

Victories for our community!

Tristain Cote-Sayer of Sacred Heart Community School has won The Saskatchewan Reading Council award for writing for Pre-K to Grade 12 students. On the left is Domenic Scuglia, Director of Education for Regina Catholic School Division and on the right is Michele Braun, Superintendent, Education Services for Regina Catholic School Division. Congratulations Tristain.



Read Tristain's winning essay on page 8.

North Central

FOR THE WIN!

Anne Perry of Circle Project embraces first place at the 2017 Invitational Inter-Agency Chili Cook Off, held in February at Indian Métis Christian Fellowship. Bert Adema awards the coveted trophy.

North Central Community Association took second place with gusto and a secret ingredient. Next year—it's ours!



Susannah Walker of North Central Family Centre was included in a group award for inspirational faculty. It is a student-nominated award presented by the University of Regina's Women's Action Group in honour of International Women's Day. Susannah teaches two courses in the Indigenous Social Work program at the First Nations University.



Friday Night Social is a weekly sober get together. It celebrated its 5th Anniversary in February. The group participated in an all-nighter to mark the special day. The group played games and watched movies. They started off with 15 participants but only 4 made it until 7 a.m. Friday Night Social runs from 7 to 11 p.m. every Friday at 3040 5th Ave.



Once a fine multi-family home, this house at Dewdney & Angus fell into disrepair, neglect, arson and became a 'shooting gallery'. **White Pony Lodge** lobbied and filed numerous complaints on behalf of the neighbourhood and it was demolished on March 2.



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Spurgeon Root graduated from Briercrest Seminary in 2011 with a Masters in Marriage and Family Counselling.

Briercrest has selected Spurgeon as their Alumni of the Year for 2017.



interview & photos by J. Morier

Morning Star Ministries –A Legacy of Worship

A humble United Church was constructed in 1904 on the edge of a treeless cow pasture.

A mere three years later the main sanctuary of that United Church was picked up and hauled two blocks south to its present location of 6th Avenue and Argyle Street.

The cow pasture became a park and the corner of 4th and McTavish saw the eventual construction of St. John's United Church (now Rainbow Youth Centre).

The little church was placed on a new foundation, but not the sturdiest foundation. It transitioned into a congregational church, amalgamating with the United Church of Canada. Later it became an Evangelical Free Church, then the Maranatha Christian Centre.

In 1985, just as it was about to be demolished, Glen and Julie Povey of Morning Star Ministries purchased the building.

The repairs were a labour of love. Leaking roof and broken windows were patched. The collapsing foundation was shored up with steel beams and teleposts. Early heating bills were huge but the furnace has since been replaced.

The Poveys acquired three houses north of the church on Argyle Street. This increased classroom availability for up to 60 students but due to changes in building codes these classrooms were discontinued.

In their present space they are at capacity for services 150 people—including balcony seating. There are 25 students ranging in age from 5 years old to 17 years old (kindergarten to grade 12).

Morning Star Christian Academy began in 1994 for Grades K-12. For the past 22 years it has offered Christian education to students. Intake interviews are conducted and the tuition is \$50/month per student. The family must agree with Christian philosophy.

Class content is associated with Board of Education curriculum and Julie and Glen Povey are registered with the Saskatchewan Association of Independent Schools. They are instructors of the PACES (Accelerated Christian Education) Curriculum. Glen Povey has previously taught at Albert and Kitchener Schools.

Morning Star's program is competency-based and individualized. Students learn at their own rate. If days are missed, students return to where they left off—not where the classroom left off.

Children are held accountable for their choices outside of school. The Poveys regularly meet with families to counsel on issues in the home.

Morning Star Christian Academy presently has 25 students enrolled. The

majority of children who attend live in North Central and some graduates (Aimee Holland and Emily Allen) have even returned to teach with Morning Star.

There have been 34 graduates since 1994.

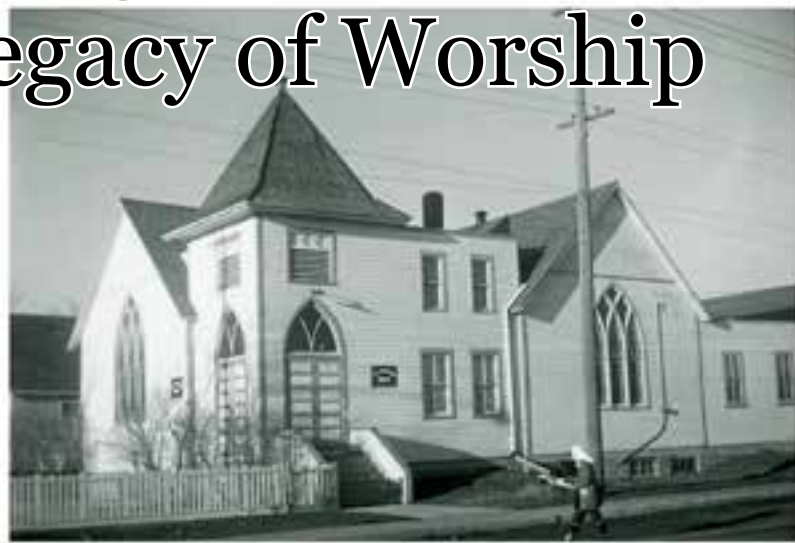
"It's hard to imagine this building not being here" said Jackie. "Time and time again, I've seen Mr. Povey and a crew out fixing and repairing." A 1904 structure would need a high level of maintenance.

The Poveys would certainly like to see increased attendance at services and school.

Morning Star receives financial support from the congregation. Many groups and organizations in Regina Support Morning Star Ministries. Donations are gratefully received, fundraisers are enthusiastically held. Recently Morning Star received partial funding from the provincial government.

Teachers receive a lower salary than what's earned in the public system. The Morning Star grade 12 diploma is recognized at the University of Regina and other post-secondary institutions.

