



**Annie Charles** is 2016's Renew Project Coordinator. "I've been gearing up for an exciting summer, helping the community. We will be cleaning 9 different alleyways throughout North Central. This entails light landscaping, mowing grass, cutting down overgrown shrubbery, graffiti removal and garbage removal for that alley."

The Renew Crew will also be doing Graffiti Blitzes, (removing graffiti) throughout North Central.

Annie and Renew Assistant Josh Brears interview residents in a block to get their input on major problems, like dumping, bin fires or tagging. They gauge the willingness to contribute to the alley cleanup to determine logistics of the cleanup.

Annie explains, "The first survey went well, with nine residents surveyed. We had three interested in volunteering. They were very agreeable and enthusiastic."

With summer, people's time is precious. If residents can't participate in their own back lane cleanup they can pay it forward and join a future one on another lane in the neighbourhood.

"I encourage people to come and volunteer when they can, whatever time they can give between 10 am and 4 pm during our workbee schedule." Annie said. "Then people are invited back for a barbeque we'll host at each location while we're wrapping up. We don't deter people from joining us for a hotdog, so they can get to know the program while seeing the improvement in the lane around them."

**VOLUNTEERS NEEDED!**

Want to give back to your community while enjoying outdoors? Join our Renew crew with some friends all summer\* on **Wednesdays and Saturdays** from 10 to 4. A free barbeque is served to all volunteers at the end of the workbee. \*weather permitting

**renew**  
working towards a safer, cleaner community

**Remaining workbees:**  
August 6: 1200 Athol/Garnet  
August 10: 900 Athol/Garnet  
August 13: 1200 Princess/McTavish  
August 20: 800 Garnet/Cameron  
August 27: 1400 Garnet/Cameron

renew@nccaregina.ca  
306-791-9888  
FB group: North Central's Renew Project

**in partnership with**  
NORTH Central Community Association | City of Regina | REGINA

**Jordan** volunteers with the Renew Crew courtesy of Rainbow Youth Centre's Road to Employment Program. He will be helping NCCA's Renew Project until the end of September. "We hope to see more neighbours out. I enjoy the work because it feels good getting outside and you can see almost immediately what kind of difference it makes. It looks much neater than it did before."

Jordan sees that home ownership has a lot to do with it. Landlords aren't keeping up or the tenants don't have the tools to maintain properties. His job is to mow overgrowth, get rid of overhanging bushes, and move large garbage items into the Loraas bin.

**Josh Brears** is the Assistant Coordinator for the Renew Project. "I've cut down half an alley's worth of volunteer trees so far. It's a lot more clear, and looks a lot better."

"We haul the branches and furniture to the Loraas bin and they take it to the landfill at the end of our shift, they will be doing this after every cleanup almost as a donation."

Josh has done landscaping for 5+ years but he doesn't usually get into the back lane.

"I'm in the Police Program at the U of R so Renew is a good summer job. Good experience and looks good on a resumé!"

## TESTIMONIALS

One resident was almost in tears over the fact the alley has never looked so good.

A building manager also said that in the 11 years that he owned this property, the alley had never looked so good.

Then as we were wrapping up, a resident was riding his bike and couldn't believe how amazing the end of the block looked with all the overgrowth cut back. Turns out he was almost hit by a car due to that overgrowth!



photo: Annie Charles

All of the tools are for the volunteers to use and we will lend them for tenants to mow their own yards while we're here, because Renew does not go into people's yards.



photo: J. Morier

To see more amazing transformations in photos, please visit North Central's Renew Project's Facebook page.



photo: J. Morier

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# Two Visits to the Healing Hands Wood Shop

## June 9 & post-June 21

The wood shop was part of a sheltered work program for youth and young adults. We built cedar strip canoes and re-purposed pallets into furniture and other creations. Healing Hands partnered with other youth service organizations to support marginalized and vulnerable young people and encourage them towards holistic life development. We are rooted in our Christian faith but provide service to all portions of the population.

Our goal is to build a new facility to continue providing learning and relationship opportunities, and replace lost tools, lumber, and other resources.

Approximately half of the programming we provide was done through the wood shop (the other half is done through the bike shop, which was damaged but not destroyed) so this is a significant loss to us and our community. It would not only mean a lot to us, but to our community and the people we serve to have a good facility up and running again.

Spurgeon Root  
on Go Fund Me page

*The Go Fund Me page accepts donations to the Healing Hearts Ministry Wood shop Rebuild, or you can contact the church directly, if you want a tax receipt.*



Spurgeon Root hopes to rebuild

*The first visit to Healing Hands Wood Shop on June 9 was relaxed and jovial. The cedar and spruce canoe was taking shape.*

"We're almost ready to fiberglass the outside then we need to pop it off the framework that it's sitting on, sand the inside, which will take a few days. You can't use power tools on a concave surface, so it must be done by hand. We'll fiberglass the inside then put in the seats and the gunwhales and the deck."

Spurgeon said that this is canoe #5. "We've built with Red Feather (at the Gathering Place), Street Culture, Youth for Christ."

"We're doing things in the shop that parallel life. We build the canoes, we're doing stuff with pallets, upcycling things. We're giving people opportunities to do things that they maybe wouldn't otherwise have a chance to do."

