

YWCA Women of Distinction honoured North Central's Women of White Pony Lodge with the Circle of Friends award at a gala on May 11.

These recipients are a formal or informal group or organization whose collaboration has resulted in outstanding achievements and valuable contributions to the advancement and well-being of their community. Collectively, they have a shared vision and have worked together to make their dreams a reality.



## Women of White Pony Lodge

Story & photos by J. Morier

L to R: Trina Lathlin, Sherie McKay, Shawna Ochoo, Beatrice Wallace-Littlechief

White Pony Lodge (WPL) is a community-driven initiative created to holistically address the rising gang-related violence within North Central Regina. The group's ultimate goal is to inspire a safer and more connected community. Members of the WPL are regularly consulted to speak to schools, anti-gang initiatives and First Nations' bands. The media is quick to contact WPL for learned opinions on crime and safety issues. The group was a feature story on CBC National News in December, 2016.

White Pony Lodge (WPL) is community-lead and welcomes individuals and groups from across Regina to walk North Central streets and be a positive presence. White Pony Lodge is an entirely volunteer-run organization. The board members are active in leading the weekly patrols and facilitating training sessions. The diversity of their skills is impressive and covers grant writing to soup making to feed patrollers over the winter months. Despite the demands from their families and full-time jobs, the women of White Pony Lodge share the load of this endeavour.

White Pony Lodge initiated patroller training in January 2017. Volunteers must be prepared for a multitude of scenarios and the topics covered many. These 3-hour sessions were free and open to the public with speakers from Regina Police Service, Regina Fire and Protective Services, and Regina Street Project (RQHR).

White Pony Lodge has brought students from other parts of the city to take a 'mock walk' patrol to see our challenges firsthand. WPL has also organized culture camps with partner organizations and has held vigils for Regina murder victims and their grieving families.

It was such an event that gave birth to White Pony Lodge. The #NCEndTheViolence team was established in February 2016 after yet another gang-related death. 150 citizens attended the peaceful vigil and organizers recognized the powerful community support. They knew the time was right to create a street presence in the community. Under the mentorship of Winnipeg's Bear Clan Patrol, and with the blessings of a Knowledge Keeper, White Pony Lodge emerged to patrol and connect the community. The group has been embraced by North Central and very well received by Regina as a positive presence.

White Pony Lodge builds relationships with community members and partnerships with organizations and businesses. WPL provides on the ground frontline services to assist in

reducing violence and provide harm reduction. Immediate and non-judgmental information and support is given to those they meet.

WPL founder Shawna Ochoo says "Too many of our brothers, sisters, and community members are being murdered, seriously harmed, or incarcerated due to ongoing gang violence. Too many families are being destroyed and torn apart. Too many of our young people and children are thinking that this lifestyle is the only choice because it's the only thing they see when they walk out the door."

WPL Patrol welcomes new volunteers. Many first time volunteers return to recommit their time because of how rewarding the experience is. They immediately see the acceptance and the difference they make and want to participate in the change. The numbers have grown to 150, since patrols began in June, 2016.

Volunteers clean the streets by picking up and disposing of needles and drug paraphernalia. They identify and report abandoned properties and unmaintained

lots. Streetlight outage locations are recorded as are graffiti tags.

Neighbours emerge from their homes to greet patrollers, some of whom are relatives. Cars pull over to hand the group money, saying 'take everybody for coffee'. Children call walkers over to show them where the needles are. Recently, a lovely woman emerged from her home with homemade cookies for patrollers!

The women who lead WPL give hope to a community through peaceful walks through the neighbourhood. White Pony Lodge's presence in North Central helps to restore a sense of community and creates a sense of pride.



White Pony Lodge wishes to thank the following for their letters of support:

- Chief Evan Bray, Regina Police Services
- Warren McCall, MLA Regina Elphinstone-Centre
- Joel Murray, Ward 6 City Councillor
- Elder Archie Weenie, Open Sky Retreat

Chief of Police Evan Bray wrote: "White Pony Lodge is also valued in the community as it empowers the residents of North Central to take an active role in making their community a safer place... The Regina Police Service supports the work of the White Pony Lodge and endorses the Circle of Friends nomination."

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Suited up for a winter patrol with WPL regulars and a visiting student group.





# Maxine Goforth - A Mother's Love

by J. Morier

There is nothing Maxine wants more than to live a peaceful life. It's a dream for her and her grandchildren.

It hasn't been easy to achieve.

"But it's my community," Maxine says. "I mind my own business."

"It's lovely to walk or bike on the streets and greet your neighbour, to see the elderly out strolling, to see people walking their dogs. This neighbourhood gets a bad rap."

