



photos & story by
Tahnee Dubois



The 2014 Renew Project team consists of Brittany Johns, an Albert school teacher, and Tahnee Dubois, a SIAST student provided through the Summer Student Works Program. There are 11 set cleanups scheduled and there is an option for 2 more to be added if residents wish to nominate their alley.

We are always looking for volunteers to help with minor yard care, removing graffiti and picking up garbage. We want to share this feeling of accomplishment and pride in our community while getting to know our neighbours and educating them on programs and resources that are available to them.

Each workbee begins in the alley at 10 am. We offer refreshing snacks at lunch and end the day with a BBQ for all the volunteers. Our amazing volunteers have helped out for the entire day and

some have helped for an hour. It is completely up to you how you would like to help and any amount of time helps towards a safer, cleaner community.

If you have any questions, suggestions, or if you want to nominate your alley, please contact the Renew Project staff @ 306-791-9888. You can also keep up to date with our progress by joining our Facebook group "North Central's Renew Project".

This project wouldn't be making a difference for a second year without its major sponsor, the City of Regina and the Student Summer Works program. Other sponsors include: B+B Small Engine Sales & Service, Roberta Pelletier, The Wholesale Club, and resident Alain Couture who donated his wheelbarrow when we cleaned his alley.

in partnership with



PERMACULTURE GARDENING at The Oasis

photos & story
by Tara Etter

"Sitting at our back doorsteps, all we need to live a good life lies about us. Sun, wind, people, buildings, stones, sea, birds and plants surround us. Cooperation with all these things brings harmony, opposition to them brings disaster and chaos."

Bill Mollison, *Introduction to Permaculture*

Permaculture gardening is just this: a way in which to garden and provide food and beauty that is in harmony with nature and natural processes. Every aspect of building and maintaining a household is concerned with producing the least amount of waste and multiple uses for different areas, objects and plants.

According to Robert Lamb, the Permaculture movement follows three basic ethics: Care for the Earth, Care for People, and Setting Limits on Population and Consumption.

Our Oasis garden, at the corner of 7th Avenue and Garnet St, follows this set of ethics. When walking by The Oasis garden, you might wonder why there are raised type beds and straw laid out with seemingly a lot of empty spaces. The reason for this is that the raised beds catch water and the straw, leaves, and woodchips keep water from evaporating too quickly. Raised beds also keep weeds from invading the plants. This is a perfect example of how a Permaculture garden works and promotes sustainability.

It is important that in today's society we produce the least amount of waste and reuse what we can.



Permaculture is easy to do and provides many benefits to the household and the environment.

In trying to promote environmental practices, North Central Community Association (NCCA) wanted to apply some of the Permaculture practices to our community gardens. With the help and mentorship of **Joanne Havelock** from Permaculture Regina, NCCA applied the principles of Permaculture to the Oasis garden. Without Joanne's support and expertise NCCA would not have been able to create a garden that functions like a natural ecosystem within an urban setting. Joanne continues to provide guidance to help

maintain the integrity of the Permaculture garden through countless hours of volunteering.

Dedicated volunteers such as Joanne help NCCA renew empty spaces into ones that promote environmentally friendly initiatives within the North Central community.



Work Bee Schedule

Dates (Weather Permitting)

1	1400 Block Cameron ODD	1400 Block Robinson EVEN	Jul-09
2	1200 Block Cameron ODD	1200 Block Robinson EVEN	Jul-12
3	1200 Block Wascana ODD	1200 Block King EVEN	Jul-16
4	1300 Block Queen ODD	1300 Block Princess EVEN	Jul-19
5	1200 Block Robinson ODD	1200 Block Retallack EVEN	Jul-23
6	900 Block Montague ODD	900 Block Athol EVEN	Jul-26
7	1200 Block Rae ODD	1200 Block Angus EVEN	Jul-30
		RESCHEDULE POSSIBILITY	Aug-02
8	1300 Block Athol ODD	1300 Block Garnet EVEN	Aug-06
9	1200 Block McTavish ODD	1200 Block Argyle EVEN	Aug-09
10	700 Block Cameron ODD	700 Block Robinson EVEN	Aug-13
11	1100 Block McTavish ODD	1100 Block Argyle EVEN	Aug-16
		TBA	Aug-20
		RESCHEDULE POSSIBILITY	Aug-23
		TBA	Aug-27
		RESCHEDULE POSSIBILITY	Aug-30

COLOR LEGEND

RESCHEDULED WORK BEE
CANCELLED WORK BEE
SATURDAY WORK BEE
RESCHEDULE POSSIBILITY
COMPLETED WORK BEE
LOCATION TO BE ANNOUNCED

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interview & photos: J. Morier



Love in Motion spurgeon root

The numbers: Vancouver cycling to Halifax 6,795 km by Aug 30 (9 weeks) approx 140 km a day, 26 people riding coast to coast & 3-400 people who are joining anywhere between one day and a couple of weeks. Partnering with Love in Motion. First part of funds raised go to cover expenses: \$500 per rider per week (gas for support vehicles, food, campsite fees). Please consider pledging. Funds raised go to Bike Shop at Healing Hearts Ministries

Healing Hearts Ministries is a non-denominational church located at 766 Angus Street. Included in the good work done by Healing Hearts is the bike shop and woodworking shop.

