

faces of NC?

year in review?

**INSIDE**



## Over the RAINBOW's Road to Employment

interview & photos: J. Morier

**T**aryn Ullrich's life in North Central Regina wasn't always pretty. She was convinced to follow the Road to Employment through Rainbow Youth Centre. Now, with a big smile and bigger prospects, she's forging her own road.

I heard about the "Road to Employment" through Kids First, here at Rainbow Youth Centre. I have been a family since 2010 and I've been coming here on and off for about 7 years now.

I've been a closed-in person so once I started venturing out into Kids First Programs, I got more familiar with my community and finally I said 'I want to get my education. I want to get my Grade 12.' So my home care visitor and all my other Kids First supporters invited me to take the Road to Employment program. 'Just do it, it will take 9 months, you'll get your GED and you'll have job opportunities after that.'

I'm familiar with all the staff, they're all my family.

This is our graduation year-end party to celebrate our accomplishments since we began the program.

Now that I graduated with my GED I did work placements at the University of Regina with the Aboriginal Students Centre and I've been working there since June and that pushed me into wanting to further my education with a university degree. So I started university in September. I'm in the nitôncipâmin omâ Student Success Program—it's for first year Aboriginal students who are transitioning straight out of high school or students who are transitioning as a mature student who haven't been in school for 5+ years.

omâ means 'we are here'. It's a program where we have 3 classes together, we do review sessions together with 15 or 20 other students. It's a small group so they can build us up for success instead of throwing us into university where we might be expected to fail.

The omâ program is two semesters, so a full year.

Right now, the path I'm walking, I plan to graduate with a degree in Business Administration with a possible

major and minor in Accounting and Financing. I love numbers!

I have not been in school for probably 10 years. I have a family of 5 that I care for. I have a partner who's supporting me. Without my kids and my partners, without Kids First and Road to Employment, I really don't think I would be where I am right now.

I would love to encourage all people who have not yet graduated high school. This is an awesome, easy program for anybody to do. You take 9 months to get your GED, 9 months to get your drivers' licence and within those 9 months you take 4 or 6 months to get a work term placement. (no wage) But if you accelerate and go on beyond they will hire you and you'll start with a wage after the program.

Right now I was at the Aboriginal Student Centre and they transferred me to the Career Centre at the University and I will be getting paid \$14.35 after the program is finished.

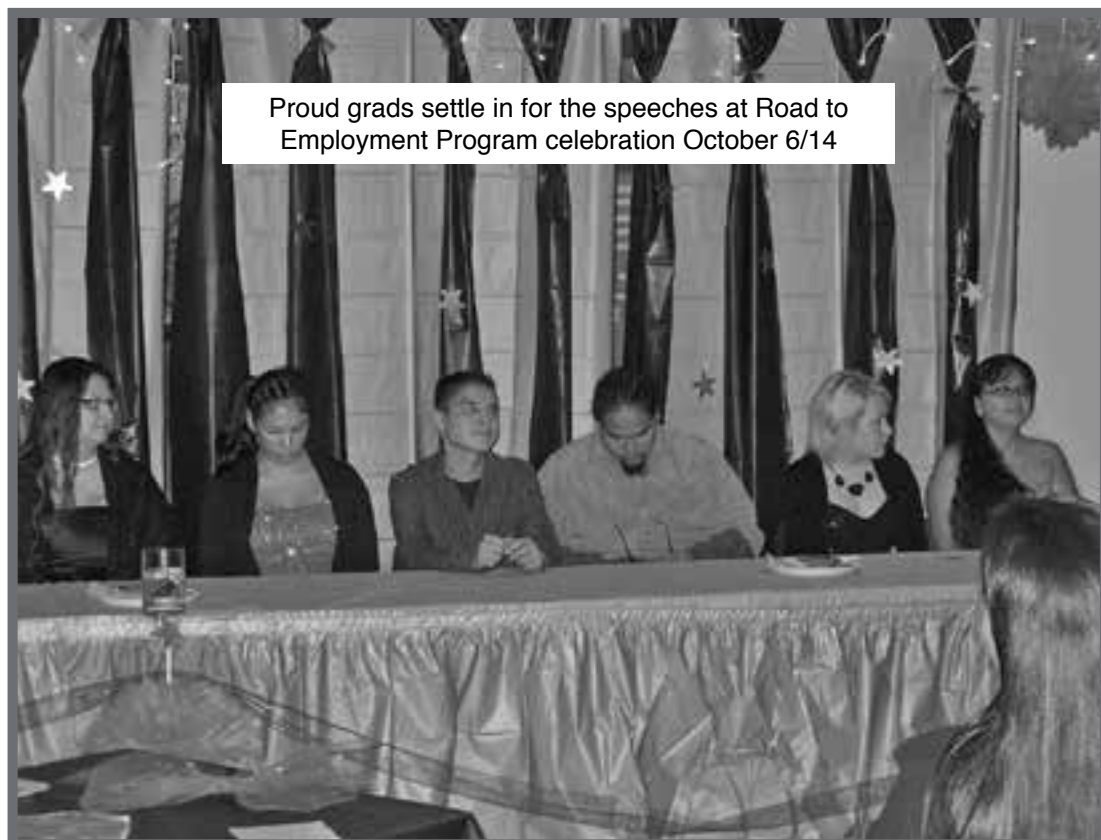
Since I had been out of school for how long? And thinking school sucked, I'm glad I came back to school because every opportunity I had I loved it. I love the learning I took.

I took everything that they offered! We had certificates and workshops, resume building and portfolios—the portfolio I built got me my job. What is not to love about this program?

