



40th Anniversary of North Central Community Association

(formerly North Central Community Society)

A big celebration is being planned for June 4, 2016.

We invite any residents of North Central (current or former) to help collect our history or pitch in to organize the event.

We invite citizens to bring in photos from any era, particularly from the late 1970s, that were taken in North Central. Your photos will be digitized and returned to you. We will place as many photos as we can from any era on the North Central History Project website. Call the NCCA office (306) 791-9888 to arrange a time.



A cutaway map from City of Regina, 1948 showing our community's boundaries. There are no wrong sides of the track!

NC Anniversary Project Questions:

1. What year were you born? What city? What neighbourhood?
2. What is your family heritage? When did your family come to the neighbourhood?
3. How did your parents provide for their family when you were a child?
4. How many people lived in your home while you were growing up?
5. What was the most popular way of transportation for you and your family?
6. Can you describe your most vivid memory of growing up in North Central?
7. Can you recall any major events that happened in North Central?
8. Describe the sense of community in North Central when you were raising your children here.
9. Do you have any stories you would like to share regarding the neighbourhood at that time?
10. What do you think has stayed the same in the neighbourhood throughout your time here? What has changed?

WINTER FAMILY FUN DAY

Wednesday February 17th

1:00 pm to 3:00 pm

1264 Athol Street

FREE!

The North Central Community Association welcomes you to an event for the whole family! Many activities will be held outside, please dress appropriately.

EVENTS

- **Snowman Building Contest**
- **Outdoor Twister**
- **Popcorn and other snacks**
- **Hot Chocolate**

Many other activities, weather permitting. Children age 10 & under must be accompanied by an adult.

For more information contact: **Arlene Bray**
arlene@nccaregina.ca or call (306) 791-9888



North Central Proud!

by J. Morier

There's a going concern group on Facebook called "If you grew up in Regina, Sask ... you remember ..."

With over 6000 members, the site is unearthing wonderful memories and personal snap-shots, including many of North Central Regina. It's magical to read the back and forth conversations and see acquaintances renewed in real time from all over the city, and beyond!

The dialogues are launched after someone posts a photo of a NC school or a mom and pop store, captioned with a bit of nostalgia from the era. Then the memories begin to flow! Eavesdropping is fun and gives us a chance to promote the North Central History Project website. It's an opportunity to network and collect personal stories.

Here is one contribution by Sandy (aka Sam) Isted (née Fry) from the Facebook group "If you grew up in Regina, Saskatchewan ... you remember"

"I grew up here as well, 13-block Angus and 14-block Rae. My grandpa, Harry Livingstone had the dray business for the dairy, barn and Clydesdales on Angus and 7th Ave. I went to Albert and Scott, had the same grade 1 teacher as my mom did, Miss Patterson.

I remember Albert School like this, girls side to the left, boys side to the right. On the 7th Ave. side was the black iron steps fire escape. The biggest boys went first to weigh it down!

We bought our first house on 11-block Athol and I married a North Central boy as well. We moved (away) in 1982 because this area was getting rough. Never was scared as a kid though, great place to grow up."

Not all of our North Central residents had an upbringing out of a 60s family TV sitcom. This was always a blue-collar

neighbourhood and the housing stock is in decline. Depending on your socio-economic background, North Central could have provided a 'first-time home owner fixer-upper' affordable house. Or it could have been a place to move out of as soon as possible. To those who had no choice but to live here, it became a place of stigma.

Many of us are proud to call it our community. Many contribute what they can to keep North Central vibrant and interesting! We who choose to stay are in on the truth; that there are huge hearts sharing wisdom and time to take care of each other.

If your experience of growing up here is a sad one, based on the treatment you received or from situations that were out of your control, we would like to collect your stories too.

The way to reconciliation is education and sharing. We can begin here.

visit The North Central
History Project
northcentralregina.ca

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interview by J. Morier

photos courtesy of Jonah McFadzean

Jonah McFadzean

Flourishing in North Central



The McFadzean family dynasty is akin to North Central royalty.

In chatting with Jonah, we learn that his grandparents raised his parents in North Central. His folks were sweethearts at Scott Collegiate and Jonah now lives in his grandmother's old house, about a block away from his parents.

"My life has been contained within a 4 block radius" he laughs. "It was a little orbit, everything you needed was around you."

He and his siblings attended Albert School and subsequently graduated from Scott.

Jonah McFadzean also earns his living in North Central as a Library Assistant at the Albert Branch. This part-time shared position offers up much of the programming and community engagement held at our beloved library. Jonah has input with program design and planning, in consultation with branch manager, Wendy Sinclair. "We fit our programs to the community's needs" Jonah explains.

Working part time lets Jonah pursue his own creative endeavours, tapping into his bachelors degree in fine arts from the University of Regina.

Reflecting on his childhood, Jonah has fond memories of dad working on a sculpture or painting in the basement. The children would be given paints and a smock. "Then he would tell us to 'go nuts'."

Jonah laughed. "There were never any constraints put on us, in terms of creativity."

"Now my interests are all over the map!" he says. "I dabble in animation, book layout, graphic design. I'm still hearing my parents' advice. It's been fun so far."

In his day job at the Albert Branch, Jonah develops art-related programming. "That's one of the things that drew me to the job!" (pun intended). Before joining the library, Jonah was contracted to deliver illustration and cartooning classes to kids at other branches, including Albert.

