

Only the most caring and compassionate women have received the honour of a Woman of Distinction award in Community Leadership and Enhancement. From my heart, I need to share what I see in this remarkable woman of distinction.

Lisa quietly recruits, leads and delivers programming in a non-judgemental fashion. She is the epitome of all that is good in North Central Regina. Her actions spring from seeing a negative social condition and moving in ways to alleviate. Her works are generous and tireless and involve much sacrifice. With all due respect, oftentimes high-profile recipients of this award have not lived through conditions that they work to improve. Lisa has experienced some of the circumstances that motivate her life, her work and the gift of her time.

Lisa inspires and works to make the world a better place. Our local world is a neighbourhood that has been stigmatized by the rest of the city, in fact, the country. Lisa is a North Central hero who works every day to improve lives. Her efforts improve our community's self-respect, and open the door to better understanding.



Auntie Lisa maintains "Charity is not a real solution to hunger and homelessness. It is a necessary interim measure." Lisa supports these interim measures to demonstrate that solutions are attainable.

"I'm glad that the City is starting to notice homelessness, says Lisa. I believe it will naturally get better for people. Awareness creates changes in attitudes."

Project People was initiated by Lisa Workman who, as a private citizen, felt helpless about the crisis of homelessness in Regina. Although there are interagency groups doing good work about homelessness, the need is growing more quickly than it can be addressed. In October 2010, Project People was launched with a volunteer recruitment event held at the United Way. This event was followed by their first project, a winter clothing drive. The response was immense and many donations were distributed to shelters and agencies.

There are many barriers that need to be overcome. One is increasing understanding about homelessness in a city where it is hidden. Lisa

Lisa Workman received letters of support from Bert Adema of IMCF, Warren McCall, MLA Regina Elphinstone-Centre and her co-worker JoAnn Fahlman

Lisa Workman



photos & story
by J. Morier

says: "In our city, we don't see people living on the streets and in the parks. Our homeless are couch surfing, living in overcrowded or slum housing, squatting in abandoned buildings and in extreme case living in tents, garages and cars."

Project People is not an agency or charity. Instead it strives to work with and support existing services by bringing together volunteers to help in anyway that they can

"Let's not get swallowed up by challenges, let's focus on what we CAN do." Lisa says.

She had a vision of recruiting helpers from outside groups that aren't involved with homelessness but she finds that the best volunteers are those who are living it. "It has been amazing to see how community steps up when they want to be involved." Lisa has become friends with those folks who volunteer and has a successful recruiting technique. She invites those who are benefitting from the giveaways, and barbers with them 'if you help with this you can have your choice of' (items of furniture, appliances, whatever they're needing).

Lisa Workman is the Aboriginal Community Development Coordinator at Four Directions Community Health Centre.

The Selections Committee of the YWCA Women of Distinction Awards chose North Central's Lisa Workman as recipient of the Community Leadership & Enhancement Award.

Lisa agreed to be nominated because she felt "it could give Project People some attention". Typical Ms Workman, never looking for personal rewards or praise.

The criteria asked how she has achieved outstanding success by:

- Being a leader and role model in the community
- Breaking new ground, eliminating barriers or being an agent for change
- Participating actively as a volunteer
- Guiding, supporting and encouraging the development of others in the community
- Showing vision, creativity and initiative
- Achieving unique and outstanding accomplishments within and/or outside of the nomination category
- Enriching the community and impacting others

The Lifetime Achievement Award was presented to Jacqui Shumiatcher, who was raised in North Central Regina.



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Meet Your Neighbour, Grant Buffalocap

"My goals and aspirations are to assist in the well-being of all First Nations people."

I was born April 6, 1944 in a log house on the Okanese File Hills Reserve. I was raised by Mr. Alexander and Rose Stonechild, my grandparents. May the Great Spirit bless these precious people. They gave me ten years of my life and helped instill some gifts in me that I still have to this day. They taught me the importance of things like respect, love, honour and trust. Old man Alex was one great man, a World War I veteran who I'll always be grateful to.

Today I am old-fashioned like the old people who raised me. Being raised in the traditional ways, I can still remember singing songs, smudging, rain dances, powwows and other sacred ceremonies for our loved ones who had passed.

Then hell reared its ugly head in September, 1954. Indian Affairs sent me to Birtle (Manitoba) Indian Residential School. This was where I stayed until 1961. The only thing that I liked about residential school was the sports—baseball, hockey, lacrosse and football.

The principal, teachers and supervisors were very mean people. They didn't help me learn. They knocked it out of me. People always told the faculty when the students spoke their language and there was always hell to pay for almost everything. There were also the physical fights among the students, a lot of random bullying. Either way, we were always the loser. This place messed me up big time. I changed from a peaceful person to a fighter. When I came back home everyone told me that I was a different kid.

In 1961 I was in jail for break and enter. At the end of 1962 I went to the penitentiary for stealing cars and escaping lawful custody. In 1965, I went to jail again, to the Stony Mountain Penitentiary, for two years. In the fall of 1968, I was sent to the Prince Albert Penitentiary for car theft. I was released in January, 1970 and at this time I swore to myself that I was never going to jail again.

I lost my wife, my family and my kids, all because of alcohol and not living a real life. So I went to the U.S.A. and stayed down there where I could survive working here and there. Once in awhile I would work in Canada, just to support my drug and alcohol addictions. I was homeless most of the time and

spent winters in the church shelters.

Being a survivor, I always had this great feeling of self-preservation that helped me

on this reckless, high risk, self-destructive behaviour. Most times you are not in reality because of the drug and alcohol addictions.

