

A Task from Above

Regina Indian Community Awareness Inc. runs a free hot lunch program called Chili for Children. It has been serving the community since 1979. The founder of the program is Theresa Stevenson and her son Greg Stevenson is currently the Executive Director. They have a small staff of 5 part time and 2 full time staff. Delia Pelletier has been with the program for 29 years. In total, along with the founder Theresa, there is about 100 years' worth of cooking experience behind Chili for Children. Theresa Stevenson continues to stay active in the community sitting on 4 boards. She is also a Senator with the Federation of Saskatchewan Indian Nations. Both she and her husband turned 87 years old this year and are still going strong.

Greg says "Our mandate is to feed school aged children nutritious meals to keep them healthy. Healthy kids, that's our mandate."

Chili for Children feeds approximately 800 children a day, three days a week. That is about 2400 meals per week and up to 10,000 meals per month. The program serves more than just chili, although the kids still love that dish. Most of the time, they provide a hot meal that follows

the Canadian Food Guide. That includes items from the four major food groups. This can be a struggle when it comes to the expense of meats and milk. There is always a need for ground beef, chicken and turkey. Meat is especially important when many families are relying on breads to fill them up on the weekends.

Greg believes that the nutrition is very important to the health and well-being of the children, "We are almost like social engineers when we bring kids around to good health. Everything else in their life improves."



Chili staff Lisa Ochoo and Donna Pelletier with student volunteers from Scott Collegiate



Chili volunteer Laura

There are about 30 groups that donate, volunteer and otherwise help out the program. "The City of Regina has been good to us" states Greg, "We have been using their kitchen for years. It allows us to put out all that food." Other generous supporters include Safeway, McGavin's Bread Basket and the Regina Fire and Protective Services (Firefighters).

North Central Family Centre and Indian Métis Christian Fellowship. They also hold a lunch for the Elders in the community every Thursday. It is a long-running program that gives seniors a meal and a chance to socialize. "That is one program that we will always have...We haven't forgotten our old people."

What is new and exciting? Chili for Children has a brand new food concession trailer that should be operational by the summer. This will be used around the city and at events to help with fundraising. They worked very hard to get the trailer and they are hoping to find a group that would be willing to donate a truck to pull the trailer.

"My mom says that if you are given a task from above, nothing will stand in your way."

Besides the lunch program, the agency provides donated bread and other foods on a rack in the front of the community centre. When they have too much bread or other items to store, they are able to share with other agencies such as Carmichael Outreach,

story & photos by Lisa Workman

**when we bring
kids around
to good health,
EVERYTHING ELSE
in their life
IMPROVES**



Chili for Children Founder, Theresa Stevenson

photo by Jan Morier

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2704 10th Avenue ph: 306-949-4230

North Central welcomes George Gordon First Nation (GGFN) Business Centre to our neighbourhood. They purchased the former office of Partners In Motion film production company on 10th and Angus. The urban sub-office for GGFN now houses 12 offices as a business centre and shared facility.

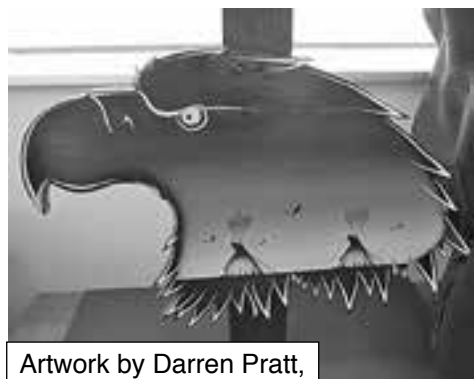
They have been in this location since August 2013, so people are really becoming aware of their presence. Mel Bitternose has been with the Off-reserve/Urban Services office since its opening. "Members can stop in to warm up or sit in air conditioned comfort," she says with a smile. "Coffee is always on and it's like a little home away from home."

The Off-reserve/Urban Services office is happy to advocate for band members. They have supports for high school students to encourage attendance. Networking can range from sports activities to housing. They will provide personal references and support letters. There can be assistance for members in emergency situations. The urban sub-office offers a fax machine, photocopying and the use of computers with internet access.

Bitternose says "GGFN has so many things going on, we really are a progressive First Nation — I'm really proud that our leadership is taking us forward, especially in business development. The relationships that GGDLD CEO Kim Sinclair and our leaders are building puts us among the frontrunners in terms of partnerships, joint ventures and employment agreements with so many companies."

George Gordon Developments Ltd. (GGDL) is the economic and business development department for GGFN.

Wanda Rockthunder is the Off-reserve/Urban Services Co-ordinator. Off-reserve/Urban Services lends assistance to all off-reserve band members.



Artwork by Darren Pratt, member of GGFN.

Their toll-free number welcomes enquiries from all over Saskatchewan. The majority of the approximately 3500 band members live off-reserve, with over half of those living in Regina.

The Post-Secondary Co-ordinator works out of this facility most of the week. GGFN has its own post-secondary program around the city with 54 full time and 4 part time students at institutions all over Saskatchewan, Alberta, even a few in the US. GGFN funds their tuition and provides a living allowance based on family size. The Co-ordinator also offers students help with paperwork and counselling.

A Registry Clerk is in periodically to process paperwork for status cards for band members. The Treaty Land Entitlement Co-ordinator works out of the George Gordon Business Centre as well.

In September, 2014 GGDLD launched the Wicehtowak Workforce Development Program. Chris McNab is the Workforce Development Manager collaborating with industries for workplace opportunities. Jacob Sinclair is the Career Service Co-ordinator dealing with individual clients looking for employment and training opportunities. Jacob also helps clients write or update resumes. GGDLD assists members get their safety tickets, WHIMS training, work boots and equipment. "When people are given the resources, when barriers are removed, success follows." Bitternose says.

The Wicehtowak Workforce Development Program is open to all First Nation, Métis and Inuit people in Saskatchewan, not just for GG band members. The office receives calls from Esterhazy, Weyburn, Stoughton and from up north. When people register they're connected with the resources to get in with the mines and construction industries.

