

**2011 Annual General Report** 

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Health Nurse.....

## Table of Contents

2
3
4
5
6
7
8
10
11
12
16
18

"The process of doing "with" the community rather than "for" the community requires faith, determination and desire to put aside one's personal agenda in favor of the greater good of the community."

- North Central Community Partnership Report on the Community (Parnes, 2003)

## $M_{\rm ISSION} \sim V_{\rm ISION} \sim V_{\rm ALUES}$



### Mission

Working together with the community of North Central to enhance the quality of life by developing partnerships and representing, promoting, and unifying our community and its image through effective communication, programs and services.

### 2020 Vision

Regina North Central is a safe, healthy and caring community, and a source of pride for the residents of the area.

### VALUES

## All People ~ Pride ~ Caring ~ Respect

### HISTORY OF THE NCCA

### BOARD OF DIRECTORS

North Central Community Society was Incorporated under the Societies Act on August 20, 1976. On June 12, 1981 the act was Changed to the Non-Profit Corporation Act, which remains the current government legislation. In keeping with the times, the association amended its name from 'Society' to 'Association' on August 18, 2004, to better reflect an all-inclusive organization. President: Tom Wright

Treasurer: Vacant

Vice-President: Rosalind Caldwell

Secretary: Vacant

Members-at-Large: Cindy Tripps
Diane Songer

"Be the change that you want to see in the world."

--Mohandas Gandhi



## Message from the President

HOME IS WHERE THE HEART IS. Oh so true! A profound truth! We've all met people who never seem to put down roots. Never find happiness where they are: always looking backward or looking forward, failing to embrace the potential joys of today. They look unhappy, act unhappy, and blight the atmosphere with their words. We tend to avoid those kinds of people—and they complain about the unfriendliness of their neighbours.

Happiness does not depend on the things we have, but it does hinge on the friends we make and the positive relationships we develop. Many of the special people I know, lack material things we take for granted. But they embrace friendship. They foster COMMUNITY. They speak positives about our community—NORTH CENTRAL—desire to see it improve, and lend a hand, to make it better.

Your North Central Community Association (NCCA) has had a very busy year. Last year's AGM (annual general meeting) saw a number of new people join our board. To some degree, this year has been one of transition as new members 'found their feet'. But progress continues. Our executive director Rob Deglau and his staff provide the administrative direction and continuity to essential any CBO (community based organization). Key programs such as RAGS (Regina Anti-Gang Services) and Transition to Trades, and others, continue to impact the youth of our community.

Funding is approved for design of the Shared Facility that will house the new Scott Collegiate and Albert Library, City Services, etc. You can keep abreast of developments on the web site and in the *North Central Community Connection*. We expect construction to be well underway in 2013. This project will have a major impact on our community, and the City at large. It has been a great year for North Central and next year will be even greater. Your individual and collective vision and support for an ever-improving community, is vital to moving us forward.

Serving on the Board of NCCA has been a privilege; usually a joy; sometimes a very humbling experience. North Central remains our (Lil's and my) home. Yes! It captured our hearts a long time ago.

Sincerely,

Tom Wright, President

North Central Community Association



## ESSAGE FROM THE Executive Director



Regina is booming and our economy is the hottest in the province. Your association has been playing a key role insuring that your community has an active voice in that development. NCCA board members have been a part of the steering committee for the new shared facility which will bring close to 100 million dollars of development to the heart of our community. The construction trades have been a critical part of this provinces development and NCCA through Transition to Trades, runs one of the most comprehensive trades training programs in the province. Inner city youth learn trades at the same time repairing and building homes in North Central.

The Leader Post reported on annual crime stats released from the Regina Police service which stated that crime in the city is down 35% from a decade ago. Last year alone crime dropped 5%. We believe that those statistics are, in part, due to the numerous programs and partnerships this association has had the pleasure of working on. NCCA residents and board members meet on a regular basis with each shift of the Regina Police Service to discuss strategies and upcoming issues related to building a safer community. Graffiti has become a concern of many residents and your association is involved with numerous stakeholders in developing a program to clean up graffiti in the community. We continue to lead the country in our youth programming, helping young men and women exit gang life

The neighbourhood is looking better as new housing starts are up. We are seeing new home builds happening everywhere, with a large amount going to new home owners. Talk about a new stadium has the community looking at the old Taylor Field site as a chance to reinvent our neighbourhood with a mix of housing and new businesses for the community. Residents in the area talk about the possibility of putting in a new grocery store, bakery shop and other amenities to make this a sustainable community. Your association has met with the city and has asked that we begin reviewing our neighbourhood plan as a means to engage residents in rebuilding their community. These are exciting times in North Central as community pride increases. More home owners are repairing their properties, community gardens are popping up and at the same time our youth are engaged in painting murals everywhere, thanks to the work of over 100 volunteers and our Go Green Project. Our secret is simple--we have an ability to recruit talented people from within our neighbour that have the passion to be on a board, subcommittee or just volunteer for a planting day or a community clean up. It is thanks to all the work of North Central volunteers that make this a better

community for all.

