

Seven
Stones
Steppers



Hayley Parker

Thank you to Event Partners:

- Ehrlo Sport Venture Library
 - All Nations Hope Network
 - Regina Public Library (Albert Branch)
 - SEARCH Student Clinic
- and to all the performers, stage management crew, volunteers and vendors and the Weather—for making North Central Culture Days Street Fair a success!



Blue Dot
Movement

bluedot.ca



Ehrlo Sports Venture Community Mural



Button Making
with Albert Library

photos J. Morier

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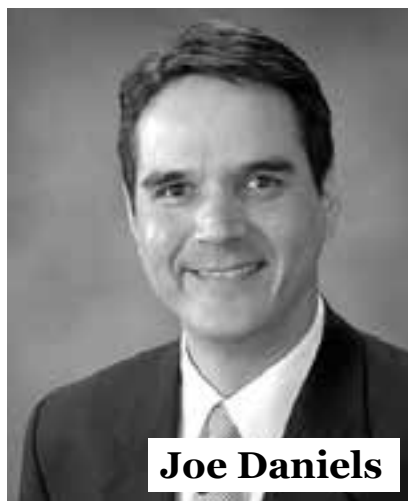
Regina Votes 2016: Ward 6 Candidates

QUESTIONS

- 1) A series of violent crimes have been committed this year in the North Central community. What recommendations would you bring to City Council to combat community crime?
- 2) Seeing the positive programming the community has initiated for youth in the neighbourhood, what further supports would you like to see for young people to keep them safe and engaged?

- 3) How do you intend on addressing the socio-economic state of North Central?
- 4) What are the plans for addressing the quality and cost of housing in North Central?

Ward 6 extends beyond North Central but our intention was to seek responses to our community's needs. Commentary has been edited for length. Visit www.electionsregina.ca/candidates/councillor/ward-6/ to read each candidate's platform. GET OUT AND VOTE on OCTOBER 26.



Joe Daniels

1) The root cause of crime is directly linked to socio-economic issues. We have a young and diverse community and everyone has the human right to safety and security. We will work vigorously with our partners in North Central community organizations, School Boards, Regina City Police, North Central businesses and residents to prevent crime. Anti-gang strategies, crime watch programs and the White Pony Lodge community patrol will continue to be supported by the City of Regina.

2) I will ensure the City of Regina continues to support afterschool and community driven programs in sport, culture and recreational activities, including weekends and throughout the summer months. Growing up in North Central, I attended a program called 'Youth Unlimited' that provided such opportunities. These activities were supervised by youth who were paid wages to help with engagement and safety of our children and youth. I was one of those participants who witnessed the leadership building in North Central. I would support a North Central student works program. Skills building, education and employment are the keys to keeping youth engaged and safe.

3) I will use the research and community discourse to advance solutions with our community stakeholders. Strategies, partnerships and opportunities in education and skilled labour training are essential in addressing the issues.

4) I would ensure that the research on the costs and quality of housing is addressed in consultation with the community. I would advocate for a report card on Regina City Bylaws on building standards compliance in North Central. I will ensure housing is a paramount issue. Rental home compliance and tenant rights and responsibilities are very important and need to be promoted and understood in the North Central neighbourhood.



Ashley Deacon

1) City Council needs to be better engaged both with North Central residents and agencies to understand the scope of the tremendous effort given but also where the disparities lie. This includes strong collaboration with community agencies that have already been working with Regina Police in Crime Prevention Through Environmental Design (CPTED) concepts and environmentally enhancing the safety of the neighbourhood. The city has a responsibility to explore reintegration programs for offenders in order to reduce recidivism. This will come from creating opportunities for employment, while ensuring housing stability.

2) There are some incredible agencies delivering programming to youth in the community. Many of these programs are chronically underfunded. The city must adopt more responsibility for vulnerable youth, further funding successful programs such as the 11 & Under Initiative (11UI) and to agencies that provide social and cultural opportunities. Further, I would like to see the redevelopment of an anti-gang initiative that provides exit strategies for involved youth.

3) Agencies are underfunded and unable to meet the demand of people seeking their services. City Council needs to be reminded of the over-representation of families in North Central who are living below the Low Income Cut-Off. With the Regina Revitalization Initiative projects, focus needs to remain on the future of the Mosaic site. This could be a tremendous opportunity for housing, small businesses and job creation in the community.

4) Affordable housing and homelessness are two difficult issues facing many people in the city. I would push the city to respond by proposing second stage housing, so individuals can have a chance to establish roots, employment and stability. Having residents in stable and affordable long term housing will benefit our whole community.



Connie Dieter

1) I am deeply concerned about the murder and the crime severity rates in North Central. I would bring all levels of government, policing, community stakeholders, business and community members together to identify the most pressing issues and develop a strategy with resources from all governments. Given, the high crime rates in our neighbourhood, I will lobby to have the police station open at night or 24 hours and request foot patrols.

2) We need more evening programs for youth. Our youth want to be involved in individual and team sports programs; however fees are too high for many of our residents. I would support non-profit organizations in accessing funding towards this programming from various funding sources including City of Regina. The neighbourhood, also, needs a place for youth to congregate at night or after school. We should have a community facility designated as a place for the youth to meet, play sports, and fraternize. In our community, children are vulnerable during monthly cheque days. I would encourage non-profit organizations to provide a safer alternative for the children who may need care for just a few hours or overnight.

3) The Regina Revitalization Project will provide jobs and new housing, increasing opportunities for business and residents. We need to ensure those jobs and business opportunities in North Central are made available to Ward 6 residents.

4) I want to investigate new dollars from various sources including foundations and granting institutions internationally. North Central is in challenging position to survive as a healthy community; we need to deal with the housing problems. I also intend to lobby the provincial government to continue with the Homeowner Residential Rehabilitation Assistance Program (RRAP) programming and other housing programs.



Shelley Lavalley

1) I support community efforts such as the White Pony Lodge patrol and their community work. I would review or improve enforceable Bylaws to get the alleys, yards and trees cleaned. I would ask City Council to support regular community clean-up days. I would review all street lights and ensure they are all operational on a priority basis. I would ask a community committee to develop a reference list when bringing Ward 6 concerns to the council table.

2) There needs to be consistency in programming, running every day of the week. Youth need positive role models and to see family members working and volunteering. We need to ensure each culture has access to their own or other's cultural and traditional teachings so they may feel free to contribute to the community. Local nonprofit organizations will be paired with hosts and organizers for North Central community suppers and BBQs for the next 4 years.

