



Mâlawêyatitân Centre Community Information Session

Let's be all together

The Open House was held January 16 at Albert Scott Community Centre. Neighbours were urged to bring their ideas regarding programs and services offered during the day, after school and in the evenings.

The Mâlawêyatitân Centre's Community Advisory Committee Members were on hand to greet and answer questions. An exciting virtual tour of the space was looped on the big screen.

Shannon Fayant is the Principal of Scott Collegiate. "I'm quite excited about new programing within the new space at the Mâlawêyatitân Centre," she said.

"The possibilities are just endless! Once we are in the integrated space that is monumental and the sky is the limit when it comes to programing!"

"The students are extremely excited," said Fayant. "Because the structure is being built right behind us, we can see the

progression of it every day. You can feel it."

Fayant says the staff is honoured by this a once in a lifetime opportunity. Students are more than ready for the new infrastructure and, she adds, they definitely deserve a new infrastructure.

"Scott Collegiate leaves a strong legacy behind in the aging building that we are currently in, however we are going to build a new legacy within the Mâlawêyatitân Centre."



Shannon Fayant, Principal and Danette Exner, Vice-Principal—Scott Collegiate

Bert Adema (IMCF) and community member Brenda Dubois take suggestions for the Elders' Room in the Mâlawêyatitân Centre



Dana Folkersen, Executive Director, REACH
Dana has been involved with the discussions for about twelve years. The REACH team is looking forward to this move. "It's really exciting to go into this big beautiful building, but my excitement is about what the future holds and what we'll be able to do within the building. It's about people and the types of programs we can do together that we can't do on our own."

REACH will use touch down office space within the office area, if needed. "We will go wherever there is space for us to deliver a program or collaborate with others. We teach cooking classes at a number of other locations within the neighbourhood so if the community wants it we may do so within the centre."



Victoria Gabriel will be entering Grade 10 in the new Scott Collegiate.

"I am part of the Community Advisory Committee. We are the bridge between students and the committee. We are the messenger and we can suggest more of what the kids might like."

Victoria is enjoying the process. Working with a group of adults is an interesting experience. "It's great to be able to learn from them and to have our voices heard."

"The principal recommended me because I had good attendance and I was involved with the community. It's just a great opportunity to be with all these people and be a part of this."

"North Central is UNIQUE & a WONDERFUL COMMUNITY. We have a GREAT opportunity to make it BETTER."

Dana Folkersen, Executive Director, REACH



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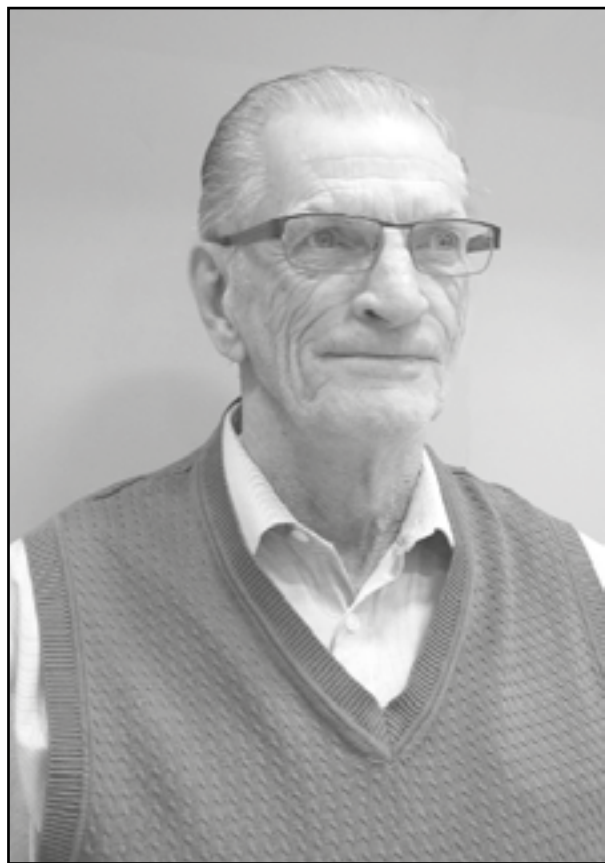


Citizen Morris Eagles 40 years in North Central

Morris Eagles is speaking as a private citizen and member of the North Central Neighbourhood. He is not speaking as a NCCA Board Member.

interview & photo by J. Morier
story by Lisa Workman

“North Central needs more public forums to allow people to come together, not only to discuss what issues exist but also to help provide solutions to what we are facing as issues in North Central. This could act as a catalyst to get people’s heads out of the sand and become more active in building a stronger, safer and healthier community.”



Morris Eagles is an active North Central resident. Morris could write a book based on his experiences in the community with Welfare Rights Centre and as a board member for the North Central Community Association (previously the North Central Community Society).

Eagles moved into the community in 1974 and had been involved with the Welfare Rights Centre even before it moved to Albert Street. The Centre closed down in 2009 causing much controversy. Eagles feels that things have gotten worse

since the closing, people on social services have nowhere to go for help.

“The move to closure shows government indifference to people living in poverty. This vulnerable population is being held accountable for the provincial government’s debt, which they had nothing to do with. A large portion of Regina’s poorest live in North Central where the rents are the lowest and the renters pay the largest portions of their income on rent. This includes people on social assistance, the working poor and those on fixed incomes, like senior citizens.”

“There will be no change until we get more people involved.”

He has seen many changes over the decades. He remembers a time when there was a sense of community cooperation and a feeling of ownership. There was a strong community and strong will. Eagles feels that before the 1980s, there was more interest and cooperation from the government and from the community in general.

City ‘Aldermen’ like Joe Mckeown and Wally Coates attended North Central Community Association board meetings. “Today,” says Eagles, “the community is more disenfranchised.”

“There was a time when the bylaw enforcement team was able to placard some houses that shouldn’t have been occupied. There were many more houses that could have been placarded. Then came along the economic boom and there were very few houses to rent. That’s when there was a hesitancy to placard houses because families had very few options of where to move to in that situation. Today’s housing is very similar to what existed before the economic boom. There are a lot of run down houses and rents that are too high for most. There needs to be more social housing on the market.”

Eagles is well aware of the gang element, drugs and criminal activity in the community. He does remember a time when it was safe to walk the streets. He feels that there are areas of the community where it is safe to walk and other areas where it isn’t safe to walk. He believes this can be attributed to home ownership. On his own block, there are 5 families who own their homes. “There should be more programs that encourage home ownership and programs like Crime Free Multi-Housing to better improve the community.”

