

## Our Plan for 2015

North Central Community Association's board recently adopted the following as its plan for 2015 and wants to share and invite feedback from residents.

**Our Vision:** A safe, caring and vibrant community where all people can live, learn and prosper.

### Our Values:

○ **Innovation:** We are creative, pro-active and visionary

○ **Integrity:** We maintain the highest degree of ethical standards and put our values into action

○ **Sustainability:** We are stable, growing and nurturing

○ **Pride:** We take pride in our community and our successes

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

○ **Respect:** We treat everyone with care and respect at all times

○ **Inclusion:** We strive to engage all those who live in our community and work in partnerships with others

○ **Accountability:** We take ownership and responsibility for doing what we say we will do

## Our Goals and Objectives for 2015

**Community Engagement:** To engage community residents by increasing their capacity to address community needs.

- Recruit and retain 10 regular community volunteers and 100 occasional community volunteers
- Positively engage 10% of community members in programming and events

**Economic Development:** To develop opportunities that will provide economic support for residents of North Central.

- Plan with Roughriders, Evraz, and City of Regina regarding how new stadium can be benefitting the community
- North Central Employment Training Program – Meewasasin assists 150 Youth in becoming more employable
- Develop fence building/repair crew linking Renew Project, Meewasasin, and local property owners

**Housing:** To promote the development and access to affordable housing for residents of North Central.

- Continue to lobby for Crime Free Multi Housing
- Develop position statement on in-fill housing
- Re-engage with Housing Enforcement Standards Team

**Organisational Sustainability:** To develop ongoing resources to sustain the Association and enhance its capacity to deliver relevant services.

- Hold a 1st annual signature fundraising event to raise at least \$5000 with a major community partner
- For the 2015-2016 Fiscal Year we break even
- Develop Board Handbook with board approved policies
- Develop Employee Handbook
- Conduct Strategic Planning for 2016 to 2019

**Community Safety & Wellbeing:** To create conditions in the community which contribute to an overall sense of safety and well-being for residents.

- Renew Project continues with alley clean-ups & graffiti removal
- Volunteer Income Tax Clinics continue and we trial workshops teaching community members how to file income tax on their own
- Community Gardens maintain sites at Albert Scott Community Centre and Oasis and develop gardens on local school grounds

**Community Advocacy:** To serve as a voice for the community and to represent the needs of the community.

- Community Planning committee works towards having Community Plan
- Develop position statement on Taylor Field Developments

## Meewasasin

NCCA would like to announce its new Employment Training Program that is replacing the former Transition to Trades program.

Meewasasin was the program name gifted to us through a Naming Ceremony and Sweat Lodge guided by Elder Archie Weenie.

The program will continue to serve the same clients which are youth ages 18-29 who have barriers and are unable to find or maintain employment. We are offering a different approach which will cater to the clients' needs. This will help them break the barriers and assist them on the path towards employment.

We are looking for youth who have the desire to further themselves to gain skills that will lead to employment. If you are interested, you can contact Meewasasin staff at 306-791-9530 or stop in at 1459 Retallack to meet with the staff and discuss how this program could help you to achieve your goals.

North Central Community Association would like to thank Elder Archie Weenie and his helpers with Open Sky Retreat as well as Government of Saskatchewan's Ministry of the Economy.

Stay tuned to the next issue of *North Central Community Connection* for more details!



*We want to hear from you! Feel free to call us at 306-791-9888 or email at [exec.director@uccaregina.ca](mailto:exec.director@uccaregina.ca) or visit our office 1264 Athol St (2nd Floor)*

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photos: Tracy Knutson

**T**he Street Workers Advocacy Project provides a safe environment and support for people who have involvement in street prostitution and youth who are at risk for involvement in street life. They work to give voice to street workers in Regina through services, advocacy, community education, relationship-building and collaboration.

#### SWAP's Mission:

"The Street Worker's Advocacy Project (SWAP) belongs to the people we serve. We believe in: respect for everyone; the expertise and knowledge of people from the street to make their own choices; providing a place that is safe, comfortable, non-violent and respectful; promoting safety; and in the people helping each other."

#### SWAP's Goals:

- To create a healthy and safe environment and appropriate support services for people who are now, or have been involved in prostitution.
- To inform and connect young people who make their living through prostitution, or who are at risk for street involvement with needed resources and services, and to assist them in exploring options other than the street.
- To educate youth, parents, the general public, and human service professionals about issues related to prostitution. To advocate for street worker's rights, including their rights to be heard.

For over 20 years, SWAP has provided safe, culturally sensitive services for people involved with street prostitution and for youth-at-risk of becoming street involved.

SWAP supports a broad range of individuals with one thing in common—they have all been affected by street prostitution and street life in some way. Their experiences often include violence, addictions, poverty and sexual assault, loss of cultural identity, family breakdowns, and lack of access to housing, health care and education along

with a myriad of other barriers to leaving the street life.

Many of these people have a history of violent and disruptive childhoods, foster care, detention in youth care and involvement with the justice system. All of these factors contribute to significant mental, spiritual and physical health issues.



SWAP Director  
Barb

People are frequently unable to meet the criteria to access community services or to maintain active participation in structured programs. In many cases, marginalization and negative experiences with social systems have led them to mistrust service providers.

Barb is the Director of SWAP and noted "Prostitution has been around for a long, long time. Originally prostitution (in Regina) was centred in the Core area, now known as the Heritage

area. In 1991 concern was raised by the Core neighbourhood and the Police Commission sub-committee on Prostitution recommended a community-based service approach be taken to address this issue. The social development of the city of Regina was asked to take a leadership role exploring options."

Barb continued "The people on the street felt it was imperative that they be included in all aspects of the program, whether that was in program development, program design, management, or as staff or volunteers. That was crucial. It spoke to the issue of the lack of trust, the feeling of being judged. So they felt that if they took ownership, then they would participate, they would access the services."

