



North Central celebrates culture!



North Central Community Association and sponsors SEARCH, All Nations Hope, Regina Public Library (Albert Branch) put on a great Street Fair on September 26.

Thanks to Government of Saskatchewan, SaskCulture, Saskatchewan Lotteries and to all volunteers!

Thank you for sharing your culture!

Seven Stones Steppers
Regina Filipino Performing Arts
Shannon Rae
Kinder Scout
InfoRed
Rainbow Dance Troupe



On September 25, All Nations Hope Network brought a cultural ceremony into the urban setting. The Bison feast is a beautiful gathering to bring the people together to share stories, songs, dances and ceremony. Years ago our ancestors held these ceremonies on the prairies and maybe even on what is now the block of 2700 5th Avenue.

We feed the people spiritually, physically, emotionally and mentally. It is a time to build relationships with the agencies, systems and institutions. It is sharing the culture of Indigenous people in a ceremony of celebration and healing.

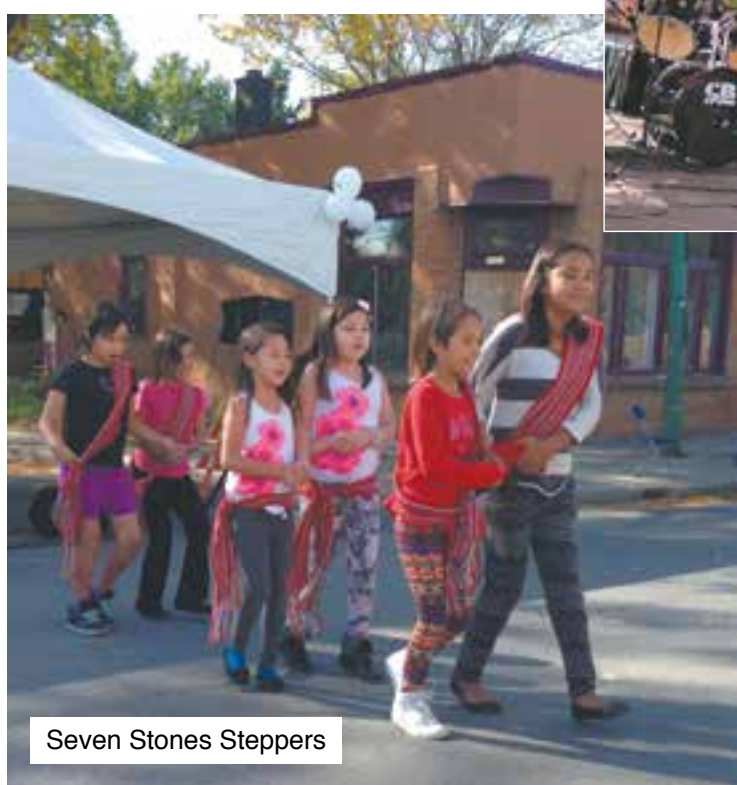
All Nations Hope



Greetings from the RCMP as host Margaret Poitras and emcee Creeson Agecoutay look on.



Kinder Scout



Seven Stones Steppers

James Rose, SaskCulture board member, summed it up in his greetings to the Bison Feast.

"Culture Days gives us an outlet and a reason to come together. It helps with the spiritual and emotional well-being. It facilitates friendships and better community."

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interview & photo by J. Morier



story & photos by by J. Morier



Warren Prosper steps back to admire his handiwork on a fence build on the 700-blk Argyle. It was his first project and he intends on hanging around for the next ones. “As long as there’s work! And there’s always work.”

The Good Neighbour Fencing Company (GNFC) has had 8 or 9 builds under its tool belt. Mark Pitman manages this social enterprise and listed off the completed outdoor projects: decks, patio stones, steps, doorway repairs, fences.

Warren recently moved to Regina from Saskatoon and focus on family responsibilities turned things around. He’s picking up an income and on-job-training through the GNFC. “It’s a good experience, I’ve never handled power tools,” he laughs.

The fencing company is an initiative of the North Central Community Association (NCCA). Any profits made on their builds go back into NCCA programming and activities.

Mark says, “Our hope is to become self-sufficient. We started off with a grant from the Friendship Centres of Saskatchewan. In April, we’ll be looking for more funding to augment the company and the projects that we can do.”

The homeowner must understand that the duration of the contract job depends upon the workers’ level of skills, and how quickly they pick up the process.

Mark determines if the candidate has employability skills, if not, they’re referred to the Meewasasin Employability Training Program, another NCCA service. After that three week training, the candidate can get some on the job experience with GNFC. If things work out then they can become employed from there.

Mark explains, “Warren had already taken some of that training when he was living in Saskatoon, so we were able to just slide him in to the job site. He was willing and able to work and



showed some real interest and responsibility.”

Those responsibilities include showing up, being willing to listen to instructions and carrying them out.

“Our days start at 7:00. They have to be up early and that is new for some of them. And they have to be working through to our days’ end at 3:30 or 4:00.”

“Warren has applied to university for a computer-related course. We’ve had two other workers who have gone on to permanent, higher-paying jobs. Another fellow has applied to construction careers at the polytechnic.”

GNFC is a stepping stone to pump up their resumes, demonstrating they know their way around tools and supplying photos of the jobs they’ve worked on.