The 10-year old Maclean’s article (*North Central as Canada’s Worst Neighbourhood*) and the more recent *Ten years later, we ask again: What’s wrong in Regina?*

Maclean’s article—are on Eagle’s mind. He notes that there is more crime,

gang and drug activity today than there was before the first article was written. He feels that the community needs to take more responsibility for the state of the area.

“Also, there needs to be an analysis of the true causes of homelessness, addictions and violence that we see in the community. Then we could truly address the needs of people instead of just addressing the symptoms.”

“We should be moving up the ranks in the local government and all three levels of the government to address poverty. There shouldn’t be the fear of losing program funding for speaking up. And despite the articles, there has been no money for more programs.” He mentions the issue of restricted parking and a lack of a sense of support from the City of Regina in terms of making North Central a safe community.

Eagles says the Regina Police Service with their ‘community cop’ concept needs to have more proactive exposure, increased sensitivity to inner city issues and better cooperation with the community.

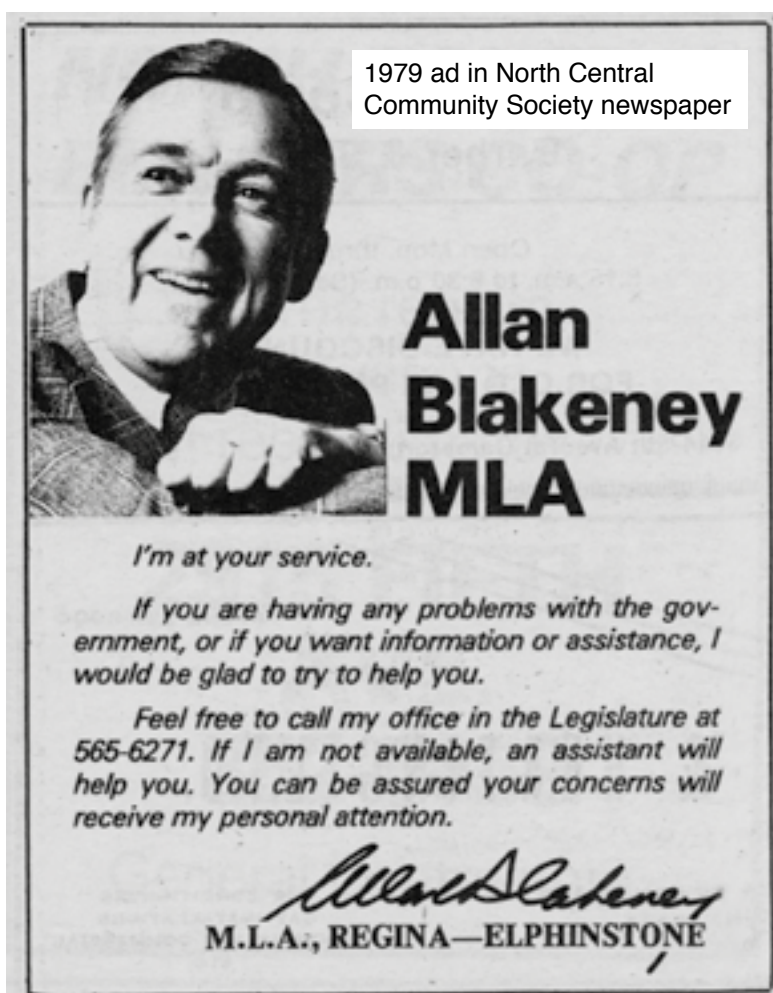
“There needs to be something more than RAGS” (Regina Anti-Gang Strategy) a discontinued program that had serious issues.

Eagles believes The Truth and Reconciliation is a very worthwhile effort and should have happened much sooner.

The Mâdawêyatitân Centre is also a step in the right direction, but not enough. He commends White Pony Lodge for being strong advocates and bringing forward the issues, but again, there is a need for more.

“There will be no change until we get more people involved.”

1979 ad in North Central Community Society newspaper



www.groundworkforchange.org

Groundwork for Change

Working to support solidarity and justice-based relationships with Indigenous peoples

Over the past few years there have been more and more public expressions of sovereignty by Indigenous peoples. At the same time, increasing numbers of non-Indigenous peoples have been paying attention and asking questions about Canada’s—and their own—relationship with Indigenous peoples.

This website was created to provide access to information to help non-Indigenous (settler) peoples grow relationships with Indigenous peoples that are rooted in solidarity and justice. The site is meant to support people who are asking questions and looking to learn more in respectful and useful ways. Of course, learning shouldn’t only happen through a website, so the site also shares listings of events and initiatives that may help grow new relationships.

Groundwork for Change is a website only. It is not a group or organization. The site is based out of Treaty 1 Territory and the traditional lands of the Red River Métis (more specifically, Winnipeg, Manitoba). The original intention and vision for the site offers this context:

“At writing, racism as experienced by Indigenous peoples has been the subject of major media attention and of some wider public engagement. It appears that many non-Indigenous Winnipeggers are once again “primed” to receive information and hear new perspectives about the ways Indigenous and non-Indigenous peoples were meant to live in respectful, just relationships with each other.”

Several tabs offer pages of plain language material such as “Learn the Lingo”. In the “Learn Issues” section you can read about Residential Schools, The Sixties’ Scoop, Missing and Murdered Women, Girls and Two-Spirit, Taxation, Funding and Myths, Urban Reserves and more.

An interesting link is “So You Call Yourself an Ally: 10 Things All ‘Allies’ Need to Know”.

Their information pages are updated frequently.

information courtesy of website
Groundwork for Change
www.groundworkforchange.org

Truth and Reconciliation Commission of Canada: Calls to Action

In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission makes the following calls to action.

In this fifth in a series of articles examining the 94 Calls to Action

Legacy JUSTICE

- 25.** We call upon the federal government to establish a written policy that reaffirms the independence of the Royal Canadian Mounted Police to investigate crimes in which the government has its own interest as a potential or real party in civil litigation.
- 26.** We call upon the federal, provincial, and territorial governments to review and amend their respective statutes of limitations to ensure that they conform to the principle that governments and other entities cannot rely on limitation defences to defend legal actions of historical abuse brought by Aboriginal people.
- 27.** We call upon the Federation of Law Societies of Canada to ensure that lawyers receive appropriate cultural competency training, which includes the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, Indigenous law, and Aboriginal–Crown relations. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.
- 28.** We call upon law schools in Canada to require all law students to take a course in Aboriginal people and the law, which includes the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, Indigenous law, and Aboriginal–Crown relations. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.
- 29.** We call upon the parties and, in particular, the federal government, to work collaboratively with plaintiffs not included in the Indian Residential Schools Settlement Agreement to have disputed legal issues determined expeditiously on an agreed set of facts.
- 30.** We call upon federal, provincial, and territorial governments to commit to eliminating the over-representation of Aboriginal people in custody over the next decade, and to issue detailed annual reports that monitor and evaluate progress in doing so.