Rob Deglau, Executive Director North Central Community Association

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## Goals and Objectives



## OUR OBJECTIVES

- 1. <u>Housing and Infrastructure</u>- The goals of a good physical environment, ease of access and a greater proportion of home-ownership by North Central residents will be achieved through actions based upon the Housing and Infrastructure pillar.
- 2. <u>Crime and Safety</u>- Achievement of the goal of greater safety in the community will be reached via actions based on this pillar.
- 3. <u>Business and Economic Development</u>- The goal of achieving high levels of employment and business development within the North Central will be met through activities based on this pillar.
- 4. <u>Health and Human Services</u>- The goal of a physically healthy community and the coordinated provision of human services will be accomplished by this pillar.
- 5. <u>Education</u>- The goal of quality education for the area's residents shall be fulfilled by actions based on this pillar.
- 6. Community Development- The goal of extensive community participation will be based upon this pillar.

## Transition to Trades



Transition to Trades is a program that employs and trains youth with employment barriers in the field of construction. These individuals are provided with work gear, construction safety certificates, construction experience, life skills and employability skills. The first class commenced March/10 with the next starting Oct 15/10. The most recent class started March 15/11. Each class is funded for 10 student positions.



Intake—The average number of people requesting entry into each Transition to Trades class of 10 was approximately 140. Selection of candidates was based on: degree of need, apparent ability to complete the program and level of interest/aptitude for a construction trades career.

Funding—Although proceeds collected from work projects assisted in funding this program, Our primary sources of funding were Urban Aboriginal Strategy, Advanced Education Employment and Labour and especially CanSask Career & Employment Services, who have consistently been our greatest resource. For program funding allocated over the next fiscal year, we are generously supported by

CanSask Career and Employment Services, and Urban Aboriginal Strategy. Bridges and Foundations is currently exploring the possibility of coming on board. This would be a very welcomed resource as we are currently experiencing a significant shortfall.

Expansion—As increased levels of funds become available, program staff could increase by two members and the number of applicants we could serve would triple. This is expected to reduce the cost per student by up to 40%...

Projects—Project Manager Marc Bien has been setting up incredible large scale projects as learning opportunities for students. Some of the projects include: building a deck, fence, garage, the YWCA pool conversion to a gym floor, and an entire house build.

The Construction Instructors have done an excellent job of motivating students, teaching a broad spectrum of skills, and creating an excellent product.

Students have had the opportunity to work on and learn about a variety of projects including Framing & Layout Procedures, Roofing/Shingling, Drywall, mudding/taping, basic trades math, measuring, forming and pouring

piles, grade beams, scaffolding and joist installation/blocking, concrete pouring/forming, sheathing, fence building, deck building and experience using power, pneumatic & cordless tools.

Class Work—This portion of the program covers things like: resumes, interview skills, work ethic, team building/healthy group behaviors, self esteem, values, conflict resolution, communication, anger management, problem solv-

ing, decision making, goal setting, addictions, wellness, networking/healthy relationships, parenting, wellness, spirituality, culture. In class, participants have worked on an array of topics such as money management, communication, nutrition, self-esteem, problem solving, and anger management, stress management, basic nutrition and staying healthy.

Wellness—Students explore a weekly assortment of healthy leisure activities. This month, the group attended an overnight canoe trip that incorporated culture, spirituality and survival skills.

Certificates—All students become certified in WHMIS/CSTS, Back Safety, Hand Protection, Fall Protection, First Aid CPR-C, and Aerial Work Platform Operator's Licence. Students who complete the program also receive a Transition to Trades certificate of completion.

Employment—All successful students enter a paid one week work experience on a construction site. Transition to Trades graduates are showing a 95% success rate in securing fulltime construction employment. Those entering employment leave the program with a completed resume, construction gear, and tool belt with tools.

Class Progress—Students are currently entering into the work experience stage.

One student is already employed with a major construction company.

Facility—The building on 1459 Retallack St is still needing the furnaces replaced.

Skills and Trades has just donated a beautiful 6.5' x 14' shed. We are most grateful!

— Respectfully Submitted by Jane Gattinger, Program Director



## $G_0G_{\text{REEN}}$

The fourth year of the Go Green program continues to be a success. Every year there are more and more reliable, experienced workers and better processes worked out which results in higher efficiency. This year there was more interest from individuals from the community in working then there has ever been before. This shows the importance of the program for the residents of North Central. Go Green hires residents from North Central to pick up recyclables after Rider home games. All workers are given a free ticket to the game and are paid that night.

There was an increase in both the number of murals that were painted in one year and the number of different artists that did the painting. This past year was a year to create contacts with artists in both North Central and the wider community who are interested in painting murals.

This year five separate murals were painted. The first one was with Artist Gordon Keewatin, and is located behind Albert Library. The four other murals are located on garages, at 1579 Athol St., 1580 Garnet St., 1543 Garnet St. and 3600 Dewdney Ave. All four murals have the theme "Rider Pride" and were painted by artists Jessica Hoffort, Tobijah Seib, Nicole Araneda, Andres Araneda, Matthew Lapierre and Annette Nedilenka.

The Go Green program is a partnership between the City of Regina, the Saskatchewan Rough Riders and the North Central Community Association with the support of Sarcan and Premiere Van Lines. The murals were put up with the support of the Community Initiatives Fund.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

"In every community,
there is work to be done.
In every nation,
there are wounds to heal.
In every heart,
there is the power to do it."
--Marianne Williamson









## Regina Anti-Gang Services



The Regina Anti Gang Services (RAGS) program is funded through the National Crime Prevention Center (NCPC) Youth Gang Prevention fund.

