

## Farewell Rob Deglau Mr. North Central



**“If I can see  
farther it’s because  
I have stood  
on the shoulders  
of giants.”**

My respect for Rob started when he was on our community association board. We lost our Program Coordinator. We desperately needed somebody to fill that role. Rob suggested ‘I would step down from the board and temporarily take over that role.’ And of course the rest is history.

We’ve seen this community come together in a way that speaks well for the future. We are seeing wonderful progress in this community and it’s only going to get better. A lot of that success is due to Rob Deglau.

*Tom Wright  
Fomer President, NCCA*

It’s been an absolute pleasure to know him, not only as a colleague, doing the same type of work, but for the man that he is. There are some people who do their work to the best of their abilities, then there are those who do their work from their heart. And Rob is one of those people. I wish him all the best in his future endeavours.

*Ann Perry, Executive Director  
Circle Project*

Rob really made North Central a player in the community. He really made things happen. I do lots of projects with the Community Association. Rob’s a mentor in terms of somebody who is a community leader and is someone who understands community development.

*Lisa Workman, Aboriginal Community Development Coordinator,  
Four Directions*

He’s definitely been an ally for the inner city. He speaks and they listen.

*Jim Elliott, Regina Advocate*

Anybody who knows me knows I’m very proud of North Central. It’s where I’ve lived all my life. So if you have a problem with North Central, you’ll have a problem with me. And I think for Rob in a lot of ways it was the same kind of thing. Over the years North Central has gotten a pretty rough reputation and a lot of bad publicity. But there’s a tremendous number of wonderful people who are proud of this community and who continue to come out of this community.

*Georgina McGee, NCCA Board Member*

We are saying goodbye to the Pied Piper of North Central. A man is probably measured by the relationships he builds, more than by what he does. He builds relationships with people from broad spectrums. It has been an absolute delight to get to know you Mr. North Central. We are deeply grateful for the way you have brought a voice to the community of North Central.

*Ken Watson, Board Member, NCCA*



Board Members present Rob Deglau with a parting gift



Wife Bev Deglau and mother Honey Deglau

I just wanted to let other people know that Rob not only dedicated himself to the community but also kept personal things on their horizon. and I just wanted to thank him for taking time to acknowledge the different pains in people’s lives that I don’t think people know that. Hiy hiy. See you again my friend.

*Brenda Dubois  
Randall Kinship Centre*

The thing about Rob that is cool is that he’s a businessman at heart and he brought that perspective with him in the Community Development world. He understood to effect change a business argument or case was always better than an emotional one. You could have those conversations with Rob, you may have disagreed with him, but you could have them and they were done with respect and humour in some cases.

*Mark Sylvestre, City of Regina*

I’ve just been blown away by the multitude of programming and the way you’re able to draw things together and get them to complement each other so you’re looking at healthy people in this area but at the same time you’re tying them so that the community is helped in that area. Somehow it’s almost like this mastermind puzzle that you’ve managed to orchestrate it all together and make it work.

*Jane Gatteringer, Executive  
Director Transition to Trades*

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OPINION

## REGINA'S TEN YEAR PLAN TO ELIMINATE HOMELESSNESS— OR The Letter that Made Me Homeless

Stephen Lindsay, Concerned Resident of Regina

In September 2008, the Government of Canada announced \$1.9 billion over five years for housing and homelessness programs for low-income Canadians. This funding created the Homeless Partnering Strategy (HPS). These funding dollars were for all of Canada. This ended—you guessed it—in 2013. January 29 & 30th saw the YMCA and Homeless Partnering Strategy put on a 'Community Consultation Session' "to engage in discussions that address preventing and reducing homelessness in our community, to help identify what Housing First could look like in Regina". This was also used as the 'kickoff' to announce that the Federal Government was going to extend the HPS for another five years. This was well-received by all the stakeholders and the YMCA did a most excellent job producing and delivering this gathering.

That being said, sadly, we have been doing this for the last six years.

The experts brought in to present at this gathering were very informative. But to those who actually work in the areas that are affected by homelessness—this was very old news.

Did we as stakeholders learn how much funding was going to be released over this next 'funding cycle'? No. Did we learn what very small percentage of this funding would be allocated to Regina? No. Or how much of the very small funding pot would be allocated to Housing First Programs? No.

Remember the first 1.9 billion was for all cities in Canada spread over 5 years. Nothing new came from this meeting except the fact that after six years of fighting tooth and nail by hundreds of people and dozens of CBOs (community based organizations) to get some real action happening around homelessness, is that we should have an umbrella organization to organize and coordinate this Housing First approach.

The YMCA was suggested and I believe (hopefully) accepted to be this organization. I personally could not think of more better equipped, trained and integral organization to be this umbrella. That being said, the first five years of the HPS was directed by Service Canada. They oversaw the pot of funding dollars and made sure the proposals fit within the funding purposes.

All in all they did a great job. Towards the end of this five year agreement, the Federal government wanted to turn this position over to community based organization and that is how the YMCA became involved here in Regina. Again this is great. The problem lies with the fact that Service Canada still has complete control over this. Yes, if it was my money I would want to make sure that it was being used correctly. (This is actually the 'job' of the CAB Community Advisory Board to ensure this and select or recommend proposals that would most benefit their communities. They are the people with the firsthand experience and expert knowledge in their cities.)

So we are still under the trickle-down concept, and are controlled by the federal government. But let's look at this. The perimeters of these funding agreements are political and based upon political ideology. You want the funding you must fit into this 'box'. It must be recognized that this is MY Money – YOUR Money! Ottawa does not do anything to 'produce' money! They take OUR money—and if we toe their political line, fit into their box, well they just might release some funding our way.

Another suggestion was get the 'data', 'do a homeless count'. Well we have the data already. *Homelessness in Regina 2010 Report* Homeless Individuals and Families Information System (HIFIS) [www.homelesshub.ca/ResourceFiles/Regina 2010 HIFIS REPORT.pdf](http://www.homelesshub.ca/ResourceFiles/Regina%2010%20HIFIS%20REPORT.pdf) Almost 79% of Regina's emer-

gency and transitional beds for men, women, youth and families are registered with HIFIS. Based on the number of all service providers using HIFIS, we have estimated that if all beds were registered there would be 3,4013 men, women, youth and families seeking shelter services during 2010. This represents 1.8% of Regina's population.

Of note, the number of people seeking shelters only reflects those that are absolutely homeless or roofless. Other individuals and families not accounted are those 'double-bunking' or 'couch-surfing', who can't afford rent or who live in unhealthy homes. These latter groups could easily double the number of homeless people in Regina.