- 31.** We call upon the federal, provincial, and territorial governments to provide sufficient and stable funding to implement and evaluate community sanctions that will provide realistic alternatives to imprisonment for Aboriginal offenders and respond to the underlying causes of offending.
- 32.** We call upon the federal government to amend the Criminal Code to allow trial judges, upon giving reasons, to depart from mandatory minimum sentences and restrictions on the use of conditional sentences.
- 33.** We call upon the federal, provincial, and territorial governments to recognize as a high priority the need to address and prevent Fetal Alcohol Spectrum Disorder (FASD), and to develop, in collaboration with Aboriginal people, FASD preventive programs that can be delivered in a culturally appropriate manner.
- 34.** We call upon the governments of Canada, the provinces, and territories to undertake reforms to the criminal justice system to better address the needs of offenders with Fetal Alcohol Spectrum Disorder (FASD), including:
- i. Providing increased community resources and powers for courts to ensure that FASD is properly diagnosed, and that appropriate community supports are in place for those with FASD.
 - ii. Enacting statutory exemptions from mandatory minimum sentences of imprisonment for offenders affected by FASD.
 - iii. Providing community, correctional, and parole resources to maximize the ability of people with FASD to live in the community.
 - iv. Adopting appropriate evaluation mechanisms to measure the effectiveness of such programs and ensure community safety.
- 35.** We call upon the federal government to eliminate barriers to the creation of additional Aboriginal healing lodges within the federal correctional system.

- 36.** We call upon the federal, provincial, and territorial governments to work with Aboriginal communities to provide culturally relevant services to inmates on issues such as substance abuse, family and domestic violence, and overcoming the experience of having been sexually abused.
- 37.** We call upon the federal government to provide more supports for Aboriginal programming in halfway houses and parole services.
- 38.** We call upon the federal, provincial, territorial, and Aboriginal governments to commit to eliminating the overrepresentation of Aboriginal youth in custody over the next decade.
- 39.** We call upon the federal government to develop a national plan to collect and publish data on the criminal victimization of Aboriginal people, including data related to homicide and family violence victimization.
- 40.** We call on all levels of government, in collaboration with Aboriginal people, to create adequately funded and accessible Aboriginal-specific victim programs and services with appropriate evaluation mechanisms.
- 41.** We call upon the federal government, in consultation with Aboriginal organizations, to appoint a public inquiry into the causes of, and remedies for, the disproportionate victimization of Aboriginal women and girls. The inquiry’s mandate would include:
- i. Investigation into missing and murdered Aboriginal women and girls.
 - ii. Links to the intergenerational legacy of residential schools.
- 42.** We call upon the federal, provincial, and territorial governments to commit to the recognition and implementation of Aboriginal justice systems in a manner consistent with the Treaty and Aboriginal rights of Aboriginal peoples, the Constitution Act, 1982, and the United Nations Declaration on the Rights of Indigenous Peoples, endorsed by Canada in November 2012.





Build a Healthy Routine TO Achieve Your Goals

Living The Good Life is a philosophy. Living The Good Life is all about positivity and a healthy lifestyle, which includes volunteerism, physical activity and sobriety. Living The Good Life is also about focusing on the positives and building on our strengths.

by Lisa Workman

Build a healthy routine. Healthy habits don't change overnight. It takes planning, time and work to live a healthy lifestyle. Start by building routines for your daily self-care. Getting the right amount of sleep for you is important. Try and get to bed and get up at the same every day. This will help you figure out how much sleep you need and get that amount every time. A bedtime ritual will help your mind and body wind down and be ready for sleep. A morning ritual will help you to wake up and be ready for your day.

Schedule three small, healthy meals with healthy snacks in between. This will take some planning ahead, but with some

practice and routine building, it will become habit. Once you have a routine down, work on making meals healthier by adding more vegetables and fewer fats.

Find the best time of day to get some physical activity and make it part of the routine. Do it at least ten minutes at a time. Do some morning stretches, take a walk at lunch and sweep and mop after supper. Once it is part of your routine, you may even want to work on increasing the time that you spend being active.

Keeping a regular schedule will help you to keep busy and help you to avoid overthinking and worrying. Don't have enough time? Routines will help you to

learn the best ways of saving time, through simple trial and error. Don't have enough to fill your schedule? Include some regular house cleaning, develop a hobby, read or research self-improvement on the internet in your routine. Volunteering is also an excellent way to keep busy and work on career and personal goals.

This program takes place at Four Directions Community Health Centre 3510 5th Ave. every Friday from 1:00 pm to 3:00 pm.



Valentine's Day Remembrance!



Honouring their Lives

**A gathering to
remember those
we have lost
due to tragedy**

**February 14
11:30 - 1:00**

Angel Square behind the
Territorial Building
3304 Dewdney Ave.
Dewdney Ave. & Montague St.
Dress for the weather

Honouring Murdered and Missing Persons

story by Samantha Riley

One of the most prominently known social injustices within Canadian society today is the missing and murdered Indigenous peoples. This ongoing tragedy continues to not be taken as seriously as it should be. The media coverage has been less than adequate for the seriousness of these crimes. The language society uses to express this is wrong. Instead of the word 'missing' the more correct term would be 'taken'. The Indigenous men and women do not simply go missing instead they are taken against their will or in extreme cases murdered.

Many sources of the media focus solely on the missing and murdered Indigenous women while leaving out Indigenous males. This in itself is another injustice. While there are a large number of females who fall victim every year, males are not far behind. In 2015 there were 25 Indigenous males who have been victims of homicide in Saskatchewan according to statistics Canada. This is a large number when compared to the fact only 11 percent of Canada's Indigenous population resides in Saskatchewan.

A variety of information can be found based on Indigenous females on government websites such as Statistics Canada. Some statistics are stated

within the following paragraph: Approximately 10% of women murdered in Canada are Indigenous. This is a high number considering that Indigenous women only take up 3% of the female population within Canada. These statistics are nothing but tragic. The offenders who are committing these abductions, murders or often times both are commonly known to the victim. In addition Indigenous women are three times more likely to be murdered by a stranger than non-Indigenous women.

These injustices do not only have an impact on the victim but it affects the family as well. The majority of these women are mothers. Losing a mother has only a negative influence on children throughout their life. There are a number of children and families that have been impacted by the murder or disappearance of their mother. Sadly, there is little to no support for the children and families after these tragic events. Without this support system it makes it hard to fully know or understand the effect that these tragedies have on communities.

