

## culture days

**CREATE, PARTICIPATE & CELEBRATE**  
September 26, 27 & 28, 2014

**C**old and miserable weather. Warm and welcoming artistry. North Central's second annual Street Fair celebrating Culture Days rode out the rain and moved performances from an open-air stage to the canopied parking lot at All Nations Hope!

This quick thinking by organizers allowed the show to go on! Dancin' and singin' and rappin' filled the street with music and laughter and much applause.



REGINA BHANGRA GROUP - PUNJABI DANCE



CAROL DANIELS



BRAD BELLEGARDE  
AKA INFO RED



RAINBOW DANCE TROUPE

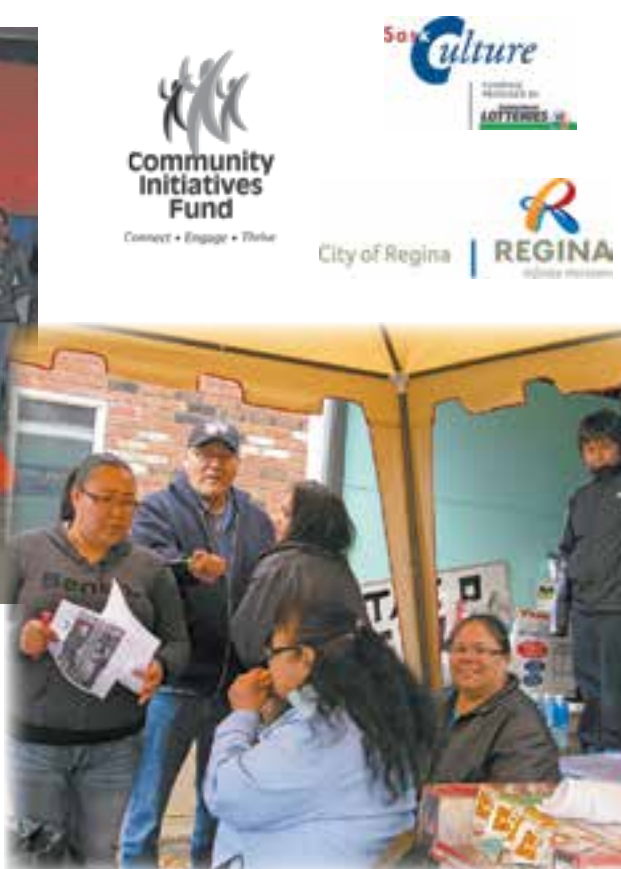


BRENNAN HOFFMAN



REGINA BHANGRA GROUP -  
PUNJABI DANCE

CHILI FOR  
CHILDREN  
FOOD BOOTH



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story & photos: J. Morier

**"T**oday, I feel like we've won the lottery!" Jay Fladager, Principal of Seven Stones, said it best.

The students, staff and community are all grand prize winners with the official opening of this state of the art school. "We're in a multi-million dollar dream home." said Fladager.

In his remarks, Principal Fladager gave thanks to the designers, builders, contractors and to the financial backers. He praised the school as a new beginning, giving renewed hope. "It's a chance to do better for our children and provide positive footing for generations to come."

Seven Stones rose from the ruins of the former Herchmer School (1930-2008) - a school beloved by the community. Fladager was the vice-principal at Herchmer at the time of its closing.

He spoke of the challenge of combining school communities at Wascana School after Herchmer closed. Those communities built strong bonds and anticipated the excitement of a 21st century school.

Seven Stones achieved new standards in environmental design. The spaces are collaborative, flexible, interactive, tailored for children's growth and development. The technology capabilities are second to none.

The school has been designed for full inclusion. Fladager added: "What I love the best is how the North Central Community has pulled together to support the opening of a new school. The community participated right from the early concept of design. This (open area) gathering space is affectionately known as Big Bear."

Cultural & nutrition spaces are at the heart of the building. In addition, there are 51 spaces in a day care facility to give pre-school children the best possible start. The goal of Seven Stones is for improved student achievement. The school is helping children meet their full potential.

Elders raised the Treaty Four flag in the morning before the official opening, respecting that the school is on Treaty Four land. We are all Treaty People we were reminded as Elder Betty McKenna gave an opening prayer.

The Honourable Don Morgan, Minister of Education brought greetings on behalf of the Government of Saskatchewan. "The entire city can be proud of this modern, safe, state-of-the-art learning environment." he said.

"For the Saskatchewan government this is about putting the student first and building a brighter future for our children. We believe that investing in education is the key to building the future of Saskatchewan." The government contributed over \$13 million to aid in the construction of the school.

Kathleen Gagné is the Chair of Board of Education for Regina Public Schools. She spoke of the investment in the young people of North Central Regina.



Seven Stones Principal Jay Fladager

"It has taken a whole community working together for years to see this bright, beautiful, functional, environmentally-responsible building." Gagné added "Schools complement and contribute to the exceptional work that our teachers and staff do every day."

"The opening of Seven Stones marks a commitment to the parents and community members of the former Herchmer Community School. When we closed that school we did so with the promise of rebuilding. Giving Herchmer and Wascana School communities a new building in which to grow and to learn and to play and to thrive."

Gagné thanked the students, parents and staff of the former schools. "Your patience and cooperation and contributions to the building of this new school are models for how a new school can be built."

The Seven Stones project began in 2009. It was aimed at

respecting the many cultures in North Central Regina, and have designed community-friendly spaces inside and out. Elements of Herchmer School are embedded in the school. Teachers will continue the traditional learning models but will adapt to the new demands and opportunities that students face.

Honourable Russ Marchuk extended congratulations. Mr. Marchuk was a former teacher at Albert Community School and a former principal at Herchmer. This opening celebrates a commitment to do that history. "This is a first-class school for a first-class community."

Former students who attended Herchmer and Wascana and are now attending Seven Stones reflected on the full circle. The youth spoke of their anxiety of the closings but admit it got easier with time. They're happy that so many people are working hard to give them a great place to learn.

Greg Hasiuk spoke on behalf of #10 Architecture, designers of Seven Stones project. "The goal of this building was always about the students and community, about leadership. Everybody gets it. Everybody's all in. That leadership carried from the beginning until today."

[wascana.rbe.sk.ca](http://wascana.rbe.sk.ca)



The Seven Stones Steppers (Ms Kimbley's and Ms McKinley's dance troupe) entertained.

## Seven Stones Community School Official Opening September 16, 2014

*Great  
AND getting  
Greater!*



Hasiuk addressed the students assembled on the staircase— "When we were gathered around the table thinking of the design—everything was for you. It revolved around you. Separate entrances for each different grade level, your own special entrance. The mosaic is meant to represent all the different people that you are. The school tries to create spaces that make you feel like you belong."