Young adults 18-25, consider The Road to Employment. The teachers are awesome, highly disciplined. They only want what's best for us.



Taryn Ullrich was sparkling for graduation from the Road to Employment Program at Rainbow Youth Centre



Proud grads settle in for the speeches at Road to Employment Program celebration October 6/14





### Christmas Community Resources

Christmas is generally a time where family and friends get together to celebrate the holidays. In many cases this is a happy occasion, but life tends to be unpredictable and incidents do occur. In addition to our holiday greeting, RAMP would like to pass on some information to our community members in order to stay safe this season.

#### 24 Hour Crisis Intervention:

- **Mobile Crisis Services**  
Phone: 306-757-0127 or [mobilecrisis.ca](http://mobilecrisis.ca)
  - **Regina Sexual Assault Line**  
Phone: 306-352-0434 or [reginasexualassaultcentre.ca](http://reginasexualassaultcentre.ca)
  - **Kids Help Phone**  
Phone: 1-800-668-6868 or <http://org.kidshelpphone.ca/en/choose/mbsk/regina>
  - **Child Abuse Line**  
Phone: 306-569-2724
  - **211 Saskatchewan Database**  
[www.sk.211.ca/homepage](http://www.sk.211.ca/homepage) (Web Listing of local community services in Saskatchewan provided by the United Way)
- Shelters:**
- **Souls Harbour Rescue Mission**  
Phone: 306-543-0011  
3535 8th Ave Regina SK
  - **YWCA Isabel Johnson Shelter**  
Phone: 306-525-2141 or [www.ywcaregina.com](http://www.ywcaregina.com)  
1940 McIntyre St. Regina SK
  - **Waterson Centre, Salvation Army**  
Phone: 306-569-6088  
1865 Osler St. Regina SK
  - **Regina Transition House**  
Phone: 306-569-2292

**In case of emergency, please contact Regina Police Service, RCMP, or any other emergency services that you may require.**

## The Regina Alternative Measures Program

RAMP is culturally sensitive with a focus on restorative justice principles. We promote respectful relationships and encourage harmony within our communities.

2815 Dewdney Ave, Regina, SK • Phone: (306) 352-5424  
[www.rampinc.ca](http://www.rampinc.ca) • Mon. to Fri. 8 a.m. - 5 p.m.



*May your holiday season and the New Year  
be filled with much joy, happiness, peace and prosperity.  
Happy holidays from the Staff at  
Regina Alternative Measures Program, Inc.*

### Home Safety Tips for the Winter Months

**A**t this time of year most of us are busily preparing for the holiday season. With the winter season comes colder weather and earlier sunsets. The darker evenings and lure of expensive gifts can be a temptation for some; precautions should be put into place to increase our home security. The following are some tips that may help:

**Keep a light on.** Despite this not being very environmentally or economically friendly advice it can be a deterrent. Installing a timer switch or leaving a light or television on will give the impression that someone may be home.

**Keep presents out of sight or close the curtains.** Visible presents and expensive items will only increase the temptation for someone to break in.

**Be careful how you dispose of your packaging,** big cardboard boxes left outside let others know about your new television or games console. Take them to the dump or break them down.

**Check the locks on your garden gates and sheds.** Use security lights and keep shrubbery pruned so there is no place for would-be burglars to hide. Lock away all garden tools and ladders so they can't be used to gain entry into your home. Don't leave children's new bikes or large toys outside your house unattended.

**Be careful not to advertise your home** to would-be burglars on social media. Social media savvy families have a tendency to publish their whereabouts during the holiday season, including any vacation plans.

This lets people know when your house is going to be empty. Uploaded photos of pricey Christmas gifts can also be a problem as it basically allows burglars to go shopping just by viewing your Facebook profile.

If you are going away this holiday season, arrange for someone to clear your walk and collect your mail. Snow left on the driveway and mail piled up are a dead giveaway that you are not home.

Home safety should be a matter of priority during the coming winter months, as often the psychological trauma of a home break-in can far outweigh the loss of material possessions. Keep your home, your family and your neighbours safe!



How to deal with chronic homelessness and problems around housing? The ultimate goal is to bring together landlords and tenants to work toward equity in housing. Queen City Tenants Association (QCTA) brought the community together to listen to those who work around housing issues.

**Peter Gilmer  
Regina Anti-Poverty  
Ministry (RAPM)**

RAPM is a social justice ministry which advocates for those who feel they have no voice. It works toward educating the public on issues of poverty. RAPM is affiliated with the United Church of Canada with a Human Rights perspective. RAPM conducts 'first-voice' person consultations. It's not just a policy-making body. The economics around homelessness is not only costly, it is in contravention of law.

"Poverty is a multi-dimensional social problem that often includes issues concerning income, cost-of-living, health and social cohesion. Poverty affects a diverse group of persons in our communities and no one is immune to its consequences."

Gilmer notes "Affordable housing means you're not spending more than 30% of your income on housing. Regina needs to expand its stock of social housing. Rent controls are necessary with a reasonable cap. Presently landlords can raise rents every 6 months."

Our rental unit protection lobby was successful in halting condominium conversion until the vacancy rate is at 3%

We need to get to the root causes of poverty to save huge amounts of money in the long run and deal with the problems up front. At this time there is a revolving door around health care, incarceration, emergency hospital care, detox and social services.

Centralization of services downtown makes tenants leave the security of their apartment. They are required to tell their story over and over. There needs to be relationship-building, trust, advocacy. We need to share information between agencies to eliminate vicarious trauma.