There were 2,686 individuals seeking shelters among all HIFIS service providers.

Source: Population, Employment and Economic Analysis of Regina. City of Regina Planning and Sustainability Department. June 2010. Populations for the years 2005-2009 are Statistics Canada population estimates for the City of Regina, which include the Census undercount and estimates of growth between Census years.

And this does not include those who choose not to seek assistance from shelter services. HIFIS is a computer program used, I believe in 8 provinces (I know Alberta uses their own system) within shelters. It records all the information regarding 'shelter use'. Its main frame is in Ottawa or Winnipeg (it doesn't really matter) where at a push of a button, the HIFIS person can see how many shelter beds are being used on any given night, in any given province or city. Or if you want how many beds are used in any province or across the nation—daily / weekly/ monthly or by the entire year. Does HIFIS do this yet? I am not sure. It is always being worked on, but this is how it is supposed to work. So no need to hire a consultant for sixty to eighty thousand dollars to do a count of Regina's homeless population.

But this comes with another homelessness issue — the 'Hidden Homeless'. HIFIS only records those in shelters. These folks are just the tip of the iceberg. There are more people without their own homes staying with friends and family than those who seek out and use shelters. This we know, but how do you count that? Anything less than going door to door

and asking people how many people are living in your residence would be useless. Those people more than likely would not tell you for the simple reason that their lease states that only husband and wife are allowed to reside in this apartment. They would not tell them that their daughter and her three kids are staying with them because she cannot afford to find housing and has nowhere else to go but to a shelter, if they are not full, and that is for a very limited amount of time. The risk of them all being evicted is too great, because it violates the lease agreement and by-laws.

I would like to repeat something I heard at the conference by the Women's Transition House here in Regina. With funding from HPS they were able to increase their beds by 50%—awesome! But their beds are still full and the woman's stay there was for 7 to 9 days. Now they are staying for up to 30 days. What have we solved?

It was suggested to hold meetings strictly based upon housing. Well, Regina Urban Aboriginal Services (UAS) held four Community Consultation Session coffee houses in 2010 that can still be seen on Access TV. These were attended by all the same stakeholders who were here at this gathering. Collaborative City held dozens of meetings attended by dozens of CBOs in regards to the homelessness issues. It petered out due to lack of direct funding dollars to actually go out and do the work. The HPS funded a 'Community Consultation' report back then—but it stated basically the same things now being said, so it was shelved.

Because in the first round of HPS funding, Service Canada would not allow us to discuss affordable housing, Housing First, or anything that did not fall within their guidelines (remember this is a Government that does not base anything on evidence-based or scientific facts). It is important to know that HPS is not in the business of solving homelessness they are only in the business of making sure everything falls within their guidelines as dictated by Ottawa. This is not saying that the people on the CAB don't want to solve this problem of homelessness—it is that they cannot address issues not with in the HPS 'guidelines'.

Pathways to Housing  
[pathwaystohousing.org](http://pathwaystohousing.org)

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

Housing First: "Pioneered over 20 years ago, Pathways Housing First was the revolutionary approach to addressing chronic homelessness. At its inception the premise was simple: take those with severe psychiatric and addiction challenges from the streets and put them into homes of their own. With support, these men and women, who had formerly cycled from jail, to treatment, to hospitals, and back to the streets, could recover their lives and reintegrate into our communities. As an evidence-based practice, Housing First has not only been proven to be successful in ending homelessness, but is also embraced as the most cost-effective solution."

"Today, the Housing First model is being implemented in hundreds of communities across the United States, Canada and Europe. As the research, innovation, and implementations on the model evolve one thing remains constant: Housing First ends homelessness." <https://pathwaystohousing.org/national/>

# Community Association launches neighbourhood’s first community-focused electronic billboard

The Regina Performing Arts Centre is home to the North Central Community Association’s first electronic billboard.

According to Association’s Rob Deglau, the billboard provides both community information, as well as an attractive opportunity for advertisers.

“The sign is visible at Albert Street and 4th Avenue, a very heavy traffic intersection,” says Deglau. “Our advertising rates will be very attractive as well.”

“Besides advertising, the sign will also be carrying important community information. Like the Association’s Community Connection newspaper, the electronic billboard is another tool to deliver important community information.

“With our Canadian Digital Network partner we provide a cost effective venue for local and national businesses to advertise. Proceeds from corporate advertising subsidize the operating costs of the venture so that schools, agencies and churches can advertise for free.”

“It’s part of the Association’s social enterprise strategy to support the residents, businesses and agencies that call North Central home.

Chili for Children Director Greg Stevenson said results are already benefiting the community: “Thanks to the Association billboard advertising our fundraising event, we reached an all time record for tacos sales.”

David Bighead, Executive Director of the Newo Yotina Friendship Centre says: “Since we started advertising our programs on the Community Billboard we have noticed a marked increase in the number of participant requests.”

## Newo Yotina Friendship Centre

The Newo Yotina Friendship centre (NYFC) is a non-profit community organization that was established in April 2010. Our mandate is to “assist the transition of Aboriginal people in our community to pursue opportunities which will enhance their quality of life.” We currently run several programs out of our office, the majority of which provide services to the youth of our community. Over the past four years we have seen a slow but steady increase in the number of participants enrolling in our programs.

Since we started advertising for our programs on the Community Billboard we have noticed a marked increase in the number of participation requests. This was the first year where we have had to turn away applications for some of our programs. We feel that this is a good problem to have as it means we are maximizing our funding dollars. The really great part of advertising on the billboard is that it is at zero cost to our Centre. This is something that may seem minor to some but as a non-profit organization it means a lot to us. We would like to thank Rob, Michael and everyone over at the North Central Community Association for the opportunity and we look forward to continued work and our continued partnership as we move forward.

David Bighead  
Executive Director  
Newo Yotina Friendship Centre  
1650 Angus Street Regina, SK  
Ph: 525-5042 Fax: 525-6164



## Regina Fire & Protective Services

A few months ago, while reading *Together Now Updates*, (e-newsletter) I discovered information regarding partnerships with the University of Regina Community Research Unit. The information within the newsletter shared the application process required for funding and research partnerships available to community agencies.

At that time Regina Fire & Protective Services was faced with a steady fire safety issue. Careless cooking is the City of Regina’s leading cause of residential fire for the fifth year in a row, with numbers continuing to rise. The article in *Together Now* produced a ‘light bulb’ moment for the fire department! The department approached the CRU about a partnership to study residential cooking fires in the city, with the hope that important data would guide RFPS efforts to reduce cooking

fires and the devastation they cause Regina’s citizens. RFPS and the University of Regina have formed an exciting and ground-breaking partnership that will see the collection of data for the entire year and analysis by a U of R Associate Professor. Firefighters will be collecting information at the scene of every cooking related fire, working towards a better understanding of the demographics and behaviours that are causing these fires. Thank you so much for the connection you helped make between Regina Fire & Protective Services and the University of Regina!