RAGS is a leading edge intervention/exit program that has integrated philosophies on gang reduction articulated by the Federation of Saskatchewan Indian Nations (FSIN) as well as the relevant social sciences literature on the subject. It is tailor made for the gang challenges faced in Saskatchewan.

To date, RAGS has intervened with 86 gang members on an intensive caseload, indicating that many are wanting to leave the lifestyle. 143 contact files indicate that there is an ever increasing number of young men and women who are interested in knowing more about an exit program.

The RAGS program is self referral. The target population is age 14 to 32 who are gang involved and looking to exit.

90% of all RAGS clients have had involvement with the Provincial Justice System, 30% have had involvement with both Provincial and Federal Justice Systems.

The RAGS project is clearly targeting gang involved young people and their partners/family members — Totten 2009/10 annual evaluation report.

As per our evaluation by Dr. Mark Totten we have 41 young men and women who have successfully exited for 42 weeks or longer.

RAGS staff and their vehicles are very well know in the community, and are considered to be "neutral territory". On the average, RAGS is in the North Central area anywhere from 8 to 15 hours per 24 hour period.

The Project itself mitigates risk of gang involvement by providing alternatives to gangs through protective factors of pro-social competencies and attitudes. Its community approach to intervention contributes to the development and sharing of knowledge of what works to improve circumstances for exiting gang members, their families and the community, where gangs are a dangerous threat to individual and community safety.

Multiple risk factors addressed include: criminalized parents or siblings, substance abuse and addictions, social isolation and limited attachment to the community, low literacy, poor role models, limited parental involvement, truancy, presence of crime and gang activity, lack of community services and expertise to address complex and multiple risk factors for youth 14 to 32 who are gang involved.

RAGS is a 24/7 program, including life skills, COLORS, (Changing Our Lives On Regina Streets), Gang Exit including relocation and witness protection aid as per Regina City Police, Prosecutions and the Saskatchewan Witness Program, Circle Keeper Program for females, Intensive Counseling, Faith and Cultural Programming, and CONNEX outreach to the community.

RAGS provides intensive counseling to all clients and has threaded throughout all components a level of counseling that is direct, and flexible. Counseling takes place 24/7 with sessions in office, over coffee, in home, in the vehicles, parks, jail, wherever the client is, or most comfortable for the client. Many sessions happen over the phone at odd hours of the night, or on the phone due to incarceration. MSN messaging is also used as a medium for contact and sometimes counseling. Individual, crises, and family counseling sessions are provided to participants who indicate that they want to pursue personal issues related to specific goal areas. Gang exit is the primary objective. A case manager is assigned to each counseling case. Typical goal areas include safe exit from gangs, healing from trauma and abuse, addictions, safety planning, parenting, self injurious behavior, self esteem, legal and court support, positive community reintegration following incarceration, mental health issues, and lifestyle/skills. Geographic relocation and witness protection are part of an holistic continuum of supports for gang members wishing to exit immediately or who have provided testimony against other gang members. Counseling is available 24/7 and is most times crises driven during late evenings and early mornings.

RAGS uses a social-ecological model, which focuses on both the social context in which gang related behaviors develop, while at the same time targeting individual change. Health, education, employment, social service, addictions, child welfare and justice sectors are key part-



# Regina Anti-Gang Services Cont'd

ners. Staff members employ an intensive case management model delivered out of the homes and neighborhoods of participants. Individual and group counseling targets problems that predict known risk and protective factors.

RAGS is an intervention /exiting program, yet we are constantly being pulled in a prevention direction. RAGS has not only been all over the province of Saskatchewan doing presentation and workshops, but has crisscrossed Canada twice in just the last year. As the only intervention program in Canada that deals with clients that pose the highest risk, many programs have got their start from a RAGS presentation/workshop. RAGS has spent time on Hobbema Reserve during a crises time for them, talked to RCMP officers from Northern Alberta about the challenges that they face, hosted the Northern Manitoba Chiefs for a week at the RAGS office while they soaked up as much of the program as they could, trained File Hills Special Constables in gang awareness and conduct, spoke at countless numbers of schools across the prov-

ince as well as community groups, governments, and worked closely with Tribal Councils and Reserves in all three prairie provinces. We have been asked to speak at countless conferences and gatherings and have worked with two Alberta based gang prevention programs in helping them set up. We have had dialogues with police departments across Canada, and have the first working protocol in Canada with our own Police Service. This year we took part in a series of workshops across Canada including Thunder Bay Ontario, The Pas Manitoba, Winnipeg Manitoba, and Halifax Nova Scotia, sponsored by Youth Justice Canada. We were also invited to attend a conference in Mexico City, Mexico in late March to talk about our program and how it would work in different places in that country. We provide court support as needed and are well known in both Provincial and Federal courts. This is all a part of RAGS outreach services.

— Respectfully Submitted by Jacqui Wasacase, Director RAGS



"There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community."