We have to have the humility to confront the history of this province. Until we demand that, nothing will change.

Though harsh, Gray states it's hard to be hard on the landlords — they're wanting easy care tenants. The market for housing is only focused on income earners.

**Tyler Gray Carmichael  
Outreach**

In 2011 Carmichael Outreach began a housing strategy with Regina Qu'Appelle Health Region (RQHR) to strive for clients' stable housing and physical health. They continue to try to house people languishing in stigma, mental health issues and addictions due to trauma experienced in residential schools.

They're monitoring responses of not renting to people on social assistance. Some rental ads have outright said "No Indians".

They're looking for specialized programs in housing (Housing First model). People need a measure of stability with clinical and community support in order to succeed in other areas. Landlords know they can call on groups to help tenants deal with rent cheques (on time) and with maintaining properties.

What incentives are there for people to work? It's more financially beneficial for people to live on assistance with subsidies and childcare covered. A minimum of \$20/hour is a livable wage.

Conversations around housing and homelessness are the same thing. A healthy community understands what people go through in their lives. Labels dehumanize. Carmichael is available as an intermediary if there's an issue between landlords and tenants. A goal of engaging landlords and adjusting government programs so as not to waste money—is a good start.

North Central's RENEW project is a stellar example of this philosophy. It offers the opportunity for neighbours to work together to clean up their shared alleys. In some cases, petty crime offenders meet their victims when they work to clean up graffiti and litter.

## SAFE HOUSING



Safe Housing Presenters L to R: Rob Deglau, Pieter Gilmer, Tyler Gray

**Rob Deglau on Crime-Free  
Multi-Housing**

Principles of the CFMH program:

According to the developer of CFMH, Tim Zehring, the program is effective as a result of

1. Shared responsibility
2. Reducing the elements of crime
3. Understanding and applying environmental design
4. Setting and enforcing rules.

The major portion of Regina rental housing is located in North Central. 'Block busting' refers to buying up whole streets and turning them into rental properties. Attempts to enforce minimum quality standards for landlords turned ugly. Landlords did not want to be regulated. Saskatchewan Rental Housing Industry Association Inc. (SRHIA) code of ethics, changed legislation to get landlords to self-govern. QCTA looked at Crime-Free Multi-Housing to support ethical landlords.

To achieve a way to have crime-free housing you need buy-in from the community. Crime Prevention through Environmental Design (CPTED) principles include the 'broken window theory' to combat community apathy and reduce crime. It suggests opportunities to make your property safe, therefore not a target for crime. Community cleanup is a whole philosophy. Best practices result from good ongoing property management. Knowing your neighbours and looking out for them is by far more desirable than cocooning.

For bylaw enforcement to have teeth, it's important to forge partnerships with local police departments to investigate drug houses and gang activity. Work together to take the negativity away.

Foremost is personal safety. In many cases situations can be resolved within 24 hours.

Over the long term, residential tenancy officers teach landlords how to deal with bad tenants and work on breaking the barriers that help tenants to be better.

For Crime-Free Multi-Housing to succeed, these elements must be practiced. Landlords and tenants sign a covenant of agreement.

It takes these combined efforts to help people have safe neighbourhood.

Report Presentation will be going to City Council. Thanks to Queen City Tenants Association. Their energies drove the report onward.

"We MANAGE poverty, we don't SOLVE it."

**Resources**

**Resources**

For more information, contact Angelica Barth Queen City Tenants Association 306-737-9885

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

[www.nccaregina.ca/wp-content/uploads/2012/06/Crime-Free-Multi-Housing-Final-Report-2011.pdf](http://www.nccaregina.ca/wp-content/uploads/2012/06/Crime-Free-Multi-Housing-Final-Report-2011.pdf)

[www.nccaregina.ca/cpted](http://www.nccaregina.ca/cpted)

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

[www.antipovertyministry.ca/Research\\_and\\_articles.php](http://www.antipovertyministry.ca/Research_and_articles.php)

[carmichaeloutreach.org](http://carmichaeloutreach.org)

# North Central Lakers True Team Work!

Images courtesy of Piper Sports Photography

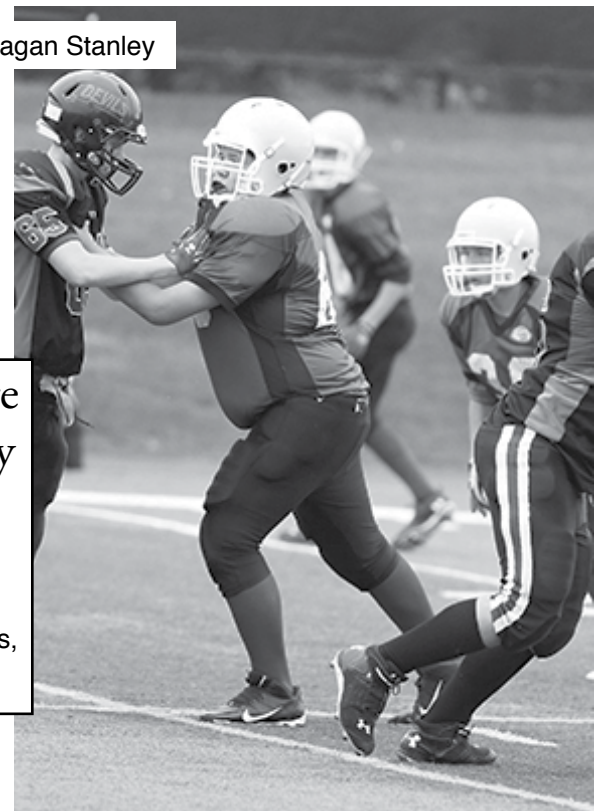
Congratulations to Coach Brandon Brooks who was voted by his peers as the 2014 Regina Minor Football Bantam Football Coach of the Year!

