

Renewing Our Community Pride

photos & stories:
Jennifer McGillis, RENEW Co-ordinator
Mariah Rope, Garden Co-ordinator

Hello from the Renew Team!! We have been having a busy summer so far! The Renew Team has done one work bee on the 600 Block on Pasqua/Wascana. We had two residents and five non-residents work hard to make the alley clean and safe. Many residents were extremely happy with the clean up.

On July 14th a special work bee was set up on the 900 Block of Athol/Garnet Street with thirteen volunteers from Gentle Road Church, three residents and four non-residents. We chose this block as a special work bee because of the dumping that was taking place.

After surveying the blocks the RENEW Team found that landlords were dumping former tenants' belongings in the alley, some landlords were commandeering rolling garbage bins and filling them with debris from home renovations. Roofing companies were dumping shingles in the household bins.

My question to the residents of North Central: Why do we allow these people to continue to use North Central as a dumping ground? We, the residents, need to start using our voice and reporting these types of activities!!

North Central is a wonderful, welcoming community! We have a new stadium being built, a new school (Seven Stones Community School) that just opened in the fall of 2014 and another school (Sacred Heart Community School) opening in the fall of 2016, and do I need to mention the new shared facility on the way?

It's time the residents 'renewed' our community pride and started making formal complaints if we witness dumping; otherwise they (landlords and anyone else who chooses to have North Central as a dumping ground) will continue to destroy our neighbourhood.

If you witness dumping call the City of Regina's main line at (306) 777-7000 and make a complaint! Don't think your voice doesn't matter because in eyes of our God we all matter. It's time we take a stand and say NO MORE!! It's time to RENEW our community pride!!!

The RENEW Team still welcomes volunteers to help with future work bees. If you are interested in helping with alley clean ups call the North Central Community Association at (306) 791-9888 or follow us on Facebook: North Central's Renew Project.

Let's all work together to Renew our Community!!

The Community Gardens have been doing great! The plants are healthy and happy. We have had a lot of help from volunteers with watering, weeding, and transporting soil to Kitchener Community School. We partnered with Nate Polsfut's grade 7/8 class from Kitchener to get some beds and soil moved to the school from a previous garden location, and they have also donated several more garden beds.

I would like to acknowledge and thank Sydney Lemieux for volunteering her time with transporting soil to fill the donated beds at Kitchener. Sydney also helped out with the free lemonade stand we had to promote our first summer workshop!

A group of 13 volunteers from Gentle Road Church pulled weeds recently. They were a fabulous, hard-working group!

Also, I would like to thank the volunteers who come by during the volunteer drop in times to help me with the watering! These good neighbours are: Maegan Krajewski, Chantelle Yurechuk, Jane Kennedy, Katharine Desjarlais, Jeanine Sky, Cindy Rope, Tony Rope, and the many children and youth who stop by to give me a hand! If you're interested in helping out, join our Facebook group NCGardens or just stop by if you see me out in the gardens!

We had plant donations from Bev Lemieux and Rebecca Elson, thank you for your generosity!

Unfortunately we've had some vandalism at our new Kitchener garden site. If anyone sees any vandalism happening at any of our garden sites, please contact our office at (306) 791-9888. We need our gardens to flourish so there's plenty of food to go around when it's time to harvest! These gardens belong to everyone, so let's work together to keep them safe.

We had our first garden workshop on July 14th with Elder Betty McKenna. On July 27th we partnered with SEARCH to provide a Salad and Stir-fry workshop! We are having another workshop with Betty on August 17th at 6:00 pm. at North Central Community Association board room (1264 Athol St). She will be teaching us how to make different teas with the plants we grow in the gardens! Everyone is welcome, so we are inviting anyone who is interested in participating in this event.

Please stop by the gardens anytime to see how the plants are coming along!



Mariah Rope invites neighbours for lemonade and produce when they drop in to the community gardens



RENEW Projects tries to keep up with illegal dumping on North Central alleys. You can help! If you witness this crime, report to (306) 777-7000. RENEW community pride!!



