

Ready, Set, GROW!



Story & photos by Jan Morier

 **Chris Roszell**

Chris Roszell is an Associate and Architect with P3 Architecture Partnership.

"We were inspired and motivated at helping out in North Central Community Gardens when we were meeting over the shared facility. Our firm provided the architects on the project and ran the design team for what's now been named the Mâdawêyatîtan Centre. The City of Regina is a partner and we got to know the North Central Community Association through that process.

This process of designing the shared facility actually started about 10 years ago. We've been really pushing this design for about 3 years. Part of our firm has been really actively involved as liaison with the community. Being part of such a monumental project we thought it was important to get our whole firm to come out and see what North Central is all about. There are obviously a lot of misconceptions about North Central. This is a fine example today about how those notions just aren't true.

We have 35 staff members out here today, out of 40. They are lending their expertise in showing how a community garden can function more efficiently—in the permaculture garden this morning they attacked it with a lot of shovels and got rid of dandelions and overgrowth. The other team constructed garden boxes. The crew laid landscaping fabric, levelled and graded, filled the raised beds with topsoil for the planting to be done next week. At the Scott site, we've given a reinforcement to the medicine wheel garden. They talked to a local brick supplier who donated to the project, Quorex (contractors for shared

facility) helped us transport those to the site. Our crew applied an epoxy to hold the bricks together. Then they cleaned and weeded the site and got it ready for planting."

NCCA hopes this is the start of a beautiful friendship. Chris Roszell says "It's a great team-building exercise for our firm and it's great getting all our staff out on a beautiful spring day and doing something different and just having a good time! It's really successful for us and we're very happy to help the community association. Thanks for the opportunity and thanks to the staff for their labour!"



The North Central Community Gardens are planted, maintained, and enjoyed by volunteers and residents of North Central Regina! The gardens turn strangers into neighbours.

Community Gardens offer increased food security, and community involvement by turning vacant spots into green havens of delicious, nutritious vegetables that everyone can enjoy!

We welcome everyone and anyone, from any neighbourhood in Regina to volunteer in organizing, gardening, building or art projects, fundraising or anything else you would like to help with. The gardens belong to the entire community, please join us as we play in the dirt! Call 306-791-9888 for details.



 **Mariah Rope**

Mariah Rope is this summer's Garden Gnome (Community Garden Coordinator).

"I did my education internship with the SUNTEP program at Albert Community School and absolutely loved it. I have worked at Albert for the Tawasi Summer Program with YMCA and I also do an after-school program there during the school year. I love the community, I love the kids in my classroom. Since I have a good relationship with both the primary aged students and the middle-years at Albert – I've invited them to hang out with me in the gardens this summer. Maintaining the community gardens is so much work but I see how quickly things have moved along with this group (P3A). Within 10 minutes it was already looking better, they're such an awesome crew! Working really hard in this hot sun, so we're really thankful for that."

Mariah helps her mom out in the backyard vegetable patch but this summer's gig will be her gardening internship. She knows the Community Gardens are about growing veggies, but more importantly—about growing community. We appreciate her knowledge of our neighbourhood and her understanding of why the gardens are so important.



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interview & photos by J. Morier

Supportive Learning Environment at St. Luke School

interview with Principal Heidi Hildebrand by Jan Morier, transcription & story by Lisa Workman

*"We love them
for where they are
and then help to get them
where they need to go—
at any given time,
at that moment,
on that day,
for that week,
—it's always a fresh start"*

St. Luke School is located at 625 Elphinstone St. on the North Central side of the railway tracks. It is a Regina Catholic school with alternate programs for kindergarten through Gr. 12. The elementary program has four classrooms called SLE—supportive learning environments. There are only 10 students per classroom. The high school program also has four classrooms. Three of the classes are ENCORE (Exceptional Needs Creating Opportunities Related to Education) and one class is called Quiet High School.

"We've created an opportunity for students to find success when they aren't succeeding in a regular classroom," says principal Heidi Hildebrand. They come for different reasons and with different challenges. St. Luke is a very special place because students are afforded a fresh start every day. Kids feel like they have a chance, they feel cared for and they feel loved. Over time, the staff see the students blossom and grow.

Referrals come from schools under Regina Catholic Schools. St. Luke works closely with each 'home school' from having students share time between St. Luke and the home school to having students participate in sports at their home school. An important part of the process is making short term and long term goals. The ultimate goal is to

transition students back to their home school.

There is a good ratio for students and teachers to better focus, intervene and create self-awareness. St. Luke has an outstanding group of teachers who are very passionate about meeting a child at their level, where they are at when they walk through the door. The teachers have an intimate knowledge of the kids, what they need, where they are going and how they are going to get there. They work closely with the individual students. Rand Teed, Drug Counsellor for Regina Catholic Schools, is with students every Monday. There are other supports within the school such as a guidance counsellor, family support workers and even a group of students called "Encouragers". St. Luke also brings in and sends students out to outside supports and agencies such as the YMCA, the 11 and Under Initiative and the Regina Qu'Appelle Health Region.

The students do community service work and have opportunities to experience faith. Faith drives everything that they do. It's important to have that constant feeling of belonging. The "Encouragers" practice their faith through community service. They have been working with Jean Vanier. They just completed a joint art project. These projects are a benefit for both Jean Vanier and St. Luke. "It's something that I can't do for the kids but they can do for each other", says Hildebrand. The positive community experiences teach about positive relationships and community building. St. Luke is successful because relationships are the foundation, really building those strong connections with an



unconditional positive regard no matter what. It's like a family, a community.

"These kids come to us, with a lot of challenges that we know of, and a lot that we don't know. And it's from one end of the spectrum to the other. There's addictions, there have always been attendance issues for high school, in their home lives, poverty, you name it."