Pictured is Coach, hoisting the Brian Saip Memorial Award.

Coach Brooks said "this year was a great year and the boys played well. We had some outstanding young men like Mathew McAllister who attends Scott Collegiate win our "Most Improved Football Player" award and Reagan Stanley who attends Sacred Heart School was one of our younger guys who made it through a tough season."



Mathew McAllister



Reagan Stanley

"These boys are the reason why I continue to do this."  
Coach Brandon Brooks, North Central Lakers



Kids on the block request for volunteers - Together Now email

NCFC exchange students reception have audio

## Holiday Greetings ❄️❄️



Fire Chief Ernie Polsom and members of Regina Fire & Protective Services extend their wishes to all families for a safe and happy holiday.



SACRED HEART COMMUNITY SCHOOL

Sacred Heart Community School MacKenzie Art Gallery Outreach

The MacKenzie Art Gallery's Enbridge Urban Outreach program is designed to inspire and support students as they explore issues of contemporary identity, culture, and creativity. This program is currently being delivered at Sacred Heart Community School as an after school program, twice a week.

Last year, the Enbridge Urban Outreach program workshops focused on two specific exhibitions, Amalie Atkins: we live on the edge of disaster and imagine we are in a musical and Mary Pratt. Throughout the year, the Art Instructor developed programming inspired by and connected to the themes in these two exhibitions, as well as workshops related to identity, community, and the exploration of materials. In addition, artist Melanie Rose delivered in-school workshops, providing students with the opportunity to explore fibre art and engage with a working local artist. This fall, Sacred

Heart students are exploring the work of Regina-based artists Wilf Perreault and Troy Coulterman in the exhibitions Wilf Perreault: *In the Alley* and Troy Coulterman: *Digital Handshake*. They will also be working directly with artist Troy Coulterman, experiencing his artistic practice firsthand. In the New Year, we will be featuring an exhibition of contemporary Indigenous art titled *Moving Forward; Never Forgetting*. Sacred Heart students also visit the gallery throughout the year, allowing students to draw direct connections between their workshop experiences and to our engaging exhibition programming.



This fall the Art Instructor delivering workshops at Sacred Heart is artist Eagleclaw Thom. Eagleclaw Thom is a photographer, filmmaker, artist and educator. He currently teaches media production in the New Media



COMMUNITY SCHOOL

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

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

Department at SIAST, while continuing his own practice with clients such as Neil Young, CBS, Greenpeace and DeBeers. He volunteers his time on the boards for Saskatchewan Interactive Media Association and Dunlop Art Gallery Advisory Committee. His painting practice use minimal colours and line work to create representational imagery. Eagleclaw has a broad understanding of artistic approaches, materials, and practices and plans on exposing



students to a wide range of exciting and engaging art experiences.

The culmination of these experiences and program direction has allowed the web of relationships between school, students, gallery, and Art Instructor to deepen and grow, ultimately strengthening student's self-awareness, confidence, and sense of community.

The MacKenzie Art Gallery is proud to be able to deliver this program to schools in our community, and to have the opportunity to work with the students and staff at Sacred Heart Community School. We look forward to an exciting year filled with exploration, creation, and a lot of fun!

We wish everyone a Blessed Christmas Season from Sacred Heart Staff.

email Sept 19 Sally's shop details

Advertisement for THE SALVATION ARMY HAVEN OF HOPE MINISTRIES. Includes logo, address (2240 13th Ave.), phone (306-757-4600), website (www.havenofhope.ca), and a list of items available at Sally's Shop. Items include coffee, margarine, salt, soup, tea bags, tuna, crackers, mac & cheese, bar soap, diapers, feminine pads, shaving razor, dish soap, garbage bags, laundry soap, light bulbs, and toilet tissue.



## Angels Corner

**A**t Scott, we emphasize learning through project-based, cross-curricular education projects and initiatives that benefit the community in and around the school, while striving to ensure that our students obtain their required credits for graduation. This semester, we are offering a course that integrates Math, English and Construction. The goal is to have students gain and develop Math and English skills and meet required curricular outcomes, while participating in hands-on projects that foster the development of construction skills and prepare students to participate as effective and engaged family members, citizens, community members, consumers and producers in Canadian society.



on school property, a space to raise awareness about violence and abuse against women and memorialize victims of this issue in our community. Angels Corner is a nationwide movement that began in Iqaluit, Nunavut in 2007. There are now Angels Corners, Squares, Streets, and Crescents all over Canada. This space will include four benches, decorated with student art, and garden boxes and will be located in front of Scott Collegiate, along 7th Avenue. The benches will be arranged in a circle to represent a medicine wheel. Sadly, violence against women is a real issue in Canada and in our community. We hope that students have learned that their voices matter and

that they can help create positive change in the culture of violence against women in our society.

We wish to express our gratitude to those who have supported us along our journey of learning about this issue and building the benches for the Angels Corner. Elder Noel Starblanket helped us ensure that we completed this project in a good way. He provided guidance and traditional teachings about

The students in this course have decided to build an "Angels Corner"



Follow us on Twitter  
@scottcollegiate




honouring women and how to be an honourable man. We are thankful for the sponsorship of SaskTel (our education partner), who donated money towards the purchasing of the plaques. PLS Sign and Graphic generously donated their design services and covered a portion of the cost of the plaques. Our Scott Collegiate School Community Council also donated money towards the purchase of the plaques. Finally, Winroc Regina donated the paint for the benches. We could not have completed this project without this support and we are extremely grateful!