The focus of the inquiry into the Missing and Murdered Indigenous Women and Children should include the Indigenous men as well. Both of the genders have the right to be taken seriously.

For these injustices to come to an end society must come together and be the change it wants to see. It is important for awareness of these injustices to remain in the public eye. As stated on the Truth and Reconciliation website "All Canadians must now demonstrate the same level of courage and determination, as we commit to an ongoing process of reconciliation". The more attention this subject receives will educate society and stop these injustices.

Every year the Saskatchewan Association of Chiefs of Police dedicates a week in May to the Missing Persons of Saskatchewan. This week not only focuses on the reasons why someone would go missing but suggests ways to prevent these injustices. These dedications can also be seen within Saskatchewan communities. An example would be the community gathering known as the North Central's Valentine Vigil which happens once every year that remembers the people who fell victims to these crimes. Gatherings such as this one will bring attention to new or old cases that are not talked about in the media. So I encourage you to come out and take part in this year's Valentines Vigil held on February 14th, 2017.

**As Indigenous mothers
in Canada we fear our
daughters will be stolen
from our circle and never
seen or heard from again.**

**And backs have been
turned for many years
on our women who are
missing and murdered in
the very streets
we all walk.**

Jaqueline Anaquod - Organizer for
Sisters in Spirit and Valentine Vigil events



Statistics from:
Native Women's Association of
Canada
https://nwac.ca/wp-content/uploads/2015/05/Fact_Sheet_Missing_and_Murdered_Aboriginal_Women_and_Girls

Saskatchewan Association of
Chiefs of Police:
www.sacp.ca/missing/search_results.php?newsearch=1

Meet Your Ward 6 Councillor Joel Murray

interview by Jan Morier
photo courtesy of City of Regina

“It is a steep learning curve.” says Joel Murray with a smile. “It’s interesting that the other council members have kids older than me! They sometimes ask me questions they want to ask their kids.”

Murray sits on the Board of Police Commissioners, Regina Downtown Business Improvement District, Highway 39/6 Twinning Interim Board, Regina Appeal Board and the Executive Committee.

Councillor Murray has taken a step back from his day job at Ultimate Insulation because council is technically a part time job. He says “you have to do it full time in order to do it properly.”

Joel was raised in North Central and now lives in the Warehouse District. He reflects on what he saw growing up, while his father was involved with City politics. Joel plans on bringing Ward 6 concerns to council’s attention in a sincere way.

“I’ve seen the challenges we’ve faced. It’s different than the rest of the city, and I’m trying to bring that to council by tugging on heartstrings. Emotional aspects can be used as another tool to portray an issue and really bring things home.” Murray says. “Terry Hincks grew up in North Central, John Findura has a lot of experience working in here. I think there is a lot of love for North Central on City Council, and I think that people really care about the community.”

Local media recently published a ten year retrospect on North Central as ‘Canada’s Worst Neighbourhood’. Murray was living in the neighbourhood in 2007. He reflects on the area’s reputation. Does he think that announcement helped or hurt the neighbourhood?

“I think that the reminder was detrimental because we are talking about the atmosphere around the community. When you have a major publication put something forward like that, the opinion became ingrained for awhile. You could argue that the coverage was beneficial when increased funding came our way to assist with social programs. I don’t know to what degree that was but it was detrimental overall.”

Murray continues, “I do feel that there is change in the air and the community now has a positive



Ward 6 Councillor Joel Murray

identity. Especially when you see groups like White Pony Lodge coming out and really caring and loving the community.”

Grassroots or community-driven organizations pop up to demonstrate they care for the place they live. “We heard that loud and clear at the parking and transportation meeting.” Murray adds. (see story, page 10)

Does Joel Murray feel that the rest of the City of Regina disrespects our neighbourhood or that we were given the short end of stick?

“I think we need to start showing people what we have. If you look at Cathedral or Heritage Neighbourhood—back in the 1980s, those were very rough areas which have since gone through a transformation. As a result, because of it they have pressed themselves out of the housing market. In the next 10-20 years we are going to see the same changes happening in NC but it can start on how we talk about NC. It starts small, but it starts somewhere.”

“Ward 6 is the most intermixed in its needs—such as business and industrial, so there are challenges when industrial and residential are mixed. There are lots of complaints with the complications we face because they are very different than those faced in other neighbourhoods. We have to give our ear to a lot of different people.”

“On council a lot of people immediately say that NC is extremely important. We face significant challenges that are different but we also have to remember that we have these other areas and we have to bring their ideas and needs forward. NC is in the most interesting position for opportunity of what we can do with lots of room to grow.”

“I recently went to Saskatoon with Chief Gray to talk to Str8up Presentation Coordinator and Outreach Worker Stan (Tu’Inukuafe). The naming of a strategy as ‘gang exit’ would keep it on the social side, whereas ‘anti-gang’ would have a police connotation.”

The inter-generational trauma creates barriers and demands recognition from three levels of government. Joel has read through the TRC recommendations and did not see any language directly talking about gangs. He sees this a direct result of cultural loss.

Murray entered civic politics for a very solid reason. He absorbed some of his father’s (former Ward 6 Councillor Wade Murray) experiences, and asked to be on the police commission board.

Councillor Murray Speaks on North Central Issues

HOUSING:
For affordable housing, promoting programs that assist families to getting into quality homes, a successful example is Habitat for Humanity. At the same time we also need to make sure that developers and builders provide an adequate affordable housing stock when designing new areas of our city. I think there is also significant opportunity for affordable housing and multi-use buildings in the Regina Revitalization Initiative (RRI) pending community consultation. Allowing for a grocery store, some commercial space and green space would make for a very complete and desirable neighbourhood.

The same can be said for the Taylor Field Neighbourhood. Right now there are programs for families but there are limited programs for single individuals, particularly single males. I’m very happy that as a council we unanimously agreed on the zoning of the new Souls Harbour Samaritan Project. I truly hope we can be effective in addressing the root causes of homelessness.

We must encourage and push bylaw enforcement to hold commercial/rental properties to the same standard that home owners must abide by. In the past we struggled with landlords telling their renters that they might kick them out if they complained too much. That threat has a little less bite to it now that our vacancy rate is higher.

We need to keep promoting and expanding Housing First initiatives as seen in the current Phoenix Group projects. They have proven to be very effective in not only ending homelessness but also improving community safety. These are solutions to complex socio-economic problems. The amazing thing is that they work. It’s a lot less

Murray Sr. is very hands-off since the election campaign. “Now it’s up to me to represent the community as best I can” says Joel.

“You look at a crime statistics map of Ward 6 and to be an effective representative, the councillor has to be involved. I think that the rest of council sees that.”

