

40TH Anniversary BLOCK PARTY



June 4 was a perfect day for an anniversary block party with games, entertainment, a barbeque, Elders' tea room, face painting, displays and more! If you missed it, here are some highlights:



photos J. Morier



Reagan Stanley and
Coach Brandon Brooks
Sr., North Central Lakers



The audience enthralled by Illusionist
Keegan Duck of Magic & Entertainment

THANK YOU North
Central Community
(Society) Association
for 40 years of service
to our neighbourhood

At an evening dinner, Certificates of Recognition were awarded for dedication, passion and loyalty to the North Central community and the residents within it. Recipients:

- Trevor Boquist - Bennett Dunlop Ford for NC Community Cleanup
- Brandon Brooks Sr. - Coach, North Central Lakers Bantam Football
- Rob Deglau
- Brenda Dubois
- Doug McCall
- Jan Morier
- Reagan Stanley - Team member - North Central Lakers

North Central Community Association would like to thank the following Sponsors for their generous support of our 40th Anniversary:

- Conexus Credit Union
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- Regina Police Service
- Regina Fire & Protective Services
- Regina Humane Society
- Central Zone Board
- Jack FM
- Newstalk CJME
- Z99
- Community Volunteers



INSIDE

- | | |
|------------|---|
| P2 | Community Voices:
NC Long-Timers |
| P3 | Education & Calls to Action
T&R Commission of Canada |
| P4 | NC Community Gardens |
| P5 | Advocating for Youth in Care
Community Leader Brenda Dubois |
| P6 | NC Good Neighbour Fencing
National Aboriginal Day |
| P7 | Scott Collegiate News |
| P8 | Arts, History & Culture
Larissa Kitchemonia
Nephi MacPherson |
| P9 | Girl Guides
Community Clean up |
| P10 | Blanket Ceremony
Sacred Heart |
| P12 | NC Smudge Walk
NC AGM |



DOUG, DIXIE AND BETTY

North Central Long-Timers
Relate their Memories

Our friend Doug was born in a stone house on the farm between Montmartre and Wolseley in 1934. The McCall immigrants came from Scotland to Saskatchewan and his stonemason great grandfather built many houses in the Wolseley area.

Doug remembers riding a horse three and a half miles to school. After the horse and buggy years in 1944 when the CCF were elected to run Saskatchewan, Doug's father was able to afford a truck he called the CCF truck.

After his father passed away Doug and his mother moved to North Central Regina in 1957.

Among his vivid memories of the neighbourhood was getting a good job at SaskPower, falling in love, marrying and raising 4 kids. Doug and his wife Carol lived by the Baptist Church on the 13-block Robinson Street.

They were active the church, his wife sang in choir. He and his sons were into the scout group. Doug coached ball for neighbourhood boys, including his sons, for 12 years and had a lot of fun with that. Members of the team are grown men and still say hello. Doug's mother lived in this area as well so the kids got to spend time at grandma's place.

He says the sense of community when they were raising their children was great. The kids went to Kitchener and then Scott. Their teachers and education were tops. His sons and daughter are successful in their lives. Their youngest son was a Minister, but cancer claimed him at age 30.

Raising his family, Doug says, was a beautiful experience. "If I drop dead right now, I've been blessed. It's been a great ride."

Doug sat on The Regina Housing Board for a dozen years and the North Central Community Association board for a couple of terms. He's seen a lot of change in the neighbourhood. There used to be a Safeway, at 5th and Cameron, and there was a Maynard's Meat Store that delivered to customers.

When the Macleans article dubbed our neighbourhood



as the worst in Canada, Doug says, "That just rolls off my back, they've been saying that for years." He knows there's a problem with landlords and bedbugs, not just in North Central, but all over the city.

"If I drop dead right now, I've been blessed. It's been a great ride."

Dixie is a long time resident of North Central Regina who retired here in 1983. She was born in 1920 in the small town of Dunblane, Saskatchewan (population 200). Her hometown is now considered a ghost town. Her family is of English and German heritage and Dixie is one of 9 children. The farming family sold cream and wheat by the wagon through country elevator.

Her family got around first on horseback, then by wagon, then they got a car in 1930. After a career in Lumsden, Dixie moved to Regina, cleaning houses in the city. Dixie's joy was buying a house in the neighbourhood, she has since moved to her second house by a park. Every summer she enjoys the celebrations in the park and seeing 'natives' put up tipis. "They had their big days near the Whitebear Reserve where I lived for 30 years."

She believes that North Central is no different than any other part of the city, it's all in what you make it. "It's more of a community now," she says, "it's mixed better." But Dixie thinks it's not complete. "We could be stronger, we need a good leader, to make the community better."

Dixie sees that everything is gradually changing.

She doesn't like how media talks about this area. "If they want to talk about crimes, tell about the whole city and not just this area."

Betty was born in Dover, England in 1923. She came to Canada as a War Bride. Her husband was in the Army, they met in Dover, and got married there. Her parents didn't like to see her go but didn't try to talk her out of it. Betty's twin sister also married a Canadian soldier and moved to Mississauga after Betty lead the way.

It was 1946, the year after they'd married, that Betty travelled over the ocean, through Pier 21, by train to Regina. She had never travelled outside of Dover before! Her husband met his nervous bride at Regina's train station (now the casino). Betty arrived in the dead of winter, a ton of snow and heavy winds—even the trains froze.

"We lived with his sister for awhile on Angus." That house was near to where their present home was eventually built in 1947. Material was hard to get, but her husband built it himself. There were only a few houses on the street at the time.