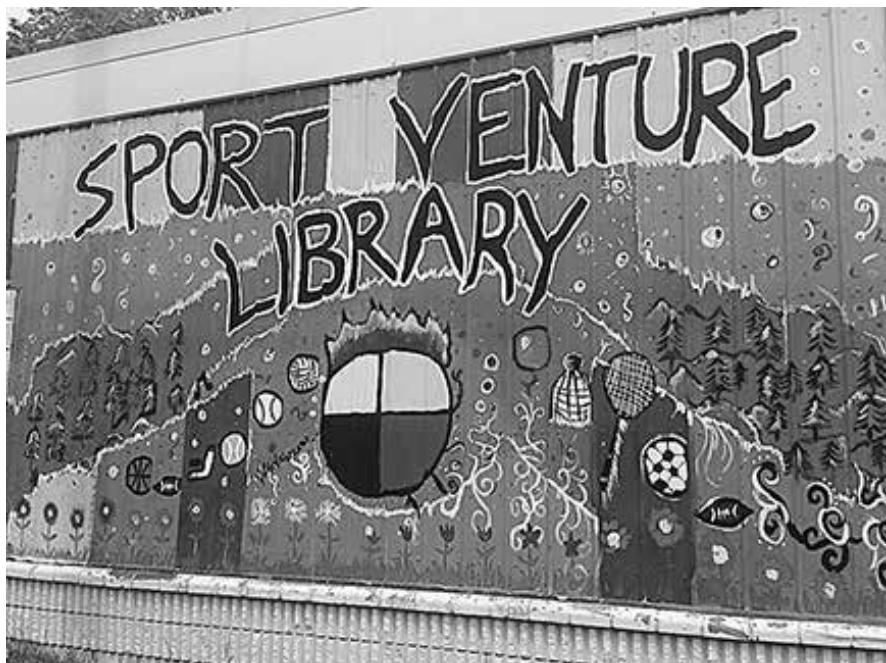
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COMMUNITY YOUR VOICE

Voices

interview & story by Lisa Workman
photos courtesy of Sport Venture



Sport Venture is located at 2730 5th Ave, it is a green building on the corner of 5th and Rae St., with a brand new mural. The mural was a community effort lead by a SIAST practicum student. “We put some music on and had drinks and snacks and told anyone coming by to come and paint. Put your mark on our wall!” says Amanda McConnell, Manager at Sport Venture, “The kids are super proud of it.”

Sport Venture is all about that kind of community engagement and involvement. Their mandate is to remove barriers from participation in sport and to empower communities to organise and control their own recreation programs. They offer four free sports leagues - basketball, soccer, football and outdoor hockey. Sport Venture works to remove barriers by providing all the equipment needed, as well as transportation and even a meal if needed. The Outdoor Hockey League is the biggest league they have with 344 kids participating. The Royal Bank has been a sponsor of that league.

Sport Venture is also a sport equipment lending library. Agencies and groups can borrow equipment for programming or special events at no charge. Individuals and families are invited to borrow items as well. Sports equipment can be quite costly. The library runs on donations from the community and they are always in need. Anyone can drop off their used sports equipment. The summer time can see a decrease in donations and increase in need. Currently, they are in need of roller blades and baseball equipment. “It’s sad to turn someone away who needs a baseball glove because we don’t have any.”

Sport Venture also encourages individuals to borrow sports

equipment and run their own groups. There is one gentleman who borrows their baseball items and invites anyone who wants to come out to play on Saturdays. Sport Venture likes being the middle man and helping to guide community members to get groups together themselves. They would love to see more parents who want to play with their own kids, but who could also invite other kids to play and build their skills.

“We would really like to get more of the community engaged. Parents if you are going to be at the rink or at the field anyway, volunteer! Parents and kids can be involved in being active together and it helps to create community,” says Amanda.

Volunteers are an important part. There are only two paid staff members, Amanda McConnell, Program Manager, and Kelsey Bachinski, Rec Coordinator. Kelsey started off as a volunteer, “I volunteered at the Rosemont location a couple of years ago for hockey and it was just so cool to see how excited the kids got and how much more they put into their practice when their parents were there. It’s really great to see it through one practice—the growth and that relationship and the bonding forming—and to see that happen through a whole season.”

Mainly, volunteers coach the four leagues and they are positive mentors to the children. “Teaching them to work together as a team, keeping them active, teaching them skills in whatever sport they happen to be playing. And lots of little things, like for the hockey program they’ll

Sport Venture offers barrier-free sports programs for youth as well as a sports equipment lending library. They remove barriers by offering free sports leagues (football, basketball, soccer and hockey), they provide equipment as needed, transportation and food. For the Outdoor Hockey League they dress the youth in full hockey gear from head to toe.

The lending library is run on community donations and offers sports equipment for anyone in the community to borrow.

Sport Venture



come in and dress the players and we have volunteers who will cook the meals, our volunteers are so amazing,” says Amanda.

Volunteers just want to give back to the community. In the Outdoor Hockey League for example, the program has been long-running. Many volunteers have been long-term, returning year after year and bonding with the kids as they also come back year after year. Those volunteers get to watch the kids grow, overcome adversities and turn into adults. Amanda says, “When they tell stories their faces beam and you can see how they feel, very happy to have been a part of that youth’s journey, it’s powerful.”

Physical activity is just one of the

benefits of being involved. “It’s one of those things. You sometimes forget you’re being physically active. You put on some skates and skate around with your kids or coach and you’re being active. But you’re also engaging and having fun and forming positive relationships.”