3) Our health is paramount. If we are not well, we will not have the energy or passion to pursue higher education or a career. Once we are on the road to health, we can see opportunities.

4) I would review the quality and cost of current housing in North Central and conduct an inventory of owned and rented properties to see if there are families living without proper running water taps, heating systems or in homes with broken windows. We must monitor and enforce existing bylaws. We need a review of the revitalization housing plan for the Mosaic field area to ensure it will be available and affordable for community members. If elected, I will review the tax rates and reassessments in Ward 6. I will work to help families to own or build their own home.

The questions for Ward 6 candidates were designed by Justice Studies student at the University of Regina **Kevin Agyeman** for the North Central Community Association. Thanks to Kevin for his efforts in coordinating the process.



David Lerat



Joel Murray



Femi Ogunrinde



Bill Stevenson

1) The safety of any community is paramount. Through the Community Investment Grant Program, I am looking to encourage and sustain community-run safety initiatives such as the White Pony Lodge. Additionally, improving the lighting of our streets and the alley ways is something I will also address.

2) I would like to see better partnerships between our community groups (North Central Family Centre, Rainbow Youth Centre) and our city owned facilities (Lawson, Co-Operators Soccer Field).

3) Addressing the socio-economic state of North Central I think is one of the most important things that needs to be accomplished. The area needs to break the barrier of fear from both residents, businesses and business owners. I find it a shame that residents do not feel safe walking in their own neighbourhood. No one should have to live in fear. I believe finding a corporate partner, in conjunction with the city of Regina, would go a long way in solving some of the issues in the area.

4) As far as quality of housing goes the city has housing enforcement programs in place, but in my opinion the programs are not invested in enough. Just by driving in the neighbourhood it is quickly apparent the condition of housing is substandard, both rental and owned. We need more investment in these programs and fast tracked action, not buried in red tape. The RRI (Regina Railyard Initiative) provides a great opportunity to address quality, affordable housing with the many partners and groups out there already.

1) I would meet with the Regina Police Service, outreach providers, and the community association to develop a community-based strategy, that would see an increase in police presence and develop a long-term solution to address the gang and drug activity. Support for legislation like Safer Communities And Neighbourhoods, SCAN (allows for disruption of those situations where much of the criminal activity happens) is paramount in our goal for safer neighbourhoods.

2) I would provide a brief from the Community and Protective Services committee. We would request a new budget process that would create a more predictable funding model for the service agencies that provide the incredibly valuable support of our youth. I believe the time and effort spent securing funding to provide this type of service could be dealt with in a more sustainable way.

3) I know the solutions for social and economic inequality are few. The vast majority of the city budget comes from the taxation of property, and transfers from the Province. All of which is spoken for to provide city services. The best way to address the issue is to find solutions that continue to provide services at little or no cost, like the free use of the pools, arenas, reduced bus pass costs, and property tax exemptions for affordable housing.

4) I will start with a meeting of the Bylaw Enforcement, Fire and Protective Services, and Service Regina, to develop and select an Enforcement Team. The team would be mandated to work in conjunction with the current HSET (Housing Standards Enforcement Team) to address the burnt out, vacant, and dilapidated homes. Further, I would encourage Council to lengthen the 5-year tax exemption program and increase the \$10,000 per home incentive, to spur on more new and attainable housing.

1) Policing alone cannot be effective in combating community crime. Our approaches must be holistic, integrated and diverse. My approach would be to strengthen the various institutions that make up our community infrastructure namely the police, families, criminal Justice, schools, specific physical environments or premises, communities, and employment. to deal with the factors that contribute to breakdown of law and order, community crime, and delinquencies. I will commission an inventory and evaluation of the programs within the community. I will also want us to look at the different reports and studies like the Regina Anti Gang Services (RAGS) to see what recommendations were made and if they have been implemented.

2) I will further consolidate and improve the programs that have a positive impact on the community. I will seek funding for a wide range of activities and models that will engage our young people. I will engage them in planning community projects and then award them for their achievement by giving them recognition. All these cannot be sustained without family support, faith and the partnership of the various agencies.

3) I will bring my management experience, pragmatism, team approach and problem solving skills to initiate a partnership with the stakeholders like the Government of Canada, the Province, City of Regina, Non-governmental organizations, businesses and residents to negotiate the transformation of North Central. I will be a strong advocate for North Central to play a major role in the revitalization, ensuring that our interest economically is well served. Lobbying for a trust fund to be established for gradual replacement and refurbishing of homes.

4) There are more reports and studies done in the North Central on the issue of housing than most other issues. I do not think that the municipal or provincial government can deal with this issue. We need a dedicated, concerted, and integrated effort. This requires leadership, tenacity, vision, skills, negotiation and much more. I would advocate for the provision of different incentives that would attract builders to provide affordable housing while guaranteeing the rights of renters. I will revisit the enforcement of housing standards and study the report on rental housing regulations.

1) Within the first 100 days of being elected I want to meet with the Chief of Police and inquire on why so many guns are getting into the hands of our young people. Next I'd like to develop partnerships with frontline agencies, community associations and other stakeholders in North Central (such as the White Pony Lodge) to further develop plans to decrease crime. By identifying the issues of chronic criminals I will work to develop a program that attempts to fill the gaps in the system that attempts to cut down on recidivism. For too long apprehension, charges and jail time has been the main method of criminal punishment. It does not work. A more robust youth intervention strategy that speaks to the reality and perception of the effects of poverty and its impact on criminal mentality is needed. Programs that help youth to rehabilitate and reintegrate into society and programs that include a complete overview of their needs within Regina and the surrounding communities. A fundamental change in criminal behaviour needs a fundamental change in our response as a community.

2) After-school programming and for additional tutoring opportunities are needed for students struggling with homework. There's a shortage of safe places kids can go to just be kids.

3) Ward 6 has a wonderful business, warehouse, and industrial districts thriving in the heart of Regina. With the development of the Regina Railyard Initiative south of Dewdney Avenue we have an opportunity to establish new multipurpose markets, green spaces for public use and a grocery store for our community. I'd also like to see a street market atmosphere develop along 5th Avenue to engage Regina citizens.