The school is different because they have small classrooms with lots of supports, a condensed day and no semesters. It's not front of the room instruction. Coursework is very individualised. Students work independently on their courses. It's like they are driving their own learning and they do so at their own speed.

Last year thirteen grade 12 graduated. This year, they have already had 5 graduates. There are challenges that they

overcome just to get to school every day, complete their work, then go home and do it all again the next day. When they get to the Gr. 12 level they are involved with some post-secondary bridging. The guidance counsellor also provides opportunities like career spotlighting, job shadowing, resume work, career cruising, career fairs and other life skills.

Principal Hildebrand talks about how the Student Senate and the Regina Catholic School Board members get together so the board may hear the students' voices. Students answer that they don't need anything more at St. Luke, but they wish that other schools would know more about the program.

Heidi says "Initially they are coming most times, resistant to being here. But once they buy in and understand what it is that's going on here and what is here for them, they just embrace it. They keep us on our toes, all the time, every minute of every day."

Principal Hildebrand calls St. Luke Regina Catholic Schools best kept secret.



"I had a student just the other day who was sorta stuck. He was just sitting on the bench and he wouldn't engage and it wasn't typical of him.

So I walked into the high school classroom and a student read my face and asked 'do you need some help? Is it one of the elementary kids?' 'Well, yeah, we are just going to give him a minute'. The student offered 'can I talk to him?' 'Absolutely you can'.

He went and sat down with the boy and unbelievably got him talking. It is truly magical and the kids will talk about how here they find themselves and that awareness. They believe that they can do things that they never really thought possible, it's unbelievable, it's humbling"

CBC Radio's Morning Edition LIVE Broadcast

from North Central Regina

Story & photos by Jan Morier

On April 10 we woke with the birdies to join **Stefani Langenegger** and the crew at CBC Saskatchewan's Morning Edition. The live broadcast invited listeners into the heart of North Central Regina. CBC radio set up their studio and the coffeepot in the Albert Scott multipurpose room and many people from our neighbourhood dropped in (come on—free bannock!? Who could resist!).

As well, the province tuned in to meet a few local heroes, those men and women who are working to make our community a better place to live. The stories were ordinary and remarkable at the same time! As a community, we warmly welcomed listeners and eagerly told our stories.

In case you missed it, the live broadcast was captured and placed on a podcast.

It's a worthwhile listen, and you can do so from this link or by scanning this QR code:

www.cbc.ca/player/Radio/Local+Shows/Saskatchewan/ID/2664007007/



Thanks to CBC Morning Edition for helping us celebrate the greatness that lives in North Central. Let's toot our own horn!



The Value of Bartering

by Denita Stonechild

A North Central resident noticed that her basement was flooding during the spring thaw. She needed help in getting her basement drained quickly. She called a friend to help her. No sooner than she hung up, she found herself with strangers at her door there to help. They were from the neighbourhood and were willing to get to work. Each had the needed equipment to help the resident through her basement dilemma. They were equipped with a pair of rubber boots, garden hose, coffee, and a sump pump along with moral support.

Greetings were exchanged and together they worked connecting the equipment. Draining a basement could take hours or even days to complete. They waited and shared stories of

moral support until the job was done that evening. The home owner was so happy that the work was complete. She couldn't pay them any money for their services. Instead they used the barter system of work.

One of the helpers also needed help to drain her basement that next day. Again the same crew gathered to lend a helping hand. The sump pump, rubber boots, and garden hose went back to work only blocks away. She second neighbour resident offered coffee hoping that the basement would be drained soon. She could only offer coffee as her thanks for help. The bartering system worked among them. With a few days of helping they developed a good friendship. This is why I Love North Central.