“The physical activity gets to be the bonus,” says Amanda. Kelsey adds, “One dad was there one day and he was tying skates and helping some of the kids. Then he goes on the ice. His young son thought his dad was an NHL player because he had never really gone skating with his dad. But the boy was so pumped, thinking that his dad was pro and he was going pro too! He was so proud of dad, but all dad did was put on skates and skate with him.”





The primary goal for Meewasasin is to provide employability skills training where the clientele learn how to adapt their lifestyles, make critical life-choices and ultimately choose a career path which will help them towards successful long-term employment.

Intake is On-Going
Clients between the ages of 16-29 years of age are welcome to apply at any time! We offer a three-week course and a one week workshop in addition to individual supports. No matter what your needs are, we can help!

Focusing on Strengths
Our clientele are youth 16-29 years old who are unemployed or underemployed and in need of skill development in order to get a job and maintain employment. Every person who enters our program has abilities they may not realize. Our staff will help each client learn what those strengths are and how they can be used to overcome difficulties which may have prevented them from obtaining employment in the past. We will focus on improving the strengths each client has while developing new skills. We provide many opportunities for this to happen.

Individualized Program
Many of the topics covered in the course and workshop are listed on the back, but our staff are also available to individually help clients with other issues or concerns. Our program was designed based on the needs

of employers and other training programs. Our goal is to assist every client who enters our doors and help them find employment, or qualify for further training. We are offering an approach using the client's strengths to help them break the barriers which will assist them on the path towards successful employment.



Meewasasin offers the following:

- Resumé Writing • Job Interview Skills • Worksite Experience • Financial Management • Decision-Making • Math & Literacy Skills • Time Management • Self-awareness • Problem Solving • Communication Skills • Document Reading • Jobsite Safety • Labour Standards • WHMIS

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NORTH Central
Meewasasin is an initiative of the North Central Community Association with funding through Labour Market Services

Government of Saskatchewan

Sharpening Service

interview & photo by J. Morier

Sharpening Service is housed in a little building at 802 Angus Street in North Central. It's not exactly in a high-traffic business area. The quiet little block sits just west of the bustling commerce of Albert Street. Yet since its opening in 1968, Sharpening Service has never been short of customers.

The shop was established in 1964 by a craftsman Al Viberg. By 1968 Viberg sold to his employee-turned-partner, Edwin Wirth.

Ed learned his trade in a garage shop in the east end of Regina. After a succession of acquiring other sharpening businesses and more sophisticated machinery, he came to work for Al.

At the same time as Viberg set up shop here, Darren Wirth was born. From about the age of 17, Darren apprenticed with his father Ed. Darren explains, "you put in a lot of hours but you can't find somebody who wants to learn the trade. There's no school to phone and say 'I want somebody'. You have to train for the trade."

In 2012, when he should have been enjoying retirement, Ed Wirth passed away. "But he loved it," says Darren. "And he worked up until the last 3 months. He loved visiting with his customers who were more friends than anything."

Ed Wirth developed his business and those relationships all those decades. He left this world knowing his skills along with his good reputation and clientele would carry on.

Business continues to be very good from this location. Sharpening Service takes clients from Edmonton and Calgary, as



services there don't have the equipment to handle 14-foot long shears. Sharpening Service maintains contracts for the City of Regina and Evraz Regina Steel.

Darren says "The City has invested a lot in their equipment. They come in every second week. Last month we did 600 mower blades for them."

Sharpening Services have 3 employees, Darren, his mother Ruth, and Andrew Coates. "Andrew has been here 2 years now and he knows maybe not even a quarter of the stuff we're doing—the stuff you need to know to handle all the work that comes our way. He's not doing too badly," he smiles, "but he still has a long way to go."

Coates teases back, "I have to put up with a lot!" But he is keen. "This is my career."

"It takes a knack," Darren adds. "A lot of the stuff is freehand too, but you still need the machines and that takes steadiness."

His father Ed learned his trade from a man who probably learned it from another. The skills and knowledge and 'knack' were passed on down the generations.

Darren hopes to eventually teach what he knows to another few men or women. He doesn't want the craft to die with him. It's all hands-on training and Darren would be able to notice early on whether an employee had the knack.

His mother beams. "He always said he couldn't do it, but he's doing just as good a job as his dad did."

Darren smiles. "I expect to be here at least another 30 years, myself."

Ruth Wirth says "I just come in for something to do." Those duties include bookkeeping, customer service, ordering. Her little shop dog alerts them when clients walk in the door. "But I don't operate machines," she laughs, "I want to keep my fingers and toes!"

Darren reflects, "Once the business was me, dad, mom and 2 or 3 guys, but now the machines are getting more computerized, you can set them and put the knife in there and walk away."