Hasiuk noted that the public has their own access to the gymnasium, the kitchen, the multi-purpose room and public washrooms. The space can be used in the evenings so everyone can feel included. Nothing more gratifying than hearing from students and teachers that what you envisioned is actually happening and working.

Principal Fladager concluded "The tone is beautiful, the learning is deep and engaged. It's a powerful thing to watch. It is coming true and real."



# Milestone Achieved!

Allen Lefebvre • Project Coordinator • North Central Shared Facility

## North Central Shared Facility

Together We're Building Our Community

The North Central Shared Facility (NCSF) recently achieved a major milestone on the path to construction. At their respective meetings on September 22nd and 23rd, Regina City Council and the Boards of the Regina Public Library and Regina Public Schools each unanimously approved the NCSF project and allowed it to proceed to tender. Tenders will be issued near the end of October, and construction should start in January 2015. The building will be ready to be occupied in the summer of 2017.



Conceptual rendering: northwest entrance and plaza.

P3A | NORTH CENTRAL SHARED FACILITY Design Development Appendix

The NCSF will be an integrated learning/community facility built on the existing sites of the Scott Collegiate and Albert Scott Community Centre, bounded by 6th and 7th Avenues and Elphinstone and Athol Streets. Strategically located in the heart of the North Central community, the design will occupy two city blocks and incorporate historical elements from the existing buildings and complement the neighborhood.

The primary occupants of the facility will be the City (including recreational and community spaces), Scott Collegiate (including the Scott Infant and Toddler Care Centre), Albert Branch of the Public Library, as well as several other community stakeholders such as the Regina Police Service, the North Central Community Association, and

Chili for Children. Space will be provided for various community based organizations to deliver programs and services within the facility. The community and its residents have and will continue to be engaged to ensure that the programs and services offered in the facility meet the needs of the community. Central to this initiative is a focus on integrating the service delivery of all the funding partners and various community stakeholders. Understanding mutual outcomes and collectively structuring programs to achieve them will be the rule, not the exception.

The NCSF has been the working title for the project for many years, and is due to be replaced. A naming process was undertaken in consultation with an Elder group to select a new name representative of

***We share a vision for  
strengthening community leadership and  
services, creating new ways of learning  
for all ages and helping people  
lead healthy lives***

the community and the facility. The formal announcement will occur at the sod turning ceremony following award of the construction contract.

Landscaping will also address a long-standing need in the community for storm water management. Once the new facility is built and occupied, the existing Scott Collegiate and Albert Scott Community Centre will be decommissioned and construction of a water detention area will be completed

in conjunction with the full size athletic field. The detention site is anticipated to meet 88% of the community's water detention needs for a 1:25 year flood event.

For further information about the project, please visit [www.northcentralsharedfacility.ca](http://www.northcentralsharedfacility.ca) or contact Allen Lefebvre, Project Coordinator, at [shared.facility@rbe.sk.ca](mailto:shared.facility@rbe.sk.ca)

Designs by P3 Architecture Partnership



Conceptual rendering: north entrance

P3A | NORTH CENTRAL SHARED FACILITY Design Development Appendix



## Wiichiwayshinawn Foundation Inc.

### 2014 Métis Awards *for* Health & Wellness awarded to NCCA's Kari Herbert

The Wiichiwayshinawn Foundation Inc. proudly presented the 2014 Métis Awards Ceremony hosted in Regina, on September 27th. Métis people in Saskatchewan were honoured and recognized for their outstanding accomplishments and contributions to their community.

**K**ari Herbert is leading the way to bring about renewal in North Central Regina. The slogan of RENEW North Central is "working towards a safer, cleaner community"

She says "It takes all of us to ensure we are doing our part. Respect your neighbours, respect your community."

Kari was instrumental in the design and implementation of RENEW North Central in 2013. Through engaged citizens, the program strives to clean up spaces and inject pride in maintaining a safe and caring environment. Neighbours meet one another and work together, thereby keeping watch over each other and their properties. North Central is moving closer to renewing the health and wellness of its citizens.

Established in 2007, the Community Gardens invite neighbours to plant and harvest healthy food. Kari designed a Medicine Wheel



garden under the guidance and approval of Elder Norma-Jean Byrd and in partnership with Early Years Family Centre. The Medicine Wheel, located at Scott Collegiate, will hold traditional plantings and reconnect people to the four Sacred Medicines. It is a renewal of the school grounds as a place of contemplation.



Wiichiwayshinawn Foundation Inc. is a non-political and non-profit foundation incorporated through Information Service Corporation. It was given a Michif name in December 2011 from a Métis Knowledge Keeper meaning 'We Are Helpers'. [www.metiswomenregina.ca](http://www.metiswomenregina.ca)

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- Goals: Employment and Continuous Education



Facilitated by:  
**Marcia Kooger**  
306 775-7846  
[koogerm@siast.sk.ca](mailto:koogerm@siast.sk.ca)

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306 775-7369  
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Four Directions Community Health Centre of the Regina Qu'Appelle Health Region would like to thank the following supporters who helped make these summer events a big success:

• Focus on Fathers Barbeque and Softball Game

Focus on Fathers is a men's support group that typically serves Regina's North Central population. We hold an annual Focus on Fathers softball game in June celebrating Men's Health Month and have a kick off to summer. This year, with the help of our gracious sponsors, Spectra Energy, SaskMilk, and Sherwood Co-op, we were able to host a delicious barbeque and invite the Piapot First Nations Junior Baseball team to play against "our Dads". There were many laughs, smiles and some good old fashioned fun. Thank you to the staff at Four Directions Health Centre that helped make this event a memorable one, Spectra Energy, SaskMilk, Sherwood Co-op, and Piapot's First Nations Youth Baseball team.



• Four Directions Urban Gardening Projects

For about 140 adults and children, this summer was a time to learn about growing and gathering our own food in the city. In June, participants planted and took home their own tomato. Families learned how to care for, ripen and use tomatoes. In July, we took a field trip to a nearby berry farm to pick saskatoons. In August, we discovered the bounty of a local community garden through a fun scavenger hunt and barbeque. Kids and adults had to find a fruit, a vegetable, an herb and the tallest sunflower. The garden and Tara, the North Central Community Association Garden Gnome, provided some of the ingredients for our barbeque—the delicious sage and mint lemonade and lettuce for the burgers. Thank you to the Community Initiatives Fund for their generous grant to support these projects.

4th ANNUAL GARDEN CHILI COOK OFF



Chili Pots and Servers at the 4th Annual Garden Chili Cook Off held on September 17 at Indian Métis Christian Fellowship (IMCF)



One of the Chili Cook Off judges, Warren McCall, MLA for Regina Elphinstone-Centre, presents the coveted trophy to Arnold Sieben—chef for Project People.

photos courtesy of Robert Craig of RILS Media – Birdsong Communication



COMMUNITY CLEAN UP!