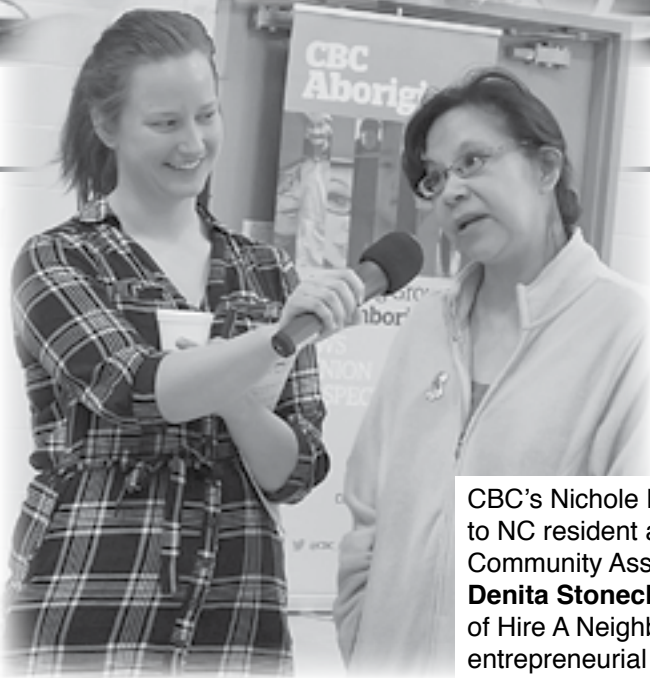
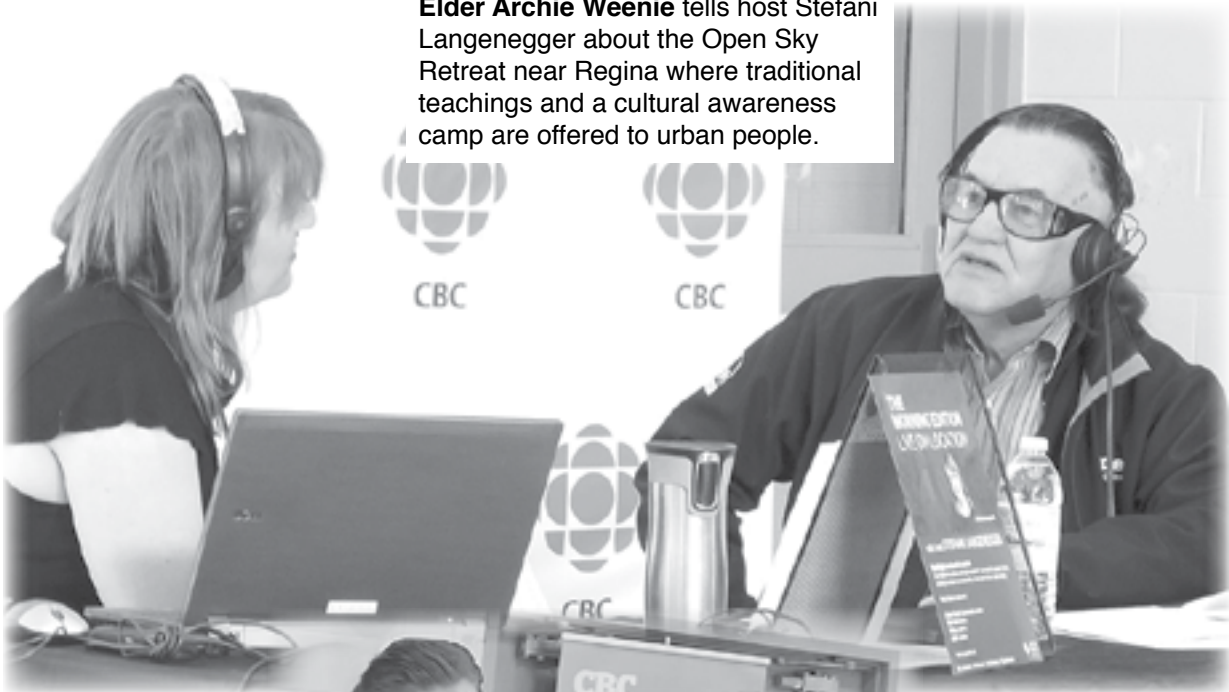


Nettie Pelletier talks about the eight-week MORE program—Moving On to Regina for Employment—which helps young adults with job and life skills. Carry the Kettle Nakota Nation partners with the Regina Work Preparation Centre and the North Central Family Centre to help young adults aged 18-24 with moving from the reserve to the big city

Humanitarian and long-distance runner **Ted Jaleta** thanks CBC Morning Edition for giving the community the chance to tell our stories.



Elder Archie Weenie tells host Stefani Langenegger about the Open Sky Retreat near Regina where traditional teachings and a cultural awareness camp are offered to urban people.



CBC's Nichole Huck gives the floor to NC resident and North Central Community Association Board Member **Denita Stonechild** to share stories of Hire A Neighbour and other NC entrepreneurial endeavours and, oh yeah—great neighbours!

North Central has a new Florist Shop

by Denita Stonechild

In March, 2015 the White Buffalo-Calf Woman Arts and Collectibles Shoppe expanded their business to selling floral arrangements. The Shoppe its self is located at 3026 Dewdney Ave. This unique shop offers for sale, beaded earrings, moccasins, giftware and local art work and floral arrangements. Many items are at reasonable prices. The floral arrangements are made from artificial flowers and are perfect for graduations, funeral, anniversaries and

home decor. Next time you are out looking for a gift for that special occasion or person, check out this unique shoppe. The Manager, Ivy Kennedy and volunteer staff are always willing to help and serve the customers. This an excellent way to keep our monies and support our local businesses thriving within North Central.

For more information you can call the shoppe at 306-791-6502.



The Good Life COMMUNITY NETWORK

The Good Life Community Network is a new movement that will encourage a healthy lifestyle that includes sobriety, volunteerism and physical activity. The Good Life is also about focusing on the positives and building on strengths. Let's talk about the good things that are going on in the community. What are some success stories?

SUCCESS STORY: 25 years of Regina Education and Action on Child Hunger (REACH)

by Lisa Workman

On April 21st, REACH held a very special event. REACH celebrated its 25th Anniversary with volunteers, staff, board members, partners and funders from present day and from the past.

"Everyone in this room has contributed to the success of REACH, the longevity of REACH and to the continued relevancy of REACH", said Dana Folkersen, Executive Director of Regina Education and Action on Child Hunger (REACH).

The journey began with two child hunger studies that were conducted in Regina. In 1990, REACH was established by a coalition of citizens, organizations and community groups. Today, REACH continues to oversee funding to child nutrition programs all over the city.

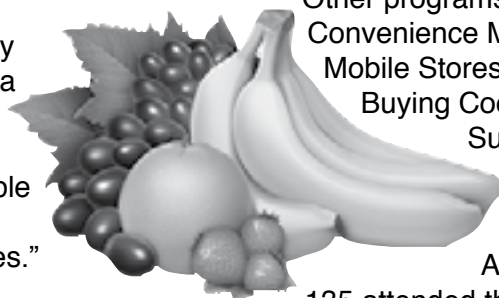
REACH started providing food security programming such as cooking classes and community kitchens. REACH defines food security as "an environment where all persons within a community are able to obtain a safe, nutritionally adequate, culturally acceptable diet through non-emergency sources."

REACH has become well-known for innovative programs such as the Good Food Box and later the Family Basket programs. Good Food Boxes provide affordable fresh fruits and vegetables and other healthy foods. They are distributed through over 40 different depots. Today, there are 8 First Nations groups that participate in this program as well. The Family Basket program

is similar and caters to those on social assistance. This program has grown recently and serves close to 3,000 families.