The bank of computers, funded by Wicehtowak Workforce Development, is a popular stop. Members can apply for jobs or take online lessons and testing.

George Gordon First Nation Business Centre

A First Nation Leader in Business Development



Mel Bitternose and Terry-Lynn McNab

Bitternose adds "Our members come here because it is like a band office for them. At this Off-reserve/Urban Services hub they are getting support from names and faces they recognize. I've met so many band members, people who I never knew. There may only be one household of this family



A new and powerful endeavour is the GGFN Women's Support Group. The circle addresses important social issues surrounding First Nation women. They've had a couple of meetings, and are anticipating much growth. They will soon have a meeting schedule posted on their Facebook page and a Naming Ceremony is forthcoming. These circles are gaining interest from women in the community and on reserve to create healing. "We want to get on every issue out there. There's a whole range of discussions, from health to Murdered and Missing Indigenous Women" says Bitternose.

Terry-Lynn McNab, GGFN Band Councillor, is the driving force behind the Women's Support Group initiative. She put it to Chief and Council and obtained funding toward its development. They're encouraging intergenerational participation in such cultural activities as crafting ribbon skirts or star blankets, and beading.



GGDL staff L to R: Solomon Cyr, CEO Kim Sinclair, Eleanor Pratt, Catherine Daniels

living on reserve, but come to Regina and there are dozens and dozens of family members."

Solomon Cyr is the Communications and Marketing Officer for GGDLD. He is currently developing a website and social media presence for both GGDLD and GGFN.

Independent businesses operate within the GGFN Business Centre. Dr. Kim McKay-McNab PhD is a Clinical Psychologist with an office in the facility. Marlene McNab is a Wellness coach and therapist. Both of these women are GGFN Band members. Their clients meet with them in this comfortable environment, by appointment a couple of times a week.

Good ideas with a great group of women. Mel adds "Take the barriers away and people will rise to the top. We encourage that spirit of entrepreneurship!"

The lower level also boasts a 24-seat board room, a kitchen and an unused (as yet) sound studio, a remnant of the Partners in Motion company. There is good potential for that space. Imagine a North Central radio station!

Offices and facilities are available to rent by contacting George Gordon Developments Ltd. Now that's Networking in Motion!

Neighbours in North Central Regina are delighted with GGFN's presence. We look forward to collaborations for years to come.

Newo-Yotina Friendship Centre



story and photos by Lisa Workman

Last June, the friendship centre moved from the community of North Central to the Regina Food Bank buildings. There were good things and not so good things that came with the move. The much larger space is less costly and offers a larger capacity for programming and growth. They now have a much closer partnership with the Regina Food Bank which provides food for all of their programming. One of the challenges is transportation because they are no longer located in the core area of town. The other challenge is accessibility. Their space is up a couple of flights of stairs and the cost of installing an elevator would require significant fundraising. It is definitely needed and would benefit future community groups as well.

The friendship centre offers drop in services such as breakfast, a computer lab, a public phone, photocopying, faxing, public washrooms with showers and Elders in the Elders lodge. They also have three main programs, Preparing Our Youth, So You Think You Can Pow Wow

and Resolution Health Support Program. Preparing Our Youth is more than a pre-employment program. It offers communications, life skills, financial literacy, culture and identity and wellness along with work skills. It helps youth work on themselves, address trauma and build confidence. A big part of the program is partnerships. They work with the Regina Public School Board to offer programming to students who are at risk of dropping out. Other partnering agencies are there to take referrals for youth after they have completed the program. The goal is to move them into employment, further training or educational opportunities. It is an



Albert at computer lab

Originally, friendship centres were established to assist in the transition from the reserve to the urban centres. The Newo Yotina Friendship Centre has been around since April 2010. Kim Wenger, program manager describes their mandate as simply serving the urban aboriginal people. She feels that they are still finding their niche.

individualised program that is funded by Urban Partnerships.

So You Think You Can Pow Wow is their most popular program with up to 60 participants in an evening. It provides dance instruction, drumming, singing and regalia making sessions. The dancing takes place at Albert Scott Community Centre on Tuesday evenings and involves a number of skilled volunteers and dancers. Drumming and singing takes place on Thursday evenings. Girls do the back-up singing and the boys sit at the drum. They are in the process of having a special drum made just for the friendship centre. Mondays evenings is the regalia making sessions for those who are already involved with the dancing sessions and do not have their own pow wow outfit.

The Resolution Health Support Program is offered through Health Canada. Two health workers and two Elders will assist anyone processing their residential schools



Elders Gordon & Lillian

claim and give cultural and emotional supports to the individual and their family. The program held their first round dance at the end of March.

Along with 6 full time and 8 part time staff, a number of volunteers help out. "We have great volunteers. We have three who are pretty much full time." Kim states. They can always use more volunteers, especially those with skills that they would like to share such as beading or social programming. Other needs include donations of sewing machines, material, beads, feathers, towels for showers, kids' toys, tables and chairs.

Newo Yotina Friendship Centre
– Monday to Friday, 9 am – 4:30 pm. Keep in touch via Facebook or watch for their upcoming website. Call 306-525-5042.

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Keeping Our Community Safe Coalition

by Angela Prawzick & Candace Liskowich
Public Education Officers
Regina Fire & Protective Services

RFPS Fire Safety Education Programs and Activities

The overall number of structure fires in Regina has been decreasing significantly over this 10-year period, from 257 in 2001, to 158 in 2013. The number of child-caused fires has also seen a significant and sustained decrease over this period.

In North Central Regina, the number of structure fires decreased from 65 in 2006 to 44 in 2013. The number of child-caused fires decreased from 32 in 2003 to one in 2013. The number of careless smoking fires decreased from five in 2003, to two in 2013. And the number of careless cooking fires remained stable, with three in 2003 and four in 2013. This is significant in that while cooking-related fires have been increasing city-wide, they have remained stable in North Central Regina.