I found myself in Seattle, WA and had been thinking about AA for about three years already. I met this Catholic sister named Sister Julie. She was trying to get a place for Native American Indians and street people. I told her that was a great idea, to have a place where street people of Indian ancestry could come to eat, shower, do laundry, get referred to clinics or treatment centres, get assistance in obtaining their ID, get financial

assistance and housing. I also assured Sister Julie that I would be available for volunteer work. That day in August, 1992 as I worked maintenance for the building I resided in, little did I know that she would hire me to

work for what is now known as the Chief Seattle Club for Native Americans from August 1992 to 2005. I had to take a brief spell for my own need during my employment there. Although it was a great feeling to be giving back to the community and the streets from where I came.

On September 19th, 1997, I finally went to treatment for alcoholism and have been sober ever since. I spent 3 months in intensive programming and 18 months living in a sobriety house. I also obtained further therapy through the Seattle Indian Health Board, which I received for 2 years and 3 months. I had to be de-programmed from the life I had led. I had to learn how to love myself more, to care more, to live a normal life of reality, to pay bills, to buy groceries. I had to relearn how to live like other normal people.

Thanks to AA and therapy, I can look back and say I'm truly grateful for my sobriety. Life is problematic but that goes with the territory. But I

IT WAS A GREAT FEELING TO BE GIVING BACK TO THE COMMUNITY AND THE STREETS FROM WHERE I CAME.

can deal with my problems better now, because I am sober.

It was really great to have a roof over my head after 19 years on the railroad track. That

was my mode of transit, catching freight trains for years. Having a place of my own gave me a lot of responsibility I had never had in my life it seemed. I was in love with my one-bedroom apartment as I worked maintenance for the building and stayed there from June, 1999 to August, 2009. Then I moved back to Regina. I was homeless until December 13th, 2009. I am presently waiting for my old age pension to come in.

I feel handcuffed as I am financially embarrassed, but hanging in there. But I look at things optimistically and feel stronger than ever, mentally, spiritually and I'm focused in the right direction.

I have been in touch for job opportunities and looking forward to doing some kind of work in the Aboriginal community. I also want to be pardoned for my

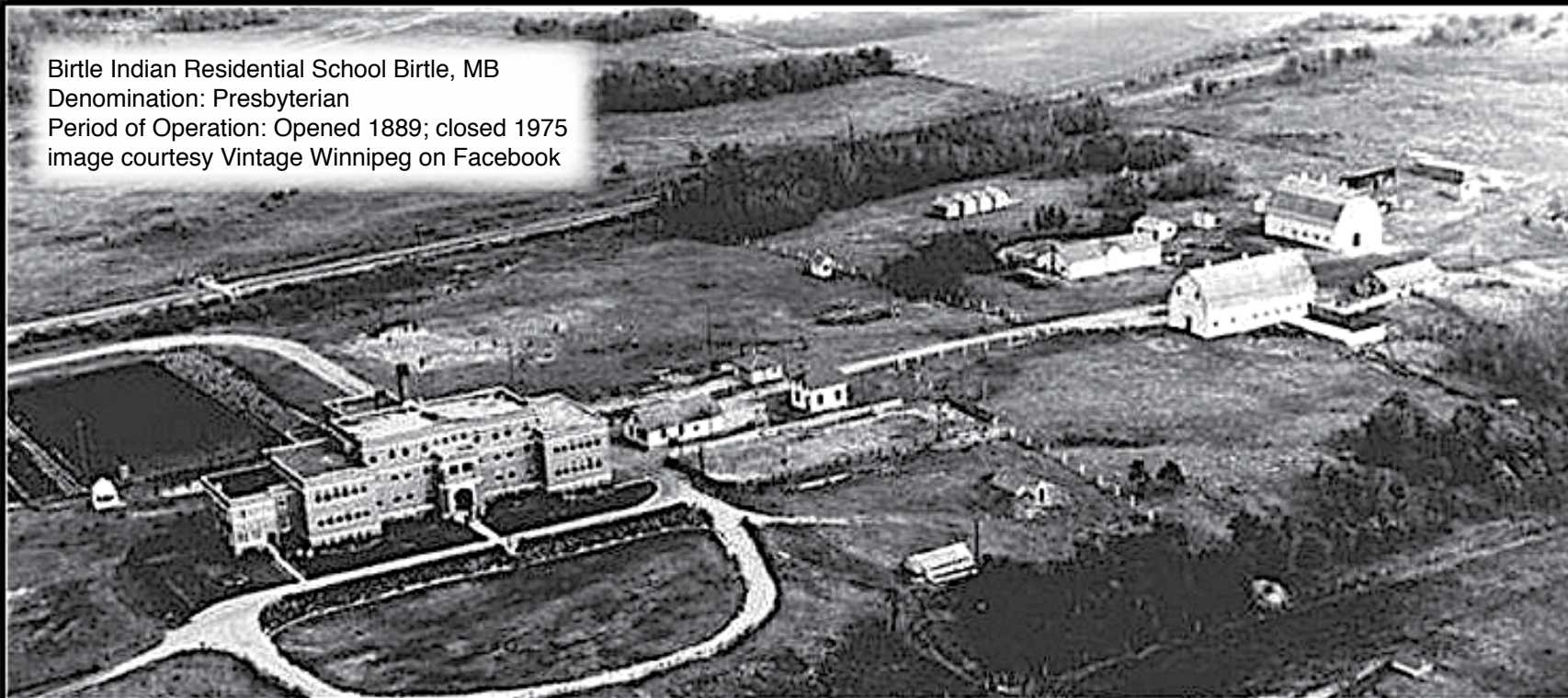
penitentiary record as soon as I can afford it.