“From my time with Transitions to Trades (a previous NCCA

program) and with Meewasasin, it’s evident that many of the young people coming through our doors have almost no references on their resumes.” Mark explains, “My role right now is to be able to provide—whether it’s for a week, two weeks, or 10 weeks—experience and a reference. If they go on for another job interview or to apply for schooling, I can write a letter of reference and that’s a huge step in the right direction.”

“When we finished our first job, which was a large fencing project on 600-block Athol Street, the two guys working with me just couldn’t believe it! They said ‘this is OUR fence!’ They started posting selfies with their accomplishment.”

“At the end of our first pay period I was taking one of the young guys to the bank to deposit his cheque. He kept handling the cheque while sitting in the truck. He said ‘Oh, this is so much better than a welfare cheque! Because I’ve earned it.’ And it might have been maybe the first two weeks he’s ever put in on a job. That’s huge. It’s getting them to experience that, and say ‘I want to experience that again.’”

“And then it becomes a bit of a habit and you hope that they show up on a regular basis. We’ve had some issues with that because things happen in peoples’ lives, they may go through some difficult times and they may not show up to work.”

“One fellow missed quite a bit

“As long as there’s work! And there’s always work.”

of time over two weeks. He had been drinking primarily. He contacted me, wondering if he still had his job. He said, ‘I’m planning on going for treatment and I need to straighten out my life.’ I told him, ‘Yes. If you’re doing something about it, then we will accommodate it on this end.’ I could have let him go several times, but that wasn’t my goal. My goal is to try to help him through some of the hurdles so he can have a more permanent type of job experience.”

The workers may not have had that insight into what choices are available, had it not been for this positive, if short-term, work experience.

Mark still has to do the administrative paperwork, get quotes, check out pricing and pick up supplies. He says, “I spent 20 years in the teaching profession and I always looked forward to going to work and spending time with the young people. That kept me feeling young and I gained their energy. Working with these guys, seeing them advance and improve their skills—there’s no way I can describe it, it’s very, very exciting.”

“It’s rewarding to sign that letter of reference, to get them started and see them take it from there. It’s a very powerful way to spend your life.”

The Good Neighbour Fencing Company has been swamped all summer and fall. Anybody can book now but the work may not begin until spring. In November GNFC has access to a workshop to build and store fence panels and cedar lawn furniture. They want to focus on customized wooden cedar gates that can be incorporated in an existing fence. Mark says, “We can build a variety of styles or if somebody finds an design on the internet—we can replicate it.”

This social enterprise is a for-profit company with a goal to self-sufficiency with anything that is over and above returning to the community.

Their slogan is ‘Building Community’. They are building in the community but are also helping individuals like Warren. GNFC is also trying to help individuals in the community who may not be able to afford their own repairs.

A SATISFIED CUSTOMER:

“Recently I had the pleasure of meeting Mark Pitman and the work crew from the North Central Employment Training Program. They were hired to construct a board fence to close in the side and back yard areas around my house. They encountered several obstacles with the roots systems of my large trees but persevered and successfully completed the work in a timely manner. The fence is sturdy, straight and looks awesome. I found these guys personable, friendly and diligent in cleaning up their work site. I am very pleased with the work and the manner in which it was completed, and highly recommend them to others.”

Christian Thompson



Providing 24-hour supervision, safe and stable housing, general counselling, support and assistance for women.

interview & photo by Lisa Workman

“We opened the doors to Kate’s Place on April 30, 2012. Our mandate and our mission is to house women with addictions issues and in particular, our target group is women attending the Regina Drug Treatment Court”, says Amanda Carlson, managing director of Kate’s Place.

Kate’s Place is located at 2735 5th Ave and has 10 bachelor suites and one 1 bedroom apartment. The program started as a pilot project to study how stable housing directly affects a woman’s ability to get and stay sober. Women who live there are involved with intensive programming and one on one, in a safe, sober living environment. “The level of drug addiction, I need to clarify, is not alcohol or marijuana, it’s crystal meth, heroin, and cocaine.” Many of the women are dealing with trauma-based issues that led up to their addictions. They do take women outside of the Regina Drug Treatment Court if they fit the criteria. Women must be at risk of homelessness with addiction issues.

“Having a safe place to live, having an apartment of their own and not having doors kicked in or random relatives passing by causing trouble is key to getting sober.”, says Amanda. It’s a very secure building with around the clock staffing. There are four full time staff, two part time staff and some casual staff.

Many of the women are coming from dangerous degrees of homelessness, such as couch surfing and working on the streets. “The goal would be to teach them what they need to know or have them relearn what they already know, in order to live independently in the community. It’s a sort of housing first

model that was developed before the Housing First model came into play.”, says Amanda. The length of the women’s stay is based on their recovery and progress. When clients are ready to work on a discharge plan, they work together with local housing corporations to move them into permanent housing.

The location of the shelter can be a challenge, but in some ways it works well. “There are all sorts of triggers around for the women who are living here. But it has also worked to their advantage. If they can survive here they will probably end up living in this neighbourhood afterward anyways. So they have to learn how to deal with it, and they have, for the most part.” In a way, the women are taking back the neighbourhood by sobering up and bringing their children home. They have already noticed a reduction in negative activities on the block.