Other programs include Convenience Meals, "R" Mobile Stores, Bulk Food Buying Cooperative, Summer Lunch Programs and Kids Cooking.

Approximately 135 attended the event in April. Celebrations included a trivia contest, door prizes and a nutritious meal. Attendees were invited to write their name on an apple to be added to a tree painted on the wall of the new REACH office on Winnipeg St. A special highlight was an email from previous Executive Director, Chuck Sutteberry. The event closed with Thank Yous to all involved with REACH, a list too numerous to publish.



REACH Trivia:

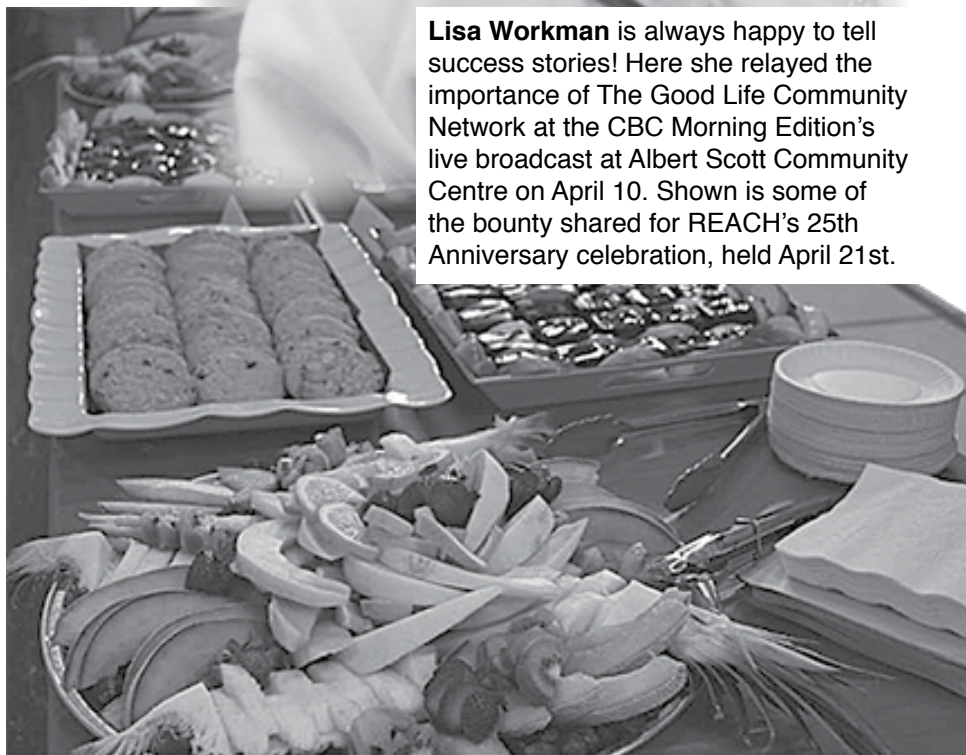
Did you know.....

- REACH works with 24 different child nutrition partners
- The current REACH board has 13 members
- The Family Basket program is one-of-a-kind in Canada
- REACH has 200 volunteers!
- REACH has had 4 different Executive Directors

Learn more about REACH at www.reachinregina.ca/.
Be sure to like REACH on Facebook!



Lisa Workman is always happy to tell success stories! Here she relayed the importance of The Good Life Community Network at the CBC Morning Edition's live broadcast at Albert Scott Community Centre on April 10. Shown is some of the bounty shared for REACH's 25th Anniversary celebration, held April 21st.



Mamawinitowin Mocikihawinihkewin - 'Our Community Celebration'



Circle Project



We Invite You To Our 18th Annual National Aboriginal Day Celebration

Friday, June 19th, 2015

2:30PM — 9:00PM GRASSICK PLAYGROUND

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For further information, please contact: Natasha Wesaquate (306) 347-7515 - Circle Project

Doreen Lloyd awarded YWCA's 2015 Woman of Distinction for Community Leadership & Enhancement

photo & story by J. Morier

Our community congratulates a friend indeed, Doreen Lloyd, who was recently awarded the YWCA's Woman of Distinction for Community Leadership and Enhancement.



Those who can, do. Those who can't, stand back in awe and watch—and become inspired to help in any way possible.

Those who can, find strength and compassion to better the lives of our fellow human beings. It's as if they had been there themselves. In fact, Doreen Lloyd has.

Her actions were shaped by her own experiences with addictions and from her own detachment from family and home. Doreen's actions of guiding others toward supports is exactly what they need at the time. She brings people to a level of trust so she can tend to their basic human rights of food and shelter. She then connects them to a network of equally-caring people in the health field. She is persistent as she works

through the system of government ministries and departments, through agencies and non-profits alike. Her goal is to get her client a safe roof over their head and she does not stop until she achieves this. When stability is close, Doreen perseveres. Despite occasional relapses, each 'intake' brings the client closer to safety, that they may realize their own worth. If they are extraordinary, they do what Doreen did: get straight, return to school and work in the service of others. She says: "half my life was spent in self-destruction and the other half in healing and recovery and in wanting to help others."

Doreen Lloyd's childhood and adolescence was fraught with dysfunction. These unresolved agonies did not allow escape from the dangers and temptations of youth. Doreen fell into a destructive pattern of alcohol and drug abuse. She was also a victim of relationship and sexual abuse. She has overcome these traumas, but did not run away from others' suffering.