Jonah laments "Many people feel like they can't draw, so the classes are about enabling people. It's a skill like any other. If children are interested in drawing, they can get quite good at it. I give them basic tools and it's up to their imaginations how much to embellish. They build on everything you've shown them. If not, they just doodle."

"There's no right or wrong." Jonah continues. "It's what my parents instilled in me, just play, just have fun! There is work involved, but it's a dedicated play."

Jonah is into writing as it applies to his creation of comic books or graphic novels. "Writing and storytelling has always been important to all four of us. From an early age and throughout high school we all submitted articles to 'Minus 20' (the now defunct youth forum in Regina's *Leader/Post*). That was our first creative job."

"As kids we'd have these elaborate games, we'd play-act scenarios. As adults we've all dipped into the improv community."

Growing up in North Central has certainly influenced his art. "It's everything, really" Jonah said. "It's had constant influence in one way or another just by virtue of living and growing up and existing here. But I feel like I'm flourishing in North Central."

"I've always been aware of the negative connotations and aspects of the neighbourhood. "That's not our reality for North Central. It's what you choose to focus on, what you choose to engage with."

"The youth I work with at the library are all up-and-coming protégé material! They have varied interests, I think that's what strikes me the most — being able to see how crazy-talented they are! I try to do programming that will engage that. Those kids who are really into it have almost mathematical minds. If they're into *Minecraft* — I shift my focus to touch on those interests and gain that extra response, and they shine!"

"Creating just takes you away somewhere."

It's an exchange of energies. "Speaking to that, I

distinctly remember me and my older brother — the two artists — going to a comics drawing workshop at the Albert Branch Library when we were young. We were interested already, but the classes fuelled those creative fires."

"It's almost not a choice with me anymore, I take stuff in, I put stuff out, it's this constant give and take. Whatever I'm reading or watching, whoever I'm engaging with, I need to be creating and putting out art."

Jonah believes there has been a suppression of creativity, especially with respect to drawing. People feel like they're no good at drawing because somebody told them, or what's worse, they told themselves. He knows there's no value in comparing yourself to others. Especially for young artists and creative types. It's a huge step to ignore what other people are doing and focus on your own thing.

Not, he says, to the exclusion of learning new things. It's about taking technique in and showing others what you can do with your own style.

Jonah grew up here, received his education and his avocation here. His passion was nurtured at home and through extra curricular activities. Take the mural on Albert Community School, for instance. The young students Jonah and Dakota helped with that, working alongside the artist. He

contributed not necessarily for the pride of 'I did that', but because he appreciated the group effort to beautify the neighbourhood. He knows that expression can bring a group or a neighbourhood together. "Again, it's that putting stuff in and taking stuff out. It's breathing."

"I'm not some tortured creative genius who just wants an outlet and wants to be discovered — I'm doing what I want to be doing. I'm putting out work, I'm engaging in my community and my global community with respect to comics and storytelling in general. If I didn't have to worry about money, this is what I'd be doing anyway. I'm content where I am."

"There needs to be a little bit of struggle that goes into the art that you make, the life that you lead. That's good, you want to overcome adversity a little. Everybody has struggles and there are things that they carry with them.

And that's where art comes in. It's an outlet."

"Creating just takes you away somewhere."

"I do a lot of drawings of monsters for some reason. Inspired by childhood fears or the boogeyman. It's just something that I've latched onto."



The McFadzean sibliings are a creative bunch:

Dakota - visual artist BFA program at the U of R. Masters of Cartooning at Centre for Cartoon Studies in Vermont. He posted daily strips to his website over 6 years and got a book deal from that effort. In 2014, Dakota was published in *Mad Magazine!* Currently he works for Dreamworks in Toronto.

Cassidy - teaching English at the University in Regina. Obtained a Masters at the prestigious writers' workshop in Iowa City, Iowa. Published author and poet.

Credence - Also a creative writer, living in NC. Currently completing his Masters in writing at U of R. Is involved in Regina's improv scene.

Regina Elphinstone-Centre Candidates Speak

The North Central Community Connection solicited responses from candidates in the Regina Elphinstone-Centre constituency. The provincial election is April 4. Citizens in the neighbourhood can have a sense of who the candidates are, what they believe in and what they see for North Central and its future.

1 What is your response to the over-representation of Aboriginal peoples in Saskatchewan prisons? Are you willing to use a bottom-up approach in finding solutions to this issue? Examples: social programming for youth at risk or restorative justice practices.

2 Regina at one time had a gang exit strategy program called RAGS (Regina Anti-Gang Services). This has since ended. However, Saskatoon has a similar program called STR8 UP. This program has had a positive response. Would you be interested in supporting a similar initiative for Regina?

Patrick Denis
Saskatchewan Liberal Party



1) It's quite obvious that the way we have been approaching this issue in the past has not been effective. We need our justice system to look at what has worked for the Indigenous communities in the past in order to help with the present issue. I want us as a province to do more to work with the Indigenous communities and restorative justice practices. I am a strong believer that if we work together with these communities, we can dramatically lower the representation of Indigenous people in Saskatchewan prisons.

2) I fully support an initiative in Regina like RAGS. This initiative never should have ended. I would also be supportive of any community outreach centres that would be there to assist these individuals during their journey to exit gang life.

3) The Saskatchewan Liberal platform to be released around the writ period will be discussing in great detail what the province needs to eliminate poverty once and for all in Saskatchewan, and the minimum wage will play a major role in how this is accomplished.

Note: Two candidates (Saskatchewan Party and Green Party of Saskatchewan) did not respond to our questions.