They'll repair bikes or recycle them for parts; or you can buy a refurbished bike. You pay for a tune up, just like at any of the other shops in town. And the staff have been known to barter. Spurgeon Root says "We had a young guy come in with a flat tire. So I said, 'I'll tell you what, you cut some grass for me, I'll fix your bike for you.' So he mowed grass and enjoyed helping out. Then he stuck around and did some bike work with us."

The Shop also provides work-based training for groups like Ranch Ehrlo, Street Culture, Youth for Christ so youth can learn how to fix bikes, build canoes and other types of woodworking.

Social Enterprise: Spurgeon welcomes people into the shop to give them a chance if they've struggled with getting and keeping a job.

In order to hold down a job, so many elements have to be in place. It means there must be people who believe that you should be working. It means you have to get along with the people you're working with. You need to know not to swear at customers!

"Some of the people we're dealing with are up to age 30. Most of them and their families have never worked so they don't have a frame of reference. We're hoping to break that cycle, to give people that opportunity to practice being employed in a gracious environment. We have a gradual progression of increased responsibilities and expectations. But they're not the same as if I'm the boss saying 'We need to get this done, there's thousands of dollars riding on your performance'. Around here there's really nothing riding on your performance. Other than a safe ride, and we monitor that, whether someone's repairing a bike or building a canoe."

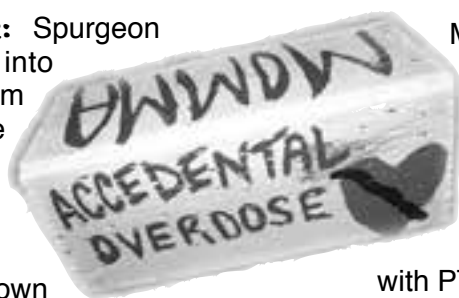
"With our regulars, it's very individualized. If you come in, you have your list of 5 things to do and they don't overlap with the other guy's list of 5 things. We're not so much a program as we are individual relationships that are helpful, much more like mentoring. No program requirements, but if somebody appears ready I'll say go talk to the Trades and Skills Centre, go talk to Transitions to Trades, go to

SIAST! If you're ready—go for it!"

We are trying to be that very early entry level. If some folks aren't ready, they might not show up for a week. If you're employed, that gets you fired. If you're in school, now you're kicked out or you're so far behind that you're never going to catch up. In trade-type programs, if you're not ready to meet those requirements, then what do you do? Well nothing, you're just stuck."

You can learn more about Healing Hearts Ministry at www.healinghearts.ca They also have a Facebook page with current news, prayer requests and schedules for bible studies.

On Trauma: Spurgeon pauses, then offers "When you talk about trauma and trauma research, there's a push to identify beyond post-traumatic-stress disorder—known as complex PTSD.



Maybe you were unfortunate enough to be in a car accident and you are diagnosed with PTSD. You have nightmares and all the symptoms. But that's a one-time event."

"Complex PTSD can be associated more with some of the folks in North Central. 'I was abused as a child, not just by one person but by 20 different people; then I got older and I joined a gang and I saw a friend die. And then I got stabbed, and then I went to jail, and I walked into the shower and somebody had hanged himself.' and it's like this over and over."

I wondered how a human being survives that? They are released somewhat when they tell their stories but it affects the listener at some point.

"At first this was normal among helpers. They call it vicarious trauma, or compassion fatigue. You don't necessarily directly experience it—I wasn't abused as a child, I had phenomenal parents... But when you hear 50 stories of child abuse—yes, that affects you. At some point, helpers who deal with this all the time end up with something that looks an awful lot like PTSD. I never got to that point, but it starts weighing on you. At first you try and put it off and say 'Maybe I'm not very good at this, other people are probably fine, this isn't even your story, what's wrong with you?'



Eventually you realize this isn't normal. Or maybe it is normal, but it's not right."

This idea of the Blocks:

"The people on the Love in Motion ride are wonderful, very well-meaning people. However, very few of them had any connection to any inner city anywhere. They are riding to raise money for causes, but there wasn't that direct connection. This isn't some vague story out there somewhere, here it is in front of you. That, coupled with the idea of trying to process over and over this loss, this weight... I thought it would be interesting to carry a block for different people."

"You think of Lonnie and Curtis Tanner—that had a huge impact on the community and I know dozens of people affected, some of them were there when it happened. That was still in a sense, my loss, it was a community loss."

"One of the blocks I'm carrying is for the young woman whose body was found in the drainage ditch just next door to Healing Hearts (November, 2013). When we hit 30 blocks, half of them were homicides. We're at 46 right now. These are all people who were lost to the streets, not people who passed away after a natural life span."