The report also summarises increasing firesafety risk trends, with the most notable being a sustained increase in cooking-related fires, an increasingly vulnerable seniors population, and evidence indicating an emerging firesafety risk among the City's growing newcomer population.

This report clearly shows that residents living in North Central Regina are far safer from the risk of fire than they were 10 years ago. That decrease in risk didn't just magically happen. It happened because of a great deal of hard work by many people in the community. It happened because people are dedicated to keeping families safe, are passionate about that work, and truly care. It happened because of people like you.

Please take a moment to reflect on these numbers, and what they mean to the families living in North Central Regina. And take a moment to celebrate these accomplishments.

As we know, our work isn't yet done. But it shows we have come a long way from our original goals set in 1999 when the Keeping Our Community Safe Coalition first emerged.

The Public Education Unit, managed by the Fire Marshal, is composed of two Public Education Officers and Community Relations Officers in each platoon who are also front-line firefighters. All firefighters are actively involved in the delivery of public education and awareness programs in the community.

The number and variety of public fire safety education programs and activities indicate that RFPS is meeting its goal of strategically providing education to a diverse number of audiences, with an emphasis on high-risk groups.

Programming is divided into two groups: Educational programs,

which incorporate direct fire safety educational components; and community relations activities, which aim to strengthen the relationship between the Department and the community, and help residents understand RFPS' operations. Emphasis is placed on educational programs, which comprise 80 per cent of overall programming.

RFPS is the first fire service to incorporate human behaviour risk levels and public education programming into the Community Risk Assessment and Performance Objectives Measurement section of its Accreditation process.

SCHOOL-BASED ACTIVITIES —

Learn Not to Burn Preschool Program

RFPS has been providing preschool teachers with the Learn Not to Burn Preschool Program for more than 25 years. Eight age-specific fire safety lessons are reinforced by firefighters through class-room visits and fire station tours.

Safety Walk

This activity was designed to provide fire and life safety education to children as they begin school. Firefighters and police officers guide the children, teachers and parents through their neighbourhood, providing 10 key safety messages during the walk.

Fire Survival Activity

This interactive activity, delivered by firefighters, is designed to lead kindergarten to grade three students through the components

of a family fire escape plan. The Department proactively schedules this activity at each of Regina's elementary schools at least once every three years, to ensure every elementary school student receives this fire escape training at least once throughout their early school years.

Babysitting Course

Firefighters deliver the fire safety section of the babysitting course provided by the Saskatchewan Safety Council and the Red Cross.

Career Days

RFPS regularly delivers career-related activities at its Education & Training Centre. It also attends community career day events and in-class presentations, primarily for high school students. These activities combine firefighting demonstrations, hands-on activities for the students, and fire and life safety education designed specifically for this age group.

OTHER ACTIVITIES —

Fire Station Tours

Firefighters provide fire and life safety information during every fire station tour. In 2014, they delivered 124 tours to a range of ages, families and community groups.

Adult Group Presentations

Businesses, community groups, seniors' residences and other organizations regularly request fire safety presentations. In 2014, members of the Department presented specially-tailored fire safety education to 33 organizations.

Community Events

Members of the RFPS regularly attend events such as parades and Canada Day celebrations.

Media Campaigns

RFPS, in conjunction with Corporate Communications, develops annual communication plans to provide residents with relevant and timely fire safety information. This includes seasonal campaigns and information tied to current fire safety issues. The City's social media platforms are a significant aspect of this strategy.

FIRE AND LIFE SAFETY EDUCATION PROGRAMS —

SGI Canada Mentorship Program
Members of the Department train grade eight students to deliver fire safety activities to the younger grades in their schools, effectively creating a mentorship program within the schools.

Child Firesetter Intervention Program

Children and families receive firesetter assessment, referral and fire safety education services provided through this program. Staff from a number of community organizations participate in the program, with ongoing training provided by RFPS.

Community Stories Program

Literacy is promoted among grade two and three students through this program, which sees the Albert Library teaming up with firefighters who read to the students every Thursday during the school year.

Remembering When Program

RFPS provides fire and fall prevention education to Regina's seniors in partnership with the Regina Senior Citizens Centre and the Regina Housing Authority.

Newcomers Program

A formal program designed to reach newcomers arriving to Regina is currently under development.

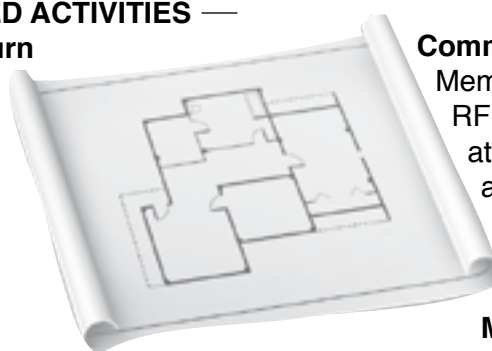
FIRE SAFETY PARTNERSHIPS —

KidsFirst Regina

Forming community partnerships is an innovative way the Department is meeting fire safety challenges in the community. The KidsFirst partnership has successfully impacted what was once a large and growing problem with child-caused fires. KidsFirst Regina provides an array of services to families with young children. A KidsFirst Home Visitor works with the family in their home, visiting once or twice a week for up to five years. During these visits, the Home Visitor and family work as a team to strengthen child growth and development. Home Visitors provide fire safety education as part of their working relationship with client families. Fire safety education has also been formally incorporated into the KidsFirst curriculum.

RFPS was able to extend its outreach to the community by working with KidsFirst Regina and its staff. Working collaboratively, they set their objectives as: decreasing the number of child-caused fires; motivating and supporting KidsFirst staff in providing direct fire safety education to their families; and empowering families to take a proactive role in their own fire safety.

Formed in early 2004, the partners have developed unique fire safety resources for KidsFirst staff, tools to be used by parents, and a training workshop designed



to introduce the staff to these tools and provide them with a wider context of the fire risk in Regina.

This successful partnership was instrumental in decreasing Regina’s child-caused fires and continues to meet the fire safety education needs of families living primarily in Regina’s highest fire-risk neighbourhoods.