Occasionally Darren admits that challenges present themselves. "Dad always used to say, in terms of the competition, 'If you can do it, we can do it too. We'll figure it out'. And that's my attitude too. It has to be sharpened somehow, and with the equipment we've got, we should be able to do it. We will figure out a way to do it. We've even made adaptations to sharpeners—an attachment to fit on the Göckel (German-made machinery) for grinding. We couldn't buy one for it so we made it."

"In early years, Dad used to come in and stay till 10:00 at night just to learn the machinery and new techniques. We have set business hours but we'll come in evenings if need be. Whatever it takes to get the job done. If people need it, you have to do it," says Darren.

"I love what I'm doing, so it's not really work."

In our throw-away economy, household purchases are worn out and thrown out. But a sharpening service will always be needed. Their business handles everything from kitchen knives and garden shears to farm machinery, all the way to newsprint cutters and zambonis.

Sharpening Service is a tremendous legacy to the knack, to intuition and the old ways.

By the way, I asked, but unfortunately they don't have any tools on hand to sharpen my mind.

by Lisa Workman



The Good Life COMMUNITY NETWORK

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. Setting goals is a good way to start.

Goal setting is when you choose something that you want to improve on or change and then make a plan for how you are going to do it.

Why set goals?

Make choices about your health, habits and lifestyle. If we don't make our own choices, we let ourselves be influenced by other people, advertising and social media. It's like being in a boat and not steering. Who knows where you'll end up? Decide where you want to be and start rowing!

Keep taking small steps to making a better life for yourself. Dream about what you want to be and what you want for yourself (and your family). Make reasonable goals towards that dream. Plan how you are going to achieve those goals. Work

the plan! Review your results. Celebrate success; rework those bumps in the road.

Spend some time every week reviewing what you have accomplished, even if it something very small.

Share your story

What have been the highlights of your week? What are the GOOD things in your life right now? What made you smile? What made you laugh? (It may not be all good, but what could you be happy about?)

Spend some time every day counting your blessings and what you are grateful for.

GOAL SETTING TIPS

- 👍 Find all kinds of resources to help with your goal—people, books, community agencies/groups, videos, the internet, etc.
- 👍 Visualise what life will be like when you succeed. Really make your vision vibrant and real to you.
- 👍 Share your goal with another person. This will hold you accountable. Even better, you can work with someone who has the same goal.
- 👍 Write it down. This will help to make it clear and real to you.

👍 Review your progress and your plan often. Keep track of what is working and build on it. Change what isn't working.

👍 Celebrate successes with rewards that support your goal.

👍 Don't let a setback stop you, just get back on track. Feel good about your goal work. If you are getting frustrated, break it down to smaller goals and steps. Be patient with yourself.

Come find out more! The Good Life Sharing Circle meets at Four Directions every Monday at 1:00 p.m.

Four Directions is located at Fifth Avenue and Elphinstone Street

National Aboriginal Day celebrated in North Central




Ralph Goodale, Wascana's Member of Parliament, thanked the people of Treaty 4 for making us feel so welcome on this territory.

He said: "One of the most significant things that has happened in the last few weeks of the Canadian Parliament has been receiving the official report of the Truth and Reconciliation Commission. It signals an important new way forward. An inclusive, healing and reconciled way forward for our country. I was struck by the words of the chief commissioner when he released the report saying we've worked so hard for all of these years, we've examined all the issues, they'd heard so many of the painful stories. And on the

basis of what they'd heard, they're now able to describe where the mountaintop is. Now it's up to all the rest of us to do the climbing. I think that's a pretty good way to describe where we need to go in this country. And hopefully all of us will be willing and anxious, with good hearts and good spirits to do the climbing towards a better, more inclusive, more reconciled country. On National Aboriginal Day we celebrate the great, great founding nations of this land made by Aboriginal peoples."



photo by J. Morier

**The Circle Project Assoc. Inc.,
Indian Métis Christian Fellowship (IMCF)
& Regina Education and Action on Child Hunger
(REACH)**

Wish to say thank-you to:






Conexus Credit Union, Loraas Disposal,
City of Regina, Sask Culture & K+S Potash

**For their contribution and support in making our
June 19, 2015 National Aboriginal Day
a Successful Community Celebration!**

This event was also supported by

Sask Energy, Warren McCall, SIGA,
North Central Community Association (NCCA),
Street Culture Project Inc., Saskatchewan Writer's Guild
and Residents of 800 block Cameron St. and Garnet St.