In her own words: "I'm not looking for angelic, heroism or fame status. I'm actually looking for people to acknowledge there is a huge problem. And it is more common than Reginans realize. Many of my peers or individuals do the same work daily. I get traumatized and angry when I find people in distress. EMS and ER save lives and deal with homeless individuals in medical distress on an ongoing basis. The health costs versus affordable housing debate continues."

Doreen is the Housing Support Coordinator at Carmichael Out-

reach, a position she has held since July, 2013. You may remember her work as a Life Skills instructor and mentor at North Central Community Association. She is known for her incredible front-line skills where she meets with clients on a regular basis and advocates for them to landlords and government agencies. Doreen helps clients navigate sometimes difficult rental requirements, and provides real empowerment for those she works with. Doreen is a compassionate ear for Residential School survivors and is now working with people in the 4th generation of this vicarious trauma.

"Half of my life was spent in self-destruction and the other half in healing & recovery and in wanting to help others."

Doreen Lloyd has given 30 years of community-based social work—a record for this highly stressful field of service. Her value to people in the inner city community cannot be measured.

Those without a voice feel safe and understood in Doreen Lloyd's presence as she has walked down the same path. She offers them dignity.

She has found the peace needed to help others. She has, indeed, saved many lives.

Good Neighbours in Girl Guides

photo & interview by Jan Morier
story by Lisa Workman

"It's really important for the community to know that the girl guides don't just sell cookies, but they are the future leaders of our community."

Girl Guides learn about what it is to be a good neighbour. They do community service activities such as a Tim Horton's sponsored clean-up. They also make donations to Soul's Harbour Rescue Mission and to other shelters.



North Central has a rich Girl Guides history. The first Girl Guide cookies were baked in a house on the 13-block Robinson in 1927! Among the current guiders, co-guiders and leaders, there is over 120 years' worth of experience in North Central working with Girl Guides.

Leaders Brenda, Patty and Darlene talk about how they have seen the first girls they started with who are now parents with girls of their own attending guides. Erica Ewin started as an original Spark and she is now one of the leaders at Albert School.

Girl Guides, Pathfinders and Rangers will meet at Albert Community School in the coming school year. Brownies and Sparks will meet at Seven Stones Community School. Although there is a registration date, they do accept registrations throughout the year. Also, there are partial grants to help cover the costs of registration. "We never turn anyone away".



Leaders are also needed. A leader can be anyone who has a skill they would like to share. Aboriginal teachers and Elders are especially welcomed.

If you are interested in finding out more about Girl Guides in North Central, call Brenda at 306-352-0708.

Girl Power! These youngsters will inherit our neighbourhood. Lend a hand. Show them you care too.

SACRED HEART COMMUNITY SCHOOL

May Reading Night

Sacred Heart students took 509 SAR tests at our May Reading Night. To the best of my knowledge no other school in Regina has ever done this.

What an amazing accomplishment for our students, parents, and staff. Special thanks to our RCMP depot cadet volunteers.

As I retire I would like to thank my North Central friends for their encouragement and support over the last nine years. It has been a blessing to be part of this community.

Starla



COMMUNITY SCHOOL

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

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



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DATES

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Second Camp: Aug 10 -14
for teens ages 13 - 15

The cost of camp is \$225.00
and sponsorship is available.

For information
please call the office.

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

Scott Collegiate thanks Partners

The 2014/2015 school year is coming to a close and as it does we reflect back upon the awesome school year that we had. Scott Collegiate is a fun, safe, caring family and we are so grateful for all of the help and support that we have in our partnerships outside of the school. Scott Collegiate would like to thank the following partners for the care and support:

Front entrance landscaping: Pasqua Paving for the donation of rock and D & J Bobcat Services for the donation of equipment! With a little hard work from our students, we were able to improve our landscape!

Angels Corner: SaskTel (\$500 towards the plaques), Winroc Regina donated the paint for the benches, PLS Sign and Graphic paid a portion of the cost of the plaques and donated their design services to design the plaques.

Cooking work placements: Evraz Place – Chef Mike Zech, 20Ten City Eatery – Chef Trevor

LaValley, Jack Keaton's, Victoria's Tavern, Chili for Children, Koko's Patisserie , Crave Kitchen – Chef Jonathan Thauberger



Entrepreneurship Mentors: Greystone - Donnie McKay, CynKara Business Solutions - Cynthia Broussard, Regina and District Chamber of Commerce - Amanda Baker, Sakewewak First Nations Artist Collective - Adam Martin, Brian Hillier

Tiny Cabin Project: – Fries Tallman – donation of material. Lumsden Beach Camp – for the project opportunity.



Follow us on Twitter @scottcollegiate



Canoe – The Shake Shop in Regina for the at cost cedar planks for the cedar strip canoe.

Wilderness adventure Club: Saskatchewan Outdoor and Environmental Education Association for the grant. The German Club for the space to hold our fundraiser. Lumsden Beach Camp for the space to hold our winter camp.

Curriculum enhancement and student retention: Newo Yotina Friendship Centre, Sasktel (Mentorship group), Kitchener School (Nate Polsfut's class; two of our students taught there for a week for their work experience); for their advice to students re: social media branding project: Jeph Maystruck (Strategy Lab), City of Regina, Regina Police Service, Saskatchewan Science Centre.

Work Experience: Koko Patisserie, Regina Auto Body, Creative Options Regina, Regina Lutheran Home, Kuntz's Auto

The Mistatim Pilot Project: is taking place at the Clearview Arena near Fort Qu'Appelle. It teaches leadership and life skills to a couple of Grade 9 students here at Scott Collegiate using Equine Assisted Learning.



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North Central Community VOLUNTEER AWARDS

& Community Feast

The North Central Community Volunteer Awards were held on April 15 at the Albert Scott Community Centre.