Kate’s Place has been so successful working in-house with the women that they have started an outreach component to open up services to the community. Wednesdays from 7 pm to 8 pm they hold a NA meeting next door at All Nation’s Hope. They are also starting a new women’s support group, “Discover the Woman on the Inside: Women Talking Circle”, which will be held Mondays, 7 pm to 8 pm.

Consistent, regular volunteers are needed to help with outreach programming and facilitating groups. A special need is for an Elder to work with the women. Also needed are donations of hygiene items, baby supplies and underwear.

There will be an open house coming up in November. For more information or to apply for the program, please call 306-522-2747.

In 2012, The Salvation Army received over \$500,000 in Homelessness Partnering Strategy Funding (Federal Program) and partnered with the Saskatchewan Housing Corporation (SHC), to launch a new supportive residence, Kate's Place.

In early October, NCCA solicited concerns from our community. We posed the questions to all federal candidates running in Regina-Qu'Appelle. Only one, Nial Kuyek, NDP, returned our request.

1. Have you been involved with the North Central Community? What do you think of the community?

When I was the chair of the Youth Unlimited Board of Directors (located at the corner of Robinson and Dewdney), I learned a lot about North Central, especially the challenges facing young people. I also learned about how passionate people are about their community, and their efforts to make it a safe and caring community. Tough issues remain to be resolved, among them good jobs, healthy, affordable housing, and safe streets. As Prime Minister, Tom Mulcair will work with the provincial government and the City of Regina on these, and other, key issues.

2. What does an inquiry into missing and murdered indigenous women mean to you as a candidate?

Violence against women is a social illness that must be cured. Within 100 days of being elected as Prime Minister, Tom Mulcair will launch an inquiry into missing and murdered indigenous women. Our thoughts go to the families of missing and murdered indigenous women as they have endured pain and uncertainty.

3. With childcare subsidy becoming more and more difficult to qualify for, what would your party do to help middle class families access affordable childcare programs?

The NDP has a concrete plan to help families get ahead by ensuring quality childcare is affordable for every Canadian family.

As Prime Minister, Tom Mulcair will create a million childcare spaces for our kids and cap fees for parents – no more than \$15 a day. It’s a plan that will save young families money and enable greater participation in the workforce – especially for women.

4. With Post Secondary tuitions continuously rising, what programs, or legislative changes would your party do to assist students in furthering education?

Canadian students are paying record tuition and racking up crippling debt. Youth unemployment is double the national average. Tom Mulcair’s NDP will restore the federal role in making education affordable and accessible.

Assembly of First Nations
First Nations Voter Information Fact Sheet

Changes to the Canada Elections Act mean new requirements for voting in the upcoming federal election.

Significant Changes:

Elections Canada can no longer participate in “Get out the Vote” campaigns

- Your Voter Information Card (VIC) can no longer be used as identification
- Vouching has been replaced by “Swearing an Oath” - To swear an oath for another voter you must have ID that proves your home address and identity, and can only do so for one other voter.

Advance Registration online or by mail

- Registering ahead of time makes it easier and faster when you go to vote
- You can register online with a driver’s license or update your information at www.elections.ca
- You can register by mail by calling Elections Canada at 1-800-463-6868
- You can register at the Polling Station when you go to vote, but registering in advance helps you avoid any possible problems.

ID Requirements

- Any government issued ID card with your photo, name and current home address (Driver’s License or Provincial/Territorial ID card) OR
- Two pieces of ID. Both pieces must have your name, and one must also have your current home address

Examples of ID with both your name and home address includes: a bank statement, utility bill or vehicle ownership. Note that there is no address on most status cards, health cards, birth certificates, or passport.

Letter of Confirmation of Residence

The “Letter of Confirmation” of residence is the best option for First Nation voters who may not have the necessary ID to vote (e.g., a driver’s license).

First Nation Band Administrators can fill out a Letter of Confirmation for its members and provide it to them prior to voting day.



The Good Life COMMUNITY NETWORK

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

by Lisa Workman

Clean & Sober Living

“You are worth it, stay strong.”

What is clean and sober living?
It is life without drugs or alcohol.

Why get clean and sober?

- Live longer
- Stay out of legal trouble
- Be more stable and ready to reach your goals
- Better manage depression and other health issues
- Build healthier relationships

How do I know I am addicted or I have a problem?

- You have made attempts to stop or control your addiction and still struggle with it.
- Your life has become out of control or unmanageable. Using interferes with work, relationships, parenting, eating, sleeping, etc.
- Your friends or family worry about your addiction. Or you

have lost them out of your life due to your addiction.

- You use alone.
- You lie about your use.
- You steal or break the law to use.

There is hope!

It is possible to recover from addictions. You can develop a new healthy lifestyle without drugs or alcohol. It helps to focus on healthy, positive things in life. You don't have to do it alone. There are many community supports that can help.



How do I break free from addiction?

Things to try:

- Get help. Talk to your doctor, counsellor and/or join a support group. There are many support groups for all kinds of addictions. Build a support network.
- Choose clean, sober, healthy and positive friends.
- Visualise what life will be like when you are addiction free. Really make your vision vibrant and real to you.
- Replace bad habits with healthy ones. Make a list of 20 things that you like to do that are healthy and positive. Plan to do these activities more often.
- Think about what triggers you to your bad habit, plan ways to avoid or minimise triggers and cravings. Avoid old hangouts, using buddies and using activities.