“Just given my age, I bring a different perspective. Technology has changed society. It is huge and often overlooked in all levels of government.”

“I feel very proud to have grown up in North Central and I know it has changed me into the person I am. It brings an understanding when you see challenges and pride, despite these challenges. Bringing this to council is good.”

expensive to house someone and help them get on their feet than be in and out of jail and suffering from addictions.

COMMUNITY SAFETY:
For community safety we’re currently facing a large influx of methamphetamine into our communities. People who are addicted to methamphetamine don’t usually start out as criminals. The addiction takes over their lives and they become desperate. It really comes down to education and proactively addressing addictions. This is something that the Regina Police Service (RPS) leadership is very sensitive to as well.

We have to be proactive. Community look out groups like White Pony Lodge are doing a very good job of engaging the community. Having a Hub Model (an evidence-based collaborative problem-solving approach to address complex human and social problems before they become policing problems) up and running in our city will increase our effectiveness and hopefully decrease crime overall.

Lastly, gangs are something that concern all of us. This again comes down to being proactive. Replicating successful education programs and exit strategies such as STR8 UP in Saskatoon is a good start. We need to lobby the other levels of government to help fund these programs. Property tax simply does not provide enough money to properly implement something like this.

Crime-free multi-housing has been proven to be effective in other municipalities. I look forward to hearing what our administration brings forward regarding its implementation in the next few months.



OPEN TO YOUTH & YOUNG ADULTS 13 - 24 YEARS OLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Beading	Guitar & Keyboard	Pow Wow Dance for boys & girls	Employment, Cultural & Elder teachings

Monday to Wednesday - classes at YWCA
1940 McIntyre St.
Thursday - classes Albert Scott
1264 Athol St.
Free Workshops
Supper and Transportation provided
For more info visit www.anhta.org or call 306-205-7333

Aboriginal Friendship Centres of Saskatchewan
Saskatchewan Culture
STORM
Saskatchewan Lotteries
Community Initiatives Fund

They Care, They Share



Pauline Gabriel (back) and Chef Cinda Totten

Care & Share Testimonials

The meals are very good and the help to do this for everybody. Thanks a lot. It takes a lot of time doing meals for everybody.

Good food, interacting with each other. "Bridging the gap."

Like the exercise program plus the meals. Lots of fun playing bingo. Meet a lot of nice people.

I find this is a very positive program for nourishment and socializing. The nursing program that is tied into this program is instrumental to blood pressure testing that may flag problems for the seniors who attend regularly.
—Gary M.

No time to shovel?

Residential Monthly Contracts

Seniors' Rates

Neighbour Group Pricing Discounts

Individual call outs, starting at \$20.



Call Marty for a quote! 306-519-0730

gns@nccaregina.ca

Like *Good Neighbour Services* on Facebook



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

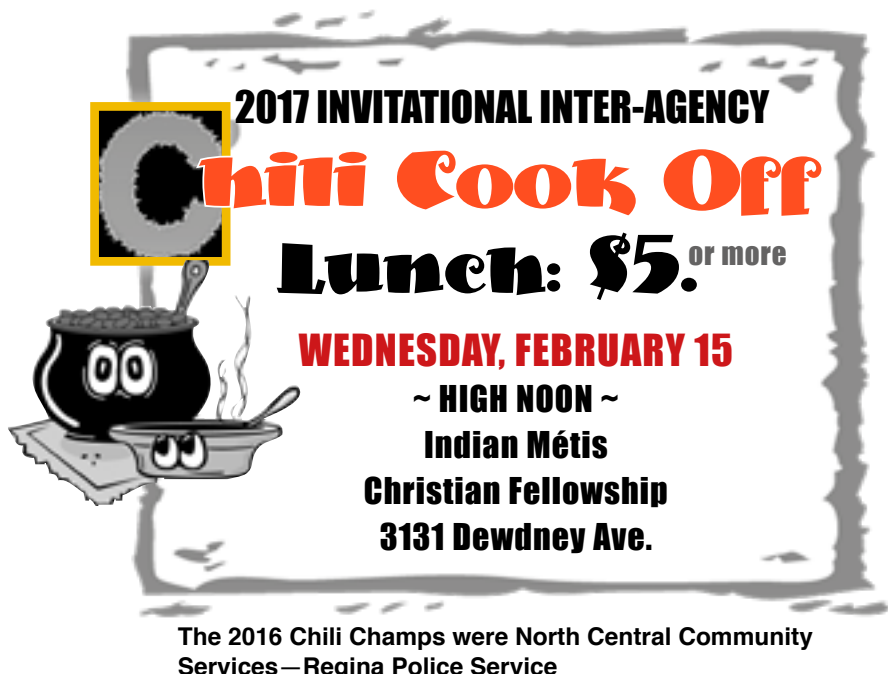
INCOME TAX

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

**Income Tax Clinic
March 1 - April 28**

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.



**2017 INVITATIONAL INTER-AGENCY
Chili Cook Off**
Lunch: \$5. or more
WEDNESDAY, FEBRUARY 15
~ HIGH NOON ~
Indian Métis
Christian Fellowship
3131 Dewdney Ave.

The 2016 Chili Champs were North Central Community Services—Regina Police Service

Scott Collegiate

Inspired Learning!

TASTE OF SCOTT

Reserve your tickets online to our 4th Taste of Scott **Thursday, March 30th** at 5:30 in the Scott Gymnasium. See student designed food trucks, taste some of their menu items and vote for your favourites! This event is the culminating project for our Commercial Cooking / Entrepreneurship & Venture Planning classes, supported by the Paul Martin Aboriginal Youth Entrepreneurship program. Students take part in hands-on cooking experiences, outside business mentorship and business development.

Tickets are \$5 and must be reserved online or call 306.523.3500. Drinks will be available to purchase at the event. CASH ONLY

This year there will be entertainment provided by the Scott Blues Band!

Please use Athol Street entrance
<https://tasteofscott.yapsody.com/>

Follow us on Twitter
[@scottcollegiate](#)




Graduation Requirements for High School

Did you know that in order to graduate high school you need 24 credits? At this level there are three categories in which students must obtain credits:

- Required courses of study which are compulsory courses
- Specified areas which are intended to allow students to continue to take courses of a general nature or to specialize
- Electives which allow for further choice and specialization

* Modified Courses (11, 21, and 31) can be used to fulfill requirements in the required courses of study, specified areas of study, and electives.