Congratulations to the following inspirational North Central movers and shakers for their ongoing support of programs. Take a bow!

David Krohn - Volunteer of the Year
Ashley Ross - Youth Volunteer of the Year
Jen Williams - Volunteer Leader of the Year
SEARCH - Volunteer Community Group or Team of the Year
Tom Wright - Shirley Bonk Elder/Senior Volunteer of the Year

Each recipient was presented with a certificate and a hand crafted beadwork medallion. North Central Community Connection and the Good Life Community Network wishes to thank Conexus and Chili for Children for their support of this healthy community recognition.

The Community Feast was led by Elder **Richard Mosquito**



Ashley Ross

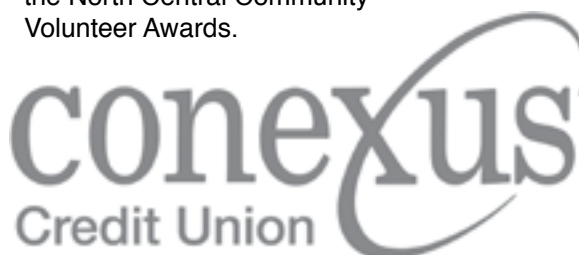


Jen Williams



Tom Wright

Our thanks to Conexus on 5th Avenue for their support of the North Central Community Volunteer Awards.



Art Competition National Aboriginal Day Poster Contest

*Mamawinitowin Mocikhtawinihkewin
'Our Community Celebration'*

Guidelines:

- ◆ The poster must celebrate one or more themes appropriate for our community National Aboriginal Day celebration.
- ◆ **Submissions must be received by Indian Métis Christian Fellowship, 3131 Dewdney Ave. Regina, SK S4T 0Y5, no later than noon, 12 June 2015**
- ◆ Posters must be no larger than 11 X 17 inches (ledger size)
- ◆ The poster must be designed and produced by an elementary school student.
- ◆ Participation is limited to Elementary school students living in North Central Regina or participating in North Central Regina community agencies.
- ◆ The submission of a poster provides permission to reproduce the poster for current and future promotion and non-commercial purposes.
- ◆ Participants must have permission from their parent or authorized caregiver to submit an entry.

Entry forms available from:

- ◆ Indian Métis Christian Fellowship 3131 Dewdney Ave.
- ◆ Circle Project, 1102 8th Ave.
- ◆ REACH (Regina Education Against Child Hunger) Unit 5 – 1330C Winnipeg St.
- ◆ Albert Branch, Regina Public Library 1401 Robinson St.

The Community Feast was lovingly prepared and served by

Chili for Children

Seven Stones Community School students onward to the Provincial Heritage Fair!

Seven Stones students Shelby Pelletier and Rihanna Shingoose receiving the Saskatchewan Heritage Foundation Award from Scott Brown, Assistant Deputy Minister, Department of Parks, Culture and Sport.



photos courtesy of Heritage Saskatchewan

Healing the Broken Circle

Congratulations to two grade 8 students from North Central's Seven Stones Community School have been selected to represent at the Provincial Heritage Fair!

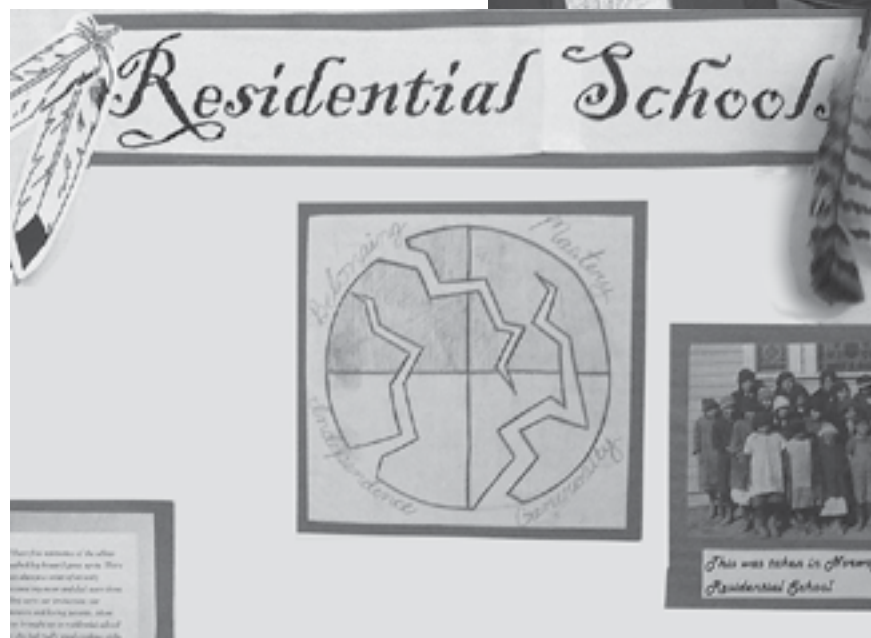
Shelby Pelletier and **Rihanna Shingoose** were among the 125 Regina and district school students to participate in the Regina Regional Heritage Fair on May 1 at the First Nations University of Canada.

They impressed the judges with their honest interpretation of Residential Schools. The display, entitled *Healing the Broken Circle* had a poignant piece of original art showing the four attributes of Belonging, Mastery, Independence, Generosity—with deep cracks, but unbroken.

Thank you to these young people for teaching us all these important stories.

Heritage Saskatchewan's Heritage Fair program is a dynamic interdisciplinary, multi-media education initiative designed to encourage investigation into a local, Saskatchewan or Canadian hero, legend, milestone or achievement.

Students, grades 4 to 8, from across the province developed their heritage fair projects which support curricula and promote academic excellence, creative thinking and the inquiry-based learning approach.