- Make a plan for your free time to avoid boredom.
- Plan how you are going to manage social situations, holidays and celebrations.
- Develop routines to make sure you are eating, sleeping and physically active.
- If you slip, get right back on track. Don't stay stuck. Be patient with yourself.
- Work towards something worth staying sober for – a healthy relationship, employment, education, a home, etc.

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



Regina
Humane
Society

The Animal Well-Fair

interview & photos by J. Morier

The annual Animal Well-Fair in North Central Regina has been a real boost to our neighbourhood for over 10 years. This is Kristin Folk's 4th event. The Regina Humane Society (RHS) had to move locations this year from the Scott Collegiate sport field. 2014's event was cancelled due to many days of rain.

"This location is fantastic. We weren't sure how many people would come out, but in the park, we've got the play structure - families are here, it's a great community afternoon!"

A Chat with Kristin Folk,
Education Coordinator
Regina Humane Society
September 12 at Grassick Playground

There are a few more activities this year including free I.D. tags and boxes of pet food, litter and leashes.

Kristin says, "We've joined with Regina Qu'Appelle Health Region to create 'be dog smart' area which is a dog bite prevention program. We're teaching kids and families about safe behaviour around dogs. Because kids under the age of 12 are the ones that are most likely to be bitten." Families and their pets are always welcome at the Well-Fairs.



500-600 turned out on September 12 as measured by the distribution of free pet food and free people food (hot dogs)!



It is held in North Central Regina annually due to the majority of calls for lost, abused or abandoned pets coming from our neighbourhood. The Animal Well-Fair gives the RHS a chance to educate people in a very friendly and open manner.

Kristin admits that the statistics are still a moving target. "We are seeing fewer animals coming into our building so that's a fantastic thing. The impact of our subsidized spay/neuter program is wonderful. Our animal protection officers out in the field have application forms and they talk to people about it when they

visit homes. We have folks filling out applications all day today. In 2013, we had 70 applications filled out at the Animal Well-Fair. We're hoping even more this year. That's having a huge impact on the population of strays."

"I do school visits and summer programs all year - Pet S.T.O.P. at Albert Scott Community Centre. We visited 15 locations and we educated 733 kids on responsible pet care and safety."

We're just thrilled to be part of the community here. It's a fantastic area and I hope we're here for many more years to come.

story by J. Morier
with information
from Dream Brokers



The Dream Broker program was born right here in North Central. It is one of our success stories and has inspired programs to start up in other Saskatchewan cities.

Sabrina Cote-Brooks has returned to the community she was raised in because she knows how special this neighbourhood is. Sabrina is one of the Dream Brokers and works out of North Central's Seven Stones Community School.

Sabrina graduated from The First Nations University of Canada with a Bachelor's Degree in Indigenous Studies and a Minor in her Native language Ojibway/Saulteaux. Life learning came from her grandparents who demonstrated the morals, values, and cultural beliefs she shares with youth today.

Sabrina was a child when she moved from Cote First Nation to North Central Regina. She kept strong ties to her culture and spiritual beliefs. She always wanted to work in and give back to her community and does so as a Dream Broker since 2007, a year after the program began.

"The Dream Broker Program was everything I was looking for and so much more. I am truly proud to be on the front line of such an amazing and exceptional program. This has had a positive impact in my life. I truly love my job!"

The Dream Broker program is a partnership between the Regina Catholic Schools, Regina Public Schools, the City of Regina, SaskSport, SaskCulture and the Saskatchewan Parks and Recreation Association.

Additional support is provided by the Saskatchewan Lotteries Trust Fund, Community Initiatives Fund, KidSport, Creative Kids and Give Kids a Chance Charity. The annual budget is invested in salaries and programming and extras like transportation. It's all to benefit the children who range in age from pre-K to grade 8. The program maintains a database, provides transportation for the

youth and such necessities as equipment or instruments to participate in their dreams.

Sabrina goes into classrooms or meets with teachers to invite participation and any student or parent can sign up. There is an ongoing relationship with the 11 & Under Initiative (Regina Police Service which works with at-risk youth). A monthly newsletter is sent home and daily announcements keep students informed on upcoming opportunities.

Sometimes families have other issues and expenses that take precedence from extra-curricular activities. Dream Brokers takes away that stigma. Kids ask 'how much?' and Sabrina is able to say 'Free!' The partnerships with KidsSport and Canadian Tire Jump Start means the costs associated can be waived or covered.

Dream Brokers are members of a team who work with students to eliminate barriers. Every effort is made to help children succeed.

They're achieving a legacy of inclusion. Over the years, some Dream Brokers have moved on to become teachers. Thanks to a rich database, former students can be tracked to reveal their current connections with sports or culture. Some students go on to further their education through sports scholarships or sponsorships. Some went onto be football players, and there's the champion boxer who now helps to coach students.

These grads are happy to return to the classrooms to tell their stories so youth can identify and aspire. Parents are overjoyed to share positive accounts of their grown children when they sign their younger ones up.

The Dream Broker program is a powerful force in North Central for youth and families.