Required Courses of Study for Graduation		
GRADE 10	GRADE 11 (20 level)	GRADE 12 (30 level)
English Language Arts A10 English Language Arts B10	English Language Arts 20	English Language Arts 30A English Language Arts 30B
Science 10	Science 20 (Environmental/Physical/ Health or Computer)	One of: Social Studies 30/Native Studies 30 or History 30
Mathematics 10 (Workplace or Foundations)	Mathematics (Workplace/Foundations or Pre-Calculus)	
Social Studies /Native Studies or History 10	Social Science at the 20 or 30 level	
Health/Physical Education: One credit required at the grade 10, 11 or 12 level		
2 electives must be in the Practical and Applied Arts and/or Fine Arts		

For more information please contact the following teachers in Student Support Services:	Ceane Dusyk Aboriginal Advocate ceane.dusyk@rbe.sk.ca 306-570-8053 (c) 306-523-3561	Delaine Anderson Guidance Counsellor delaine.anderson@rbe.sk.ca 306-523-3506	Nancy King Learning Resource Teacher nancy.king@rbe.sk.ca 306-523-3508
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Working for You

Warren

Warren McCall, MLA - Regina Elphinstone-Centre
2900 5th Ave • 306-352-2002 • warren.mccall@sasktel.net

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UFCW Canada Local 1400 UFCWCanada1400

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

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306-791-0255 loghousethriftstore@gmail.com

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North Central Kids' Music Program

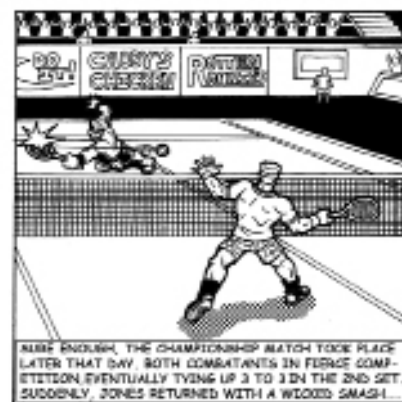
interview/photo by J. Morier

Joelle Fuller is one of two instructors with NCCA Kids Music Program, nurturing creativity with North Central youth.

The core of the group is 5 or 6 dedicated students. The program is hoping to invite and inspire more.

Instruments are donated to the program and the children may have never picked one up before. Beginner lessons shows them how to respect the guitar, how to hold and transport the guitar. Early beginners learn root notes, one finger at a time. Some of the kids are moving into chords. Not everyone progresses at the same rate. "We still find a way to incorporate everyone, regardless of skill level." Joelle says.

"When we know some root notes and chords, we show the creative side. We don't just learn



Original cartoon strip by Nephi MacPherson



Joelle Fuller, NC Kids Music Instructor

other people's songs, but we ask students 'how are you feeling today?' Can we sing about that? We're tapping into their creative interests in terms of genre. Some of them are really into country some of them are into pop, and we ask how could we change those chords to suit that genre?"

"I have very extremely shy kids attending and some with

very outgoing and boisterous personalities. Just by observing and interacting with the kids at this point, there are a few who have already performed in front of their class at school. Students have the option of being involved on different levels. I can recognize children who don't have those barriers and fears about performing. Music and its applications can really be varied. I definitely see the spark in some of them that says 'this is a calling that I want to keep doing for the rest of my life.'"

Joelle is feeding that spirit into young students who come straight from school to get a little snack and get into music—it's a tremendous opportunity.

"I come from a low income family. Our mother died when I was really young. Around the age of 7 or 8, I started to create my own music.

I didn't have the resources to get lessons. Some people in my life just kept saying "geez, you've got something special, keep doing, keep doing what you can". I'm self-taught. I picked up guitar as a young mother and started applying my poetry to music."

"Students are not the only ones benefiting from this program. Coming here is helping me to give back after other people have encouraged me to be a musician."

"Some of these kids may have no one telling them that they are really talented. I am able to hear the talent though, and I am in an awesome position to inspire and nurture music and character. This is not school, there is no failing here. They have to feel comfortable and they have to build trust with you and I am so honoured to have their trust."

Scott Collegiate Farewell Tour

by Rob Deglau

Opened in 1924, Scott Collegiate was the second high school to be built in Regina, after Regina Collegiate Institute (later renamed Central Collegiate Institute after the opening of Scott). Currently, Scott holds the title of being the oldest surviving high school building in the city.

Scott Collegiate was named after the first provincial premier Sir Walter Scott. Opened with 9 classrooms it quickly filled with students from the neighbourhood. Another wing was added in 1927, but by 1945 the auditorium, labs and 17 classrooms were overcrowded.

Scott Collegiate's alumni includes many professional hockey and football players, well-known media personalities, politicians, business people and professionals.

The school is slated to be demolished by the summer of 2017 with students moving into the new Scott Collegiate located in the Mâdawêyatîtan Centre in the fall. Mâdawêyatîtan is a Cree word meaning "let's all be together".

In order to celebrate this occasion, Scott alumni have come together to plan a Farewell Tour of the old school and have an opportunity to visit the new state of the art teaching facility in Mâdawêyatîtan Centre.

The massive reunion will take place on Saturday June 17 with an estimated 1100 students returning to Regina for the festivities. Tours of the old school and new facility will take place on Saturday from noon to 5:00 pm and a full reception to be held at the Conexus Arts Centre that evening. Tickets for the tour are \$10 and \$50 per person for the reception. There will be dignitaries, entertainment and a lot of reminiscing. Any proceeds from the event will go towards a Scott Collegiate Alumni Scholarship Fund.

To see who is all going visit our Facebook page "Scott Collegiate Farewell Tour" or go to www.eventbrite.ca to purchase your tickets online. For more information contact Wayne Kuss at wkuss@accesscomm.ca or by writing Scott Collegiate Farewell Tour 1442 Clayton St. Regina, SK S4T 7S3

North Central Kids Music

Acoustic Guitar
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Singing
Song Writing

FREE LESSONS

ONGOING REGISTRATION
JOIN ANYTIME
SNACKS PROVIDED
AGES 7 TO 12

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MONDAY & THURSDAYS
*EXCEPT HOLIDAYS
4PM-6PM

For more information
Phone: 306-791-9888
Email: annie@nccaregina.ca

Central Community Association

Our Nursing Students Get to Work!

Hello, my name is **Zach Macnab** and I am a 4th year nursing student at the University of Saskatchewan (U of S) Regina campus. I am originally from a small town in Saskatchewan called Turtleford where my family operates a grain farm. Once I complete my nursing degree, I hope to return to the area for a nursing position in the emergency department.