"My goals and aspirations are to assist in the well-being of all First Nations people."

THEY DIDN'T HELP ME LEARN. THEY KNOCKED IT OUT OF ME.

BUT I LOOK AT THINGS OPTIMISTICALLY AND FEEL STRONGER THAN EVER

Birtle Indian Residential School Birtle, MB
Denomination: Presbyterian
Period of Operation: Opened 1889; closed 1975
image courtesy Vintage Winnipeg on Facebook



Wascana Community School

Farewell 1953-2014

photos & story
by J. Morier



The Slater Siblings Dave, Marg and Bob walked to the brand new Wascana School from the neighbourhood around the old Benson Elementary School (1913-1997) 13-block Royal St. The Slaters attended Wascana from 1953 to 1960s. Class size was about 28-30. (Of course children were much better behaved back then, right?)

Principal Jay Fladager read an article from the 1953 *Leader-Post*: “A modern facility that is Wascana School”.

“Wascana School is one of the most modern designs in Canada. As much as possible it has been made out of glass with a south-facing exposure to allow the natural amount of sunlight in. The acoustics in the auditorium are perfect due to special treatment on both the walls and ceiling. A feature of the school is the impressive entrance, designed in a modern style that is pleasing to the eye, and with a beautiful perspective of the school’s interior.

The large staffroom fashioned in the manner of a clubhouse is comfortably furnished, has dream-like accommodations (*Fladager’s aside: I’ve almost drifted off in there myself*). Particular care has been given to the design of the classrooms, they are large, they have plenty of natural lighting and they are the very latest in artificial light

fixtures for the dark winter days. The desks are separate units and can be moved easily by students. This is particularly valuable for those teachers who like to use advanced teaching dynamics and move their classrooms around. Gone are the days of the stereotype rows of fixed desks. Now the teacher can arrange her room as she wishes. Better still, she can change the room as often as she wishes. Practical education knows the value of the changed setting in the classroom.

At the back of each room there is a sink with hot and cold water! There is a library to delight the heart of any Vice-principal. Now Wascana School impresses the visitor with the space in the classrooms and the corridors with skillful planning that allows for maximum light everywhere and Wascana Principal Gordon Rogers has a study all to himself. All the classes have a public address system and one situated beside the principal’s study for ease and convenience.”

A few tears shed, a ton of memories shared as former students and teachers wandered the halls and classrooms of Wascana School on the evening of May 22. They remembered where their desks were or even where the walls were as rooms were adapted, based on the population booms at any given time.

Wascana School will soon serve the students of Connaught School until their new build is complete.

Once a teacher, always a teacher, as a former instructor delivered his history lesson to a group. “It’s gone through many changes and each room you go in—may have been a kindergarten class, then it was the home-ec room, then it was the library—a lot of changes over 61 years.”

Principal Jay Fladager said “For the community it’s been a long time coming for Seven Stones to be built, to have something new in North Central. Honouring the history of this school and all the folks who have gone through here was an important step in the transition.” There will soon be a move to Seven Stones Community School, which they are calling “The Modern Facility”.

Fladager continued “Over there an energy efficiency rating like you wouldn’t believe, it’s a green school standard, it’s got wireless technology, tons of natural light from the south to give it that natural light for the building. as opposed to these red brick walls you see here. Ergonomic seating, a personal learning community, a flexible arrangement for teaching and learning, a collaborative environment and personally designed stations for students. That’s what Seven Stones brings you.”

“Tonight was a very special event, I was so pleased to offer this to the community. Our staff felt it was the right thing to do, to give this community one last look around at the important events of their childhood. Wascana School has been a big part of their lives so this was an important celebration. It’s been 61 years and a lot of folks have been through here and graduated from here so it was a real pleasure. It was inspiring to hear their stories tonight—fascinating stories.”



Current students marvel at the old days of Wascana Community School.

Students’ display their art in the current halls of Wascana Community School



Three Generations of Wascana School attendees. Tracy Nelson, wanders through the photographic memories of the six decades of the school. Her parents attended Wascana and still live in the same North Central house she grew up in when she and her sister walked to Wascana School in the 1980s. Tracy also lives in North Central and her own children attended Wascana. Her youngest one is 15 and now at Scott Collegiate. Tracy’s best memories? “Hanging out with all the people I met here, I still keep in contact with them.”



Wapimaskwa Iskwew – White Bear Woman

by Carol Daniels

She is not quite 5 feet tall. She is almost 80 years old. And, although most refer to her as Lilly Daniels, she introduces herself as White Bear Woman. “I got that name because I am little,” Lilly says, “the Elder who gave it to me said I need a big animal name to protect me. Wapimaskwa Iskwew.”

Something big, indeed. A conversation with Lilly and anyone can figure out—that something big—is her personality.

Within a second, a mischievous smile accompanies one of Lilly’s many stories. Gently clasping her elbow and muttering, “Damn arthritis,” she continues with a giggle, “my eyes aren’t as good as they used to be either. The other night while I was trying to sleep, my elbow hurt so much. I sat up in bed and grabbed the Absorbine Jr., dabbed some on and went back to sleep.” She covers her mouth with a small, delicate hand trying to hold back the sound as the giggle erupts into a belly laugh, “when I woke up, next morning, there were red dots all over my arm. I had grabbed the bingo dabber instead.”

Little stinker.

Lilly is the type of person we should all aspire to become; gentle, kind, generous and loving. It is also the reason she is a respected Elder in southern



photo by C. Daniels

Saskatchewan. She is originally from Kawacatoose First Nation but now lives in Regina. Lilly has an incredible story to tell and I am proud to say, she is my Mom. That happened the day I married her son, Lyle.