Students receive a great foundation and solid morals and values, to make better leaders, not followers.



1962 Street view of the United Church that became a Free Methodist Church at 6th and Argyle. Courtesy City of Regina Archives



Building Funds Campaign has begun to restore the 110-year old main building and construct an addition for classroom space (architect's rendering).

Programs of Care

Jackie Bird is a volunteer who moved back into the neighbourhood and back into Morning Star's fold.

She smiles warmly and says, "They've never refused me." She now lives in one of the rental houses owned by the church.



Jackie gives back by leading a group in monthly fellowship for talks and sessions of cooking soup and bannock. As well, the Youth Ministry gathers every second Friday, lead by Karen Thompson and Desmond Attig.

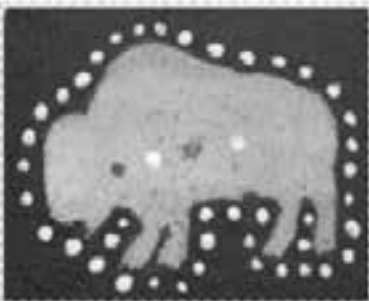
Among the programs offered is The Genesis Process, which takes participants through a healing, provided they have a desire to leave additions lifestyle. People with addictions need to mask the pain and the healing process can be painful. Weekly sessions are held along with follow up visits.

A Prayer Group 'The Bondager Breaker' is lead by Neil Anderson. The 'Love Lives Here' Bus originated with Morning Star Ministries to drive around North Central and downtown, handing out sandwiches and coffee. Bus duties are now shared by Kate and Alden Ludwig of Harvest City Church and by other church teams.

Morning Star is involved in hospital visitation, funerals, home visitations, marriage and other counselling, helping people with addictions and grief, and prison ministry. They support mission work in the Phillipines and India.

Our neighbourhood is richer for the legacy of Morning Star.

Renaming, Rebranding Dewdney Avenue



Bringing back the buffalo to Regina

On March 6, a group of citizens gathered at Indian Métis Christian Fellowship for a Buffalo Talks Café. North Central residents Joely BigEagle-Kequahtoway and Lorne Kequahtoway lead the Buffalo People Arts Institute (BPAI)—a group created to share and nurture traditional Indigenous teachings and knowledge.

A few years ago, there had been talk about changing Dewdney Avenue to Louis Riel Avenue, but the bid was unsuccessful.

Joely began the discussion by asking the group if we knew who Edgar Dewdney was. The Encyclopedia of Saskatchewan (http://esask.uregina.ca/entry/dewdney_edgar_1835-1916.html) offers his biography.

The guest speaker was James Daschuk, Associate Professor at the University of Regina. Daschuk authored *Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life*. It was published in 2013 by the University of Regina Press and won five Saskatchewan Book Awards and a Governor General’s medal.

BPAI approached the City in November with a wish list as their way to formalize the request. The group believes there is a change of thinking at the City since their approval of the 94 Truth and Reconciliations Commission’s recommendations. There seems to be a competition among Canadian cities to implement the recommendations in the interest of education.

Changing street names is not a new concept. Saskatchewan Drive was originally called South Railway until the mid-1980s. In the 1990s, Chinese characters spelled out street names and the colour of the signs changed to red. This change took place in the Heritage neighbourhood—formerly known as Core Community. Consider that ‘North Central’ is made up of Washington Park, Windsor Place and Parkdale. Here, the 1st, 2nd and 3rd avenue designations were once named in tribute to American interests: Garfield, Chicago and Washington Avenues. Only McKinley Avenue remains.

In the spirit of reconciliation there should be impetus by City Council to propose this street name change to the citizens of Regina. Showing their support were Dr. David Miller (FNUC), Ward 3 City Councillor Andrew Stevens and an email note from Ward 6 Councillor Joel Murray who could not attend.

North Central is just a nickname for our community clusters. Why not rename it Buffalo Meadows?

We need to follow a process within the city protocols. Are you interested in sitting on a committee? ‘Next steps’ will involve sharing the truth and educating the rest of Regina about Edgar Dewdney. “We cant just let things be” says Joely. “It’s just a small part – we can start. Indigenous or non-Indigenous – know your history!”

Larger-scale community cafés could be sponsored by the City for input from businesses along Dewdney Avenue. Since the road runs through the heart of Regina, east to west, there must be some door knocking and brochure drops in the east side. City Hall wants to see community support by way of petitions.

Joely adds, “People are traumatized – they’re still feeling the hurt of the bison’s disappearance. We can honour their spirits by naming the road Buffalo Avenue located in Buffalo Meadows.” Another proposal by Solomon Ratt involves placing Cree syllabics on street signs.

Michael Parker, Executive Director of NCCA says “As part of our community rebranding, perhaps we should consider Buffalo Meadows as new name for North Central. The idea of changing the name has come up in the community planning process. The Association doesn’t have a formal position, but the topic is on the April board agenda for discussion.”

<https://apps.facebook.com/my-polls/form/north-central-name-change>

Truth and Reconciliation Commission of Canada: Calls to Action

In this sixth in a series of articles examining the 94 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.

Reconciliation

CANADIAN GOVERNMENTS AND THE UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLE

43. We call upon federal, provincial, territorial, and municipal governments to fully adopt and implement the *United Nations Declaration on the Rights of Indigenous Peoples* as the framework for reconciliation.

44. We call upon the Government of Canada to develop a national action plan, strategies, and other concrete measures to achieve the goals of the *United Nations Declaration on the Rights of Indigenous Peoples*.