I chose the field of nursing because I enjoyed the science aspect of the human body and soon came to learn that I also loved the social interaction that nursing facilitates. My nursing clinical experience consists of working in the Surgery, Oncology, Mother Baby, Pediatrics and the Mental Health Units all in Regina vicinity. More recently I have finished my final practicum in the Intensive Care Unit in Lloydminster gaining knowledge on the functionality of the heart and monitoring heart rhythms. I look forward to my time here at North Central Community Association (NCCA) and I am eager to meet members of the community. Tutan and I will be participating in Care and Share on Tuesdays by preparing meals, organizing activities and providing health teaching.

Zach Macnab
University of Saskatchewan
4th Year Nursing Student



My name is **Tutan Mpungu** and I am a fourth year nursing student at the University of Saskatchewan, Regina Campus.

I moved to Abbotsford, British Columbia in 2003 from Kenya (East Africa) with my nuclear family. In my culture we take care of those around us and strive to be a good ear to those in need. I grew up knowing that respecting, appreciating and loving those around you is the greatest gift you could receive or give. Thus, choosing the nursing program was an easy decision for me.

Kenya is a third world country with vast health disparity and access to healthcare is attainable only to those with a decent income. My grandfather suffered with diabetes for over 10 years and I witnessed first-hand the lifestyle changes he had to make on his own with no home care services, like we have Canada, to assist him. He managed his diabetes very well, however he passed away from complications of the disease. My grandmother, a farmer with

no medical training, supported him tremendously and educated herself about diabetic meals and was able to provide adequate meals for him within their budget. She was able to support him even though she hated needles and the sight of blood. This is where my passion for nursing was sparked. My grandfather would ask me to help administer his insulin into his arm and other times his leg when he was tired or not up to the task. I learned at an early age that changing injection sites was important and drinking juice when his “sugar was low” was vital. Since then I am determined to always help whoever I can in whatever way I can as I have been raised to do. For my final practicum I was placed in the Medical Intensive Care Unit at the Regina General Hospital. I enjoyed making connections with patients from different backgrounds and walks of life. I learned a lot about the importance of providing support to people who need encouragement but also guiding them to resources in the community.

Zach and I are excited about our time here at the NCCA and welcome you to approach us. We would be delighted to meet you and get to know you.

Tutan Mpungu
University of Saskatchewan
4th Year Nursing Student

THE Role of a Community Health Nurse IN North Central

by Tutan Mpungu

North Central Community Association (NCCA) provides health services for seniors such as foot care, free diabetes checks and free blood pressure monitoring. Foot care is performed by the community health nurse (CHN) through certification from the U of S. The nurse can book appointments at NCCA or can make house visits for those seniors unable to come into the centre.

Donna Adams, an RN CHN, commented: “They may just be here for their foot care appointment but I make a point of finding out what their other needs are at home. One lady told me that she was having a difficult time clearing the snow on her driveway so I told her about NCCA’s Good Neighbour Services Property Maintenance that can help her shovel her walkway.”

They may just be here for their foot care appointment but I make a point of finding out what their other needs are at home.
— Donna Adams RN

Donna expressed that some seniors have other needs that are outside her scope of practice and may require the involvement of other agencies such as social work, city police or a dietary consult. Her job now entails assisting her clients in getting in touch with the right people in the community. A lot of home visits from the CHN have led to seniors attending programs offered at NCCA such as “Care & Share”. This social lunch program allows seniors to set foot care appointment on the same day. This reduces risk for loneliness, depression, malnutrition and other socioeconomic gaps that interfere with care.



Drop-In Hours

Mon to Thur 9 to 4 Fri 9 to 1



Scott Collegiate

3350 7th Ave (306) 523-3512



REGINA Children's Initiative

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for Children (infants to age 6)

and their caregiver.



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FOOT CARE 2017

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

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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 Nurses: Jude McCann RN and Donna Adams RN

North Central Community Engagement on Proposed Transportation & Parking Plan

Bill Stevenson of Regina attended the Community Engagement on the City of Regina's Transportation and Parking and observed the following (originally published in The Leader-Post Letters to the Editor):

On January 10 I attended the meeting at Albert Scott Community Centre, held by the City of Regina to review plans for parking around the new stadium during events.

Like many others, I walked away feeling as though the city was pitting the neighbourhoods of North Central, McNab and Cathedral against each other in their own version of The Parking Games—where the odds are not in our favour.

At the heart of the problem is that the local residents feel they will lose the ability to park in front of their homes during stadium events—as the City of Regina will not be issuing resident parking permits anymore, thus allowing anyone from anywhere to park on any street during any stadium event. The city presenter kept a

narrow focus on each community coming up with an acceptable plan to present to city council for consideration, but if the neighbourhoods could not agree, then what was going to be in place would be put in place. Meaning whatever plan city hall already has will be used.

The reality is that we just want the City of Regina to look after their own residents first. CFL games, concerts, events at the Brandt Centre, the exhibition or Agribition all bring in people from outside the city who are looking for parking nearby—this is the crux of the problem.

The city isn't working fairly with its own taxpaying residents to protect their interests here—preferring rather to pander to corporate interests and willing to create a system that will most likely fail so they can absolve (themselves of) all responsibility of any decision and blame the residents for not working together.

Many people who attended the meeting were unhappy with the

approach the city has taken. I hate that the city will put parking expectations on new buildings and expect them to be followed, but when they build a stadium holding 30,000+ there isn't anything but street parking that will affect residents living nearby.

It's a sad way to run things—but then, the odds are stacked against us.



Community members suggest options for street parking at the Community Engagement meeting held January 10.

Bruce Bellmore facilitated the community consultation. He is with WSP MMM Group (Project Management).

Bruce Bellmore was impressed with the feedback after the Community Engagement meeting at Albert Scott Community Centre. "We heard a lot of comments from members of the neighbourhood and their concerns around parking and how parking happens around the stadium. There was a good turnout of people who are passionate. We want to solidify this info and bring it forward to inform (Regina City) council of the concerns and issues."

North Central citizens were more than passionate, they were emotional. It affects all of us.

Bellmore adds "As for comments that we are pitting neighbourhoods against each other, I think we need to hear what people want to offer as a solution and we're giving them that venue in order to express their concerns."

"There are different issues depending what street you live on and council knows that public has been consulted to make an informed decision of this issue."

Community Calendar

FREE LISTING in the Community Calendar to promote your events happening in April & May, 2017. Deadline for April issue is MARCH 16, 2017.

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 includes Recreational Activities:
Tuesdays at 10:00 am.
Stay for Lunch: at 11:45 am followed by Card Bingo!



Albert Scott Community Centre (1264 Athol St.)