Dream Brokers are in North Central Community Schools – Sacred Heart, Kitchener, Seven Stones and Albert



"We are a business. We hire young adults to learn" explains Mona Hill. Mona has been with Ignite Adult Learning Corporation for 4½ years. A social worker by profession, Mona is the Apprentice Support Services Facilitator, and one of a team that 'ignites the fire within'.

Ignite Adult Learning Corporation has enlightened Regina since 1990. Established by Carlo Bizzarri, Program Manager, Ignite is described as a 'not-for-profit, community-based employer, using a leading edge, business entrepreneurial approach'.

The participants are referred to as apprentices and the programs are considered corporate rather than government investments. The results are impressive, with a retention rate between 70-75% at graduation.

Participation is open to anyone (multicultural) between the ages of 18–30.

Employment/learning cycles are 43 weeks long. That's the time it takes to undo a thinking process which has taken 20 years to develop.

The apprentice will discover how to be positive and to become the kind of employee any employer would want to have. In fact, Mona promises applicants, "You won't recognize yourself at the end of this program."

Applicants may be referred and after the paperwork, an information session outlines the expectations and challenges. A skill evaluation determines aptitude (basic math, reading comprehension and skills), and attitude (are they teachable?) Following a personal interview applicants may get the good news that they are selected as apprentice employees.

Youth drop out of school for a reason. It may be due to health, incarceration, addictions, or family issues. It might not have been a good fit, nor a positive experience. If the person is placed into the same kind of setting, they will fail. Ignite's ideology provides the means to succeed. This is a job. Apprentices are given a small allowance on par with Provincial Training Allowance, and all materials are covered by Ignite.

Apprentices put in a 40-hour work week. They have to punch in every morning. If they're late, their allowance is deducted. There is a dress code. Ignite partners with Dress for Success (for women). The Professional advisory council



story by Jan Morier; photo courtesy of Ignite

is putting out the word out for an equivalent support network for men. "When a young man puts a suit on for the first time, he starts to feel differently about himself, he walks differently, he speaks differently."

They learn problem-solving skills so as not to run away or return to their former dysfunction. Sometimes the person is just not ready to see the program through. Some of the barriers include loss of affordable, healthy, safe housing or inavailability of adequate day-care. Facilitators pose the key question to those who leave: "what happened to change your mind?"

If a person wants to return to the program they must re-apply. Mona has found that those who only completed half the program are

eager to return. They want that feeling back again.

Ignite cycles include a health and wellness component. Healthy meals are purchased from REACH and sold to learners at very reasonable cost. To keep the bodies and brains lubricated, a certified physical trainer (an Ignite alumnus) gives personal attention in the modest exercise room.

After 30 weeks and mock interviews, the apprentices are paired with partner companies for an 11-week internship and possibly employment there.

As Program Manager Carlo Bizzarri discovered, "To see another human being prosper and move ahead gives you a feeling that will never leave you."



Marvin the Martian beamed down for the Rainbow Youth Centre Annual Picnic at Parkdale Park



Rainbow Youth Centre Annual Picnic September 23 at Parkdale Park



Shannon Rae – Singer Songwriter at NC Street Fair for Culture Days



North Central Family Centre Facepainting at NC Street Fair for Culture Days



Regina Filipino Performing Arts NC Street Fair for Culture Days

A National Union
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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**

ufcw@ufcw1400.ca **www.ufcw1400.ca**
1-800-274-4036

photos by J. Morier



1459 Retallack Street Regina, SK S4T 2J3
Phone: 306-791-9530 Fax: 306-791-9790
meewasasin@nccaregina.ca

The Meewasasin office is moving at the end of October! New address: 1650 Angus Street

**Are you in between 16-29 years old?
Are you having trouble finding or maintaining employment? We can help!**

Give us a call today at 306-791-9530 to sign up or for more information!

2015 Program Dates

Jul 20th—Aug 7th
Aug 17th—Sep 11th
Sep 21st—Oct 16th
Oct 26th—Nov 20th
Nov 30th—Dec 29th

2016 Program Dates

Jan 4th—Jan 29th
Feb 8th—Mar 4th
Mar 14th—Apr 8th
Apr 18th—May 13th
May 24th—Jun 17th



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Scott Collegiate Welcome Back!

Welcome Back from Scott Collegiate Administration and Staff! We are looking forward to the 2015-2016 school year. So far we have been very busy welcoming not just our students, but also our new Vice-Principal, Danette Exner and our new Aboriginal Advocate, Ceane Dusyk.



Follow us on
Twitter
[@scottcollegiate](#)

Danette Exner

Being a Métis woman and working as an Aboriginal Education Consultant the past two years, I am thrilled to be a part of Scott Collegiate in the role of Vice-Principal. Prior to those years I was teacher at Winston Knoll Collegiate and Swift Current Comprehensive High School. Scott is a great school and I am looking forward to getting to know students and working with their families.



My name is **Ceane Dusyk** and I am the new Aboriginal Advocate at Scott. I am Métis and a proud graduate of SUNTEP. I have been working and volunteering in this community for the last 7 years. I taught at Albert school, then became the transition teacher for Seven Stones and Scott Collegiate and now I am pleased to say I am full time at Scott. My job is to support Aboriginal students academically and socially to transition smoothly through and out of school and onto post-secondary. It is my hope that with your support together, we can ensure that our students are successful. Let's have a great year!