--M. Scott Peck

## Community Connection



Number of issues produced: 6 In 2010 the LEAD STORIES were:

- April, Blue Sky Community Economic Development
- June, North Central Smudge Walk
- August, NC Community Gardens Harvest & Summer Activities
- October, Container Housing concept
- December, North Central History permanent exhibit at the Regina Plains Museum

#### In 2011:

 February, Residential School Survivor profile – Elder Gordon Keewatin and services provided by Indian Residential Schools Resolution Health Support Program out of All Nations Hope Aids Network

#### THE VALUE OF DOING BUSINESS

Some of the cost of running the newspaper is supported by regular advertisers. During this period full community pages were purchased by:

North Central Shared Facility

- Scott Collegiate
- IMCF
- SEARCH

Business card packages were purchased by:

- Smiths Insurance
- Staplefords Pharmacy
- Affinity Insurance

As well, random ads in various sizes were sold by the newspaper. This financial help in the community is greatly appreciated. It is hoped these businesses are supported, in turn, by members of our neighbourhood.

IT IS TO BRAG: We were proud to celebrate the many agencies in or serving North Central Regina through feature articles and photographs of their activities. Among these were:

- YMCA
- First Nations University of Canada
- SEARCH
- REACH
- Circle Project
- Sepak Takraw
- RAGS
- RAMP
- University of Regina
- Transition to Trades
- NC Volunteer Dream Team

- Atoskata Youth Restitution Program
- Regina Realtors support of youth
- Newo Yotina Friendship Centre
- Welfare Rights
- Souls Harbour
- Regina Anti-Poverty Mission
- All Nations Hope / AIDS Network South Saskatchewan
- Lifeskills Graduates
- Leading Thunderbird Lodge
- Bennett Dunlop Ford (sponsors of the community cleanup)
- Project People

One of the year's articles that generated feedback was the piece on Back Lane Garbage (August, 2010). This series of interviews elicited 3 letters to the editor (October & December, 2010)

During this year the newspaper introduced a feature to celebrate North Central Heroes and Leaders. These NC residents contributed to a positive image of the community in various fields such as social justice, arts, sports, and spirituality. The individuals' biographies were researched and written by students who were hired for the North Central History Project.

During this time a new page was introduced: North Central Arts, History & Culture. Featured are exhibits, creative writing, performances in the community.

The Grow Green initiative, in cooperation with Regina Police Services, have written pieces on graffiti prevention and mural production in the ongoing effort to reduce crime in North Central.

Cont'd....

"Communication leads to community, that is, to understanding, intimacy and mutual valuing."

-Rollo May



# Community Connection Cont'd

We thank new writers contributing regular features: Noble Snapshots of North Central (Aaron Talbot), Ask Auntie (anonymous), Carla Beck – Public School Report Card, Olufunke Okochi guest writer.

THEMES: The idea of themed issues of NCCC is to rally around a seasonal holiday or a demographic or a need in North Central Regina and to profile the agencies or individuals supporting these needs.

DISTRIBUTION: The newspaper has been mailed through Canada Post ensuring our neighbours receive the issues. Bundles are hand delivered to agencies, schools in NC., and agencies outside NC. The issues in portable document file (pdf) format are posted to the NCCA website for downloading by anybody with internet access. The office e -mails this link to 217 agencies in Regina and beyond.

 Respectfully Submitted by Jan Morier, Managing Editor

## Community Gardens





We planted four community gardens last year one each on the 13 block of Rae, Retallack, Robinson and Garnet. We also planted at the apartment building on 1212 Retallack and 1223 Rae. Three days a week Canadian Mental Health Association came out to volunteer in the gardens, which proved to be valuable partnership. We also held regular drop in and volunteer times two times a week. We held weekly children's activities in the garden which taught children about the gardens while having fun. In the fall of 2010 The Home Depot and Evergreen awarded the North Central Community Gardens with funding to continue the project throughout the 2011 season through their Paper Hammer Campaign. In the winter of 2011 the Delta Hotel approached us about a partnership with their volunteer group the Delta Greens which has proven to be a great success.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

## Other Programs



1% Home Sweet Home Art Installation—Drawing attention to housing and homelessness - and what art can do in raising collective awareness - were the twin themes of this one-day art installation in downtown Regina's Victoria Park on February 17, 2011. It was organized by Common Weal Community Arts in partnership with numerous social agencies and concerned individuals including North Central Community Association. The art installation highlighted the dire circumstances faced by many individuals in our city and also marked World Community Arts Day.

— Respectfully Submitted by Angela Miller, Information Services Specialist

*ArtsCARES*—Students from the University of Regina spent a week volunteering at NCCA. Students worked on projects related to the Community Gardens and the Regina and Area Support Services Database.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

**Bike Licensing**—In August 2004 your community association became the official licensing agent for bike licenses for the City of Regina. We manage a database of over 30,000 bicycle licenses. The initiative was started as a means to help inner city kids get licenses on their bikes at lower or no costs.

—Respectfully Submitted by Rob Deglau, Executive Director for Doreen Lloyd, Resource & Support Facilitator

Care and Share—Care and Share is a social gathering of seniors that meets every Tuesday for lunch. It is actually a full-course meal. The cost is \$4 except for special occasions such as Christmas and Easter when we may serve a special meat and charge \$5. We average around twenty-five to thirty folks who show up for a good meal, swap stories (socialize), and play Bingo. The Sherwood Co-Op donates various baked goods. Some are raffled off and some are given away. The Health nurse checks blood pressure and sugar levels for anyone who uses this service. Thanks to the volunteers who make this get together possible. Remember, any Tuesday from 11:00 a.m. to 2:00 p.m.. Hope to see you.