4) The Regina Railyard Initiative will provide up to 1200 additional mixed income housing units to help increase the supply and quality of homes in Ward 6. I will look at additional supports or programs to help increase home ownership in North Central and address the housing needs of low income earners. A large number of community supports are located in North Central from family organizations, health and police departments, community supports etc. We need a city council that will focus on the poor of our inner-city by working on the root causes of poverty. We need to listen to you as a community.

ALL CANDIDATES FORUM
Saturday, October 15
 10:00 am at IMCF
 (Indian Métis Christian Fellowship)
 3131 Dewdney Avenue
 Free Breakfast

Truth and Reconciliation Commission of Canada: Calls to Action

In this fourth in a series of articles examining the 94 Calls to Action

In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission makes the following calls to action.

This feature will resume in the December 2016 issue of North Central Community Connection



The Good Life COMMUNITY NETWORK

Dream about what you want to be and what you want for you 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 is 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 all be good, but could you be happy about it?) Spend time every day counting your blessings and what you are grateful for.

The Good Life is a movement. We can choose how we look at things, what we focus on and how we tell our stories. Let's talk about the good things happening in the community. Let's work together to highlight activities that are healthy, sober/clean and active including volunteer activities.

Let's work together to advocate for more and better programs and services for those recovering from addictions. Let's work together to promote volunteerism and increase access to physical activities in our community.

Living the Good Life is a weekly program. This new program will offer a life skills session along with a circle check to focus on the positives and

What is the Good Life?

The Good Life is a philosophy. The Good Life is all about positive, healthy activities, which includes sobriety, physical activity and volunteerism. The Good Life is also about focusing on the positives and building on our strengths.

by Lisa Workman

good mental health. Participants will learn skills such as self-esteem building, budgeting and dealing with grief. Also, participants will be given the chance to talk about the positive highlights in their lives, their goals and successes, what they are looking forward to and what they are grateful for.

For more information, call Lisa at 306-766-7549 or email: lisa.workman@rqhealth.ca

This new program will take place at Four Directions

**Community Health Centre
3510 5th Ave. every Friday
from 1:00 pm to 3:00 pm.**



Regina Votes 2016: Ward 6 Candidate



Trace Yellowquill

This information is from Ms. Yellowquill's candidate profile on www.electionsregina.ca/candidates/councillor/ward-6/

Originally from Wild Rose Wisconsin, USA. Trace emigrated to Canada as a small child in 1972, and there she received her education from a number of different schools throughout the city of Prince Albert.

One opportunity that had presented itself, was that there happened to be a M.A.D.D Conference that was going on in Regina, and she had shown interest in attending this conference in June of 1990. This was the first time Trace had ever visited the city of Regina.

Trace later eventually graduated from Carlton Comprehensive High School, and in receiving her Grade 12 Certificate, she found that there were better job opportunities elsewhere, other than what a smaller town could offer. This is what brought her to the choice to relocate to Regina which she now calls home.

Trace divides her time between visiting with family, and friends and in raising her 3 daughters.



Community Gardens 2016



story & photo by Maegan Krajewski

In a perfect world, we would be able to spend 365 days a year relaxing in our gardens, eating raw peas, and cooking up a crooked neck squash. Sadly, garden season does come to an end. We can look back on a summer of amazing volunteers, creative kids, and fresh veggies.

Kids activities were held on five Wednesdays in July and August at the Oasis garden. Kids (and kids at heart) made fun garden-themed crafts and learned about the different plants. We made seed bombs, egg carton birds, potted herbs, rock monsters, and a ladybug house. Once they finished their craft, many of the kids harvested vegetables to snack on or take home for supper. We were also visited by Little Souls Daycare. Thank you to all of the kids who have brightened the gardens with your curiosity and enthusiasm.

Drop-in hours were very busy in July and August. On some days, there were up to 10 volunteers working away in the sunshine. Some of the folks who dropped by had never been in the gardens before, while others were community garden veterans. Everyone has something valuable to contribute. Kids can carry watering cans, adults can pull weeds and prune tomatoes, seniors can share their knowledge, and no one is afraid to get a little bit messy in the process. In total, over 400 participants provided almost 400 volunteer hours this summer.

On August 22nd, it was our pleasure to host Fidji, Malin, and Sarah for the Native Plants Workshop. These three ladies from First Nations University of

Canada provided an excellent presentation on native plants and how to incorporate them into our own gardens. They also provided books on traditional uses for us to take home. Everyone left feeling very inspired, and we thank Fidji, Malin, and Sarah for sharing their knowledge.



Growing Native Plants and Traditional Uses Workshop held August 22. Presented by Fidji Gendron, Malin Hansen and Sarah Vinge-Mazer

In a community garden, there is no limit to what participation can look like. Whether you planted the first seeds, battled the quack grass, or simply enjoyed the harvest, thank you all for shaping this year's North Central Community Gardens. If you

yelled "nice garden!" as you rode past on your bike, strolled through with your four-legged friend, or pulled a carrot for your younger brother, thanks for making the gardens a positive space that we can all take pride in.



RISE and Shine

interview & photo by J. Morier

Pam Raymond speaks proudly of All RISE Project, "As a non-profit organization, we've always intended on developing social enterprise projects. We want to be able to diversify our funding stream so that we actually create our own sources of funding. We can't be 100% reliant on government funding. This project will allow us to have more long-term sustainability. It also allows us to offer programming that the community asks for, whether or not that falls in line with what governments currently fund, so we can better meet the needs of the community."

When the restaurant beside All RISE's office recently went out of business, the landlord offered All RISE the opportunity to take it over. The RISE and Shine Community Café is a non-profit social enterprise, with a side of cole slaw!

Pam says "All of the profits from the restaurant will be reinvested into social programming. It is also one of our on-site work placements for our employability programming—our participants to actually take part in work experiences. Some people need a more supportive work environment

and a lot more one-on-one support. They can have access to the resources they need."

The café's menu will be straight-forward. They have been asked for liver and onions, so that will be a permanent item for the liver lovers. Pam adds "We'll have Indian Tacos and bannock dogs and fried bologna sandwiches! There will be traditional soups and bannock and daily specials like lasagna and pizza."

RISE and Shine prices will offer student discounts (a student is defined as anybody participating in any community programming in a learning capacity, as well as high school and university students). There will be an Elders' discount and Seniors' discount.

A kids' play area gives the café a family feel. Stools at the counter face 5th Avenue with plug ins for computer users to have coffee and work. "We'll have an after-school homework time complete with milk and cookies. We're talking to university education students to come and tutor the young ones." Pam adds. The café will also be open evenings.