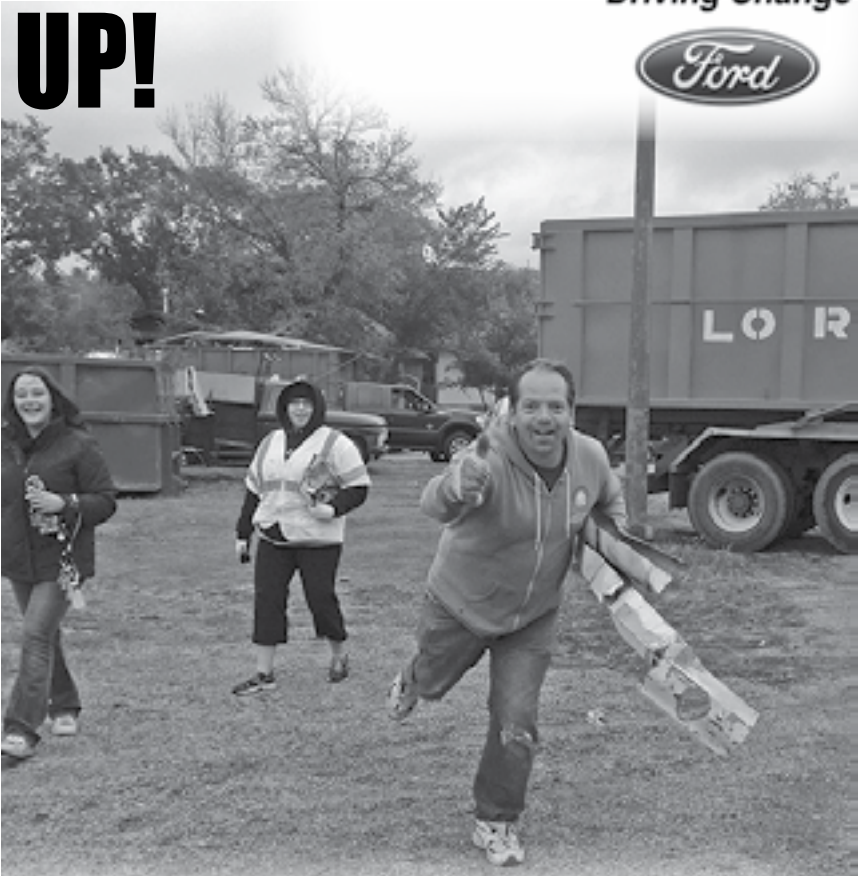


Brittany Johns was the RENEW North Central staffer this summer and came out again to offer her expertise for the Community Cleanup. Ms Johns is a Grrade 3/4 teacher at Albert Community School

North Central resident, City Councillor for Ward 6 and sometime Action Hero **Wade Murray** pitched in at his 21st cleanup! "Fantastic turnout this year! A really eclectic group. A whole whack of people turned out. A lot of these people aren't from North Central but they give back to this community in a fantastic way. If people could actually have an opportunity to come out and see this, there's always a place where they can lend a hand."



More cleanup stories on page 9!





## SACRED HEART COMMUNITY SCHOOL

Sacred Heart Community School  
SUMMER LITERACY CAMPS

Summer is a great time for splashing in the pool, picnicking in the park, digging in the garden and kicking back with a good book. Thanks to funding from the United Way, and support from Regina Catholic Schools and the North Central Family Centre, some of the Sacred Heart Community School students were able to enjoy these activities and much more through literacy camps this summer. The **SHCS Little Hearts Literacy Camp**, for students entering Kindergarten or grade one, was July 21—August 1. The **SHCS Big Hearts Camp**, for grades two and three students, was August 4—15. Three teachers from Sacred Heart School; Lindsay Shaw, Amanda Heisler, and Karen Koroluk planned and ran the program.

Fourteen Little Hearts Campers took part in language and literacy based activities. Some of the highlights of the ten days included: rock star day, learning about other countries, dressing up like superheroes with special

powers, gardening, becoming bug experts, and digging for dinosaur bones. At the start of camp, a list of “big words” was started. As new vocabulary came up, the list grew and eventually filled a whole chalkboard. Campers sang, played, discussed, explored books, and created.

Trips outside of the community expanded experiences on some of the themes. The Regina International Airport, the new



Dinosaur Playground in Harbour Landing, and the Regina Community Gardens were a few of the much enjoyed outings.

The goal for the Big Hearts Camp this camp was to recover the reading loss which typically happens to students during summer months.

Therefore, the Big Hearts Camp included assessment and individualized, intense reading instruction, as well as a home reading assignment. These nine campers worked very hard and proved successful in meeting goals. Every other day included an afternoon adventure, purely for fun and friendship, to celebrate the dedicated reading time. These celebrations included DinoBouncers, the IMAX, Evraz pool, and discovering parks outside of the community.



