

Reconciling a Legacy of Harm: Truth and Reconciliation Commissioner Justice Murray Sinclair

by Miranda Hanus
from notes by J. Morier
photo by J. Morier

University of Regina 2016 Woodrow
Stanley Lloyd lecture.

The lecture was about truth and understanding the necessity of finding a just way forward.

In his role as commissioner for the Truth and Reconciliation Commission, Justice Murray Sinclair heard more than 7000 statements and interviews—opening a door which can never be closed, and exposing our greatest failings as Canadians.

The resulting 94 calls to action are a challenge for us all. Justice Sinclair said, “As citizens it is incumbent upon us to rise to the challenge and do something.” And things are changing as a testament to his work.

Sinclair said, “There are four questions that help a person define where they belong—‘Where am I coming from? Where am I going? Why am I here? Who am I?’

“The ability for aboriginal people to answer these questions has been impaired by their experiences in residential school, as well as in the public school system.”

The school system has not educated Canadians, considering the way that we treat each other.

Sinclair then posed this question to the audience—“What was it you were taught about Indigenous people?”

“Children are being taught by their parents that what they’re learning about First Nations people is wrong. Seven generations of Indigenous children went through residential school. It may take another seven generations before the balance is restored.”

“Don’t feel shame, anger, that you are being left behind.” he told the audience. “You are making a contribution by being here; you are taking the message and carrying it forward.”

Sinclair says the main purpose of residential schools was cultural genocide—the forced removal of children from their families and their culture.

The *Geneva Convention on Genocide* (December, 1948) didn’t



“Whatever you choose, make sure you never stop doing it. Like a planting a tree, you many never see it in its complete state. It’s for those who come after you.”

exist during the inception of the residential schools. If the schools existed today they would be subject to prosecution under the Geneva Convention.

Sinclair said, “The Survivors wanted to ensure the truth came out, and their stories were told. The schools had a debilitating effect on their lives. It was not an education system; it was a child welfare system.” He went on to say that (the school) provided only basic reading and writing, with no preparation for continuing education.

According to Sinclair, this ‘indoctrination of children’ was maintained in the public school system, helping to undermine the progress being made towards assimilation. Families were becoming dysfunctional in the ‘40s and the ‘50s. In the 1960s, ‘the Sixties Scoop’ began, an era of moving Aboriginal children directly into the care of the child welfare system. Most didn’t go back to their families. Back at home on the reservation there was little or no economic opportunity, poverty was rampant, and there was no infrastructure for reserves. The 1950s off-reserve policy had been that the Federal government would buy native people a house in an urban area, under the condition that they stayed there for 10 years. Friendship centres were founded during this time to ease the transition from the reserve to

urban centres. However, the Federal government was determined to move people into provincial jurisdictions, therefore, there was a deliberate breach of the treaties in order to do this.

Sinclair says the message was “to give up your First Nations identity and be unable to answer those four questions posed at the beginning. Public schools tried to teach all Indigenous people that assimilation was the only way. To give up your sense of self, was to be unable to say, ‘I am proud to be Anishinaabe.’”

Sinclair went on to say, “Most Elders kept that information hidden, and many were taught that they could only speak English even in the home.” Sinclair’s own grandmother was raised in Catholic Residential school and was told If she lived her Indian culture, she was going to go to Hell. If her children did the same they would go to Hell. She honestly felt that telling them to speak English “saved their lives”.

Parents were discouraged from speaking their own language and this left many people emotionally traumatized. In the past and today, so many families are or have been, caught up in the child welfare system, the justice system and the penitentiary system. This has resulted in inter-generational trauma created by the residential schools.

Sinclair suggests that changing the way that we think about reconciliation has dozens of meanings. “Forgiveness is not necessarily part of reconciliation, (you) can’t forgive a church or a government. Are you ready to come to terms with what was done to you—enough to move forward with your life? How can you have a relationship with the church or the government?”

He urged people to address their anger, not to take it out on the children. We must be able to forgive in order to move on. If not—you will continue to be abused. “The survivors of the survivors cannot carry that anger around anymore. But they must never forget. It is so important to create a national memory so that in three or four generations from now, no one will be able to deny that Residential schools were never a good idea. They were created to promote harm.”

“Providing children with a means to answer those four questions are basic to individuals’ needs, and we must ensure it is respectful.” Sinclair knows we have a lot of work to do to make a commitment to do something.

Sinclair concluded, “The most common comment (I received) was, ‘I didn’t know any of this. Why wasn’t I taught this in school?’”

A better question now is, ‘what can we do about this?’

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with the voice of Shawna Oochoo
backgrounder by J. Morier
photo courtesy of Mark Taylor

Rag Tie Ceremony grows into #NCEndTheViolence movement

To follow the movement, to join and to help in the effort, look up Facebook page NC:EndTheViolence #NCEndTheViolence

Timeline:

Feb 20: Joshua Michael Harden, age 26 was murdered outside a house on the 700-block Garnet Street.

Feb 22: Three teenage boys (aged 14, 15 & 17) and a 22 year-old man were in court, charged with second-degree murder.

Feb 25: Rag Tie ceremony and candlelight vigil held at the corner of Garnet St. and 1st Ave. in response to the murder (*tied red, black, and white bandanas - representing gang colours used in Regina).*

March 14: Community Members' Forum called #NCStopTheViolence was held in the heart of the neighbourhood to discuss solutions.