Future plans include opening

a small convenience store operating from the café and catering for community events. Pam has a call out for local artists to display and sell their pieces from the café.

End note: there was a break in at the All RISE office and classrooms on September 26. Though it was a setback for staff, the café will still hold their Grand Opening on October 21 & 22.

www.allriseproject.org



All RISE Project Inc. is a status-blind human service organization focused on developing and delivering community-driven support services centred on traditional Indigenous values that are culturally relevant for all treaty people in urban Regina. Family-centred supportive programming will respond to community articulated needs that address the root causes of poverty, homelessness and Aboriginal health disparities. The organization is a centre for collaborative community-engaged scholarship to contribute social knowledge of promoting healthy Indigenous communities.

3040-A 5th Avenue



Work proceeds at the RISE and Shine Community Café and Pizzeria

Grand Opening of New Outdoor Playground at Little Souls Daycare

August 16th was a lovely day for an Opening Ceremony and BBQ at the Dean Smith Youth Centre (1475 Athol St.).

The Co-operators sponsored the new space. This outdoor learning environment is rooted in the Play and Exploration model where the goal is to further children's social-emotional, intellectual, physical and spiritual development through the intentional use of landscaping and design.

Patty Humphreys is Marketing Manager for Souls Harbour Rescue Mission. She was quick to thank the team from Co-operators. "We're so thankful for their support in all community endeavours. They're unfailing with their volunteers who help with our holiday meals, and now helping to create this play area for the children. They've been a blessing."

"The children have an opportunity to be in a much more organic space in an urban setting. It's a very holistic approach for childcare."

"Next spring we're hoping to start vegetable gardens in these raised beds so that children who may



not be able to experience that in their home life will have that at our daycare.

Weather permitting we will adapt this space for winter play. The flower beds will be filled with snowmen!"

The daycare has a total of 60 spots at capacity. Parents who are just moving into the neighbourhood can call SHRM to see if there are spots for their children from 3 months up to 8 years old. Information at www.shrmsk.com/daycare

Regina Humane Society Animal Well-Fair

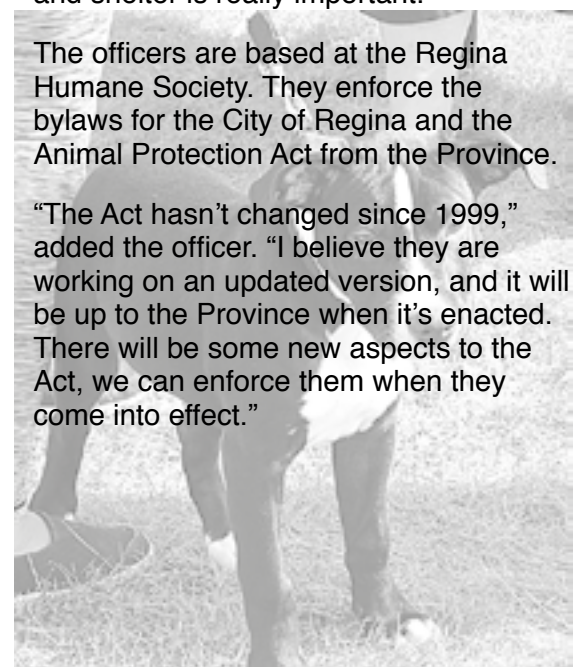
The Regina Humane Society's Animal Well-Fair was held on September 10 at the Grassick Playground.

RHS Education Coordinator Kristin Folk said: "Our staff and our volunteers look forward to this event, coming into the community, it's a great chance to chat with people, let them know about the programs and services we have. In particular the subsidized spay/neuter program."

Animal Protection Services Officers were also present at the event. "Licence your dogs, spay or neuter your animal. If they're outside, unattended—food, water and shelter is really important."

The officers are based at the Regina Humane Society. They enforce the bylaws for the City of Regina and the Animal Protection Act from the Province.

"The Act hasn't changed since 1999," added the officer. "I believe they are working on an updated version, and it will be up to the Province when it's enacted. There will be some new aspects to the Act, we can enforce them when they come into effect."