The youth are working on employment skills, Spurgeon adds. "We have expectations but we're not going to fire you if you mess something up. You get to come back and try again next week. For a lot of the youth it's the first time they've

been in a wood shop. It's the first time anyone's let them use power tools! Random orbital sanders are pretty safe."

"Sanding anything takes patience, even if it's just a pallet getting ready to turn into a chair or table. Some of them really enjoy building things, some of them are here because of the program that brought them here—they have to be here, they don't want to be here."

interview & photos  
by J. Morier

*June 21: Spurgeon Root was up north canoeing, out of cell service range, and he couldn't be notified of the fire of June 21 which consumed the Healing Hands Wood Shop.*

"When I got to Stanley Mission I turned my phone on and started getting

some vague but disturbing text messages. I had no idea what was going on. My wife's text was 'call me as soon as possible.'" Spurgeon's initial thought was that something had happened to one of his kids or a family member. When he saw the photos on social media, he admits he was relieved.

Initially he was told it was an accidental fire that started in the middle of the building, but fire investigators switched their theory to arson. It started between the bike shop and the wood shop, among recycling and material destined for the landfill. The debris was lit up and the flames travelled up the back of the wall and into the tinderbox attic space. The attic burnt and collapsed the roof in the middle.

The firestarters scaled the fence of the Healing Hearts yard. "We all know we have arson issues in the neighbourhood. The other thing that we know is that boys who have been sexually abused will act out by lighting things on fire. So as devastating as it is to lose the building... Some people have asked if it was a deliberate act against us. I can't imagine that. I just think somebody saw the debris and thought 'wouldn't that make a cool fire.'

Let's face it, people who do these things are not thinking clearly, not thinking through long-term consequences. Their lives aren't oriented toward that. You have to be fairly healthy and have a long-term orientation to think about what

you're doing and who you might be hurting."

Friends and supporters came from all over. "It was almost hard to find enough work for people to do, which is a nice problem to have.

"There are parallels between building a canoe and building a life. It is easy to build both so they look good at a distance, but the closer you get the more you see the flaws, the cracks, the mistakes. It takes a long time to address those. It is hard to make a boat or life that looks really good at 6 inches. I'll keep trying - at both".

Spurgeon Root

It's been really affirming. It's nice to hear people say 'we value you' from time to time."

Spurgeon was philosophical about future plans. He thought "Maybe we're done. We've accomplished a number of projects over the years in the neighbourhood." It did cross his mind that maybe this chapter is closed and maybe it's time to do something else. But the response strongly indicates that Healing Hands Wood Shop should rise up.

"Being a person of faith I do believe that God has His hand on this and He's got a plan, That does continue to root things for me and put it into a perspective of 'it's far beyond me.'"

"I'm just going along for the ride."





# White Pony Lodge

interview & photos by J. Morier

The genesis of this group was #NCEndTheViolence. That was formed after the first murder of 2016 in North Central. A rag tying ceremony and candlelight vigil was held on the 700-block Garnet.

**Beatrice Wallace Littlechief** was one of the founders. “We saw how people responded to it. We saw that the community was crying out. We (Shawna Oochoo, Beatrice Wallace Littlechief and Spurgeon Root) sat down and said ‘what can we do?’ A couple more people joined the team, we held a community forum and we heard what people were saying, we wrote it all down. We brought it to another forum. It was mostly from community forums that we got all our input.”



Sherie Mckay with Tonka

She walks for the youth to show them a better way. As a self-employed youth mentor with RQHR and Child & Youth Services, Sherie sees the after-effects of youth embroiled in the gang life. They see that option as the easier route to take without seeing all the bad that can come with it. “They see it as profitable instead of seeing it for what it is: dangerous.”

“I can make a difference out in the streets, more so even than mentoring youth.”

Sherie is also in it for the long haul. “I was there for the first vigil and I hope to see it through to whatever it becomes. Honestly, I don’t see it as giving up a Friday night. We make it fun. We make sure we’re aware of our surroundings, our safety is

of utmost importance, but we laugh and we enjoy each other’s company. It’s a social gathering.”

Sherie notes that the general change in attitude of police officers in Regina has been very refreshing. “At one of our vigils they participated in drumming, and in our round dance in the street. I feel that the police service has changed to the positive side for the overall betterment of the city and community.”

**Shawna Oochoo** says “When you’re living in a community like ours, there are gangs down here. You’re not there to actively stop gang members, you have to learn to embrace them as well because they’re part of that community. This is how we should be perceived when we are approached by them, treating them exactly the same, with the same kindness.”

“Volunteers will come, once they start seeing the difference that we’re making. As long as we stay consistent. It’s important that we started in the summertime, so residents see what we’re doing out here. There’s always a chance of something happening, we realize that. But we believe strongly within our community that this movement is accepted. It’s very rewarding when somebody stops and waves or honks with ‘good job’! It inspires you to keep going.”

The suggestion of a patrol with boots on the ground and eyes on the street was the next logical step.

“We saw the Bear Clan Patrol in Winnipeg and that piqued the interest in our members. Shawna and a few of our people went to be a part of their patrols.”