Her husband was a carpenter by trade, working for the city. Their home is filled with carved furniture and ornamentation showing his skill.



Three sons and a daughter were raised in the home. The kids attended Kitchener School, then Scott. Her children enjoyed the nearby skating rink and playing with friends. A grocery store was in the vicinity of their home, or they'd shop at Safeway on 5th Avenue.

Betty laments the deterioration of the community. "We never locked our doors." Now the change is noticeable. Betty casually describes the time she was shot. "I was sitting here, laying on my couch, watching the news. It was late August, (about 10 years ago)—they shot me through the screen door. My daughter was here, but she'd gone to bed. She ran to me and phoned police and they called the ambulance. The ambulance

Wooden sidewalks in North Central



guy said 'just put a stitch in it', but the police insisted I be taken to hospital. The bullet fragment was lodged in my cheek and the surgeon removed it."

They never caught the person who fired the shot. "But I'm still here. I lived through the war, and then, shot in my own home..."

When asked if she was on good terms with her neighbour, Betty admitted "I have no idea who lives next door. Across the street, I know them. My family helps with house and yard work, and bring me meals. I want to stay here as long as I can. It's my home."

When I was raising my family there were parks and schools and churches on every other corner. I had a big garden, and my husband made me a cultivator, but things got stolen, so I don't garden any more.

Betty used to help do the dishes at Care and Share. She now enjoys crossword puzzles watching TV and knitting.

Betty was gracious to share her snapshots showing wooden sidewalks, outhouses and happier days.

The outhouse in Betty's back yard



Education on TRC Issues

The history of Canada’s Indian residential school system is considered a dark part of this country’s past. Unfortunately, much of that history was not taught in elementary or even post-secondary school courses.

With the release of the Truth and Reconciliation of Canada’s Commission’s report and the 94 Calls to Action, this history is available for the public to educate and inform themselves on how residential schools have affected current generations of Indigenous people in Canada.

The Albert Library branch of Regina Public Library has in their collection several books for all ages who are interested in learning more about the history. Whether it’s on-line, music, or movies, there is variety of ways to learn.

For adults interested in the full TRC report, it consists of a binder and the 94 recommendations, and is available for borrowing or can be downloaded at www.trc.ca. For a more personal account of an experience, adults can read *The Education of Augie Merasty: a residential school memoir* by Joseph Auguste Merasty.

by Miranda Hanus

Young adults can read *Sugar Falls: a residential school story* a graphic novel by David Robertson.

For children, there are two books that look at the time before a child was sent to residential school, lived with their families, and were reminded to not forget who they are as Aboriginal people. Author Nicola Campbell shares these types of fictional stories in her beautifully illustrated children’s books *Shin-Chi’s Canoe* and *Shi-shi-etko*.

If you learn better in discussion with others, learn as a group and start a book club. You can take the call to actions—like the section mentioned in this issue *North Central Community Connections*—and read and discuss as a group.

Or you can host a showing of a movie. For example, *We Were Children* is a 2012 documentary from the National Film Board of Canada. An older film that is a fictional account of a young First Nations girl who is fighting to remember her culture is *Where the Spirit Lives* (1989).

So whether you prefer to read, or watch films, there are a many ways to educate and learn about a chapter in Canada’s history that still haunts our society today.

Truth and Reconciliation Commission of Canada: Calls to Action

In this second in 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 EDUCATION

6. We call upon the Government of Canada to repeal Section 43 of the Criminal Code of Canada.

7. We call upon the federal government to develop with Aboriginal groups a joint strategy to eliminate educational and employment gaps between Aboriginal and non-Aboriginal Canadians.

8. We call upon the federal government to eliminate the discrepancy in federal education funding for First Nations children being educated on reserves and those First Nations children being educated off reserves.

9. We call upon the federal government to prepare and publish annual reports comparing funding for the education of First Nations children on and off reserves, as well as educational and income attainments of Aboriginal peoples in Canada compared with non-Aboriginal people.

10. We call on the federal government to draft new Aboriginal education legislation with the full participation and informed consent of Aboriginal peoples. The new legislation would include a commitment to sufficient funding and would incorporate the following principles:

i. Providing sufficient funding to close identified educational achievement gaps within one generation.

ii. Improving education attainment levels and success rates.

iii. Developing culturally appropriate curricula.

iv. Protecting the right to Aboriginal languages, including the teaching of Aboriginal languages as credit courses.

v. Enabling parental and community responsibility, control, and accountability, similar to what parents enjoy in public school systems.

vi. Enabling parents to fully participate in the education of their children.

vii. Respecting and honouring Treaty relationships.

11. We call upon the federal government to provide adequate funding to end the backlog of First Nations students seeking a post-secondary education.

12. We call upon the federal, provincial, territorial, and Aboriginal governments to develop culturally appropriate early childhood education 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



Our community news in 1979

Community Gardens 2016



9th Annual!

My name is Maegan Krajewski and I am very excited to be this year's Community Gardens Coordinator. I am a fourth-year university student who loves food, food justice, food security, and, of course, my dog Cocoa.

I believe that the community gardens are dedicated first to fostering community, and second to growing fresh, healthy food. It is my hope that many members of the community, and people from around the city, will come out to help maintain the gardens, participate in activities, and enjoy workshops. Volunteers and participants are always appreciated! The garden's "help yourself" system means that residents and volunteers can



If you want to join me for general garden fun, I will be around at these times and places:

**Mon. 10:00-11:30 am – Oasis
(1265 Garnet Street)**

**Tues. & Thurs. 1:00-2:00 pm – Albert
Scott (1264 Athol Street)**

**Fri. 4:00-5:30 pm – Oasis
(1265 Garnet Street)**

water, weed, and harvest at any time — and if you see a ripe strawberry, pick it and eat it!