3 Has your political party, or would your political party be interested in influencing companies to adopt Regina's living wage? This is an initiative to help low-income families battle the outcomes of poverty. The project states that the "living wage" for a Regina family of four is \$16.46/hour.

Warren McCall
New Democratic Party
of Saskatchewan



1) The over-representation of aboriginal people in Saskatchewan prisons is one symptom of a larger problem that cries out for reconciliation – the large-scale trauma and dysfunction that is the legacy of Canada's experience with colonialism and its institutions, like the residential school system. There are many fronts on which reconciliation must be sought – with language, culture, and social and economic justice, to name a few. And at the heart of these struggles are families and communities – like ours here in North Central. Unless families are healthy and living in a good way, in a way that is consistent with indigenous values, then the legacy of damage continues and worsens. To help this work along will take commitment and resources from both leadership AND grassroots people. We have a roadmap forward with the Final Report of the Truth and Reconciliation Commission – and we all have a role to play in making reconciliation a reality.

2) Regina has a gang problem, and we all pay a price for this in terms of wasted lives, increased crime,

There are six ways to vote in a provincial election in Saskatchewan

1. Vote in advance

Advance voting is March 29 to April 2. You can vote at any advance voting location in your constituency on any one of these five days. Check your VIC for locations. Remember to bring ID. Advance voting hours are:
March 29 to April 1, 3 p.m. to 10 p.m. Central Time
April 2, Noon to 7 p.m. Central Time

2. Vote on election day

April 4 is election day, the last day to cast your ballot. All voting places across Saskatchewan are open from 9 a.m. to 8 p.m. Central Time. Your Voter Information Card (VIC) tells you where to vote. Bring your VIC with you to make your voting experience easier and faster, and remember to bring ID.

3. Vote in a personal care home

Voting places will be set up in select personal care homes and seniors' homes around Saskatchewan for the residents of

those homes. A full list will be posted on our website closer to election day.

4. Vote in a hospital

If you are a hospital patient on April 4 you can vote in the hospital you are in, even if it's not in your home constituency.

5. Vote in your home

If you are homebound due to a disability, you can make arrangements to have an election worker come to your home so you and your caregiver, if eligible, can both cast a ballot. Homebound voting is available March 29 to April 2. Closer to election day, you can contact your local returning office to make a voting appointment during the election period and prior to March 28. A list of returning offices will be posted on our website closer to election day.

6. Vote by mail

If you are away from your constituency during the election, or if it's more convenient, you can vote by mail. This is a good option for students out of province, snowbirds spending the winter down south, members of the Canadian Armed Forces, or anyone else not in Saskatchewan or your constituency on April 4. Inmates in a provincial correctional centre may also be eligible to vote as an absentee voter.

To vote by mail, you first apply for an absentee ballot. It's important to not wait too long to start this process. You need to allow enough time to:

download an application from our website www.elections.sk.ca fill it in (you can print it and fill it in by hand, or you can fill it in electronically) and send it back to us along with a copy of your ID and a signed declaration; wait for a voting kit to arrive to you by mail shortly after the writ drops in early March; and mark your ballot and mail it back to us, postmarked by 8 p.m. on April 4.

You can submit your application and a copy of your ID to:

Mail:
Elections Saskatchewan
#301-3303 Hillside Street
Regina, SK S4S 6W9
Email:
absenteeballots@elections.sk.ca
Toll Free Fax: **1-866-678-4052**

information courtesy of Elections SK website www.elections.sk.ca/voters/ways-to-vote/

and more violence and violent death. We need a better tool box in the fight against gangs, and those tools should definitely include a dedicated and well-functioning gang exit strategy. (RAGS) was well recognized for the successes that it was having combating gangs, but federal and provincial conservative governments cut its funding and ended the program. RAGS was a partnership between government and community, and it was making a positive difference in the fight against gangs – the lessons and the experience from RAGS and similar dedicated programs like Saskatoon's STR8 UP are there to be seized upon. I am strongly in support of such a move.

3) One of the largest identifiable groups among Food Bank clients is the working poor. To me this stands out as proof that many people are working harder than ever, but their wage isn't covering the cost of living. To better address this situation, government can take a number of helpful policy steps related to housing, labour regulation, utility costs, minimum wage, and income and benefit supplements. Work towards a living wage could definitely be part of these efforts, and a first step that the provincial government could take would be to make a living wage part of its tendering policy. That is, companies which bid on the opportunity to provide a good or a service to the government of Saskatchewan must be paying their workers a living wage.

by Lisa Workman



The Good Life COMMUNITY NETWORK

The Good Life Community Network is a movement that encourages 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.

Volunteering is one way to express your spiritual side

Volunteering helps you put good values into practice, like love, compassion, giving, respect, and positivity. Volunteering feeds your soul by satisfying your need to share what you love in life with others. For example, if you love to sew, volunteer with a youth or seniors' program teaching your sewing skills. If you love children, volunteer with a school, Rainbow Youth, Indian Métis Christian Fellowship or Chili for Children. By doing this, we are also acknowledging and appreciating what is unique about ourselves, our Creator-given gifts. Volunteering gives us hope for the future by getting us involved in causes that help to make the world a better place.

There are always many volunteer opportunities within your spiritual/religious community whether it is through your church or through traditional activities. If you don't have a home church, get involved with a ministry like Indian Métis Christian Fellowship or Salvation Army. If you would rather be involved with traditional activities, talk to Newo Yotina Friendship Centre, Eagle Moon Health Office or your home reserve. Volunteering simply gives our lives more meaning and purpose.