“In our patrols, we’ve had up to 16. It’s summer, people are busy. The word is still getting out there, the focus is for the community to get to know who we are, to see that we’re not threatening, that we walk out of love and care.”

Regina Police Service provide WPL with weekly ‘missing youth’ flyers. Patrollers haven’t yet spotted any of them, but folks are also making them aware when adults are missing. “If there’s a concern people are starting to come to us, which is awesome.”

**Jermaine Chomyn** was at the rag tying ceremony and for the first patrol, and he hasn’t missed one yet. He doesn’t live in NC, but he’s happy to drive here each Friday and Saturday evening to help out. “My inspiration was to make a difference, to meet people and to help others in need.” Jermaine has taken a leadership role and plans on continuing.

**Sherie McKay** says “It’s a city-wide issue, it’s not just in NC.”

# Truth and Reconciliation Commission of Canada: Calls to Action

In this third 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

### LANGUAGE AND CULTURE

- 13.** We call upon the federal government to acknowledge that Aboriginal rights include Aboriginal language rights.
- 14.** We call upon the federal government to enact an Aboriginal Languages Act that incorporates the following principles:
- i. Aboriginal languages are a fundamental and valued element of Canadian culture and society, and there is an urgency to preserve them.
  - ii. Aboriginal language rights are reinforced by the Treaties.
  - iii. The federal government has a responsibility to provide sufficient funds for Aboriginal-language revitalization and preservation.
  - iv. The preservation, revitalization, and strengthening of Aboriginal languages and cultures are best managed by Aboriginal people and communities.
  - v. Funding for Aboriginal language initiatives must reflect the diversity of Aboriginal languages.

**15.** We call upon the federal government to appoint, in consultation with Aboriginal groups, an Aboriginal Languages Commissioner. The commissioner should help promote Aboriginal languages and report on the adequacy of federal funding of Aboriginal-languages initiatives.

**16.** We call upon post-secondary institutions to create university and college degree and diploma programs in Aboriginal languages.

**17.** We call upon all levels of government to enable residential school Survivors and their families to reclaim names changed by the residential school system by waiving administrative costs for a period of five years for the name-change process and the revision of official identity documents, such as birth certificates, passports, driver’s licenses, health cards, status cards, and social insurance numbers.

Under **Legacy** there are 42 points:

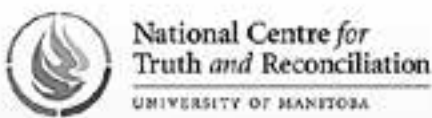
- Child Welfare
- Education
- Language & Culture
- Health
- Justice

*"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

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



Regarding sustainability, NCCA and APSS opening their doors has been a huge support. Open Sky Retreat, ensures the presence of an Elder. Community members connect the patrol all to those who live here. “Now,” Shawna adds, “we’re going to start looking for sponsors.”

If they had the funding, White Pony Lodge would set up an office with their own equipment. They’re always in need of water and food. Team members might arrive to patrol hungry, so they need a fridge with healthy snacks and water. For parents who want to participate on patrols, they’d like to provide childcare for 3 hours. As winter comes, medical supplies, gloves are needed. “We can only borrow so much.” says Shawna.

whiteponylodge@gmail.com



# Community Gardens 2016



## 9th Annual!

story & photo by Maegan Krajewski

### July & August

From radishes to raspberries, and carrots to cucumbers, the gardens are off to a great start this summer. All three locations have been growing happily and harvesting has already begun. The “help yourself” policy of the gardens means that any community member is more than welcome to come by and pick veggies at their leisure. Stop by and take home some lettuce for a salad, or zucchini for a stir-fry. In the words of one volunteer, “everything is better from the garden!”

While we begin to enjoy the fruits of our labour, I would like to acknowledge that the gardens would not have been possible without the hard work of over 175 students from Seven Stones, Albert, Sacred Heart, Kitchener, and Scott Collegiate. They proved that whether you’re in pre-

kindergarten or grade 12, you can always lend a hand and have fun in the garden. Thank you so much to all students and their teachers – you have done amazing work for the community!

The gardens have also been lucky to receive plant donations from several local gardeners. Thank you Bruce, Glenda, Jill, and Joanne for your generous contributions! If you would like to make a donation of any kind, please contact me.

Thank you to everyone who has already been out to drop-in hours, including Bonnie, Bruce, Carline, Glenda, Helene, Marcus, and Richael.

Join me in the gardens! I will always have work to do and tools to do it with during drop-in hours:

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

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

**Weds. 5:00-6:30 pm - Oasis**

**Thurs. 1:00-2:00 pm – Albert Scott**

**Fri. 4:00-5:30 pm – Oasis**



Volunteer Helene, pulling weeds to make a squash patch at Oasis

For the little gardeners among us, activities for kids are every Wednesday from 1:00-3:00pm at Oasis Garden. If your child has an interest in the gardens, bring them by for a snack, something to drink, and a garden-themed craft. Mark your calendars for August 10th & 17th.

Please check out our North Central Community Gardens Facebook group or email me at [maegan@nccaregina.ca](mailto:maegan@nccaregina.ca) if you have any questions, concerns, or ideas. Together, we can grow community!