Please check out our North Central Community Gardens Facebook group or e-mail me at maegan@nccaregina.ca if you have any questions, concerns, or ideas. Together, we can grow community!

Thank You Funders:
Community Initiative Fund
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Walmart

Thank you to this group from Gentle Road Church of Christ who helped prepare the Scott Collegiate gardens, while their colleagues cleaned North Central yards and alleys and even tore down a dilapidated garage.

Gentle Road is a mobile church in our community. 25 members of Calgary Church of Christ was in town for the weekend doing mission work through GRCC. We appreciate their donation of time.

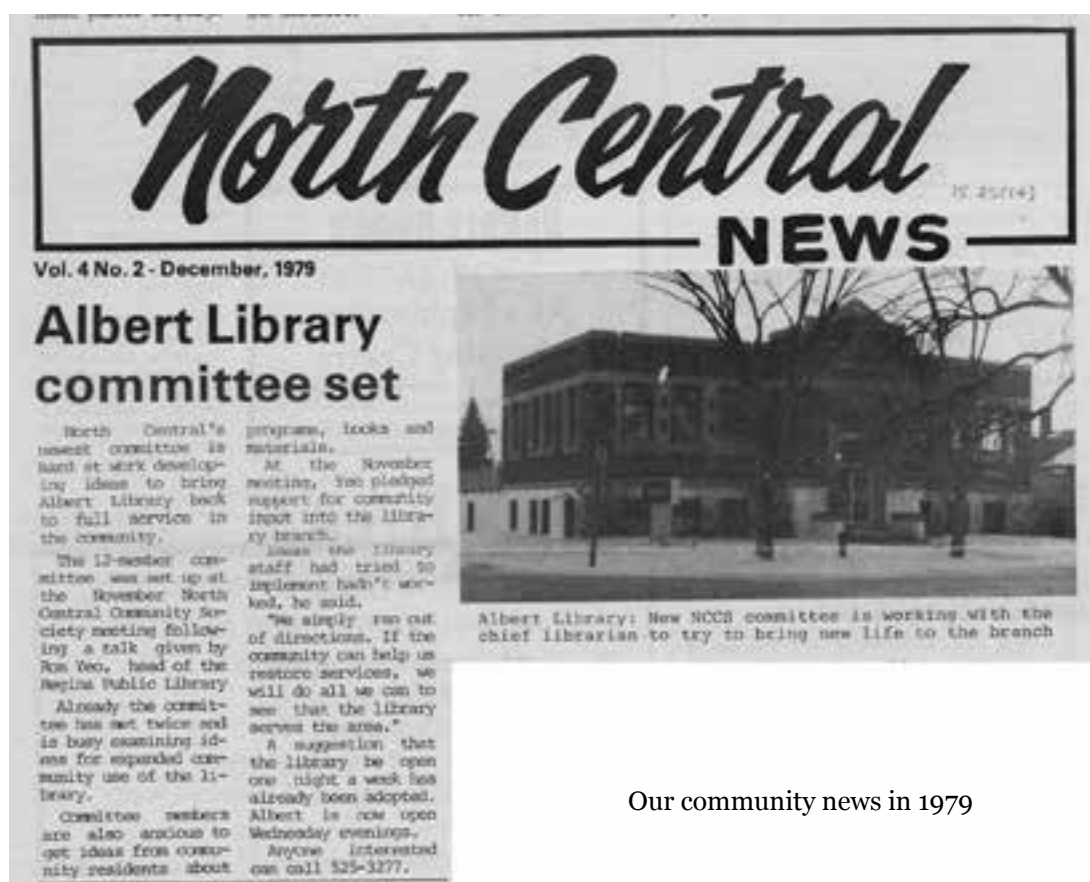


Congratulations Aurora Cote!

www.heritagesask.ca/heritage-fairs



Aurora Cote is a grade 8 student at North Central's Seven Stones Community School. At the Regina Regional Heritage Fair, held May 6, Aurora was awarded the First Nations & Métis Heritage Award for her display on Residential Schools.



Our community news in 1979

1979 ad from North Central News



ADVOCATING FOR YOUTH IN CARE:

Support LEADS to Future Success

by Miranda Hanus

This is the third in a series of articles on child care options.

Jessica McFarlane is the Employability Skills Coordinator at Meewasasin. Working primarily with youth who live in the community of North Central, McFarlane has first-hand experience on the challenges facing young people in ever-changing economic and social situations.

Obtaining employment as a young person is becoming more and more of a reality—especially for youth in care. According to McFarlane, youth age out of the child welfare system when they turn 18, often with no supports in place.

McFarlane is on the Youth in Care Canada board of Directors. She became aware of this agency when she was 15 and attended events at the provincial level. She says the members “work to raise the voices of young people from the child welfare system.” McFarlane adds it’s a way to advocate for youth, some as young as twelve, who are inquiring about their status in foster care.

There are different statuses for children in care; permanent or long-term wards who can never be reunified with their families, and temporary wards. McFarlane says she was in the category of temporary ward, even

though there was no chance of reunification with her mother. She explains that her mother had addiction issues, which often led to a volatile home environment.

From the age of 9, McFarlane and her siblings were placed in the care of family members; first an aunt and then their grandmother. Eventually, at age 15, McFarlane was sent to a foster home without her siblings.

Speaking from her own experience, McFarlane says she never received appropriate supports to deal with any of the trauma experienced in her home. She says it led to difficult behaviours as a teenager.