Sincerely,  
Candace Liskowich  
Public Education Officer  
Regina Fire & Protective Services  
P: 306.777.7861



TOGETHER NOW INTERAGENCY GATHERING held March 5  
Information-Sharing • Support • Cooperation • Advocacy



A chance to share current information and to hear a guest presentation about particular community and human service topics. Participants are encouraged to bring and distribute printed information to foster strategic partnerships and cooperation.

### The Benefit – Social Enterprise

“Social enterprises are businesses owned by nonprofit organizations, that are directly involved in the production and/or selling of goods and services for the blended purpose of generating income and achieving social, cultural, and/or environmental aims.

Social enterprises are one more tool for non-profits to use to meet their mission to contribute to healthy communities.”

Social Enterprise Council of Canada

A number of donors and sponsors contributed to the campaign to acquire the sign, including: the Canadian Union of Postal Workers, Dr. Roberta McKay, Robert Millar, Paramedics with Heart, Tesco Electric, Kanuka Thuringer, HJ Linnen Associates and the Regina Performing Arts Centre.

For more information about the electronic billboard, contact Rob Deglau, Community Relations, North Central Community Assoc. [communityrelations@nccaregina.ca](mailto:communityrelations@nccaregina.ca)

## 2014 Valentine's Day Vigil at Angel Square

Park located behind Territorial Building on Dewdney Ave.

photos and story by J. Morier



**Elder Norma Jean Bird:** "We want to acknowledge all of you here present. Without you we wouldn't be standing here. There are Kookums who couldn't make it because they couldn't make the walk or stand the cold."

Let's pray together that these injustices will never happen again. Let's acknowledge the ones who have gone on. We don't know about some of them. Some day they may return. I know there's always hope in the hearts of the mothers and the families of the missing loved ones. So let's pray together for this city and all across Canada. Right now at this time, people all across Canada are doing something like this for their missing and murdered women."

**Our women  
ARE NOT  
DISPOSABLE.  
We LOVE them.**

**Brenda Dubois:** "Let's also pray for those people who know something. To come forward. And remember - put it in your kids' heads - we do have a Picton here. We just don't know who it is."

**Susana Deranger:** "We are here for the families, we carry that pain with you. We've got to keep this up, this is not just one day—this is ongoing. And it's been happening for a very, very long time. It's not new. We've got to keep that pressure on and we've got to keep each other safe. We've got to love one another and we've got to watch what's happening out there - to our daughters and to our sons. We've got to take care of our community and that's all of us, no matter who we are. It's not just Indigenous people who are disappearing, it's all people and we've got to stay united. We've got to be vigilant. Let this violence end."



### New database lists 824 murdered, missing native women in Canada

Some of the names are familiar, such as Cherisse Houle, the 17-year-old found lying face down in a creek just outside Winnipeg. Some are forgotten, such as Constance Cameron, whose murder 30 years ago has never been solved. One name is famous -- Helen Betty Osborne, whose death is emblematic of violent racism in Manitoba.

Those names and hundreds more appear on a new public database, the first of its kind, created by an Ottawa researcher. It pegs the number of missing and murdered aboriginal women in Canada at 824.

That's significantly higher than the widely used and often-criticized

number of 582, cobbled together by the Native Women's Association of Canada (NWAC).

The NWAC's list was never public and could not be scrutinized or validated, but it helped catapult the issue of violence against indigenous women onto the national agenda. The new research, which dug deeper into the past and the public record, shows the number of missing and murdered aboriginal women in Manitoba is 111, up from NWAC's oft-quoted figure of 79.

Read the full article by searching Winnipeg Free Press [www.winnipegfreepress.com](http://www.winnipegfreepress.com) Article by: Mary Agnes Welch 01/24/2014

### Rob Deglau Tributes continued

**"No great thing is  
created suddenly"**

**Thanks Rob for all your  
years of dedication.**

(about their time on City Council)

One of the things about Rob that I've always appreciated is - he always came to the table with some solution in mind. He didn't mind if that solution got changed, if somebody else's solution was used. I think we've all been in a position when you come to a table with an issue and nobody knows what to do. Well Rob always had a solution in mind to get the ball rolling and then the conversation would evolve and discussion would happen and a better solution would happen.

*Fred Clipsham, former  
fellow City Councillor*

Almost 10 years ago I got my start in a unique line of work under Rob here at the NCCA. I must confess I knew very little about this community before I came. And Rob was instrumental at helping me understand what community was about. We did some amazing work at helping young people find employment. One of the things I came to respect and value about Rob was how he can work with anybody and everybody, his non-judgemental fashion. That's something I saw on a daily basis and was a big influence. I really came to see Rob and his generosity and spirit in everything he did. He knows a little bit about everything. That is something that lends itself so well to this area of work.

*Murray Giesbrecht, Director of the  
Adult Learning Centre at Regina  
Food Bank*

Rob was, for me, very encouraging in a moment of decision in my life, and really helpful. In that moment, like all the other moments I've had with Rob, where there's usually a lot of humour, laughing, a lot of encouragement and good advice. But in doing this job provincially I've always got a lot of advice and mentorship and teachable moments from my friend Rob. Lots of different ways that Rob's been a help in this neighbourhood, despite the balloons and cake and all that—we'll find another way to press him into service for North Central. Great guy, great family.

A lot of hard work, a lot of heart put into that work. We're not going to miss you Rob, because you're not going very far.  
*Warren McCall, NDP MLA  
Regina Elphinstone-Centre*

Rob is very much an ideas man. It's been really exciting to see the range of ideas come out of North Central, how we can connect that to the university and still make a difference in the community by connecting it with research projects and getting people to dig up the history of the neighbourhood, to look at ideas like crime-free multi-housing, supportive housing, how we can make this community better. It's been a real pleasure. There's definitely more awareness of NC issues and agencies through Rob's ideas and connections in an organizational level and a community level. He just stepped down from the CRU board and it's going to be very hard to replace him.  
*Yolanda Hansen, Coordinator  
Community Research Unit,  
U of R*



# 2014 INTER-AGENCY Chili Cook Off Champs: CIRCLE PROJECT Congrats!





**held FEBRUARY 12**  
**Indian Métis**  
**Christian Fellowship**

Fundraising for  
Canadian Food  
Grains Bank.