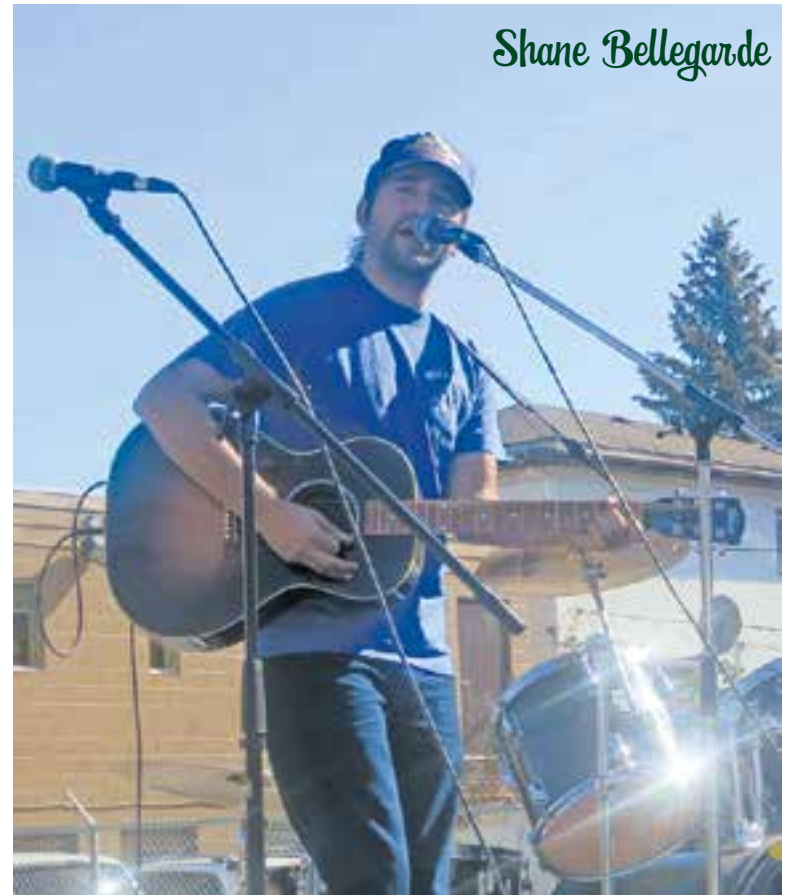
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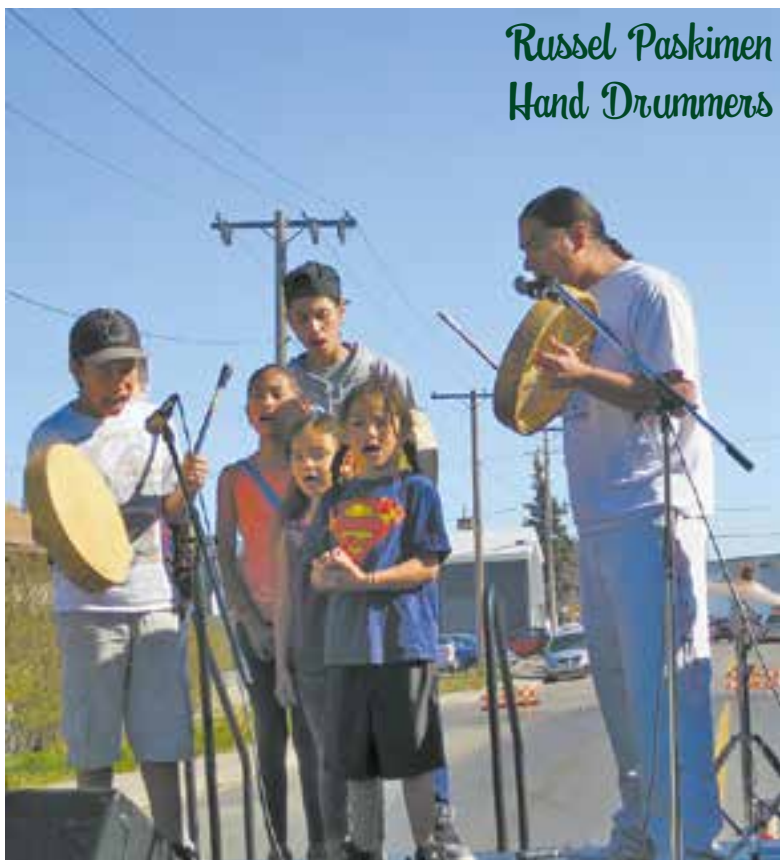
Aboriginal Friendship Centres of Saskatchewan
Soy Culture
STORM
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Community Initiatives Fund



Shane Bellegarde

North Central Culture Days Street Fair

culture days
CREATE, PARTICIPATE & SHARE
September 30, October 1 & 2, 2016



Russel Paskimen
Hand Drummers

photos J. Morier



Teagan Littlechief with
The Lost Boys Club



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**CHRISTMAS
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Please bring proof of Address, Income,
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everyone in the household.

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

Scott Collegiate Inspired Learning!

Scott Collegiate is happy to welcome two new teachers to its family.

This fall Delaine Anderson and Nancy King joined the team.

Delaine Anderson was born and raised in Regina. She joined the Scott Collegiate Blues as a Learning Leader this year and will work within the Guidance/Student Support Service areas. She brings with her over 20 years of teaching experience in Regina Public Schools, having completed her Education Degree in 1995 and her Master's Degree in 2012. Delaine looks forward to her new responsibilities and assignment at Scott and as we move into the new Mamaweyatitan Centre.

Nancy King joined the Scott Blues team this year as a Learning Leader and Learning Resource Teacher. She has taught for many, many years, the last 25 with Regina Public elementary and high schools. She is excited to be working with the Scott community!



Follow us on Twitter
[@scottcollegiate](https://twitter.com/scottcollegiate)

Welcome Delaine and Nancy

photo courtesy of Scott Collegiate



Regina Humane Society
Animal Well-Fair



Working for You

Warren

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

A National Union
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Community



Representing over 6,000 retail and service workers in SK, many within the North Central Regina neighbourhood.

f UFCW Canada Local 1400 **t** UFCWCanada1400


ufcw@ufcw1400.ca www.ufcw1400.ca
1-800-274-4036



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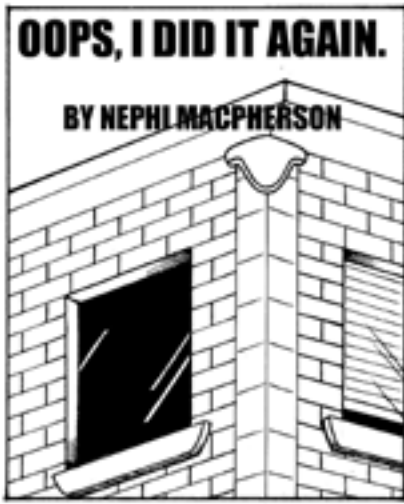
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www.smithsinsurance.ca



Saskatchewan Motor Licence
ISSUER
Land of Living Skies



Grand Opening Tec Computers

Saturday October 15, 11 to 3
634 Albert St (306) 789-4696

Proud new owners: Fergus and Beatrice Littlechief
 (North Central neighbours)

Server Setup & Maintenance • Intel authorized sales & service • Network setup and challenges • System Builds & repairs • Laptop Builds & repairs • POS Software & training • VPN & remote login specialists • iPhone screen repair • 24/7 Support



Albert Library's 5th annual Community Bannock Bake-Off

Do you want Bannock Bragging rights?

Do you think your bannock is best?

Put it to the taste test.

Enter the Bannock competition!

It's Easy!

Fun for the whole family

Storytellers, Dancers
 Children's magic show
 Door prizes and more.

Saturday November 5th

Albert-Scott Community Centre

1:00 - 4:00 pm

To register your bannock entry
 Registration open now
 Call the Albert Library for details 777-6076
 Select your category

There are three categories:

- ☞ Fried
- ☞ Baked
- ☞ Special

Bring your bannock to the Competition



NORTH CENTRAL VIBE

recreation programming
 fall 2016

If you plan to attend any of the exciting NCCA programs, please fill out a Vibe Participant Registration Form available online.

If you are interested in registering your child or children in the Kids Music Program, please fill out the North Central Kids Music Registration Form.

Registration forms can be downloaded, printed, filled out and returned to the North Central Community Association office. Registration forms can also be scanned and emailed to: nichelle@nccaregina.ca or brought to the program in person. If you have any questions or concerns please contact the office at 306-791-9888.