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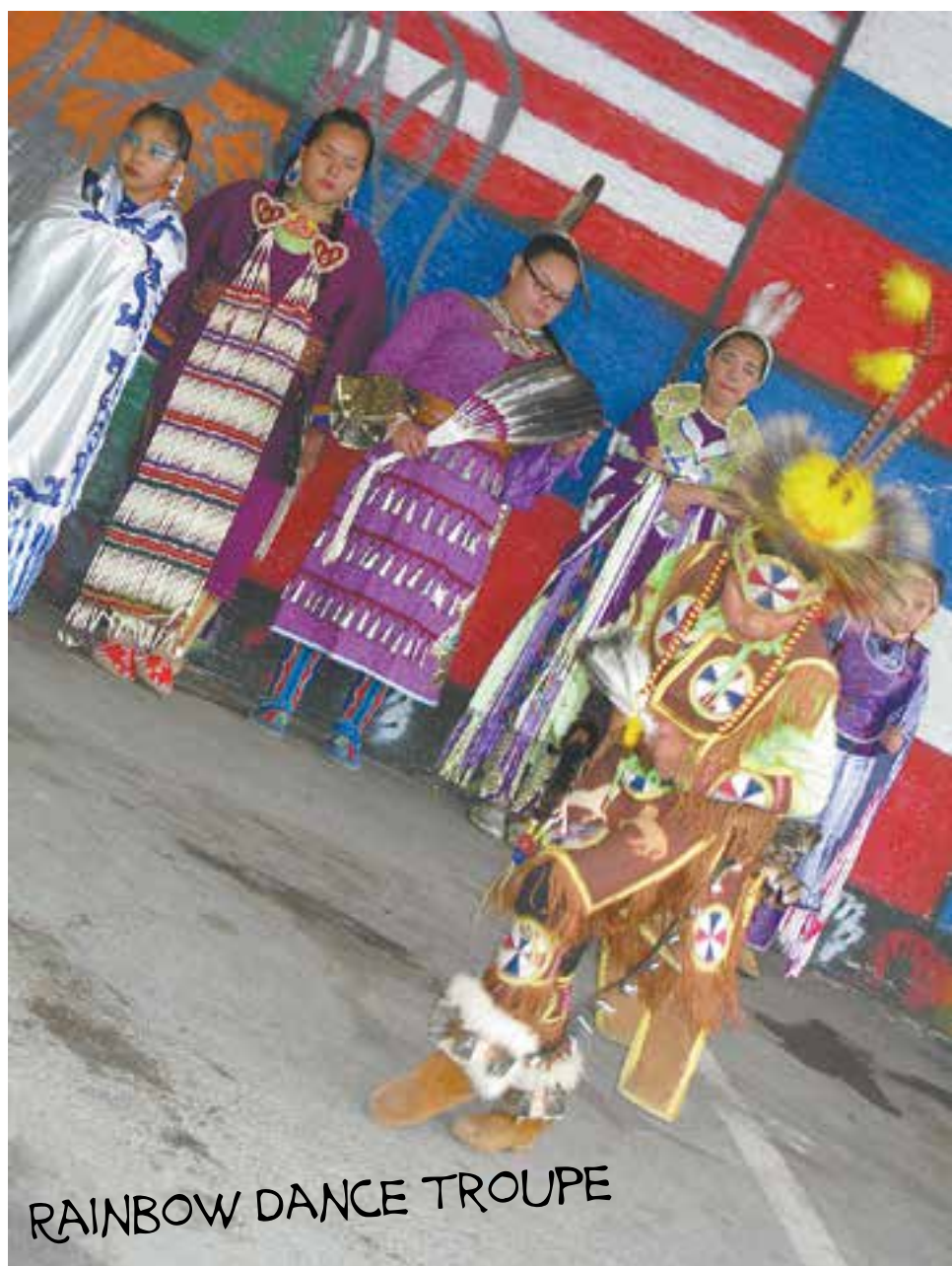
Starla Grebinski, Principal  
Tricia Erlendson, Vice-Principal  
Gilles Dauphinais, Vice-Principal



The teachers say both camps exceeded their own expectations. It is the third year of such camps existing at Sacred Heart School and teachers credit the added support from the United Way in helping these programs evolve. Parents/Guardians also had very positive feedback and hope to see this remain a

Sacred Heart School summer tradition. It is the feedback of the students themselves, however, that speaks the loudest. “I wish reading camp could go on forever”, said one happy Big Heart Camper. Let the countdown to next summer begin!

Mass is held the last Wednesday of every month at 8:30 am in the school library. All Catholic neighbours are welcome to attend.



RAINBOW DANCE TROUPE



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# Greetings from the Scott Collegiate Office

Welcome Back from the Scott Collegiate Administration

School is back in session, and we are happy to welcome students back to Scott Collegiate. At Scott, we offer a full grade 9-12 educational program with a focus on community-based project-based learning. Students learn the content of the curriculum within a real-life context, and in partnership with organizations from within the North Central community, and beyond.

Shannon Fayant, Principal, and Chris Beingessner, Vice-Principal



Students participated in many fun activities during welcome week, including putting up the school's tipi.

Follow us on Twitter  
@scottcollegiate

# The Seventh Generation Museum Project

The Seventh Generation Museum Project is a class at Scott Collegiate offering students the opportunity to get three high school credits. All students are working on ELA A30 and Native Studies 30, and have an option to work toward either an Arts Education 30 or a Clothing and Textiles 30 credit. The end goal of this project is to create an interactive museum experience which will be open to the public in December.



Students will create unique projects which will be displayed in the museum. Exhibits will explore both historical and contemporary issues affecting the people of our city, province and country. This month our class went to the Treaty 4 Gathering in Fort Qu'Appelle to learn about what it means to be treaty today.

# THER Cooking with Class! Cooking Project

Welcome to Chrice's Kitchen!! Hell's Kitchen meets Top Chef in this new class offered by Ms. Christopherson, Mr. Rice and Mrs. Cachene. Students will earn their Commercial Cooking, Paul Martin Aboriginal Youth Entrepreneurship, Tourism, Hospitality and Entrepreneurship and ELA credits. As well, students will receive Food Safety and Service Best Certification. All while learning the skills to work in any kitchen in the world!

Students will compete in quick fire challenges that will test their taste buds, cooking techniques and quick thinking.

Throughout the semester students will be designing their own restaurant from the name and menu to the design and layout. At the end of the semester they will present their restaurant by offering a "Taste of Scott" venue where tickets will be sold to sample items from their menu. (January 15th, 2015 at 5 pm). The winner will earn the privilege of having their restaurant name and one menu item featured at the Scott Canteen for the next semester.

Check out our Twitter feed (@scottcollegiate) often for daily canteen specials that will be offered by the students in this class.



## Working With You Working For You

*Warren*

Warren McCall, MLA - Regina Elphinstone-Centre  
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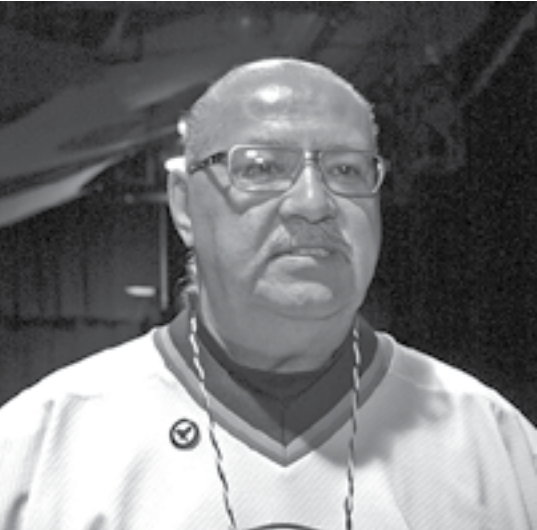
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# Documentary Scores!

Residential School Hockey    [riismedia.org/OurStories.html](http://riismedia.org/OurStories.html)



**"Edmonton Oilers honour First Nations hockey.** Distinguished former players Fred Sasakamoose, Ted Hodgson, and Chief Wilton Littlechild oversee the ceremonial puck drop at a packed Rexall Place.

A former Chicago Black Hawk, Fred Sasakamoose talks about life in Residential School and the National Hockey League during the 1950s."