We hosted an official unveiling of the Angels Corner at Scott Collegiate on November 25; this coincided with the International Day for the Elimination of Violence Against Women. Our students provided a short, informative program. We also handed out white ribbons (in participation with the white ribbon campaign: [www.whiteribbon.ca](http://www.whiteribbon.ca) and encouraged all in attendance to sign this pledge.



**i swear  
never to commit, excuse  
or remain silent about  
violence against women  
  
this is my oath**

**TASTE OF SCOTT  
January 15/15 5:00 pm at Scott Collegiate**



**Happy Holidays**  
and all the best in 2015  
*Ward 6 Councillor  
Wade Murray*

At this time of year we enjoy the time with family and friends, let's think of our Neighbours too. Shovel their walk or brush off their car—little things can mean so much!




May the coming holiday season be a time of celebration and sharing, of friends and family and of healing and hope!

*Warren*

Warren McCall, MLA - Regina Elphinstone-Centre  
2900 5th Ave • 306-352-2002 • [warren.mccall@sasktel.net](mailto:warren.mccall@sasktel.net)




**The Log House  
THRIFT STORE**  
Supporting Community, National and Global Projects  
2741 Dewdney Ave Regina, Sk. S4T 0X6  
306-791-0255 [loghousethriftstore@gmail.com](mailto:loghousethriftstore@gmail.com)



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Your local insurance experts  
Albert & 7th ave

Come see the difference having a broker makes!



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Mon-Fri 8-8 | Sat 9-5 | Sun 12-4

306-359-3331  
[www.smithsinsurance.ca](http://www.smithsinsurance.ca)





## Community Bannock Bake-Off and Jigging Competition!!



Held November 22 at Albert-Scott Community Centre by Albert Library in partnership with Wiichihwayshinawn (We Are Helpers) Foundation Inc.

### Albert Branch Committee

Albert Branch is unique in Canada. Community members have a strong voice in staffing, materials selection, and program planning.

The Albert Branch Committee welcomes North Central community residents who would like to join the committee. If you are interested in libraries, and particularly your community library, please consider joining the neighbourhood committee.

Call us at 306-777-6076, and we will make sure that you are contacted for the next committee meeting.

Branch Head **Wendy Sinclair** spoke proudly. "This is the Albert Library's third annual Community Bannock Bake Off. This year we decided to have a jigging competition as well. Next year we're looking at hosting an Aboriginal talent show along with the Bannock Bake Off. We're really pleased with the turn out, it's great to see so many community members out."

photos: J. Morier

**Wiichihwayshinawn (We Are Helpers) Foundation**— looking for volunteers for our board of directors. We are looking for individuals with special skills sets and motivation to contribute to the ever-growing needs and vision of this foundation. Email [wearehelpersregina@gmail.com](mailto:wearehelpersregina@gmail.com)

## Mini Language Lessons Program

The **Saskatchewan Organization for Heritage Languages (SOHL)** is a provincial non-profit organization. Our mission is to preserve and promote languages in Saskatchewan through educational and cultural programs.

SOHL is looking for Heritage Language Teachers and are currently working on a Project called Mini Language Lessons Program.

Every year SOHL sends around 70-80 teachers to teach another language and represent another culture in schools. This year the demand is really high for Cree teachers, however, they are recruiting anyone who can speak any language other than English and French.

The languages offered in the program change every year. Some of the languages that have been taught frequently in the program include Japanese, Spanish, Czech, German, Arabic, Bengali, Chinese, Dari, Filipino, Greek, Igbo, Persian, Cree, Ukrainian, Urdu and many more.

The program, in addition to having a strong focus on language, aims to educate students about Saskatchewan's ever-changing multicultural landscape.

It is a volunteer position but instructors get an honorarium of \$240 at the end of program. The program is 8 hours in total and can be divided into an hour per week in the course of two months. Program runs annually between January and March.

If interested in teaching, please download the application form online at [www.heritagelanguages.sk.ca](http://www.heritagelanguages.sk.ca) and return it to SOHL's office.

Saskatchewan Organization for Heritage Languages  
2144 Cornwall Street  
Regina, SK. S4P 2K7

[sohlcoordinator@sasktel.net](mailto:sohlcoordinator@sasktel.net)  
[heritagelanguages.sk.ca](http://heritagelanguages.sk.ca) (click on Mini Language Lessons)

If you have any questions, please call us at 306.780.9478

## Félicitations à Robert Craig

Congratulations to North Central's **Robert Craig**, recipient of the Alpha SK Award 2014.

Collège Mathieu is pleased to announce that the Alpha Award was won by Robert Craig of Regina. The award was presented by Réal Forest, President of the Board of the Collège Mathieu at the banquet *Rendezvous fransaskois* on 8 November in Saskatoon.

Every year Collège Mathieu organizes the contest Alpha Sask, in order to recognize adults who have learned or re-learned French and who were involved in their respective communities.

### So You Think You Can Pow Wow? by the Newo Yotina Friendship Centre

Join us at the Albert-Scott Community Centre  
1264 Athol St  
Saturday December 13 at 1<sup>pm</sup>  
for Orientation & Registration  
Anyone who is interested is welcome!