Her smile has emerged through tears. Her strength increased over the years.

“I never wanted my children to be brought up the way I was.” She is referring to dark times.

Lilly did not grow up with a mother. She was only 7 years old when her Mom died. It was that same year the Indian Agent came and forced Lilly to leave her family. She ended up at the Gordon’s Residential School where she was not taught to read and write. Instead, it was hatred, intolerance and violence, “Maybe that’s where the saying The School Of Hard Knocks comes from.” It is her attempt to lighten the mood but it physically sickens

me as Lilly tells of how she ended up in a coma at the age of 10. A supervisor at the school had beaten Lilly so badly that it caused internal injuries. The day after the beating, Lilly was still throwing up blood. Realizing she wasn’t faking, they finally took her to hospital where Lilly spent the next eleven months in a coma.

Perhaps it was then she started to dream.

“That White Bear has been guiding me for a long time. I was young when I met Alan Daniels. We got married and had six children. But, Alan died young too. I suffered so much,” Lilly stops speaking for a moment, to find the happy memories instead of revisiting the sad, “it was during that time that dancers would come to me in my dreams.” Lilly spoke with an Elder about her dreams of pow wow dancers.

It changed her life. “I started a group to teach our young people

how to dance. The Rainbow Youth Dancers. We started in 1978 and since then more than 600 young people have learned to dance pow wow.” It is a group that still exists today, with a regular pow wow dance practice happening each weekend at a north-central community centre in Regina. “It is the dancing that has made me stronger and makes me realize that it is important to never give up. Now, I have great grandchildren who dance and that makes me happy.”

And with that story, it is most likely Lilly will hand you something. Chances are, you will come away holding a small rock that she’s gifted to you, “It is to keep you grounded and to always remember what is important. That is what keeps our culture alive and strong.”

Wapimaskwa Iskwew. She is the cherished and living example of why we celebrate Mother’s Day every year—love, laughter and teachings.

Carol Daniels, SaskCulture Animateur at North Central Culture Days, 2013



photo by J. Morier

Wascana Community School Farewell 1953-2014



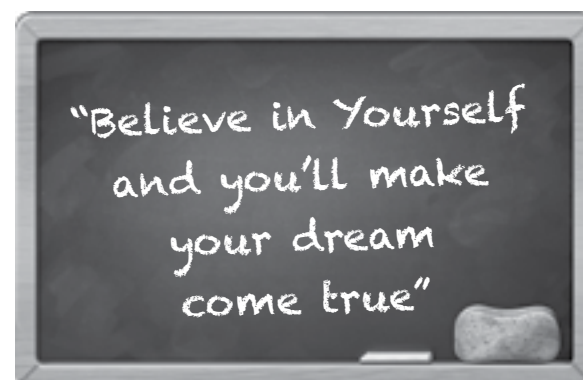
A painting by artist William Winter was donated to Mr. Gordon Rogers—the first Principal at Wascana School. Titled *Children in Springtime* the painting was dedicated to Principal Rogers. It is one of several pieces of memorabilia that will be going over to Seven Stones.

Herchmer Community School souvenirs will also be incorporated into the decor of the new building.

Well-known local artist Roberta Nichol was a former Wascana School teacher. She returned to the Farewell on May 22 to sing a few tunes.

Do you remember singing along to “Together We Are Better” penned by Ms Nichol?

Or this one?



North Central as Ecomuseum

by Jan Morier

Early in May I was honoured to be invited to speak about my neighbourhood in the posh surroundings of Government House. The symposium was called Living Labs and Ecomuseums: Integrating Sustainability in Higher Education. It was put on by the Regional Centre of Expertise on Education for Sustainable Development Saskatchewan and hosted by the University of Regina.

I was part of a panel on “Saskatchewan Ecomuseums Initiative” and presented alongside speakers from Val Marie and the Nipawin area.

Grand company indeed! Anytime, anywhere I’m happy to brag about my community. Occasionally I’m met with skepticism, but I knew this was going to be special.

This crowd was excited to hear about the low key efforts we’ve begun on transforming North Central. (Canada’s Worst Neighbourhood tagline is getting old).

We want to become an Urban Ecomuseum.

An Ecomuseum, simply defined, is a community that builds on the identity of a place. Instead of collecting things, it relies on local participation to enhance the welfare and development of local communities.

It could also be described as a museum without walls.

Every neighbourhood has people who, in their own way, are cheerleaders and problem-solvers. They witness or fall victim to the challenges and stigma, but they like to shake it up, anyway. An ecomuseum brings these people together and gives them a strong voice. The old timers have a saying: "We didn't know we couldn't do it!"

In our case, we see beyond the *tsk tsk* attitude of those who have never experienced poverty, systemic abuse or lateral violence. Call it White Privilege, call it whatever you want. Rather than treating 'outsiders' with disdain, we like to invite outsiders in to explain what our neighbourhood is all about. Our hobby is bragging about the good stuff in North Central and changing minds!

The desire to celebrate North Central through something like an ecomuseum doesn’t work for everyone. Some can only see personal sorrow and urban decay. That exists—we can’t whitewash it. The most affected are those who suffer addictions and resort to drastic means to fund their needs. Others at risk are the youth drawn into the false family of gang life.

But we don't have to believe that sadness is the only option for our neighbourhood. We’re not 'on the wrong side of the tracks', in fact, our community is between two sets of tracks! We know who we really are—now it’s time to let others know.

What’s to be invested?
Trust and relationship-building. An ecomuseum is a collective approach to doing what we already do and building on it. North Central is bursting with cultural activity on a regular basis, just look around you.

