

All People

Pride

Caring

Respect

# NORTH Central *Community Association*

## Annual Report for the year 2011



### **Go Green Reinvestment Strategy**

A mural painted on the side of the Jolly Roger Tavern on 5th Avenue with the help of volunteers from Mission 6:10 is the largest mural that we have done to date.

North Central Community Association  
1264 Athol Street, Regina, SK S4T 7V3  
Phone: 791-9888  
Fax: 757-1052  
[www.nccaregina.ca](http://www.nccaregina.ca)

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# Mission - Vision - Values

## 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 NCCA

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.

## Board of Directors—2011

President .....Rosalind Caldwell  
Vice-President .....Joely BigEagle  
Treasurer .....Cindy Tripps  
Secretary .....Shannon Cattell

### Members-at-Large

Sherri Maclean  
Georgina Magee  
Helmi Scott  
Dianne Songer  
Ken Watson

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# MESSAGE from the PRESIDENT

Umba Was'tay (Good Day),

I am a new board member of the North Central Community Association and Acting President. I would like to extend a big, hearty thank you to Rosalind Caldwell for her work as president this past term.

I have been a resident of North Central since 2005 and have seen it prosper in many ways since moving back to Regina from Calgary. I've always been a positive thinker and cup half-full person. I am a Civil Engineer by career choice but I am also passionate about writing, the arts and community development. I have been active in the community in many different ways and some of the areas I am focusing on within the NCCA is to assist with the North Central Shared Facility (NCSF) development and community beautification and wellness. Construction for the NCSF is still projected to begin in 2013, with a completion timeframe in the fall 2015.



The NCCA is one of the stronger community organizations within the city and we are always striving to pursue programming or activities for the betterment of the community. RAGS and Transition to Trades are both undergoing some restructuring and GoGreen is a successful venture and murals are beautifying the neighbourhood. Program funding is challenging in this economic climate and is an issue for all non-profits in Saskatchewan. Determining alternative funding streams for programming and community development is a challenge for the NCCA staff and board but will be addressed when strategic planning is undertaken in the fall by the new board. Community members who want to get involved as volunteers in our programming and activities or on the board are welcome to attend our monthly board meetings held each 2nd Wednesday of the month or contact Rob Deglau at our office.

Our community is changing and we are seeing the diversity of the neighbourhood evolve and be more dynamic. New businesses are popping up all over the place which is a very good sign of a healthy, economically strong community. For the first time in 10 years we have a grocery store. People are developing roots, some by choice and some due to financial issues and the high costs of living outside of the community. The housing issue is a hot topic and there is still a lot to be researched and developed by the city and community.

North Central is a neighbourhood I have grown to love and am proud to be a resident. Sometimes individually, we struggle in different ways but we help each other through the good and bad times together as a community. The colour of our skin may be different but in the end we all want the same things: equality, independence, prosperity, freedom of choice, tranquility, love and happiness.

Respectfully Submitted

Joely BigEagle, Acting President



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## MESSAGE from the EXECUTIVE DIRECTOR

Once again North Central is seeing incredible growth as the continued housing shortage is forcing older houses to be torn down and replaced with new single family homes and some double suite units. With escalating housing prices new home owners see North Central as an affordable place to purchase a new home. Part of the current boom is stimulated by incentives from the province and city as landlords take advantage of the grants to replace older rental property with new modern housing. With all the talk of growth and expansion conversations still arise on possible housing if Mosaic stadium is torn down. The community is encouraged by the development but the consensus on the street is what role the residents in the community are going to play in this growth. People of North Central need to be a part of this new economy and not just be bystanders. They want to participate in the economic benefits of this new found growth. Discussion at the board level is that we need to engage residents on what they want to see and how their community should be rebuilt. To date there has been a lot of talk of what should go where, should it be low income, affordable or market housing. I believe this community has an opportunity to take a lead role in framing that conversation with local government and begin developing their own plan.