Royal Proclamation and Covenant of Reconciliation

45. We call upon the Government of Canada, on behalf of all Canadians, to jointly develop with Aboriginal peoples a Royal Proclamation of Reconciliation to be issued by the Crown. The proclamation would build on the Royal Proclamation of 1763 and the Treaty of Niagara of 1764, and reaffirm the nation-to-nation relationship between Aboriginal peoples and the Crown. The proclamation would include, but not be limited to, the following commitments:

- i. Repudiate concepts used to justify European sovereignty over Indigenous lands and peoples such as the Doctrine of Discovery and *terra nullius*.
- ii. Adopt and implement the *United Nations Declaration on the Rights of Indigenous Peoples* as the framework for reconciliation.
- iii. Renew or establish Treaty relationships based on principles of mutual recognition, mutual respect, and shared responsibility for maintaining those relationships into the future.
- iv. Reconcile Aboriginal and Crown constitutional and legal orders to ensure that Aboriginal

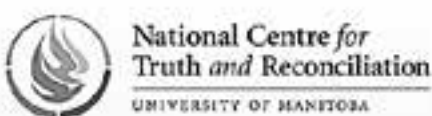
peoples are full partners in Confederation, including the recognition and integration of Indigenous laws and legal traditions in negotiation and implementation processes involving Treaties, land claims, and other constructive agreements.

46. We call upon the parties to the Indian Residential Schools Settlement Agreement to develop and sign a Covenant of Reconciliation that would identify principles for working collaboratively to advance reconciliation in Canadian society, and that would include, but not be limited to:

- i. Reaffirmation of the parties’ commitment to reconciliation.
- ii. Repudiation of concepts used to justify European sovereignty over Indigenous lands and peoples, such as the Doctrine of Discovery and *terra nullius*, and the reformation of laws, governance structures, and policies within their respective institutions that continue to rely on such concepts.
- iii. Full adoption and implementation of the *United Nations Declaration on the Rights of Indigenous Peoples* as the framework for reconciliation.
- iv. Support for the renewal or establishment of Treaty relationships based on principles of mutual recognition, mutual respect, and shared responsibility for maintaining those relationships into the future.
- v. Enabling those excluded from the Settlement Agreement to sign onto the Covenant of Reconciliation.
- vi. Enabling additional parties to sign onto the Covenant of Reconciliation.

47. We call upon federal, provincial, territorial, and municipal governments to repudiate concepts used to justify European sovereignty over Indigenous peoples and lands, such as the Doctrine of Discovery and *terra nullius*, and to reform those laws, government policies, and litigation strategies that continue to rely on such concepts.

Truth and Reconciliation Commission of Canada, 2012
1500–360 Main Street
Winnipeg, MB R3C 3Z3
Toll Free: 1-888-872-5554
info@trc.ca • www.trc.ca





Volunteering IN THE Community

The Good Life is all about positivity and a healthy lifestyle, which includes volunteerism, physical activity and sobriety.

by Lisa Workman

Volunteering is when you help out without getting paid. Usually, we volunteer at an agency like Chili for Children or with a group like White Pony Lodge. But, volunteering can be helping a neighbour by shoveling their walk or babysitting for a friend.

Volunteering gets you off the couch and out of the house! It's a great way to meet new people. It is also a great way to build new skills, knowledge, and experience and can give you references for your resume. Volunteering can increase self-esteem and gives a feeling of accomplishment while you use your talents and abilities in a positive way. It can help you with your recovery, career and personal goals.

Where to start? Check with your child's school, your church, your library or agencies that you have been involved with. What are your strengths and skills? Music? Sewing? Reading? Teaching? Build on your strengths to find your ideal volunteer work.

What are you interested in? Working with children? Cultural teaching? Health or social issues? Find volunteer work that suits your interests.

What is on your career plan? Serving people? Physical labour? Working with computers? Use volunteering as a way to gain work experience and to build a network in your chosen field.

Be prepared to fill out an

application, do an interview and do a criminal record check. Don't let a criminal record check stop you if you happen to have an offense to report. Often volunteer coordinators are looking for specific offenses which may not even include your offense. This is all good practice for job seeking.

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



NCCA Now Hiring! *three* Summer positions

- **Community Gardens Coordinator**
- **Renew Project Assistant Coordinator**

(these positions are for students who will be returning to full-time classes in the fall)

and

- **Renew Project Coordinator**
(not a student position)

Please send your cover letter and resume to annie@nccaregina.ca by : Friday, April 21 at 4:00 pm (same application deadlines for all three positions)

For full job descriptions go to saskjobs.ca



Aboriginal Youth Wanted for AVEC

by Annie Charles

photo courtesy of: Mike Dubois, 2016

The First Nations University of Canada is hosting the 9th Annual **Aboriginal Youth Entrepreneurship Camp (AYEC)** this summer from August 12-18.

AYEC is a one week camp targetting youth that identify as First Nations, Métis or Inuit in grades 11, 12 and extends to recent graduates across Canada.

The camp is open to youth who are interested in learning, how to start a business and how to expand their entrepreneurial skills. AYEC is great for youth to make new friends and network with other youth and business professionals.

This is also a great opportunity to inspire young people to attend university and give them a snapshot of what university life is about. They stay in the University of Regina dorms and experience life on campus as a student, running from class to class. All the accommodations and meals are provided.

Youth will gain a vast amount of knowledge and be able to create business plans for any future business endeavors, no matter how small or big their ideas. They will learn topics like marketing, cashflow, advertising, logo design and develop their own commercials.

Don't worry, it's not all work and no play. There are fun activities planned

during the evenings. Last year, they attended the movie theatre, glow bowling, Get Air Trampoline Park and dined out at Flip Eatery. Students participate in cultural activities as well, learning tipi teachings. They will learn to raise a tipi, play games and participate in cultural team building.

At the end of the week they will present their business ideas to a panel of judges made up of professionals in the industries—a mini Dragon's Den presentation. They will compete for prizes against fellow camp participants and everyone wins a prize!

"The most rewarding thing is seeing all the work they've done throughout the week and seeing them present their ideas. I'm so proud of all the work they did in such a short amount of time. I look forward to seeing the plans they come up with to benefit their community, environment and future generations,"
Amanda Worm, 2016's AYEC Coordinator.