Danette Exner, Ceane Dusyk, Principal Shannon Fayant

Scott Collegiate is always a busy place. We've already had our Open House, extra-curricular activities and sports have begun, and classes are in full swing.

The construction of our new school and shared facility, Mâdawêyatitân, continues. Please visit our school website at scottcollegiate.rbe.sk.ca as we highlight some of the great things going on in Scott Collegiate this school year.

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Congratulations to our friend Rob Deglau on receiving the Award for Distinguished Humanitarian & Community Service

The University of Regina and the Alumni Association recognizes the achievements of our most accomplished graduates through the Alumni Crowning Achievement Awards, one of the highest honours that can be bestowed on distinguished University of Regina alumni.

The award is presented each year to an individual who demonstrates distinguished community or voluntary service that has made a difference to the well-being of others and has made a positive impact on the community.

InfoRed at NC
Street Fair for
Culture Days



culture days

CREATE, PARTICIPATE & SHARE
September 25, 26, 27, 2015



**NORTH CENTRAL
VIBE**

calling all
youth
& families!

VIBE is a program that engages and empowers children & youth and their families to become active and involved in their community through weekly arts, culture and fitness programming!

metis jigging night!

Please come out to celebrate
the Métis culture and
DANCE!

Refreshments will be served.

Open to **ALL AGES!**

Mondays at 5:30 to 7:00pm

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

For more info, call
306-791-9888



ALL YOU NEED
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Library is in
your community**



Regina Filipino
Performing Arts
Contemporary Dance



Fetal Alcohol Spectrum Disorder

Each year, on September 9th, concerned people from around the world observe International Fetal Alcohol Spectrum Disorder Awareness Day.

On Wednesday, September 9, 2015, an event was organized by the Regina FASD Community Network which is a group of diverse organizations, agencies and individuals who come together around the cause of Fetal Alcohol Spectrum Disorder.

This year, approximately 50 people gathered at Four Directions Community Health Centre where the Network began. Everyone received a t-shirt and most signed a pledge. Each pledge represents a person who has made a commitment to talk to a friend, family member or a co-worker about Fetal Alcohol Spectrum Disorder. 36 signed

pledges were then pinned to a banner that read: "Fetal Alcohol Spectrum Disorder, Let's Talk About it, September 9, International FASD Awareness Day".

Together the group walked from Four Directions Community Health Centre to Aboriginal Family Services. At the end of the walk, there was a BBQ gathering hosted by Aboriginal Family Services.

The Saskatchewan Prevention Institute defines Fetal Alcohol Spectrum Disorder:

FASD is an umbrella term for the range of disabilities caused by drinking alcohol while pregnant. It is also the leading known cause of cognitive (intellectual) disabilities in the western world. The Public Health Agency of Canada (PHAC) reports that 1% of



story & photo by Lisa Workman

Canadian babies are born with an FASD. That means that in 2012, at least 150 Saskatchewan babies were born with an FASD. Some researchers believe that as many as 2%-5% of babies are born with an FASD. If we use that number, as many as 752 Saskatchewan babies may have been born with this lifelong disability in 2012.

Social status, education, mother's age, type of alcohol, or culture do not protect against FASD. Any woman who drinks while pregnant can have a child with FASD.

It is important to note that FASD is an invisible, permanent, lifelong disability.

International FASD Awareness Day is an important reminder that no amount of alcohol is safe during pregnancy.

Aboriginal Parenting
This group will use Kise-wa-to-ta-to-win "Traditional Indian Parenting" model, based upon First Nations and Métis parenting practices.
Living a traditional lifestyle in contemporary society is sometimes a challenge. The goal is to help parents explore the values and attitudes expressed in traditional Indian child-rearing practices and then to apply those values to modern skills in parenting.

Kesi-wa-to-ta-to-win Cycle of Life Teachings Traditional Values and Beliefs
Tuesday evenings 6:00 – 8:00 pm
Oct 6 – Nov 24, 2015
Pasqua Hospital Healing Room
Facilitators: Brenda Dubois and Norma Jean Byrd
Certificate issued upon completion. Phone: 306-766-6700 to register

SEARCH on Saturdays
Clinic Hours: SEARCH has returned to regular fall & winter hours of operation. SEARCH is now open Saturday afternoons from 12:30-3:30 pm at the Four Directions Community Health Centre (3510 5th Ave).

For more information on weekly programming, visit SEARCH's Facebook page.



Our community enjoyed the 8th annual **North Central Health Fair** held August 5. The expo provides opportunity for those living the North Central neighbourhood of Regina affected by diabetes, and those living at-risk to developing diabetes. We gathered for networking, information, support, and to find out about the local health resources available to help people manage their disease. Information was supplied as well for preventative steps for developing type 2 diabetes. The Health Fair and Diabetes Risk Assessment Passport guided participants through the local community organizations and provided them with a ticket to a delicious, healthy BBQ!

Thank you to all organizers and volunteers who made the day a success!

www.diabetes.ca

photos by Cheryl Parker



Drop-In Hours

Mon to Thur 9 to 4 Fri 9 to 1

REGINA Children's Initiative

Strong Beginnings. Brighter Futures.

A Free Drop-In Play Centre

for Children (infants to age 6)

and their caregiver.