**Special thanks to our Volunteers...
we couldn't have done it without you!**

No Frills Groceries Give a Little Campaign Helps North Central Lakers

Amber Crawford is the Owner and Manager of No Frills (grocery store) “We had a campaign going on called ‘Give a Little, Help a Lot’ and as the owner I got to pick to where the funds that we raised went. The community organization I chose was the football team that’s under the Regina Minor Football League—the North Central Lakers.

No Frills staff supported the Lakers by wearing their jerseys all week long. Lakers volunteers helped out at the store on a Saturday as baggers and cart fetchers, wearing Laker gear to show the community where that money was going.

I’ve seen this team come up from where it started to where it is today, the challenges and the struggles that the coaches and boys had. I will never, ever forget being at (Regina Minor Football)board meetings talking about how these coaches had to go and do a needle check, because they practiced at Scott Collegiate and I was amazed at what they do for these boys to play football. Today they practice at the Mosaic Stadium practice field.

On behalf of my team at No Frills we are donating \$2,878. to the Lakers Football team to go towards The Laker Meal Program for meals, snacks and water.”



Lakers Coach Brandon Brooks “We started in 2006 with 9 boys on that team and we didn’t win a game but we kept churning, we kept fighting. Now we’re pretty well-established football team and we’re growing every year. We’ve got more and more boys from North Central playing football. That’s the reason why I’m in this, I want to see these guys become successful. I’m not here for anything more than that. On behalf of the Laker boys I want to say thank you to Mrs. Amber Crawford and the No Frills crew on 4th Ave for raising \$2878 for the North Central Lakers Bantam Football team.“

Kelly Hamilton is president of Regina Minor Football. “Brandon Brooks came to us a number of years ago about starting a North Central Lakers team and providing an opportunity for the kids. It’s not that football is a privileged sport but there are lots of kids out there who don’t have the guidance and don’t have the ability to get to practice and get proper nutrition and just get underneath the team. Brandon and all his staff, and Amber and her commitment to Minor Football years ago was all part of how these kids are now integral parts of our community. They’ve witnessed what it’s like to be part of a team, they’re back in school, they’re eating properly, and they’re advancing their football program as well. They’re going into All-Star teams, playing with the Rams, playing for the Thunder.”

One Laker alumnus recently posted on social media: “I went to get some things after work and all I saw were workers wearing blue and black football jerseys and I immediately recognized what team they wore. One of the workers asked me if I wanted to donate and I immediately said yes! I miss the family and I wish I could still play.”

“It all started with a group of youth and a donation of turkeys.” Says the *Community Connection* article from August 2011, written about the first Christmas in July which was held in 2011. The event came full circle with this year’s SERVE youth group assigned to work on the fifth annual Christmas in July held on July 9, 2015.

The SERVE is a Christian mission based program for youth from all over Canada and the United States. Most of the youth were from Surrey, British Columbia. They were hosted by Sonlight Christian Reform Church and Indian Métis Christian Fellowship.

Over the week, they helped plan Christmas in July, hosted Vacation Bible School, painted, gardened and cleaned. Planning for Christmas in July started with producing and distributing handmade posters. The youth also helped with developing children’s activities, grocery shopping, filling gift bags and painting a colourful banner. Many agencies were involved, lead by Project People. Four Directions

Christmas in July



Community Health Centre and North Central Community Association did the bulk of the planning and coordinating. The event was funded by Saskatchewan Building and Trades. Indian Métis Christian Fellowship, the Regina Food Bank and Sport Venture provided supplies. Salvation Army donated 12 turkeys for the event and Chili for Children roasted them. Street Culture Kidz and Gentle Road Church helped with serving and cleaning up.

story by Lisa Workman; photos courtesy of The SERVE

The event started with a giveaway featuring second-hand items as well as gift bags that included hygiene products and cleaning supplies. A scrumptious meal of BBQ turkey on a bun with veggies and dip, fruit and desserts on the side was enjoyed. After the meal, Santa visited and handed out cold freezies. The afternoon continued with children’s games including “pins the nose on Rudolph” and decorating a Christmas tree.

All in all, the event was a huge success. Over 400 meals were served and everyone enjoyed the festivities.

Our Serve group came to us from Fleetwood Christian Reformed Church in Surrey BC.

Serve is a five to seven-day mission trip that sends middle or high school aged students out to care for and restore their world in an environment where they’ll encounter the concepts of justice and missional living.



SACRED HEART COMMUNITY SCHOOL

photos by J. Morier



Starla Grebinski congratulated all students who participated in the Accelerated Reading program and was grateful for the support and enthusiasm of their parents and caregivers.

Starla Grebinski is retiring after 31 years of service to the teaching profession.

In 2015, Mrs. Grebinski was presented the national Arbos Award for Contributions to Education and the Teaching Profession, on behalf of her peers.

As a result of her innovative work, the students have shown increased attendance and a significant improvement in reading. The school is recognized as a safe place for students to learn.