— Respectfully Submitted by Doug McCall

*Community Clean-Up*—There were two community clean-ups organized. There was one in June and another one in September where Bennett Dunlop Ford brought in 70 volunteers and several trucks for the event.

— Respectfully Submitted by Doreen Lloyd, Resource & Support Facilitator

*Creative Connections*—Ran from September to March every Tuesday and Saturday. It explored various visual art techniques based on participant interest. Painting, knitting, collage, sculpting and various other art forms were covered. All projects were driven by the participants. All program participants have at least one disability. This creates a wide range of interests and abilities within the group. The art program provides a space for participants to socialize with one another while creating art. The social aspect of the program is very important in creating a space where participants meet new friends, learn from one another and have a good time and gain new skills. Creative Connections was funded through Saskatchewan Lotteries.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

**Diabetes Fun Day**—In partnership with the Canadian Diabetes Association, Eagle Moon Health office NCCA held a Diabetes fair where people who either had diabetes or were at risk of becoming diabetic could be given health related advice and could be tested. Many people came out to learn about Diabetes and their health.

— Respectfully Submitted by Jessica Hanna, Project Facilitator



# Other Programs Cont'd

**Dream Team Volunteer Central Day**—Held at Scott Collegiate in March encouraged volunteer participation in North Central and celebrated volunteerism. We had over 60 volunteers participate from various agencies from in and around North Central

— Respectfully Submitted by Jessica Hanna, Project Facilitator

*HAN (Hire a Neighbour) Program* – As a follow up to a Social Enterprise study, the community adopted a program for residents that are in need of work to consider hiring locally by employing someone from the neighbourhood. The association works as a broker to match the need to a person that has the talent requested. From yard work to light housekeeping the association will broker any service.

—Respectfully Submitted by Rob Deglau, Executive Director for Doreen Lloyd, Resource & Support Facilitator

*History Project*—The first phase of this project focused on collecting historical and contemporary biographies and photographs of North Central residents who have made significant contributions to local, provincial, ad national arts, culture, politics, business, sports and economic life. The project has a particular focus on investigating the histories of marginalized residents, including Aboriginal peoples and immigrants. Researchers have collected a list of over 70 notable people from the neighbourhood and have written approximately 15 detailed profiles. This research was funded by grants from North Central Shared Facility and the Regina Public Interest Research Group.

— Respectfully Submitted by Angela Miller, Information Services Specialist

*Home Depot Park Rehab*—In partnership with the Home Depot, NCCA cleaned up the park on 7<sup>th</sup> Ave and Pasqua St. The play equipment was painted, general cleaning was done and a bench and tables were installed. Thank you to the Home Depot for their support.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

Life and Home Improvement Program—As the Resource and Support Facilitator for 2009 the vast majority of time was spent on finding housing for individuals and families. This was extremely difficult for individuals who were on the bad tenants list or individuals that had no references. Once this was achieved, assistance was necessary to advocate for additional funding to pay economical rent increases to secure accommodations. The next step was to find everything necessary to set-up a home and provide weekly home visits. The vast majority of time was providing crisis intervention or mediating between tenant and landlords, often in the Office of the Rentals man. In 2010 the RSF developed the Life and Home Improvement Program to provide more support and stability for individual and families.

The Life and Home Improvement Program focused its attention on individuals and families living high risk lifestyles in need of long-term services in our community. Programs and supports were put into place to help individuals and families address a multitude of problem areas and to deal with their day to day struggles. The program ran Monday to Thursday for -four months. The first program ran April - August and the second from September- December.

Program participants focused on self-awareness/self-esteem/self-worth, goals, values and beliefs, healthy lifestyle, addictions, relationships and sexuality, family violence-physical, mental, emotional and sexual abuse. Participants obtained a number of certificates: Assertiveness Training, Parenting, Train the Trainer, Employment Certificate and Life Skills Certificate.

With the first session a Tenant Counselor Program was introduced. However, there was only one landlord that came on board. The partnership was abolished because tenant's rents were being increased and tenants were being evicted without mediation.

Cont'd...

# Other Programs CONT'D



There were a number of successes' throughout the project many have strong supports. Several participants went to treatment and have a strong relapse and recovery program in place. A number registered for continuing education program at SIIT or SIAST.

— Respectfully Submitted by Doreen Lloyd, Resource & Support Facilitator

*Mid Summer Festival*—In partnership with Fusion, Four Directions and Morning Star Ministries a children's festival was hosted at Scott Collegiate over three days. Children and families from the neighbourhood had fun playing games and interacting with their neighbours in a positive space.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

*National Aboriginal Day*—In partnership with Circle Project and Indian Métis Christian Fellowship we hosted a National Aboriginal Day celebration at Grassick Playground. We held a Grand Entry and had various types of entertainment including Brian Sklar and the Tex Pistols. National Aboriginal Day was sponsored by Casino Regina, Conexus, Sask Culture and the three partner organizations.

— Respectfully Submitted by Jessica Hanna, Project Facilitator

**RASS**—In March 2011, North Central Community Association received funding from the Regina Qu'Appelle Health Region to develop a web-based community resource directory. This online database, Regina and Area Support Services (RASS), will improve upon our existing online community service resource and create a comprehensive, up-to-date online directory of human services for local frontline workers and the general public.