There are some astounding facts revealed in this timeline. The most striking is the ages of the accused. The next most amazing is how swiftly came the groundswell of community support and action.



The niece of Bryton Stevenson places a candle beside his picture during a vigil in North Central Regina for victims of gang violence. Stevenson was 16 years old when he was found dead in a Saskatoon alley on New Year's Day, 2011. Police believe Stevenson's death was a gang-related murder. MARK TAYLOR GALLERY

the voice of Shawna Oochoo:

The Invitation

A peaceful gathering was held in February, calling for Regina's gangs to end the ongoing violence within our North Central neighbourhood and to call for our gang-related brothers and sisters to stop the senseless attacks and killings.

Too many of our brothers, sisters, and community members are being murdered, seriously harmed, or incarcerated due to ongoing gang violence. Too many families are being destroyed and/or torn apart. Too many of our young people and children are thinking that this lifestyle is the answer because it is only thing they see when they walk out the door.

“It's up to us to be heard again.”

Elder Archie Weenie

I ask that my family, friends, and community members of North Central and other areas stand with me to call upon these gangs to end the violence and killing. We need to do our part to show that we care about our community — that we love and care about our brothers, sisters, cousins, aunts, uncles, fathers, and mothers, and neighbours who are continuously lost to gang-related death or incarceration.

We ask this gathering to remain peaceful event. We ask no colours be worn, we ask no

bandanas be worn, we ask that if you choose to participate you do peacefully and respectfully.

The Ceremony & Vigil

On February 25th, at 7:30 pm members of and supporters of the North Central Community gathered with candles and flowers on the 700 block of Garnet Street to bring awareness to the most recent gang-related death within North Central. We participated in the first ever North Central Rag Tie Ceremony and Candlelight Vigil.

A Rag Tie Ceremony is where all three coloured gang rags—red, white, black—are tied together, end to end. These three rags held the message "NC:

END THE VIOLENCE". They were smudged and tied in each corner of the 700-block of Garnet St as a message to our gang-related Brothers and Sisters to stop the violence and senseless killings within our community and throughout Regina. They also marked the most recent passing of yet another gang-related death.

Community members and community supporters participated by praying and chanting and lighting candles. A Round Dance concluded the vigil.

The atmosphere at the event was positive and included bright smiles and hugs of love, support, and acceptance.

The organizers were grateful to Elder Archie Weenie for leading the circle in prayer and to *Oskapios* (Helper) Jeremy Wesaquate. The drummers, including little drummer Damien Favel, kept the heart beat of the circle. The families who participated were Tara Amyotte and family, Chigal Wd and family, Jen McGillis and family who all stood as one. Sherie Mackay and her husband painted beautiful stakes for the rag tying. The Crazy Indian Brotherhood was there to help where it was needed.

Co-organizers Shawna Oochoo and Beatrice Wallace Littlechief would like to thank each community member who came out to support the cause and make the #NCRagTieCeremony the success that it was.

Shawna Oochoo remarked, “I was overwhelmed with emotion when I returned home, as I could not have been more proud to be an indigenous North Central community member!”



photo J. Morier

Next Strides Taken

On March 14th, approximately 40 people gathered at Albert-Scott Community Centre to pray, share a meal and identify issues and solutions.

On March 26th the group held an All Candidates Forum to ask the questions on how the province would address gang violence in the constituency of Regina Elphinstone-Centre.

Recently, Shawna announced “Out of the Hearts of our Community and blessed through the Prayers of Elder Archie Weenie through Ceremony, the group has been gifted and blessed by the Spirits of Ancestors with our organization name: **White Pony Lodge.**”

94 Calls to Action: a challenge for all of us to do something—following the TRC report

by Miranda Hanus

On March 2, the U of R’s Indigenous Student Centre hosted an informal discussion on how to take up the Truth and Reconciliation Commission of Canada: Calls to Action.

25 people from diverse backgrounds gathered for the two hour session. Working in small groups, they were asked to share their initial thoughts on the TRC, how they viewed the report and what concrete actions they would like to see as a result of the report.

With 94 recommendations from the TRC panel, a few people said they felt a little overwhelmed. There was a sense that maybe so many of the recommendations were directed at government bodies—federal, provincial and municipal—that there was little work to be done by common people. Yet many felt that there was lots they could do as individuals. More importantly, doing it ‘in a good way’.

Michelle Stewart is an Associate Professor in the Department of Justice Studies where she teaches in the area of social justice. She was a facilitator for the session. She said the University is facilitating conversations with faculty, staff and students around the TRC recommendations. But she sees the need to reach a much wider, grassroots audience.

“Instead of having a consult with ‘these people’ (meaning people of Indigenous heritage), we should use an approach that connects with other people in our community.”

Regarding reconciliation, one group member defined it as “understanding and honouring the truth.”

In small groups, there was discussion about implementation. Those involved in municipal issues said there were opportunities for the City of Regina to get involved and to acknowledge and support the

TRC’s Calls to Action. Others said it should be made an election issue both provincially and municipally.

For example, the Regina Indian Industrial School burial site contains the remains of close to 40 children who died while attending the school that was historically located west of the city. The city has an opportunity to acknowledge the site and preserve it from encroaching development through heritage designation. Memorialization is a recommendation in the Calls to Action.