DANCE FITNESS: TUESDAY
 (6:00 PM – 7:00 PM)

Watch for announcements for new dates
 1264 Athol Street

Bring some comfy shoes, grab a friend and get active! This Dance Fitness class will only run once a week for 4 weeks. Sign up today! Don't miss out on this class! All ages are welcome.

CRAFTING CLASS: THURSDAY
 (5:00 PM – 7:00 PM)

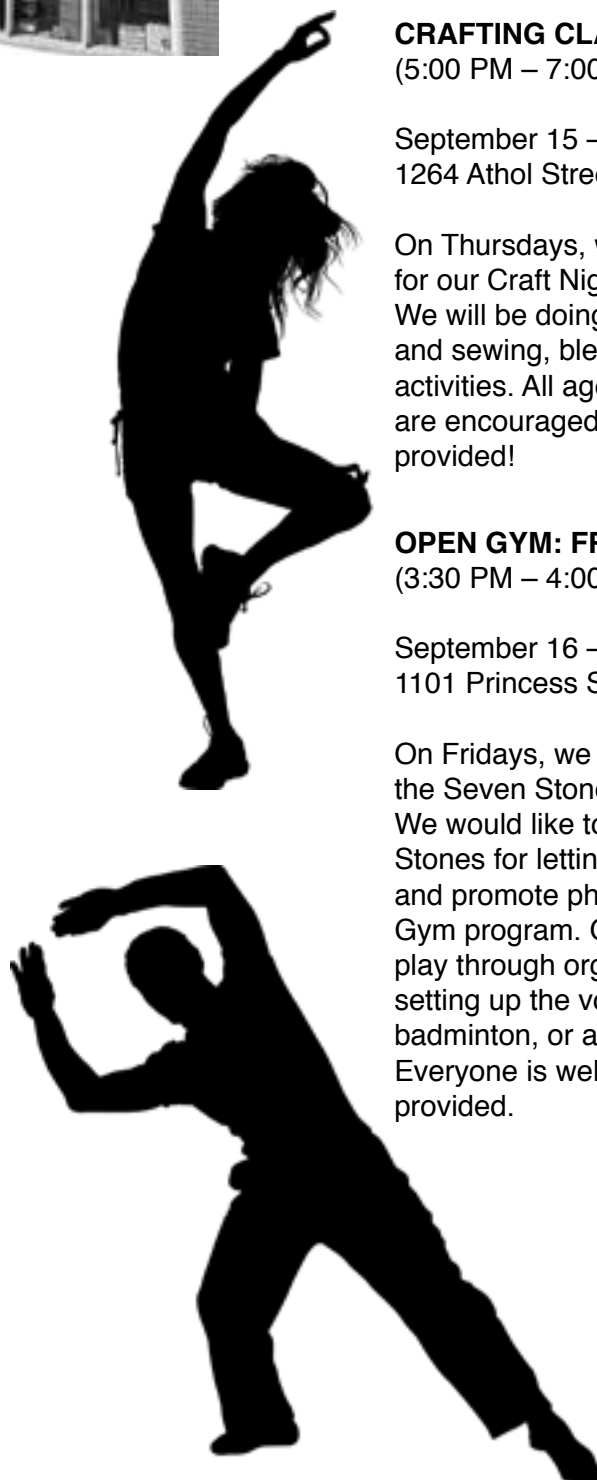
September 15 – December 8
 1264 Athol Street

On Thursdays, we invite you all to join us for our Craft Night from 5:00 pm – 7:00 pm. We will be doing a variety of crafts, beading, and sewing, blended in with seasonal art activities. All ages are welcome and families are encouraged to join. Snacks will be provided!

OPEN GYM: FRIDAY
 (3:30 PM – 4:00 PM)

September 16 – December 9
 1101 Princess Street

On Fridays, we are bringing the fun to the Seven Stones Community School. We would like to thank the staff of Seven Stones for letting NCCA come in to engage and promote physical fitness with our Open Gym program. Our goal is to offer structured play through organized sports. Whether its setting up the volley ball nets, playing some badminton, or a casual game of dodge ball. Everyone is welcome and snacks will be provided.



FASD - a New Definition: Faith, Ability, Strength & Determination

(Fetal Alcohol Spectrum Disorder)

interview & photo by J. Morier

September 9 was FASD Awareness Day. The North Central event began with a walk from Four Directions Community Health Centre (5th & Elphinstone) to IMCF on Dewdney Avenue.

Myles Himmelreich from Saskatoon, who lives with FASD, presented tales from his journey with the disorder.

Myles has spoken to national and international audiences, motivating and captivating them. Myles offered insight into his experiences, that include both the challenges and successes that he has faced.

Over a healthy lunch Marcie Rieder, a Regina resident, related her experiences with FASD.

Marcie Rieder:

I plan my days with the very best of intentions. I start out my day saying 'this is what I'm going to do', but if something doesn't go the way it's supposed to, it can throw off my whole day. Then I don't even know where to start after that.

I have coping mechanisms, I take a deep breath, I try to take myself out of the situation. I come back and re-evaluate. Once I've cleared my mind.

I know when I get to that point I just tell whoever I'm around at work 'look, I need to take a 5-minute break, I'm getting very

frustrated right now. I need some quiet time'.

There are some supports in Regina but not as much as there could be, especially in the workplace. I work in retail and in past jobs I've found the awareness just isn't there. I've been told 'you're making excuses, this isn't a real thing'. As someone who lives with it—it's real. It's a daily struggle, it's my life. There needs to be more support in the workplace for people with disabilities, especially FASD because it's not as well known.

I've learned that it does get easier. I just got my diagnosis

last year, I'm 27. I went my whole life not knowing what was wrong. When I finally knew I was relieved. I thought 'now I can put a name on it, I can research it'. If you're looking in the wrong places for support you're not going to find it. If you surround yourself with people who aren't good people to begin with, then you're just going to poison yourself. There are good supports, whether it's family members, friends or FASD clinics.

I have been taken advantage of a lot while growing up. I think it was just for the want of friends. I knew something was not right. I knew that if I didn't have cigarettes or beer money that they would not talk to me. It's that moment of feeling accepted. They have false intentions, but it's somebody to talk to.

Some of us are very impulsive. I was a people-pleaser, anything anybody needed to do, I would do it because I was being accepted for the time being. Unfortunately that's the road



a lot of people take. You feel like you do what you have to do to survive day-by-day.

