

photo courtesy Sandy Wankel



photos: J. Morier



Bittersweet February issue where a community mourned the loss of many of our citizens. In December, 2013, much to our shock and sadness, Ivan Amichand (pictured at left) of the North Central Family Centre died suddenly. The tributes were many.

In our April issue we featured the February 14 Valentine Vigil at Angel Square to honour our missing and murdered citizens.



March 28 friends within the community, indeed from all over Regina fêted Rob Deglau upon his departure as Executive Director of North Central Community Association. Rob remains actively involved in the neighbourhood (see story, page 4).

In the spring, we were excited with the launch of North Central's Community digital sign, located on Angus & 4th Avenue at the Regina Performing Arts Centre.



Wapimaskwa Iskewew – White Bear Woman. Respected Elder Lilly Daniels has contributed greatly to the city and North Central. She created the Rainbow Youth Dancers in 1978 and since then more than 600 young people have learned to dance pow wow.

Story & photo by Carol Daniels.

May 7 we celebrated our community's own Lisa Workman at the annual YWCA Regina's Women of Distinction Awards. Lisa earned the Community Leadership and Enhancement Award, not only for her work with Regina Qu'Appelle Health Region, but through her tremendous achievements with Project People (see story, page 5).

AUGUST



After an interlude of several years, June 2014 marked the return of the North Central Smudge Walk, to unite and to heal.



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Over the RAINBOW's Road to Employment

interview & photos: J. Morier

Taryn 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!



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

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.



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
- **Regina Sexual Assault Line**
Phone: 306-352-0434 or 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 (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
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 • 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

At 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.

**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".

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.

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.

SAFE HOUSING



Safe Housing Presenters L to R: Rob Deglau, Peter 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.

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.

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

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

www.srhia.ca/

www.nccaregina.ca/wp-content/uploads/2012/06/Crime-Free-Multi-Housing-Final-Report-2011.pdf

www.nccaregina.ca/cpted

www.antipovertyministry.ca

www.antipovertyministry.ca/Research_and_articles.php

carmichaeloutreach.org

North Central Lakers

True Team Work!

Images courtesy of
Piper Sports Photography

Congratulations to Coach Brandon Brooks who was voted by his 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



Coach Brandon Brooks

PROJECT PEOPLE

Wheat Country Motors Donates a Cube Van to Project People

The Furniture Program is a group of volunteers who pick up donations of second hand furniture and household items. Another team of volunteers delivers the furniture to families in need. Charity is not a solution to homelessness, but it helps families who are starting over again due to bad housing or other stages of homelessness to save money for rent or groceries while having a decent place to sleep, sit and eat.

Fellowship to keep the Furniture Program up and running. At the beginning of December, Wheat Country Motors arranged for the truck to be painted with the logos of Project People, Indian M tis Christian Fellowship and Wheat Country Motors.

Charity is not a solution to homelessness

Project People would like to thank Wheat Country Motors for the donation of the cube van which hugely helps the process of picking up donated furniture. Also, thank you to Indian M tis Christian Fellowship for its ongoing support and for accepting ownership of the cube van on behalf of Project People.

An important note: In order to make good use of the cube van, Project People requires volunteer drivers who can drive the cube van and also haul heavy furniture.

Until last spring, Project People used the volunteer coordinator's small pick-up truck to haul furniture. The truck was stolen and written off.

During the summer, Wheat Country Motors donated a large cube van to Project People's home agency of Indian M tis Christian

CLIP AND ATTACH this coupon to your Young Athlete Saskatchewan (YAS) 2015 summer basketball camp registration form and save \$20.00 off the regular camp fee! See our 2015 summer basketball camps choices and contact information at www.yas.ca


Limit one coupon per youth per registration. Must be used at the time of registration.

Expires July 31, 2015 ••• NCCC Dec/14



SEARCH sends Christmas Greetings to clients, colleagues & friends. Best Wishes for the Season and for a Healthy 2015

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.





Help Portrait results are in!! On December 6 at the Albert-Scott Community Centre, almost 600 people had their photo taken and nearly 100 volunteers helped with photos, makeup/hair, food and keeping things organized. What a great success.

Thank you to everyone involved!!!

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



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.

NCCC Year in the Rearview Mirror



September 27 NCCA's Community Services Manager Kari Herbert received the Award for Health and Wellness from the Wiichiwayshinawn (We Are Helpers) Foundation Inc. Shown here with daughter, Taneesha.

Kari is a positive force in the neighbourhood organizing the RENEW North Central alley cleaning program and the last two Community Cleanups



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1 to 3:30 p.m.

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Coffee .35¢ for ½ cup
Margarine \$1.50 for 1 lb
Salt .20¢ for ½ cup
Veg or Chkn Soup - .55¢/can
Tea Bags .25¢ for 10 bags
Tuna (can) .75¢
Crackers .35¢ per sleeve
Mac & Cheese .60¢ box

Personal Needs

Bar soap .25¢ bar
Assorted sizes of
Diapers ranging from
.30¢ to .80¢ for 2
Feminine Pads .25¢
for 2
Shaving razor .20¢ for
1 razor

House Supplies

Dish Soap .20¢ a jar
Garbage Bags .10/bag
Laundry Soap .65¢
for 2 cups
Light Bulbs (60
watts) .35¢ for 1 bulb
Toilet Tissue .25¢ roll

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

Angels Corner

At 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.

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



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



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) 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



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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

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 and return it to SOHL's office.