**Thank You Funders & Donors:**  
Community Initiative Fund  
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Rona Home & Garden  
Seeds of Change  
Service Canada  
Walmart



## Mâdawêyatitân Centre Construction Progresses on Schedule, on Budget

Construction of the Mâdawêyatitân Centre is now over 50 per cent complete, and is well on the way to being finished in late spring 2017.

“Work continues at a steady pace and we’ve maintained our construction schedule,” Jeff Barber, Regina Public Library Director/CEO and Chair of the Owners’ Group, said. “It’s exciting to think that this facility and its services are scheduled to open and be available to the public a year from now.”

In addition to the project being over halfway complete, there are several notable construction and infrastructure milestones achieved:

- ❑ Exterior window glass installation is 99 per cent complete;
- ❑ Drywall installation throughout the east wing is 95 per cent complete;
- ❑ The day care area is now completely boarded and painted;
- ❑ Remaining interior concrete work on the east gym and the stairs is now complete; and
- ❑ All site servicing work has been completed (water, sewer and storm water).

Upcoming work includes:

- ❑ Continuing drywall installation on the west side of the facility;
- ❑ East parking lot has been excavated and sidewalk forming has started; and
- ❑ Exterior stonework will be completed by end of June.

Overall cost of the project is approximately \$41 Million. Regina Public Schools, with the support of the Government of Saskatchewan, is contributing \$31 million. The City of Regina is providing \$8.8 million and the Regina Public Library is investing \$2.5 million into the 100,000 square foot, integrated facility in the heart of the North Central community.

The Mâdawêyatitân Centre will be a central location that attracts residents who want to participate in community life, as well as access needed resources. The Centre is being built to meet community-identified needs and will be a hub for the North Central community. It will be a place of cooperation and collaboration for

service development, delivery, and access by and with the residents in North Central and all Regina citizens.

The Mâdawêyatitân Centre will house Scott Collegiate, as well as a child care facility, City of Regina recreational services, a Regina Public Library branch, and a community policing centre. The building’s unique design allows each tenant access to shared space and amenities, making total usable space more than if each partner were to build stand-alone facilities.

To learn more about the Mâdawêyatitân Centre, and to keep track of the progress, please visit [www.mamaweyatitan.ca/](http://www.mamaweyatitan.ca/). Photos are available on the site.



photo: Allen Lefebvre



Review: *Dewdney Avenue*

presented at the Regina Fringe Festival, July, 2016  
with Roberta Nichol and Rod McDonald  
a story of community, neighbourhood, survival, laughter and passion.

by J. Morier

**Rod McDonald**, the Playwright, was born in the Grey Nuns Hospital, and spent his first 21 years growing up on Dewdney Avenue. The play was born in 2015. After years of intermittent writing, Rod finally gave in to ‘letting the street tell the story’. He dedicated his play to all of those people, past and present, who grew up in the community in the shadow of Taylor Field.

**Roberta Nichol**, the Songbird, is a familiar face and voice to North Central youth. She taught in the public school system, retiring from Wascana School in 2010. The songs chosen to illustrate the monologue showcase Roberta’s tender voice.

Rod McDonald begins his tale with his 15-year old self committing a robbery. He was a grade 10 student at Scott Collegiate and desperate. “Poverty is not a great place to live.”

We learn of his abusive father who worked at the nearby White Rose Gas Station but drank his wages away. When father came home and raised his hand to his wife and 7 children, the police hauled him off to jail. The problem was—if you didn’t work, you had no food. There were no shelters back then. Police and even clergy advised his mother “be submissive and you won’t get beaten.”

By the next scene, his father was dead. Welfare paid rent with a bit of money left over for food and coal. You were not allowed a TV or car but you could own a radio. Families lived on soup made from free bones from the butcher and vegetables from the backyard garden. Rod explains, “You didn’t know you

were poor, you just didn’t have any money.”

Despite having the largest paper route in Regina—the route that almost froze him to death one dark February morning in 1966 — his earnings were turned over to his mother. The money didn’t go far. The children wore hand-me-down clothes from the poor box

at church. But their mothers always said, “There’s no excuse for being dirty!” When describing the power of lye soap, Rod, along

with several audience members, chanted: “One scrub, no dirt. Two scrubs, no skin.”

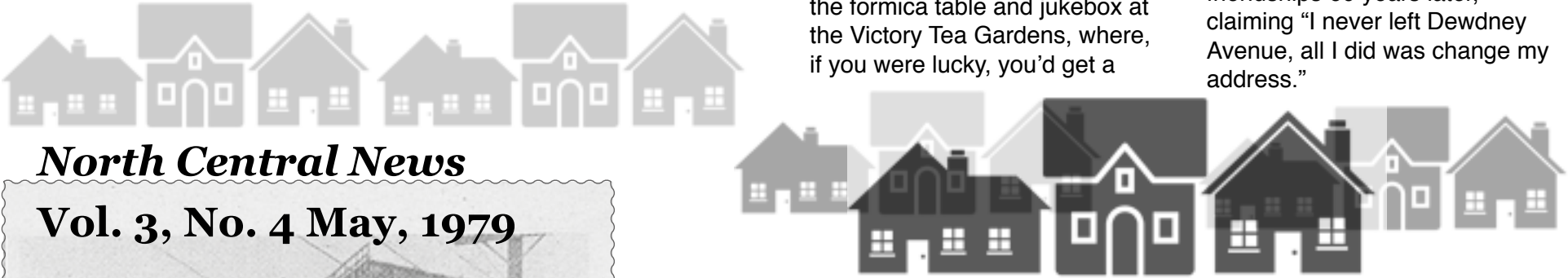
The story meanders, as memories often do, to link back-stories. The scene returns to the formica table and jukebox at the Victory Tea Gardens, where, if you were lucky, you’d get a