Similar to the Core Neighbourhood Sustainability Plan that the Heritage neighbourhood did few years back, we need to return to our roots and ask residents what we should look like in 5, 10 or 20 years. We need to be clear on the type of housing we want to see, what kind of business we want to attract in our commercial districts, is it pawn shops or bakeries, the choice is ours to make.

With the right kind of planning we can truly model ourselves like other vibrant communities. We have all the ingredients to be another Cathedral neighbourhood with a vibrant small business sector complete with small shops and restaurants. We too can celebrate our cultural diversity by hosting a yearly arts festival. It can be whatever we want it to be, we just have to take the lead.

Respectfully Submitted



Rob Deglau,  
Executive Director



*Behold the turtle. He makes progress only when he sticks his neck out.*  
— James Bryant Conant (1893-1978)

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# GOALS and OBJECTIVES



## OUR OBJECTIVES

**Housing and Infrastructure** The goals of a good physical environment, ease of access and a greater proportion of home-ownership by North Central resident will be achieved through actions based upon the Housing and Infrastructure pillar.

**Crime and Safety** Achievement of the goal of greater safety in the community will be reached via actions based on this pillar.

**Business and Economic Development** The goal of achieving high levels of employment and business development within the North Central community will be met through activities based on this pillar.

**Health and Human Services** The goal of a physically healthy community and the coordinated provision of human services will be accomplished by this pillar.

**Education** The goal of quality education for the area's residents shall be fulfilled by actions based on this pillar.

**Community Development** The goal of extensive community participation will be based upon this pillar.



## Transition to Trades

# TRANSITIONS to TRADES

The First Step in Building Success!

- The Transition to Trades Program continues to employ four staff.
  - Seventeen students have graduated the Transition to Trades program and were hired directly into construction employment.
  - An additional seven are currently attending the program.
  - All graduates have received life skills training, all construction safety certifications, workgear, tools, construction experience, and work placement as advertised. They all gained construction employment as a result of the program.
  - CBC is currently creating a documentary on First Nation's youth and what works for them. Their prime interest is fathers, and they are following the Transition to Trades Program and the First Nation's youth it serves.
  - This current program is experiencing a serious budget shortfall and is hopeful that additional funding will be secured in order to offer the same to current students to be able to gain all their construction certifications.
  - All three classes have attended an overnight canoe trip headed up by staff on a volunteer basis. This involves a both a construction project and team building experiences.
  - We are about to lose our Journeyman Carpenter at the end of June and are currently seeking a replacement.
  - The Landlord of the building currently occupied by the program, is not interested in making a profit at this point.
  - The Rental amount paid on the building has accumulated to the point that it has paid for the materials that the program originally renovated the building with, and there is now \$22,000 accumulated. It is hopeful that this will be adequate to replace the air conditioner, furnaces and front foyer steps/tiles.
  - This year, among other projects, the Transition to Trades program has built an entire house, and the students are currently building two duplexes and a deck.
  - Typically there are more project requests than there are student man hours to complete.
  - Over 300 youth have requested entry into this program over the last year. The actual number of students served could potentially increase by 150% if at some point, funding enables this, since the building is adequate for 20 participants at one time.
  - The program is currently planning a multi-dwelling unit build to house students who find themselves homeless, until they are secure in their employment at the end of the program. Another student was just recently lost due to a case of unexpected homelessness.
- Respectfully submitted  
Jane Gatteringer, Program Director

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# GO GREEN

## Overview of 2011 Season

The Go Green program continues to be a success. There are many, many people who are interested in working for the program. We had 109 people who worked at least one game throughout the season. Some workers just worked one game while others worked at all the games. We held three orientation sessions at the beginning of the season where we were able to train enough people for the entire season.

Once again, there was a lot of interest in working for Go Green from community members and we had many more people interested than we had space available. We started a waitlist, but never had the opportunity to use it.