*"Sometimes I wanted to quit because of the behaviours and the taunts on the ice. It took me a long time to not react to that. I plead guilty on lowering my level of intelligence and integrity to the racist behaviour and racist comments of others."*

Eugene Arcand

thrill I felt meeting Fred Sasakamoose and Ted Hodgson, two important figures who made significant contributions to Canadian hockey history. Along with the giddy thrill of meeting former NHL players, I felt deep respect for their accomplishments and the wisdom they were willing to share with the camera, and ultimately our audience. The second moment was in editing the footage, the sense of pride felt by Chief Littlechild and the First Nations players being honoured and how much the recognition of the Oilers, Rangers and cheering Rexall Place fans meant to them. At that moment, I understood how much this recognition would mean to Aboriginal spectators, who have not received the respect in the media that they deserve."

Eugene Arcand attended the Residential School in Lebre.



The Regina Indian Industrial School (RiiS) was a Residential School opened in 1891 and closed in 1910. The RiiS Multimedia Project represents the legacy of the Regina Indian Industrial School and the destiny of its descendants. Its companion, the RiiSmedia.org (pronounced rise-media-dot-org) website, heals and restores communities by creating awareness and inspiring action. Using a predominantly web-based delivery platform and multiple narratives, RiiS Multimedia engages media users by creating a future involving family restoration, healing and reconciliation. A long-form documentary conceived and directed by First Nations media makers will form the centerpiece of the RiiSmedia.org website.

This project was made with the financial support of The United Church of Canada. Riismedia.org has several projects underway, including a series of filmed monologues by new Canadian Ayesha Mohsin on the Canadian Residential School experience, mini-docs by Janine Windolf and Trudy Stewart about to be released and another by Louise Bigeagle about famous Regina Indian

Industrial School student Thomas Moore Keesick currently in production.



story by Robert Craig

# Treaty #4 Medal Returns

story & photos: Rodger Ross

I first heard that a Treaty #4 Medal was about to be auctioned off on September 14th, 2014, after reading a Facebook status posted by an artist friend, Ray McCallum. Ray stated that he and his wife Paula Acoose intended to go to Ontario to bid on the Medal. Throughout the week I followed Ray's Facebook

he wanted to join forces to try and purchase the medal for the town of Maple Creek.

In the end the Maple Creek delegation understood that Ray and Paula had every intention of returning the medal to the people of Treaty #4 and were in a position financially to make



L to R: Wendy Hoare, Chief Lynn Acoose, Elder Cheryl Littlelent, Chief Barry Kennedy, Royce Pettyjohn, Paula Acoose, Ray McCallum, Elder Noel Starblanket

page with great interest and was elated to read that he and Paula had indeed travelled to London, Ontario to the Jeffery Hoare Auction House.

For those of you from my generation who have very little understanding of the Treaties, because treaties were not taught in school, Treaty #4 was one of 11 numbered Treaties signed between First Nations and the Crown (Queen of England). Treaty #4 was signed on September 15th, 1874. Upon signing the Treaties, silver medals were bestowed on the Chiefs who represented their people at the negotiation table. There were 12 original Chiefs who signed with Chief Piapot signing an adhesion to the Treaty a year later. There were 21 medals that were handed out, 20 are still unaccounted for.

Ray and Paula's journey began during the week of the annual Treaty #4 Gathering that is held in Fort Qu'Appelle, which ironically is Ray's home town. Paula is a member of Sakimay First Nation which resides in the heart of Treaty Four Territory. So it comes as no surprise that they would feel an affinity for the Treaty #4 Medal. They obviously felt a vested interest in acquiring the medal.

Ray and Paula were not the only ones from Saskatchewan interested in the Medal. Alvin Francis, a Councillor from Neekaneet First Nation, and the town of Maple Creek had also heard about the auction and initiated an effort to make it there. Maple Creek's Manager of Community & Economic Development and Main Street Program Coordinator, Royce Pettyjohn had found the medal after months of research. It was Royce who informed Neekaneet First Nation of the discovery and

a strong bid for the medal. They decided to support them in their bidding efforts.

September 20th, Ray McCallum and Paula Acoose successfully won the bid to possess the

Treaty #4 Medal. On September 29th, Wendy Hoare personally delivered the Medal to all of us who greeted her at the Regina International Airport.

Although I had first heard of the newly found Treaty #4 Medal very recently and I am grateful to Ray and Paula for all they have sacrificed to obtain it, my family and I have a vested interest in the medal as well. I have been hearing about the Treaties and in particular Treaty #4 for most of my life.

On September 15th, 1874 our Great Grandfather was one of the Chiefs who signed Treaty #4 on behalf of his people. His name was kânêwonaskasêhtêw (He Walks On Four Claws), on the treaty document his name appears as KA-NE-ON-US-KA-TEW, his x mark.

It was with great honour, respect and hope that I held the Treaty #4 medal when it arrived on Treaty #4 soil.

In my mind all I could think of was that I might be holding the very medal my ancestor held in his hand on that momentous day over a hundred years earlier.

It is a memory I will keep with me for the rest of my life.

Thank You Ray and Paula for all that you have done.

ekosi

Rodger W. Ross  
(Paskwa-Moostoos)





Seasonal influenza: It's serious

Seasonal influenza is a serious respiratory illness that can lead to severe complications and even cause death. Immunization remains the best way to fight influenza. Immunization can lower your chances of getting influenza or if you do get influenza after being vaccinated, you may not be as sick.

You can have the influenza virus and not be ill, but still pass the disease on to others. The Regina Qu'Appelle Health Region (RQHR) encourages you to get your seasonal influenza immunization to protect yourself and those around you. The vaccine is safe, easily accessible and has very few side effects.

The RQHR provides seasonal influenza vaccine to residents at no cost. Those at highest risk for influenza disease are: persons ages 65 and over; those diagnosed with chronic lung or heart disease, diabetes, lowered immunity, cancer, kidney disease and/or severe anemia; pregnant women; children from six months to four years of age; persons with severe obesity; and residents of a nursing home or other care facility.

RQHR encourages all people to be immunized.

For clinic dates, times and locations in your area, watch for information in early October.

For general information on influenza, call HealthLine at 811 or visit [www.rqhealth.ca](http://www.rqhealth.ca).