"And we felt it was incredibly important to honour their voices, that we listen and respect what they had told us."

Marcel Petit is an independent producer, filmmaker and photographer from Saskatoon. He was there to screen an abbreviated version of his documentary film *Hookers*.

"I have an amazing mother," he said. "She has come through complete sh\*t. She loves people, she's got 5 good kids. I never,



## Celebrating 20 Years

ever wanted to listen to her stories. I never wanted to hear that my mom was a prostitute, a hooker. I blocked it out. But this woman gave me life." Marcel says "The biggest thing about this movie is that I didn't want to exploit them. They'd been exploited enough. What I wanted to do in this film was to show laughter, show strength, show positivity. I can't fix people. My job is about relationships, to say 'I'm here for you'."

Services must recognize that leaving street life is a process that takes many starts and stops. When you have lived most, if not all of your life, from day to day with few supports, little education, no employment training or work experience and with little or no self-esteem, leaving the street can be a complicated, challenging and frightening process.

Watch for the launch of  
[www.swapregina.org](http://www.swapregina.org)  
1355 Albert Street  
Regina SK  
306-525-1722  
[swap@sasktel.net](mailto:swap@sasktel.net)



Outreach Worker  
Kat

YOU ARE REMEMBERED  
YOU ARE LOVED  
YOU ARE MISSED

***A gathering to remember those we have lost due to tragedy***

**February 14 • 12:00**

Angel Square behind the Territorial Building  
3304 Dewdney Ave.

Dewdney Ave. & Montague St. Dress for the weather







# 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.

### Did you know...?

Did you know that egg whites have many purposes such as waterproof glue and that egg yolk was once used to make paint because of its natural ability to harden and stick to almost any surface? As well when egg shells are thrown at high velocity, the shells will shatter into sharp shards.

Egg whites main purpose is to protect the yolk, so it is sticky. When an egg is thrown at a vehicle, egg whites dry very quickly and stick to the surface of car paint. The egg yolks have a natural ability to become hard and stick to almost any surface so when an egg is thrown at a vehicle egg yolk will eat through clear coat on the surface of car paint and stain the paint.

Removing egg from a vehicle can be very difficult, especially when you find the egg on your vehicle hours after it has occurred. By then the egg has had time to cause permanent damage.

There are many ways to remove egg from your vehicle yourself, but if the damage is too severe it will have to be taken to an auto body shop to be fixed. Here are some do's and don'ts to remember when cleaning egg from your vehicle:

- Carefully remove as many of the shell pieces as you can.
- Water should not be hot as it will cook the eggs and make them stick even more.
- Use plenty of water to hydrate the stain.
- Use cleaner with a high alkaline base as it works well to break down the protein structure of the egg. Look at the pH level in each product the higher the pH level, the higher the alkaline content.
- Do not use paper towels, old rags or any other cloth that will scratch the surface
- Do not use glass cleaner



Here are some comments from some young people and their families who learned the impact of egg throwing firsthand:

“One night of fun is not worth several months of agony due to the long process of resolving your charges.  
  
Your choices affect everyone, not just you.”

“Don’t let your MIND write a cheque your BODY can't cash.”



There are 18 SGI Claim Centers in Saskatchewan and each center has approximately 2 or 3 claims per year. The typical cost to repair a vehicle from egg-ing depends on how many eggs have hit the vehicle. An estimate cost would be \$600 to paint one door and up to \$2000 if several panels are involved.

Egging can cause significant damage to vehicles, says a representative from Regina Auto Body and they see on average 5 cars a year that have been egged, more often around Hallowe'en. Regina Auto Body said that the cost to repair vehicles that have been egged could be as high \$2500 and depending on what parts of the vehicle were egged it could be as high as \$3500.

### For Your Information:

- 430.
- (1) **Mischief**—Every one commits mischief who wilfully
- (a) destroys or damages property;
  - (b) renders property dangerous, useless, inoperative or ineffective;
  - (c) obstructs, interrupts or interferes with the lawful use, enjoyment or operation of property; or
  - (d) obstructs, interrupts or interferes with any person in the lawful use, enjoyment or operation of property
- (2) **Punishment**—Every one who commits mischief that causes actual danger to life is guilty of an indictable offence and liable to imprisonment for life.
- (3) **Idem**—Every one who commits mischief in relation to property that is a testamentary instrument or the value of which exceeds five thousand dollars
- (a) is guilty of an indictable offence and liable to imprisonment for a term not exceeding ten years; or
  - (b) is guilty of an offence punishable on summary conviction.
- (4) **Idem**—Every one who commits mischief in relation to property, other than property described in subsection (3),
- (a) is guilty of an indictable offence and liable to imprisonment for a term not exceeding two years; or
  - (b) is guilty of an offence punishable on summary conviction.

Price of eggs: \$2.67 a dozen  
\$600 to \$2000— the cost of repairing a vehicle  
.....think about that before throwing an egg

“An activity that is SEEMINGLY INNOCENT FUN can have EXTREME CIRCUMSTANCES that not only affect the child and their future, but also the family.”



## Witness Blanket

from Witness Blanket website

The blanket is a universal symbol of protection.

For many of us, it identifies who we are and where we're from – we wear them in ceremony and give them as gifts.

Blankets protect our young and comfort our Elders.

Inspired by a woven blanket, we have created a large scale art installation, made out of hundreds of items reclaimed from Residential Schools, churches, government buildings and traditional and cultural structures



including Friendship Centres, band offices, treatment centres and universities, from across Canada. The Witness Blanket stands as a national monument to recognise the atrocities of the Indian Residential School era, honour the children, and symbolise ongoing reconciliation.

The Witness Blanket will be on exhibit until February 27 at The University of Regina

## Regina Minor Football adds a Division and increases Weight Limits!

We are pleased and excited to give you this update about Regina Minor Football. For 2015 we will be adding a new division for the fall season.