The workers that we have are dedicated to Go Green. Many of them are very committed to the work that they do and want to see the program succeed. They are passionate about the program and really like the work. Over the years we have built a great Go Green team. This is shown in the work that is done at the stadium and the positive attitudes that the workers have.

## Go Green Re-Investment

This was the busiest year yet for the reinvestment strategy. Thanks in part to a grant from Sask Culture we were able to hire a student over the summer to manage putting up murals throughout

the summer. We put up 15 murals on peoples garages, fences and businesses. The new murals were painted by artists Andres Araneda, Ariel Feindal, Darlene LaRose, Eric Kequahtoway, Jeff Key, Jayden Goodon, Josh Goff, Lisa Lowen, Nicole Araneda, Tobijah Seib, Roberto Lopez Lopez and Rene Dufour Contreas as well as youth from the North Central Family Centre and Scott Collegiate. Two murals are currently in progress and will be completed in the spring.



The biggest mural that was painted this year was on the side of the Jolly Roger building. This was a partnership between the Go Green program, the Jolly Roger and Mission 6:10. Rene Dufour Contreas volunteered

his time to first design the mural and then paint it. It was Rene's first mural and it turned out really well. Volunteers from Mission 6:10 spent a whole week painting it. We needed to use scissor lifts in order to reach the uppermost portion of the wall. The mural has really upgraded the esthetics of the area surrounding it.

The North Central website ([www.nccaregina.ca/north\\_central\\_murals/](http://www.nccaregina.ca/north_central_murals/)) features many of the murals that have been painted in the past, showcasing the variety and beauty. It also maps out the addresses for residents and visitors of North Central to tour the murals in person.



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# REGINA ANTI-GANG SERVICES (RAGS)

While the RAGS Program continues to evolve and change, the goal of meeting the needs of its clients and the community of North Central remain of utmost importance. The RAGS Operational Review resulted in recommendations that were aimed at mitigating the risks of the Program while maintaining some of the key elements that have been proven to make RAGS a successful gang reduction intervention program. Planning is underway to ensure future successes. A Strategy has been developed to assist this process.

The “Go Forward Strategy” is centered on ensuring that the Program meets the recommendations laid out in the Operational Review as well as the needs of its clients, the community and other key stakeholders. The Plan that has been developed and is being worked on is thorough and comprehensive; encompassing what the next steps of RAGS will be. Key to the future development of the “Go Forward Strategy” is engaging stakeholders and partners. Through strategic planning exercises and individual interviews Phase 2 of RAGS will be developed on a collaborative foundation that is sound in governance, accountability and service delivery. While the physical doors are closed to the Program, support is still being provided to the past participants if possible. The message to the clients and community is that it will reopen again and provide the much-needed services that only RAGS has been known to provide!

# NORTH CENTRAL COMMUNITY CONNECTION

North Central Regina's bi-monthly newspaper  
2011-12

**Number of issues produced: 6**

**In 2011 the lead stories were:**

- April—RAGS (Regina Anti-Gang Services)
- June—Remembering a Leader Allan Blakeney
- August—Community Gardens Inspires Texas Copycat
- October—International Society for Krishna Consciousness (ISKCON)
- December—RASS (Regina & Area Support Services Database) A Gift to the Community

**In 2012:**

- February—Blind Spot – What Happened to Canada's Aboriginal Fathers? (CBC Documentary screening at Albert Scott Community Centre)

## The Value of Doing Business:

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

- North Central Shared Facility
- RAMP (Regina Alternative Measures Program)
- Scott Collegiate
- SEARCH (Student Energy in Action for Regina Community Health)

Business card packages were purchased by:

- Affinity Insurance
- Smiths Insurance
- Stapleforths Pharmacy

As well, random ads in various sizes were sold by the newspaper. This financial help in the community is greatly appreciated. It is hoped that these local 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: SWAP, Project People, North Central Family Centre, Newo Yotina Friendship Centre, Lamb's Boxing and AIDS South Saskatchewan.