What’s to be gained?
There is that exciting potential for economic development, certainly social enterprise. Can

you imagine a co-op greenhouse, carpentry studio or craft market in our neighbourhood? I can. It’s a sweet opportunity to coordinate 5th Avenue as a business, service and artistic corridor.

We’ve dipped our toes in the water by participating in a national movement called Culture Days. North Central’s Annual Culture Days Festival was held on 5th Avenue last fall. It’s a fine example of how we can play nice together. National Aboriginal Day celebrations in Grassick Playground is another tradition we can all get behind.

North Central has the opportunity to become an ecomuseum demonstration project. We’ll explore this more in the next issue of NCCC. If you’re interested in learning more in the meantime, get in touch editor@nccaregina.ca

*How you see things
is how they appear.
Think different and you’ll
see them differently.*

Unknown

Congratulations Carmichael Outreach on your Kitchen Expansion!



Danye Paquachan working hard serving chili

Cora Sellers (Executive Director of Carmichael Outreach), backed by Tribal Vibes, thanks Farm Credit Canada's Regina Spirit Fund and the estate of Marlus Kulas for making the kitchen expansion possible.



At Carmichael Outreach, hope is given a space to grow and those struggling with addictions, poverty, health issues and overwhelming life crisis are shown that people care and are willing to help.

photos by: Nic Olson,
Carmichael Outreach

SACRED HEART COMMUNITY SCHOOL

Recycled Materials Fashion Show: Raising Awareness about Consumption and Waste

What do toilet paper rolls, newspapers and paper coffee cups all have in common? They are all products we discard every day that can be used to create fashion! Welcome to Sacred Heart Fashion Week! The grade 7/8 students have been working on an inquiry project over the last few months focusing on the impact waste and consumption has on our planet. We have studied the various gifts that Mother Earth has given us as humans to sustain our needs and explored the impact our actions has on the environment.

As a final project, we decided to have a fashion show to raise awareness about consumption and waste. Instead of



By Ms. Michelle Richter
Gr. 7/8 teacher Sacred
Heart Community School

Starla Grebinski, B.Ed.,
M.Ed., Principal
Tricia Erlendson, B.Ed.,
M.Ed., Vice-Principal

as a designer living
and working in
Saskatchewan.

Students were not
only designers but
models as well.
Students paired
up and designed
clothes for their
partner to wear.
Students took
part in a fashion
photo shoot and
practiced how
they would walk
down the runway
in these outfits!



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The students were
involved in the
decision-making
process at every
stage of the project.
They split into four
sub-committees in
order to get ready
for the fashion show
itself. Some students
used Garage Band to
compose the music
for the show. Others
were in charge of set
up and decorations

while others were responsible for
"swag" bags and welcoming guests.
Finally, the sound, lighting and crew
were all made up of students as well.

The grade 7/8s wrote their own
commentary and included informative
and often shocking statistics about
their materials. This student-centered
fashion show is the result of months
of creative collaboration, hard work
and learning across a number of
subject areas.



the designs being made out of fabric, all
the wearable fashions were created out
of recycled materials. Students invented
stunning, imaginative pieces out of duct
tape, garbage bags, wires, magazines,
paper bags and pop cans—just to name
a few. Students had to think and problem-
solve like artists and designers as they
composed their fashion pieces.

As part of their journey, students were
able to interview Ashley Kasdorf, a
fashion designer featured at this year's
Saskatchewan Fashion Week. Ashley
gave feedback to the students about
their work and shared her own process



**NORTH
Central**
COMMUNITY ASSOCIATION

**Monday
June 23**

ANNUAL GENERAL MEETING

**Albert Scott
Community
Centre**

Registration 6:30

Meeting begins

7:00 pm

**Your help is needed in building
a safe & caring North Central.**

Are you an active person? Concerned
about your community? Then plan
to attend your association's AGM.
NCCA has been a force in rebuilding
your North Central. Be a member-at-
large or take an active role in one of
our committees—from community
planning to community gardens.
Take part and have your say! Review
the events of 2013. Consider letting
your name stand for the Board of
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Greetings from the Scott Collegiate

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Upcoming Dates at Scott Collegiate

Course Completion Days.....June 17 – June 20
Graduation..... June 24
Report Cards & Last Day of Classes.....June 26

Grade 12 Film Festival

June 12th, 2014 is The Scott Collegiate Grade 12 Film Festival! Come out to watch awesome adaptions of your favourite films. This semester, grade 12 students studied the intricacies of making movies. They explored a variety of great films through a study of cinematography, directing, acting, screenwriting, special effects, and much more. Through project-based learning and cross-curricular content, the course allows students to achieve 4 credits in 3 hours: English Language Arts B30, Communications Media 30, Arts Education 30, and Life Transitions 30. For their final project students selected a film they considered to be a “Movie Great” and put their own

spin on it. There will be 3 film adaptations for your viewing pleasure: *The Great Leader*, *Zenomorph*, and *The Lunch Club*. The Scott Collegiate Film Festival will take place in the Scott Collegiate Auditorium at 6:30pm on Thursday June 12th. Following the film screenings will be the Scott Academy Awards, celebrate our students' success with us! Earlier in the evening come and enjoy some local cuisine at Taste of Scott, commencing at 5:00 pm. For more information, please contact the school.



Taste of Scott

Scott Collegiate’s T.H.E.R Cooking with Class presents “Taste of Scott” on June 12th at 5 – 6:30. This project has allowed students to earn 3 credits including their Food Safety, Service Best and WHMIS certificates. They have gained valuable experience of what it is like to work in the food industry as well are in the process of designing their own restaurants.

On June 12th you can see the final results, taste some of their menu items and vote for the best design and food.

