 12-1 ^{pm} Drumming & Singing (boys only)
1:15-3 ^{pm} Pow Wow Dance (all ages)

March 15: 1:15-3 ^{pm} Pow Wow Dance (all ages)

March 22: 12-1 ^{pm} Drumming & Singing (boys only)
1:15-3 ^{pm} Pow Wow Dance (all ages)

March 29: 1:15-3 ^{pm} Pow Wow Dance (all ages)

Take out a **NEWSLETTER PAGE** in *North Central Community Connection*. 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

Do you need your sidewalk shovelled?
Do you have odd jobs you need help with?

Hire A Neighbour!

We have able-bodied people waiting to help you with your snow troubles. Give us a call and we will match you up with a neighbour who can help with your needs.

Contact Pauline:
306-791-9888 or
306-570-7101
gogreen@nccaregina.ca
North Central
Community Association



Does your agency need to advertise an event? North Central has a 6 x 8 electronic bill board on 4th Ave at the Regina Performing Arts Centre. Advertising for programs are a free service we offer. Give us a call at 306 791-9888 or communityrelations@nccaregina.ca

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
Ad Sales: Rob Deglau
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

Carol Kirk NC Family Centre
Jan Morier Michael Parker
RAMP Regina Transit
Rodger W. Ross
Sacred Heart Community School
Scott Collegiate Sandy Wankel
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
APRIL ISSUE
March 7, 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

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"
Full page (b & w)	\$ 375.	15.25" x 10"
Half-page (colour)	\$ 300.	7.50" x 10"
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) 3.75" x 2.00" (Vertical)

Customized ads of any size to accommodate your advertising needs. Price negotiable.
Community Calendar submissions for community events are free! We reserve the right to be selective about the calendar events we print.
Your sixth ad is free when you advertise with us for five consecutive issues.

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 news-letter page for non-profits.



Get Social!



Mission Statement of
North Central
Community Association

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

NCCA Board of Directors

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

MEMBERS-AT-LARGE

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



Dial 306 before calling!

NORTH CENTRAL PHONE LIST

Schools

Albert Community School.....791-8539
KitchenerCommunity School.....791-8516
Sacred Heart Community School.....791-7290
ScottCollegiate.....523-3500
St.Luke.....791-7248
WascanaCommunity School.....791-8528

Organizations & Agencies

Aboriginal Family Service Centre 525-4161
Aboriginal Skilled Workers Association 565-0544
AIDS Program South Saskatchewan 924-8420
Albert Library 777-6076
Albert-Scott Community Centre 777-7033
All Nations Hope AIDS Network 924-8424
BylawEnforcement.....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 Library..... 751-2411
First Nations Employment Centre.....924-1606
Four Directions Community Health 766-7540
Gathering Place 522-7494
Greystone Bereavement Centre 523-2780
Indian Métis Christian Fellowship (IMCF) 359-1096
Kids First Program 766-6792
Kids Help Phone 1-800-668-6868
Meadow Primary Health Care Centre 766-6399
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. 570-5708
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 347-3224
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

Mother Teresa



Middle School

A Jesuit Academy

NOW ACCEPTING APPLICATIONS

**for students entering Grade 6
in September 2014**



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

Is MTMS right for your child?

- Do you have a child that will be entering Grade 6 in September 2014?
- Do you live in North Central or the core areas of Regina?
- Would your child benefit from additional supports?

How we are different ...

- We support our students through high school and post-secondary to employment.
- We focus on hope, wellness and engagement.
- We have a rigorous academic program and small class sizes.
- We provide mentors for our students.
- We offer extended school time with a focus on enrichment activities.
- We offer a three week summer program.
- We are a strengths based school.
- We partner with families to ensure the success of each student.

For more information, please
contact Ron Gonzales
Director of Student Supports/GSD
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