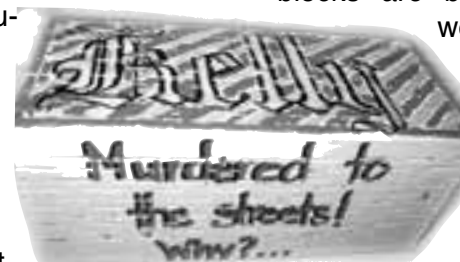
Spurgeon's oldest daughter is in grade 7 at Sacred Heart Community School. She is riding with her dad for 2 weeks in Ontario. One day she came home from school and said 'I told the

people in my class what we're doing'. Then she asked if any of them wanted us to carry a block. She came back with 4 names.

Spurgeon says "You could have an entire school with maybe one connection to a homicide or an overdose. When that happens, if it's significant, the school counsellors come in. Sacred Heart is a wonderful school, when things happen they wrap their arms around the school, they look after the kids. Here there was one class with 4 tragedies—2 of them were homicides, one was an overdose, can't remember what the fourth one was. They were all relatives of my daughter's classmates."

In taking the blocks along, Spurgeon is hoping people stop and ask 'who is that?' Then he will tell the stories. "There are social and economic problems in the inner city, all kinds of faceless problems, but look, here's someone that it killed... And I know their kids."

He adds "Agreed, we need to make economic or social policy changes, but in a lot of ways, this ride is not about a policy change, it's about Danita BigEagle, Adam Yoner, it's about all the names, and their families. And that was one of the things I liked about having the blocks painted. I wanted it to be a celebration, to show these people in a positive way. Some of the blocks are beautiful, people were very artistic."



These blocks are not tombstones.

The people named on the blocks died tragically. There's a weight to that that you always carry around. But these people will not be memorialized as heroes. Spurgeon Root concludes "One block—I didn't even put his last name because he was so despised. There are those who will be offended that I'm even carrying a block for this guy because of who he was and what he did. But he and all of these people had a life. There are folks who miss them. They were not solely the sum of their sins. That is why we wanted to decorate the blocks individually. They were individuals and there were beautiful pieces to their lives. We wanted to remember that as well.

Follow Spurgeon's Cross-Canada Bike Blog at www.jorin.net



The Regina Alternative Measures Program

RAMP is culturally sensitive with a focus on restorative justice principles. We promote respectful relationships and encourage harmony within our communities.

2815 Dewdney Ave, Regina, SK • Phone: (306) 352-5424
www.rampinc.ca • Mon. to Fri. 8 a.m. - 5 p.m.

VOiCe – Victims, Offender & Community all need a VOiCe

VOiCe is a serious offence program that is delivered through Regina Alternative Measures Program.

VOiCe is based on Restorative Justice principles of bringing those affected by serious crime together to discuss and repair the harm that was caused.

VOiCe is a confidential and voluntary process.

Offenders must be willing to take responsibility for their actions.

VOiCe accepts referrals that are not suitable for regular diversion programs.

Goals of the VOiCe Program:

To offer victims an opportunity to meet with their offender in a controlled environment. Safety is a top priority when deciding how and when to set up dialogues between parties.

To empower individuals affected by crime to achieve desired outcomes through a restorative approach.

To encourage interested offenders to develop empathy and accept responsibility

To provide offenders with an opportunity to change their future behaviors and understand how they affected the victim(s), their families and community.

To provide the community an opportunity to participate in the healing and restoring of harm caused by the offence.

VOiCe will not accept files when:

- Offender does not take responsibility for actions
- Subsequent re-offending
- Case is more appropriate for another service
- Co-accused at large or going to trial
- There is child sexual abuse, offender is federally sentenced or Drug Charges (possession or trafficking)
- Why would Victims and Offenders participate in VOiCe?

Victims:

- Gives victims a voice
- Hear the offenders' explanation of their actions/reasons for their behavior
- Enables victims to have their questions heard, answered and have input on how the harm can be repaired
- Assists in the healing journey

Offenders:

- May be able to self-identify and address issues that contributed to the behavior
- Share background information and answer questions others may have
- Offer ideas for how they wish to repair the harm, make amends and heal from the incident
- Hear and learn about the impact of the crime on the lives of those affected

How are referrals made to VOiCe?

- Victims
- Offenders
- Court/Justice Organizations
- Community Organizations

All referrals can be made to the VOiCe Program Coordinator at RAMP.

What happens after a referral is made?

The program coordinator will meet with interested parties to discuss the program and assess suitability for the program. If the referred file is appropriate for the program and both parties are willing to participate the file will be accepted.

The facilitator will conduct several pre-meetings with the interested parties to explore their needs. The need for personal support, information and safety will be assessed at this point. Other parties affected by the incident will also be contacted and offered support.

When parties are ready to participate in a facilitated dialogue, discussions about how this will proceed will be discussed with each party. Possible meeting opportunities could include face to face, exchange of letters, exchange of audio or video tapes or a form of "shuttle mediation".

For more information on the program or to make a referral please contact the VOiCe Program Coordinator at RAMP.

Canadian Statement of Basic Principles of Justice for Victims of Crime:

The following principles are intended to promote fair treatment of victims and should be reflected in federal/provincial/territorial laws, policies and procedures:

Victims of crime should be treated with courtesy, compassion, and respect.