Tickets can be purchased online at www.picatic.com/event13969016405201 for \$8 or visit the Scott Collegiate office between 8:30 – 4:00 to purchase a ticket for \$5. (please purchase early as we might sell out!!)

Our Grade 12 student Film Festival will begin at 6:30 in the auditorium. Stay and make it an evening of food and film.

Kelley Christopherson
& Bryan Rice

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Do you—or someone you know—have a beautiful yard?

Enter the:
**Beautiful North Central
CONTEST**

The loveliest yards will be featured in the August issue of *Community Connection*.

Winning entries will receive a prize! DEADLINE: JULY 4

Contact NCCA with nominations. We will send our photographer to meet with home-owners and capture the beauty of their yards or gardens.

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North Central Community VOLUNTEER AWARDS

HELD APRIL 10, 2014

**Congratulations to the following
Award recipients. Role models all!**

JuneStarr Topilikon – Youth Volunteer

Outdoor Hockey League – Physically Active Volunteers

Florence Isaac – Shirley Bonk Elder/Senior Volunteer

Regal Social Association Regina – Volunteer

Community Group

Cindy Hominick – Volunteer of the Year

Carrie Izumi – Volunteer Leader of the Year



*Regal Social Association Regina
Volunteer Community Group / Team of the Year*

presented by NCCA Board Member Cari Vixamar



Cindy Hominick – Volunteer of the Year

presented by previous recipient of Volunteer of the Year Stephen McDavid



Circle Project
Assoc. Inc.



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nationale des
Autochtones
National
Aboriginal
Day



Indian Metis
Christian Fellowship

Celebrate 17th Annual National Aboriginal Day

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Childrens'
Activities

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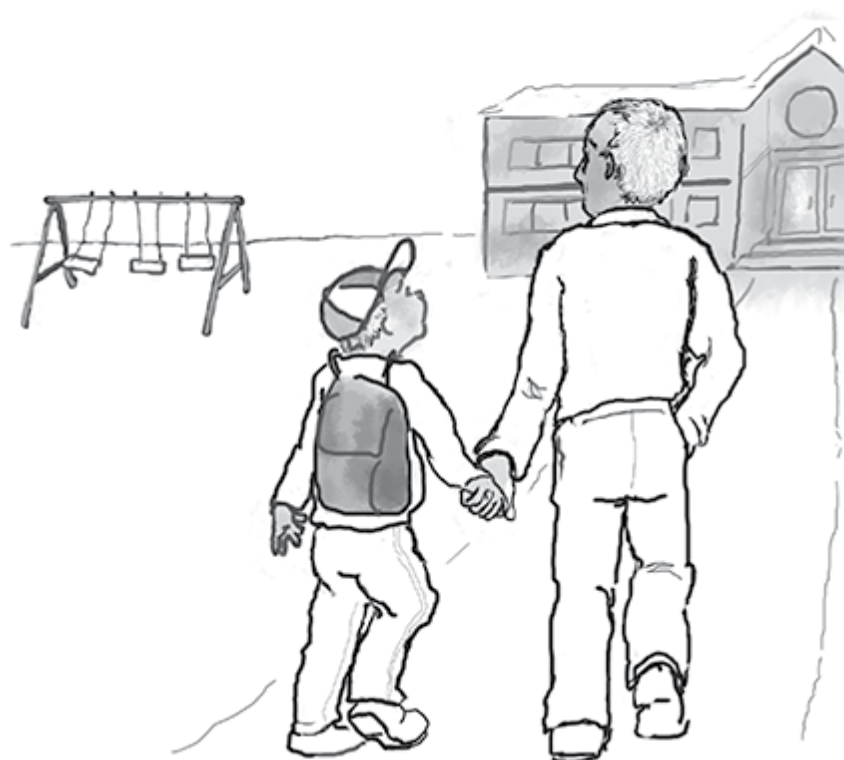
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Lotteries Inc.

For Further Information contact Natasha Wesaquate: 306-347-7515



Carrie Izumi - Volunteer Leader of the Year

presented by NCCA Board President Carol Kirk



Four Directions Community Health Centre

3510-5th Avenue, Regina (Tel) 306-766-7540
(Fax) 306-766-7534 (website) www.rqhealth.ca

Cultural opportunities with Elders, Healers and smudging

Primary Health Care Clinic
Nurse Practitioners and doctors are available for walk-in or appointment. They see patients for drug screens, STI testing, pregnancy testing, colds, rashes, stitches, infections, and women's, children's and men's health. Please have your health cards ready when registering. Their office numbers are: phone 766-7541 or fax 766-7542.

Addictions Recovery Services
Addictions Counsellor is available for both drop-ins and appointments; assessment and recovery planning for individuals or families affected by substance use.

Addictions Recovery Group - A drop-in support group for anyone to talk about their recovery journey. Available one afternoon at Four Directions and one afternoon at the Albert-Scott Centre.

PRENATAL PROGRAMMING
Prenatal Classes to talk about pregnancy, childbirth and care of your new baby with other mothers. There is opportunity to practice relaxation for labor, partners are welcome. We also have regular tours of labor and delivery unit at the hospital and celebrations throughout the year.

"Healthiest Babies Possible Program" (HBPP) A support program for at risk pregnant women and their families up to 6 months after baby is born. Individual support and advocacy are provided by a community health worker and Public Health Nurse. As part of this program, mothers and fathers can attend the Moss bag/Quilting Class.