This camp is FREE but spaces are limited. Please register by Friday July 7, 2017 at entrepreneurbcamp.ca
For more information contact: Bettina Schneider
Phone: 306-790-5950 extension 3257
Email: bschneider@fnuniv.ca



2016 Participants said:

"It was great and I was lucky to go."

"...working for my dreams so I don't have to for someone who did. I stand by that. This Camp gave me a boost of confidence in business and hope to do great in life"

"It's the chance to meet new people and learning differences of other people's perspectives of the world and solutions."

"Honestly, one of the greatest opportunity that I was able to participate in. Being able to meet such amazing people and to on something that I've had a passion for. One of the best weeks of my life."

Aboriginal Family Services celebrates 20th anniversary

by Lisa Workman

“I had a vision. I wanted to see this agency that could help people.”



Delora Parisian is the Executive Director of Aboriginal Family Services and has been with the organization since the beginning, 20 years ago.

She felt that back then, there was not a strong belief that any aboriginal organization would be able to survive. The success record was very poor 20 years ago. “I don’t know if there was a lack of education or many of us were still on a healing journey. There was a lot of mistrust and miscommunication. We started this community-based organization because we could do it if we really put our hearts and our minds to it.”

The agency started with a family support program and has grown exponentially since then.

Today, Aboriginal Family Services has several programs at three different sites and has 65 employees. The Family Enrichment program works with children who are in care and their parents – “to reconcile, reconnect and reintegrate the family.” Kids Cart program also works with those children in care, transporting them to daycare, school and appointments.

Aboriginal Family Services has been a part of the KidsFirst initiative for 15 years. Come N’ Learn Aboriginal Head Start program became part of Aboriginal Family Services a year after the agency came into existence. The Adult Mentoring program works with people who have FASD or other cognitive disabilities. There is also a Youth Mentoring program for those youth who are transitioning out of the Ministry of Social Services. The Community Connector can do an assessment and then refer clients out to the services that they need. In addition, the agency runs several groups, including parenting groups.

Aboriginal Family Services has always been a part of the North

Central community. Their first space was on Dewdney Ave., beside the 7-11 store. They then moved to 5th Avenue. They even experienced homelessness as

an agency for a time. “It’s a good thing we connected with Service Canada, they were just beginning the homelessness initiative and that’s how we ended up in this building.”

They are now located on 5th Avenue and Angus Street.

The main mission is to help families and children on their healing journeys and to address all issues that they are facing mentally, physically, emotionally and spiritually. Many times this means working with the Ministry of Social Services. Delora says “Over the years, we have evolved and so have they to an extent, but there is still a long way to go.”

There are other challenges that the agency has faced. Staff recruitment can be difficult because of the many agencies offering positions. Also, staff must have dealt with their own issues already.

“In order to help other people, you have to be in a place where you are able to reach out and offer something more.”

The biggest challenge for clients is struggles with addiction. “We can’t give up, as long as our families can breathe, we can’t give up on them. Who knows, that one last step could make the difference.”

One of Aboriginal Family Services’ greatest successes has been partnerships. They have a partnership with Gabriel Housing Corporation where they are able to place their clients in their houses. “What more could you ask for? A partner that trusts you enough to put your clients in their houses and work with them.”

Another success that the agency has had is keeping clients off of social services and in some cases even keeping them out of

the justice system.

On March 16, Aboriginal Family Services celebrated their 20th Anniversary with a Gala at Evraz Place. The keynote speaker was author and professor, Maria Campbell.

The highlight of the evening was the launching of the Mēkiwin (Let’s Give Back) legacy project. Rather than giving out toys this Christmas, they are asking for donations of life experiences –a movie pass, a pass for the Lawson Centre or the Science Centre, haircuts, meals—anything that a family on social assistance or on a tight budget would normally not be able to afford.

“In our 20 years, we’ve come to a place where, not only as an agency but as individuals, we want to give back. We want to help the clients because maybe somebody a long time ago gave us a helping hand.”

“I still think there is a need for our voices to be heard, as Aboriginal people, as First Nations, as Métis, even as people in the North Central area.” Delora wonders how they can initiate change on a policy level. She feels that maybe it’s time to enter into politics to give them that stronger voice. “Do we need to become city councillors?”

Delora has another lofty goal for AFS: “I had a vision twenty years ago, I’ve seen the fruition of that vision but I still know that we want to be a centre of excellence. That’s our goal.”

To make a donation to the Mēkiwin (Let’s Give Back) legacy project, call Aboriginal Family Services at (306)525-4161, visit them at 1102 Angus St. or visit www.afscregina.ca/.

Our vision is for a healthy and harmonious Aboriginal community while honouring the wisdom inherent within our Nation. We nurture the healing journey for Aboriginal families and children by empowering them through the provision of support and resource while encouraging our community partners to walk with us on the path of healing, reconciliation and learning.



Central Zone Board 2017 Outdoor Soccer Registration Open!

Registration Deadline April 20 for Season May 14 - June 24

Registration Night
April 10 5-7 pm
Al Ritchie
Community Association
2250 Lindsay St.

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

Volunteers Wanted:
Without the support of parent volunteers, we will be unable to offer this program. We need a minimum of 20 parent coaches/co-coaches! No coaching skills are necessary, a coaching workshop will be held in April.

Registration forms available at the NCCA 1224 Athol St. during office hours -Monday to Thursday: 9:00 am to 4:00 pm (closed during noon hour) Friday: 9:00 am to noon.



Let it be SPRING!



All RISE Project and the Bannock House hosted the CBC Radio Morning Edition

On March 8 the fresh coffee flowed and the bannock was hot out of the oven. Good neighbours gathered to toast the occasion and the community. Regina listeners got to know North Central a little better.

Margaret Poitras, CEO All Nations Hope Network telling host Sheila Coles about the four-day Women's Winter Camp in Regina.