The privacy of victims should be considered and respected to the greatest extent possible.

All reasonable measures should be taken to minimize inconvenience to victims.

The safety and security of victims should be considered at all stages of the criminal justice process and appropriate measures should be taken when necessary to protect victims from intimidation and retaliation.

Information should be provided to victims about the criminal justice system and the victim's role and opportunities to participate in criminal justice processes.

Victims should be given information, in accordance with prevailing law, policies, and procedures, about the status of the investigation; the scheduling, progress and final outcome of the proceedings; and the status of the offender in the correctional system.

Information should be provided to victims about available victim assistance services, other programs and assistance available to them, and means of obtaining financial reparation.

The views, concerns and representations of victims are an important consideration in criminal justice processes and should be considered in accordance with prevailing law, policies and procedures.

The needs, concerns and diversity of victims should be considered in the development and delivery of programs and services, and in related education and training.

Information should be provided to victims about available options to raise their concerns when they believe that these principles have not been followed.

www.justice.gc.ca/eng/rp-pr/cj-jp/victim/guide/secn.html

Victim Services in Regina

- Regina Police Service Victim Service Unit 306-777-8660
- RCMP Regina Region Victim Services 306-780-6694

Victim's Voices are Important—Repair, Reconcile, Reassure

A victim is defined as someone to whom harm was done or who suffered physical or emotional damage as a result of an offence.

Did you know...?

Although crime is a conflict between two individuals it results in a ripple effect of injuries. This means that the community, groups, and other people surrounding the victim and the offender are affected by the crime as well.

One of the goals of restorative justice is to create peace among those affected by a crime. This is done through dialogue to come to an agreement of what will repair the harm that has been caused.

By participating in the restorative justice process a victim has a voice.

All of the programs that fall under RAMP are based on a voluntary process. Although we value and strongly encourage the participation of all victims—there are occasions that a victim chooses not to participate—in the case a victim decides not to participate they can still have their voice heard by means of a victim advocate and/or a victim impact statement.

A crime affects individuals physically, financially, emotionally, and/or psychologically.

The voices of victims are a very important part of the restorative justice process. Active victim participation not only repairs the harm caused but assist in reduced recidivism rates.

10 ways to support the survivor of a traumatic event

- Learn about traumatic stress.
- Encourage victims to talk.
- Don't be intrusive.
- Let emotions flow.
- Reflect your feelings, but don't say you know how they're feeling.
- Don't make false promises.
- Don't minimize their situation.
- Provide information.
- Keep in touch.
- Take care of you!

Information provided by the Ministry of Victim Service Branch Saskatchewan Ministry of Justice

ANNUAL GENERAL MEETING

held June 23 at Albert Scott Community Centre

Outgoing President Carol Kirk brought greetings on behalf of the Board of Directors of North Central Community Association at the Annual General Meeting. She spoke of the dramatic changes that took place this last year. Rob Deglau left the position of Executive Director of NCCA and Michael Parker moved up within the organization. Rob continues to provide leadership in safety initiatives.

It is the responsibility of the Board of Directors to provide direction to the Executive Director, who in turn directs staff. North Central is a geographically large neighbourhood, with many organizations providing services to a diverse population. There are commercial businesses, nonprofit agencies and ministries, as well as big name organizations that are key players in North Central affairs. There are also thousands of residents coming from a mosaic of cultural backgrounds. For these reasons the Board of Directors initiated several town hall meetings to receive the community's input. This helps the board to focus attention on specific issues. Committees were formed on housing and street sex trade issues.

The Board of Directors needs the broad range of experiences and abilities from community members on committees.

Carol thanked the Executive Committee and Board members for their hard work and support through this transitional year. Special note of thanks was expressed to outgoing members of the board for their service.

Carol wants the North Central Community Association to have a louder voice when it comes to what changes are being decided for the community. Hard work and commitment will accomplish great things.

Carol urged us all to continue to work toward the goal of North Central being a vibrant and safe community!

Meet your Board of Directors

President: Joely BigEagle
Kequahtoway

Vice-President: Jessica Hanna

Recording Secretary: Robyn Shiplack:

Members-at-Large:

Tom Brown
Greg Campbell
Morris Eagles
Anna Galassi
Georgina Magee
Denita Stonechild
Charla Tait

**Are you an active person?
Concerned about your
community? NCCA has
been a force in rebuilding
your North Central. Take
an active role in one of
our committees—from
community planning to
community gardens.
Take part and have your say!**

Retiring NCCA President Carol Kirk,
returning Board Member Morris Eagles



The current Transition to Trades student group expect to be graduating and hired as of the end of October 2014. These students have already earned most of their construction certificates, and they're eager to learn as they continue building a house from the ground up in the area. As the previous group winds up, about 90% of graduating students are already employed. A new group is also about to start, and applications are now being invited for those ages 18-29 with grade 10 minimum. Call 306-791-9530 or email admin.tt@nccaregina.ca



Greetings from the Regina Indian Industrial School (RIIS) Cemetery Working Group

Story and photos by Dawn Rolke

In June a gathering was hosted by the Cemetery Working Group for representatives of the 44 First Nations who lost children to the Regina Indian Industrial School. We were honoured to welcome approximately 70 people, including chiefs, elders, appointed band representatives, families, descendents of formers students and other interested persons.