► Mighty Mites will be introduced this fall and will be for all players born in 2006 and 2007 (with a max weight of 90 lbs).

► Our Atom Division will now be for players born in 2004 and 2005 (with a max weight of 115 lbs).

► PeeWee will be for players born in 2002 and 2003 (with a max weight of 140 lbs).

► Bantam will be for players born in 2000 and 2001 (no weight limit).

March 1: Registration for the 2015 season will open.

rmf@reginaminorfootball.ca

www.reginaminorfootball.ca

by Brandon Brooks  
Coach of North Central Lakers



## Lilly Daniels 80th Birthday Celebrated at Albert Scott Community Centre

A community of up to 200 well-wishers gathered on January 21 to show their love for Elder Lilly Daniels. Kookum Lilly has shared cultural teachings in the inner city for over 40 years.

story by J. Morier  
photos by Carol Daniels



Among Lilly Daniels' admirers were her available family members and a chat with son Kevin (Kubby) provided insight into growing up. It was not a conventional beginning.

"I was born in a small town, Lestock Saskatchewan. As a young family, we lived on the road allowance outside of the Village of Punnichy and on the outskirts of Gordon's Reserve. We were told we could no longer live there and were forced to move to Regina. We settled in to North Central back in 1963."

His mother, Lilly, was instrumental in reconnecting children with culture through powwow

dancing. This reflected her own experience. At age 5 Lilly Favel was left at a residential school after the death of her mother. Culture was only one of the great losses Lilly suffered. She was beaten so severely by a school supervisor that she lost 11 months of her life to a coma.

Regina of the 1960s and '70s didn't offer too many places to dance powwow. Lilly was working at the Native Women's Association and they did whatever they could to get her teaching dance at Albert School and Albert Scott Centre. Kevin adds, "Yes, she got a lot of people involved, including me—being a traditional dancer. My younger sister (now passed away) became her first dancer. There's a long history of mom bringing young women off the streets and back into their culture. Rainbow Dance Troupe has now blossomed into hundreds of kids under the guidance of Chasity Delorme. She's doing a wonderful job and I'm really proud of how she's carrying on the struggle of protecting and looking after our culture."

Many congratulatory letters were received and read out to the crowd. Here are some excerpts:

"As an Elder and Community Leader, your dedication to the health and well-being of First Nations people is certainly acknowledged and appreciated."  
— *National Chief Perry Bellegarde of the Assembly of First Nations of Canada*

"The Executive of the Federation of Saskatchewan First Nations join me in wishing you a happy birthday and express our appreciation and admiration for all you have accomplished."  
— *Interim Chief Kim Jonathan*

Warren McCall New Democate MLA for Regina Elphinstone-Centre was present to deliver greetings.

"Lilly is such a great person and has contributed so much to so many. It's astonishing to think of those 80 years and all the contributions that you've made, particularly in inner city Regina. And for that we're very thankful."

*Cam Broten Official Leader of the Opposition* wrote: "Your

love, laughter and teaching have made a huge difference to so many people. Your strong leadership has changed lives and improved communities. Your passion to teach hundreds of young people how to powwow dance has been a great gift to each of them and

has been a wonderful celebration of First Nations culture."

Lilly Daniels even received a letter from her favourite author Danielle Steel, along with a autographed photo and book.

North Central and the entire city wishes Lilly many more years of health and happiness.



"Sincere congratulations and very best wishes as you celebrate this special day."

— *Vaughn Solomon Schofield, Lieutenant Governor, Province of Saskatchewan*

"A birthday is a time to reflect and remind ourselves of every step we make on this journey we call life."

— *Brad Wall, Premier of Saskatchewan*



# Regina Cat Rescue active in North Central

by Rachel Molnar



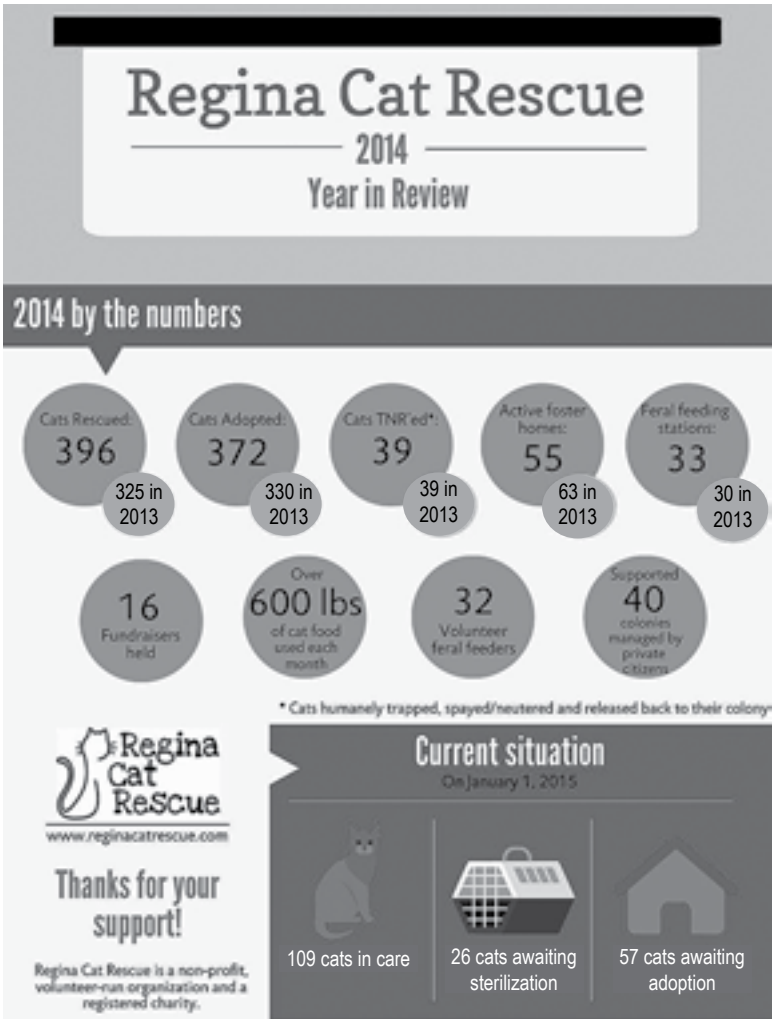
Regina Cat Rescue (RCR) manages 33 feral cat colonies in Regina, and the majority of them are in the North Central community. If you’ve ever spotted one of our volunteers tending to a colony, you might wonder who they are and what they’re up to. These volunteers are RCR feral feeders and they’re caring for Regina’s stray and feral cats.