slow dance and the realization that “the girls smelled better than my buddies did.” The hilarious running gag described 4 teenagers sharing one coke and one plate of chips and gravy. “It was more like a shark feeding frenzy” Rod says.

Rod paints a streetscape of old Dewdney Avenue businesses like Paramount Dry Cleaners (run by Mr. Sathien), Fairview Confectionery, the Utopia Cafe (owned by Sophie and George). He shared the multicultural flavour of the business owners, and in some cases, humorous accounts of language barriers.

His recollections didn’t sugarcoat the pain and hopelessness that drove him to break the law and turn to alcohol, but he came out of that period to become a successful Regina businessman.

Rod still holds a deep affection for his childhood home. He maintains friendships 60 years later, claiming “I never left Dewdney Avenue, all I did was change my address.”



North Central News




Vol. 3, No. 4 May, 1979



TAYLOR FIELD HAS EXPANDED, and along with the expanded seating come more fans and more of a parking problem. This year, however, the City has passed a bylaw which will restrict parking on the streets between Dewdney and the CPR, and Albert and Pasqua, to cars registered to addresses within the restricted area.

The City Engineers Department says signs will be ready by June 1, and advertisements in the Leader Post will tell residents of the area how they can go about picking up stickers for their cars. The restrictions will be in place from an hour before each Rider game until about a half hour after the game's end.

City Transit is also getting into the act of relieving parking pressures in the area around the field. Some 60 Transit busses are going to be available at 13 shopping mall lots around the city to take fans from the malls direct to Taylor Field (and right back again, 20 minutes after the game's end.)








The Circle Project Assoc. Inc.  
Indian Métis Christian Fellowship (IMCF)  
Regina Education and Action on Child Hunger (REACH)





wish to say thank you to:  
Conexus Credit Union, Loraas Disposal,  
City of Regina, SaskCulture, K+S Potash,  
Government of Canada, 94.5 Jack FM,  
Z99 & News Talk 980 CJME

for their contribution and in support of making our  
annual National Aboriginal Day on June 21, 2016  
a Successful Community Celebration!

This event was also supported by  
SaskEnergy, Office of the Treaty Commissioner,  
North Central Community Association (NCCA)  
Street Culture Project Inc., Creeland Mini-Mart, Unifor Local IS  
and Residents of Cameron and Garnet Streets.

Special thanks to our Volunteers... we couldn't have done it without you!









**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!

**Saturday, September 10**

**1:00-4:00 p.m.**

**Grassick Playground**

(3rd Ave. & Cameron St.)

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

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



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

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September 30, October 1 & 2, 2016

## North Central Culture Days Street Fair

Celebrating arts & culture in our Community

**Saturday, October 1**

**5th & Rae Street**

**11 am — 4 pm**



**Children's activities**  
Free popcorn  
Face painting  
Basketball  
Tournament

**Performances from Rainbow Dance Troupe, Seven Stones Steppers & more!**  
**Live Music!**



Event Partners: Ranch Ehrlo Sport Venture library, All Nations Hope Network, Regina Public library – Albert Branch, and SEARCH Student Clinic

[www.nccaregina.ca/culturedays/](http://www.nccaregina.ca/culturedays/)



photos J. Morier

**National Aboriginal Day, celebrated in Grassick Play Park on June 21**



## THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

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[www.havenofhope.ca](http://www.havenofhope.ca)

Giving Hope Today 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 2 to 19**

Please bring health cards for you & your kids. Come back August 23 to 26 to pick up the supplies

Supplies are limited.

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





# Regina Catholic Schools

# Welcome Back September 1

[www.rcsd.ca](http://www.rcsd.ca)






## Working for You

*Warren*


Warren McCall, MLA - Regina Elphinstone-Centre  
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Representing over 6,000 retail and service workers in SK,  
many within the North Central Regina neighbourhood.