The gathering was held at St. James United Church (northwest Regina). The church entrance displayed historic documents, pictures of former students and their families, and other materials related to the Regina school.

Riders from Dakota nations in southern Manitoba arrived with horses for a ceremonial ride. A Spirit Bowl of food was prepared for the children in the cemetery. Elder Larry Oakes of Nekaneet offered a blessing over the food.

Following lunch, the riders left for the cemetery, followed by a City safety vehicle. Vehicles of other guests fell into a slow procession behind the riders, or drove on ahead.

It is difficult to describe the power and beauty of the riders as they moved out of Regina, toward the cemetery. Many participants spoke of the ride as the highlight of their day. Arriving, the riders circled the cemetery four times before stepping back in honour-guard fashion. Elders and Chiefs then came forward and continued the ceremony with Spirit prayers in four directions, and a smudge. Finally, everyone was invited to enter the cemetery. Buckets of roses sat at the mouth of the cemetery and people took a rose and laid it inside the space to remember the children.

Back at the church, approximately 40 people reassembled for a presentation by the Working Group. Janet Dufour, our Guiding Elder, offered a prayer to begin. The presentation was an adapted version of the one we've offered to community groups in past months. Instead of moving into a Talking Circle, we remained in our seats and simply passed the microphone for comments. This was the will of the group. Appreciations were expressed for the day, the ceremony, the riders and the opportunity to see photos and read documents. People spoke about many things. Bill Wall and Mary Jesse offered apologies on behalf of the United and Presbyterian Churches, respectively, and committed themselves to the ongoing work of redressing historic and current day injustices.

Some guests asked: where to, from here? Others asked if the Working Group would remain involved or call another meeting. Chief Barry Kennedy (Carry the Kettle) said that First Nations will continue the work.

Rev. Bernice Saulteaux (Carry the Kettle) offered closing remarks. Beginning with her personal connection to the cemetery, Bernice drew our attention back to the children who attended the Regina Industrial School. She noted that the healing of the children's spirits began today; she invited us to be part of ongoing healing. The day found its natural conclusion around 5pm with a barbeque, prepared and served by First Presbyterian members.

The Regina Industrial School was run from 1891 to 1910 by the Presbyterian Church contracted under the Department of Indian Affairs.

It was an time when government policy worked to assimilate aboriginal people into mainstream society. This policy evolved into residential schools.

In 2012, an engineering firm surveyed the 680-square-metre area on the western edge of the city and reported a minimum of 22 grave sites and possibly 40. Buried there are the bodies of children from First Nations and Métis communities, as well as the children of the school's first principal.



Manitoba Rider

It is difficult to describe the power and beauty of the riders

The Cemetery Working Group saw the June 8th gathering as a natural completion of our work. We felt a deep obligation to share information about the school and cemetery with Aboriginal leaders and descendents of former students. Now, having completed this task, we will stop, listen and wait for next steps to emerge. That said... our personal and collective commitments to relationship, remembering and redress will not end.

With the close of this chapter, we extend our thanks to Janet Dufour for guiding us this far. Janet is an active Elder in Regina and a grandma and great-grandma, so we release her to her many other commitments. Thank you, Janet.

We remain open to hearing from you and are grateful for your support and commitment to the Regina Indian Industrial School Cemetery.



Dawn Rolke speaks for the Cemetery Working Group: Bob Ivanochko, Mary Jesse, Bill Wall, Don Black, Doug Stewart

Ceremony before entering the cemetery



SACRED HEART COMMUNITY SCHOOL

Read to Succeed!

By Ms. Tricia Erlendson, Vice Principal
Sacred Heart Community School

A unique and exciting partnership has developed between the students at Sacred Heart Community School and the students at RCMP Depot Division. This year three troops of cadets from RCMP Depot have attended Sacred Heart's Accelerated Reading (AR) nights and volunteered their time reading with students. This has proven to be such a meaningful connection that all Sacred Heart students were invited to visit Depot where they participated in activity stations led by the cadets. In addition, on June 13th RCMP Depot hosted a cadet talent show fundraiser with all the proceeds donated to Sacred Heart's AR reading programs.

This new partnership began when RCMP Depot's Commanding Officer, Chief Superintendent Louise Lafrance, saw a video prepared by one of Sacred Heart's teachers describing the school's AR reading

program. She was so intrigued with the students' success and enthusiasm towards the program that she was eager to find a way to team up with Sacred Heart students and staff. As a result, each new troop at Depot is shown the video and the cadets have been keen to learn more and volunteer their time. It has been a wonderful experience meeting these young individuals from all over Canada and the students at Sacred Heart have really enjoyed the opportunity to learn more about the kind, generous people of the RCMP Depot division.