Another way people can follow through on actions is to simply educate and discuss. Though the Calls to Action are directed to all levels of educational institutions, talking amongst people in the community, or hosting a small forum can help. Some in the group expressed outrage that they were never taught about residential schools in their own learning experiences growing up. Talking and sharing about this “denied knowledge” can help bring a sense of togetherness.

As for community opportunities to discuss, book clubs could recommend reading the *Calls to Action*, the summary report, or a book about the residential school experience. It’s about humanizing the experience.

There was also talk around accessibility of material for those not in higher education, children for example. There is some recommended reading for school aged children, *Mush Hole: Memories of a Residential School*, by Maddie Harper. Songs are also a great teaching tool, including *\$13,000* by Little Hawk, and *I Remember* by local Regina rapper Info Red and Sister Says.

Education and learning about what Indigenous people went through is a way forward, a way past stereotyping, profiling, and racism. Only through discussion and acknowledgement of Canada’s past treatment of Indigenous people can we begin to have a real future together.

Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim—letting go of the pain and transforming oneself from victim to survivor.

C.R. Strahan

Truth and Reconciliation Commission of Canada: Calls to Action

In this first of a series of articles examining the 94 Calls to Action

In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission makes the following calls to action.

Legacy

CHILD WELFARE

1. We call upon the federal, provincial, territorial, and Aboriginal governments to commit to reducing the number of Aboriginal children in care by:
 - i. Monitoring and assessing neglect investigations.
 - ii. Providing adequate resources to enable Aboriginal communities and child-welfare organizations to keep Aboriginal families together where it is safe to do so, and to keep children in culturally appropriate environments, regardless of where they reside.
 - iii. Ensuring that social workers and others who conduct child-welfare investigations are properly educated and trained about the history and impacts of residential schools.
 - iv. Ensuring that social workers and others who conduct child-welfare investigations are properly educated and trained about the potential for Aboriginal communities and families to provide more appropriate solutions to family healing.
 - v. Requiring that all child-welfare decision makers consider the impact of the residential school experience on children and their caregivers.
2. We call upon the federal government, in collaboration

with the provinces and territories, to prepare and publish annual reports on the number of Aboriginal children (First Nations, Inuit, and Métis) who are in care, compared with non-Aboriginal children, as well as the reasons for apprehension, the total spending on preventive and care services by child-welfare agencies, and the effectiveness of various interventions.

3. We call upon all levels of government to fully implement Jordan’s Principle.
4. We call upon the federal government to enact Aboriginal child-welfare legislation that establishes national standards for Aboriginal child apprehension and custody cases and includes principles that:
 - i. Affirm the right of Aboriginal governments to establish and maintain their own child-welfare agencies.
 - ii. Require all child-welfare agencies and courts to take the residential school legacy into account in their decision making.
 - iii. Establish, as an important priority, a requirement that placements of Aboriginal children into temporary and permanent care be culturally appropriate.
5. We call upon the federal, provincial, territorial, and Aboriginal governments to develop culturally appropriate parenting programs for Aboriginal families.

The 94 Calls to Action and the entire reports published by:
Truth and Reconciliation Commission of Canada, 2012
1500–360 Main Street
Winnipeg, MB R3C 3Z3
Telephone: (204) 984-5885
Toll Free: 1-888-872-5554 (1-888-TRC-5554)
Fax: (204) 984-5915
E-mail: info@trc.ca
Website: www.trc.ca

- Under **Legacy** there are 42 points:
- Child Welfare
 - Education
 - Language & Culture
 - Health
 - Justice

"The best strategy is going to involve indigenous and non-indigenous people working together."

Hon. Justice Murray Sinclair
—The One Who Speaks of Pictures in the Sky

by Lisa Workman



The Good Life Community Network is a movement that encourages a healthy lifestyle that includes sobriety, volunteerism and physical activity. The Good Life is also about focusing on the positives and building on strengths. We can choose how we look at things, what we focus on and how we tell our stories.

What is the Good Life Community Network?

(and whatever happened to the Dream Team Volunteer Network?)

The Dream Team started as a volunteer program at a community health centre. It was expanded to a community-wide initiative in 2008 under a partnership with the North Central Community Association. Over the years, the Dream Team had evolved from a small team of volunteers to a larger network of volunteers, volunteer groups, school groups, and agencies.

The Dream Team Volunteer Central promoted volunteerism in our community as a positive, healthy activity by hosting Community Volunteer Fun Day and the North Central Community Volunteer Awards to bring together agencies and volunteers.

The Good Life Community Network will take the place of the old Dream Team Volunteer

Network and continue where it left off. Although, this year's North Central Community Volunteer Awards have been put on hold, hopefully it will be rejuvenated by the development of the brand new movement and brand new network.

The Good Life philosophy encourages 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.

The Good Life has already begun with The Good Life sharing circle that takes place weekly at Four Directions Community Health Centre. Participants talk about the positive highlights in their lives.

They also talk about goals and successes, what they are looking forward to and what they are grateful for.

Currently, nursing students are conducting a community assessment to find out what programs and services are out there that fit under The Good Life philosophy, to identify gaps and to discover agencies and groups who are interested in working together to bring the movement forward.