Shawna Oochoo recounted her youth and what inspired White Pony Lodge, Community Patrol group.

Folks called in with their favourite bannock 'experiences'.

All RISE is a status-blind organization focused on developing and delivering community-driven support for all treaty people in urban Regina.

L to R: Lori Lovas, Director of Economic Participation, Sheila Coles, Pam Raymond, Executive Director



photo courtesy of All RISE



www.allriseproject.org



Carole Raymond, Security and Self-Safety Coordinator & Lori Lovas

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for a couple, \$35,000 for an
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and \$2,500 for each
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Scott Collegiate
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1 or 2 days a week doesn't seem like much but...

If your child misses...	that equals...	which is...	And over 13 years of schooling, that's...
1 day every 2 weeks	20 days per year	4 weeks per year	nearly 1½ years
1 day per week	40 days per year	8 weeks per year	over 2½ years
2 days per week	80 days per year	16 weeks per year	over 5 years
3 days per week	120 days per year	24 weeks per year	nearly 8 years



Important Upcoming Dates

- March 30—Taste of Scott
 - April 5—Quarter 3 Last Day
 - April 6—Turnaround Day – No school for Grade 10-12 students
Grade 9 students have regular classes. Teachers submit Q3 marks and prepare for Q4
 - April 7—Quarter 4 Starts
 - May 8—Twelfth Year Launch for Grade 12's @ Science Centre
 - May 16—3-way Conferences 1:00 - 5:00 pm
 - May 18—Wellness Fair for all students Grades 9-12
 - May 19—No school for students. Professional Development for teachers
 - May 23-26—Grade 9 Reading Assessments
 - June 7—Graduation Pow Wow at FNUniv
 - June 27—Graduation Ceremonies
 - June 29—Students receive their final report cards
- Follow us on Twitter
@scottcollegiate



How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	that equals...	which is...	And over 13 years of schooling, that's...
10 mins per day	50 mins per week	nearly 1½ weeks per year	nearly ½ years
20 mins per day	1 hr 40 mins per week	over 2½ weeks per year	nearly 1 year
30 mins per day	half a day per week	4 weeks per year	nearly 1½ years
1 hour per day	1 day per week	8 weeks per year	over 2½ years




EVERY DAY COUNTS!
If you want your child to be successful at school then YES, attendance does matter!!

QUARTER FOUR:
April 7 to June 22

CLASS TIMES:
Morning:
8:30 a.m. to 12:00 p.m.
Lunch:
12:00 p.m. to 1:00 p.m.
Afternoon:
1:00 p.m. to 3:10 p.m.


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

A National Union
Supporting Your
Community



1400 your VOICE at work CANADA

Representing over 6,000 retail and service workers in SK,
many within the North Central Regina neighbourhood.

 UFCW Canada Local 1400  UFCWCanada1400


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


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Mini-Drums
April 20th 5pm-7pm

Traditional Dolls
April 27th 5pm-7pm

Traditional Dolls
May 4th 5pm-7pm

Paint Night
May 11th 5pm-7pm

Albert Scott
Community Centre
1264 Athol Street
Multipurpose Room

For more info contact Louise
louise@nccaregina.ca
or 306-791-9888

THURSDAYS!
Register soon! Space is limited.



BY NEPHI MACPHERSON



All Nations Healing Thru the Arts
9th Annual Youth Talent Show & Fundraiser

The Sky is the Limit

Tuesday, April 11 6:00 pm
Regina Performing Arts Centre
1077 Angus Street

Admission Adults \$5, 13-17yrs \$2

Children 12 and under FREE

Tristain Cote Sayer, grade 8 Sacred Heart School wins Sask Young Writers Award

Why do we have to go to school?

As a student you have probably wondered in the time of your education life, "Why do I have to come to school?" I will explain why everyone has to come to school and some of the most important parts of school. A lot of students just don't like school and I'm one of them but I will try to get some answers for those of us who keep on wondering just why oh why we all have to go to school!

I'll start with some basic questions that I have found the answers to and have had some help with. Is it the law to attend school? This is a question that many of you probably haven't thought of but it is something that directly affects you. The answer is "Yes." It is the law to attend school but only until you're 16 years old. You've probably said to yourself "It would be better if I just stayed home all the time" "The reality is that the schools are responsible for insuring your safety and we can call social services if you don't come to school enough", explained Mr. Magnusson, Principal of Sacred Heart. Now you might think that if you live in a

remote area you won't have to go to school but, you're wrong. The school boundaries in a remote area might be bigger but there will still be a school to attend. I know this because when I was younger I lived on my reserve and went to a school in a town about a ten-minute drive away. If you think you can just move to some place with no school you're wrong as there are 15,500 schools in Canada alone.



Who runs our school division? Just how many people does it take to run our school? The Ministry of Education is in charge of giving directions to the school boards and the school boards are in charge of hiring the Director of Education for their Division. The Ministry of Education plans what subjects the schools have to teach, and how many hours they

have to be taught. Teachers plan their class schedule around that. For Sacred Heart it takes about fifty people to run our school, which includes the teachers, the support staff, the Principal, the Vice Principal.

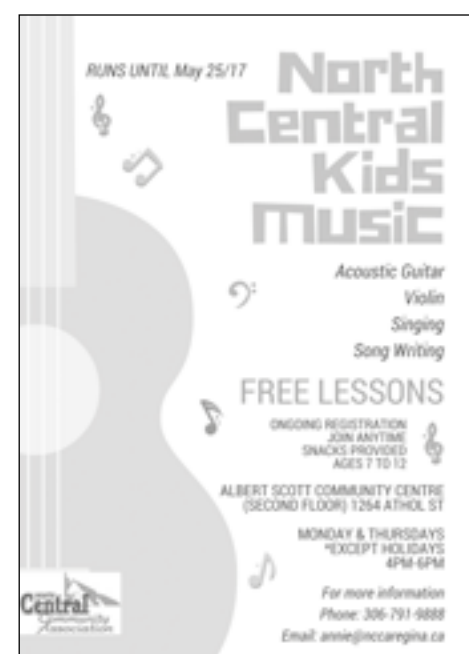
Finally, I'm going to talk about why school is important to attend. First off, let me give a brief history of education. It has been here since ancient Greece, Rome, Jesus's time, and the early Indigenous people Mr. Magnusson told me. Education is very important in our generation because you need at least your grade 12 diploma to get a good paying job. School can be beneficial both socially and emotionally. You might make some really good friend who can support you in hard times. If you attend a Catholic or religious school, they will help you understand and teach you about your religion.