A new group of cadets will visit Sacred Heart in September when the AR Reading nights resume for the 2014-15 school year.



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PH: (306) 791-7290 FAX: (306) 791-3589

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



SEARCH

Student Energy in Action for Regina Community Health



SEARCH is a student run clinic in North Central Regina. SEARCH is open Saturday afternoons. During this time, you can drop in at the clinic to see a doctor, have a free hot meal, and take part in different activities for all ages! Everyone is welcome!

Will be moving
to SATURDAY!
September 6
12:30 pm to 3:30 pm
FOUR DIRECTIONS
Community
Health Center



Giving Hope Today

THE SALVATION ARMY
HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600

www.havenofhope.ca

Helping to make a difference
in someone's life

It's back to school time!

Register your child for school supplies
and a backpack as they return to school.

August 11 to 20

Please bring along:

- health cards for you & your kids (as identification)
- the supply list from the school each student will be attending
- a progress report or report card stating the grade that each student is entering

Supplies are limited.

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



Helping Build Brighter Futures

Employment Readiness & Essential Skills Program

Location: Regina, SK

Program Runs: September 2-26, 2014

Application Deadline: Apply Today-Space is Limited!

This program will include the following:
Essential skills, resume writing, interview techniques, portfolio development, multi-sector safety tickets, workplace certifications, employment transition supports, and cultural development.

There is no cost for this program



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TECHNICAL
INSTITUTE
INC



Must be 18 years of age or older.
For more information visit your local GDI Office
or local Village/Band Office
or call 1-877-488-6888.
Apply Online at www.gdins.org
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Enjoy Summer!



**Working With You
Working For You**

Warren

Warren McCall, MLA - Regina Elphinstone-Centre
2900 5th Ave • 306-352-2002 • warren.mccall@sasktel.net



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CELEBRATE CREATIVITY in North Central

ART MUSIC MARKETS FOOD WORKSHOPS

CULTURE DAYS

5th Ave & Rae St.

Saturday, Sept. 27

11 am to 3 pm



PERFORMANCES ART MUSIC MARKETS FOOD WORKSHOPS



Are you a North Central **ARTIST** interested in performing and/or selling your handiwork?
Please register with the NCCA office @ 306-791-9888.
We are also looking for **VOLUNTEERS** to help on the day.

Wiichihiwayshinawn Foundation Inc.

2013 Métis Awards
Saturday, September 27
Queensbury Downs

For Nominations and Sponsorship e-mail:
wearehelpers@gmail.com

For tickets contact Ashley Norton 306-550-8938

www.wearehelpers.ca

Congratulations Athletes, Artists & Volunteers!
Organizers - you also raised the bar!
THANK YOU



Community Stories is a Program developed in partnership between the Albert Library and Regina Fire & Protective Services.

Firefighter Todd



Firefighter Lindsay



Its only goal is to encourage young students—especially young boys—in North Central's Community Schools to read. So each Thursday a crew of Firefighters and the librarian from Albert Library read to the grade 1 & 2 students in the four schools: Albert, Kitchener, Sacred Heart and Wascana, acting as role models to encourage reading.

The May 29th reading marked the Program's 10th anniversary!



North Central Health Fair & BBQ

Presented by the Regina Queen City Kinsmen Club

It's
FREE

Everyone
is Welcome

Tuesday, August 19
11^{am} to 2^{pm}

Albert Scott Community Centre
1264 Athol St.

Join us for:

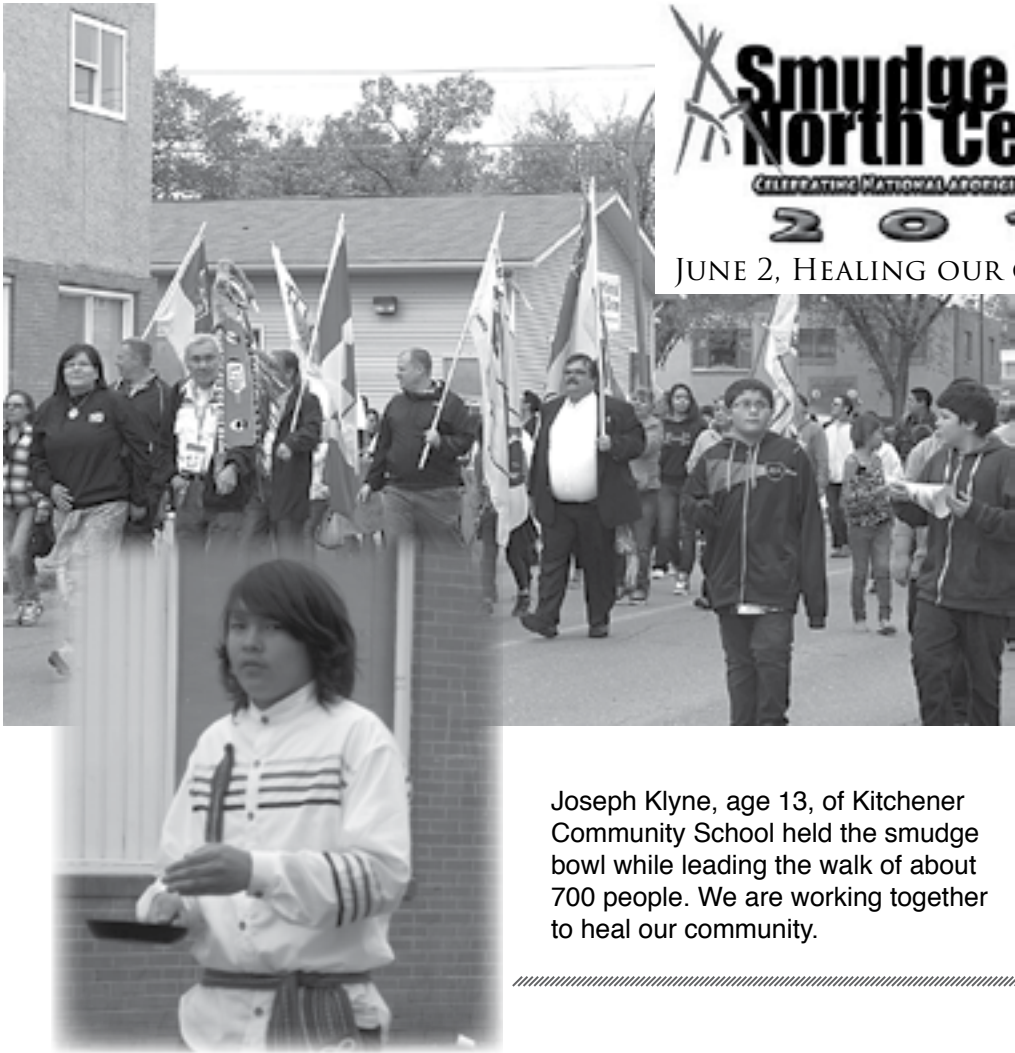
- A Diabetes Risk Assessment
- Health Booths
- Fun activities for the children
- Healthy BBQ



This event is a great opportunity for residents of the North Central community to come together, enjoy healthy food and learn about their risk for developing diabetes and other chronic conditions. Diabetes educators, pharmacists, and nurses will be available all day to provide individual counselling to participants. There will also be a number of activities where residents can learn about small changes they can make in their life that will have a positive impact on their health.

Residents will be able to visit a number of health stations and there will be fun games and activities for children. We will be providing entertainment for the guests though lunch. After participating in the diabetes risk assessment and visiting the health booths, participants will have their passports stamped, and then visit the healthy BBQ station. The BBQ will include lean hamburgers, veggies and dip, whole fruit and water.

This event is brought to you by your community partners: Canadian Diabetes Association, North Central Community Association, Regina Education and Action on Child Hunger (REACH), Regina Qu'Appelle Health Region – Four Directions Community Health Centre, Aboriginal Home Care & Senior's Healthy Living, Student Energy in Action for Regina Community Health (SEARCH), City of Regina, SaskEnergy



**Smudge Walk
North Central**
CELEBRATING NATIONAL ABORIGINAL HISTORY MONTH
2014
JUNE 2, HEALING OUR COMMUNITY

Joseph Klyne, age 13, of Kitchener Community School held the smudge bowl while leading the walk of about 700 people. We are working together to heal our community.



GROCERY STORES IN NORTH CENTRAL

REACH offers 2 mobile grocery stores in North Central!
Save up to 30% on your groceries this week!

Check out:
Albert Scott Community Centre
Mondays from 11-1

Rainbow Youth Centre
Thursdays from 3:30-4:30

- There you will find:
- Fresh fruits & vegetables
 - Bread & cereal
 - Milk & dairy products
 - Ground beef & eggs
 - Canned goods

Summer Hours

Mon to Thur 9 to 4 Fri 9 to 1

Early Years
Family Centre

REGINA
Children's
Initiative
Strong Beginnings. Brighter Futures.

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

Scott Collegiate

3350 7th Ave (306) 523-3512

PharmaChoice

Stapleford Pharmacy

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

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

10% Seniors Discount
Free Prescription Delivery

Advice
for Life

MGR. MEGAN ZMETANA, BSP

REACH

at any Community
Mobile Store

bring in this
coupon and save
an additional
\$2.00
on already affordable
pricing!

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

Does your agency need to advertise an event? North Central has a 6 x 8 electronic bill board on 4th Ave at the Regina Performing Arts Centre. Advertising for programs are a free service we offer. Give us a call at 306 791-9888 or communityrelations@nccaregina.ca

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

Hire A Neighbour!

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

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



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

Call the NCCA office at 306-791-9888.

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

Editor: Jan Morier
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

- Brenda DuboisTahnee Dubois
- Tara Etter
- Four Directions Community Health
- Kari HerbertCarol Kirk
- Jan MorierMichael Parker
- Angela PrawzickRAMP
- Dawn RolkeSpurgeon Root
- Sacred Heart Community School

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

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

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

DEADLINE for
OCTOBER ISSUE
September 12, 2014

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

Office Notes

Rob Deglau recently attended a **Crime Free Multi-Housing** session in Saskatoon with a view to bringing the program to Regina. Certified properties that meet the requirements work toward a stable and satisfied resident base, lower maintenance & repair costs and increased property values. Tenants enjoy a safe and secure place to live and a healthy community environment where you know your neighbours and learn what suspicious activity to look for. There are benefits to the police services too, through cooperation and crime prevention.