Caring for these cats involves feeding them wet and dry foods, refilling water bowls, providing shelter boxes and operating a TNR program. TNR stands for trap, neuter, return – the process in which volunteers humanely trap feral cats, take them to the vet to be spayed or neutered, and then return them to their colony. There are numerous benefits to TNR. It reduces nuisance behaviours like roaming, yowling, spraying and fighting which is great for the neighbourhood. TNR also prevents kittens from being born, and that means fewer homeless cats living on the streets.

In 2010, 12 litters of kittens were born at RCR colonies in the North Central area. But thanks to the hard work by RCR volunteers and our TNR program that number has dropped steadily over the years to just two litters born in 2014. Not only is this great news because it means fewer unwanted animals are being born, but because it frees up RCR resources and allows our volunteers to share their experience and skills with Regina citizens who need help managing colonies of their own.

There is a lot of work to be done to get Regina’s stray and feral cat population under control, but you can help by having your cat spayed or neutered. You’ll be improving their life and preventing the births of unwanted cats. The Regina Humane Society (RHS) offers a low-income spay neuter program through which they spay or neuter cats for as little as \$20 for qualifying citizens. They will even provide transportation for your cat to their clinic if required. Contact the RHS at 306-522-7729 to make arrangements for your cat to be fixed.

You can also help by becoming a foster parent with RCR. When a stray cat is found at an RCR cat colony, and no owner can be found, the cat is taken into RCR care. Once in care it is vet checked, sterilized and placed into a foster home to await adoption. The more foster homes available the more cats can be rescued from the streets. Quite simply - fostering save lives. If you want to foster, or volunteer in other ways, please visit [reginacatrescue.com](http://reginacatrescue.com) or email [reginacatrescue@gmail.com](mailto:reginacatrescue@gmail.com) for more information.



Photos courtesy of Regina Cat Rescue



[www.reginacatrescue.com](http://www.reginacatrescue.com)  
[reginacatrescue@gmail.com](mailto:reginacatrescue@gmail.com)



## SACRED HEART COMMUNITY SCHOOL

Our dinner at Hilton Doubletree. They provide a free Christmas dinner to every student and staff person in the school! Thank you!



## FUN PHOTO ALBUM

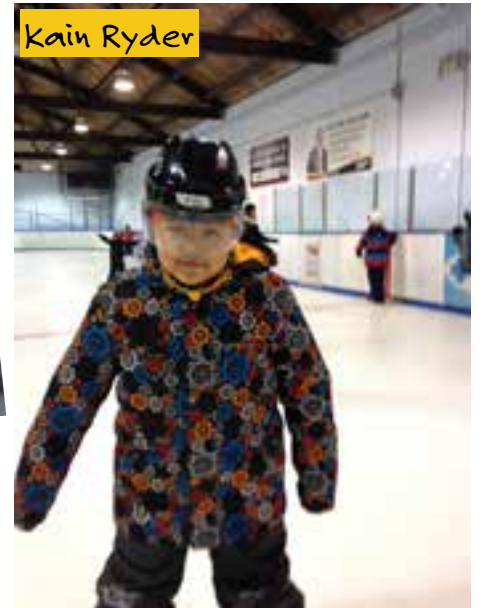


1314 ELPHINSTONE ST S4T 3M4  
PH: (306) 791-7290 FAX: (306) 791-3589

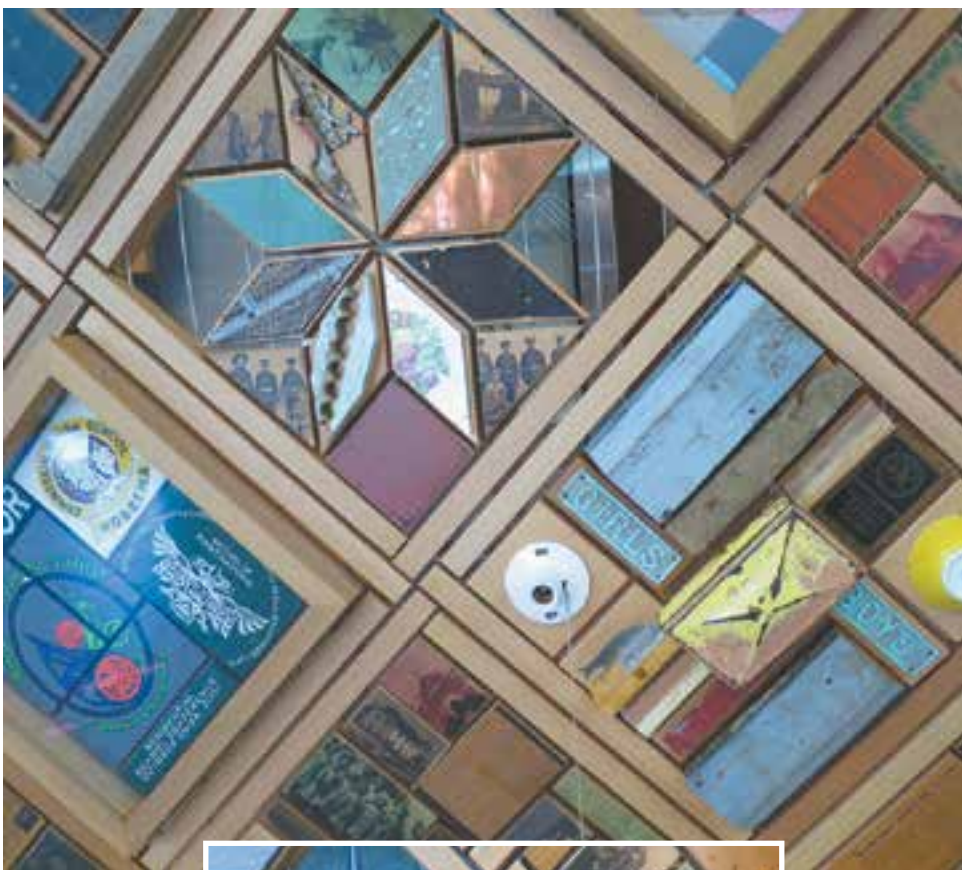
Starla Grebinski, Principal  
Tricia Erlendson, Vice-Principal  
Gilles Dauphinais, Vice-Principal