Soon The Good Life Community Network will be looking for members of the community to join as individuals, families or agency/groups. Application will be available in the spring. You can join us on Facebook to be connected to activities in the community. We will be highlighting activities that are healthy, sober/

Come find out more – The Good Life Sharing Circle meets at Four Directions every Monday at 1:00 p.m. Four Directions is located at Fifth Ave. & Elphinstone St.



clean and active, including volunteer opportunities. We will work together to advocate for more and better programs and services for recovering from addictions. We will also work together to promote volunteerism in the community and to increase access to physical activities.

Join us on Facebook at "The Good Life NC" or join the North Central Community Association's Facebook page for updates.

Poo Protest in Patricia Park

interview and photo by J. Morier

Leanne McKay shows remarkable dedication.

She's not a dog owner but she is one of many human beings who uses Patricia Park, along with her grandchildren. What prompted her to go public with this protest?

"I wanted to have an old-fashioned Easter egg hunt this spring in this park adjacent to my home, to enjoy the mild weather and because the snow's all gone. But I can't do it, because of the amount of dog droppings that are in the park." she said.

Leanne called the city and made them aware of the condition of the park. Animal Control showed concern with her report and they said they would put up more signs, perhaps patrol the park and even mentioned a surveillance camera.

But Leanne didn't want to wait for something to happen, she wanted to illustrate just how bad it is. "I made 200 flags and I've got 10 left. Placing them took me half an hour, and that's not even a tenth of the park."

Responsible dog owners carry poo bags. In some parks, there might be little bag dispensers along the pathways and plenty of

garbage bins. Leanne believes it would be cheaper for the city supply that than to send a city crew to pick it up. "If this stuff gets caught in machinery gears when they come to do the first rake and cut in the spring - they've got to repair it. That gets expensive." Leanne believes that will translate into raised city taxes.

"I'm calling this the First Annual Poo Protest in Patricia Park to celebrate the first day of spring!" she laughs. The message they want to leave with the dog owners is - 'if you have been shamed and humiliated enough, I'll stop.'

Leanne would like to see dog owners come to the park with a little scoop and pick up droppings by the markers where their dogs have left it. "And in the future, if you can't afford dog bags, come by my house and I'll give you some so you can pick up after your dogs."

She goes on to state "It's a health issue, it's an aesthetic issue. This is a public space. If these were dirty diapers that a parent had left on the ground - you'd be hearing about it."

Dog leavings is certainly an issue, and not just in public parks. I walk my dogs daily up and down the

Do your doo-doo-duty so all can enjoy public spaces

streets in North Central, and it's a mess. I'm pretty sure it's not confined to our neighbourhood.

Leanne concludes - "It's also a really good lesson for my grandsons in community activism. Don't just hide on your Facebook and complain - do something!"

Health is everyone's issue. And a lot of people have dogs. There's a universal appeal, there must be some common ground.

It all boils down to people taking responsibility for their environment.



The circles show where flags are planted next to a pile of dog leavings. It is hoped that the pooppy-traitors of the crimes will come forward and clean up their messes.

Fostering Success

This is second in a series of articles on child care options. The author is a foster parent living in North Central. To respect confidentiality the *North Central Community Connection* will not publish the author or the interviewee's names.

“I am actually considered to be an Alternative Care placement, not a foster parent. I was working in the home of a foster parent where I met B who was 3 months old. I worked there Monday to Friday, 8 hours a day so we bonded right away. Her older sister K was 17 months old and had been in this home since birth so it took a little longer for us to bond. Their older sister, C, was 7 and in school during the day. Since I had formed a relationship with the 3 girls, I often wondered what it would be like to be with them full time at home and not leave at the end of the work day.

Their foster parent was informed by their worker that the girls would be 'going permanent' which means they were moving from a temporary placement status to a permanent status—they would not be reunified with their birth parents. then contacted the Resource Worker to ask the likelihood of me being their caregiver.

I first spoke with the Resource Worker in May of 2015 and the girls made the transition into my home with visits in June. Their official move-in date was June 23rd, 2015. I have not received any training so far.

Because I am Alt. Care, I only get the monthly maintenance payments and they pay for childcare while I work. The Ministry of Social Services also reimburses me for the kids' Life Books (memory books) and photos, as well as cab fare if C needs to go to programs she is

involved in. Our church hosted a family shower for us when the girls came into our home and it really helped to get set up with clothes, diapers etc.

Unfortunately, we don't go to church as much anymore. We really don't go anywhere anymore. I'm single, and it's a lot of work and stress to get 5 kids ready or get a babysitter. My sisters try to help with babysitting sometimes, but they are busy with their lives too. The last time I went out by myself was a date night in September. I was out for 2 hours for dinner then to a store to develop photos.

I am supposed to be entitled to 2 weeks of respite, but now that the girls are being transferred

to the adoption unit, I don't know if I get that anymore.

The biggest surprise for me has been how difficult it is. I knew it was going to be hard and I was mentally prepared, but it's not the same as the reality. I was a single mom with 2 kids and now I have 3 extra kids who are quite a bit younger and are pulling for my time to play, bathe, feed, care for them when they are sick. I have no time. I have no time for the mother-daughter dates I used to enjoy. I have no time for myself. It has affected our whole family,

but it has been particularly hard on my daughter. The way she is reacting—she is jealous of the girls and the time they get from me. She doesn't get any one-on-one time anymore; no one really does.

When the girls first joined our family, I was completely willing, if they were willing, to do what we could for visits and phone calls with their parents. I even wanted to meet them for coffee. It just felt like a slap in the face. The girls' parents didn't come to the visits, and when they did they just kept telling the oldest that they were going to bring them home.