The Keeping Our Community Safe (KOCs) Coalition is a community-based model which began as a collaborative response to the fire safety needs of children, youth and families living in Regina’s inner-city. It has since expanded to include a wider-range of issues affecting children and youth within the community.

While the coalition includes a wide range of member organizations, the core group is composed of schools, the Regina Police

Service and Regina Fire & Protective Services.

The members of KOCs have developed a number of community-based initiatives aimed at decreasing the specific fire risks in Regina’s North Central, Al Ritchie and Heritage neighbourhoods.

Following accepted community development principles involving elements of community justice, community education and community health, these proactive initiatives include school-based learning programs, student-parent programs, cross-organizational firesetter assessment and intervention strategies, and changes in fire service response and community policing procedures.

The KOCs programs and activities have led to a decline in both the number of residential fires and fire fatalities in these neighbourhoods, and the number of garbage and other fires deliberately set by children.

A neighbour speaks:
Rhonda Young-Pilon


I would like to say that everyone needs a home, and we're okay with anyone of our neighbours. We've had the kids over here for snacks and play, and never had issue with being friendly. But, we've had liquor bottles thrown at our property, a bit of property damage here and there (nothing that phases us anyway), and hearing some very heavy conversations that weighs on your conscience. I think that it's wrong for anyone to put down our neighbourhood because of "bad character", but it won't get better if people who live here don't have the basics... poverty affects us all. Sadly, these are young people who have no idea how to care for a house—rental or not—and by the amount of garbage thrown, you would see that the cycle of abuse of one's-self transfers to their property. Not to say that there aren't homes here that are shanty-like and don't have a gorgeous garden.... seeds are cheaper than a new roof.



photo by Rhonda Young-Pilon



photo by Rhonda Young-Pilon



North Central Community Association Survey:

Fill out this survey and be entered in a draw to win a Tim Horton’s gift card! *(please print)*

Name: _____

Phone #: _____

Address: _____

Community Newspaper:

Where did you get your copy of the community paper?

☐ At home

☐ At a neighbourhood business, which one _____

☐ At a neighbourhood agency, which one _____

☐ North Central Community Association office

☐ Online

What do you enjoy most about the community paper?

☐ Articles and stories

☐ Photos

☐ Learning about upcoming events and opportunities

☐ Other _____

If you could change something about the paper what would it be?

General Questions:

What do you love about North Central?

If there was something you could change about the neighbourhood for the better what would it be?

Submission by email at exec.director@nccaregina.ca, by mail or dropped off at our office 1264 Athol St, S4T 7V3 by April 30, 2015. Random draw for prizes will be held May 1, 2015

"There is Progress" Conversation with
Randy Ryba, Fire Marshal for
Regina Fire & Protective Services

In ten years there has been a dramatic turnaround in North Central, according to Regina Fire & Protective Services. We have a lot to be proud of.

Chatting with Randy Ryba, Fire Marshal for Regina Fire & Protective Services, he credited the community with creating and embracing educational programs meant to keep us all safe.

Across the street from an inferno, people are terrified. Ryba states “But those who light them don't care. It ties up resources. It’s a challenge for sure. I can’t speak for the progress of the Regina Police Services in solving these arsons, we cooperate fully to assist them.” Ryba continued “if the fire was deliberately set, it is reported and investigated. This dangerous activity puts everybody at risk. It’s a crime, not a kick. It’s dangerous first and foremost to citizens and it puts the entire community at risk. When firefighters are called out to an emergency they take protective measures. But the citizen walking down the street or living next door are placed in great danger.”

North Central had a busy week in early February. Only one of the three fires was unintentional. Ryba says it is concerning, but not cause for panic. “What we need is increased vigilance” he says. “Be alert, don’t hesitate to call police to report suspicious activity. If you’re uneasy, call. Multiple eyes on the street help a great deal.”

Fire Marshal Ryba noted how frustrating it is when rolling bins are left out beside garages or fences. "The bins become mobile incendiary devices." he said.

“There are a lot of great new housing projects in NC, properties are well-kept. The neighbourhood has hope. We have challenges, but we have vision, and we cannot give up that hope.” said Ryba. “However,” he adds “in Regina the majority of deliberately-set fires occur in North Central, Heritage and Al Ritchie neighbourhoods.”

Along with Education Officer Angela Prawzick, he agrees that there is progress. It’s huge and hugely positive.

SACRED HEART COMMUNITY SCHOOL

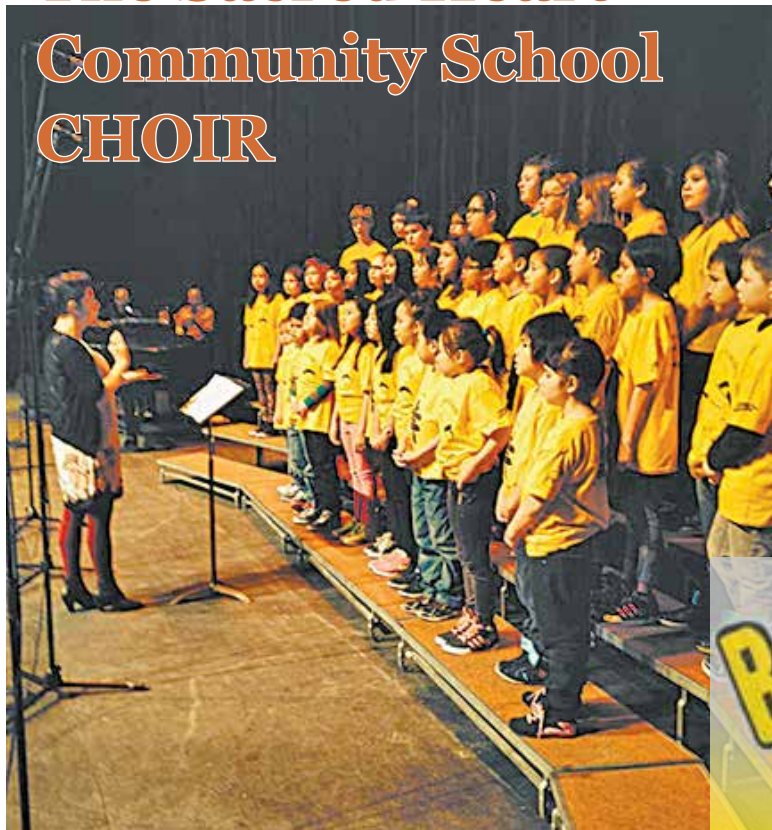
The Sacred Heart Community School Choir was asked to sing at the Regina Teachers' Convention.