Skating Fun with  
Ms. Shaw and Ms.  
Montenegro's classrooms



**Next Reading Night**  
Wednesday, February 11



Details of The  
Witness Blanket

photos J. Morier



Giving Hope Today

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in someone's life

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a drop off location.

**DATES & TIMES**  
Monday to Friday  
March 2 to April 30  
9:00—11:30 am  
1:00—3:30 pm

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



## Greetings from the Scott Collegiate Office

Quarter 3 is underway at Scott Collegiate – yes, quarter three, not semester two.

Instead of remaining with the semester system, we have moved to a quarter system for grades 10-12. After consultation with students, parents, and staff, this change was made to better support our students.

Instead of taking four or five classes a day, students in grades 10-12 now have one class in the morning, and one in the afternoon. There is also an option for students to take an early bird, semester long class.

Project-based learning is still a priority at Scott, and you can learn about the projects this quarter by reading about them on this page. Quarter 3 runs from January 28th to April 2nd, with Quarter 4 running from April 14th until the end of the year. We will accept new enrolments in grades 10-12 until February 9th. Grade 9s are accepted any time.

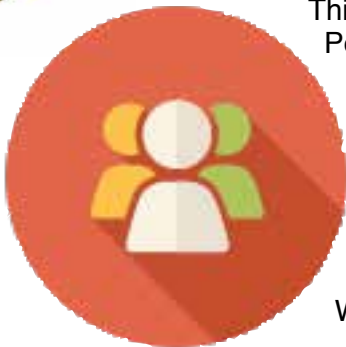
## Restaurant Wars!

The Scott Cooking project is back with Restaurant Wars!! Through ELA and Commercial Cooking, students will use their knowledge and skills to plan and execute a restaurant concept in our canteen. They will compete in teams and the team with the most sales will be named Scott's Top Chefs. Students will also participate in a 2 week work placement in the food industry. Ms. Christopherson & Mr. Rice are excited to welcome our new team member Ms. Smith to this project.



Follow us on Twitter  
@scottcollegiate

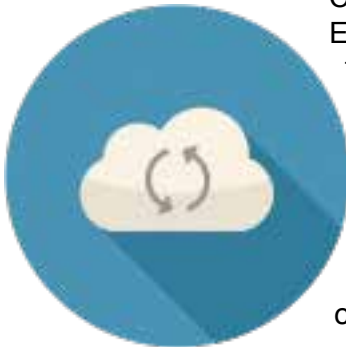
## Health Science & Personal Fitness Project



This quarter Health Science 20 and Personal Fitness 30 are combining to provide students with indepth knowledge in all areas of health. Students will gain an understanding of the anatomy and physiology of the human body, nutrition as well as the components of fitness. The culmination of the two classes will come together with a student directed Wellness fair with a focus on diabetes.

For more info on these projects, call the school at (306) 523-3500.

## Career & English Project



Career & English is a project that combines ELA 20 and Career & Work Exploration 10/30. Students will explore themes of identity, social media responsibility and agency, and career readiness. We will work toward understanding how information spreads, how to present ourselves professionally, and how words can effect change in our society and in our personal lives.

**PLEASE** keep your sidewalks shovelled.

**SHARE** your neighbourliness and clear the walks of those who can't.





**Working With You  
Working For You**

*Warren*

Warren McCall, MLA - Regina Elphinstone-Centre  
2900 5th Ave • 306-352-2002 • 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



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# North Central Community VOLUNTEER AWARDS & Community Feast

**WEDNESDAY APRIL 15**

**Awards Night: 6:00 p.m.**  
Albert Scott Community Centre

DEADLINE: Application must be received by March 31, 2015

Nominees:

- ☛ Must not be paid for their service
- ☛ Preference will be given to those who live and/or serve in the North Central community
- ☛ Cannot be an employee for North Central Community Association or Four Directions Community Health Centre
- ☛ Must be willing to participate in a role model poster campaign

## CATEGORIES

### Volunteer of the Year

An outstanding volunteer who is dedicated and reliable.

### Youth Volunteer

An individual, 21 years or younger, who is an outstanding volunteer.

### Physically Active Volunteer

A volunteer who serves through being physically active or leads quality physical activity for the community.

### Volunteer Leader

A volunteer who shows outstanding leadership qualities.

### Volunteer Community Group or Team

An award will be given to a group or team who volunteers together.

### Shirley Bonk Elder/Senior Volunteer

A senior citizen, 65 years or older, who is an outstanding volunteer.

*Please note: Awards will not be given in categories where there is not a candidate deemed suitable by the judges.*

We are very pleased to offer this opportunity to participate in our upcoming **North Central Volunteer Awards**.