Here is some information that helps with why school is important. People go to school because they love to learn and be around other people, or they want the knowledge to be able to get their dream job. "A lot of people still believe they can make

it in life without an education. I believe you can do well with hard work and a good attitude but education is still the number one piece for doing well in life." said Mr. Magnusson. In school the subjects that you will need to learn such as Math and English will teach you the thing you will need to know in order to get the jobs you want.

So do you still believe that school isn't important or have you changed your mind? My opinion on school is that it is mostly boring but important because it is the reason why people are educated.

Interesting Facts: According to stats Canada last year 84% of grade 12 students graduated in Saskatchewan. Closer to home, according to Maclean's magazine last year in North Central Regina 7 out of 10 students graduated from grade 12 on time. That number is higher than it has been in previous years.



SEARCH Health Clinic

Student Energy in Action for Regina Community Health

...is Moving to Mondays!

Summer Hours:
Mondays
5:30-8:30 PM
(May 1 - August 28)

Four Directions Community Health Centre
(3510 5th Ave)
Regina, SK

www.searchhealthclinic.com

• Free meal

• Medical services

• Adult counselling

• Physical Therapy

• Cultural Support

• Women's group

• Childcare

All free... All welcome!

MUMPS Outbreak

by Zachary Macnab

The Issue
The community health issue at hand is the outbreak of mumps. Alberta Health Services has declared outbreak in the South Zone and in the Edmonton Zoneⁱ. The current number of cases is continually rising and is seen as above normal. The total of 2015 cases was 4 and the 2016 total is 8ⁱⁱ. This creates a community health problem as otherwise healthy individuals are experiencing the effects of mumps.

What is mumps?
Mumps is an acute, viral disease resulting in fever, swelling and tenderness of salivary glands and is able to pass between humansⁱⁱⁱ. Mumps is spread through an infected person coughing, sneezing or sharing utensils with an uninfected individual^{iv}.

Possible symptoms
The side effects of mumps can be very serious. Mumps is a risk to health with pain and swelling in the jaw^v. Meningitis

may occur in 10% of those infected^{vi}. Complications can also affect the testicles or ovaries and the pancreas with potential lifelong complications^{vii}. What's worse, pregnant women in the first trimester have an increased chance of spontaneous abortion^{viii}.

How to avoid catching mumps?
Vaccination as the best way to prevent mumps, but outbreaks still occur, as an immunity level of 75% to 85% is needed to stop transmission^{ix}. The best way to reduce risk is ensuring people are up to date with mumps immunizations^x. Twenty percent of those infected do not show symptoms and half of those infected show respiratory symptoms^{xi}.

More information
For more information contact your local Public Health Office, your physician or nurse practitioner. Contact the HealthLine by dialing 811 or on the web at healthlineonline.ca.

i, ii, iv, v, vii, x: Alberta Health Services (2017). Mumps. Retrieved March 09, 2017, Retrieved from: albertahealthservices.ca/info/Pages15190.aspx
iii, vi, viii, ix: Saskatchewan Ministry of Health . (2015). Vaccine Preventable Disease Monitoring Report Mumps, 2014. 1-4. Retrieved March 10, 2017, from www.saskatchewan.ca/residents/health/accessing-health-care-services/immunization-services#immunization-rates-in-saskatchewan : Immunization Rates in Saskatchewan: Mumps
xi: Manitoba Government. (2017). Mumps. Retrieved March 10, 2017, from www.gov.mb.ca/health/publichealth/diseases/mumps.html

Care & Share and Chili for Children's Elders' Luncheon teamed up to offer a Valentine's Tribute to loved ones who have left us. Chili's Greg Stevenson welcomes the community's esteemed guests.

Drop-In Hours

Mon to Thur 9 to 4 Fri 9 to 1

REGINA Children's Initiative
Strong Beginnings. Brighter Future.

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

Scott Collegiate

3350 7th Ave (306) 523-3512

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

Advice for Life

FOOT CARE 2017

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

We are accepting new clients for office or home visits!

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

Homeboy Industries

...Jobs, Not Jails

by Samantha Riley
photo by J. Morier

The program takes in prison graduates and turns them into high school graduates.

Back in Los Angeles of 1988 there were eight gangs at war with each other in Father Greg Boyle's parish. Father Boyle stated "if L.A. was the gang capital of the world, his parish was the gang capital of L.A."

During that violent time many adolescents were being rejected by their own middle schools. Father Boyle saw the need for an alternative form of education and found space in an under-used convent.

It was important to keep youth occupied outside of classes and there was a shortage of 'felony friendly' employers. Undaunted, the group created a niche offering services such as construction and graffiti removal. These projects brought rival gang members together, working side by side. Homeboy Industries was born.

It's an eighteen-month program involving a paid job and a 'community of tenderness'. It's a sanctuary for folks on the

margins, and Homeboy becomes the stability they sought. Father Greg confirms that "a healed gang member will not reoffend."

Programs include anger management and addictions counsel. A GED and high school certificate is attainable, as is post-secondary preparation.

From Monday through Friday, nine to five, a pool of 45 doctors work diligently to remove tattoos. There is a waiting list up to 3000 former gang members to use this service.