If you are interested in volunteering and don't know where to start, then start with what you know. Check out your child's school, the library and

agencies that you have already been involved with. Build on your strengths and interests to find the ideal volunteer position. Or simply include volunteering as part of your career plan.

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 Ave. & Elphinstone St.



Fostering Success

I had always planned on fostering or adopting. Then once I was married I talked with my partner about it and he agreed that it seemed like a good thing, that we would do eventually. We finally did it because the timing just worked out.

We had received a few pamphlets through the mail about becoming a foster family and I had kept one next to my bed for a while. So when we decided to get some more information, I sent our initial email inquiry to the Saskatchewan Foster Families Association (SFFA) in December. From start to finish our accreditation process and training lasted 6 months. After we were approved we chose not to accept a placement right away. We have been a Foster Home for almost 2 years.

Every foster home receives financial support from the Ministry of Social Services (MSS) for the children that are in their care. Foster Homes can also receive many other supports, depending on the needs of the home and the needs of the child. Each foster home is also assigned a resource worker. A resource worker is a social worker that is there to support the foster parents and the foster home. They are great because you can ask them anything and they can advocate on your behalf. It's like you have someone on the inside of the MSS.

Not everything goes as expected when people are involved. We

were originally approved for a placement of one child between 0-5yrs old. So we got a bit of a surprise when we were asked if we would agree to a placement of a sibling group of three who were 3 years old and under.

The goal of the foster care system is re-unification. It is always important for the kids to maintain a connection with their birth family and community, provided it is still safe to do so. It allows the children to remain connected to their traditions, culture and identity. If all parties are willing and the opportunity arises, it is encouraged that the foster parents/family also maintain a connection with the birth family.

The goal of the foster care system is re-unification

The author is a foster parent living in North Central. To respect confidentiality the North Central Community Connection will not publish the author's name.

However it's not always an option, or in the best interest of the people involved. Every case is different, but we are fortunate to have a relationship with the birth families of the children we care for.

Some of the challenges of Foster that I have faced has been the reactions of our friends, family, community and even strangers. Whether it's a well meaning friend or a nosey store clerk, we are under the microscope. Everyone thinks they can have a say, or give their opinion, most of which is based on stereotypes, stigmas, or influenced by the media/ American foster system. I have had people say to us, "It must be so rewarding, but I could never do that." "Oh they aren't your real kids, but they are so well behaved."

Children are a gift from the Creator, and it has been a privilege for me to be a part of their lives. One of the highlights for me as a foster parent has been getting to know the kids that we care for, seeing them learn and discover who they are. I have been able to witness their looks and shrieks of triumph as they conquer milestones.

For more information about becoming a Foster Parent, please contact:
Saskatchewan Foster Families Assoc.
233 – 4th Avenue South
Saskatoon, SK S7K 1N1
Phone: (306) 975-1580
Fax: (306) 975-1581
Toll Free: 1-888-276-2880
E-mail: sffa@sffa.sk.ca



Mamaweyatitan Centre – Revitalisation and Innovation

by Lisa Workman

Sandra Bellegarde is the newly hired Integration Coordinator for the Mamaweyatitan Centre project that is currently being built on the Scott Collegiate and Albert Scott Community Centre site. The Centre went through a naming process to receive its Cree name Mamaweyatitan which means “Let’s get Together”. There are currently four funding partners, Regina Public Library, Regina Public Schools, City of Regina and the Ministry of Education.



The whole idea of revitalization is what attracted her to this position. “It is a brand new opportunity to change how we do business. How could we be more efficient, more seamless and more effective?” Sandra talks about the school and the public library as prime examples. “I can see the school

being an opportunity to revitalise how their teaching and learning takes place. Are we going to take a different philosophical approach? Is there going to be a structural change? Maybe there is a change in focus. Regina Public Library, you have an opportunity to revitalise how you run your programs and services in your library and how you integrate with the larger community but also how you integrate with all of the partners. Now is that time and that place to connect those resources.” This idea of revitalisation will reach out beyond programs and services and beyond the physical building

itself. Sandra sees herself working with people within city blocks on ideas like beautification and community safety.

The Mamaweyatitan Centre will be an innovation. “This is a model project, across the province, there is no one else doing anything like this. We want it to be a model of excellence. It will help people to see what the bridges are, and where they can reinvent something, or change something altogether.” The partners are expected to work closely together and integrate programs and services where possible. Integration will include space within the building. For example, the public library will also be the school library. It is all about finding the ideal way of delivering services to better meet the needs of the community. “It will be a big change for the community. All partners have to buy in and meet in the middle.”

The Centre will be client-focused. It’s really about the people who live in this community. “Once you peel off all the layers of the onion, you have the core and the core is the customer or the client. And that’s who we serve, that’s what

our jobs are about. Peel away all the layers of bureaucracy and you come down to a child, a mother, a father, a grandmother, a grandfather, a kokum, a mushum, aunts and uncles. You come to family units. And that’s it, that’s who we have to remember, that’s who we have to work for, to make this the best place.”

The voice of the community is especially important to the project. “It’s really about the people who are in the community. That’s what I want to see, some momentum created and excitement and energy. It’s like an investment, a personal investment.”

Sandra will begin working with committees and community members over the next couple of months. She hopes that in the spring there will be an event to gather ideas from the community. The building is expected to be completed in the summer of 2017.