This year the Awards Planning Committee will be hosting "Honouring Our Volunteers Community Feast" in conjunction with the presentation of the Awards. The feast will be Wednesday, April 15, at 5:00 p.m. A number of distinctive awards will be presented to outstanding volunteers. Recipients will receive a beaded medallion, a certificate and an opportunity to participate in a role model poster campaign.

We are now accepting nominations for the following: Volunteer of the Year, Youth Volunteer of the Year, Physically Active Volunteer of the Year, Volunteer Leader of the Year, Volunteer Community Group or Team of the Year and the Shirley Bonk Elder/Senior Volunteer of the Year.

Please feel free to submit nominations. Preference will be given to those agencies who directly serve the community of North Central, although agencies outside of the community may be considered.

If you have any questions, please call 306-766-7549 or email [lisa.workman@rqhealth.ca](mailto:lisa.workman@rqhealth.ca)



## Volunteer Nomination Information

**Volunteer's** name & contact information including telephone(s) and email. Agency(ies) where nominee volunteers. Agency contact or Volunteer Co-ordinator

Describe what kind of volunteer activities this person is involved in

How long and how often has this volunteer been involved in these activities?

**Category** you are nominating this person/group for

**Nominator's** name and contact information including telephone(s) and email. Agency represented. Signature.

Please feel free to attach letters of recommendation/reference, newspaper articles, etc.

Explain why you think this volunteer should be chosen for this award.

Please describe how this volunteer provides a quality service and how they impact the community.

Do you feel that this volunteer lives a healthy lifestyle and is a positive role model?

Fax this information to 306-757-1052 or email to [lisa.workman@rqhealth.ca](mailto:lisa.workman@rqhealth.ca)

The first North Central Volunteer Awards was held at the Performing Arts Centre on September 20, 2012.

Christmas in July! 2012

## Volunteerism has the potential to TRANSFORM our community!

### PEOPLE WHO VOLUNTEER:

- ☛ Boost confidence
- ☛ Increase community pride
- ☛ Build a support network
- ☛ Add references and work experience to their resume
- ☛ Develop work skills and contacts
- ☛ Gain casual work opportunities and.....
- ☛ Go on to bigger and better things—school, work, training and realizing their dreams!

REWARD your special volunteer in a community-wide arena.

SHOWCASE your agency and the good work that is done by volunteers.

ENCOURAGE volunteerism for your agency and your community.

Volunteering is a positive activity for all ages. It can increase confidence, help develop work experience, build a support network and lead to better education, rewarding careers and more independent citizens.



*National Volunteer Week  
April 12 to 18, 2015  
Volunteers are part  
of the Ripple Effect*



# TASTE OF SCOTT

## January 15/15 5:00 pm at Scott Collegiate

Held in the Scott Collegiate  
Gymnasium

**Bryan Rice (Instructor,  
Commercial Cooking)**  
"It's been awesome, the kids have  
been running on adrenaline all week,  
doing everything they need to make  
this a success. I think this is going to  
get bigger and better every year.  
We sold out both years, this year we  
went with 150 people and sold out  
again this year!

As long as we can keep kids  
participating and they're enjoying it,  
then we'll keep having successful  
events like this.

We have some members from  
last year's class that are currently  
helping out and are super-engaged  
in the project, they're helping the  
other students out. They want them  
to succeed as well.

Some of them are looking to take  
our next class, we've got a class  
coming in the third quarter this year,  
starting next term, that's going to be  
focused more on the commercial  
aspect of grocery store foods and  
getting a little bit of media and online  
marketing involved. There'll be a  
next step for the current students to  
be involved in."

I asked if the students do all the  
cooking at home now. This was met  
with laughter but they admitted they  
helped more in the kitchen now.

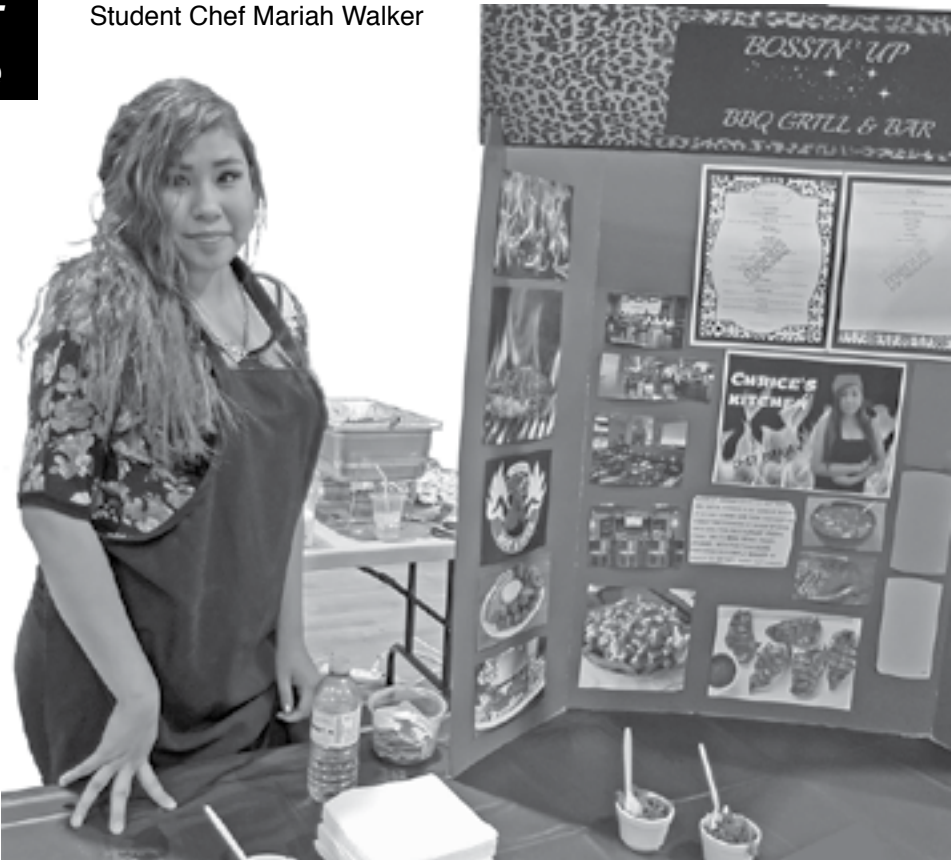
**Student Chef Mariah Walker**  
"Last year I was a helper at the  
first Taste of Scott, I got a lot of  
experience and I knew I had to  
be here. I would like to become  
a chef in a restaurant, it's really  
interesting."