PROGRAMMING FOR FAMILIES
"Reclaiming our Lives, Creating our Tipis" a parenting program based on the 15 poles that form a tipi. Just as a tipi needs many poles, a family needs many values. Without a pole or without traditional values, a family will struggle and a tipi will fall. Each session relates a value to the journey of becoming and being a parent. These sessions are drop-in and are open to the community.

"Living in Balance" Fun, food and activities to build a healthy life. A healthy life skills program that teaches a variety of fun tips to add food, physical activity and health information to your life.

"The Colours of Parenting"
Informal drop-in support group for parents. Bring your questions, concerns, and successes.

"Breastfeeding Support"
Group session during prenatal class, support for new or expectant moms who are interested in breastfeeding.

One-to-one support from Public Health Nurse

"Focus on Fathers" A support and parenting group for dads. This program promotes healthy father-child relationship - helping fathers to understand the importance of responsible involvement to healthy child development, access support services and learn and recognize their roles and responsibilities. The group begins by sharing a sit down meal with the fathers and children.

Women's Speaking Circle A drop-in group for women to share, to listen and to be heard.

CHILDREN SERVICES
Child Health Clinic Routine child immunization is provided on a drop-in basis, first come first served. Each child takes approx.30 minutes with a 15 minute wait after the needles.

Dental Health Education A Dental Health Educator can check your child's teeth and refer to a dentist as needed. Make an appointment by calling 766-6320. A Speech and Language Pathologist is available by appointment, call 766-7544.

ADULT SERVICES
Chronic Conditions Nurse Educator (also called CCNE) If you have a condition like diabetes, heart disease, lung problems or any other ongoing health concern,

please come in for a consultation with our nurse. She can help you with information, medication and maintaining your health goals.

COMMUNITY INVOLVEMENT
Community Coordinator connects with community groups and agencies, facilitates community events and projects and promotes the Centre out in the community. Talk to the coordinator about volunteering, referrals to housing, education and employment contacts or for information about the Centre.

Dream Team Volunteer Central
A community-wide network of volunteers and volunteer opportunities. The community coordinator can connect you to the perfect volunteer activity.

FOOD SECURITY
Good Food Box Pre-order a selection of fresh fruits and vegetables. Add extra vegetables or fruit or a pantry pack for a little extra. Pick up at Four Directions the next week.

Family Basket A large selection of fruits and vegetables and a pantry pack, this can be delivered twice a month to your home or make arrangements to pick it up at Four Directions and receive a bonus of milk and hamburger. Arrangements are made between REACH and your social worker. Application forms are available at Four Directions.

Mon to Fri 9:00 to 4:30
Watch for our Summer Hours



REGINA
Children's
Initiative
Strong Beginnings. Brighter Futures.



A Free Drop-In Play Centre
for Children (infants to age 6)

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

and their caregiver.





Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: 545-5900

MON - FRI: 9-6; SAT: 9-4
10% Seniors Discount
Free Prescription Delivery
MGR. MEGAN ZMETANA, BSP

Advice for Life



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



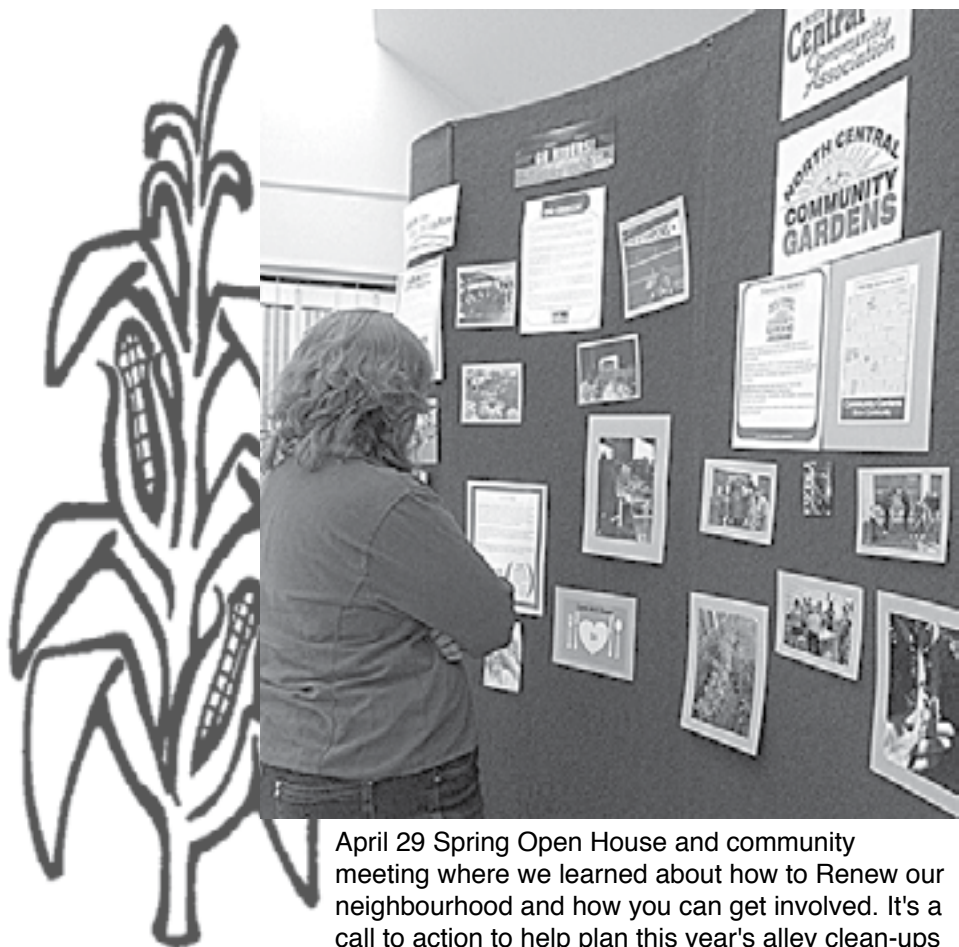
RATES for Foot Care:

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

Look for photos and stories from the 9th Annual North Central COMMUNITY GARDENS PLANTINGS held in late May

Reginan **John Mailhot** is working on a masters research project surrounding the North Central Community Gardens. He's been conducting interviews with loyal volunteers collecting their experience with the gardens. We're pleased to help John with his data collection for other organizations.