In the meantime, feel free to contact:
Sandra Bellegarde
Mamaweyatitan Centre
Integration Coordinator
Cell: 306-527-8792
sandra@mamaweyatitan.ca
www.mamaweyatitan.ca



Adult Training at the Regina Trades and Skills Centre

The Regina Trades & Skills Centre (RTSC) offers short-term entry-level skills training to help individuals “**get their boot in the door**”. They pride themselves with consistent high attendance, course completion and employment rates. Courses like plumbing, roofing, painting, electrical and culinary arts are just some of the opportunities that are offered. A couple of the reasons why the RTSC stands out to provide the greatest opportunity for training include, no tuition and connection to industry.

It all starts with industry. Regina Trades & Skills Centre meets regularly with an industry advisory committee to learn where the demands in the future are at their greatest. Courses are then offered only in these areas.

The end result desired for our students is training-related employment.

The students have a structured application process. They first have to register on-line and then attend a mandatory information session where program coordinators, instructors, and employers within that industry explain the expectations required when working in that trade. They discuss the benefits, the pay, the hours and the potential advancement opportunities. However, they also explain the overtime, the travel, the physical work and the expected attitude, behaviors and attendance standards. At this point, the students can decide if it is really the trade for them or if they want to withdraw their application.

Moving forward, every potential student is then interviewed, one on one, with the staff at the centre. The focus is to determine the “best fit” for the program. They will only accept students that have a desire, a passion

and the demonstrated behaviors to make it through the classroom training. More importantly, RTSC strives to accept only students that will make a successful career out of the trade they choose by becoming valued employees in the workforce.

During training the students complete approximately 30% in class/theory training and the other 70% is practical hands on. If the student demonstrates strong work ethic, skill development and workplace standards, they have the opportunity to earn a work placement and more importantly full time employment.

We want the Regina Trades and Skills Centre to be the first place students go to receive their training. Get the training you need! Get the job you want! Get your boot in the door today at 1275 Albert Street, Regina or look us up on the web at www.rtsc.org. You can also follow us on **Facebook** and **Twitter**.

Courses being offered in February and March 2016

Course	Information Session	Course Dates
Electrical	Jan 25 @ 1:30	Feb 16 – Apr 15
Carpentry	Feb 01 @ 1:30	Feb 22 – May 06
Commercial Concrete	Feb 08 @ 1:30	Feb 29 – Apr 15
Bricklaying	Feb 16 @ 1:30	Mar 07 – Apr 29
Painting	Feb 22 @ 1:30	Mar 14 – May 13
Residential Roofing	Feb 29 @ 1:30	Mar 21 – Apr 29
Scaffolding	Mar 07 @ 1:30	Mar 28 – May 16

Build for the Future in Kindergarten

English & French Immersion

Registration available at

Sacred Heart

Community School

(306) 791-7290



 **Regina
Catholic Schools**
www.rcsd.ca



Meewasasin

1650 Angus Street Regina, SK S4T 1Z2

Phone: 306-791-9530 Fax: 306-791-9790

meewasasin@nccaregina.ca

**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!**

2016 Program Dates

Jan 4th—Jan 29th

Feb 8th—Mar 4th

Mar 14th—Apr 8th

Apr 18th—May 13th

May 24th—Jun 17th

"The amount of support I have received from Meewasasin has been amazing. The day I started here was the day my life changed for the better. The three of you ladies are awesome. The life skills I've learnt over the last 3 weeks I'll take and use them to the best of my abilities. Thank you."



THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600

www.havenofhope.ca

Giving Hope Today Helping to make a difference
in someone's life

COMMUNITY VOLUNTEER

INCOME TAX

**We will offer a clinic as well as
a drop off location.**

Income Tax Clinic

March 1 - April 29

The eligibility is \$30,000 for an individual, \$40,000 for a couple, \$35,000 for an individual with a dependent, and \$2,500 for each additional dependent.

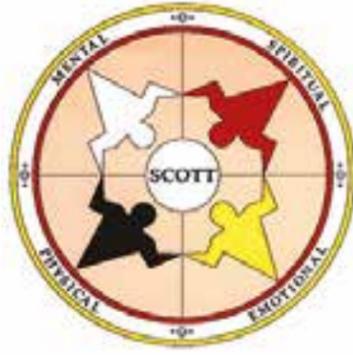
For information about services, volunteering or donating visit our web site.

Scott Collegiate Inspired Learning!

Save the date for Scott Collegiate's 3rd annual Taste of Scott. This event will be held on April 7th at 5:30 – 6:30 in the Scott Gymnasium. Purchase tickets early to see student designed restaurants and taste some of their menu items. Also, vote for your favorites! This event is the culminating project for our Commercial Cooking 20 / Entrepreneurship & Venture Planning 20L classes, supported by the Paul Martin Aboriginal Youth Entrepreneurship program. Students experience hands on cooking experiences, outside business mentorship and business development.

Tickets can be purchased online at <https://tasteofscott.yapsody.com> or by emailing kelley.christopherson@rbe.sk.ca

(Tickets include 10 food item vouchers. Drinks can be purchased at the event).



Follow us on Twitter
[@scottcollegiate](https://twitter.com/scottcollegiate)

Learning in Full Swing

Our school year at Scott Collegiate is midway complete and learning is in full swing. Staff are really focusing on attendance.

We encourage parents and families to support and assist us with this as best as they can. If your child is away due to illness or another matter please call the school at 306-523-3500 to let us know. Improved attendance equals improved achievement.