It is truly amazing that 95% of the 44 children in choir came to the school at 7:50 am on a non-school day, particularly since many parents walked their children to the school that morning.

Ken Diebel, Renee Montenegro, and Lindsay Shaw, choir leaders, were very proud of their students' performance. After the children performed they were served a delicious breakfast by the Centre of the Arts staff.

Sacred Heart staff would sincerely like to thank the parents of the choir members for their wonderful support.

The Sacred Heart Community School CHOIR



COMMUNITY SCHOOL

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Starla Grebinski, Principal
Tricia Erlandson, Vice-Principal
Gilles Dauphinais, Vice-Principal



These children recently represented Sacred Heart School at the Battle of the Books competition. We were very proud of their performance as great readers!

NEXT READING NIGHTS!

APRIL 22, MAY 13, JUNE 10 6:00 TO 7:30 PM

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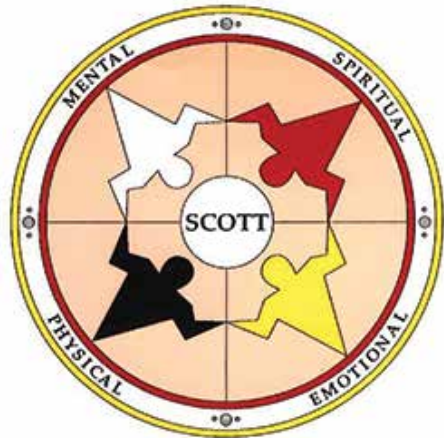
MASC Multidisciplinary Approach to Studying Canada Project

During quarter 4, which runs April 14th to June 19th, Scott Collegiate will be offering another multi-credit project.

This project will focus on two classes, Environmental Sciences 20 and Canadian Studies 30, by using integrated studies of the past, present, and future of Canada. A strong focus on the environment and stewardship will allow students to take part in many exciting

inquiry-based trips to different environments within Saskatchewan including the boreal forest. The land and protection of it are key issues to current and future leaders. It is our goal to prepare students to become those leaders by em-powering them with the information they need to make good decisions for future generations.

To register or if you have any questions, call (306) 523-3500.



Follow us on Twitter @scottcollegiate

SNOW DAY!

On Monday, March 9 the students of Scott Collegiate welcomed our feeder school grade 7 and 8s to participate in a SNOW DAY! Students signed up for a variety of activities including atlatl (spear thrower), beading/choker making, Inukshuk building, snow sculptures, cross-country skiing, face painting, Aboriginal games, and tandem ski races. The weather cooperated and we enjoyed hot chocolate and hot dogs around the fire pit. Special thanks to lead teacher Darcy Keewatin and his team, Grandma Bear, the staff and students of Kitchener, Albert, and Seven Stones, and the face painters from Street Culture. We look forward to making this an annual event!



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North Central Community VOLUNTEER AWARDS & Community Feast

WEDNESDAY
APRIL 15

Awards Night:
5:00 p.m.
Albert Scott
Community Centre

Welcome to Regina

The Regina Newcomers Club was established in 1964 by a lady working at Welcome Wagon (although we are not affiliated with Welcome Wagon).

Purpose:

To welcome new ladies to the community; introduce newcomers to activities in Regina; help new-comers make new friends. Whether this is your first move or one of many, we are here to help make the move a little easier.

Membership:

The club is open to women of all ages who have lived in Regina for fewer than 3 years at the time that they join. Membership is for 3 years (after which women can join the "Alumni" group).

Fees:

The current 'first year' registration

fee is \$30. Members are responsible for all costs associated with the activities they choose to join

Activities:

Dinner Social, book club, bowling, coffee explorers, craft 'n chat, dashing divas, downtown lunch bunch, games night, movie night, photography, potluck lunch, scrapbooking, supper club, walking club, wine night

How do I join?

New member nights are typically held at 7pm on the last Monday of the month at the Naked Bean coffee shop on Broad St. We'd appreciate an RSVP (reginaneewcomersclub@gmail.com) but drop ins are welcome. This event is where we give you all the information about the club, answer any questions you have and take registrations.

Contact Us: Email: reginaneewcomersclub@gmail.com

Website: <http://reginaneewcomers.blogspot.ca/>

We can also be found on Facebook

North Central as Ecomuseum

Everybody has a right to live in a safe and vibrant community.

In North Central Regina we often have to focus so hard to keep the negative issues at bay, we don't have time to step back and appreciate all we do so well. We have a tremendous collection of agencies with heart, working to address social issues (Together Now Interagency). Sometimes it feels like we run out of steam before we can organize positive events to celebrate (annual North Central Culture Days). It's time to focus on personal and collective achievements. ("The Good Life")

Let's imagine a neighbourhood brimming with social enterprise, all for the health of the community (Chili for Children). Let's envision economic development to benefit the people who live here. How about a beautification plan where all neighbours take part (RENEW North Central)? Let's agree that it must be sustainable.

"Ecomuseums are locally-driven, place-based organizations that encourage sustainable community development, based on in situ (on

site) heritage conservation and interpretation." Simply put, it is an agreement by which a local community takes care of a place. An ecomuseum is a museum without walls and does not refer to history alone, but explores opportunities to add to that history.

This concept embraces tangible and intangible heritage, sometimes called living heritage. This means that what you create or narrate on a day-to-day basis becomes part of our ecomuseum. The focus goes beyond objects or buildings to include music, ceremony, traditions and storytelling.