Photos courtesy Birdsong Communications



**Steak Night:**  
**Wednesday, May 7**  
**5:00 to 8:00 pm**  
**\$25**

Nicky's Cafe 1005 8th Ave.  
Option of Chicken, steak, or ribs and soup or salad  
All meals include coffee, tea or pop



Tickets available  
at NCCA Office

**More Tributes for Mr. North Central**

I don't know if everybody's aware of all the work Rob's done in the community. You're light years ahead of any other community I've ever worked in. I was a policeman in the City of Regina and three-quarters of my career was here in North Central. I've seen the days when you went to a meeting and there were four people in there and you were one of those four. And we talked about the same things over and over. When we started having meetings with Rob or Brenda (Mercer, former President, NCCA) I would come a little late and there'd be probably 20-25 people in the room. And before I retired, you had to come real early or you couldn't get a seat! Those meetings were just packed, everybody was interested and things were going really good. To get somebody to draw the people from the community to work together in the community is a real art. And I believe Rob has it.

*Ray VanDusen*

# How to Use Your Fire Pit & Outdoor Fireplace Safety

Angela Prawzick Public Education Officer  
Regina Fire & Protective Services

## Frequently Asked Questions

1. What happens if my fire pit is found to be in contravention of the regulations?

A Fire Inspector will determine whether the fire pit is being used properly. If not, he or she can order that the fire pit immediately be made to conform to regulations. Or the Fire Inspector may order the fire pit to be extinguished. The Fire Inspector may also issue a \$300 fine.
2. What happens if a neighbour files a complaint about my fire pit?

A Fire Inspector is on call 24 hours a day to respond to public complaints. The Fire Inspector will investigate the complaint to determine whether the fire pit complies with fire pit regulations.
3. How can I file a complaint about a fire pit?

Complaints can be made to Service Regina at 777-7000 24 hours a day, and will be investigated by a Fire Inspector.

When used safely and properly, fire pits can provide many hours of enjoyment. It is important to know the requirements for the construction and safe use of these devices. Fire pit regulations govern the use of both fire pits and outdoor fireplaces.

## What is a Fire Pit?

The term fire pit refers to a permanently affixed outdoor fire receptacle and a portable fire receptacle.



## What is an Outdoor Fireplace?

An outdoor fireplace is an enclosed and permanently affixed outdoor fire receptacle, which incorporates a permanently affixed chimney or flue, and is constructed of brick, rock or other masonry.

## Fire Pit Regulations Bonfires and other open air fires are not allowed without

- a permit.
1. Fire pits cannot be used between the hours of 1 a.m. and noon.

2. The fire must be contained in a non-combustible receptacle made of cement, brick, clay or sheet metal with a minimum 18-gauge thickness.

3. The fire box must be covered with heavy gauge metal screen with openings not larger than 13 mm (1/2 inch) to contain sparks.

4. The size of the fire box must not exceed .75 metres (30 inches) in any dimension.

5. The fire pit must be located a minimum of 3 metres (10 feet) from any combustible material, such as buildings, porches and decks.

6. Fire pits cannot be placed on combustible decks or apartment balconies.

7. Fire pits must be situated on a non-combustible surface.

8. Fire pits shall be clear of overhangs, such as tree branches, utility lines and structures.

9. Fire pits must be supervised by an adult at all times.

10. Any person who uses a firepit shall have
- a means of extinguishing the fire readily accessible at all times.

11. The only permitted fuels are charcoal, seasoned wood or manufactured fire logs.

12. Materials that cannot be burned include, but are not limited to: waste including rubbish, slimes, manure, treated or painted lumber, livestock or animal carcasses, tailings, garbage, garden refuse or scrap; any hazardous material that generates black smoke or an offensive odour, including insulation from electrical wiring, rubber tires, asphalt shingles, hydrocarbons, plastics and lumber treated with wood preservative.

13. Fire pits must be extinguished if smoke causes an unreasonable interference with the use and enjoyment of another person's property.

14. Fire pits shall not be used in windy conditions.


15. In the event the Fire Chief issues a Fire Ban, the use of fire pits will be prohibited.
- Have a safe and enjoyable summer! For more information visit Regina.ca or call 306-777-7000**
-


## SACRED HEART COMMUNITY SCHOOL

### CLASSROOM CHAMPIONS

Ms. Scheibel's Grade 1 class at Sacred Heart Community School has been participating in a program called "Classroom Champions."

The program partners classrooms with Olympic athletes. The Grade 1 class was paired with Lucas Makowsky, a long track speed skater from Regina who won a gold medal in the 2010 Olympics. Each month Lucas sends Ms. Scheibel's class a video in which he discusses a particular topic, and often provides the class with a challenge. The monthly topics were:

 September: Goal Setting—students created classroom and personal goals related to reading


 October: Fair Play—students discussed and practiced playing fair




1314 ELPHINSTONE ST S4T 3M4  
PH: (306) 791-7290 FAX: (306) 791-3589



Everyone at Sacred Heart enjoyed cheering Lucas on as he went for gold!

 November: Community—students baked cookies, muffins, and a cake for a classmate's family that travelled to Edmonton with a sick baby

 December: Perseverance—students simulated a training environment by working on their cardiovascular fitness, trying to improve their personal bests

Using the experience of Olympic athletes, the students have been able to understand these topics and think about how to apply them to their lives.

The class was also able to chat with Lucas while he was in Sochi, Russia. He answered questions and told the class stories about Russia and the Olympics.



OUR NEXT READING NIGHTS ARE  
MAY 28 & JUNE 12 FROM 6 - 7:30 P.M.

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



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Working With You  
Working For You

Warren

Warren McCall, MLA - Regina Elphinstone-Centre  
2900 5th Ave • 306-352-2002 • [warren.mccall@sasktel.net](mailto:warren.mccall@sasktel.net)

# Greetings from the Scott Collegiate Office

Follow us on Twitter  
@scottcollegiate

Semester 2 is well underway at Scott Collegiate. We have a variety of community-based service learning projects on the go, and you can read more about them below. We are proud of our Commercial Cooking/Entrepreneurship Project that participated in the Indian Métis Christian Fellowship Chili Cookoff in February and finished in 2nd place. This project, and the others, aim to strengthen the bonds between students and the community and achieve mutually desirable outcomes.



On March 17th, students received their interim report cards. We held 3-way conferences on March 27th, and enjoyed to the opportunity to discuss student's progress with parents. We shared a pancake breakfast that morning.