Scott Collegiate

3350 7th Ave (306) 523-3512

Stapleford Pharmacy

4113 - 5th Avenue

Regina, SK Ph: 545-5900

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

10% Seniors Discount

Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP

Advice for Life

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

This was our first year having garden beds at Kitchener school. Oasis and Albert

Scott Gardens thrived, with only a little vandalism. A family across from Albert Scott moved in at the beginning of August, and 4 kids (ages 4-11) often helped with watering and weeding. They were enthusiastic about harvesting the vegetables. I gave them each a community gardens cookbook, and they later told me that they had tried all of the recipes for zucchini, and even some of their own recipes. It is exciting to know that this family (8 people in total) are using the gardens and the cookbooks. It is important for families to cook nourishing food together, and especially exciting when they can see where their food is coming from!

Community Garden signs were planted in each plot, resulting in new faces showing up. This may help with some of the vandalism issues. I tried to speak

Adventures in the 2015 Community Garden

by Mariah Rope, Community Garden Coordinator

with as many children as I could. I showed them around the gardens, and they learned

how to harvest each vegetable. I also made sure to tell them that these were their gardens, in hopes that they would take responsibility for them. I believe that this year saw the least vandalism at Oasis and Albert Scott. Perhaps this is because we had so many students who live in North Central help out on planting day back in May.

I held workshops with Elder Betty McKenna. She taught us how to use zucchini in different ways (pasta sauce and chocolate cake), and told some stories and teachings about plants. We learned how to harvest and prepare yarrow, dandelion, raspberry, and strawberry teas! She also taught us traditional uses for each of these teas. We held two of the workshops at Four Directions, in partnership with SEARCH.



Interagency Garden Chili Cook-Off

This cutthroat competition was held September 16 at Indian Métis Friendship Centre (IMCF). The Garden Chili Cook-off is really a friendly interagency match which began in 2011. Last year, Project People took the prize. This year Circle Project won the coveted watering can trophy. The team is featured above with judge Warren McCall and host Bert Adema. Money raised by admissions goes to the Canadian Foodgrains Bank

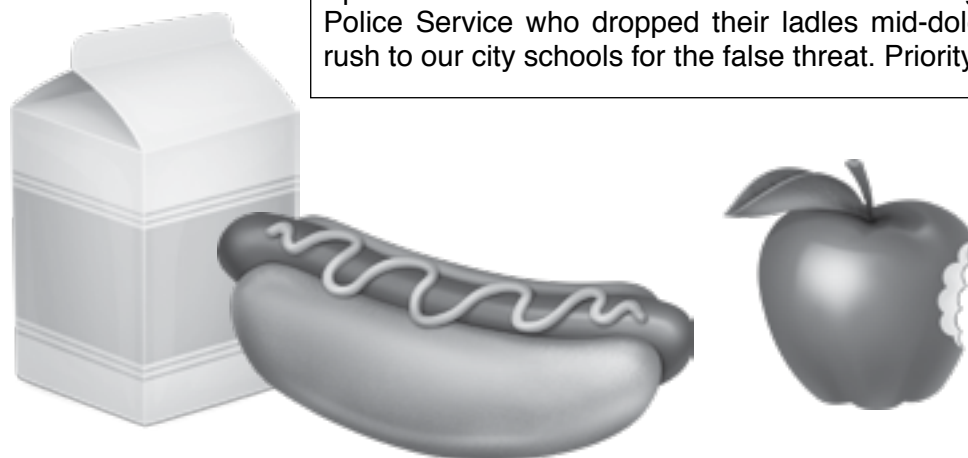
Congratulations to the following participating agencies: Regina Police Service, IMCF, Circle Project, All Nation's Hope, AIDS Program South Saskatchewan, Four Directions Community Health Centre, The Regina Food Bank, and Albert Library Committee.

Special honourable mention to members of the Regina Police Service who dropped their ladles mid-dole to rush to our city schools for the false threat. Priority!

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 13
editor@nccaregina.ca



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.

visit The North Central
History Project
northcentralregina.ca

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 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.)

The Kids on the Block is an international puppet program that educates children on a wide variety of topics relating to safety, wellness, diversity and social issues. The Kids on the Block aims to teach children that it is never okay for someone to hurt them, that they never deserve to be hurt, and that there are ways to get help. Presentations are available to classrooms, children's programs and other venues that support children and youth.

Contact:
kotbregina@gmail.com
(306) 522-2777
www.reginasexualassaultcentre.com/kotb

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

Together Now Update

Together Now Interagency Meetings are held quarterly in a North Central agency to familiarize ourselves with each others' people and programs.

In between, NCCA sends out an e-newsletter called Together Now once every 3 weeks.

If you have news or an event to feature in our *Together Now Updates* e-newsletter, email the notices to togethernow@nccaregina.ca by end of day Friday prior to the publication date.

Fall deadlines: October 9,
October 30, November 20,
December 11

District Dream Brokers Play it Forward!