She participated in a rare “pre-placement” meeting with her potential foster parents. “It’s still weird. It’s not your home and you’re just meeting these people and it takes so long to feel them out and get comfortable. What do call them? What do you tell people when they ask where you live? There’s lots of negative stereotypes attached to being from foster care.”

McFarlane says her new foster parents were exceptional. “I think they were the toughness that I needed but still very soft.

I never felt that if I broke a rule, I was going to get shipped to another home. I knew I was going to be held accountable for my decisions and there would be consequences. They were very good people.” She was only with them for a year and a half.

“Even though I came into care at 9, and it was very soon discovered there would be no chance of me going back home, I was never given long-term or permanent ward status. (Child welfare) just kept my siblings and I temporary for all those years.”

“When I was 16 and didn’t want to be in my foster home, I could take myself out of care because I was technically there on a voluntary agreement. The hard part was that when I turned 18, because I was always considered temporary, I wasn’t able to access any after care programs.” McFarlane says these programs were designed to support youth in care, ages 18 to 21, provided they are pursuing education and employment goals. “I did have a goal and did go to university but wasn’t able to access any of those supports because I had been temporary and not long term (care).”

“Permanency is important along

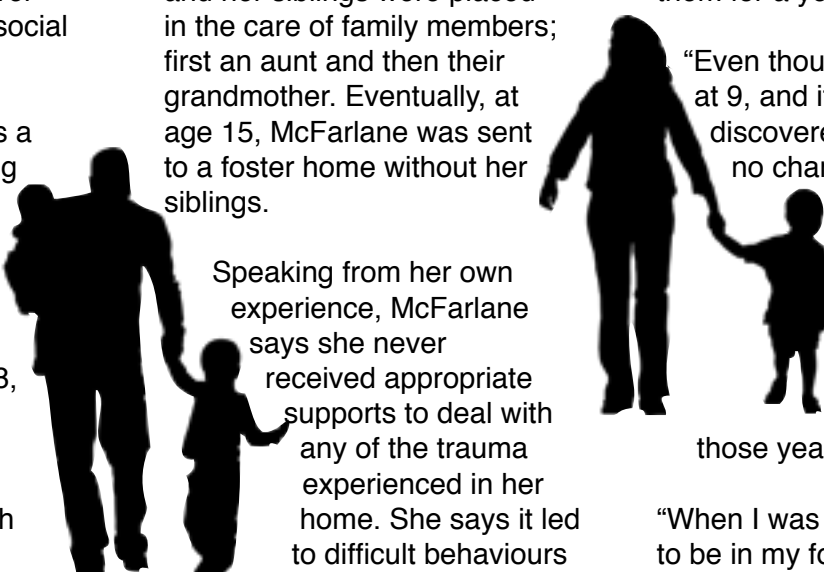
with the realization that children cannot be reunited with their family. It was really difficult learning much later in my care that I was not going to be able to get any support after (I turned) 18 because someone had made a decision that I should always be temporary.”

“I had aspirations to attend university. Had I qualified for that extended care agreement, (by having permanent ward status), it would have cut down on my student loan debt. They would have helped with tuition and my books and they would have helped with my living expenses. I almost didn’t go to university because I was scared of going that far into debt at such a young age. But I finally decide it was the best path for me.”

“It would have been nice to have a worker that you could call, and say, ‘Classes are crazy’. It’s that emotional support for someone to ask, ‘How are YOU doing?’”

McFarlane says she would like to see supports for youth-in-care using a national standard to create a benchmark age for after care support across all provinces.

“The majority of kids in care are not there by choice. Something has happened in their life to put them into the system. That distress was dictated for them when they were very young.”



For more information about Youth In Care, visit www.youthincare.ca

BRENDA DUBOIS

Community Leader & Role Model

At her job at the Randall Kinship Centre (RQHR), Brenda carries out culturally-affirming approaches to working with families. “I looked at not what our best practices were—rather, what our traditional healing models are. I now have a template to use for training psych students and social workers. If you’re going to work in Indian Country you need to have these basic understandings.”

Volunteering in the community might involve fun stuff, such as judging the bannock-making contest for the Albert Branch of the Regina Public Library, or doling out door prize tickets at North Central Family Centre. Brenda has been called upon to lead workshops in the community, or just to be present and say a few words. She considers requests to lead prayers a high honour.

At Randall Kinship, Brenda works with a families to acknowledge the negativity but to focus on all the beauty they share. She can accomplish as much in two weeks as Social Services can over a 10-year history with the family.

Her own childhood experience with ‘the system’ was used as a case study in kinship care and presented at the first Indian Child Welfare conference held in Canada (mid-1970s). Brenda’s interests were launched when she was invited to a meeting of Peyakowak (“*They are alone*”) - an organization that talked about Indigenous children in care. Through Peyakowak the focus was to see how children could be reunified with their own families in their own homes. “The families themselves taught us how to help them IF you went to them with the mind set that we weren’t there to take their

children. You could deal with the underlying causes of the addiction, the abuse, because in the long run everything stemmed back to childhood, to residential schools. We knew that - it was a matter of helping families through it.” The model she helped to develop has since been used in university studies as a different way to teach people how to help. Brenda met psychologist Dr. David Randall while she was in the position of Aboriginal Youth Justice worker. The pair developed a concept around child and youth services - a mental wellness place, a clinic that would be more accessible to Métis and First Nation people. That’s how the Randall Kinship Centre was formed and where Brenda still works with families.