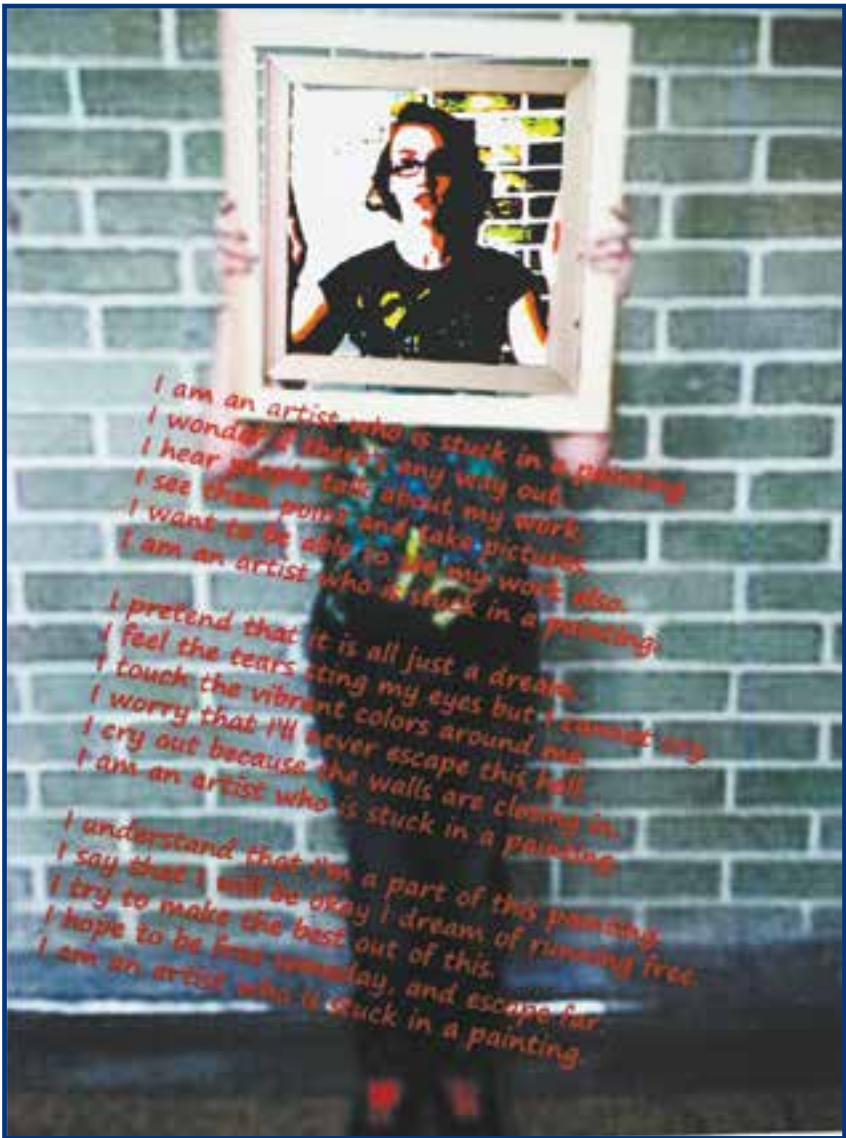
By working together, we can support our students to attend regularly, and earn credits towards graduation. Students require 24 credits in grades 10-12 to graduate. The last interim report cards come out May 1st, and graduation this year is June 24th.

Shannon Fayant, Principal  
Chris Beingessner, Vice-Principal

## The FIRE Project

The FIRE Project is a grade 10/11 project that incorporates English, Visual Art, and Communication Media with social based issues. Currently, students are inquiring about their identity and how they fit into the world around them. For this project, students wrote "I am" poems, and took thoughtful portraits of themselves. Students then used Photoshop to combine the poetry and portraits.

featured artist: Amanda Macfarlane



photos courtesy Scott Collegiate

## Student News

### Scott Collegiate Film Project

This grade 12 course at Scott Collegiate takes place every morning. In this project students achieve 4 credits in 3 hours: English Language Arts B30, Communications Media 30, Arts Education 30, and Life Transitions 30. There is a strong emphasis on reading, writing, and representing through various media. One of the great aspects of this project is the confidence students gain through public speaking and teamwork. Throughout the semester

students explore the universal themes of The Search for Self and The Social Experience through a survey of classic and modern film. In this project we explore all the different aspects of film: directing, acting, producing, screenwriting, cinematography, special effects, music, costuming, sets, etc. By the end of the semester students will have created their own film on a global issue and presented it at an audience in a public screening. We look forward to seeing our students' creations!

Big Shoes to Fill! Tribute Fun with Ray Van Dusen, Ann Perry (Circle Project Executive Director), Amanda Kuckartz (SEARCH Executive Director) and Rob Deglau



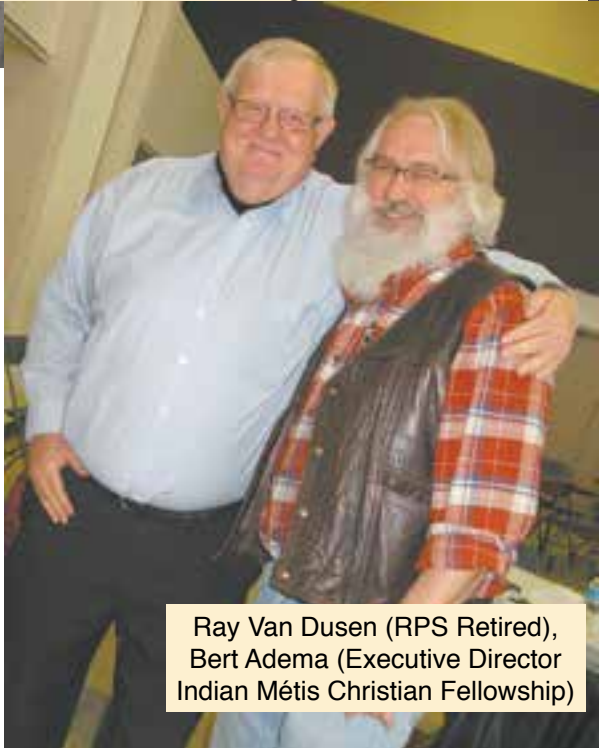
Community Leaders and Friends: Carol Kirk (NCCA President), Rob Deglau, Sandy Wankel (Executive Director North Central Family Centre), Former NCCA President Tom Wright.