At a celebration held at Sacred Heart School on June 19, Starla Grebinski gave a very sincere thank you to all families of Sacred Heart for making her nine years here so enjoyable. "It truly has been a pleasure."

The assembly also saluted Teacher's Associate Mrs. Giambattista, retiring after 30+ years.



Warren McCall, MLA Regina Elphinstone-Centre, thanks his grade 3 teacher Starla Grebinski.



COMMUNITY SCHOOL

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

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



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Come back August 24 to 26 to pick up
the supplies

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



Someone's Little Girl

Born so pure and innocent when they came into this world.
Pink ribbons and white booties and soft hair to be curled.
First steps that were taken, first words to remember
Bountiful memories from January to December
First day of school, it was so hard to let go
Little minds absorbing all they'll need to know
Rewarded with new knowledge they were taught day by day
Little groups of children to laugh and shout and play
Amazing how they shared some things you thought they never knew
Amazing how they did the things you thought they couldn't do
Mischievous behaviour when they thought your back was turned
Consequences faced, another lesson learned
Hearty laughs of humour, their secrets locked up safe
Rewarding their successes, understanding their mistakes
Molding their images to be a lady to adore
Stages of insurgence that angered to the core
Dealing with adolescence was a force to reckon with
Little did you know, it would turn into a gift
The talk of boys and peer pressure makes you start to worry
You advise them to slow down, not to be in such a hurry
It was hard to see their heartbreak when they thought it was true love
Cradled them through misery whenever things were rough
The years had flown quickly as they blossomed and matured
Ready to face life, they felt so self-assured
With confidence they left the nest to explore the adult life
To fulfill a job, go to school, or be somebody's wife

It was all so unexpected when a veil crossed the sun
No questions to be answered as you searched for your loved one
Our sisters, daughters, aunties, cousins, mothers and friends
What happened to these precious lives for broken hearts to mend
This is becoming all too real and widespread to ignore
How can we emphasize the importance a little more
The dances and the walks are needs for a resolution
Big shots on television is just political pollution
Try always to remember the missing hearts in this world
For they were loved, cherished, needed—someone's little girl.

Written by Ivona Lagimodière
to honour Missing & Murdered
Indigenous Women (MMIW)



Children's Expression of Culture

story & photos by Carol Daniels

To prepare for National Aboriginal Day celebrations held across Canada on June 21, the Indian Métis Christian Fellowship put out a call for children's artwork.

First place artwork entitled *Sunset of Colours* went to 10 year old Serenity Akapew of Albert School in Regina.

Second place artwork entitled *Feather* was awarded to 10 year old Maria Qaze also of Albert School.

Enjoy viewing the pride in culture these two have portrayed in their artwork.

The girls received a basket of goodies and their framed artwork at the 18th Annual Community Celebration which took place at Grassick Playground.



Sunset of Colours by Serenity Akapew



Feather by Maria Qaze

NORTH CENTRAL VIBE *calling all youth!*

VIBE is a program that engages and empowers children & youth and their families to become active and involved in their community through weekly arts, culture and fitness programming!

Justin Toto is North Central Community Association's Youth Recreation Co-ordinator and the Head Vibe Guy.

Vibe gives youth something to do in the evenings. It brings healthy, active and creative outlets to build self-esteem and let kids feel safe to open up to who they are without outside influences from media or friends.

Justin hosts cultural activities such as jigging, powwow dance and storytellers. Justin says "Some young folks don't know where they come from, they don't know the culture." Elders will relate heritage teachings. There will be actors to lead improv and teach youth to open up and show their confidence. "We'll bring in some film people to put them on TV and they will actually see the finished product."

vibe is all about self-improvement & self-confidence.

Vibe continues through August on Mondays & Tuesdays from 5:30 to 7:30 pm. The Vibe happens at Albert Scott Multi-Purpose Room, 1264 Athol St. For info call 306-791-9888.

Justin graduated from Scott Collegiate. He is an actor, now focusing on community work. "I worked in 'Moccasin Flats' TV series, short films, commercials. I'd like to share that and show these kids they can do it too."

Justin has been involved in community programming with YMCA, and Youth Unlimited. "Alan Pratt was one of my mentors. He gave me that chance at age 17 and since then that's all I ever did. I just loved it."

He's not just working with kids who want to be in the program. "I have experience of working with high-risk youth, those who are having trouble with themselves, whether it's the law, or home life or addictions that's causing a problem. I worked with them for 7 years, so I know of the lifestyles and backgrounds that the youth come from."