— Respectfully submitted by Angela Miller, Information Services Specialist

**Together Now Interagency Forum**—As the chair, NCCA hosts a quarterly forum for agencies, organizations and government departments and program that are working in North Central. The association works to ensure that all organizations are networked and aware of each others' programming.

— Respectfully submitted by Angela Miller, Information Services Specialist



# Other Programs CONT'D



# Governance and Committees



The North Central Community Association is well entrenched in the community and has effectively integrated and partnered with key delivery agencies throughout the city. The association has over the last few years began to develop a series of sub committees and task groups as a means to bring expertise and technical resources to this volunteer board. The association is seen as the leader in the field of community development and is considered the key partner to the various levels of government and their perspective departments. The NCCA has positioned itself to be a key spokesperson for the community and has earned numerous seats on multiple intergovernmental committees as a means to bring a community perspective to business of community development.

**Board of Directors** –12 Board members are elected on a staggered 2 year term, each year 6 members are elected. All board meetings are open to the general public. NCCA Advisory - are community stakeholders that participate at monthly meetings and include: City of Regina Community Advisor, Regina Police Problem Solver, Police Staff Sgt., Regina Housing Representative, Probation Services and volunteers.

*Executive Committee* – Meets a week prior to the Board Meeting to discuss issues of concern and develop the public agenda. The executive committee is comprised of the Vice-President, Secretary, Treasurer, Community Coordinator and Chaired by the President.

*Audit Committee* – Chaired by the Community Coordinator and is comprised of the Vice President, Treasurer, contracted bookkeeper, volunteer and CMA advisors. The volunteer and CMA technical advisors work at developing transparent policies in dealing with the corporations financial affairs.

*NCCA Staff Meetings*—Are held on a monthly basis to help orientate the office staff and project staff with the developments of the organization and review work plans.

*Marketing and Communications Committee* – Chaired by the public relations staff position or equivalent, it brings together board members, volunteers and technical advisors with a background in media to help the organization with its community newspaper, communication plan, newsletter and brochures.

*CPTED Committee*-- (Crime Prevention Through Environmental Design) is a volunteer committee of residents that deal with crime prevention issues in the area and are supported by NCCA staff.

**Community Clean Up Committee** – Chaired by a board member, volunteers and support staff who plan for the annual community clean up with the help of residents, other agencies, churches and businesses that participate in cleaning up to 14 tones from the inner city alleys.

**Recreation and Programs Committee-**-Chaired by a board member, volunteers and support staff are beginning to develop new projects for a much needed arts and recreation programs. With the recent MacLean's article, the volume of potential partnerships has increased and a committee was struck to handle the partnerships.

*Transition to Trades Operations Advisory*--Chaired by the program Director, attended by a NCCA board member and the Coordinator, Transition to Trades Staff, and members of the Regina Police Service, Dept of Community Resources, Advanced Education and Employment, Habitat for Humanity and Service Canada meet on a regular basis to discuss issues and progress in the Trades Training program. The partners provide feedback to the organization as a means to help overcome obstacles and barriers for the clients.



## Governance and Committees

Albert Library Committee--is part of an agreement to establish a cooperative relationship between the North Central Community Association and the Regina Public Library for the purpose of developing library service responsive to community needs in the Albert Branch service area. NCCA has a board member on this committee.

*RAGS (Regina Anti Gang Services) Technical Team*--Chaired by the RCMP, will bring together funding agencies and partners in the program to help manage the complex issues and services in dealing with gangs. Key participants are NCCA Coordinator, National Crime Prevention Commission, Regina Police Services, Probation Services, etc.

Community Research Unit – The Community Research Unit functions collaboratively as a partnership between community-based organizations and university faculty and students. It provides independent, participatory research support in response to needs expressed by community-based organizations with a view toward building capacity and enhancing our communities' quality of life. Chaired by a University of Regina Faculty member, comprised of Department heads of the Faculty of Arts, NCCA Coordinator, Regina Anti Poverty Ministry, and Regina Early Learning Centre.

*Trades Skills Steering Committee* – Chaired by the director Regina Public School Board. The NCCA Coordinator sits on the committee that is developing the framework for an integrated training facility for trades. Representatives are from the various educational departments and trades training groups. The Regina Trades and Skills Centre is a part of the initiative announced by the Provincial Government on February 23, 2007 to revitalize Saskatchewan neighbourhoods and make education and training more accessible to Regina's young adults and adults as preparation for careers in the local labour market.

*North Central Shared Facility Committee* – The government of Saskatchewan announced that it would provide funding for a new facility in North Central. Chaired by the Regina Qu'Appelle Health Region, NCCA Board members sit on the committee and work with major stakeholders in developing a new multiplex concept in the community to house multiple agencies and organizations.

*Collaborative Cities*—The Collaborative City on Housing and Homelessness (CCHH) of Regina is an ad hoc committee of concerned citizens, organizations, coordinating groups, funders, service providers, community groups and service clubs, researchers, advocates and government officials, CCHH works in a non-official capacity attempting to connect homeless individuals and families with affordable and or social housing.