As well, concerns were highlighted, such as bed bugs, graffiti prevention and health issues (addictions, diabetes).

The newspaper continued with regular features including "Community Voices", "NC Heroes and Leaders" and "Community Calendar",

The Moose Jaw Herald discontinued their printing service and sent newsprint tabloids to Saskatoon's Continental Printers. The paper continues to be delivered to all houses in North Central Regina through Canada Post. Bundles of papers are distributed to

agencies and schools in the community and beyond. The issues in PDF format are posted to the NCCA website for downloading by anybody with internet access. The office emails this link to 217 agencies in our city and elsewhere.

*Community Connections* thanks the many guest contributors over this year.

Respectfully Submitted  
Jan Morier, Managing Editor



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# NORTH CENTRAL COMMUNITY GARDENS

2011

In 2011 Gardens were located at 1345 Rae St, 1341 Retallack, Scott Collegiate, and 3131 Dewdney Ave. We had a summer student coordinate drop-in gardening times with volunteers and a variety of activities to promote gardening. The gardens are maintained with the neighbours and the produce harvested under the philosophy 'Help Yourself'. Funding was received from Fido & Evergreen.



2012

In May 2012 Jan Morier, former board member and long time volunteer, was awarded by the City of Regina's Crime Prevention Council for her efforts in establishing the Community Gardens in North Central.

The gardens on 1345 Rae St, 1341 Retallack, and Scott Collegiate have been planted this year. Two new gardens have been installed at 930 Garnet St and 1265 Garnet St. 20+ different agencies, volunteer groups, businesses, and schools were involved in the planting and installing of these gardens. We received three grants this year for developing the gardens through Evergreen and their corporate sponsors: Home Depot, Fido, and Molson.





## OTHER PROGRAMS

### Community Volunteer Income Tax Program

The Community Volunteer Income Tax Program (CVITP) is a program on the Canada Revenue Agency. We hosted six volunteers and provided space, laptops, access to printers, and managed client bookings. Volunteers filed income tax for over 500 individuals. Clients come from many parts of Regina and surrounding communities.

### STUDENT INVOLVEMENT

#### Nursing Education Program of Saskatchewan

Nursing Students completed placements Fall 2011 and Spring 2012. A total of 14 nursing students have completed placements with us. Nursing students have participated in Care and Share, job shadowing our community health nurse, and planning events such as community garden planting days and community clean-ups.

#### Arts CARES

We assisted planning Arts CARES with the Community Service Learning Committee under the University of Regina's Community Research Unit. Students volunteered and attended workshops with a variety of agencies between February 21 and 24 2012. One student volunteered with us for the week.

#### Students on Placement

We have had students complete work placements with us from SIAST, Street Workers Advocacy Program (SWAP), and the U of R Human Justice.



### ARTS

#### Creative Connections

Creative Connections wrapped up March 1st 2012. Three days a week art sessions were held for adults with disabilities. Sessions were held at the Albert-Scott Community Centre and at Albert Library. Participants enjoyed a variety of arts in a positive social setting. Funding for this program was provided by Sask Lotteries.

#### Creative Explorations Partnership Grant

We researched the needs and wants of youth in North Central in regards to arts and culture. As part of this research grant there were two projects. On April 13 we hosted a youth night where youth will had the opportunity to interact with different artists from different mediums to give youth a taste of the arts. We are also hosted on April 25 with Ranch Ehrlo where their youth demonstrated traditional Aboriginal dancing. Please see final report for findings of the research.





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## OTHER PROGRAMS

### COMMUNITY EVENTS

#### **National Aboriginal Day – June 21, 2011**

In partnership with IMCF and Circle Project we put on a National Aboriginal Day celebration on June 21. Despite the rainy weather lots of people from the community came to celebrate, watch the performers and have a bite to eat.

#### **Christmas in July – July 14, 2011**

400 meals were served to people from the community and held a community festival. Santa came to give out toys to the children and different games were played throughout the afternoon. Youth from Christian Reform Church of Canada's Serve project did a lot of the planning for that event.