Everybody wants to feel safe in their home. Rental or otherwise. Stay tuned for your invitation to get involved.



Dial 306 before calling!
NORTH CENTRAL PHONE LIST

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

Organizations & Agencies

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

Want the number of your agency in this space? Call us to add it: 791-9888



Get Social!



Mission Statement of
North Central
Community Association

Pursuing the development and maintenance of a safe, vibrant and attractive community through advocacy, partnership and services.

NCCA Board of Directors

President.....Joely BigEagle
Kequahtoway
Vice President.....Jessica Hanna
Secretary.....Robyn Shiplack

MEMBERS-AT-LARGE

Tom BrownGreg Campbell

Morris EaglesAnna Galassi

Georgina MageeDenita Stonechild

Charla Tait









Regina
Humane
Society

The Animal *Well*-Fair

Join the Regina Humane Society for a jam-packed afternoon of **FREE** fun that is all about our four-legged friends!

-  **FREE** games & activities
-  **FREE** prizes & giveaways
-  **FREE** face painting
-  **FREE** food & much more!

Sunday, August 24
1:00 - 4:00 p.m.
Albert Scott Park

Learn about pet care and animal welfare, and join in the party!



For more information please contact the RHS Education Coordinator at 306-543-6363 (ext. 224) or email education@reginahumane.ca



Record.

Take a photo of the graffiti on your property as soon as you see it.

Report.

Report all incidents of graffiti damage to your property.

Remove.

Remove graffiti from your property as quickly as possible.

- To report graffiti on your property, call Regina Police Service at 306-777-6500 or go online to www.reginapolice.ca.
- To report graffiti on City-owned property, call 306-777-7000 or visit Regina.ca.
- If you see a graffiti crime in progress, call 911.

Graffiti is vandalism, not art.
It's a crime under the Criminal Code of Canada to put graffiti on private property.



Regina Catholic School Division welcomes its 115th school year

Rich in tradition, culture, and history, the Regina Catholic School Division's humble beginnings date back 115 years to the earliest days of the city of Regina.

On February 11, 1899, the city's small Catholic community came together to establish a separate school district. Named after Father Damian Gratton, the one-school Gratton Roman Catholic Separate School District No. 13 grew out of a strong faith and a commitment to educating Catholic children in their own schools.

The Division grew and evolved, becoming the Regina Catholic School Division No. 81 in 1979. It is now made up of over 1,100 devoted staff members who serve the more than 10,600 students who attend the Division's 24 elementary schools, four high schools, and one Kindergarten to Grade 12 alternative school.

The Division offers a wide range of academic programs, practical and applied arts programs, student support services, and extracurricular activities. What makes the division unique is the faith-based education it offers. Schools at Regina Catholic are faith-filled communities

where the values and teachings of Jesus Christ guide every aspect of teaching and learning. The Division's schools are places where staff and students can freely teach and practice the Catholic faith and where the school, home, and church work together to help students become informed, compassionate, and responsible citizens.

"The Regina Catholic School Division offers a quality Catholic education that focuses on inclusion and respect while improving literacy and learning outcomes," says Rob Currie, Director of Education. "We are committed to developing informed, responsible citizens through faith-based, student-centered, and results-oriented education."

There is a strong sense of community within the Regina Catholic School Division. The Division strives to work alongside First Nations and Metis leaders to recognize their distinct culture and traditions and welcomes all newcomers, offering programs and teaching supports to students learning English as an additional language.



Families of elementary aged students who wish to attend a French Immersion Catholic school can choose a school based on where they live. There are four French Immersion elementary schools, each located in and serving a different area of the city. The French Immersion program is also offered at both Archbishop M.C. O'Neill Catholic High School and Dr. Martin LeBoldus Catholic High School.

Community partnerships are a priority for the Regina Catholic School Division. Schools partner with local organizations to improve student learning, build stronger families, shape healthier communities, and continue the development of Catholic values. They also create opportunities for students to gain new skills and experiences, which may help them with their future education. The Division also partners with many community organizations and non-profit groups to provide before/after school programs for our families.

Parents of students interested in attending a Regina Catholic School are encouraged to contact either the Catholic Education Centre or their local school. For the 2014-2015 school year, registration is on Wednesday, August 27, from 1:00 – 3:30 pm and on Friday, August 29, from 1:00 am – 3:30 pm. All students return to class on September 2. More information is available at www.rcsd.ca, or by calling the Catholic Education Centre at 306-791-7200.

Back to school registration is here!

Students return September 2, 2014.

Registration takes place:

Wednesday, August 27 from 1:00 - 3:30 pm
and
Friday, August 29 from 1:00 - 3:30 pm
At your local school.