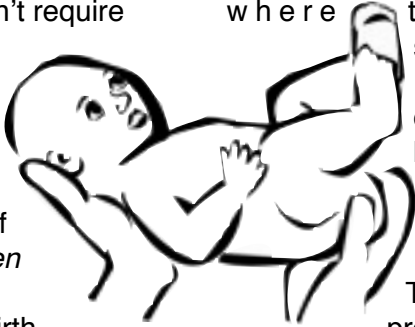
Midwifery in North Central Regina – Birthing Utopia Right Here

Rhonda Young-Pilon,

When you get a moment with your dearest and sweetest grandmother, kookum, or even moshum—ask them how babies were born in their generation. It’s the fascination of my own children —“who takes the baby out, mama?”, and every time I have a twinge of annoyance remembering their first moments. I usually leave out the part about how, at the hands of the government, neither of my youngest two children were able to be born at home as I had hoped would happen.

Historically, midwifery care was at the hands of women who showed an interest and a skill in providing care during the process and in the general area of womens health. Midwives were mentored, and could have been considered the neighbourhood herbalist as well as baby catcher. Many of our grandparents can regale us in how their generation didn’t require a four page list of wishes for their birth plan, a shopping list from WalMart of pregnancy potions, and a signed copy of *What to Expect When You’re Expecting* on the bedside table. Birth was messy, birth was random, and birth was (sometimes) dangerous. Society was moving towards the model of care which involved hospitals, physicians, nurses, and cleanliness... and the midwife wasn’t the centre of the world of birth. We have the war times to thank – sanitation on the war field formalized how we treated everything there was to treat when it came to medicine. Universal health care meant that we now had the ability to build large hospitals, and that our old ways were not the innovation of medicine.

We do still have midwives in Canada. We have a lot of them. Ontario has over 600, and a very well-established program which involves more than just home birth. Manitoba has 38 currently practicing midwives and 22 non practicing midwives, and Alberta has 78. Where does Saskatchewan fare? Around 14 practicing mid-wives (Regina, Saskatoon, and Swift Current, and Fort Qu’Appelle respectively). Do they only catch babies? Absolutely not. Midwives can provide well woman care as well. Need birth control? Pap testing? STD diagnosis and counseling? Basic newborn assessment? It sounds like a pretty perfect situation to increase the numbers of professionals who can provide these services. Midwives can work closely with physicians, nurses, and other health care professionals to refer women w h e r e they need to go. In



situations where .the factors work out, midwives may be able to attend your home during your birth.

The mandate of the provincial midwifery program is to provide a higher percentage of care like this with a focus on low income, First Nations, and immigrant women in densely populated areas. However, our population isn’t always first come/first served and even with the focus being the way it is, women who have higher education are more likely to contact and connect with the program in Regina and Saskatoon. This strikes a chord with me—here we are, many women and families who would gain direct benefit from the wonderful care of our midwives. We stand not only to gain more

professionals, but also to gain healthier birth and healthier societies. I was able to have midwifery care for my third pregnancy, and even though we did not get a home birth, we had an inclusive, empowered, and well-managed course of care. Our midwife spent an hour with us at each appointment. We went through all of the important bits, and I felt like I could ask as many questions as I needed before I left. When I needed referral to a specialist, my midwife arranged it and it was a very smooth process. When my son was appearing to be breech, our midwife arranged for an ultrasound and we had a very good discussion about where either outcome would take us. Labour day was an absolute treat—we were able to stay home until the very end (which almost ended in the car on Elphinstone and 9th avenue!) because our midwife stopped over to check our progress. We were able to sleep at the hospital for a few hours before heading home. Our wonderful midwife stopped in to check on us (at home!) over the next few days, and we truly felt supported and empowered in our decision. I only wish that every woman got the opportunity to receive care, even if it was to determine that maybe another provider would be needed along the way.

In a low-risk birth situation, there is no reason why a midwife could not be managing the care of a woman.

There is a higher percentage of First Nations women who receive cesarean sections in the RQHR, which coincides with the health factors. However, even lowering that number by a few hundred per year could save our health care system some of the strife and open up those hospital beds. If you think of the cost of a mom over a three day stay for a birth that didn’t require surgery or any special follow up, at \$1000/ day for mom and baby, that can make a measurable difference. Many ask me too—would a North Central mom be a candidate for a home birth? Maybe not in every situation, which wouldn’t matter or stand to be different anywhere in Canada. However maybe in the initial early parts of a pregnancy there are elements of care that lowers the risk for the waterfall of interventions down the road that some of us encounter. Not to mention, providing well-woman care may increase access to things like birth control and improved sexual health. Always a positive when you look at the bigger picture.

If you or someone you know is pregnant and wants more information about midwifery, contact the Regina Qu’Appelle Health Region Midwifery Program at 306-766-6344. Let them know that you are a North Central resident, and that you are interested in hearing about the programs and services that are offered.

Rhonda Young-Pilon, RN BScN, is a past client of midwifery, a North Central mom of three, and interested in birth issues.