He knows what's at stake too. That little turn of helping someone along with a passion that they may not know they have.



visit The North Central History Project
northcentralregina.ca



My name is Katherine and I’ve lost 130lbs from my heaviest (both pregnant and NOT pregnant), maintaining that weight loss for 5 years now. I’m from North Central Regina, raising my 3 children. My family and I have been blessed by the wonderful Regina community which I pay forward by hosting a free No Excuse Mom workout group at the YWCA. Our goal at No Excuse Mom is to encourage health, friendship and community.

by Katherine Clubb

We are part of a nonprofit organization created by controversial fit mom Maria Kang, whose “What’s your Excuse” photo went viral in 2013.

A No Excuse Mom is someone who makes health one of her priorities (it doesn’t have to be the first, but it is one of MANY). We believe that health starts at home and that parents are their children’s first role model. Our local group here in Regina is 1 of over 300 groups in 25 countries that started this past year thanks to the ‘no excuse’ message.

Being mothers, we lack time, resources and often motivation—but we believe that if we can do it, so can others!

Here are some of the top 5 fitness excuses and how to beat them:

1. *I don’t have time*—prioritize and schedule 20min somewhere in the day (either waking up early or during nap time etc.)
2. *I don’t have a gym*—use workout apps on your phone, use free workout videos on YouTube, join your local NEM group for weekly meet ups
3. *I don’t have money (for healthy foods)*—buy in bulk, in season and on sale
4. *I don’t know what to do*—Ask! That’s what I’m here as a group leader for—help!
5. *I don’t have support*—That’s what the group is for! Your FREE mom group is full of support, encouragement, and help!

There should be no excuses for not making health a priority! And the best part of this No Excuse Mom movement is that it is COMPLETELY FREE!! Like all of the best things in life!

We like to follow very simple “rules”. It does not matter what video you train with or what food preference you enjoy - which makes it easy for ANYONE and EVERYONE to commit to a healthy lifestyle change.

1. Eat breakfast every morning
2. Write down everything you eat
3. Workout 3-4 times a week
4. Drink only water and/or 2-3 cups of black coffee or unsweetened tea/day
5. Eat small meals containing protein and carbohydrates throughout the day. Include healthy fats daily.

6. Plan your splurge meals , which you can eat in small portions moderately or once a week
7. Stop eating 3 hours before bedtime
8. Measure yourself
9. Reflect on your program weekly

I’d love to see you out at one of our upcoming meet ups and help you reach your fitness goals! Join our Facebook group at No Excuse Mom Regina, Saskatchewan or feel free to email me at nemregina1@gmail.com.

In Good Health,
Katherine Clubb

We meet every Sunday at 2 pm with no breaks over the summer. We also meet Wednesday evenings for running.

Nursing Hearts in North Central

The Saskatchewan Collaborative Bachelor of Science in Nursing (SCBSn) is offered jointly by the Saskatchewan Polytechnic and the University of Regina.

Nurse Practitioner Amanda Jacobson is leading a class of 7 students at North Central Family Centre who are on a clinical placement during their 4th year. Sandy Wankel, NCFC Executive Director, says nursing students have been involved with the family centre for 10 years. The students recently held a Family Fun Night and Barbeque at NC Family Centre.

The nurses held a steak night and raised almost \$1000 for this event. They solicited donations from businesses in the community, and Co-op, Sobeys and Casino Regina

chipped in. There were donations for prizes from the Regina Pats, Giant Tiger and various individuals

Amanda hasn’t been involved in North Central before this. “This is a wonderful community! To be honest, when I first heard I was coming to North Central—I’m not from Regina—but everybody kind of refers to it as the ghetto. But I was really pleasantly surprised! The people are so wonderful, they put on so many activities for the kids, and what they do for the community is just amazing! Being a nurse I see they really encompass a lot of the concepts that we teach to students and what we practice in the hospitals. And yet they’re doing it from a family centre.”

“It’s amazing.” adds Amanda. “I’m seeing just how close this community is. They have a lot of strengths!”

“The nursing students wanted to get the kids involved so they came up with these posters that ask ‘Why do we love North Central?’ Instead of focusing on all the negative aspects, we need to start raising awareness around how good it is!”

Amanda beams, “I’m proud of my students, they did a wonderful job and I’m so lucky to be part of this community right now.”



Thank you to nursing students:
Shelby Babyak Alison Hall
Kaila Kachiuk Katy Karr
Hayley Michael Ashley Peterson
Jelea Tyndall

Play & Learn Times

Mon to Thur 9-4

Fri 9-1



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The Medicine Shoppe
PHARMACY



Matthew Manz, Pharmacist/Owner of The Medicine Shoppe Pharmacy moved into North Central in November, 2014. On a recent fine summer day he held a customer appreciation barbeque at his location at 3934 Dewdney Avenue.

Manz says "I want to help people out as much as I can and try to have a positive impact. I want to give back to the community, because that's who's ultimately supporting me—is the local area, so that was my plan for donating proceeds to North Central Community Association."