As well here are some of the notable dates coming up in our school calendar:

January 28: Third Quarter/ Second Semester begins

February 15–19: No school

Thursday, February 25: 5 pm Open House for students and parents of Grade 8 students

Danette
Vice Principal

TASTE OF SCOTT 2016
Thursday, April 7th
5:30 - 6:30

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NORTH CENTRAL VIBE

calling all youth & families!

by Nichelle Cappo

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

The North Central VIBE project has started 2016 Winter Programming! The classes started the week of January 11th and will continue until March 11th. We run three programs throughout the week. All supplies are provided and drop-ins are welcome. We strongly encourage families to join the fun and engage in the new programs that are available to the community. Get out of the house, take a break from work and come out to the Albert Scott Community Centre to meet new people and learn new skills.

Tuesdays we hold a **Crafting Class** from 3:30 – 5:00 pm. We will be offering beading lessons, scrapbooking, crocheting/ knitting and we will also have age appropriate materials available if needed.

Wednesdays we roll out **Dance Classes** from 4:30 – 6:00 pm. We will be teaching variety styles of dance including: Fox-Trot, Swing, Cha-Cha, Jigging, Two-Step, and Rumba.

Fridays we are at Seven Stones Community School holding an **Open Gym Night** from 3:30 – 5:00 pm. Take part in structured play, whether that is a game of basketball, volleyball or dodgeball. It gives youth an opportunity to burn off some extra energy.

All of our programs are in full swing now and we invite you all to join us. If you require any additional information regarding any of NCCA's programs, feel free to contact Nichelle Cappo at 306-791-9888 or by email at nichelle@nccaregina.ca.



On January 7 NCCA held an Open House & Registration event for program offerings and invited agencies in our neighbourhood to share information.

Another Open House will be held March 17 for registration and introduction to the Spring Programs offered through NCCA.



Kari Herbert, Meewasasin Program Manager and Jessica McFarlane, Meewasasin Employability Coordinator

North Central Kids Music



Lessons are FREE!!
Call our office or stop by to register!

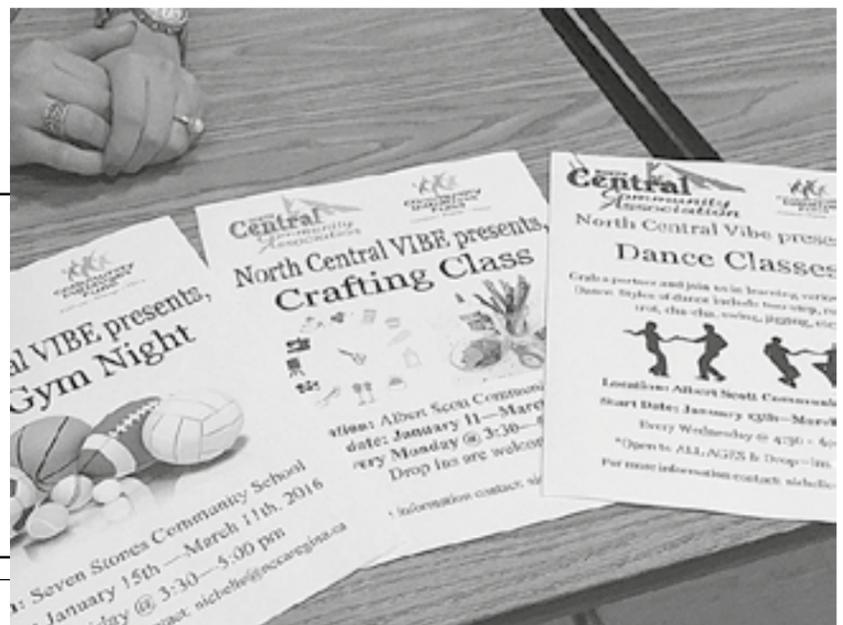
Phone: (306) 791-9888
E-mail: Arlene@nccaregina.ca



Mondays (except holidays)
Time: 4:00 pm—6:00 pm
Location: 1264 Athol St.

The North Central Community Association presents Kids Music!
Come discover your musical talent!

- Guitar and violin
- Private or group lessons
- Pre-registration is required due to limited space



visit The North Central History Project
northcentralregina.ca



ALL YOU NEED IS YOUR
Library card

Regina Public Library is in your community



SEARCH

Student Energy in Action for Regina Community Health

SEARCH is a student-run health clinic that operates on Saturday afternoon out of the Four Directions Community Health Centre. Social and medical programming is offered free and on a drop-in basis from 12:30 – 3:30 PM every Saturday. Students work alongside professional mentors to deliver our health programming.

Most programming is offered on a rotating schedule, but a free hot meal, adult counselling services, and a medical clinic are available every time SEARCH is open. Child care services are in place for parents and caregivers who want to take in programming. Rotating social programming includes Family Literacy Days, Cultural Support, a Women's Talking Circle, and a Fun with Food cooking program run once a month at the clinic.

SEARCH's goals are simple: offer afterhours social and medical programming to residents in North Central to create the

healthiest community possible. We also connect post-secondary students with the community in order for them to gain experience and become compassionate and skilled health care professionals in the future.

This winter we are excited to be able to continue to offer services focused on addressing health disparities in the Regina community and we welcome special guests including the Canadian Diabetes Association and Carol Daniels to our clinic.