Sports Equipment Drive
Your donations will go towards our active families in all the elementary schools in North Central

For more information or to arrange pick up or drop off please contact
Stacey Laing
ddb@reginasport.ca
(306) 450-0404

North Central Guiding Units

We welcome ages 5-17 for:

- Sparks 5 & 6
- Brownies 7 & 8
- Guides 9-11
- Pathfinders 12-14

Guiding is bold, fun and energetic. It gives girls the tools and resources they need to achieve Greatness!
Call Brenda at 306-352-0708

The Road to Employment at Rainbow Youth Centre

Program orientations:
Oct 14 & 19 at 10:30 am
Oct 15 at 1:00 pm at Rainbow Youth Centre, 977 McTavish St.
Oct 21 at 10:30 am at SaskJobs, 1911 South Broad St.
Program starts Nov 9 and ends Oct 2016.
Contact RTE Staff at 306-757-9743
www.rainbowyouth.com/programs/road-to-employment/

Community4Connection

Tuesday, November 3

10:00 a.m. – 3:00 p.m.

Knox Metropolitan Church

2330 Victoria Ave.

Editorial: NC Community Connection is your paper

by Jan Morier

I enjoy attending as many North Central (NC) community events as possible... but it isn't always possible. I appreciate when you share coverage of events or issues in our busy neighbourhood.

We've had more than our share of tragedies and sorrow this summer. We don't mean to ignore the incidents, but since this paper is only published bi-monthly, it has been covered extensively by news media by the time it gets into our readers' hands.

We welcome articles, providing they present a positive examination of the agencies, individuals, services that are located in NC or serve NC.

If discussions are around a negative aspect of NC, the articles must provide context/history and be respectful of the conditions which led to the problem AND they must demonstrate constructive suggestions for solutions.

Articles may be 100, 300, 500, 700 words, anything longer must be vetted by the editor for space.

All submissions (articles, photos, ads) must be booked, space reserved, topics run by the Editor of NCCC and/or Executive Director of NCCA.

Photos must be of high resolution (150 or 300 dpi) in jpg or tiff formats (cannot accept web versions or photos embedded into Word documents).

Deadlines for content are anytime between issues and must be submitted mid-month before publication.

Please note that events that will occur early in the month of publication may not reach the readership in time, e.g. if you are promoting an event in the first week of October, due to turnaround time at the printers in Saskatoon, shipping to the Regina distributor, and delivery by Canada Post - our

readership may not receive their newspaper during the first week.

Publications are printed February, April, June, August, October and December each year.

The *Community Connection* is supported by advertisements. Rates can be found at www.nccaregina.ca/community_connection/ (Click Ad Rate Card pdf on the web page).

Colour pages are limited to 4 and much of the space has been reserved by advertisers, you must

reserve colour submissions early.

The Editor will review all content for length, grammar, spelling. Photos may be edited or not used.

Writing and photo credit will be given. As a rule, subjects in photos at public events do not need to sign photo releases. The guidelines for children or at-risk individuals are different and consultation with editor is needed.

We regret we cannot pay for articles.

editor@nccaregina.ca



Schools

Dial 306 before calling!

NORTH CENTRAL PHONE LIST

Albert Community School.....	791-8539
Kitchener Community School.....	791-8516
Sacred Heart Community School.....	791-7290
Scott Collegiate.....	523-3500
Seven Stones Community School.....	523-3740
St. Luke.....	791-7248

Organizations & Agencies

Aboriginal Health Home Care	766-6379
Aboriginal Family Service Centre	525-4161
Aboriginal Skilled Workers Association	565-0544
AIDS Program South Saskatchewan	924-8420
Albert Library	777-6076
Albert-Scott Community Centre	777-7033
All Nations Healin Thru Artz (ANHTA)	755-7333
All Nations Hope AIDS Network	924-8424
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
Gathering Place	522-7494
Greystone Bereavement Centre	523-2780
Indian M�tis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Log House Thrift Store	791-0255
Meadow Primary Health Care Centre	766-6399
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	570-5708
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6780
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	347-3224
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	570-8202
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
SWAP.....	525-1722
YMCA of Regina	757-9622

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

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

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

Thanks to contributors to this issue:

- All Nations Hope Network
Assembly of First Nations
Canadian Diabetes Association
Dream Brokers
Good Neighbour Fencing Co
Ignite
Cheryl Parker
Mariah Rope
Lisa Workman
- Jan Morier
Michael Parker
Scott Collegiate

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 13, 2015
editor@nccaregina.ca

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



Get Social!



Mission Statement of
North Central
Community Association

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

NCCA Board of Directors

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

MEMBERS-AT-LARGE

Tom Brown
Anna Galassi
Cassie Fisher
Denita Stonechild





TEAM L'ÉQUIPE
TRUDEAU
2015



Della Anaquod Regina - Qu'Appelle

Fairness for the Middle Class

- ✓ **Canada Child Tax Benefit & Middle Class Tax Cut**
- ✓ **Creating Jobs & Opportunities for Young Canadians**
- ✓ **Education & Economic Opportunities for First Nations**
- ✓ **Enhanced Support Services for Veterans**
- ✓ **Retirement Security for Seniors**
- ✓ **Affordable Housing for Canadians**
- ✓ **A Fair & Open Government**
- ✓ **Restoring Credibility in Environmental Assessments**



/dellaforreginaquappelle



@teamdella2015

Campaign Office: 722 Dewdney Ave
campaign@dellaanaquod.ca

306.949.6820

Our Time, Our Moment, Our Vote!