The girls are now permanent and their parents didn't even show up to their final, good-bye visit. At this point, I don't want any contact because they are not healthy, and it seems like they don't care. I just want to protect the girls and their emotional well-being.

My biggest concern is the uncertainty. When I first inquired about the girls, C was meant to be going to Saskatoon to live with her Grandmother. We weren't sure if they were going to stay with us or be moved. The girls were meant to go permanent in June, 2015, and they didn't have court until December.

With all the uncertainty comes indecision. We needed a bigger home and a bigger vehicle, I needed to find a different job. It's not easy to find a job where I could work Mondays to Fridays and only while the girls were in school, but can still be flexible for when I don't have child care or if the girls have visits or appointments... I had to job hop for 3 months.

The biggest joy in caring for these

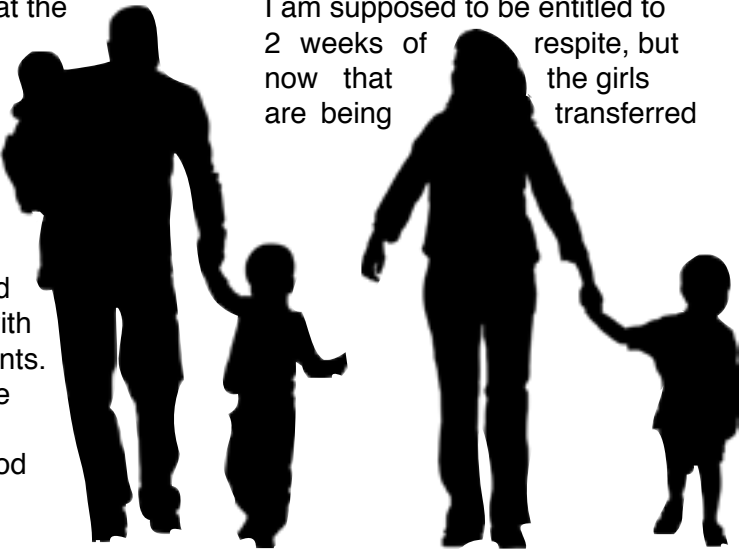
girls is comparing pictures of them from when they first came to now. They are so full of life, smart, independent, and happier. It has been amazing just watching them grow.

For me, because I am Aboriginal, and the girls are too, the Ministry hasn't had any problems, concerns or questions about culture. Even though I don't practice or follow the culture of my Aboriginal heritage, we do have symbols that represent the Aboriginal culture in our home. C didn't even know she was Native. She was learning something in school and came home and asked, “are we Indians?”

I have heard from other foster parents that the ministry is concerned about Aboriginal kids in foster care being “white washed”. As Christians, we pray to the Creator and talk about God. I sometimes feel like a hypocrite, because I am a Christian, I believe God is the creator, but I'm not a practicing Aboriginal. My parents separated and I was raised by my mom in the city and at church and I feel like I was “white washed”. C asks a lot of questions, and we are figuring out together what it means to be Christian and of Aboriginal culture.

I find that with the 3 girls who have dark skin and dark hair, and visibly appear Native, our family deals with a lot of racism. My kids are not full Native and they are light skinned and have light hair, but with the girls we are treated differently by the public.

The girls are now being transferred to the adoption unit and I will be filling out an adoption application to have them join our family permanently.



For more information about becoming a Foster Parent, please contact: Saskatchewan Foster Families Assoc. 233 – 4th Avenue South Saskatoon, SK S7K 1N1 Phone: (306) 975-1580 Fax: (306) 975-1581 Toll Free: 1-888-276-2880 E-mail: sffa@sffa.sk.ca

Keeping our Communities FIRE SAFE

Randy Ryba, Fire Marshal,
Regina Fire & Protective Services

We can all use strategies for keeping our communities fire safe and reducing the risk of deliberately set fires.



Regina Fire & Protective Services is concerned about the increase of deliberately set fires within the City of Regina. We are working closely with our external stakeholders, such as the Regina Police Service, to provide accurate information and develop strategies that are meant to apprehend the offenders and reduce the risk.

There are also a number of strategies our citizens can undertake to reduce the risk to their own properties.

1. Buildings should be secured/locked at all times.
2. Rollout bins should be secured on the property, away from structures.
3. Unwanted furniture and other combustible material should be hauled to the landfill, and not left to accumulate on the property.
4. Consider illuminating exterior areas, especially at the rear of the property.
5. If unusual or suspicious behaviors are observed, residents are asked to call 911 and have the police attend.

**DON'T
FIND
FAULT;
*find
a remedy.***



Chili Cook Off FUN



photos by Don List



40th Anniversary Block Party

North Central Community Association is celebrating its 40th anniversary as an association. Join us for a block party!! Bring the whole family and enjoy a carnival-themed block party with games, snacks & entertainment!

June 4th 2016

11:00 am – 3:00 pm

**Albert-Scott Community Centre
1264 Athol St.**

**For more information please
contact the North Central
Community Association office**

**306-791-9888
Arlene@nccaregina.ca**



1650 Angus Street Regina, SK S4T 1Z2
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PROGRAM DATES

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**April 18 - May 13
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**For information about services, volunteering or donating
visit our web site.**



A North Central Community Association
initiative with funding through the
Government of Saskatchewan



Scott Collegiate

Inspired Learning!