A team of neighbours will be meeting on a regular basis to work toward North Central as ecomuseum. It's the co-ordination we need to brand our awesomeness. Care to join us?

Ecomuseum Concept - A Saskatchewan Perspective on "Museums without Walls" A report prepared jointly by Heritage Saskatchewan and Museums Association of Saskatchewan For more information on ecomuseums, please visit: www.heritagesask.ca/resources or contact: janicemorier@gmail.com

Smudge Walk
North Central
JUNE 1, 2015
location to be confirmed



Have you always wanted to LEARN to play keyboards, guitar or african drums? Wanna LEARN hip hop & modern dance? Have you ALWAYS DREAMT of performing on stage in front of a live audience?

If so, here's your CHANCE

All Nations Healin' Thru Artz is an after school multimedia arts program offering FREE arts-based workshops, cultural/ Elder teachings and employment workshops to youth and young adults ages 13-22 yrs old who are on a budget.

**Classes are FREE—
supper & transportation
provided.**

ANHTA runs Monday thru Wednesday from 5-7 pm. at the YWCA - 1940 McIntyre St. Supper from 4-5pm.

For more information please visit contact the Artistic Director Monica Fogel at 306-205-7333. Check out our website www.anhta.org or like our Facebook page for daily updates.

This project is supported by Urban Partnerships (UP) Program, Saskatchewan Lotteries, the Saskatchewan Community Initiatives Fund and the City of Regina.

North Central Regina History Project & Website



Originally launched in April, 2012, with support from the Community Research Unit (U of R) the NC History & Mapping Website was hacked some time during the summer of 2014. The content was recovered and the site has been rebuilt! The coding was retrieved from the files of the original web designer, and with the help of a brilliant internet archive site known as The Wayback Machine (archive.org/web/) the layout has been preserved. Professor Peabody would be proud!

Volunteers will maintain and add to the fascinating content of this site as we move toward the North Central Ecomuseum. Pride of Place! You bet!

If you have any information, historical images, corrections to donate or share, please contact editor@nccaregina.ca We will be happy to scan and return the photos or consider your suggestions for profiles of North Central Heroes.



The Good Life Community Network is a new movement that will encourage a healthy lifestyle that includes sobriety, volunteerism and physical activity. The Good Life is also about focusing on the positives and building on strengths. Let’s talk about the good things that are going on in the community. What are some success stories?

Friday Night Social

Fridays! 7:00 – 11:00 pm
Prayer Lodge – 3137 Dewdney Ave.
(Next door to the main building of Indian Métis Christian Fellowship)

A sober get together, open to the community, brought to you by Project People, in partnership with Indian Métis Christian Fellowship. Join us for an evening of positive energy, making friends and fun!

Success Story: Friday Night Social

by Lisa Workman
Friday Night Social is a weekly sober together. It takes place every Friday at Indian Métis Christian Fellowship from 7 pm to 11 p.m. I started FNS as part of Project People. Project People is a network of volunteers, donors and agencies that address homelessness and hunger and those at risk. It was a good fit because addictions are a root cause of homelessness.

I’ve had my own struggles with alcohol. In my own recovery,

I found that some traditional supports, like 12-step meetings were not meeting my needs. I needed something that was more positive. Also, working in the community, I have seen people who go through treatment and then return to the same situations that keep them addicted.

Successful recovery takes a lot of changes in lifestyle. You need new sober friends and new sober activities. My idea was to offer a drop in where you get some sober time on a weekend and learn to socialise and have sober fun. Basically I opened the door,

offered some coffee and snacks, and invited people to play board games, cards or just talk. It took a full year to really establish Friday Night Social. In the beginning, I was often there by myself waiting for potential participants to show up. Or I dragged out friends and family to come out with me. My friend Dayna helped out and encouraged her connections to come. There was a time when I was almost ready to give up. I decided to wait until after Christmas the first year. And seemly overnight, we were a hit. Suddenly, we had a consistent group of regulars attending. Since then we have an average of about

10 participants every Friday. Sometimes more, sometimes less.

We recently celebrated our 3rd Anniversary of Friday Night Social! There have been participants who have come who struggle with housing or are in a housing program of some sort. There are participants coming who are involved with other recovery meetings or programs. There are participants who come just because they enjoy themselves. We have been very lucky to have the support of Indian Métis Christian Fellowship who provides coffee, snacks and childcare.

This is what some of participants say about Friday Night Social:

“I love Friday Night Social! It’s been over 7 weeks I’ve attended, me and my 5 kids really enjoy it and we look forward to Friday night. It really helps me to bond with people in a positive way. I think games, treats, laughter is a really healthier way to spend Friday evenings.”—*Stephanie*

“Friday Night Social is very welcoming, a lot of laughs and I like the games. Good coffee.”—*Jess*

“Friday Night Social is a place where you can go have sober fun or always up for a cup of coffee. I love that place.”—*Kelli*

"I have been participant of Friday Night Socials for the past 2 years. My only regret is that I hadn't been around since its conception. I personally find it to be a great place to have some fun on a Friday night. Always meeting new people and enjoying the company of the regulars! There should be more programs like this throughout the city. Thanks for all the laughs!"— *Arnold*

“Friday Night Social is very fun and I enjoy myself when I’m there. I meet new people too.”— *Tracey*

<https://sites.google.com/site/goodlifencyqr/>

Forever . . . in motion

**Physical Activity
for Older Adults (50+)
Albert Scott Community Centre
Tuesdays, 10:30 • FREE!**

- Benefits of Physical Activity:
- Stronger Muscles & Bones
 - Better Overall Health
 - Weight Control
 - Improved Posture & Balance
 - Reduced Risk of Injury
 - Relaxation & Reduced Stress
 - Improved Quality of Life
 - Live Independently Longer
 - Reduced Health Care Costs
 - Improved Cognitive Ability

Regina Qu'Appelle Health Region,
Saskatchewan Parks and Recreation Association in
partnership with NCCA Care & Share Program with
support from SaskLotteries