FREE Drop-In Fluoride Varnish Clinics  
NO APPOINTMENT NECESSARY  
(Ages 5 & under)



Four Directions  
3510-5th Avenue  
2nd Wednesday of each month \*  
1:00 to 4:00 pm  
\*if the date falls on a statutory holiday, clinic will be cancelled.  
For more information, please call 306-766-6320

**The Regina Qu'Appelle Health Region** offers a preventative dental program at no cost to the parent, in schools in our health region that have students at a high risk for dental decay. We also offer drop-in fluoride varnish clinics for ages 5 years old and under within various public health offices and community clinics around Regina. These programs are put on by Registered Dental Therapists, Registered Dental Hygienists and Registered Dental Assistants who are part of the Health Promotion Team.

**Free Fluoride Varnish and Dental Sealant Program**

The RQHR Dental Team will be back in your school soon.

Seven Stones: March 16 to 19, 2015  
Kitchener: March 16 to 20, 2015

Please watch for Fluoride Varnish consent forms coming home to the Pre- K and Kindergarten and Dental Sealant consents for the Grade 1 and Grade 7 students which will include fluoride varnish as well.

A reminder to the Grade 2 and Grade 8 students who were not able to have their molars sealed last year due to the child being absent, those consents are still valid this year, but please call our office to update us if there are any changes in your child's medical history, if you wish to withdraw from the program or have any questions.

To reach us please call our office at 306-766-6320.

The study received funding from: United Way Regina, REACH, Community Research Unit, Regina Public Interest Group, First Nations University of Canada, and Regina Qu'Appelle Health Region



**Summer Hours**  
Mon to Thur 9 to 4 Fri 9 to 1  
Early Years Family Centre  
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 - 5<sup>th</sup> Avenue  
Regina, SK Ph: 545-5900  
MON - FRI: 9-6; SAT: 9-4  
10% Seniors Discount  
Free Prescription Delivery  
Advice for Life  
MGR. MEGAN ZMETANA, BSP

Regina Community Food Assessment

**Food Security for All**

On November 18, Regina Community Food Systems Steering Committee presented its final report entitled "Regina Community Food Assessment" at the Albert Scott Community Centre.

Community Food Assessment (CFAs) are collaborative, participatory processes that bring people together from all sectors of the local food system to analyze the local context; identify the assets, gaps, and priorities of the community; and develop an action plan to improve community food security.

*What makes a community food secure?*

- Access to sufficient nutritious, safe, culturally appropriate food for all

- A sustainable food system  
An emphasis on community self-reliance and social justice

*What is a sustainable food system?*

- Integrates food production, processing, distribution, consumption and waste management
- Enhances the environmental, social, and economic health of a particular place

*Key questions:*

- What are the strengths of Regina's food system?
- Where are the gaps in our food system?
- As a community, what priorities are most important to focus on?

**REACH Services**

Regina Education & Action on Child Hunger

**Convenience Meals** are made from wholesome ingredients and then frozen, so that the taste and freshness are sealed in. You can also include fruits, vegetables, dairy and baking with your convenience meal order. Each meal is prepared to strict nutritional specifications, so you can rest assured you will have a great meal in both taste and nutrition. These home-style dishes and other menu items can be delivered right to your door and stored in your freezer for several months until you are ready to heat and enjoy. A delicious hot meal is only ever minutes away. All of our meals are suitable for both regular and diabetic diets, and many are low fat, low calorie and low sodium. Please see the brochure for more information. Contact REACH at 306-347-3224 for more information on special diet items such as renal, gluten-free, puréed or minced meals.

**The Good Food Box** is the next best thing to having a fruit & vegetable stand right on your corner! This produce is as ripe and juicy as you would find at your local grocery store. It sells for a not-for-profit price, often saving you as much as 1/3 to 1/2 of your usual produce bill!

Getting a Good Food Box is simple: Each neighbourhood drop-off site (depot) has a volunteer coordinator who collects advance cash payment for the box. Call 306-347-3224 to find your closest depot.

The produce is brought to our warehouse where a team of dedicated volunteers help carefully sort and pack each box.

Our drivers then deliver the boxes to depots throughout the city—within hours of our having received the produce!

Then just go to your depot, fill your bags and take your delicious produce home. Two weeks later, we do it all again!

**FOOT CARE**

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

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



**RATES for Foot Care:**

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

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



# Care & Share Thanksgiving held October 7



Joining the festivities was North Central Royalty! Mrs. **Theresa Stevenson**, Founder of Chili for Children (1979), recipient of the Order of Canada (1994), Saskatchewan Order of Merit (1995), National Aboriginal Achievement Award for Community Development (1999).

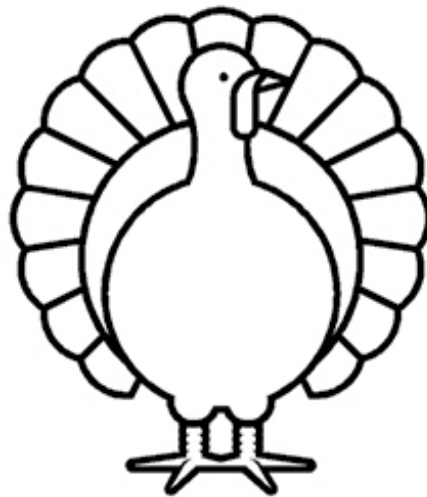
Mrs. Stevenson started Chili for Children hot lunch program after she had heard stories of children going to school hungry and seeing children on the street during the noon hour with nothing to eat. Theresa and her husband started the hot lunch program from money out of their own pockets.