 **UFCW Canada Local 1400**  **UFCWCanada1400**

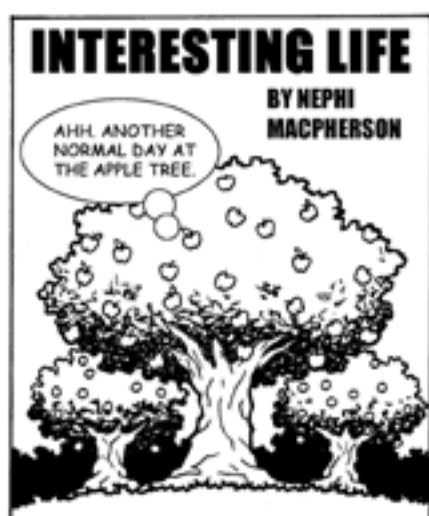
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1-800-274-4036



## The Log House THRIFT STORE

Supporting Community, National and Global Projects  
2741 Dewdney Ave Regina, Sk. S4T 0X6  
306-791-0255 [loghousethriftstore@gmail.com](mailto:loghousethriftstore@gmail.com)



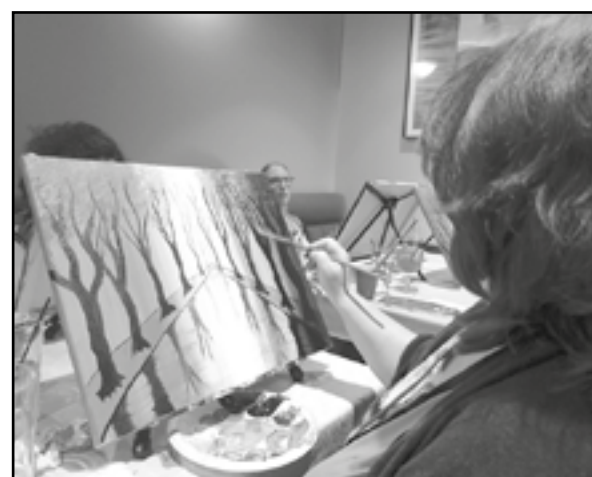


**Nephi MacPherson** is a self-taught freelance artist who has been living in the North Central area for over a decade now. He currently rents a quaint little studio in Regina.

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



Paint Night Creative Fundraiser in support of North Central's **Rainbow Youth Centre** on July 11. Neighbours Tamara Harder and Angela Miller create awesome acrylics of *Rainbow Road*.



Visit Rainbow Youth Centre's Facebook page to see a collection of these colourful works!

STARTING IN SEPTEMBER!

**NORTH CENTRAL KIDS STRING BAND**  
LEARN TO PLAY: GUITAR OR FIDDLE OR SING

Learn to play or sing your favourite songs!  
Offered through a partnership between  
North Central Community Association  
and North Central Kids Music  
Snacks provided!

FREE Great fun for all kids.

phone or visit  
North Central Community Association  
306 791-9888 info@nccaregina.ca

Where? Albert Scott Community Centre  
1264 Alhol St (upstairs)  
When? MONDAYS & THURSDAYS  
4 - 6 pm



visit The North Central  
History Project  
[northcentralregina.ca](http://northcentralregina.ca)



ALL YOU NEED  
IS YOUR  
**Library card**

**Regina Public  
Library is in  
your community**

**RP  
LC** Regina  
Public  
Library







**Presented by: Regina Queen City Kinsmen Club**  
*Everyone Welcome!*

**Wednesday, August 24th, 2016**  
**11:00 AM - 2:00 PM**  
**Rainbow Youth Centre**  
977 McTavish Street, Regina

Diabetes Risk Assessment	Fun and Games for Kids
Health Booths	BBQ Lunch



**In Partnership With:**  
Aboriginal Health Home Care, Aids Programs South Saskatchewan,  
North Central Community Association, Rainbow Youth Centre, Regina Food Bank,  
Regina Qu'Appelle Health Region - Four Directions Community Health Centre,  
Student Energy in Action for Regina Community Health (SEARCH)

## Forever . . . in motion

**Forever . . . in motion (FIM)** is an initiative in partnership with Saskatchewan Parks and Recreation Association (SPRA), where the goal is to improve and/or maintain the health of older adults through education and physical activity. The program has been busy growing in the city of Regina and throughout the rural region.

There are a total of 55 FIM sites and 76 classes actively being led by volunteer peer leaders in the Regina Qu'Appelle Health Region. The success of the program and its growth in the RQHR is largely due to the volunteer leaders. They are real champions of moving and growing the program.

FIM leaders complete FREE 20-hour training from the Regina Qu'Appelle Health Region, Health Promotion Department. Training includes information on how to lead safe exercise programs for older adults, chronic conditions, preventing falls and practical hands-on experience.

The next Forever...in motion Leadership Training will take place on Tuesdays from 9:00 a.m. to 2:30 p.m. at Core Ritchie Neighbourhood Centre 445, 14th Avenue.

*Forever . . . in motion was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.*

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



**REGINA Children's Initiative**  
*Strong Beginnings. Brighter Future.*

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

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



**Stapleford Pharmacy**  
4113 - 5<sup>th</sup> Avenue  
Regina, SK Ph: 545-5900

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

10% Seniors Discount  
Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP



## Phase II Poo Protest Patrol to Protect Parks

by Leanne McKay

The first Annual Poo Protest in Patricia Park was March 20 to celebrate the first day of Spring. Thanks to all the media coverage and the helpful people from the community some progress was made. There is new signage at Patricia Park at the Elphinstone Street entrance. A big thank you to City Council and City workers.

Leanne McKay, aka “The Poo Lady” has launched a joint Facebook/Go Fund Me Page Campaign to host “Poo Patrols” in Regina City Parks this summer.

The most densely soiled areas of Patricia Park had been marked with flags at the spring Poo Protest. Leanne McKay and others from the community planted 200 colourful flags beside the dog droppings.