Rob accepts a gift from IMCF—a print by the Late Ovide Bighetty



Warren McCall, NDP MLA Regina Elphinstone-Centre



Ray Van Dusen (RPS Retired), Bert Adema (Executive Director Indian Métis Christian Fellowship)

# North Central Community VOLUNTEER AWARDS

## & Volunteer Fair

**THURSDAY APRIL 10**

**Fair:** 1:30 – 3:30 p.m.

Albert Scott Community Centre

**Awards Night:** 6:00 p.m. Scott Coll. Auditorium

On Behalf of the Central Zone Board we would like to acknowledge Sask Lotteries for their financial support for our youth Hip-Hop & Martial Arts Programs.



On Behalf of the Central Zone Board we would like to acknowledge Community Initiatives Fund for their financial support of our youth Intro to Taekwondo and Girl Power, Water Fun programs.



We regret that due to publication deadline extension the invitation to the 2014 Volunteer Fair and Awards did not reach the community in time.

Watch the June issue of *North Central Community Connection* for the results of the NC Volunteer Awards.

*Editor*



## Top 10 best practices in VOLUNTEER RECOGNITION

from Volunteer Canada and Envision.ca:

### 1. Say “thank you!”

### 2. Make it a priority

Recognize volunteers to retain them and to attract new ones. Designate someone in your organization to be responsible for volunteer recognition.

### 3. Do it often

Recognition of volunteers should happen on a year-round, frequent and informal basis.

### 4. Do it in different ways

Vary your recognition efforts. Here are some examples:

- o Invite a speaker to talk about how he or she has been affected by your volunteers.
- o Treat your volunteers to a performance by a stand-up comic, musician or an improvisational theatre group.
- o Say thanks by creating a slide show featuring photos from the past year of your volunteers in action.
- o Announce important milestones, including the number of volunteer hours, lives touched and goals met.

### 5. Be sincere

Make each occasion an opportunity to reflect on the value volunteers bring to your organization.

### 6. Recognize the person (not the work)

Emphasize the contribution of the individual and say: “You did a great job!” instead of “This is a great job!”

### 7. Make it appropriate to the achievement

A certificate may be appropriate for a few months of service. An engraved plaque may better suit 10 years of volunteerism.

### 8. Be consistent

Make sure the standards of recognition you establish can be maintained by your organization in years to come.

### 9. Be timely

Recognize volunteers soon after an achievement has been reached. Delaying diminishes the value of your gratitude.

### 10. Customize it

Get to know your volunteers and their unique interests so that you can learn how best to recognize each individual and make them feel special.

See more at: [volunteer.ca/nvw2014/recognition](http://volunteer.ca/nvw2014/recognition)

**NORTH  
Central**  
*Community Association*

## Invites you to our Spring Open House & Community Meeting

**Learn about** what is happening to Renew our neighbourhood and how you can get involved.

**Help plan** this year's alley clean-ups and community gardens!

**Meet Michael**—our new Executive Director

**Tuesday, April 29<sup>th</sup>**  
**OPEN HOUSE**  
3:00 til 6:00 pm

**COMMUNITY MEETING**  
6:30 til 8:30 pm

Albert-Scott Community Centre  
1264 Athol St. 2nd floor  
(Wheelchair Accessible)



CELEBRATING NATIONAL ABORIGINAL HISTORY MONTH

**Smudge Walk  
North Central**

**2014**

**JUNE 2ND**

**Scott Collegiate Grounds**

# SEARCH

Student Energy in Action for Regina Community Health

## IS MOVING TO MONDAY!

**May 5th – August 25th**  
**5:30 pm – 8:30 pm**  
**@ Four Directions**  
**Community**  
**Health Center**  
**(5th Ave. & Elphinstone)**

**Everyone Welcome!**



### 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



Advice  
for Life

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



**Come to use our Play and Learn Space**  
**Come to take part in programs**

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



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

Early Years  
Family Centre

**Mon to Fri 9:00 to 4:30**  
**Saturday 10:00 to 2:00**

**AIDS Programs Drop-in name is:**  
**The Queen City Exchange!**

The community has voted! The name for the Drop-in Centre is Queen City Exchange! The runner up was Helping Hands! The Queen City Exchange did not have a name attached to it! The prize will go to the runner ups!

Winners are: Dejay Still, Heather Cardanl, Gord Manitopyes! Come to the Drop-in to claim your prize

Stay tuned to find out more about our gathering to celebrate the drop in!!

**Counselling is**  
**available at SEARCH**

Free drop-in counselling sessions available for adults during SEARCH hours  
Saturdays 12:30 to 3:30 pm (until May, see above ad for new dates and times)

Four Directions Community Health Center  
5th & Elphinstone

## Nurse's Note

Nursing Student: Miranda

Since the end of February I have been a part of the North Central Community Association. I enjoyed being a member of your community which has so many things to do and with spring coming, you can do even more. Spring is a great time to get outside and enjoy the sights and sounds of a new season after the cold winter we all had.

**So what are some easy things that we can all do to become healthier and lift our spirits for spring?**

- Take in some fresh air! (There is nothing more rewarding than stepping outside and enjoying the fresh air of spring!)
- Being outside more often will also help you sleep better at night since fresh air is the best medicine! Open the windows of your home and let the fresh air in
- Drink lots of water! It is an important part of a healthy mind and body
- Increase your exercise! (Getting physical activity doesn't mean running a marathon!) There are simple things that you can do to make yourself happier and healthier like:
  - Walking while talking on the phone (this is known to burn up to 54 calories for a 20 minute call!)
  - Planning family walks
  - Playing in the park
  - Cutting your grass or doing other yard work
- Avoid or limit alcohol and caffeine—these both can increase your thirst and can also prevent you from getting a good night's sleep!
- Get regular checkups! Now that the weather is warming up it is a great time to go down to SEARCH at Four Directions on Mondays 5:30pm-8:30pm for a doctor or counsellor appointment.

**What Things Can You Do in the Community?**

- The Affordable Fun Program allows you the chance to buy a cheaper Leisure Pass to access such places as the Lawson and Fieldhouse which are located at 1717 Elphinstone Street.
- Lawson offers swimming pools, sauna, weights and fitness equipment
- Fieldhouse has tennis, badminton and basketball courts, weights and fitness equipment

*\*Babysitting is available at the Fieldhouse weekday mornings\**

To find out more and to see if you are eligible for the Affordable Fun Program call 306-777-7733.

- The North Central Family Centre runs a Running Club
- There is a Senior's Walking Club located at the Albert Scott Recreation Centre every Monday, Wednesday, Friday mornings.
- Also, Central Zone Soccer will be starting up in the Spring contact the NCCA for more info.

**Exercising is an important part of being healthy, but so is eating healthy.**

- For healthy food options, spring is a great time to plant a garden to help feed your family healthy meals for the year!
- Or get involved with the Community Gardens located around North Central that will be planted the end of May and early June. The NCCA is always looking for volunteers to help with this event

These small but easy tips can keep us all happy and healthy!