The Drama project at Scott Collegiate is busy creating a film adaptation of Macbeth.

This updated version, set in modern day, tells a tale of greed, ambition, and deception. Students are earning both an English Credit and a Drama Credit in this quarter long project.

Students also had the option of taking a Construction or Clothing credit to further support the project by building sets, and creating or altering costumes. Watch for our film to premiere in early April!



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The Log House
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Saskatchewan Motor Licence
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Land of Living Skies

WINTER FAMILY FUN DAY



52 kids and 20 adults celebrated winter family fun on February 17th at the Albert-Scott Community Centre.

Kids and parents played chess, snakes and ladders, and other board games. The kids took part in sack races and bean bag toss. Owing to the un-winter-like weather, not a snowman was to be found!

Meewasasin student and staff helped with beverages and popcorn and supervising the kids.

We served fresh fruit and veggies, hot chocolate and juice or ice tea. There were 23 door prizes awarded to keep the participants jolly.

FUN
DAY



NC Anniversary Project Questions:

We're beginning to collect memories from some of our long-time residents. If you would like to be interviewed on these topics, get in touch!

1. What year were you born? What city? What neighbourhood?
2. What is your family heritage? When did your family come to the neighbourhood?
3. How did your parents provide for their family when you were a child?
4. How many people lived in your home while you were growing up?
5. What was the most popular way of transportation for you and your family?
6. Can you describe your most vivid memory of growing up in North Central?
7. Can you recall any major events that happened in North Central?
8. Describe the sense of community in North Central when you were raising your children here.
9. Do you have any stories you would like to share regarding the neighbourhood at that time?
10. What do you think has stayed the same in the neighbourhood throughout your time here? What has changed?

Call the NCCA office at 306-791-9888, or bring us your written responses.

40th Anniversary Block Party

A big celebration is being planned for June 4, 2016.

We invite any residents of North Central (current or former) to help collect our history or pitch in to organize the event.

We invite citizens to bring in photos from any era, particularly from the late 1970s, that were taken in North Central. Your photos will be digitized and returned to you. We will place as many photos as we can from any era on the North Central History Project website. Call the NCCA office (306) 791-9888 to arrange a time.

visit The North Central
History Project
northcentralregina.ca



ALL YOU NEED
IS YOUR
Library card

**Regina Public
Library is in
your community**

**RP
LE** Regina
Public
Library

SEARCH

Student Energy in Action for Regina Community Health

is moving to Monday evenings!

Open:

May 2nd – August 29th
5:30 – 8:30 PM

3510 - 5th Ave
Four Directions
Community Health Centre

Services Available:

- Nutrition services
- Medical services
- Cultural support
- Counselling
- Childcare
- And more!

All free and everyone welcome!

Food Mentoring Program Free Training

April 27, 9:00 am to 4:00 pm
Training Centre Lab, Regina Food Bank
To Register call: 306-766-7370

For community leaders who want to:

- Have the skills and confidence to plan and deliver basic nutrition education programs
- Plan healthier menus for their organization
- Improve healthy eating habits for all ages

Health Promotion Department, Population & Public Health Services, Regina Qu'Appelle Health Region

Our thanks to the Bachelor of Science in Nursing (College of Nursing, University of Saskatchewan) 4th year students—Julie, Betty and Kaona.

During their placement at NCCA they assisted at the weekly Care & Share for Seniors programs and interviewed seniors for NC Anniversary project.

photo credit Don List



Drop-In Hours
Mon to Thur 9 to 4 Fri 9 to 1



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



Early Years Family Centre

REGINA Children's Initiative
Strong beginnings. Brighter future.

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



PharmaChoice
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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

2016 INVITATIONAL INTER-AGENCY Chili Cook Off



photo credit Don List

On February 10, 102 'guests' whose contributions raised \$500.00 for the Canadian Foodgrains Bank, enjoyed the spicy action at IMCF. Thank you to participating agencies for their delicious concoctions. Don List merits mention for his photography donations and the 'Storyteller vegetarian' entry. Randall Kinship Centre deserves congratulations for entering a 'white chili' featuring turkey meat!

The Takers of the coveted Chili Trophy this year are the Regina Police Service who were later heard to gloat "Stop! You're under a Recipe!"



NCCA's Meewasasin & Good Neighbour Fencing programs moved locations

to 1650 Angus Street and held an open house in February.

Guests were offered a tour and the chance to learn about our youth employability skills and social enterprise programs.



Community Calendar

FREE LISTING in the Community Calendar to promote events happening in June and July. Deadline for June issue is MAY 13

Seniors' Walking Club

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.

Care & Share for Seniors Now offers Recreational Activities:

Tuesdays
at 10:00 am
(Free!)
Stay for Lunch: at 11:45 am



At Albert Scott Community Centre (1264 Athol St.)

Canadian Diabetes Association hosts CDA Expo Regina

CDA Expo Regina is a **free event** headlined by keynote speaker Dr. Ali Zentner, MD, and featuring a presentation by Saskatoon's Brooke Bulloch, registered dietitian. With a focus on healthy eating, the CDA Expo features inspiring speakers, informative seminars and a trade show portion, this event aims to leave people living with or affected by diabetes feeling motivated to make healthy changes in their lives.