April 29 Spring Open House and community meeting where we learned about how to Renew our neighbourhood and how you can get involved. It's a call to action to help plan this year's alley clean-ups and community gardens. Get involved!

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 August issue: July 11, 2014

Care & Share Seniors Lunch

Tuesdays at 11:45 am at
Albert Scott
Community
Centre
(1264
Athol St.)



Care & Share takes the summer
months of July & August off,
resuming in September.

There is no Care & Share on
the Tuesdays following holiday
Mondays

You are invited to your
**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



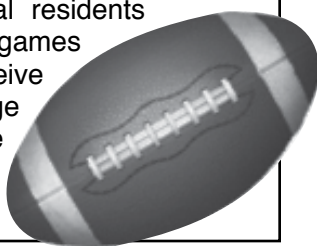
Soup and Bannock Wednesdays

at IMCF
3131 Dewdney Ave,
All welcome, \$2.00

GO GREEN

**Call the office at 306-791-9888
to ask about orientation.**

The Go Green Program in partnership with the Saskatchewan Roughriders, allows North Central residents to watch football games for free and receive payment in exchange for cleaning up the recyclables that the fans leave behind.



Nominate Your Turf for RENEWal!

Tired of your messy alley? Would you like to volunteer for a day to help clean it up?

Last year the Renew Project cleaned up 14 alleys in North Central and covered a majority of the graffiti in the neighbourhood!

Now we are looking to build upon the success of last year and would like to hear from residents who would like to nominate their alley to be cleaned. Alleys will be selected this year by nominations and volunteer pledges!

If you would like to learn more about how to get involved or to have your alley nominated, give the Renew project staff a call at 306-791-9888.

Kari Herbert
Community Services Manager
North Central
Community Association



Can you dig it?

"To plant a garden is to believe in tomorrow." Audrey Hepburn

Your Community Gardens are ready to sprout again! We are looking for North Central believers to come out and help us play in the dirt!

The gardens offer increased food security and community involvement by growing delicious and nutritious foods for all of North Central residents to enjoy!

To learn more or to sign up to volunteer give the Community Gardens staff a call at 306-791-9888.

Due to publication deadlines we were unable to report on the Gardens Volunteer Fun Day that was held May 29th. Look for photos and a write up in the next issue!

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

IN MEMORIAM

*Young or old. Before their time,
or having lived a good long life.*

*We recognize the passing
of those friends,
family or neighbours who have helped
to weave the community
of North Central Regina.*

*Kelly Goforth
&
Richelle Bear*

*May there be justice and
peace for your families*

If you would like to remember your Loved One in the *North Central Community Connection*, published 6 times a year, contact the NCCA office at 791-9888. There is no charge for this In Memoriam tribute.

Do you need your fence mended?
Do you have odd jobs you need help with?

Hire A Neighbour!

We have able-bodied people waiting to help you with yard cleanup. Give us a call and we'll match you up with a neighbour who can help with your needs.

Contact Pauline:
306-791-9888 or
306-570-7101
gogreen@nccaregina.ca
North Central
Community Association



Neighbours! Please inform us if you know of residents or businesses & organizations in North Central who don't receive this newspaper in their mailbox near the beginning of February, April, June, August, October and December each year.

Call the NCCA office at 306-791-9888.

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

Editor: Jan Morier
Ad Sales: Rob Deglau
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

Grant Buffalocap Carol Daniels
Four Directions Community Health
Kari Herbert Jan Morier
Nic Olson Michael Parker
Sacred Heart Community School
Scott Collegiate Lisa Workman
Wascana Community School

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
AUGUST ISSUE
July 11, 2014

North Central Community Connection
1264 Athol Street
Regina SK S4T 7V3
Phone: 306-791-9888
Fax: 306-757-1052
e-mail: editor@nccaregina.ca

Office Notes

Executive Directors Rob Deglau (former) and Michael Parker (current) were presented with 2014 Community Connections Award in recognition of the breadth and depth of partnerships with the University of Regina's Community Research Unit.

• Congratulations to Kari Herbert in her new position as Manager of Community Services. Thanks to Hailey Turchsherer, Human Justice Student who recently completed a practicum placement with us, for her contribution.

• At NCCA's recent Steak Night just over \$500 was raised for community programming!



Dial 306 before calling!
NORTH CENTRAL PHONE LIST

Schools

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

Organizations & Agencies

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



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 - Carol Kirk
Vice President - Ken Watson
Secretary - Georgina Magee

MEMBERS-AT-LARGE

Joely BigEagle Kequahtoway
Tom Brown Greg Campbell
Shannon Cattell Morris Eagles
Anna Galassi Helmi Scott
Denita Stonechild Cari Vixamar



NORTH AMERICAN
**INDIGENOUS
GAMES 2014**
REGINA • SASKATCHEWAN



**2014 JEUX
AUTOCHTONES**
DE L'AMÉRIQUE DU NORD
REGINA • SASKATCHEWAN

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July 20-27, 2014

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**Tous les jours, le Village Culturel présentera un
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ATHLÈTES ÂGÉS ENTRE 13 ET 19 ANS



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