## 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 – <i>Non</i> North Central Resident .....	\$30.00
Home visit – <i>Non</i> 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**



## Central Zone Outdoor Soccer

The Central Zone represents the Al Ritchie, Cathedral, Centre Square, Heritage, Eastview and North Central communities.

Soccer games will be played at: Core Park, Eastview Park, Gocki Park and Parkdale Park. This year, age groups will play at the same park for the entire season.



**\*Mail in Registration:** please mail a completed form to Central Zone Soccer, c/o Heritage Community Association, #100-1654 11th Ave. Regina SK S4P 0H4. We do not accept debit or credit cards, cash or cheque only.

**Registration deadline:** April 17. Late Registrations will not be accepted.

(\*forms available at NCCA office, 2nd floor, 1264 Athol)

**Dates:** The season will run for 6 weeks from May 13 to June 19. Games will be played on Tuesdays, Wednesdays and Thursdays. The season Wind-up Tournament will be held on Saturday, June 21.

### FEES:

U6 Teams (ages 4 & 5).....	\$30
U8 Teams (ages 6 & 7).....	\$55
U10, U12, U15 Teams (ages 8 through 15).....	\$55

### Fee Sponsorship is available.

Please contact the Central Zone by email at centralzone@sasktel.net for more information.

**Volunteers:** Without the support of parent volunteers, we will be unable to offer the program. Referees are also required. These are paid positions. Please call Central Zone at (306) 757-9952



**Get ready for the  
9th Annual  
North Central  
COMMUNITY  
GARDENS  
Watch for flyers!  
Planting Day  
early in June**

### North Central Community Association Income Tax Preparation

(until April 30)

#### Monday to Wednesday:

10:00 to 11:40 am AND 1:00 to 3:20 pm

**Thursday:** 10:00 to 11:40 am

No Charge • By Appointment Only  
2nd floor (elevator) • 1264 Athol Street  
Phone: 306-791-9888

### GO GREEN ORIENTATION

**You must call the office ahead: 306-791-9888 and book yourself into one of these orientation slots:**

Tues May 27 at 4:00 pm

Thur May 29 at 7:00 pm

Sun June 1 at 1:00 pm

Tue June 3 at 2:00 pm



The Go Green Program in partnership with the Saskatchewan Roughriders, allows North Central residents to watch football games for free and receive payment in exchange for cleaning up the recyclables that the fans leave behind.



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

### Care & Share Seniors Lunch

Tuesdays at 11:45 am at  
Albert Scott  
Community  
Centre  
(1264  
Athol St.)



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



### Camp Monahan—a special place to be!

Registrations for summer camp now being accepted. Information & registration form available online: [www.campmonahan.ca](http://www.campmonahan.ca) Celebrating 70 years of quality back to nature camping for children & youth ages 6–15.

If cost is a barrier to participation, sponsorship is available. For more information: 306-522-1047 [campmonahan@sasktel.net](mailto:campmonahan@sasktel.net)

### Yarn Donations Angels 4

Warmth is in need of donations of yarn for knitting & crocheting. The group distributes to various agencies in Regina and area. Drop off yarn donations at Lorne Drugs, 2255 14th Avenue. For more information call Dorothy at 306-543-6678.

### Soup and Bannock Wednesdays at IMCF

3131 Dewdney Ave,  
All welcome, \$2.00

## 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 June issue: MAY 9, 2014**

### Y's Kids Groups: Children Exposed to Violence

Groups run three times a year (Winter, Spring & Fall). The Spring session begins May 1. Thursday evenings from 6:30-8:00 at the YWCA Regina. There are groups available for children/youth ages 4-16 as well as programming for caregivers that runs at the same time as the kids' group. The program is free of charge and assistance is available with transportation and child-care needs. Call Kerri Hill YWCA Regina 1940 McIntyre Street Ph: (306) 525-2141 ext 117



### IN MEMORIAM

*Young or old. Before their time,  
or having lived a good long life.*

*We recognize the passing  
of those friends,  
family or neighbours who have helped  
to weave the community  
of North Central Regina.*

### WE REMEMBER

#### Ronald (Ron) Lawson

Born: 1932

Died: March 22, 2014

"The King of Queen Street"  
A Friend to the  
Neighbourhood

If you would like to remember your Loved One in the *North Central Community Connection*, published 6 times a year, contact the NCCA office at 791-9888. There is no charge for this In Memoriam tribute.

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

Hire A Neighbour!

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

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



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

Neighbours! Please inform us if you know of residents or businesses & organizations in North Central who don't receive this newspaper in their mailbox near the beginning of February, April, June, August, October and December each year.  
Call the NCCA office at 306-791-9888.

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

Editor: Jan Morier  
Ad Sales: Rob Deglau  
Design & Layout: Right Brain Creative Services

Thanks to contributors to this issue:

- Birdsong Communications
- Carol Kirk Stephen Lindsay
- Jan Morier NC Community Leaders
- NC Family Centre
- Newo Yotina Friendship Centre
- Nursing Student Miranda
- Michael Parker Angela Prawzick
- Sacred Heart Community School
- 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  
JUNE ISSUE  
May 9, 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

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 1,500 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 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.

	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)

Customized ads of any size to accommodate your advertising needs. Price negotiable.  
Community Calendar submissions for community events are free! We reserve the right to be selective about the calendar events we print.  
Your sixth ad is free when you advertise with us for five consecutive issues.

Whenever possible, please contact us in advance so we can reserve a space for your ad. Camera-ready ads can be submitted by email in .pdf, .tif, .jpg or .png format or delivered to the office on a CD. If you want the ad designed in-house, ensure you have high quality graphics (logos or clip art) attached.

Contact the Editor at (306) 791-9888 or editor@nccaregina.ca if you have any questions or to place an ad. Ask about our news-letter page for non-profits.



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 - Carol Kirk  
Vice President - Ken Watson  
Secretary - Georgina Magee

MEMBERS-AT-LARGE

Joely BigEagle Kequahtoway  
Tom Brown Greg Campbell  
Shannon Cattell Morris Eagles  
Anna Galassi Helmi Scott  
Denita Stonechild Cari Vixamar



Dial 306 before calling!

NORTH CENTRAL PHONE LIST

Schools

- 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
- 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

# Meet Susannah Walker

## Director of Programs

### North Central Family Centre

Susannah is reluctantly trying to step into some shoes that can never be filled. But the chance to work with Ivan Amichand during a mentorship period helped Susannah Walker to immerse herself in the vision for North Central Family Centre. She knew what needed to be done.