- Public awareness (e.g. website, conference, coffee houses)
- Meeting the needs of children (homelessness/housing)
- Strategic Planning

*Crime and Safety Committee* – Chaired by the Regina Police Service, the committee brings together all agencies and organizations that have a vested interest in crime and crime prevention with special focus on the 2nd community pillar Crime and Safety.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

--Margaret Mead

## Financial Reports



#### NORTH CENTRAL COMMUNITY ASSOCIATION INC. STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2011

(with comparative figures for 2010)

		2011		2010
ASSETS				
Current assets				
Cash	\$	66,675	\$	14,355
Accounts receivable		319,986		221,802
GST receivable		3,503		6,752
Prepaid expenses		40,951		6,969
		431,115		249,878
Capital assets (Note 3)		32,078		27,219
	\$	463,193	\$	277,097
LIABILITIES				
Current liabilities				
Line of credit (Note 4)	\$	115,000	\$	-
Accounts payable and accrued liabilities		104,772		71,033
Deferred revenue (Note 5)		30,734		26,072
		250,506		97,105
SURPLUS				
Cumulative Surplus		212,687		179,992
- manager - Amphae	\$	463,193	\$	277,097
	Φ	703,193	Ψ	211,001

See accompanying notes

Approved on Behalf of the Board

Director

Director



# FINANCIAL REPORTS CONT'D

#### NORTH CENTRAL COMMUNITY ASSOCIATION INC. STATEMENT OF OPERATIONS FOR THE YEAR ENDED MARCH 31, 2011 (with comparative figures for 2010)

		2011	2010
REVENUE			
Program Funding			
Government of Canada	\$	953,684	\$ 975,375
Government of Saskatchewan		479,687	373,255
Other organizations		-	1,552
Grants			
City of Regina		61,857	56,497
Donations and sponsorships		14,894	73,950
Self help		69,150	 63,99
	_	1,579,272	 1,544,624
Expenses			
Salaries and benefits		944,322	1,023,907
Materials supplies and services		302,044	241,23
General and administration		72,514	69,388
Travel and vehicle		92,471	77,387
Rent and building expenses		60,555	54,639
Telecommunications		45,303	41,582
Amortization		29,368	 18,936
		1,546,577	 1,527,074
Surplus for the year		32,695	17,550
Cumulative surplus, beginning of year		179,992	 162,442
Cumulative surplus, end of year	\$	212,687	\$ 179,992

See accompanying notes

## Financial Reports Cont'd



#### NORTH CENTRAL COMMUNITY ASSOCIATION INC. STATEMENT OF CASH FLOW FOR THE YEAR ENDED MARCH 31, 2011 (with comparative figures for 2010)

		2011		2010
Operating activities				
Surplus for the year Items not involving an outlay (receipt) of cash	\$	32,695	\$	17,550
Amortization		29,368	_	18,936
		62,063		36,486
Net change in non-cash operating working capital balances				
Accounts receivable		(98,184)		(4,362)
GST receivable		3,249		(976)
Prepaid expense		(33,982)		(4,044)
Line of credit		115,000		(50,000)
Accounts payable		33,739		(26,261)
Deferred revenue		4,662		(8,598)
Cash provided by (used in) operating activities		86,547		(57,755)
Investing activities				
Additions to property and equipment		(34,227)	_	(13,120)
Cash used in investing activities		(34,227)		(13,120)
Increase (decrease) in cash		52,320		(70,875)
Cash position, beginning of year		14,355		85,230
Cash position, end of year	\$	66,675	\$	14,355
During the year the organization had cash flows arising from in follows:	iterest	and income t	taxes	paid as
		2011		2010
Interest paid	\$	4,842	\$	3,155
Income taxes paid		-		-

See accompanying notes



## Financial Reports Cont'd

#### NORTH CENTRAL COMMUNITY ASSOCIATION INC. NOTES TO THE FINANCIAL STATEMENTS MARCH 31, 2011

#### 1. Status and nature of the Organization

The purpose of North Central Community Association Inc. is to promote neighbourhood programs for the residents of the community area.

The organization is incorporated under the Non-Profit Corporations Act of Saskatchewan. Under present legislation, no income taxes are payable on the reported income of such operations.

#### 2. Summary of significant accounting policies

#### Revenue recognition

North Central Community Association Inc. follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when they are received or receivable if the amount can be reasonably estimated and collection is reasonably assured.

#### Capital assets

Capital assets are recorded at cost. Amortization is provided on a straight-line basis over the assets' estimated useful lives, which for computer equipment and office furniture and equipment is four years, and equipment and tools is five years. Full amortization is recorded in the year of purchase.

#### Capital disclosure

Section 1535 - Capital Disclosures requires the organization to disclose information on the organization's capital and how it is managed. The organization receives the majority of its revenue from funding agencies to cover operating expenditures. North Central Community Association Inc. defines capital to be the net assets. The organization's objective when managing capital is to maintain a sufficient reserve fund to ensure they can continue to cover operating expenditures.

#### Measurement uncertainty

The preparation of the financial statements in conformity with generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements and the reported amount of revenues and expenditures during the reporting period. By their nature, these estimates are subject to measurement uncertainty and the effect on the financial statements of changes in such estimates in future periods could be significant.