SEARCH E.D. is moving on
Farewell to Amanda Kuckartz, Executive Director, for her years of service with a smile. We welcome Kelly Husack as Executive Director of SEARCH (Student Energy in Action for Regina Community Health). SEARCH operates out of Four Directions Community Health Clinic. The clinic is open Monday from 5 - 9 p.m. until the end of August. Kelly Husack SEARCH 306.570.6208 reginastudentclinic@gmail.com www.searchhealthclinic.com

Play & Learn Times

Mon to Thur 9-4

Fri 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 - 5th Avenue

Regina, SK Ph: 545-5900

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

10% Seniors Discount

Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP

FOOT CARE

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)

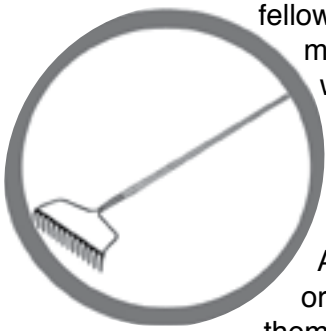
Call 306-757-1046 to book an appointment
or leave a message

Community Nurse: Jude McCann RN

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 raking or mowing lawns let us know—and we'll 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 AUGUST issue: July 17, 2015

Seniors' Walking Club

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

Project People presents

Christmas in July - Thursday, July 9th at Albert Scott Community Centre. Start with a giveaway at 11, dinner at noon.

Soup and Bannock

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

Teddy Bear Clinic at

Four Directions Community Health Centre
3510-5th Avenue
766-7540

Bring your teddy bear for health check-ups, physical activity and immunization.

Monday August 24 1:00-3:00 pm



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."

Friday, June 12 from 9:30 to 11:30 am
Gallery Building, Room 106
2155 College Avenue

Chilli 4 Children and Care & Share YEAR END BBQ!

June 18th

11:30^{am}

Everyone
is welcome!

\$6 per person



Celebrating another season of fellowship & fun!

Have some lawn maintenance equipment you can share with a neighbour? Maybe start an arrangement for a cleaning bee on their property? Get your block involved! Tackle the alleys! The mower, the merrier!

Coach Brandon Brooks of the North Central Lakers Requests: "Because of construction to Scott Collegiate we have to find a new locker room headquarters for our team." Any offers of space?

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. **New Members Always Welcome!**

For more information call 306-585-5705.

IGU takes a break in July & August, resumes in September.

The **season windup** will be on **June 19**. Meet at 10:30 at Government House, 4607 Dewdney Ave. for a tour. Please bring your lunch & small food item to share with the group.

COMMUNITY MOBILE STORES!

EVERY MONDAY

11:00 am to 1:00 pm

North Central Community Association
(1264 Athol St. in multi-purpose room)

EVERY THURSDAY

3:30 pm to 4:30 pm

Rainbow Youth Centre
(977 McTavish St.)

Everyone welcome!

Cash only! Call 306-347-3224 for details



Coach Brandon Brooks told the Morning Edition's Stefani Langenegger of the progress of individual young men and their maturity as a team. The ones to watch! Go Lakers!

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



by Kari Herbert

Jen McGillis is the Renew Project Coordinator, and is the Aboriginal Activities Centre Coordinator for Saskatchewan Polytechnic. She is also the Team Manager for the North Central Lakers. Jen brings with her a wealth of experience and we are excited to have her on our team this summer.

Kathleen Stocken is the Renew Project Assistant funded by Student Summer Works. She is a current social work student and is very excited to gain hands on experience working with the community.

Have your own back yard garden? Ever heard of Grow-A-Row? That’s when you toss in extra seeds and donate the produce to an individual or agency who would appreciate some zukes or cukes!

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:

Kari HerbertJan Morier

Michael Parker

Sacred Heart Community School

Scott CollegiateSt. Luke School

Lisa WorkmanRhonda Young-Pilon

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
JUNE ISSUE
July 17, 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


“That’s disgusting!
SOMEBODY
should
DO SOMETHING
about it!”





be a
SOMEBODY

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 2014. Consider letting your name stand for the Board of Directors.



Dial 306 before calling!

NORTH CENTRAL PHONE LIST

Schools

Albert Community School..... 791-8539

Kitchener Community School..... 791-8516

Sacred Heart Community School..... 791-7290

Scott Collegiate..... 523-3500

Seven Stones Community School..... 523-3740

St. Luke..... 791-7248

Organizations & Agencies

Aboriginal Health Home Care	766-6379
Aboriginal Family Service Centre	525-4161
Aboriginal Skilled Workers Association	565-0544
AIDS Program South Saskatchewan	924-8420
Albert Library	777-6076
Albert-Scott Community Centre	777-7033
All Nations 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	



www.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

SecretaryRobyn Shiplack

Treasurer.....Morris Eagles

MEMBERS-AT-LARGE

Tom BrownGreg Campbell

Anna GalassiDenita Stonechild

Charla Tait

**You are invited to a
community celebration for the
Mâdawêyatitân Centre!**



**Wednesday, June 10
3:30 – 6:30 p.m.
Albert-Scott Community Centre
Come and Go**

*Come enjoy a BBQ, refreshments and look at design concepts for the new centre.
Have your comments heard and your questions answered.
We hope to see you there!*



REGINA
PUBLIC
SCHOOLS

City of Regina



**ANNUAL
GENERAL
MEETING**

**Monday
JUNE 15**

**Albert Scott
Community
Centre**

*** Registration 6:30
Meeting begins 7:00pm**

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

**This is your
invitation and a
call to action!**

**306-791-9888
www.nccaregina.ca**

A National Union
Supporting Your
Community



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

UFCW Canada Local 1400 **UFCWCanada1400**

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



SAVE THE DATE!

**MARK AUGUST 9th
in your calendar!**

**That evening all members* of
the North Central Community
Association are invited to
take part in the first ever
MOVIE NIGHT AT MOSAIC
STADIUM!**

More information
will be released
over summer.



Hope to see you there!

*** Membership is required and will be sold at the door.
Like our Facebook page (NCCA.Regina) to see updates.**



**North Central
Fencing Project**

**Need a fence built? Want an old one replaced or
repaired? Need a new deck?**

The North Central Community Association is starting a social
enterprise aimed at building fences and decks at reasonable
rates. The profits will help fund ongoing projects within the
community. For more information call Mark at 306-550-2238