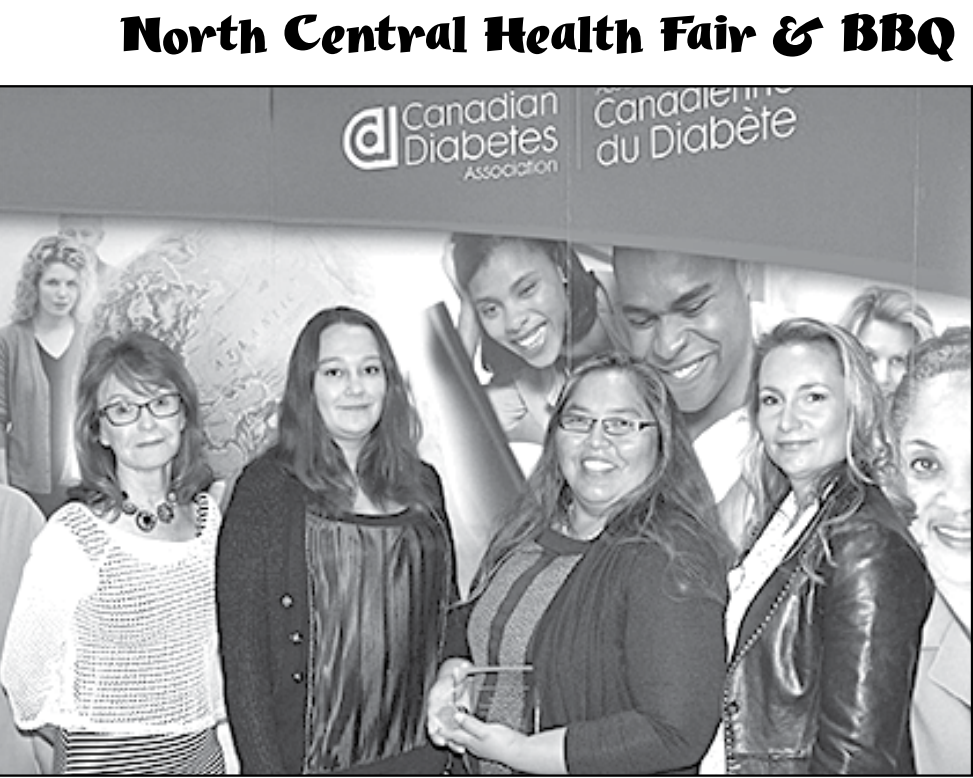
COMMUNITY CLEAN UP! Thanks! continued

The North Central Community Cleanup organizers would like to thank U of S Student Nurses, SEARCH, Street Culture, NC residents, Bennett Dunlop Ford staff and their families with their trucks and rental trailers. Approximately 78 people from Bennett Dunlop Ford and 50-60 folks from NCCA recruitment efforts came out as their superhero selves for the cause!

the Timbits. The WalMart \$100 gift card was put to good use to purchase garbage bags and tongs.

NCCA organizer Kari Herbert said "I was raised by a family that said if you don't want something, put it in an alley in North Central, somebody will want it. There's this perception out there that that is a form of

Queensbury Convention Centre sponsored the catering of coffee and muffins. Acklands-Grainger donated 100 brand new pairs of work gloves. Tim Hortons poured coffee and laid on



North Central Community Association President Joely BigEagle-Kequahtoway and Manager of Community Services, Kari Herbert received the Regional Outstanding Partnership award for all the great work on the annual North Central Health Fair!

On August 19, the Canadian Diabetes Association's Saskatchewan team along with a number of expert partners brought together residents of Regina's North Central community. This is the sixth year for the gathering to enjoy a healthy barbeque and learn the risks for diabetes. The agencies connected with community members to share resources and information to assist them in improving their health and wellness.

Presented by the Queen City Kinsmen Club, at this event

North Central residents had the opportunity to visit a number of interactive health stations covering healthy eating, foot care and physical activity. Participants took in a diabetes risk assessment supported by Loblaw Pharmacy to learn about their individual risk for developing type 2 diabetes. Diabetes educators, pharmacists and nurses were on site to provide education and information.

By 2020 it is estimated that close to 10 percent of Saskatchewan's population, or more than 111,000 people, will be living with diabetes.

donating." Project People take donations, Hire A Neighbour can be paid to take the material. But putting stuff in the back alley should not be an option. There are agencies that will take furniture, rather than letting it sit in the elements where it becomes instant garbage."

Trevor Boquist spoke for Bennett Dunlop Ford "This is year number 5! What's interesting is that we

get a good chunk of our staff but we also get the kids, and I think it's a great way for them to get involved. My son is with me today and he loves the fact that he gets to throw stuff around, they make it into fun. What's also nice this year is that there's a lot of community groups volunteering. And we're even seeing people with their own vehicles who live in the area bringing stuff in. It continues to grow and continues to foster that whole community spirit."

FOOT CARE

We are accepting new clients for office or home visits!

- Free diabetes checks
- Free blood pressure monitoring
- Foot Care by a trained professional at a minimal cost



RATES for Foot Care:

In-office visit – North Central Resident .....	\$15.00
Home visit – North Central Resident .....	\$20.00
In-office visit – Non North Central Resident .....	\$30.00
Home visit – Non North Central Resident .....	\$40.00

North Central Community Association  
1264 Athol Street, 2nd floor (elevator)  
Call 306-757-1046 to book an appointment or leave a message  
Community Nurse: Jude McCann RN

**PharmaChoice**  
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

**Summer Hours**  
Mon to Thur 9 to 4 Fri 9 to 1

**Early Years Family Centre**  
REGINA Children's Initiative  
Strong Beginnings. Brighter Futures.

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

**Scott Collegiate** and their caregiver.  
3350 7th Ave (306) 523-3512





Do you have a background in SALES?

NO

YES!

Thanks for reading this far

WANT TO MAKE SOME EXTRA MONEY in your SPARE TIME?

You bet I do!

We're looking for an enthusiastic individual to sell advertising for *Community Connection*, North Central's community newspaper.

If you like to work independently and are a real people person, we want to hear from you!

HA HA HA!

No, I have all the money I need

away you go then

Please send us your resume along with a letter of interest to:

**NORTH Central**

Michael Parker  
Executive Director  
North Central Community Association  
1264 Athol Street, Regina, SK S4T 7V3  
or by email: [exec.director@nccaregina.ca](mailto:exec.director@nccaregina.ca)

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

## Thoughts from the President of North Central Community Assoc.

Joely BigEagle-Kequahtoway

Umba wasté...Good day!

I love the fall season, it's not yet winter and still time for good weather to stick around. I would like to say a big thank you to all our volunteers for North Central—the green thumbs that help with the gardens, the front line workers in our social agencies, and people who give up their time to sit on the board and sub-committees.

We have lots to be thankful in our community and we also have lots on our plate for our community To Do List. The North Central Community Association board is in the initial stage of planning and preparing our community plan. The most recent plan that was developed was from 1980. We have Vision 2020 that was developed within past few years as well. We are reviewing and researching the existing documentation regarding community consultation completed in the past and we are reviewing what is currently being planned by the City of

Regina with respect to our neighbourhood.

**If you are at all interested in attending our North Central community planning sub-committee meetings, we will be hosting them every 4th Wednesday at 7 pm at Albert-Scott in the 2nd floor boardroom.**

For more information please email us: [exec.director@nccaregina.ca](mailto:exec.director@nccaregina.ca) It would be great to have more community members attend our planning meetings. We also need volunteers to contribute their feedback and time on our housing sub-committee. We are in the middle of developing our terms of reference for both of these sub-committees. Your help would be greatly appreciated! You can also email any ideas or thoughts on the community plan. We all want to help make our community safe, vibrant, healthy and beautiful.