“I would have put out more flags, but I only had 200.” says McKay. “Sadly, irresponsible dog owners have continued to add to the problem.” says McKay.

This determined grandmother is not going to stop. Upcoming Poo

Patrols are designed as “A Day In The Park” events in random green spaces throughout Ward 6. These citizen patrols are meant to take back our parks for the people who pay the taxes to maintain them.

Children are on summer holidays now and they simply can’t play in a park full of feces. Patricia Park is close to a City swimming pool, ball diamonds, and Par 3 Golf Course. There is a lot of foot traffic through the park and it’s a shame they are forced to manoeuvre through a mine field of feces.

Poo Patrol pops up any time and anywhere. Volunteers will photograph and record video of dogs and owners who fail to pick up after them. These will be forwarded to Animal Control for the appropriate enforcement. Responsible owners get rewards, however. Little pet prizes will be handed out to all the considerate owners who stoop and scoop. Doggie diapers and poo bags will be liberally distributed to all visitors in the park that day. Pamphlets explaining bylaws and penalties and the health consequences will be available.

Snacks, music, and games are planned for the day. Patrol dates, time and locations will be posted the day of the event on the Poo Patrol Face Book and Go Fund Me page.

Funds pledged will offset costs and help with prizes and snacks. Donations in kind from pet supply stores, veterinarians, kennel clubs, and professional dog breeders and trainers will be gratefully accepted. Gratitude is lavished on all supporters for the simple pleasure of enjoying our parks.

For More Information Contact:  
Leanne McKay “The Poo Lady”  
567 A Elphinstone Street, Regina  
306-201-0212  
The Poo Patrol page: facebook.com/ReginaPooPatrol/  
Go Fund Me page: www.gofundme.com/2ch74nj2

## FOOT CARE 2016

- Free diabetes checks
  - Free blood pressure monitoring
  - Foot Care by a trained professional at a minimal cost
- We are accepting new clients for office or home visits!**

### 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**



### In Memoriam Dixie Pennington 1920-2016

Our North Central constant has moved on. Giving her eulogy, Tom Wright noted how Dixie got things moving. She was the one who suggested a walking group for NCCA

where she was active until this spring. Dixie was the one who picked up the day-old bread from the Co-op to deliver to the racks at Albert Scott. She purchased a new car recently because she said the trunk had a greater capacity for loaves of bread. Dixie loved the food and the fellowship at Care & Share Senior lunches on Tuesdays.



According to her daughter, Dixie sought adventure wherever she could find it. At age 89, she was zip-lining in New Brunswick, at age 90 it was sailing in a hot air balloon!

Dixie was featured in June's issue of *North Central Community Connection* as one of the North Central Long-Timers (page 2 - *Community Voices*).

Thank you for your contributions to North Central. Your smile will be missed.

### In Memoriam Crystal Keewatin

July 13, Crystal Keewatin of Peepeekisis First Nations, passed away.

She worked for North Central Community Association for a number of years starting in 2005 and again in 2014. Crystal had outstanding organizing skills and kept the office running.

NCCA Board Member Denita Stonechild travelled to her dear friend's funeral and wake carrying a gift of food for the feast on behalf of NCCA Board of Directors.

The NCCA Staff and Board extend our sincere condolences to the Keewatin Family. North Central will miss your sparkle.

### Shut the Front Gate! Good Neighbour Fencing Company's Future on Hold

Mark Pitman, former Manager of North Central Community Association's Good Neighbour Fencing Company (GNFC), has accepted an offer to teach new online courses being offered by the South East Cornerstone School Division.

We wish Mark the best in his new endeavours.

Mark was acting as GNFC crew supervisor on job sites as well as handling other aspects of the program, including providing estimates, purchasing materials for fence builds and administration.

Good Neighbour Fencing Co. will be on hiatus for the remainder of the summer. All existing jobs were completed for clients, and no further builds will be taken on. NCCA will keep our community posted as to the future of this social enterprise.



### In Memoriam — Elder Mike Pinay

A major loss to our community was felt on July 18. Mike's 'office' was the Tim's on 4th & Albert. There, he was happy to meet with anybody over a double-double. He shared his knowledge library and was good for a few jokes as an emcee at powwows and a leader at culture camps. He was a powerful voice to youth ranging from Sacred Heart to Scott Collegiate to First Nations University, and was always present at ceremonies. Loved by all, we celebrate Mike's life.

FREE LISTING in the Community Calendar to promote your events happening in October & November. Deadline for October issue is SEPTEMBER 12.

## 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.

#### 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



#### Care & Share

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

#### Soup and Bannock

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

#### Teddy Bear Clinic

**August 22, 1:00-3:00 pm**  
Four Directions Community Health Centre  
3510-5th Ave, Regina  
Bring your Teddy Bear for a health check-up, immunization and fun!

**Content for  
OCTOBER issue by  
September 12**

**editor@nccaregina.ca**



#### Guides!

##### FALL REGISTRATION!

Brenda McElree is the Contact Guider for North Central Guiding Units.