Saturday, May 14
9:00 am to 1:00 pm

Callie Curling Club
2225 Sandra Schmirler Way

Register diabetes.ca/expo
1-800-BANTING (226-8464)

Grandmothers4Grandmothers

Regina 10th annual fundraising dinner Saturday, April 30

Jabula!

Queensbury Convention Centre
Cocktails 6:00, Dinner and Program to follow
Entertainment, Silent Auction Raffle
Guest Speaker Ilana Landsberg-Lewis
Executive Director and co-founder, Stephen Lewis Foundation
Advance Tickets: \$65 call 306-761-2304, 306-949-1705
g4gregina@sasktel.net or Bach & Beyond (1724 Badham Blvd.)

All proceeds to Stephen Lewis Foundation to support grandmothers in Africa who are raising a generation of children orphaned by AIDS

Register now for Camp Monahan! Summer camp for ages 6-15
If cost is a barrier to participation, please call for more info about our sponsorship program.
306.522.1047
www.campmonahan.ca
Camp dates for 2016 have been announced. Registration will open soon - visit www.campmonahan.ca for more info.

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



Forever ... in motion
Physical Activity for Older Adults (50+)
Albert Scott Community Centre (1264 Athol St.)
Tuesdays at 10:30 FREE!

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

Content for JUNE issue by
MAY 13
editor@nccaregina.ca



NCCA Program News You Can Use



Community Relations Manager Arlene Bray (L) and Go Green/Hire a Neighbour Coordinator Pauline Gabriel at the recent NCCA Family Fun Day

Congratulations **Pauline Gabriel!** Thanks to her efforts, NCCA, Roughriders and City of Regina will receive a Waste Minimization Award for their partnership in the **Go Green Program**.

Saskatchewan Waste Reduction Council Partnerships Award is for two or more parties from among eligible Saskatchewan municipal, corporate and/or non-profit organizations that demonstrate the benefits of co-operation and extraordinary waste reduction achievements

These Awards recognize excellence in waste reduction in Saskatchewan, and are intended to promote leadership and inspire all sectors of the province to undertake waste reduction activities.

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:

Arlene Bray Miranda Hanus

Kari Herbert IMCF

Don List Jan Morier

Shawna Ochoo Randy Ryba

Scott Collegiate SEARCH

Mark Taylor TRC Report

Lisa Workman

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

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

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

DEADLINE for

JUNE ISSUE

MAY 13, 2016

editor@nccaregina.ca

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

North Central Community Association and
The Good Life Community Network present:

Volunteer Fair

Wednesday, April 13, 2:30 - 5:00 pm
Albert-Scott Community Centre
1264 Athol Street

Learn about organizations in the neighbourhood and find volunteer opportunities that interest you!

More info: NCCA 306-791-9888

FREE for the taking!
3-Ring Binder Donation

North Central Community Association has received a large volume of 3-ring binders that are in very good condition and would like to make them available to any organization or individual. Visit our office at 1264 Athol St on the 2nd floor to pick some up.



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 Healin Thru Artz (ANHTA)	755-7333
All Nations Hope AIDS Network	924-8424
All RISE Project	352-RISE (7473)
Bylaw Enforcement.....	777-7000
Child and Youth Services	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
CircleProjectChildrens' 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
GatheringPlace	522-7494
George Gordon First Nation Urban Services.....	949-4230
Greystone Bereavement Centre	523-2780
Indian M�tis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Log House Thrift Store	791-0255
Meadow Primary Health Care Centre	766-6399
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	570-5708
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6780
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	347-3224
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	570-6208
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
Street Project — Needle Pick up	766-7799
SWAP.....	525-1722
YMCA of Regina	757-9622



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

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Vice President.....Morris Eagles
Secretary-Treasurer.....Chantelle Yurechuk

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Tom Brown Cassie Fisher
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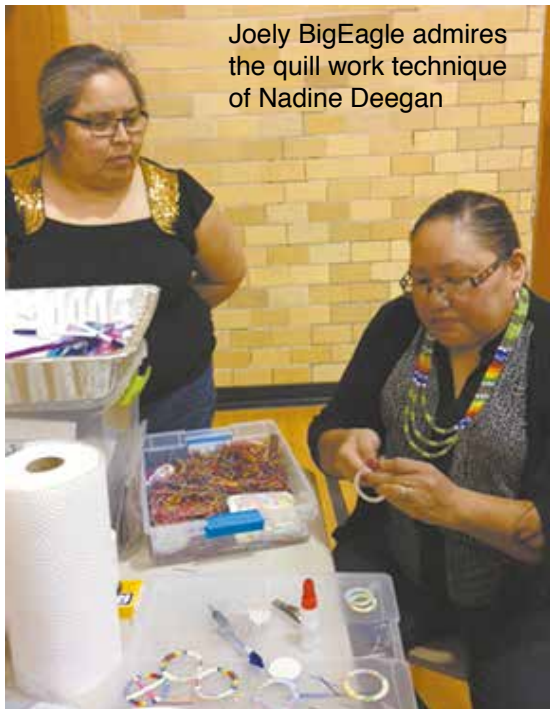


Road Kill to Hoop Earrings!

story and photos by Lisa Workman

Over a weekend in March, approximately 17 community members came together to learn the traditional art of porcupine quill work.

The initiative began with Joely BigEagle and the Buffalo People Arts Institute. “I’m on the board and am one of the founders, along with my husband Lorne. Our life revolves around the buffalo. That’s how Tatanka Boutique came to be. My role is project coordinator; so I write the grants, bring in the facilitators— today I cooked!”