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

Elders' Lunch (hosted by Chili for Children)
Thursdays at Albert Scott Community Centre (1264 Athol St.) **\$6.00**

Coldest Night of the Year Walk, Saturday, February 25.
YWCA's annual fundraiser for family homelessness is a 2-, 5- or 10-km walk through downtown Regina. Last year, the first Coldest Night walk had 32 teams with 166 walkers and raised about \$26,000—enough to provide the supports 50 families needed to maintain stable housing.

This is your invitation to sign up to captain a team to walk on **February 25**—with friends, at your workplace, with family.

Visit canada.cnoy.org/location/regina to complete the online registration.

Real Food Challenge Win \$250-500 for you community organization! Host or initiate a minimum of 2 Real Food projects or events until May 1, 2017. A Real Food Project could include offering water at your programs rather than sweetened drinks, taking down unhealthy food advertisements or becoming a Baby Friendly Space (see www.rqhealth.ca/primary-health-care/real-food-challenge for more ideas). Every organization that registers has the chance to win \$500. Make healthy food choice the easy choice.

To register or for more information: www.rqhealth.ca/primary-health-care/real-food-challenge or call: 306-766-7283 Regina Qu'Appelle Health Region

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



Content for APRIL 2017 issue - due MARCH 16
editor@nccaregina.ca



St. John Ambulance	
<p><u>Course - Personal Care Worker</u> for support for elderly or infirm residents 16 hours, conducted by a certified nurse. Round of 16 hours begins in May, 2017</p> <p>To register or for more info: call 306-522-7226 or visit www.sja.ca for 2017 monthly training schedule and to register</p> <p><u>Course - SJA Babysitting</u></p> <ul style="list-style-type: none"> Feb. 4 March 4 March 17 <p>\$40 per person, age 11 and up</p>	<p><u>Course - Home Alone</u></p> <ul style="list-style-type: none"> March 17 April 1 <p>consult website for monthly schedule and to register \$25. per student (must pre-register and pre-pay)</p> <p><u>Course - Pet First Aid</u> introductory program for lifesaving training</p> <ul style="list-style-type: none"> Feb 26 Wed. 12 noon to 4 pm March 26 Wed. 12 noon to 4 pm April 22 Wed. 6 pm to 10 pm

2017 - a year of Transition for NCCA

We're on the move from our humble office digs here on the second floor of the Albert Scott Community Centre. This was a brand new building in 1982, I have a feeling this might be the original carpet in the office! No matter, we're excited to re-establish our space and our programs next door in the Mâdawêyatîtan Centre. The packing begins and the move happens in June.

There will be consequences during the transition. We can't confirm locations for any of our summer programming, but this is what we know:

- Income tax services have been discontinued (please check into United Way or Salvation Army for free income tax services)

- NC Kids Music is completed on May 25
- NC Community Gardens (summer months) business as usual; workshop locations to be determined
- Foot Care will be in transition with some office closure time anticipated
- NC Vibe summer programs to be announced
- Renew North Central (summer months) business as usual
- Good Neighbour Services will operate as usual from their own location (1650 Angus)
- Mewassasin Employment Training's future is still uncertain at time of press

There is still time to take the **North Central Community Planning Survey** online via Survey Monkey. Deadline is the end of February

Inform goals, objectives, actions, and policy to shape and work towards the community's shared vision!

www.nccaregina.ca/planning

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

Thanks to contributors to this issue:

Rob Deglau

Morris Eagles

Joelle Fuller

Zach Macnab

Nephi MacPherson

Tutan Mpungu

Joel Murray

Kayla Potter

Samantha Riley

Scott Collegiate

Bill Stevenson

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.

DEADLINE for
APRIL/17 ISSUE
MARCH 16, 2017
editor@nccaregina.ca

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

Get Social!

Mission Statement of
North Central
Community Association

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

NCCA Board of Directors

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

MEMBERS-AT-LARGE

Heather Cote-Soop

Cassie Fisher

Betty Krohn

Fergus Littlechief

Shawna Oochoo

Brandi Reles

Denita Stonechild

Stephen Thomson

Meet Kayla Potter
Family Rec/
Vibe Coordinator

I graduated from SIAST with my Early Childhood Education diploma in 2011 and have been working with children and families ever since.

My plan for the VIBE program is to integrate the fitness, cultural and craft experiences into both evenings on Tuesdays and Thursdays from 5-7 pm.

I hope to have something enjoyable for everyone!

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)	205-7333
All Nations Hope Network	924-8424
All RISE Project	352-RISE (7473)
Bylaw Enforcement.....	777-7000
Child and Youth Services	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
CircleProjectChildrens'Centre	569-3988
Circle Project Infant Centre	949-4911
Early Years Family Centre	523-3512
Ehrlo Sport Venture Library.....	751-2411
Ehrlo Housing	584-3313
First Nations Employment Centre.....	924-1606
Four Directions Community Health	766-7540
GatheringPlace	522-7494
George Gordon First Nation Urban Services.....	949-4230
Greystone Bereavement Centre	523-2780
Indian Métis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Log House Thrift Store	791-0255
Meadow Primary Health Care Centre	766-6399
Mobile Crisis Services	757-0127
Morning Star Ministries	757-8421
Newo Yotina Friendship Centre	525-5042
North Central Community Association (NCCA)	791-9888
North Central Community Health Office (Nurse)	757-1046
North Central Community Police Service	777-6450
North Central Family Centre	347-2552
North Central Kids Music Program	545-3737
Oxford House Society of Regina Inc.	570-5708
Pasqua Hospital	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6780
Regina Alternative Measures Program (RAMP).....	352-5424
Regina Education & Action on Child Hunger (REACH)...	347-3224
Regina City Police	777-6500
Regina Crime Stoppers	545-8477
Regina Fire & Protective Services.....	777-7830
Regina Food Bank.....	791-6533
Regina Police Substandard Housing Enforcement Team..	777-6399
Regina Sexual Assault Line (24 hrs).....	352-0434
Rentalsman	787-2699
R Healthy Food Store	347-3224
Safer Communities & Neighbourhoods (SCAN)..	1-866-51-SAFER
SaskPower (inspections).....	566-2500
Saskatchewan Rental Housing Supplement	787-4723
SEARCH	570-6208
Sepak Takraw Saskatchewan (STAS)	584-8778
Souls Harbour Rescue Mission & Youth Centre	543-0011
Street Culture Kidz	565-6206
Street Project — Needle Pick up	766-7799
SWAP.....	525-1722
YMCA of Regina	757-9622

Mother Teresa Middle School



A Jesuit Academy

Information Night

Wednesday, February 15 ~ 6:00 - 7:00 p.m. at MTMS



**FOR STUDENTS ENTERING GRADE 6
IN SEPTEMBER 2017**

For more information, please contact
Ron Gonzales

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

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