SEARCH (Student Energy in Action
for Regina Community Health)
Spring & Summer Hours
at Four Directions Community
Health Center 3510 5th Avenue

**From MAY TO AUGUST
clinic open Mondays
5:30 pm to 8:30 pm**

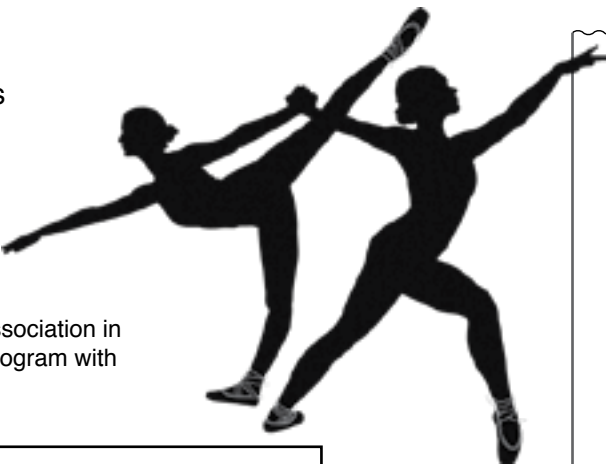
Play & Learn Times
Mon to Fri 9-4
(Sat 9-1 ends April 25)





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

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



FOOT CARE

**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

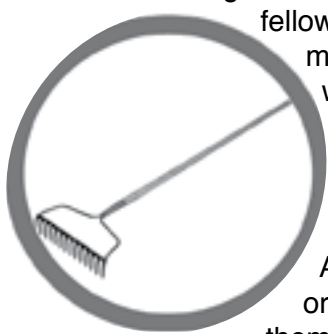
**North Central Community Association
1264 Athol Street, 2nd floor (elevator)
Call 306-757-1046 to book an appointment
or leave a message
Community Nurse: Jude McCann RN**

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



Hire A Neighbour

Need a little spare cash? Willing to work odd jobs? North Central's **Hire A Neighbour** program is always looking for new hard working residents who are willing to do odd jobs for fellow residents. If you enjoy raking or mowing lawns let us know—and we'll match you up with those in the community needing a helping hand to get some work done around their place.



And if you need help with something, or know of someone who does, send them our way—we hope to be able to match them up with someone who can help them get the job done—it's win-win for everyone involved! Any questions, call the NCCA office (306-791-9888).

Community Calendar

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

Deadline for JUNE issue: May 13, 2015

Seniors' Walking Club

Monday, Wednesday & Friday
— 8:00 to 9:00 am at Albert Scott Community Centre. A club for all who are interested in improving their physical fitness. A safe place for adults to get together and exercise in a quiet, comfortable setting. In case any problems occur, there is a staff member on hand at all times.

Care & Share for Seniors Now offers Recreational Activities:

Tuesdays
at 10:00 am
(Free!)
Stay for Lunch: 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**

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



Intercultural Grandmothers

Uniting For older women who are interested in building bridges of understanding, respect, trust and friendship among First Nations, Métis and all other women. Meetings are held the third Friday of every month, 10:30 am to 12:30 pm at Indian Métis Christian Fellowship (IMCF) 3131 Dewdney Ave.
New Members Always Welcome!

Spring 2015 Meeting Schedule

April 17 – Guest Speaker: Kevin Meacher “Regina Paratransit Service”

May 16 – Sharing Circle Topic: “Things I Learn From My Elders”

For more information call 306-585-5705 or 306-585-5766.

Aboriginal Grandmothers Caring for Grandchildren Support Network

Grandmothers caring for their grandchildren are invited to monthly Support Network meetings with interesting speakers from community agencies.

Tea and bannock always served. Childcare and rides will be provided for those who call in advance. For more information or to register call 306-585-5766. “I like the sharing the best about the talking circles...when other people tell and their stories I remember that happened to me and realize that I am not the only one in the whole entire world. And it confirms your feelings and experiences.”

Fridays: Apr 10, May 8, Jun 12
from 9:30 to 11:30 am
Gallery Building, Room 106
2155 College Avenue

2015 INTER-AGENCY Chili Cook Off

held February 11 at Indian Métis Christian Fellowship

Congratulations once again to the 2015 Inter-Agency Chili Cook Off Champs: CIRCLE PROJECT! Their victories, like their chili, repeat themselves. (Yeah, I said it...)



photo: J. Morier

Supporting our Future by Taking Time for Play

Children are born precious and sacred and it is our duty as parents and caregivers to provide them with the environment and support they need to develop to their fullest potential. Parents are a child's first and most important teacher and at the Early Years Family Centre we aim to celebrate the important role that adults play in the life of children.

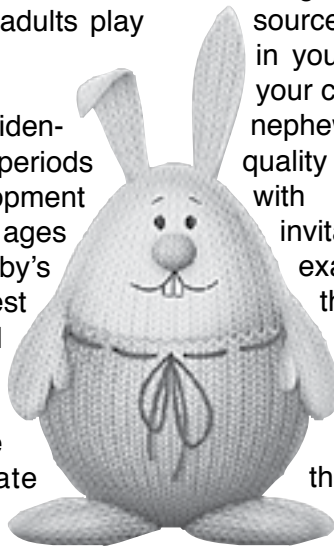
Recent research has identified that sensitive periods in Early Brain Development take place between the ages of 0 to 6 and that a baby's brain has the greatest density of brain cell connectors by age 3. A strong foundation including a positive environment, adequate nutrition and social interaction with caring attentive caregivers prepares our littlest community member's brains to function at their best.

As parents we want our children to learn all that they can and how children learn best is through play. Spending time in play with your child is very important because it is through play that we can model problem solving, curiosity

and persistence. Your interest, comments and questions make the play a richer experience and most importantly you will have lots of fun together.

The Early Years Family Centre located in the lower level of Scott Collegiate is a community resource that can support you in your play experiences with your child, grandchild, niece or nephew. The centre is a high-quality learning space filled with numerous open-ended invitations to play. Some examples of play include: the block area to support mathematical thinking; the home area to support social and emotional development; the art centre to support exploration and curiosity and our movement, music and literacy classes to support physical and literacy development.