“That’s disgusting!
SOMEBODY
should ———
DO SOMETHING
——— about it!”



**be a
SOME
BODY**

Have some lawn maintenance equipment you can share with a neighbour? Maybe start an arrangement for a cleaning bee on their property? Get your block involved! Tackle the alleys! The mower, the merrier!



Community Calendar

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

Deadline for OCTOBER issue: Sept 11, 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.

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. in multi-purpose room)

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



Construction Careers Regina

is hosting a Skills Camp for Girls and Boys between the ages of 10-13.

August 10-14 & 17-21

The program will have the youth exposed to some basic construction skills. They will be assisted in constructing a project from materials supplied. The participants may also be asked to help with a community-based project. There will be 2 adult supervisors who have many years of construction experience. Space is limited, so register early.

Youth must be available from 9 am to 4 pm daily. Must be registered with Construction Careers Regina. For more information contact Construction Careers Regina 2415 7th Avenue Ph: (306) 721-4473

Teddy Bear Clinic

Four Directions Community Health Centre
3510-5th Avenue
766-7540



Monday August 24 1:00-3:00 pm
Bring your teddy bear for health check-ups, physical activity and immunization.



photos by J. Morier

Chilli 4 Children and Care & Share YEAR END BBQ

was held June 18th

*Celebrating
another season
of fellowship & fun!*



**Aren't they a
huggy bunch?
C&S Resumes
in September**

North Central as a community stands at a crossroad: once dubbed by Maclean's magazine as "Canada's Worst Neighbourhood", North Central has been seeing a gradual change and I anticipate that over the course of the next 5 years it is set to undergo a major transformation.

The challenge will be to see about who will lead that transformation and what sort of community is being built. There has been a significant increase of infill housing since housing prices spiked in 2009, and observations point to an overall general improvement in housing stock and the general state of the community. There has been major investment in educational infrastructure through the rebuilding of Seven Stones School, and a now also Sacred Heart school by 2017 along with the Mâdawêyatîân Centre that will replace the only high school, city community centre and public library. The Mâdawêyatîân Centre will also be the new home of NCCA.

ANNUAL GENERAL MEETING

Mosaic Stadium, home of the Saskatchewan Roughriders is also being replaced with the building of a new stadium a half-dozen blocks from its current site and the planned redevelopment of current stadium area. Over 400 million dollars will be spent on these public capital projects from 2012 till 2017. While these investments are encouraging, especially with the renewal of educational infrastructure, decisions are being made for the community rather than with the community and create the risk that in these efforts to renew the community the core issues remain unaddressed and its most vulnerable members are simply displaced.

As an organisation we need to strive to give the community a voice in determining its direction and see a comprehensive community plan as the way forward to support all our members to live, learn and prosper.

Mosaic Stadium, home of the Saskatchewan Roughriders is also being replaced with the building of a new stadium a half-dozen

North Central Community Association has been through massive transition in the last 3 years, first with the closure of the Regina Anti-Gang Service, second with the retirement of former Executive Director Rob Deglau, and thirdly with the transformation of our youth employment program Transition to Trades into Meewasasin. In order for us to achieve our goals it is vitally important that we can begin rebuilding our capacity through fund raising and volunteer development.

Are you an active person?
Concerned about your community? NCCA has been a force in rebuilding your North Central.

Take an active role in one of our committees—from community planning to community gardens.

Take part and have your say!



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 Healin Thru Artz (ANHTA)	755-7333
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

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.

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

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

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



Get Social!



Mission Statement of North Central Community Association

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

NCCA Board of Directors

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Vice President.....Morris Eagles
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MEMBERS-AT-LARGE

Tom Brown	Cassie Fisher
Anna Galassi	Denita Stonechild

DEADLINE for
OCTOBER ISSUE
September 11, 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



culturedays
create participate share
september 25, 26 & 27, 2015

 **Regina
Catholic Schools**
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Welcome back, students!

Walk-in registration days for high school:

Thursday, August 27: 1-3:30 p.m.

Monday, August 31: 8:30 a.m-3 p.m.

Walk-in registration days for elementary school:

Thursday, August 27 and Monday August 31: 1-3:30 p.m. (both days)

Register at your local school!



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To sit on the field on Movie Night at Mosaic, a membership into NCCA is required and will be sold at the gate: \$5 per household or \$2 per person. Like our Facebook page (NCCA.Regina) for updates.



MOVIE NIGHT AT MOSAIC



SUNDAY, AUGUST 9TH
DOORS OPEN: 6:00PM
MOVIE STARTS: 7:00PM

FREE ADMISSION

ACCEPTING VOLUNTARY DONATIONS
TO NCCA

IN SUPPORT OF
 **Central
Community
Association**