I know a lot of people go through the court system, I've luckily never had to deal with that, I've had a very good family. I was adopted at 3 months, my adoptive family has been very supportive, (laughs) they keep me in line! The craziest thing I did in childhood was skip curfew. But I know a lot of people struggle with the law, because the supports are not there. If you had gotten the diagnosis a lot earlier, a lot of these things could have been prevented. You could have developed ways for helping you cope.

Regina student-run health clinic awarded \$10,000 donation to support their innovative efforts to tackle food insecurity in North Central Community

Student Energy in Action for Regina Community Health (SEARCH) is thrilled to announce that the SEARCH student-run health clinic has been awarded a \$10,000 donation as part of a national recognition program to honour selfless Canadians who improve people's lives and make their communities better with nutritious food and engaging community programs.

"SEARCH is proud to be a recipient of the 2016 Maple Leaf Feed It Forward program. By receiving this support, our goals of offering comprehensive, quality health care are made that much easier and will allow us to expand our programming for our clients in order to create that healthiest community possible," said SEARCH Executive Director, Kelly Husack.

Canadians were encouraged to nominate a volunteer or an employee of a not-for-profit organization or community group. Ten top nominees were selected from across Canada and each received a \$10,000 donation from Maple Leaf Foods towards his or her community program.

SEARCH provides an invaluable and sustainable link between students, health care professionals, community based organizations, post secondary institutions, and the community. "Through the work that our students and mentors provide to the community each week, opportunities exist to

diminish barriers to health care, improve community relations, and make Regina a healthier place for all," said Husack. "The financial support provided through the Feed It Forward program, will allow SEARCH to focus its efforts on benefiting our clients through enhanced nutritional programming that holistically meets the needs of the people served."

Kelly Husack,
SEARCH Executive Director
3510 5th Ave. (5th & Elphinstone)
Regina
www.searchhealthclinic.com
306-570-6208

Drop-In Hours
Mon to Thur 9 to 4 Fri 9 to 1

REGINA Children's Initiative
Strong Beginnings. Bright Futures.

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

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

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

FOOT CARE 2016

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

We are accepting new clients for office or home visits!

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

Getting Out with Your Life

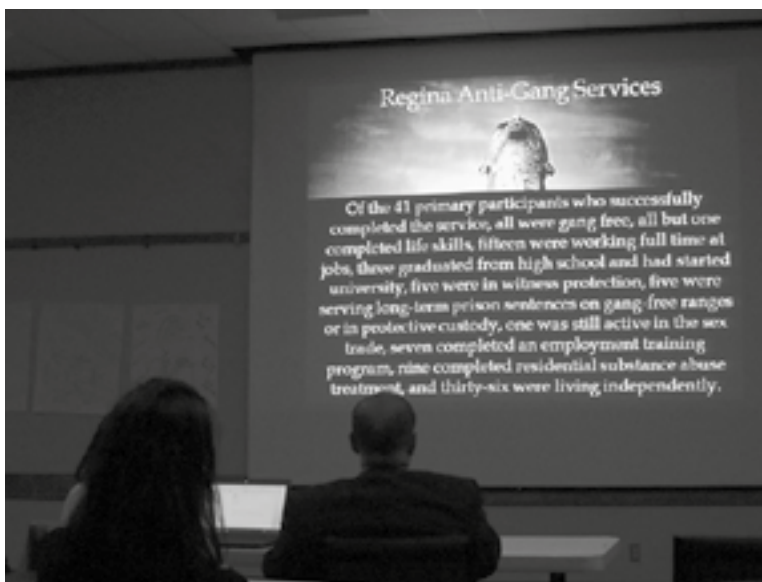
the Cost and the Worth of Gang Exit Strategies

I was around and part of the funding supports for RAGS through the Urban Aboriginal Strategy from 2009-2012.

It is my understanding that RAGS lost funding because it didn't look like a cost efficient program from the outside. Staff spent many, many hours working with individuals to get them out of gangs, housed and supported. This is time intensive work. Individuals involved in gangs are very complex—both in their personal histories, which would include childhood trauma, addictions, mental health issues, AND in the supports they require to leave the life and start over. Many of them have little to no supports whatsoever, so staff and fellow RAGS clients were it. For example, in some cases staff may have been spending 30+ hours with one individual over the course of the week, for many weeks.

I believe, however, that it was an effective program. After crunching numbers and dollars, though, it didn't appear to be so on paper. RAGS had letters of support from police services, the judiciary and prosecutors, still the decision to cut it was made because it appeared to be a very expensive program for dealing with a small number of clients.

My argument at the time was that it SHOULD be supported, and that the small numbers represented the tip of the iceberg. If you pull one gang member out and stabilize him or her, it is more than just one individual that you have helped. That ONE gang member is no longer going to be recruiting others. In many cases recruitment happens to the very young and vulnerable. Also, there are people who associate and participate in gang life, even if they are not members. Fewer gang members, fewer associates. While you may pull one out, stabilize him/her, get them into housing, treatment, leading to school and employment, you are creating a role model for others in similar situations AND preventing the



by Cora Sellers

Cora Sellers is the Executive Director for Carmichael Outreach and adds her thoughts to the value of Regina's now defunct Anti Gang Services (RAGS).

recruitment of more gang members. This leads to a positive ripple effect in community. I haven't even mentioned the reduction of crime, violence, medical costs, police calls etc. If you have prevented him/her from recruiting 5 more, and you are working even only with 20 gang members, then you have prevented 100 youth from getting into gang life.

There is very little prevention available now, and pretty much no exit strategies that I am aware of. Being an Aboriginal mother of 5, I can say that this lifestyle has almost irreparably affected the lives of 2 of my children, one who is struggling to get out right now. We have a lot of supports but are still not in a position to help her without putting ourselves at risk.

I believe that the loss of RAGS and the refusal to develop a meaningful gang strategy is why gangs are growing exponentially at the moment, and unless something is done, the problem will continue to grow.



Rob Rai is the Manager of Safe Schools Department for the Surrey School District #36, BC. In August Rob presented at a symposium on gang exit strategies for the Regina Public Schools.

The Surrey Wrap Program is an intensive intervention program for youth who are involved in gangs or gang-associated criminal activities.

Rob said "It is always very compelling, very reassuring when communities get together and admit we have a challenge, now what are we going to do about it?"