Within Homeboy Industries there is a circle of compassion where nobody is left standing outside. There is value in the power of relationships with those whose dignity has been denied. With the disposable if there is no kinship, there is no peace, no equality and no justice. The social enterprise obliterates the illusions that there is a separation among social classes.



Boyle explains that Homeboy Industries does not go to the margins to rescue anybody. During the process everybody gets rescued and that is how it is supposed to work. Everybody meets in the middle.

Social enterprises are run by Homeboy Industries including silkscreening, recycling, Homegirl Café, a bakery, Homeboy Gear, a grocery store, farmers markets and online markets.

Those volunteers who come to Homeboy Industries prepared to 'save' the homies will not be indulged. Homies do not want to

be given messages of salvation, rather, they want to be heard.

Father Greg says "We have learned what the elements are that help heal this population so that they can transform their pain and not transmit it."

Read more at
www.homeboyindustries.org

Meanwhile, in North Central...

Spurgeon Root runs a sheltered workshop called Healing Hands. The re-build is in progress after the arson in June 2016.

Spurgeon says:
The wood shop is not ready to roll yet but we are hoping to expand the programming and relationship building at Healing Hands as a whole. If you have any talent or ability at all we could probably use it.

BUT - mostly we want people who want to be in relationship and grow with another human. That is really what we do at Healing Hands. You don't need the qualities and abilities of a saviour or a superhero.

If you are connected to a church, business or group, and would like to hear more about opportunities to connect I would love to come and share the vision and goals of Healing Hands.

Spurgeon can be reached through Healing Hearts Ministries at 306-565-3732

Community Calendar

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)

IMCF hosts Soup & Bannock : Wednesdays
(3131 Dewdney Ave)
All welcome, **\$2.00**

Chili for Children hosts : Elders' Lunch every Thursdays at Albert Scott Community Centre (1264 Athol St) **\$6.00/plate**
Elders' 'First Choice' Food Distribution Program

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 JUNE 2017 issue - due MAY 15
editor@nccaregina.ca



FREE LISTING in the Community Calendar to promote your events happening in April & May, 2017. Deadline for June issue is MAY 15.

Tuesday, April 11 - Care & Share and Chili for Children's Elders' Lunch invites you to an Easter Luncheon

Menu includes pork roast, sausages & sauerkraut, coleslaw, potato and macaroni salads, vegetable medley, devilled eggs, cold trays, dainties, juice, tea and coffee. Raffles and door prizes.



St. John Ambulance

Course - Personal Care Worker for support for elderly or infirm residents 16 hours, conducted by a certified nurse. Round of 16 hours begins in May, 2017

To register or for more info: call 306-522-7226 or visit www.sja.ca for 2017 monthly training schedule and to register

Course - Pet First Aid
introductory program for lifesaving training

• April 22 Wed. 6 pm to 10 pm

Community Organizations that work with and respond to victims and survivors—your participation is needed.

Be a part of a community-University of Regina study. This is an open microphone meeting and will be video and audio recorded.

Are you a victim or survivor? What do you need helpers and support people within the community to know and understand?

As a community support person or responder, what would help you better understand victims' experiences and what they need?