Joely BigEagle admires the quill work technique of Nadine Deegan

Some of the previous traditional activities organized by the Arts Institute included buffalo hide tanning, moccasin making, fancy dance ribbon shawl making and pow wow dance class. “Our mission is to bring back the buffalo. By that we mean bringing back some of the Indigenous art forms,” says Joely.

“There are very few people who do quill work. That’s why we want to bring experienced people into the community so others can learn. This is our traditional art and we need to revive it. We’ve always been artists, we’ve always been designers. And before beads, it was quills. Not only did we make decorative jewellery, but we decorated our clothing.

They were heirlooms, they were made to last. I know that we don’t see it in museums, but I know when I think about our past, I see our ancestors wearing fully quilled dresses, and they weren’t just for ceremonies and special occasions, but they were worn all the time.

Nowadays, people have beaded key chains, beaded earrings, beaded barrettes, beaded moccasins, beaded high heels, there are beaded books.... everything is beaded! If we translate that to 500 years ago, why wouldn’t we have quilled everything? People probably quilled everything. They had that knowledge.”

“At Tatanka Boutique we noticed that people wanted the traditional indigenous art of quill work, but we found it hard to bring in those handmade items because there are very few people who make them. When we approached artists we know, they were booked with specialized and custom orders. The want and need are there in our community. The people doing it are few and they’re overworked, so we thought, how can we become that group that connects the knowledge keepers with the ones

who want the knowledge. How do we encourage them to start decorating themselves? The children are going to start coming up and they’re going to need to know this, and it needs to be kept in our community.”

Nadine Deegan taught the quill making sessions. She is from Standing Buffalo First Nation. This was her first experience teaching the art. She first learned the skill from her time in university and then relearned with her husband. “From there, I’ve just been quilling a lot for the past 3-4 years, full time,” states Nadine.

“Quill work is the oldest form of art work that the First Nations used before the settlers came and they switched to bead work. They pluck the quills from porcupines and use them to decorate what they’re wearing—their moccasins or part of their regalia. [Quill work] was part of their everyday wear to make it look beautiful, because they wanted to take pride in how they looked back then. They decorated the spoons, parts of their outfits, their blankets. Once the settlers came, they brought beads, so they switched to beads because quills are a lot harder to collect.”

The quills come from porcupines, road kill usually, but some come from farmers who catch them feeding on their grain. There is a long and delicate process preparing the quills for use. In these sessions, Nadine began with the porcupines themselves.

“First they started learning how to clean the porcupine, separating the hair and the guard hair and then retrieving the quills. Then they learnt how to sort quills so that they’re usable for the project. Then I showed them how to dye quills. We use [store bought] dye. Back then they used natural dyes, like berries and plants. There’s a lot of preparation before they even begin what they’re making. It teaches you a lot of patience. I know a lot of them wanted to give up because it’s a lot of working

with your hands and using your hands, body, and mind. When you’re wetting the quills you’re putting a bit of your spirit into that quill. So when you quill you have to have a good mind. It teaches you a lot of patience. You can’t rush or it won’t work out. And you have to have a lot of respect working with it, because it’s part of an animal.”

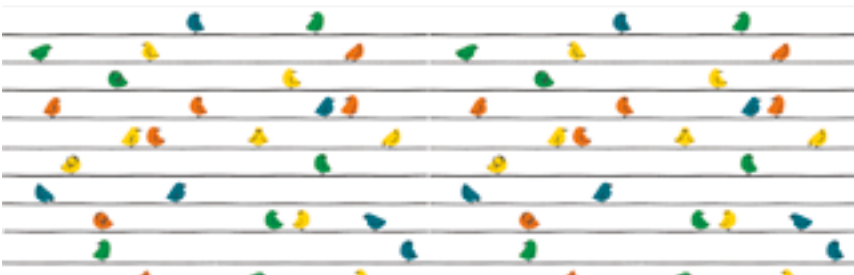
Participants like Kayla Maxie and Anna Obey worked on bracelets and hoop earrings. Kayla says, “It’s a little harder than I thought, but it’s something that I’m glad to be slowly learning. It’s hard. It’s hard on the fingernails, the wrists. I had really sore arms last night before bedtime. It’s actually really fun.”


Anna had this to say, “It’s really good to learn, but difficult to start. I find it good to learn other ways of First Nation’s art, so it gives me a better respect. I think it’s



awesome that Joely is bringing all these programs into the community.” Both ladies indicated that they intend to keep quilling in the future.

“I’m really proud that they just kept on trying because it’s a technique that takes a lot of strength in your fingers. They just kept on going to get their projects done. I’m really happy to share what I know with others. I hope they carry on because it’s a part of our culture from way back. I’m so glad to be able to share what I know,” concludes Nadine.





Proudly Presents

8th Annual Youth Talent Show & Fundraiser

RISE UP

Tuesday April 19 2016

Doors open at 6pm Show at 7pm

Regina Performing Arts Centre

1077 Angus Street Regina

Adults \$5.00 Students - Silver Collection

Children under 12 must be accompanied by parent/guardian

Reception catered by The Sioux Chef

For more information on how you can join All Nations Healin' Thru Artz please visit our webpage at www.anhta.org or check us out on Facebook

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