She started as volunteer March 2013. “Ivan was so funny when I first got here. I had been going around to other places to enquire about volunteering —everyone was so nice and so receptive. And then I came here and they just asked me to start! Ivan said he was going to call around and make sure that none of the other agencies took me in to volunteer, to make certain that I stayed here.”

Ivan’s remarkable intuition told him that this was going to be a fit for both the centre and for Susannah.

She became the NCFC’s Social Worker in May 2013 on a contract, which allowed her to get her working papers quickly.

“I feel really fortunate to have had the time with him that I did. He had so much experience in social services and psychology, ministry, anywhere. He had the knowledge, so anything that I was dealing with I’d bounce off of him and get his feedback. That was really helpful.

His acceptance, his understanding, his non-judgemental attitude toward every person that he met. That’s in the forefront of your mind when you’re here. You want to respect and make sure you carry on what he and Sandy set up here.”

By December 2013, due to the recent unexpected passing of Ivan Amichand, Susannah Walker became the Director of Programs.

Susannah grew up and took her education in Wisconsin. She taught school in Houston Texas then took the opportunity to teach and learn Spanish in Colombia. There she met her future husband (a Saskatchewan lad) while they volunteered at a church in a lower-income neighbourhood. The experience made her realize she needed to do social work instead of teaching.

Susannah went to Graduate School in North Carolina. “In grad school I interned with the



Commission of Indian Affairs in North Carolina, a lot of non-profit experience and very relatable to here.”

Her own heritage pulled her to work with Aboriginal community. Her father is Odawa and Dakota, her mother’s family is of Irish ancestry. Growing up, her father was the director of American Indian Centre in Chicago in the late 1970s and her mother was a nurse. Her family has always been about service.

“I think about my own family. My grandparents and their siblings attended Residential Schools in the U.S. That had a huge impact on our family.” Susannah credits their education with their ultimate success but admits it does affect families when their culture is suppressed. “It affects us today. That’s always on my mind. How do we get back to a place where

people are invested in their culture and happy and proud of it?”

“All challenges and issues are interconnected” Susanna adds. “Poverty is connected with substance abuse and homelessness - all issues stem from one another. When you think about working with families you have to include therapy with families. If you try to work with one person, nothing’s ever going to change. You work with all family members.”

With a wide grin she notes “This job has it all! I absolutely love being here. The work that I do, the people that I meet. I also teach Indigenous Social Work part-time at the First Nations University of Canada.”

Her favourite thing to do at NCFC is working with kids and youth. She runs, plays soccer, and is thrilled that training for the next half-marathon begins soon. She loves seeing how awesome the kids are and seeing their personalities shine.

Susannah Walker is proud to be carrying on Ivan’s legacy at the North Central Family Centre.

“I feel very fortunate to be here, doing the work that we’re doing in Regina. I’ve felt so welcomed here in the city. I’ve met really great people. There’s a great spirit of service in Regina. I really respect that.”

On March 13, the North Central Family Centre held an open house to show off their newly designed recreational space dedicated to their hero Ivan Amichand.



Kurtis Balon Youth Worker:

"In December when we were all going through a tough time and hurting, we talked with our group about doing something to honour and pay tribute to Ivan and all the hard work and dedication he gave to the centre. We also talked about creating a really nice space—a legacy that we could be proud of and welcome people. It started from there and the next thing you know we came up with the island theme as well as the theme with the different flags that we associate with our different identities here in Regina. And then we just started working and within a month or so of hard work and the

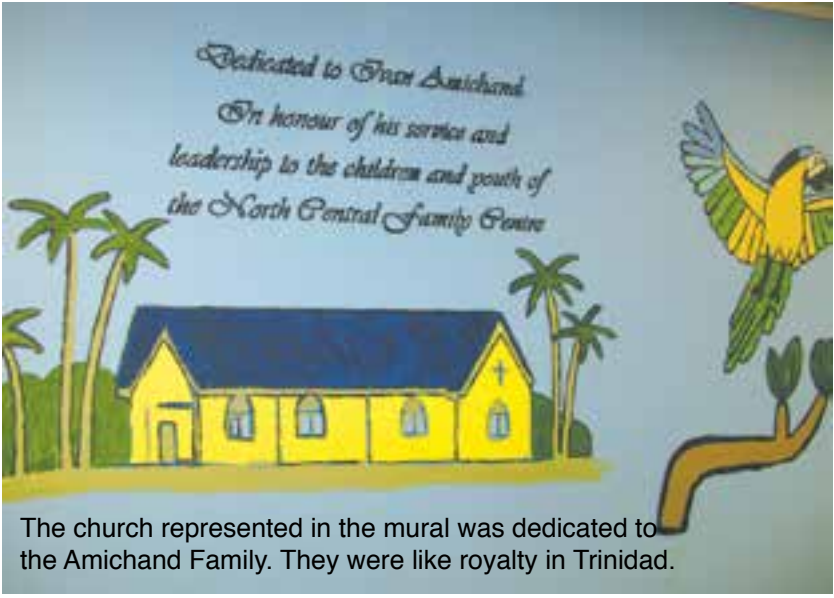
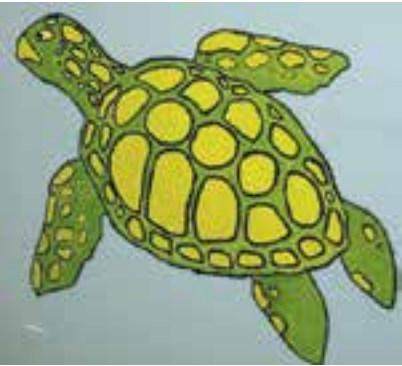
creative process. As well as the grunt work of cleaning and hauling garbage out and not giving up until we were done.

It parallels the work Ivan was doing in the community—not always fun, not always pretty—but it needs to be done before the fun part. The youth will see that this is the way to tackle a project.

It's so nice too, some of the younger children involved at the centre, some of the long-term volunteers and teachers at Luther donated of their time. Previous youth who have moved on from the program came back to help. So many nice aspects of this project."

Sandy Wankel:

"Recently the Association of Regina Realtors called—they said in lieu of flowers they would like to do something nice for Ivan as a memorial. They graciously bought us a whole bunch of paint and this gave us the opportunity to go through our grieving process for Ivan. We just miss him terribly and this helped us work through our loss a little bit. Our kids did all of this. It's a labour of love. It's our way to always remember him. He'll always be here. Our supporters meant the world to him and you mean the world to all of us."



photos & interview by J. Morier