Thank you again to all those who support our efforts!



## Community Calendar

Send in your events for a FREE LISTING in the Community Calendar or Announcements section of your *North Central Community Connection* newspaper!

**Deadline for DECEMBER issue: Nov. 14, 2014**

You are invited to your COMMUNITY MOBILE STORES!

EVERY **MONDAY**  
**11:00 am to 1:00 pm**  
North Central Community Association  
(1264 Athol St. - upstairs)

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 for Seniors**  
**Now offers Recreational Activities:**

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



At Albert Scott Community Centre (1264 Athol St.)

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

Friends and supporters!  
Join the **GO GREEN PROGRAM**

page on Facebook! Get details on the season's windup, get a heads up on next season's recruitment. Let's keep in touch over the winter. Look for the "Go Riders" banner.



**Girl Guides of Canada**

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

Anyone who is interested in Albert Sparks (age 5 & 6), Brownies (7 & 8), Guides (age 9-11), Pathfinders (age 12-14) or Rangers (age 15-17) is welcome to call Brenda at 306-352-0708.

Remember that Girl Guide Cookies were invented in North Central Regina (1300-block Robinson St.)!

From *Cookie History* page on [www.girlguides.ca](http://www.girlguides.ca) :

"In 1927, a Girl Guide leader in Regina baked and packaged cookies for her girls to sell as a simple way to raise money for their uniforms and camping equipment. Little did she know that she was starting one of Canada's best-loved traditions—Girl Guide cookies!"

Take out a NEWSLETTER PAGE in *North Central Community Connection*. Celebrate your news & achievements, publish photos and advertise your programs. LAYOUT by Right Brain Creative Services INCLUDED IN FEE. Get in touch for details & rates by e-mailing [editor@nccaregina.ca](mailto:editor@nccaregina.ca)

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



The *North Central Community Connection* is a bi-monthly newspaper produced by the North Central Community Association. We deliver 6,000 copies of the newspaper throughout Regina. 4,500 copies are delivered to households and businesses in North Central. The remaining copies are delivered to non-profit organizations, to municipal and provincial politicians and to the North Central Community Association's corporate partners throughout the city. An electronic copy is e-mailed nationally and is available on our website [www.nccaregina.ca](http://www.nccaregina.ca)

*North Central Community Connection* is produced on broadsheet newsprint (16¾" x 11¼"). Issues are twelve pages long, with eight pages in black and white and four pages in full colour.

Advertising Rates

	Price	Size
Full page (colour)	\$ 450.	15.25" x 10"
Full page (b & w)	\$ 375.	15.25" x 10"
Half-page (colour)	\$ 300.	7.50" x 10"
Half page (b & w)	\$ 250.	7.50" x 10"
Quarter page (colour)	\$ 150.	7.50" x 5"
Quarter page (b & w)	\$ 125.	7.50" x 5"
Business card (colour)	\$ 85.	2.25" x 3.50" (Horizontal) 3.75" x 2.00" (Vertical)
Business card (b & w)	\$ 65.	2.25" x 3.50" (Horizontal) 3.75" x 2.00" (Vertical)

Your sixth ad is free when you advertise for five consecutive issues.

Customized ads of any size will accommodate your advertising needs. Price negotiable.

Submit your North Central events to the Community Calendar section for free! We reserve the right to be selective about the calendar events we print.

Please contact us in advance to reserve a space for your ad. Submit camera-ready ads by email in .pdf, .tif, .jpg or .png format or deliver to the office on a CD. To have the ad designed in-house, you must supply high quality graphics (logos or clip art). Do not embed photos or logos in a word or pdf document.

Contact the Editor at: (306) 791-9888 or [editor@nccaregina.ca](mailto:editor@nccaregina.ca) if you have questions or to place an ad.

*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:

Joely BigEagle Kequahtoway  
Cdn Diabetes Assn City of Regina  
Robert Craig Kari Herbert  
Indian Métis Christian Fellowship  
Kitchener Community School  
Allen Lefebvre Jan Morier  
Regina Qu'Appelle Health Region  
Rodger Ross Scott Collegiate  
Sacred Heart Community School  
Souls Harbour Rescue Mission

*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  
DECEMBER ISSUE  
November 14, 2014

North Central Community Connection  
1264 Athol Street  
Regina SK S4T 7V3  
Phone: 306-791-9888  
Fax: 306-757-1052  
e-mail: [editor@nccaregina.ca](mailto:editor@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.....Joely BigEagle  
.....Kequahtoway  
Vice President.....Jessica Hanna  
Secretary.....Robyn Shiplack

MEMBERS-AT-LARGE

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



Schools

Dial 306 before calling!	
NORTH CENTRAL PHONE LIST	
Albert Community School.....	791-8539
KitchenerCommunity School.....	791-8516
Sacred Heart Community School.....	791-7290
ScottCollegiate.....	523-3500
St.Luke.....	791-7248
WascanaCommunity School.....	791-8528

Organizations & Agencies

Aboriginal Family Service Centre .....	525-4161
Aboriginal Skilled Workers Association .....	565-0544
AIDS Program South Saskatchewan .....	924-8420
Albert Library .....	777-6076
Albert-Scott Community Centre .....	777-7033
All Nations Hope AIDS Network .....	924-8424
Bylaw Enforcement.....	777-7000
Child and Youth Services .....	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
Circle Project Childrens' Centre .....	569-3988
Circle Project Infant Centre .....	949-4911
Early Years Family Centre .....	523-3512
Ehrlo Sport Venture Library.....	751-2411
Ehrlo Housing .....	584-3313
First Nations Employment Centre.....	924-1606
Four Directions Community Health .....	766-7540
GatheringPlace .....	522-7494
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 .....	551-3366
Sepak Takraw Saskatchewan (STAS) .....	584-8778
Souls Harbour Rescue Mission & Youth Centre .....	543-0011
Street Culture Kidz .....	565-6206
SWAP.....	525-1722
Transitions to Trades .....	791-9530
YMCA of Regina .....	757-9622

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



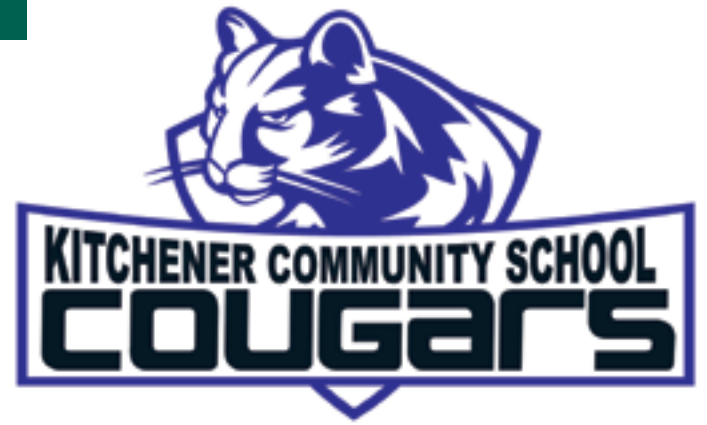
## KITCHENER COMMUNITY SCHOOL

We would like to extend our warmest welcome and sincere happiness to all of our families and children who make up our amazing school community. As the 2014-2015 school year begins it is our pleasure to officially welcome everyone back to Kitchener Community School!