MW's specialty was barbecue  
grill and bar, smoked roast soup  
(potato, carrots, celery, pulled  
pork). "We smoke the whole soup,  
the pulled pork was cooking for  
two days in the Scott kitchen, it  
took a lot of hard work and effort  
and I'm very proud of it! It's a lot  
of great healthy food!"

**Student Chef Marcus Hill**  
"First time participating, it's fun.  
This class introduced me to  
cooking. I do the  
cooking at home  
more often now. I'm  
preparing a beef  
slider and fried  
homemade onion  
rings, the buns are  
homemade too."  
Marcus is not sure  
if he would like to  
have a career as a  
chef, but agrees it's a  
great skill to have.

**Student Chefs  
Alexandria Allary & Miles**  
"It's my first year. I help cook at  
home now." Her cuisine of Fish  
Tacos, Chicken Jalapeño and  
Popper Soup was her Tex-Mex  
Restaurant fare.

Student Chef Mariah Walker



Student Chef Marcus Hill



Student Chefs Alexandria  
Allary (right) & Miles



story & photos by J. Morier

### Saskatchewan HIV Conference 2015

**“Balancing the Wheel: Recognizing Ancient Medicine and Healing”**

**February 24th and 25th**  
at the Ramada Plaza 1818 Victoria Ave., Regina, SK  
To register contact All Nations Hope Network  
2735 5th Ave. Regina  
Phone: (306) 924-8424 Toll Free: 1-877-210-7622  
Fax: (306) 525-3698 Email: landerson.1@sasktel.net Please check the  
website for more information and for updates: [www.allnationshope.ca](http://www.allnationshope.ca)



## 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**

**Play & Learn Times**  
Mon to Thur 9-4, Tue 4-7  
Fri & Sat 9-1

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

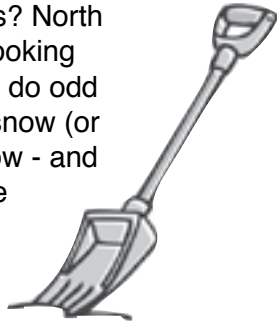
**Scott Collegiate**  
3350 7th Ave (306) 523-3512

**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  
MGR. MEGAN ZMETANA, BSP



## Hire A Neighbour

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



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

## Community Calendar

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

**Deadline for APRIL issue:  
March. 12, 2015**

### St. John Ambulance course: What Every Babysitter Should Know

The course is aimed at 12-16 year olds interested in taking responsibility for younger children. Content in the 6.5 hour class includes safety practices, child care basics, introductory first aid and activities to try. Hands on participation and skill development are the focus

Winter/spring classes:

Feb. 20      March 7  
March 14    April 7  
9:00 to 3:30

See more dates and course descriptions at [www.sja.ca](http://www.sja.ca) (courses and training)

### 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



### Intercultural Grandmothers

**Uniting** For older women who are interested in building bridges of understanding, respect, trust and friendship among First Nations, Métis and all other women. Meetings are held the third Friday of every month, 10:30 am to 12:30 pm at Indian Métis Christian Fellowship (IMCF) 3131 Dewdney Ave. (Feb 20, Mar 20 Apr 17, May 15, Jun 19) For more information call 306-585-5705 or 306-585-5766.

### Heartland Girl Guide Tea

Saturday February 28  
1:00 pm – 4:00 pm  
Admission \$3.00  
Tickets Available at the Door  
Where: Broadway United Church  
105 Broadway Ave. (corner of Broadway Ave and McAra). Craft Tables, Bake Table

### 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**

*Tired of talking about what is wrong with life?*


### The Good Life - A Sharing Circle

Let's get together to talk about:

- what are the good things in your life
- what is working
- making positive changes

Mondays 1:00 to 3:00  
Four Directions  
Community  
Health Centre  
3510 5th Avenue





## 2015 INTER-AGENCY Chili Cook Off Lunch: \$5.

**WEDNESDAY, FEBRUARY 11**  
**~ HIGH NOON ~**  
**Indian Métis  
Christian Fellowship**  
**3131 Dewdney Ave.**

2014 Inter-Agency Chili Cook Off Champs:

**CIRCLE PROJECT**

**Will they win again?**

**Who will beat them?**

**Who has the HEAT?**

**Who has the HEART?**

Vegetarian Chili welcome!  
CALL to participate or for  
more information: IMCF.  
(306) 359-1096

Fundraising for  
Canadian Food Grains  
Bank. Donations over  
\$20.00 will be issued a  
tax deductible receipt



## 2015 Chimatawa Family Youth Chili Challenge 6:00 PM, Friday, March 13th

Entry \$3.00 or more. Hosted by Chimatawa Family Youth of Indian Métis Christian Fellowship. Participation by invitation; for more information contact Betty Krohn, IMCF Youth Worker Ph: 306-359-1096

### Regina Transit Update:

Five new stat holidays  
City Council approved five  
additional stat holidays for bus  
service on a trial basis in 2015.  
The following stats will have a  
Sunday schedule service:

Family Day – Feb 16th  
Good Friday – April 3  
Victoria Day – May 18 NEW

Canada Day – July 1 NEW  
Saskatchewan Day – Aug 3 NEW  
Labour Day – Sept 7 NEW  
Thanksgiving – Oct 12 NEW  
Remembrance Day – Nov 11  
Boxing Day – December 26

**New Transit Fares** effective  
Jan 1, 2015, Regina Transit  
fares have increased. For more  
information visit [Regina.ca](http://Regina.ca)

### Aboriginal Grandmothers Caring for Grandchildren Support Network

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

Tea and bannock always served. Childcare and rides will be provided for those who call in advance. For more information or to register call 306-585-5766.