*Police Staff Sgt Donna Hassman*  
"We've been doing this (serving Thanksgiving meal) for quite a few years, we take pleasure in doing it. We just hope that we're a little bit more approachable and a little bit more community-oriented. We always like to be part of North Central."

*Greg Stevenson: Program Manager*  
"At Chili for Children—we are extremely grateful to the City of Regina. They've allowed us to use the kitchen and this area (multi-purpose room) and today we're feeding over 800 children in the schools—that's the highest number we've ever had. Thanks to all of the good people out there who donate to us."



*Jen Gray: Care & Share Co-ordinator*  
"At Care and Share we're open (on Tuesdays) at 10:00 if you'd like to come in for some coffee and do some crafts, visit, play some games, please feel free to join us. We are also starting an exercise program. If you have any problems with transportation here, please come to me and we will try to help you out with that."



## 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 FEBRUARY issue: Jan. 16, 2015**

Nov 17  
Bill O'Shea from North Central Kids music left a voice mail wanting to submit something for the drum program at Albert School. His number is 306-543-0113

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

**Care & Share for Seniors**  
**Now offers Recreational Activities:**  
Tuesdays at 10:00 am (Free!)  
**Stay for Lunch:** at 11:45 am



At Albert Scott Community Centre (1264 Athol St.)

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

Friends and supporters!  
Join the **GO GREEN PROGRAM** page on Facebook! Get details on the season's windup, get a heads up on next season's recruitment. Let's keep in touch over the winter. Look for the "Go Riders" banner.



### HOLIDAY DROP-IN 2014

Need a warm place to be during this holiday season?

10:00 a.m. to 4:00 p.m.  
Mon. Dec. 22  
Tues. Dec. 23  
Weds. Dec. 24  
Mon. Dec. 29  
Tues. Dec. 30  
Weds. Dec. 31  
Fri. Jan. 2



Come in for coffee, snacks, games, movies & socializing.

**Four Directions Community Health Centre**  
3510 5th Ave. 306-766-7540

### COMMUNITY MOBILE STORES!

EVERY **MONDAY**  
**11:00 am to 1:00 pm**  
North Central Community Association  
(1264 Athol St. - upstairs)

EVERY **THURSDAY**  
**3:30 pm to 4:30 pm**  
Rainbow Youth Centre  
(977 McTavish St.)

Everyone welcome!  
Cash only! Call 306-347-3224 for details



Take out a NEWSLETTER PAGE in *North Central Community Connection*. Celebrate your news & achievements, publish photos and advertise your programs. LAYOUT by Right Brain Creative Services INCLUDED IN FEE. Get in touch for details & rates by e-mailing editor@nccaregina.ca

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



The *North Central Community Connection* is a bi-monthly newspaper produced by the North Central Community Association. We deliver 6,000 copies of the newspaper throughout Regina. 4,500 copies are delivered to households and businesses in North Central. The remaining copies are delivered to non-profit organizations, to municipal and provincial politicians and to the North Central Community Association's corporate partners throughout the city. An electronic copy is e-mailed nationally and is available on our website [www.nccaregina.ca](http://www.nccaregina.ca). *North Central Community Connection* is produced on broadsheet newsprint (16¾" x 11¼"). Issues are twelve pages long, with eight pages in black and white and four pages in full colour.

**Advertising Rates**

	Price	Size
Full page (colour)	\$ 450.	15.25" x 10"
Full page (b & w)	\$ 375.	15.25" x 10"
Half-page (colour)	\$ 300.	7.50" x 10"
Half page (b & w)	\$ 250.	7.50" x 10"
Quarter page (colour)	\$ 150.	7.50" x 5"
Quarter page (b & w)	\$ 125.	7.50" x 5"
Business card (colour)	\$ 85.	2.25" x 3.50" (Horizontal) 3.75" x 2.00" (Vertical)
Business card (b & w)	\$ 65.	2.25" x 3.50" (Horizontal) 3.75" x 2.00" (Vertical)

**Your sixth ad is free when you advertise for five consecutive issues.**

Customized ads of any size will accommodate your advertising needs. Price negotiable.

Submit your North Central events to the Community Calendar section for free! We reserve the right to be selective about the calendar events we print.

Please contact us in advance to reserve a space for your ad. Submit camera-ready ads by email in .pdf, .tif, .jpg or .png format or deliver to the office on a CD. To have the ad designed in-house, you must supply high quality graphics (logos or clip art). Do not embed photos or logos in a word or pdf document.

Contact the Editor at: (306) 791-9888 or [editor@nccaregina.ca](mailto:editor@nccaregina.ca) if you have questions or to place an ad.



Dial 306 before calling!