In a related avocation, Brenda was founder and is still a volunteer with the Aboriginal Family Defence League. The organization was established in 2006 with seed money from Urban Aboriginal Service. It’s



photo courtesy of Dodie Wezaquite

a non-incorporated entity to advocate for families with children in care. Volunteers let families know their rights and link them with professionals who can assist them. Those professionals might be a family court worker or a lawyer. Sometimes it’s as simple as sitting with them in circle or in a social services office. It might mean making calls to the Minister’s office or vouching for them and verifying her role in their support circle.



article & photo by Mark Pittman, Manager Good Neighbour Fencing Co.

“Building Community” is more than just a slogan for Good Neighbour Fencing. As a social enterprise of the North Central Community Association, GNF tries to build lives as well as fences and decks.

Currently, the three-person crew consists of individuals who have overcome obstacles in their lives and have plans to build something significant for themselves and others. Dervis Tootoosis, crew supervisor, is excited to be playing a leadership role for those who will be working under him. “Working here gives me the opportunities, the chances to help young people who, like myself, grow and also find a reasonable source of income and establish themselves from there.” Dervis has dealt with several barriers to become the positive influence he is today. Now his goal is to help others overcome whatever struggles they face so they can reach their goals.

Dervis also uses his talents in positive ways in the music industry when he is not building things. He is part of the band Rez-of-War Dawgz and has performed in several events around the city. Having signed with the label Getting Mine Entertainment Dervis likes to work with others who strive to make a positive impression through their music.

“Everything we do on our music we speak from our



Nathan Blacksioux, Jordan Cyre, and crew supervisor Dervis Tootoosis showing pride in their compost bin creation.

heart.” Dervis adds, “We don’t try to be something we’re not. Everything you hear in our music is representation of who we are, something we know.”

Nathan Blacksioux and Jordan Cyre are members of the crew working under Dervis. They both expressed how building things has given them a sense of pride and increased their confidence as they learn new skills.

Nathan hopes to continue in the construction industry and is looking to further his education by finishing his grade 12 and continuing to apprentice as a carpenter. Jordan has enrolled at the university to start his psychology degree in September. He wants to be able to help those who are struggling with issues based on what has happened in the residential schools. We wish both success in their plans.

Currently we focus on wooden fences, decks, wheelchair ramps and creating custom cedar gates & lawn furniture.

For a quote contact **Good Neighbour Fencing Company**

Cell: 306-519-0730
Email: GNF@nccaregina.ca
Web: www.nccaregina.ca/fencing

We invite you to the 19th
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Mamawinitowin Mocikhtawinihkewin
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Tuesday, June 21st, 2016
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Scott Collegiate

Inspired Learning!

Taste of Scott was a huge success! The students had so much fun and worked hard to prepare for this event. They were excited to hear all the compliments that you had for them – it means a lot to have the support!

The restaurant that earned the most votes by a landslide was Lexi's Café! She was awarded with a gift card to the Northgate Mall. Second place was a tie between The Baking House and Nick's Pasta Bowl and third place was a tie between Sit & Chip and Simply Hope Café.

Kelley Christopherson
Food Studies/Commercial Cooking/
Entrepreneurship



Follow us on Twitter
@scottcollegiate

Taste of Scott - April 7



This is definitely the busiest and best executed event. It's year three so we've got the hang of it. This year we have 13 students participating. A few students who took part in years 1 and 2 have gone on to success in the food preparation industry, and at really good places too. This training is invaluable for them. We try to train them so they can step into any restaurant as a career-base. Students come up with their own theme, their own business model, menu and style, and cooking techniques. They're learning what they're interested in on the fly.

Brian Rice,
Completion/
Commercial
Cooking

Students are still preparing commercial food out of the house kitchen right now. When we get into the new Scott Collegiate, they'll have all of the different technologies they'd be using in professional restaurants.



Students from Scott take a regular cooking class and if they really want to progress they come to us. There's an entrepreneurship element as well, it's not just a cooking class. The business of running a restaurant goes hand in hand with food preparation.

To see the kids so happy and motivated is my great pleasure.





Working for You

Warren

Warren McCall, MLA - Regina Elphinstone-Centre
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Land of Living Skies

Meet Larissa Kitchemonia, NCCA’s Summer Arts Project Coordinator



Larissa is a 29 year old Saulteaux woman from The Key First Nation who currently resides in Regina. She is an acrylic painter who was introduced to painting by her Uncle Darwin Keshane when she was 15 years old.

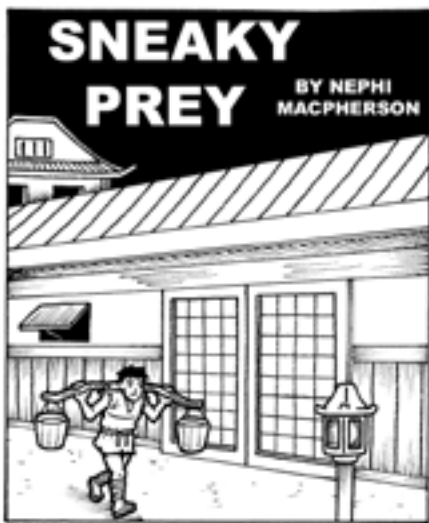
In her spare time she beads and makes baby moccasins among other things. She is currently enrolled at the First Nations University achieving her Bachelor of Fine Arts, majoring in Indian Art. Larissa has been involved in a couple community art-related

projects. Her overall approach to her art is to subtly tell a story and acknowledge her traditional upbringing. She hopes to produce her art as a modern way of storytelling.