Kitchener Community School provides a caring, supportive and respectful learning environment. Staff, students, families, volunteers, and agencies work cooperatively to enhance student development. Together we take pride in our diversity, build for academic success, and create hope for the future of our community.

### School Hours

- Recess supervision begins at 8:38 A.M. Please do not send your child(ren) prior to this time.
- At 8:53 A.M. morning classes begin. Students will have recess at 10:30 A.M.
- Lunch runs from 11:45 A.M. until 12:45 P.M.
- Students will have a second recess break at 2:30 P.M. and are dismissed from the day at 3:37 P.M.



### School Community Council

The purpose of Kitchener's School Community Council is to help strengthen the capacity of the school and to improve students' learning. The Council would like to invite any parents and community members wishing to participate to attend. Please call our Community Coordinator, Marilyn Fazakas, at 306-791-8516 for more information. These meetings provide a forum for staff to talk to parents, caregivers, and community members about the school's Learning Improvement Plan, which is a plan that focuses on Literacy, Numeracy, Equity, and Transitions for our students. The council also plans fun and engaging events for our families. Please consider joining us.

We are all very excited for the school year ahead!

Mrs. Balkwill (Principal) and Mrs. Wagner (Vice-Principal)



Our Admin team: left Mrs. Balkwill – Principal; right Mrs. Wagner – Vice-Principal

## FROM A ROOF IN NORTH CENTRAL

**Wow** I still can't believe that this is the Mission's fifth year for our 'Homelessness Awareness Week' fundraiser and here I am back on the roof of our Youth Center living in my pup tent again. Where did the last year go? Every year the media asks me the same question: "Why are you doing this Joe?" Five years later my answer is still the same. I do this for two reasons. First, I want to continue to create awareness for a very 'real' problem here in not just Regina, but throughout our wonderful province. Secondly, Souls Harbour Rescue Mission serves the homeless every day and we couldn't do that without your financial support. We receive no ongoing operational funding from any level of government be it federal, provincial, or municipal, so I'm here to raise some much needed money too! And though I try and have some fun with this event, don't get me wrong as I'm not for a moment suggesting that me living in a tent on a roof (I'm fairly safe up here) in North Central is like being homeless. No, homelessness is that guy who sleeps under a bush in the park at night; that's real homelessness! I'm just saying there's a guy sleeping under a bush in the park, and we need to do something about that!

So who are the homeless? There are many different reasons and circumstances that lead to homelessness. Yes, there are those who struggle with addiction but what's the root of that? And sadly many people still think that the homeless are just lazy! Then there are those

with a mental illness. Lately I've been thinking about the death of Robin Williams and his ongoing struggle with mental illness. He gave us laughter and I think the world is a better place because of him. Robin was never homeless but his disease was real. In a way I hope that he'll become a face for that disease now because we desperately need someone to break the stigma of mental illness. With proper medication, many people with this disease can function well within the workplace, and still there are lot of business's that simply won't hire them. And what about those who need some extra care, where do they go when governmental cutbacks have pushed them out of the hospital's and into the streets?

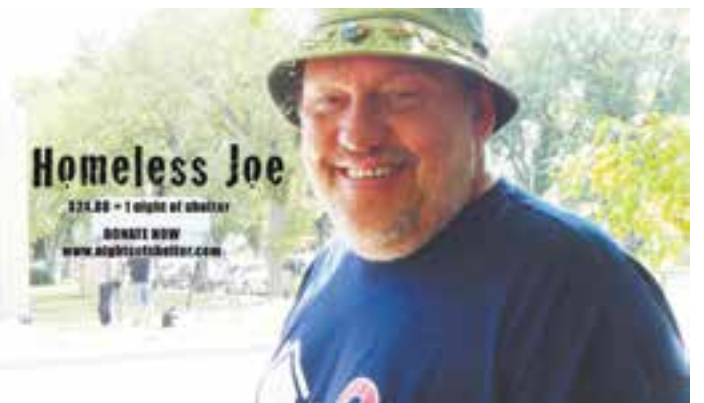
Then there's the girl that just called us inquiring about a rental application for affordable housing. She was 16 years old and she'd just had a baby. Desperately looking for someone to help her, all she wanted was a place to stay and a chance to finish school. Whatever the circumstances (forget the why?) she should never have to be homeless. She's got her whole life to live yet!

As for the idea of laziness, I find myself somewhat repulsed by that type of thinking, because I know there are men from our shelter who go to Labour Ready every day to try and find some kind of work. The problem is that they can't get a full time job, and that there's nothing affordable for them when it comes to renting a place. Or what about the seniors whose government pensions don't even come close to paying their living expenses;

not everyone has a 'Freedom 55' retirement plan. Or where does someone with HIV go when they can't work anymore and long term care isn't an option. They should still be able to live out their life with dignity in a safe and affordable place.

So, as I sit here on the roof thinking and writing about the homeless, I guess I've found a more personal perspective on why I come up here year after year. There's a story that most of you have probably already heard about a boy and beach full of starfish, but let me share it again: One day a boy and his father are walking together along a beautiful beach. They notice that the tide has gone out and that the beach is now covered with hundreds of starfish that have become stranded on the shoreline. The boy in desperation begins to pick them up and carry them back to the sea. After doing this a few times, the father stops him saying that what he's doing isn't going to matter anyway as he can't possibly save them all. The boy stops ... looks at his dad ... then walks out into the water and sets another one free. He comes back, looks at his dad again and says; "I think it mattered to that one." And so ... I guess that's why I'm up here on the roof again, it matters to someone!

Let me conclude with this: I think the two biggest reasons for homelessness today are that we don't



have enough affordable housing, and that we don't pay people enough money for the work they do. I think we need to increase the minimum wage to a point where people can reasonably take care of themselves. We can't go on paying people so little, for taking the jobs that so many of us wouldn't even consider because they couldn't possibly support our lifestyle! And as the financial institutions and the government continue to tighten the criteria for getting a mortgage, we simply have to find ways to spread the wealth, and to make a way for someone with a lower income to raise a family and have their own place. If we don't ... then the dream of owning your own home ... is only a dream for the rich!

**SOULS  
HARBOUR  
RESCUE  
MISSION**