Be sure to like the SEARCH Facebook page at SEARCH – Student Energy in Action for Regina Community Health and follow us on Twitter @SEARCHRegina to stay up to date on what is going on at the clinic! We hope to see you all soon!

Can't make it to SEARCH on Saturday afternoons? In May, our hours of operation change to Monday evenings from 5:30 – 8:30 PM until the end of August!

Location: Four Directions Community Health Centre, 3510 5th Ave.
Contact: Kelly Husack 306-570-6208 reginastudentclinic@gmail.com

Hours of Operation:

Saturdays
12:30 to 3:30 pm
(Sept-April)

Mondays
5:30 to 8:30 pm
(May-Aug)



*Please note:
SEARCH is closed on long weekends and will be closed February 13 and March 26, 2016.*

Regina Food Bank Community Programming Updates

PERSONAL FINANCIAL MANAGEMENT WORKSHOP
Two-day workshop to help those with fixed or low incomes make the best financial decisions. No cost, all materials provided.
Monday Feb 22 10:00 – 3:00 and Monday Feb 29 10:00 – 3:00.

NUTRITIONAL COOKING LEADERSHIP PROGRAM
Healthy food choices, skills to prepare food for yourself and your family, and budgeting.

Ten classes include classroom learning activities, grocery store tour, preparing meals together, preparing a large meal to feed the community, and your level 1 food safety course. No cost; most of the materials provided.
Tuesdays and Thursdays from 11:00 – 2:30 Feb 23 to Mar 24. You must be 18 or older to attend this program. Transportation assistance can be provided. Inquire for details.

www.reginafoodbank.ca

COMMUNITY KITCHENS
Working with REACH – come together to prepare and share a meal, take home new recipes and portions for your family. Registration required.
Thursday Feb 18, 11:00 – 2:30
Tuesday April 12, 11:00 – 2:30
Register for these programs:
Hayley Fayant
Community Connector
Regina Food Bank
306-791-6533 ext 281
hayleyf@reginafoodbank.ca

LIVE WELL WITH CHRONIC PAIN
Thursdays, 1:00 – 3:30 for 6 weeks starting Feb 25
Registration for this program through the Regina Qu'Appelle Health Region at 306-766-7370 or healthpromotionrqr@rqhealth.ca. Indicate it's for the program held at the Regina Food Bank when registering.

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



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

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

PharmaChoice
Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: 545-5900
MON - FRI: 9-6; SAT: 9-4
10% Seniors Discount
Free Prescription Delivery
Advice for Life
MGR. MEGAN ZMETANA, BSP

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

Seasonal Celebrations in North Central Regina

stories and photos by Denita Stonechild

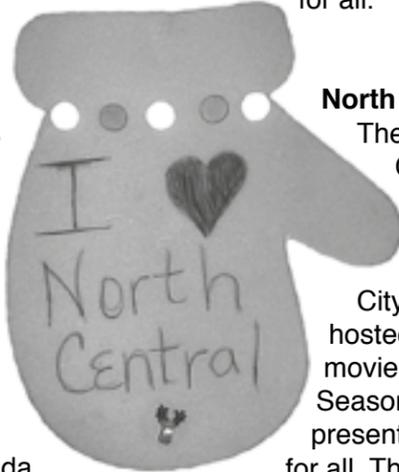
North Central Family Centre and the Wireless Age

The Wireless Age staff with President Allen G. Cowie, gathered at the North Central Family Centre (NCFC) on a warm winter Sunday evening. Families from NCFC came to share an evening of hot chocolate, Christmas carols, and a visit with Santa. The evening made a great start to the Christmas holiday spirit. Many of the children received gifts and a chance to take a picture with Santa. A big thanks to the Wireless Age staff, for their gifts of generosity and time spent with the families.

North Central Community Christmas Meal

Farm Credit Canada staff and our community leaders hosted a Christmas meal at the Eureka Fellowship Club. Entertainment was provided by the North Central Family Centre children. A special thank you to Farm Credit Canada, Mayor

Michael Fougere, MLA Warren McCall, City Councillor Wade Murray, MP Ralph Goodale and City Councillor John Findura, who served up a delicious meal to over 200 community members. It's holiday times like these, when North Central residents come together to share stories, make new friends and rekindle old friendships. Each day is a blessing when our families show how this is our neighbourhood. It is an awesome place to raise a family with great community spirit for all.



North Central Movie Night

The North Central Community Association, Indian Métis Christian Fellowship and City of Regina workers hosted its second family movie night. "Open Season" was the film presented with popcorn for all. There were various activities for children and families including a reading table of Christmas books and a craft table for the children to show their creativity. The children had a chance to decorate a tree with their newly made decorations.

The measurement of good cheer was evident in the 35 children and adults who came together to prepare for the holiday season. Together North Central residents and volunteers always make their initiatives a success seen in the smiling faces and laughter that bring out the best in community spirit.



Manitopyes family – Gordon, Malikai and Roberta, enjoy a meal at Eureka Fellowship.



Servers MP Ralph Goodale and City Councillor John Findura



Servers Mayor Michael Fougere, MLA Warren McCall, City Councillor Wade Murray

Community Calendar

FREE LISTING in the Community Calendar to promote events happening in April and May. Deadline for April issue is MARCH 11

Seniors' Walking Club

Wednesday & Friday – 8:00 to 9:00 am at Albert Scott Community Centre. A club for all who are interested in improving their physical fitness. A safe place for adults to get together and exercise in a quiet, comfortable setting. In case any problems occur, there is a staff member on hand at all times.