Larissa says, “My goals for the summer are to rehabilitate the existing murals in the North Central Community and hopefully coordinate additional murals to coincide with the 2016 Cultural Days Event this fall. I am also collaborating with NCCA Project Coordinators to incorporate art projects within their programs.”



Nephi creating super heroes for children on the 40th Anniversary Block Party, June 4



Nephi MacPherson is a self-taught freelance artist who has been living in the North Central area for over a decade now. He currently rents a quaint little studio in Regina.

His ambition is to someday create and publish the comic book of his dreams.)

New members wanted!

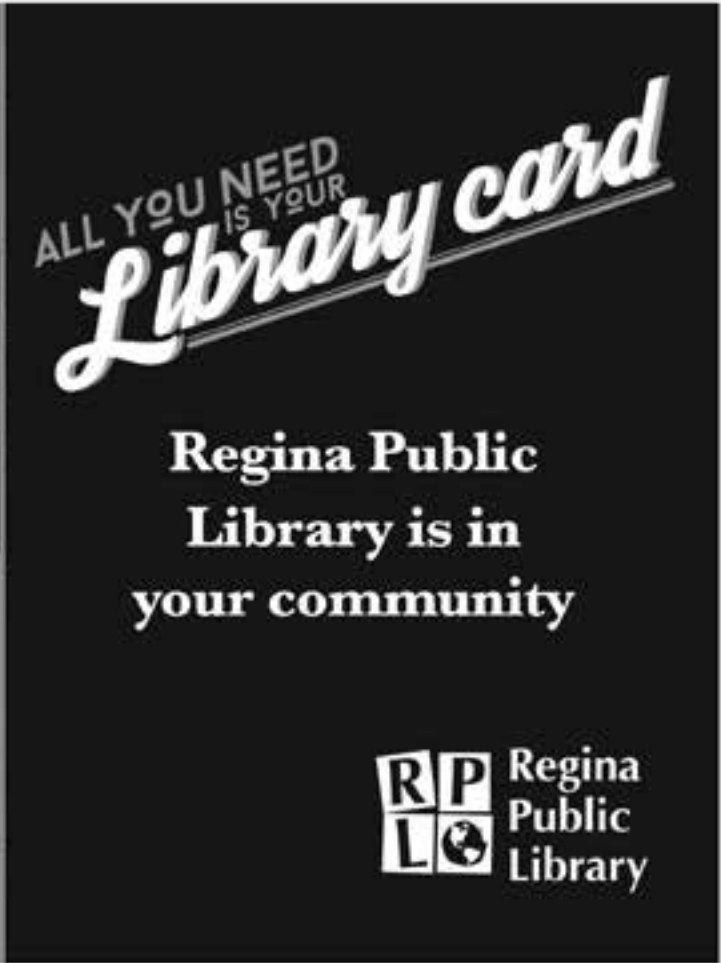
Your **Albert Community Library** Committee is looking for new members.

Be your community spokesperson to help plan programs, choose materials and recommend services. No experience is required. Child minding activities available during meetings. (Please contact the branch prior to the meeting if you require this service.)

Meetings: 7:00 pm the first Thursday of each month
Albert Branch, 1401 Robinson St.

Contact Albert Branch: (306) 777-6076 or albertlibrarycommittee@gmail.com

The Albert Community Library Committee is a partnership between the North Central Community Association and Regina Public Library to ensure community members have a voice in staffing, materials selection, program planning, and services offered at the branch.



Heartland Girl Guide Community Clean-up Event

by Brenda McElree

The Girl Guides really cleaned up in North Central on Saturday May 7.

For the last three years Heartland Girls Guides have been holding their Annual Community Clean up in North Central. We strive to encourage our girls to become involved their community and to let people know we're not just about selling cookies. Our girls really look forward to this event and want to make the neighbourhood a safer place to play.

We had 45 people take part, ranging in age from 5 to 75. Due to camping events our turnout was down by 20 girls, however it was successful. They tidied up their sections and returned to Albert Scott to enjoy hotdogs, watermelon, drinks and cake.

We are thrilled to let the community know that our Pathfinders from Albert School will be attending an International Event for the very first time! It is being held this July in Sylvan Lake, Alberta and they are so excited! The girls have worked hard to attend and have held many fundraisers over the last two years to make their dream come true. Congratulations to the leaders and girls for their hard work. Thank you to those who bought their cookies, hotdogs or maybe attended one of their Teas during this time.

The Pathfinders are looking for a new meeting place, as they have outgrown their present location. The group would like to meet on Thursdays from 6:30 - 8:30 pm If anyone knows where they can relocate to please call Brenda at 306-352-0708.



photo by J. Morier

REGISTRATION FOR THE FALL:

For Sparks 5-6 years, Brownies 7-9 years, Guides 10-12 years, registration will take place at Seven Stones Community School September 14 from 6:30 - 8:00 pm. For more information call Brenda 306-352-0708



Betty's family members beside their home in North Central c. 1949. See story, page two.

Footcare clinic opens

1980 article from North Central News

In January the North Central Health Centre will begin a free foot care program for neighbourhood residents, Centre co-ordinator Jean Hogan announced recently.

The "foot clinic" will be on the first and third Thursday morning of each month beginning Jan. 15.

Foot care services will be provided by a doctor and nurse operating out of the Centre's office at the Territorial Building, Dewdney at Montague, between 9:30 a.m. and noon.

Serious problems can occur

The lack of proper foot care can lead to more serious problems, Hogan said, especially in people with diabetes or heart problems. And the problems know no age limits.

Senior citizens frequently have thickened toenails that need to be looked after with special attention and equipment.

Younger people have their share of problems also. Ill-fitting footwear can result in painful corns and callouses.