We welcome girls ages 5-17 for:  
Sparks ages 5 & 6  
Brownies ages 7 & 8  
Guides ages 9 to 11

Registration will be held on:  
Wednesday September 14,  
6:30 pm – 8:00 pm

Seven Stepping Stones Community School  
1101 Princess Street  
North entrance of parking lot on 5th Ave.

Guiding is bold, fun and energetic. It gives girls the tools and resources they need to achieve Greatness!

Call Brenda at 306-352-0708

##### Save the date, we're turning 20!

#### Four Directions 20th Anniversary Celebration

**September 14** at Four Directions Community Health Centre

Details will be posted soon at Four Directions

Congratulations to **Ranch Erhlo Society** on their 50th Anniversary of service.

Ranch Ehrlo Society was founded in 1966 by Dr. Geoffrey Pawson. This year they are celebrating 50 years of helping at-risk youth and families.

They are celebrating clients like Raylene who overcame addiction and homelessness after the death of her child; the reunification of a father and his sons previously in care; and the resilience of Emilio who found stability after living in 21 foster homes before the age of six.

**September 29 Fundraising Gala**  
Queensbury Convention Centre, Regina

Cocktails: 5:30 p.m. Dinner: 6:30 p.m.  
Keynote speaker: renowned author, Jeannette Walls.  
MC: Dr. Gordon Barnhart, an historian and recognized expert on the Canadian parliamentary process.

The celebration will support the work of the society's community services, including **Ehrlo Sport Venture**. The community services are intended to make places of living, working, and playing better places to be. The services are available to the community free of charge or at the lowest fee possible.  
ehrlo.com/blog/50th-anniversary-celebration/



# NCCA Annual General Meeting held June 15

There is strong interest in our neighbourhood, as evidenced by the turnout at the AGM.

The Board of Directors has updated the Mission Statement, vision and values to better reflect our past and look to our future. Board and staff worked on a strategic plan with changes to bylaws and constitution, which hadn't been changed since 2008.

ED Michael Parker reported that they've been working on Strategic

Plan since November, 2015. The purpose of Strategic Plan is to give everyone involved in the organization a chance to say this is what we want to achieve, this is how we do it, and this is who it's for.

There are many issues in our neighbourhood, and we can't tackle all of them. Three to six actions were identified to cover over the next 3 years.

A Community Planning process is

underway now until October. There will be engagement with residents through online surveys, 'streeters', in schools, and sessions inviting service organizations in North Central. Feedback will identify a number of priorities: health, education, environment and safety. This will provide an overall snapshot of the community for anyone to use. There are over 40 services operating in NC. we will offer them reference for common ground.

## Community Plan

The North Central Community Association is looking for feedback to help us develop a community plan. This plan will help represent the desired direction of residents like you.

Visit us online at [www.nccaregina.ca/planning](http://www.nccaregina.ca/planning) or in person at 1264 Athol St, 2nd floor.

**Together Now Interagency Meeting** held June 23rd at the Performing Arts Centre heard presentations from North Central agencies and organizations as well as a progress report from Prairie Wild Consulting on the Community Plan and Survey.



*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:

Annie Charles      Maegan Krajewski  
Nephi MacPherson      Leanne McKay  
Mâdawêyatitân Centre  
Jan Morier      Shawna Oochoo  
Michael Parker  
Regina Qu'Appelle Health Region  
Spurgeon Root      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  
OCTOBER ISSUE  
SEPTEMBER 12, 2016  
[editor@nccaregina.ca](mailto:editor@nccaregina.ca)**

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Get Social!



## Mission Statement of North Central Community Association

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

## NCCA Board of Directors

President.....Jessica Hanna  
Vice President.....Morris Eagles  
Secretary.....Chantelle Yurechuk  
Treasurer.....Tom Wright

## MEMBERS-AT-LARGE

Heather Cote-Soop      Cassie Fisher  
Betty Krohn      Fergus Littlechief  
Shawna Oochoo      Brandi Reles  
Denita Stonechild      Stephen Thomson



## 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 Métis 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





**Send your  
waste to a  
better place.**

For more information and a list  
of accepted materials, visit:

**Regina.ca/waste**

## 2016 Household Hazardous Waste Days

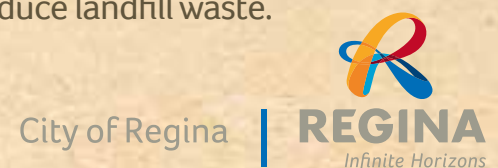
Bring your household waste to the City's  
Public Works Yard at 2425 4th Avenue on  
Saturday, October 1, from 9 a.m. to 3:45 p.m.

We'll accept your household hazardous waste such as:  
• propane tanks • fertilizers • aerosols • batteries • paint  
Chemicals must be labelled.

We'll also accept:  
• fridges and stoves • rimless tires • specific electronics

We'll reuse, recycle or dispose of the materials in an  
environmentally-responsible manner.

Household Hazardous Waste Day is another way we  
can all work together to reduce landfill waste.



**Recycle the right stuff.**



**Put laundry room  
items in your cart.**

Our community has diverted thousands of tonnes of  
material from the landfill since 2013, but there are some  
things that get overlooked. Empty detergent boxes,  
spray bottles and softener containers are all recyclable.  
Your laundry room items can make a load of difference.

**Regina.ca/waste**