The centre is a free drop-in space for children (newborn to age six) and their family. We are open Monday to Thursday from 9 to 4 and Friday 9 to 1. We invite you to come visit us for some playing and learning fun!



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

Umba wasté (Good day) Neighbours,

The North Central community is finally seeing the beginning of the start of construction for the North Central Shared Facility with the arrival of the fences surrounding the green space of where the new building will be located on the Scott Collegiate grounds. We should be hearing an announcement from the NCSF committee within the month of April, but I wanted to share that we are so excited to see the work begin and there will be so much celebrating to do as we watch the building go up. There will be an open house in the near future for the final design – watch for information and as it happens we will share.

Our community association has been busy making plans and a big part of one of our board's to do list is the drafting of a new community plan which would involve the short and

long term goals to work with all our neighbourhood residents, current and future partners to create a beautification plan for the neighbourhood, addressing safety concerns and the ensuring we have input in developers housing plans for infill development and the land that will be left vacant after the old stadium is demolished. As always we are always on the lookout for new voices and volunteers – please consider sitting on our community planning subcommittee and if interested email us at exec.director@nccaregina.ca Take care and we'd love to hear from you!

Joely BigEagle-Kequahtoway,
President

North Central Community
Association



Parkdale Park

photo by Joely BigEagle-Kequahtoway

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:
Joely BigEagle-Kequahtoway
Early Years Learning Centre
Kari Herbert Warren McCall
Jan Morier Candace Liskowich
Michael Parker Angela Prawzick
Regina Newcomers Club
Sacred Heart Community School
Scott Collegiate
Lisa Workman Rhonda Young-Pilon

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

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

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

**DEADLINE for
JUNE ISSUE
May 13, 2015**

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

President.....Joely BigEagle
Kequahtoway
Vice President.....Jessica Hanna
Secretary.....Robyn Shiplack
Treasurer.....Morris Eagles

MEMBERS-AT-LARGE

Tom Brown Greg Campbell
Anna Galassi Denita Stonechild
Charla Tait



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
Seven Stones Community School.....	523-3740
St. Luke.....	791-7248

Organizations & Agencies	
Aboriginal Health Home Care	766-6379
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
Bylaw Enforcement.....	777-7000
Child and Youth Services	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
Circle Project Childrens' Centre	569-3988
Circle Project Infant Centre	949-4911
Early Years Family Centre	523-3512
Ehrlo Sport Venture Library.....	751-2411
Ehrlo Housing	584-3313
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
Log House Thrift Store	791-0255
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	570-8202
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
SWAP.....	525-1722
YMCA of Regina	757-9622
Want the number of your agency in this space? Call us to add it: 791-9888	

Lilly Daniels

January 21, 1935
March 24, 2015

Warren McCall, MLA - Regina
Elphinstone-Centre
Member Statement, Legislative
Assembly of Saskatchewan

March 25, 2015

Mr. Speaker, it is with great sadness that I rise in the Assembly today to note that Lilly Daniels, a respected elder and all 'round extraordinary woman, passed away yesterday at the age of 80. And it is with great humility that I take this moment to publicly honour Kohkum Lilly for a life well lived.

She wasn't big in stature, less than five feet tall, and so was given the name Wapi-maskwa Iskwew... White Bear Woman... so she would have a strong animal to guide and protect her.

She would say that she grew up in The School of Hard Knocks and her early life is indeed a chronicle of loss, hardship, and injustice. Perhaps the most extraordinary of all her many achievements is that, despite those early and awful circumstances, she survived and was widely known as a woman who was gentle, kind, generous and loving.

After the death of her husband Allan, Kohkum Lilly said that she began to dream of pow wow dancers. It caused her to found the Rainbow Youth Dancers in 1978... since then, because of her, hundreds if not thousands of young people have learned to dance pow wow and so to strengthen that circle.

Mother Teresa Middle School

A Jesuit Academy

NOW ACCEPTING APPLICATIONS

for students entering Grade 6
in September 2015



Mother Teresa Middle School (MTMS) serves highly motivated, economically disadvantaged students from North Central Regina, whose potential has been compromised by social and economic factors affecting them and their families.

Is MTMS right for your child?

- Do you have a child that will be entering Grade 6 in September 2015?
- Do you live in North Central or the core areas of Regina?
- Would your child benefit from additional supports?

How we are different ...

- We partner with families to ensure the success of each student.
- 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 are a non-tuition scholarship based school.

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

Mother Teresa Middle School
1975 North 2nd Avenue
Regina, SK S4R 0Y1
Telephone: w 306.569.6867
c 306.581.9070
info@mtmschoolregina.com
www.mtmschoolregina.com



Are you having trouble finding a job?

We can help! There is no wait list and each client is assisted with what they need to help them on the path towards employment.

We are looking for youth that are between 18-29 years old who are in need of skill development and assistance with finding a job.

There are many things staff can do to assist you with finding employment. Staff will focus on improving your strengths while developing new skills. Some of the things we can help with are: resumé, interview skills, job searches, work site experience, and much much more!

Come by 1459 Retallack or call 306-791-9530 to find out more!
www.nccaregina.ca/meewasasin



The community came out to celebrate the 80th birthday of Lilly Daniels at Albert Scott Community Centre in January.

Lilly Daniels began her journey as a kid living with her family on a road allowance on the outskirts of Gordon's Reserve... and it ended here yesterday, in the inner-city Regina neighbourhood she's called home since the early 1960s.

In the course of that journey she showed us how to live a life of humour, generosity, leadership, and compassion... Kohkum Lilly is a woman to be emulated... and she surely can't be replaced.

From this Assembly to the family and many, many friends, we send out our condolences and thanks for the life of Lilly Daniels. Ekosi.

1459 Retallack Street
Regina, SK S4T 2J3
meewasasin@nccaregina.ca

Meewasasin

Phone: 306-791-9530
Fax: 306-791-9790
www.nccaregina.ca/meewasasin