The foot care clinics will operate on a drop-in basis.

Anyone interested in more information, can contact Hogan at the Centre office or phone 527-1046.

FOOT CARE 2016

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

Drop-In Hours

Mon to Thur 9 to 4 Fri 9 to 1



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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



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MGR. MEGAN ZMETANA, BSP

2016 Art Competition National Aboriginal Day Poster Contest

*Mamawinitowin
Mocikhtawinihkewin
'Our Community Celebration'*

The poster must celebrate one or more themes appropriate for our community National Aboriginal Day celebration.

Submissions to Indian Métis Christian Fellowship (IMCF), no later than noon, Tuesday, June 14

Posters must be no larger than 11x17"

The poster must be designed & produced by an elementary school student.

Participation is limited to elementary school students living in North Central Regina or participating in North Central community agencies.

The submission of a poster provides permission to reproduce it for current and future promotion and non-commercial purposes.

Participants must have permission from their parent or authorized caregiver to submit an entry.

Entry forms available from:

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

Blanket Ceremony

Tuesday, June 21
1:00 pm to 3:00 pm
TC Douglas Building
3475 Albert St. (at the back)

What is the Blanket Exercise?
A teaching tool to share the historic and contemporary relationship between Indigenous and non-Indigenous peoples in Canada.

The KAIROS Blanket Exercise is an interactive learning experience that teaches us the Indigenous rights history we're rarely taught. Developed in response to the 1996 Report of the Royal Commission on Aboriginal Peoples - which recommended education on Canadian-Indigenous history as one of the key steps to reconciliation, the Blanket Exercise covers over 500 years of history in a one and a half hour participatory workshop. Come and join us, bring an open mind and a blanket!

For more information, contact
(306) 924-8424
Gary Edwards - ext. 225
culturalsupport@sasktel.net
Leona Quewezance - ext. 227
lquewezance@sasktel.net

FREE LISTING in the
Community Calendar to promote
events happening
in August & September.
Deadline for August issue is JULY 11.

Sacred Heart celebrates Faith and Culture

by David Magnusson, Principal
Sacred Heart Community School

Spring has been a busy time at Sacred Heart. On May 5th we hosted a Multicultural food sampling and family dance. This is the first time we have hosted such an evening. Families got to experience foods from 6 different cultures. We recognized and celebrated foods from our First Nations, Métis, Ukrainian, Vietnamese, Filipino, and Latin American families. Each family member received 6 different tickets that allowed them to sample the foods. We had Saskatoon tarts, bannock, perogies, cabbage rolls, fresh rolls, nachos and salsa, and pancit. We also hired a DJ and had a great time dancing. The DJ played some classics like the chicken dance and YMCA. He also played many of the new hits. It was great to see everyone up dancing and having fun. Just over 250 people attended and everyone had a great time.

Celebrating our faith is one of the precious gifts of catholic education. This spring we have celebrated Easter with a mass at St. Cecilia, we have celebrated the month of Mary. We have also celebrated Catholic Education Week through liturgy and by taking a look at how our faith permeates into all aspects of our lives. One of the other important aspects of our faith is journeying through the sacraments. Sacred Heart and the Parish team at St. Cecilia have invited families into to celebrate the sacrament of baptism with their children. We are hosting the classes at the school during the day and after school. Families are journeying through the process with their children. The baptisms will be celebrated on June 19th at St. Cecilia parish. We will have 20 students who will be baptized. We want to wish these families all the best as they continue to grow in their faith.

Straight Outta: North Central is a 90-minute presentation that focuses on: Gang Awareness, Prevention, Intervention and reinforces the importance of youth reconnecting to their identity through cultural awareness & traditional practices. Presentations are delivered from former North Central gang members who openly share their personal experiences and the struggle they have endured to leave the lifestyle. Honorariums prices are based on the number of presenters needed and to cover cost for travel and time.

Shawna Oochoo, Coordinator Ph: (306) 999-0204
Email: shawnaoochoo@gmail.com

Community Calendar

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 and Chili for Children - Barbeque & Garage Sale! June 23:

10:00 am.
Albert Scott
Community
Centre (1264
Athol St.)



Taking a break for the summer, C&S will resume Sept 6th.

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



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

Content for
AUGUST issue by
July 11
editor@
nccaregina.ca



yas - Young Athlete Sports School Inc.

yas will hold weekly basketball camps throughout this July & August at gyms in Regina.

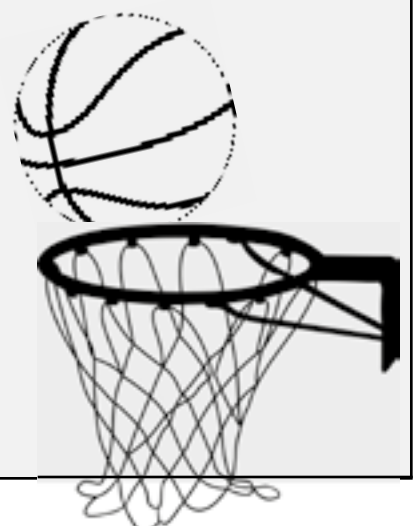
Everyone is invited to join, build their basketball skills, meet new friends and have lots and lots of fun at YAS summer camp.

yas will have a camp for every level of athletic ability and playing experience in these age groups: 8 to 10, 10 to 12, 12 to 14, 14 to 16.

Each yas camp will have a nominal registration fee with bursary assistance available upon request courtesy of the Saskatchewan Community Initiatives Fund (CIF).

In addition, yas will also offer a free camp for each age group.