**NORTH CENTRAL PHONE LIST**

Schools

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

**Organizations & Agencies**

Aboriginal Family Service Centre .....	525-4161
Aboriginal Skilled Workers Association .....	565-0544
AIDS Program South Saskatchewan .....	924-8420
Albert Library .....	777-6076
Albert-Scott Community Centre .....	777-7033
All Nations Hope AIDS Network .....	924-8424
Bylaw Enforcement.....	777-7000
Child and Youth Services .....	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
Circle Project Childrens' Centre .....	569-3988
Circle Project Infant Centre .....	949-4911
Early Years Family Centre .....	523-3512
Ehrlo Sport Venture Library.....	751-2411
Ehrlo Housing .....	584-3313
First Nations Employment Centre.....	924-1606
Four Directions Community Health .....	766-7540
Gathering Place .....	522-7494
Greystone Bereavement Centre .....	523-2780
Indian Métis Christian Fellowship (IMCF) .....	359-1096
Kids First Program .....	766-6792
Kids Help Phone .....	1-800-668-6868
Log House Thrift Store .....	791-0255
Meadow Primary Health Care Centre .....	766-6399
Mobile Crisis Services .....	757-0127
Morning Star Ministries .....	757-8421
Newo Yotina Friendship Centre .....	525-5042
North Central Community Association (NCCA) .....	791-9888
North Central Community Health Office (Nurse) .....	757-1046
North Central Community Police Service .....	777-6450
North Central Family Centre .....	347-2552
North Central Kids Music Program .....	545-3737
Oxford House Society of Regina Inc. ....	570-5708
Pasqua Hospital .....	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6780
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH).....	347-3224
Regina City Police .....	777-6500
Regina Crime Stoppers .....	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team.....	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman .....	787-2699
R Healthy Food Store .....	347-3224
Safer Communities & Neighbourhoods (SCAN)...1-866-51-SAFER	
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement .....	787-4723
SEARCH .....	551-3366
Sepak Takraw Saskatchewan (STAS) .....	584-8778
Souls Harbour Rescue Mission & Youth Centre .....	543-0011
Street Culture Kidz .....	565-6206
SWAP.....	525-1722
Transitions to Trades .....	791-9530
YMCA of Regina .....	757-9622

Want the number of your agency in this space? Call us to add it: 791-9888

*North Central Community Connection* is a bi-monthly newspaper published by the North Central Community Association (NCCA). The newspaper strives to be fair and balanced in its coverage of news, current events and community issues. The *Community Connection* is written for the people of North Central Regina in hopes of building community and providing valuable information.

Editor: Jan Morier  
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

- Joely BigEagle Kequahtoway
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- Robert Craig Kari Herbert
- Indian Métis Christian Fellowship
- Kitchener Community School
- Allen Lefebvre Jan Morier
- Regina Qu'Appelle Health Region
- Rodger Ross Scott Collegiate
- Sacred Heart Community School
- Souls Harbour Rescue Mission

*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 FEBRUARY ISSUE January 16, 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](mailto:editor@nccaregina.ca)



Get Social!



**Mission Statement of North Central Community Association**

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

**NCCA Board of Directors**

President.....Joely BigEagle  
.....Kequahtoway  
Vice President.....Jessica Hanna  
Secretary.....Robyn Shiplack

**MEMBERS-AT-LARGE**

Tom Brown Greg Campbell  
Morris Eagles Anna Galassi  
Georgina Magee Denita Stonechild  
Charla Tait





# Faces of North Central

In late October CBC Saskatchewan collected interviews in our neighbourhood to gauge the temperature 8 years after MacLean's magazine's controversial article "Canada's Worst Neighbourhood". The feelings of pride and unity are evident in these Faces of North Central.

Photo essay by Ntawnis Piapot. Reprinted with permission by CBC Saskatchewan.

"You just give them (people in North Central) that smile and a hug, and you know to say hello and good morning, and (let them know) that somebody's there to care for them, you know? Just like a kookum. You know you need that. You need somebody to hold their hand. Sometimes you see a lot of people who are down and out, and I don't like (that). You need that compassion, humble, (and) to be humble."

**AUDREY EYAHPAISE-ACOOSE**  
*Lives in North Central & volunteers serving soup*



**Faces of  
North Central**

"It's pretty crucial and foundational to love your neighbour because you're going to have to love them no matter what creed, ethnicity, they are...just love them."

**DANIEL STONECHILD**  
*Grew up in North Central*



**Faces of  
North Central**

"All these little kids...you watch them growing up. One little girl...I knew her even before her mom had her. So it's really neat to see them like eight, nine, ten, eleven...growing up from little seeds all the way to grown women. It's just, I feel like I'm grandma to some women around here."

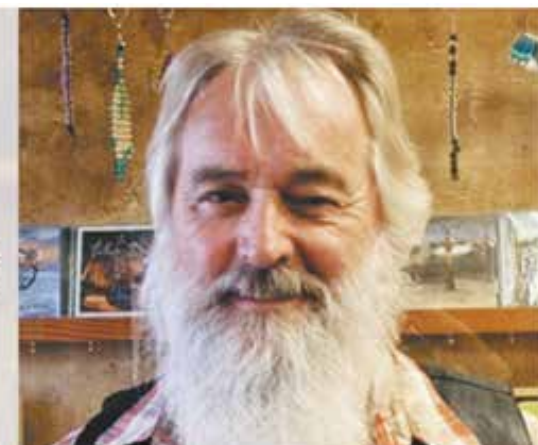
**DIANNE SONGER**  
*Lived in North Central for almost 20 years*



**Faces of  
North Central**

"Well the biggest challenge for people's lives now in North Central Regina is housing, without a doubt. The cost of housing has just skyrocketed. The support payments for people have not increased at the same rate as the cost of housing."

**BERT ADEMA**  
*Executive Director  
Indian Métis Christian Fellowship*



**Faces of  
North Central**

"The worst neighborhood in Canada? Gee, thanks. You know here we are as a group of people living in a low income situation...and you've labelled us. You don't know us. You don't know how hard we work as a community to try and work to be supportive and caring to each other. You don't know us even well enough as Aboriginal people to realize that some of us have come off the reservation and we come in to the city, trying to make a better life for our kids. And you've labelled us by saying that we are the worst neighborhood in Canada? Thanks..."

**BETTY KROHN & GRANDSON**  
*Youth Worker*



**Faces of  
North Central**