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

sohlcoordinator@sasktel.net
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 francsaskois* 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^{pm}
for Orientation & Registration
Anyone who is interested is welcome!

Kids on the Block

Kids on the Block program in Regina is a pilot project in partnership with the Regina Sexual Assault Centre and STOPS to Violence. Kids on the Block is an interactive puppet-based education program for children ages 5-12, focused on the topics of bullying and abuse prevention. Through the magic of theatre, puppet characters share their own personal experiences, role play, illustrate sensitive issues and teach practical skills. Widely recognized as a thoroughly researched and field tested program, the Kids on the Block have been implemented in 50 different countries (www.kotb.com).

We are currently recruiting volunteer puppeteers to assist with delivering shows in schools in the new year. individuals who would be interested in supporting the project, please get in touch. I would welcome any other suggestions you have about promoting this in the community.

Christina Phipps Kante
Community Education Coordinator
Kids on the Block Regina

kotbregina@gmail.com
(306) 522-2777

FREE Drop-In Fluoride
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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.



**AIDS Programs
South Saskatchewan**

**OUR GOAL
ZERO New Infections
ZERO Discrimination
ZERO HIV-Related
Deaths**

ZERO

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



Scott Collegiate

3350 7th Ave (306) 523-3512



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REGINA
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Initiative

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for Children (infants to age 6)
and their caregiver.



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Regina, SK Ph: 545-5900

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

10% Seniors Discount
Free Prescription Delivery

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

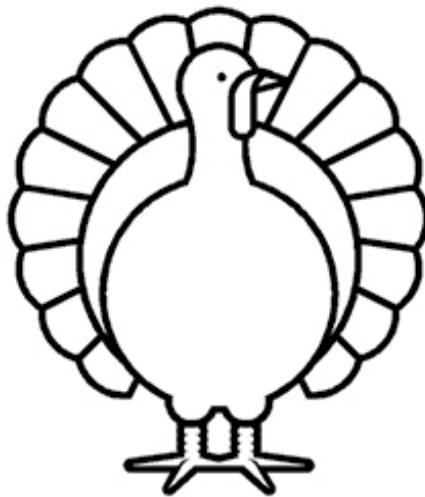


Joining the festivities was North Central Royalty! Mrs. **Theresa Stevenson**, Founder of Chili for Children (1979), recipient of the Order of Canada (1994), Saskatchewan Order of Merit (1995), National Aboriginal Achievement Award for Community Development (1999).

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."

Care & Share
receives support from:



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**

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.

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



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 a heads up on next season's recruitment. Let's keep in touch over the winter. Look for the "Go Riders" banner.



Christmas Day Drop in 10 am - 4 pm

Thursday, December 25th
Prayer Lodge - at 3137
Dewdney, next door to Indian
Métis Christian Fellowship
For information, call Lisa at
306-533-5117

Volunteers & donations of
Christmas baking needed
Thank you for your interest in
helping Regina's hungry and
homeless.

Project People is a network of
volunteers, donors and agencies
to help those who are hungry,
homeless or at risk in Regina.
Project People is not another
agency or charity. Instead, we
strive to enhance and support the
good work of existing agencies.
Did you know that Project People
is completely volunteer run?



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

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

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.



Welcoming Canada World Youth into our Regina homes

Canada World Youth offers world-renowned international volunteer programs to youth from Canada and abroad who, through their participation in community-driven development projects, acquire the leadership skills that allow them to become agents of change.

canadaworldyouth.org

On October 27, CWY international youth leaders, facilitators and host families were warmly welcomed at a pot luck supper held at North Central Family Centre.

NCFC Director **Sandy Wankel** noted "We're thrilled to be part of this program that partners Nicaraguan youth with their Canadian counterparts. We're so impressed with their enthusiasm. They're committed to making a difference in their communities, both at home and in our great country."

"I've always maintained that our youth are the best ambassadors in the world. In a program such as this it creates a much-needed understanding and acceptance of each other's cultures and countries. They are life-changing for our youth and they simply change the world."

Warren McCall, New Democrat MLA for Regina Elphinstone-Centre welcomed the youth. "The motto for Saskatchewan is 'From Many Peoples, Strength' but it's not just strength, it's a good life. Diversity — knowing the different people who live in Saskatchewan and in Canada—to know the people of Nicaragua or from around the world in this global village, that we all might know each other better."

City of Regina Councillor **John Findura** brought greetings from Mayor Fougere and his colleagues on City Council. He

continued "I am an immigrant. I came to Canada in 1976. I didn't speak any english and I was 15 years old. So I do understand what cultural backgrounds bring and I know that anyone who works hard will achieve."

A Canadian student:
"In Nicaragua we were blessed to work with two indigenous organizations. The community was incredibly welcoming and every family that we were living with took us in as one of their own. They fed us and took care of us when we were sick. We were so very lucky to experience many different cultural activities. The one that sticks with me the most was being able to map indigenous territories. We hiked for two days over mountains in Nicaragua. I discovered more about my own indigenous culture."

A Nicaraguan student:
I've come here for a new experience, to learn english. My experience in Nicaragua with my counterpart was very good because it was the first time [I've spent] with younger people from another country. For now it's good but I hate the cold!

My experience here so far - well we have good weather in Nicaragua - about 27 to 29 degrees. But I can say that if the weather goes on like this in a few weeks I'm going to turn into a frozen lollypop! I want to learn about Canadian culture.

"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-ACCOOSE
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