"I like the sharing the best about the talking circles...when other people tell and their stories I remember that happened to me and realize that I am not the only one in the whole entire world. And it confirms your feelings and experiences."

**Fridays:** Feb 13, Mar 13, Apr 10, May 8, Jun 12—9:30 to 11:30 am  
Gallery Building, Room 106  
2155 College Avenue

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](mailto: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](mailto:communityrelations@nccaregina.ca)



The *North Central Community Connection* is a bi-monthly newspaper produced by the North Central Community Association. We circulate 5,000 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.

*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:

All Nations Hope	Brandon Brooks
Carol Daniels	Kari Herbert
IMCF	Tracy Knutson
Rachel Molnar	Jan Morier
Michael Parker	RAMP
Sacred Heart Community School	
Scott Collegiate	SWAP
WitnessBlanket.ca	Lisa Workman

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

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

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

**DEADLINE for  
APRIL ISSUE  
March 12, 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  
Treasurer.....Morris Eagles

MEMBERS-AT-LARGE

Tom Brown  
Anna Galassi  
Charla Tait  
Greg Campbell  
Denita Stonechild



Schools

Dial 306 before calling!

NORTH CENTRAL PHONE LIST

Albert Community School..... 791-8539  
Kitchener Community School..... 791-8516  
Sacred Heart Community School..... 791-7290  
Scott Collegiate..... 523-3500  
Seven Stones Community School..... 523-3740  
St. Luke..... 791-7248

Organizations & Agencies

Aboriginal Health Home Care .....766-6379  
Aboriginal Family Service Centre ..... 525-4161  
Aboriginal Skilled Workers Association ..... 565-0544  
AIDS Program South Saskatchewan ..... 924-8420  
Albert Library ..... 777-6076  
Albert-Scott Community Centre ..... 777-7033  
All Nations Hope AIDS Network ..... 924-8424  
Bylaw Enforcement.....777-7000  
Child and Youth Services ..... 766-6700  
Chili for Children.....359-7919  
CircleProject.....347-7515  
Circle Project Childrens' Centre ..... 569-3988  
Circle Project Infant Centre ..... 949-4911  
Early Years Family Centre ..... 523-3512  
Ehrlo Sport Venture Library..... 751-2411  
Ehrlo Housing ..... 584-3313  
First Nations Employment Centre.....924-1606  
Four Directions Community Health ..... 766-7540  
Gathering Place.....522-7494  
Greystone Bereavement Centre .....523-2780  
Indian Métis Christian Fellowship (IMCF) ..... 359-1096  
Kids First Program .....766-6792  
Kids Help Phone ..... 1-800-668-6868  
Log House Thrift Store .....791-0255  
Meadow Primary Health Care Centre ..... 766-6399  
Mobile Crisis Services ..... 757-0127  
Morning Star Ministries .....757-8421  
Newo Yotina Friendship Centre ..... 525-5042  
North Central Community Association (NCCA) ..... 791-9888  
North Central Community Health Office (Nurse) ..... 757-1046  
North Central Community Police Service ..... 777-6450  
North Central Family Centre ..... 347-2552  
North Central Kids Music Program ..... 545-3737  
Oxford House Society of Regina Inc. .... 570-5708  
Pasqua Hospital ..... 766-2222  
Public Health Inspector.....766-7755  
Rainbow Youth Centre.....757-9743  
Randall Kinship Centre.....766-6780  
Regina Alternative Measures Program (RAMP)..... 352-5424  
Regina Education & Action on Child Hunger (REACH)... 347-3224  
Regina City Police ..... 777-6500  
Regina Crime Stoppers ..... 545-8477  
Regina Fire & Protective Services..... 777-7830  
Regina Food Bank..... 791-6533  
Regina Police Substandard Housing Enforcement Team..777-6399  
Regina Sexual Assault Line (24 hrs)..... 352-0434  
Rentalsman ..... 787-2699  
R Healthy Food Store ..... 347-3224  
Safer Communities & Neighbourhoods (SCAN)..1-866-51-SAFER  
SaskPower (inspections)..... 566-2500  
Saskatchewan Rental Housing Supplement ..... 787-4723  
SEARCH ..... 570-8202  
Sepak Takraw Saskatchewan (STAS) ..... 584-8778  
Souls Harbour Rescue Mission & Youth Centre ..... 543-0011  
Street Culture Kidz ..... 565-6206  
SWAP.....525-1722  
YMCA of Regina ..... 757-9622  
Want the number of your agency in this space? Call us to add it: 791-9888



# Mother Teresa



# Middle School

A Jesuit Academy

## NOW ACCEPTING APPLICATIONS

for students entering Grade 6  
in September 2015



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

### Is MTMS right for your child?

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

### How we are different ...

- We partner with families to ensure the success of each student.
- We support our students through high school and post-secondary to employment.
- We focus on hope, wellness and engagement.
- We have a rigorous academic program and small class sizes.
- We provide mentors for our students.
- We offer extended school time with a focus on enrichment activities.
- We offer a three week summer program.
- We are a strengths based school.
- We are a non-tuition scholarship based school.

### Open House

Wednesday, February 25  
6:00 - 7:00 p.m.  
at MTMS

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

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