#### **Diabetes BBQ and Health Fair – August 17, 2011**

The third Annual Health Fair had approximately 500 people in attendance at the Albert-Scott community centre. Participants had the opportunity to be educated and screened on diabetes and related health issues. A free BBQ was held for participants. This event was held in partnership with Canadian Diabetes Association and Four Directions Health Clinic.

#### **Community Clean-Up – October 23, 2011**

A community clean-up was held in partnership with Bennett-Dunlop Ford. Many community volunteers attended including staff and family from Bennett-Dunlop, and Eclipse Roofing. Bennett-Dunlop provided a BBQ, Lorass Bins, and trucks for the day. The City of Regina's Crime Prevention Council honoured Bennett-Dunlop in May for their partnership in the Community Clean-Up.



**Valentines Remembrance – February 14, 2012**  
A ceremony was held to remember those lost due to tragedy in our neighbourhood.





# OTHER PROGRAMS

## Community 4 Connection –Sept 10, 2011

In partnership with many other community agencies and businesses, Community4Connection was held at Knox Metropolitan church. It was a one day event for people who are experiencing homelessness or are at risk to connect with agencies that they might be interested in. We had over 400 participants attend and over 50 volunteers. Respectfully Submitted  
Michael Parker, Project Manager

**Together Now** NCCA hosts a quarterly forum for North Central agencies, organizations and Government departments and programs. As a part of NCCA's communication strategy, the focus is to ensure that North Central organizations are aware of each others' programming.



Win or Lose, we all  
had a good time!

NC Chili Cook-Off





# REGINA & AREA SUPPORT SERVICES

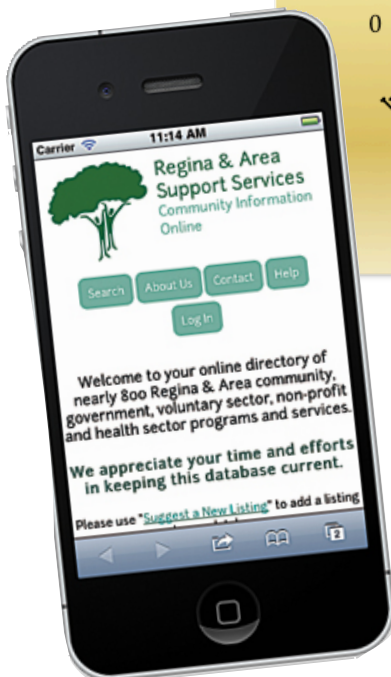
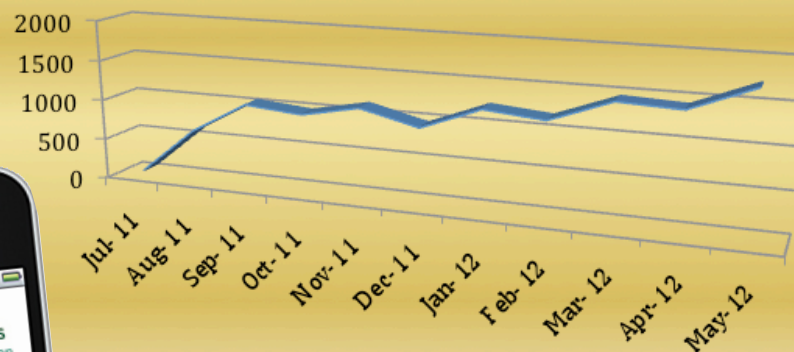
Regina & Area Support Services (RASS) is a database of community services serving Regina and the surrounding area. This continuously updated, publicly accessible, searchable online database provides a wide range of information about social, community, health, and government services. RASS is available 24/7 at [rass.ca](http://rass.ca). RASS is also mobile friendly which makes it a useful tool for frontline workers who provide referrals while in the community and/or in clients' homes.