#### 3. Capital assets

	 Cost	Accumulated Amortization	 2011 Net Book Value		2010 Net Book Value
Computer equipment Equipment and Tools Office furniture and	\$ 40,456 11,780	29,455 5,917	\$ 11,001 5,863	\$	8,231 6,850
equipment Vehicle	42,365 5,500	30,818 1,833	 11,547 3,667	_	12,138
	\$ 100,101	68,023	\$ 32,078	\$	27,219

MARCIA HERBACK Chartered Accountant Professional Corporation

## Financial Reports Cont'd



#### NORTH CENTRAL COMMUNITY ASSOCIATION INC. NOTES TO THE FINANCIAL STATEMENTS MARCH 31, 2011

#### 4. Line of credit

North Central Community Association Inc. utilizes a line of credit through the Conexus Credit Union with an authorized limit of \$150,000. At March 31, 2011 \$115,000 of the credit line was utilized. The credit line is repayable on demand and bears interest at the rate of prime plus 2.0%. The quickline is secured by a a CU line agreement, a general security agreement, a certified copy of resolution to borrow and a certificate of incumbency.

#### 5. Deferred revenue

Funding received relating to specific projects has been deferred and will be recognized as revenue in the year the related project or event occurs.

#### 6. Lease commitment

The following lease commitments exist at March 31, 2011:

- Xerox Canada Ltd equipment lease commencing April 9, 2009 and expiring April 8, 2014 requiring a quarterly lease payment of \$1,702.
- A four year lease of 2078 Halifax Street, Regina, Saskatchewan from Robert Bishop commenced March 1, 2008 requiring a monthly payment of \$2,500.

#### 7. Financial instruments

The association's financial instruments, including cash, accounts receivable, prepaid, accounts payable and accrued liabilities and deferred revenue, have carrying amounts that approximate fair value due to their immediate or short-term maturity.

#### 8. Economic dependence

North Central Community Association Inc. receives significant revenue in grants from The City of Regina. As a result, the association is dependent upon the continuance of these grants to maintain operations at their current level.

#### 9. Comparative figures

Certain comparative figures have been reclassified to conform with current year's presentation.



## Health Nurse

#### Nursing interventions and monitoring seniors:

Blood Pressures: 811 Blood Glucose: 210

## Interacting/teaching and being available to meet health needs:

Home Visits: 351 Health Teachings: 122

Follow-Up: 2

Doctor Referrals: 12

Weights: 21 Hospital Visits: 1

(Care of the sick and or dying, request made by clients)

#### **Providing Foot and Hand Care:**

Foot Care: 680 Hand Care: 282

#### Counselling: 24

(This involves offering a listening ear, and being there when seniors need someone to talk to and perhaps help them to find a solution, or suggest a source of possible help for their situation)

#### **Medicine Review: 35**

Treatments: 112

(This involves care of extreme calluses, padding or other unusual procedures.)

#### **Doctor's Visits: 2**

(When an urgent need arises and a family member is not available to take the client for medical attention (if schedule allows) we will assist them with, or arrange a ride and accompany them.

#### Other: 18

(These are requests for dressings, observe for lice, etc.)

#### **Screening: 28**

(Foot screening, checks for circulation, numbness, and other foot problems, this specially Important for Diabetics)

#### **TOTAL HEALTH INTERVENTIONS: 3055**

New Clients: 40 Seniors Lunches: 48

#### Other responsibilities of the Health Coordinator:

#### **Monitoring Seniors Luncheons:**

Care & Share is a lunch program held most Tuesdays with the exception of July and August. This group is comprised of Caucasian seniors, (though not restricted). (We have seen a very impressive change in this group. More First Nations persons are attending.)

Care & share provides a balanced meal and a place of fellowship/bingo. The seniors have an opportunity to have their Blood Pressure and Blood Glucose monitored. They can ask questions and receive information.

Elders Lunch is held every Thursday at noon. This group is predominately First Nations and again we are so pleased that Caucasian persons are welcome and are giving great support to this program. The same services are provided at this luncheon.

#### Our nurses are involved in the Community:

We provide links to other services. We also provide teaching on various topics like Hygiene, Diabetes, Hypertension. Diabetes Fairs, where we do Foot Care Screening.

We are involved in our own continuing education

— Respectfully submitted by Lil Wright and Sandra Barrie, Health Nurses

"There is a lot that happens around the world we cannot control. We cannot stop earthquakes, we cannot prevent droughts, and we cannot prevent all conflict, but when we know where the hungry, the homeless and the sick exist, then we can help."

—Jan Schakowsky

# Health Nurse Cont'd



Comparison Report 04/10									
Intervention	2004	2005	2006	2007	2008	2009	2010		
Blood Pressure	948	1227	1305	1346	1372	941	811		
Blood Glucose	280	247	198	241	257	236	210		
Home Visits	231	340	396	414	419	281	351		
Health Teaching	55	41	31	31	48	72	122		
Follow Up	67	38	38	30	8	9	2		
Doctor Referrals	29	51	29	13	19	12	12		
Weights	30	15	30	40	41	20	21		
Hospital Visits	32	24	8	22	10	5	1		
Foot Care	386	652	806	788	891	596	680		
Hand Care	86	501	518	513	629	292	282		
Counseling	70	115	34	37	38	8	24		
Medicine Review	65	69	70	80	72	31	35		
Treatments	112	169	412	546	624	242	471		
Doctor's Visits	3	4	12	67	54	2	2		
Other	0	82	30	44	21	10	18		
Screening:	0	0	0	20	17	12	28		
Total Interventions	2485	3575	3927	4232	4550	2769	3055		
Seniors Lunches	n/a	56	n/a	76	74	58	48		
New Clients:	93	113	n/a	77	79	144	40		

 Respectfully submitted by Lil Wright , Health Nurse