"The easiest thing in the world is to stick your head in the sand. Here we're coming together and saying we can do better for our kids, let's figure this out. I'm enthused to see this. There are a million bucks a year savings when prevention programs are in place in direct police costs and incarceration."

Community Calendar

FREE LISTING in the Community Calendar to promote your events happening in December/16 & January/17. Deadline for December issue is NOVEMBER 14.

Seniors' Walking Club

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

7th Annual SEARCH Gala Friday, November 4, Memories Fine Dining & Lounge, 1717 Victoria Ave. Buffet, cash bar, entertainment, and silent auction. Dr. Ryan Meili is the keynote speaker. Individual tickets \$65. To purchase tickets contact reginastudentclinic@gmail.com or call (306) 570-6208.

Regina Treaty/Status Indian Services Inc. presents:
pê-nêhiyawêk - Come Speak Cree! Free conversational Cree classes every Monday evening from 6:00pm-8:00pm at the Gathering Place 4001 3rd Avenue North, Regina, until December 5. Darren Okemaysim invites anyone who is interested in learning to speak Cree. No prior knowledge is assumed. For more information or to register call (306) 522-7494.

Community4Connection A Celebration of People Caring for People

FREE Tuesday, November 1 • 10:00 am to 2:00 pm Knox Metropolitan Church 2340 Victoria Ave. Info Giveaways Flu Shots Hearty Meals
to register your agency contact:
info: lisa.workman@rqhealth.ca ph: 306-766-7549

Real Food Challenge Win \$250-500 for you community organization! Host or initiate a minimum of 2 Real Food projects or events between October 1, 2016 and May 1, 2017. A Real Food Project could include offering water at your programs rather than sweetened drinks, taking down unhealthy food advertisements or becoming a Baby Friendly Space (see www.rqhealth.ca/primary-health-care/real-food-challenge for more ideas). Every organization that registers has the chance to win \$500. Make healthy food choice the easy choice.

To register or for more information: www.rqhealth.ca/primary-health-care/real-food-challenge or call: 306-766-7283
Regina Qu'Appelle Health Region



Neighbours! Consider donating your used plastic grocery bags to North Central's **AIDS Programs South Saskatchewan** (APSS) 2911 5th Ave. They're always in need!

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



Content for
DECEMBER issue by
November 14
editor@nccaregina.ca





NCCA's Annie Charles coordinated the North Central Community Cleanup this year.

North Central Community Cleanup was held on a sunny Sunday, September 25.

David Kohonick General Manager of Bennett Dunlop Ford was proud to lead the team.

"After 6 years it's interesting to see the numbers of our employees and their families continue to grow. Last year we had around 60-65 employees and this year we're near 100.

It shows that we do enjoy giving back to the community. A special thanks to A1 Rent Alls and Prairieland Rental & Sales for donating the trailers. It's amazing to watch just how much stuff we are collecting over the years."

NCCA wishes to add our thanks to Amber Crawford of No Frills (grocery store) for catering the barbeque.

Our gratitude to the many caring citizens who came out to help.

This year the North Central clean up had a total of 22 empties of the 30 yard bins which disposed of 28.15 tonnes of waste to the landfill, and 2 empties of the 12 yard bins which recycled 1.77 tonnes of metal.



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)	205-7333
All Nations Hope Network	924-8424
All RISE Project	352-RISE (7473)
Bylaw Enforcement.....	777-7000
Child and Youth Services	766-6700
Chili for Children.....	359-7919
Circle Project.....	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
George Gordon First Nation Urban Services.....	949-4230
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	570-6208
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
Street Project—Needle Pick up	766-7799
SWAP.....	525-1722
YMCA of Regina	757-9622

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

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Michael Parker Pam Raymond
Regina Qu'Appelle Health Region
Marcie Rieder Scott Collegiate
Cora Sellers Ward 6 Candidates
Lisa Workman

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

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

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

DEADLINE for DECEMBER ISSUE NOVEMBER 14, 2016 editor@nccaregina.ca

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Mission Statement of North Central Community Association
To enhance, engage and represent our diverse neighbourhood, where we live, work and play, by facilitating partnerships, programs and services.

NCCA Board of Directors

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Vice President.....Morris Eagles
Secretary.....Chantelle Yurechuk
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Betty Krohn Fergus Littlechief
Shawna Oochoo Brandi Reles
Denita Stonechild Stephen Thomson



HELP PLAN THE FUTURE OF THE NORTH CENTRAL NEIGHBOURHOOD!



You're invited to a community-wide meeting!

Wednesday, October 12, 2016

6:00 – 8:00 pm

Albert Scott Community Centre (1264 Athol St)

Light supper provided. Enter to win a door prize!

Everyone welcome!

The North Central Community Association (NCCA) is **placing people at the forefront** of the planning process by taking the initiative to bring community members and stakeholders to develop a cohesive and comprehensive Community Plan for the North Central neighbourhood.

The outcomes of the process include:

- **A clear direction** for the future of the North Central neighbourhood;
- **Built capacity** within the community;
- **Defined actions** to work towards broader goals; and,
- Comprehensive policies to ensure the **implementation** of the North Central Community Plan.

For more information about the session or the project, please contact:

North Central Community Association office at: 306-791-9888 or

Our community planning consultants at **Prairie Wild Consulting Co.** at:
306-371-7719 or samantha.mark@prairiewildconsulting.ca



Shannon Rae performs at Street Fair



photo: J. Morier

Growth in North Central



www.mamadaweyatitan.ca

Scott Collegiate and Mâdawêyatîtan Centre

"We are now in the final phase of construction on the building, and expect to be on target for an opening in spring 2017," Jeff Barber, Chair of the Mâdawêyatîtan Centre Owners' Group and Director and CEO of Regina Public Library, said.

The Mâdawêyatîtan Centre will be a central location that attracts residents who want to participate in community life, as well as access to needed services, programs and resources. The Centre will contribute to the enhancement of the North Central community and act as a point of collaboration, allowing for optimum services to be accessed by, and delivered to, the residents of North Central and throughout the city.



Sacred Heart School

The design will accommodate up to 700 students ranging from Pre-kindergarten to Grade 8 and offer a wide variety of educational and community benefits, including more natural light, innovative learning spaces, new gymnasium, common area, library and resource centre, dedicated community space, and a 51-space childcare centre. As well, many of the architectural components of the existing school will be incorporated into the new school, including some of the brick work, tyndall stone, columns, and the Sacred Heart statue.

Regina Catholic School Division