Request an information package:
by email at info@yas.ca
by calling (306) 585-2020
or by texting (306) 242-2425



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Dewdney at Robinson

1979 ads from North Central News

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5th & ELPHINSTONE

522-0112

Allan
Blakeney
MLA

I'm at your service.

If you are having any problems with the gov-
ernment, or if you want information or assistance, I
would be glad to try to help you.

Feel free to call my office in the Legislature at
565-6271. If I am not available, an assistant will
help you. You can be assured your concerns will
receive my personal attention.

M.L.A., REGINA—ELPHINSTONE

1979 ads from
North Central
News

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)	205-7333
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

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

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Shawna Ochoo Mark Pittman
Scott Collegiate TRC Report

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
AUGUST ISSUE
JULY 11, 2016
editor@nccaregina.ca

North Central Community Connection
1264 Athol Street
Regina SK S4T 7V3
Phone: 306-791-9888
Fax: 306-757-1052
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NORTH
Central

www.nccaregina.ca



Get Social!



Mission Statement of
North Central
Community Association

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

NCCA Board of Directors

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

MEMBERS-AT-LARGE

Tom Brown Cassie Fisher
Anna Galassi Denita Stonechild



SMUDGE WALK 2016

Honouring Our Community

John Hopkins, Organizer
CEO Regina Chamber of Commerce

This is our community and these are our problems, not just North Central's. We're all in this together and we need to support each other. I think this is an extremely important walk, particularly for North Central. There's some great work that's being done in this community by people and we want to support them. There are also some serious challenges in the community and we want to raise awareness about. This walk is about cleansing the area with smudge and it's about the community coming together to support North Central. That's why we're involved.

We're bringing awareness to things that are going on here, but we're also bringing opportunity here. One of the challenges we've had is where are we going to find the labour force today for tomorrow? And a lot of that is right here in North Central. We've worked with Regina Trades & Skills and we're training people and this is an extremely important part of the city that needs to have the attention that it deserves. We can improve the lives of not only individuals in North Central but the community of North Central as well.

Dr. Shauneen Pete, Speaker

In this time in Canadian history when we're talking about reconciliation, the building of relationships across the lines of difference which are really important for changing the way that we interact with one another. So the Smudge Walk is one of those venues that facilitates that

renewal of relationships and the creation of relationships for some people.

Dan Lindsay, Community Worker, Smudge Walk Participant

The negative things that we have in our community happen in all communities. But we have such a small community here that when 3 or 4 things happen, it's amplified. We want to combat that, we want to have a good, clean, safe, wonderful neighbourhood. When we do the smudge walks it brings back the teachings that we know—about living with respect and compassion and kindness. It's gotten bigger and has spread to other cities and we have to keep this alive. Actually we should be doing these traditionally, four times a year with the seasons. It's all the people coming together—politicians, chiefs, police, children and elders, women and men, community groups and high schools. That's our community.

photos & interviews J. Morier



Baby Michael loving North Central at his first Smudge Walk



Chief Bobby Cameron, FSIN

Smudge Carrier Anthony, Elder Lorraine Yuzicappi (Standing Buffalo), John Hopkins, Chief Myke Agecoutay (Muscowpetung Saulteaux Nation)



This is Harmony • This is Community • This is Celebration • This is Sacred

Elder Lorraine Yuzicappi, Standing Buffalo First Nation

We were always taught to smudge, there's many ways of smudging using sweetgrass and sage and any other mixtures. People use whatever is plentiful in our communities. And there's reasons to use certain ones. For the women I always use sage. A lot of times women are not allowed around ceremonies when they are on their (moon) time. But with sage women use it to cleanse ourselves and for the use of our bodies. We clear our heads to have an open mind, to think of why we are here today. Today we are remembering our family members who have gone missing or have been murdered. There are 138 people in Saskatchewan of all nationalities who are missing. Smudging and prayer is a continuous thing, whether we find our loved ones or not. It's a way of keeping our spirits high. I ask the Creator to purify the way that the walk is going.

My name is Woman of the Stars in our Dakota language.

We Are Circling Buffy Sainte-Marie

**Superintendent Corey Zaharuk
Regina Police Service**

The Smudge Walk is a periodic renewal. This is an opportunity for us to build relationships, to make new friends, to talk to people, to gain a better understanding. That renewal is important because, as the Assembly of First Nations Chief Perry Bellegarde addressed a group of Canada's Police Chiefs in Winnipeg, he told us we must open our minds, our hearts and our spirit. The Smudge Walk is a great opportunity for all of us to build a better understanding among each other.

**NORTH
Central**
COMMUNITY ASSOCIATION

ANNUAL GENERAL MEETING

**Wednesday
JUNE 15**

**Albert Scott
Community
Centre**

*** Registration 6:30**

Meeting begins **7:00pm**

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

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

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

On the agenda for the AGM are elections for new board members, presentation of our new Strategic Plan and ratifying changes to our bylaws. As part of the bylaw changes, we are looking to ratify the following proposed mission, vision and value statements:

Our Vision:

A safe, caring and vibrant community where all people can thrive.

Our Mission:

To enhance, engage and represent our diverse neighbourhood, where we live, work and play, by facilitating partnerships, programs and services.

Our Values:

Innovation: we are creative, pro-active and visionary

Sustainability: we are stable, growing and nurturing

Respect: we are considerate and treat others with care and respect

Integrity: we are accountable and honest in everything we do

Diversity: we strive to engage all those who live, work and play in our community

Pride: we are proud of our community and our successes

Accountability: we are accountable to the community and are responsible for doing what we say we will do.