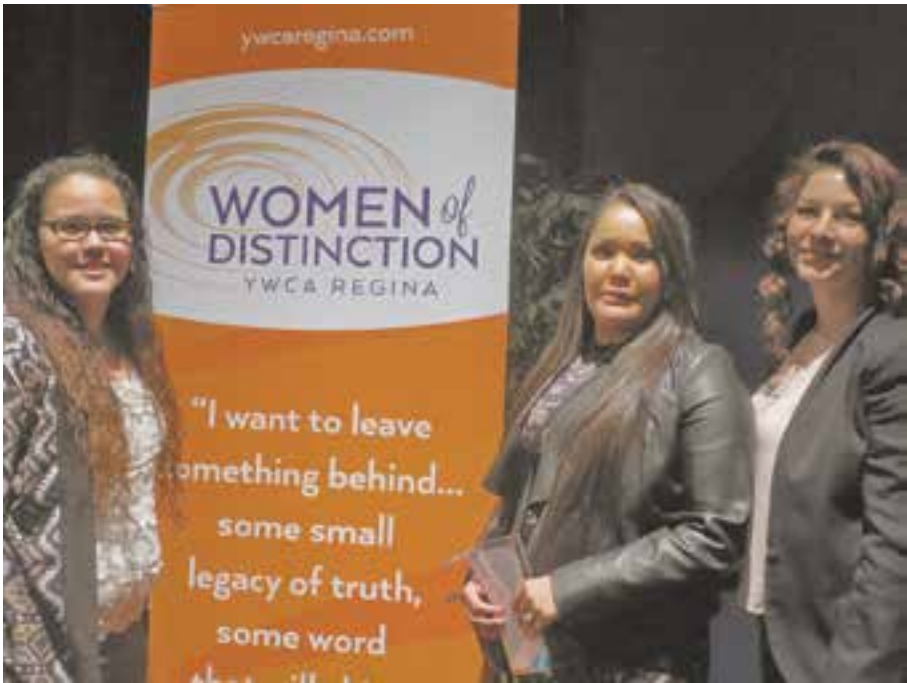
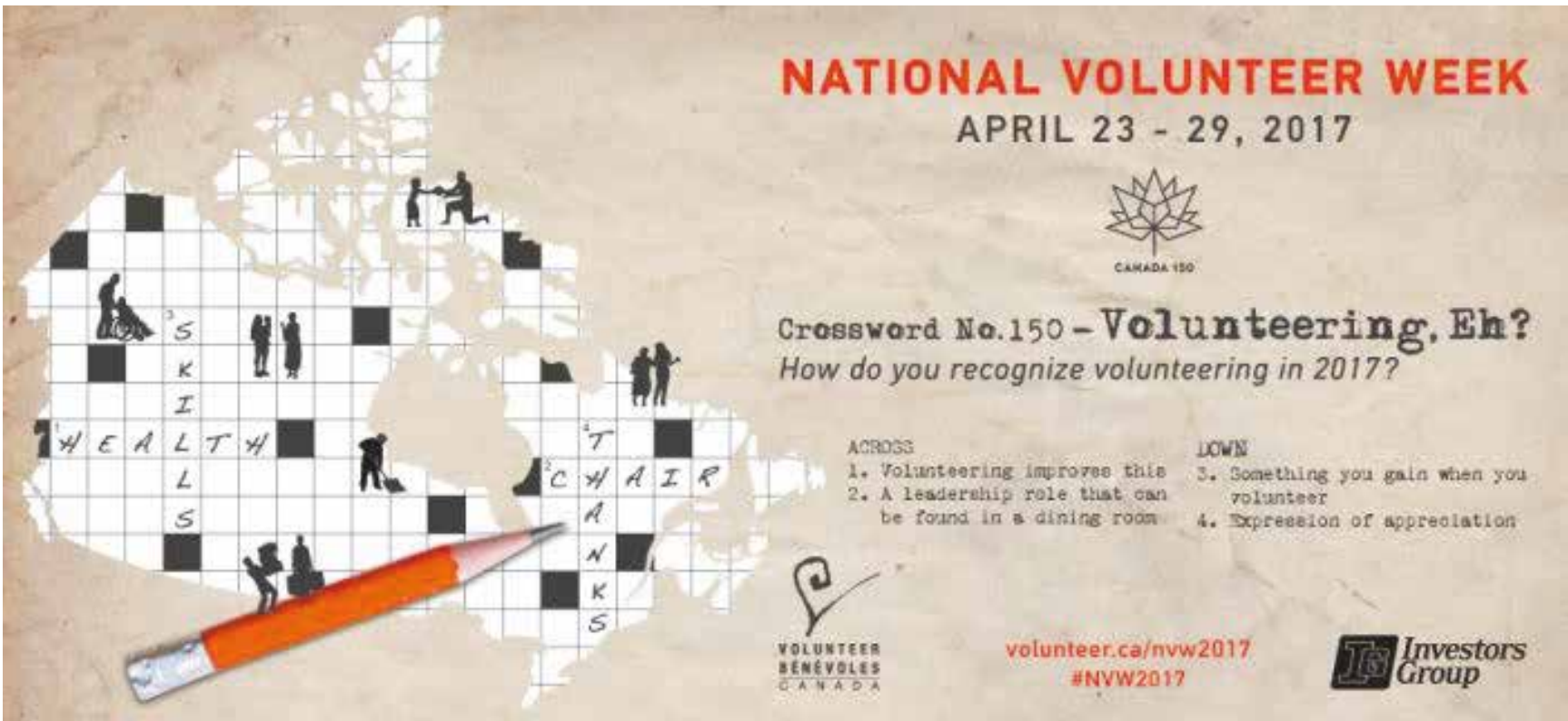
Albert Scott Community Centre, Multipurpose Room 1264 Athol St. Contact Heather Griffith for more information 306-737-9172

Camp Monahan

Register now for summer camp for ages 6-15. If cost is a barrier to participation, contact the Camp office at 306-522-1047 to enquire about subsidies and the volunteer parent program as a payment option.

Camp Monahan—a special place to be!





The Women of White Pony Lodge were nominated for a Circle of Friends Award for the 2017 Women of Distinction, an annual awards gala hosted by the YWCA.

North Central residents Trina Lathlin, Shawna Ochoo and Beatrice Wallace Littlechief are pictured at the nominees reception held in March. Missing from the photo is Sherie Mckay. These are among the volunteers of White Pony Lodge who patrol North Central streets picking up used needles and reporting on abandoned houses.

The Awards Gala will be held on May 11.



Simple/Practical Solutions to Keeping it OUR North Central — WHO to CALL in DANGEROUS SITUATIONS / EMERGENCIES

I am proud to make my home in North Central. As the Member of the Legislative Assembly for Regina Elphinstone-Centre, I want to work with you to do all we can to build pride in our community and build an even better North Central.

To do so, we need make sure our young ones get off to a good start, and that we care for our elders.

We need reconciliation. We need to take on poverty and the need for better housing. We need to fight crime and the

causes of crime. We need to expand education, health and economic opportunities for all. We need to build on our rich culture and heritage.

These are the issues I work on every day. Through this page in the *Community Connection*, I want to highlight some of the opportunities that are available for each of us in working for a better North Central.

Warren



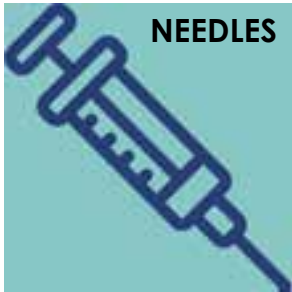
Warren McCall MLA
Regina Elphinstone-Centre
2900 5th Avenue
Regina, SK S4T 0L3
Ph: 306-352-2002
Fax: 306-352-2065
warren.mccall@sasktel.net



FIRE - 911



SUSPICIOUS ACTIVITY
in progress
(306) 777-6500



NEEDLES

(306) 766-7799
RQHR The Street Project/Needle Exchange and Harm Reduction

Needle drop box Alley between 1100 block Cameron St. and Garnet St. off of 5th Ave.

After hours or on weekends, contact Regina Fire & Protective Services: 306-777-7830



DOGS AT LARGE (306) 777-7700

Animal Protection Services - Regina Humane Society (RHS)
Complaints of animal cruelty and neglect.
After hours: 306-777-6500
City of Regina Cat and Dog Control Bylaws. Animals are held at RHS
306-543-6363 ext 230

SEXUAL ASSAULT
(306) 352-0434
24 hours/day
7 days/week



REGINA SEXUAL ASSAULT CENTRE

GANG ACTIVITY
Safer Communities & Neighbourhoods (SCAN)
1-866-517-2337