Care & Share 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.)

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



Forever ... in motion

Physical Activity for Older Adults (50+)

Albert Scott Community Centre (1264 Athol St.)
Tuesdays at 10:30 FREE!

Soup and Bannock Wednesdays at IMCF

3131 Dewdney Ave,
All welcome, \$2.00

Heartland Girl Guide Tea

Saturday February 27, 2016
1:00 pm – 4:00 pm
Admission \$3.00 at the Door

Broadway United Church
105 Broadway Ave at McAra
Craft Tables, Bake Table, Photo Booth, Door Prizes

2016 INVITATIONAL INTER-AGENCY

Chili Cook Off

Lunch: \$5.00 or more

WEDNESDAY, FEBRUARY 10
~ HIGH NOON ~
Indian Métis Christian Fellowship
3131 Dewdney Ave.

YWCA Regina is hosting the **Coldest Night of the Year Walk** on **Saturday, February 20** (4pm-7pm). This event will raise awareness of family homelessness, with all proceeds going to support YWCA Regina.

- Walk the 2k, 5k or 10k route. Register as a team or an individual here: <https://coldestnightoftheyear.org/location/regina>
- Sign up to be a volunteer here: <https://coldestnightoftheyear.org/volunteer>
- Donate online to any walker/team by finding their name here: <https://coldestnightoftheyear.org/location/regina>

DEADLINE for APRIL issue:
March 11
editor@nccaregina.ca

NCCA Program News you can Use

by Pauline Gabriel

Care & Share

2016 brings exciting changes to the Care and Share program. We have a new coordinator (Pauline) and a new cook (Neil) on board and are excited about what the future will bring us. We are looking forward to some really exciting meals and socialization opportunities ahead of us, as well as some tried and true standbys we all are familiar with and love. Lasagna with garlic toast, roast pork with all the fixings, are a couple of recent examples. Comfort food like hearty soups and perogies are planned for future menus, and we are always open to your suggestions.

We have a low-impact fitness program to get you up and moving, and crafts available to explore your creative side. We are also learning the art of scrapbooking, and will be helping on a project that will become part of the North Central Community Association's 40th Anniversary celebration this year.



Care and Share is held Tuesday mornings, 10am – 2pm (unless Monday is a holiday, if so there is no Care and Share that week). Doors open at 10, fitness starts at 10:30, lunch is served at noon, and recreation/crafts/socialization afterwards. \$5 gets you lunch and all the extras. We also have \$3 take home meals (please feel free to bring a reusable container if you have one) after everyone has eaten. We have 50/50 fundraising draws for cool prizes too.

Sound like something you would like to do but can't get there? Unique to our program is our taxi service. Give us a call 306-791-9888 and we'll arrange a taxi to pick you up, and take you home when you are done – free of charge.

Come out to socialize, have a great meal, get creative and meet others from your community.

Hope to see you there!!

Mother Nature has spoiled us this winter, and not much snow has dropped. But as the snowflakes start to fall and accumulate, and you would need/want a hand keeping them off your walkway/driveway, give us a call. We have several folks looking to help you out and earn a few dollars while doing so.

Hire-A-Neighbour

If you enjoy shovelling snow and would like to join our crew, please call and register and we will do our best to get you out pushing snow around the neighbourhood.

Having your own shovel is helpful, but not always necessary – just bring the desire to work and your reliability.



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
All RISE Project	352-RISE (7473)
Bylaw Enforcement.....	777-7000
Child and Youth Services	766-6700
Chili for Children.....	359-7919
Circle Project.....	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
George Gordon First Nation Urban Services.....	949-4230
Greystone Bereavement Centre	523-2780
Indian Métis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Log House Thrift Store	791-0255
Meadow Primary Health Care Centre	766-6399
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	570-5708
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6780
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	347-3224
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	570-6208
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
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

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Arlene Bray	Nichelle Cappo
Elections SK	Pauline Gabriel
Kari Herbert	Jonah McFadzean
Jan Morier	Regina Food Bank
Scott Collegiate	SEARCH
Denita Stonechild	Lisa Workman

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.



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

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

MEMBERS-AT-LARGE

Tom Brown Cassie Fisher
 Anna Galassi Denita Stonechild

DEADLINE for APRIL ISSUE MARCH 11, 2016
 editor@nccaregina.ca

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 Regina SK S4T 7V3
 Phone: 306-791-9888
 Fax: 306-757-1052
 e-mail: editor@nccaregina.ca



Mother Teresa



Middle School

A Jesuit Academy

NOW ACCEPTING APPLICATIONS

for students entering Grade 6
in September 2016



Mother Teresa Middle School (MTMS) serves highly motivated, economically disadvantaged students from North Central Regina, whose potential has been compromised by social and economic factors affecting them and their families.

Is MTMS right for your child?

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- Would your child benefit from additional supports?

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- We provide mentors for our students.
- We offer extended school time with a focus on enrichment activities.
- We offer a three week summer program.
- We are a strengths based school focusing on identity and culture.
- We are a non-tuition scholarship based school.



Open House
Wednesday, February 10
6:00 - 7:00 p.m.
at MTMS

For more information, please
contact Ron Gonzales
Director of Student Supports/GSD

Mother Teresa Middle School
1975 North 2nd Avenue
Regina, SK S4R 0Y1
Telephone: w 306.569.6867
c 306.581.9070
info@mtmschoolregina.com
www.mtmschoolregina.com