RASS launched in July of 2011. It has grown from a few hundred entries to over 1,500 and growing. The goal is to reach 3,000 entries by the end of the year, making it the most comprehensive resource for the Regina region. Each month, awareness and use of RASS is growing. To date, there have been 11,872 unique visits to RASS.

There are big plans for the future of RASS. Funding has been granted by United Way to collect records for all of Saskatchewan, and to incorporate its records into the United Way's future 211 Saskatchewan database. It has taken the work of many hands to make RASS a reality. RASS wishes to express its sincere appreciation for the hard work and dedication of the many volunteers, committee members, those who are using and promoting RASS in their daily work, and the following organizations who have contributed through financial support and/or in-kind donations: RQHR, United Way of Regina, STOPS To Violence, and the City of Regina.

Respectfully submitted by  
Yan Khan and  
Angie Miller,  
RASS  
Co-  
Coordinators/  
Data Specialists

## Unique Visits By Month



Information & Referral  
*connecting people to  
community services*

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# 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, begun 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 (BOD)** – Board members are elected on a staggered 2 year term. All board meetings are monthly and open to the public.

**NCCA Advisory** – are community stakeholders that participate at monthly meetings and include: City of Regina Community Advisor, Regina City Police Problem Solver and volunteers.

**Audit Committee (AU)** – Chaired by the NCCA Executive Director the AU is comprised of the BOD Vice President and Treasurer, the NCCA Bookkeeper and Chartered Management Accountant (CMA) technical advisors. The CMA technical advisors work at developing transparent policies in dealing with NCCA's financial affairs.

**NCCA Staff Meetings** – all meetings are held on a bi-weekly basis.

**Community Cleanup Committee (CCC)** – Chaired by a BOD member, volunteers and support staff the CCC plans for the Annual Community Cleanup of alleys within North Central.

**Transition to Trades Operations Committee (TTOC)** - Chaired by the program Director, the TTOC provides feedback to the Program as a means to help overcome obstacles and barriers for the clients. TTOC members include: the NCCA Executive Director, BOD member, Program staff, a Regina Police Service representative and a Ministry of Advanced Education, Employment and Immigration representative.

**Albert Library Committee (ALC)** – established through an agreement between the NCCA and Regina Public Library the ALC ensures that the Albert

Branch Library offers services that are responsive to the community needs. NCCA has a BOD member on this committee.

**Community Research Unit (CRU)** – functions collaboratively as a partnership between Community-based Organizations, University Faculty and Students. The CRU provides independent, participatory research support in response to needs expressed by community-based organizations with a view toward building capacity and enhancing the quality of life. The NCCA Executive Director is a member of the CRU.

**Trades and Skills Steering Committee (TTSC)** – The Regina Trades and Skills Centre is a part of the initiative announced by the Provincial Government in 2007 to revitalize Saskatchewan neighbourhoods and make education and training more accessible to young adults. The TTSC has members from various educational and trades programs as well as the NCCA Executive Director.

**North Central Shared Facility Committee (NCSFC)** – 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 NCSFC and work with major stakeholders in developing a new multiplex concept in the community to house multiple agencies and organizations.

**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 prevention.



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# NCCA HEALTH REPORT for 2011

## **Nursing interventions and monitoring seniors:**

Blood Pressures: 1215

Blood Glucose: 361

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

Home Visits: 310

Health Teachings: 63

Follow-Up: 4

Doctor Referrals: 15

Weights: 18

Hospital Visits: 6

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

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

Foot Care: 613

Hand Care: 253

## **Counselling: 33**

(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: 39**

## **Treatments: 517**

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

## **Doctor's Visits: 1**

(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: 32**

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

## **Screening: 14**

(Foot screening, checks for circulation,

numbness, and other foot problems, this is especially important for Diabetics)

## **TOTAL HEALTH INTERVENTIONS: 3518**

## **New Clients: 26**

## **Seniors Lunches: 70**

## **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 composed 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

Lil Wright and Georgia Morin, Health Nurses