In 2014, Maxine was, herself, a victim. She was cycling down Dewdney Avenue and stopped to walk her bike through the park. A party in a nearby house exploded into the street when someone inside pitched something through the window. The party ran out, accusing Maxine of causing the damage. Horror followed when Maxine was beaten by a gang of girls and a few men. They stole her bike and purse and even the shirt off her back. Bloody and confused, Maxine stumbled down alleys to the refuge of her home.

One Saturday evening this past April, Maxine's adult son was babysitting the children in Maxine's care at his home next door to hers. Her house was left unlocked for the children's access. Maxine's son snapped a photo of a man pointing a rifle at her empty house before bursting in.

"I can't imagine the outcome if my son and grandchildren would have been there."

That evening, the perpetrator caused enough havoc in North Central to rack up 41 charges, including pointing a firearm at an 11-year old child.

Maxine feels safer with increased police presence in the neighbourhood, along with the visibility of White Pony Lodge and their weekend patrols.

*September 25, 2013, Kelly Goforth's body was discovered in a back alley of an industrial/commercial area east of downtown. She was only 21. Clayton Eichler pleaded guilty to second-degree murder in September 2016. He is serving life in prison with no eligibility of parole for 20 years.*

Police and Victim Services Unit were a comfort when her beloved daughter Kelly was taken.

The detectives who solved Kelly's murder came to her home, showed up at the vigils and barbecues in the years that followed. Maxine has been invited to speak at police events around Missing and Murdered Indigenous Women and Girls. She is sincere in her respect for the Regina Police Service and has never had cause to doubt their words.

Regina Police Services and Victim Services were prompt with their care. They did not judge and they kept family informed. There were false hopes from people who said they had seen her.

Maxine kept the Police informed when she was out looking.

**Police and Victim Services Unit were a comfort when her beloved daughter Kelly was taken.**

Police sent a car on that dreadful day when her Kelly was found. Details were published in the media that Maxine hadn't heard beforehand. RPS apologized, but it seems that media does their own investigations without considering the families.

Her seven brothers came and stayed day and night.

It was a sensitive investigation and Maxine was devastated that she could not follow the Indigenous custom of viewing the body. When her family went to the site to lay tobacco and a rose, the owner of the cabinet shop by the dumpster where her child was found showed up, offering support. She found this a comforting gesture from a stranger.

What followed was a period of intense grief. There was no sleep where she could find relief. "I couldn't even speak through my tears."

Maxine had always longed to speak to someone. Victim Services did send her to Greystone Bereavement and she went once. But since their office is located a block away from

where her child was found, she couldn't bear to return. There has been no follow-through for offers of counselling.

After a time, something clicked for Maxine. She had an epiphany and has found acceptance. Her family has also since found their strength.

"There's a point where you have to forgive and move on." These words were spoken by her father, Senator Aubrey Goforth, a former chief of the Peepeekisis First Nation and long-time advocate of treaty and inherent rights. Senator Goforth passed away in 2013.

Maxine adds "I want to make my world a better place for my grandchildren. It's not going to get better if we don't make it better. If I want to be a helper I must be healthy myself."

Maxine stays healthy in order to raise Kelly's 4-year old son. "It doesn't pay to hold resentment, it makes you sick and alienates those who love you."

There is another mother who is in the same sad situation as Maxine and they have met to share their stories over coffee. What they also have in common is being let down by organizations that have promised family counselling. The present MMIWG enquiry hasn't been to Regina yet—Maxine will make it known that they've been failed.

Maxine intends to use social media to create a support group and to communicate the goal and schedule regular meetings. One of the goals is to be a presence for family when a child has been taken.

"I'm looking for a network of human beings who can support one another's grief. We will be there to hold them, to let them cry, to be a silent presence." She remembers the helplessness of being unable to help herself. She is no longer ashamed of her grief.

"A leader has to be healthy themselves, I'm getting there. I have an obligation to my children."

Maxine has been invited to speak with groups and hear others' stories. She wants to help

**"It doesn't pay to hold resentment. It makes you sick and alienates those who love you."**

whoever needs help.

"I don't want what we've been through to be for nothing."

"I owe a great deal of thanks to Brenda Dubois and Jaqueline Anaquod who have proven their friendship and support time and time again. I want to be there for other people the way there were for me, to provide the same kind of love that was shown to me."



If you would like to be involved with a support group for family loss, to share your experience or seek comfort among those who understand, please contact Maxine Goforth

m.goforth69@gmail.com

Regina Police Service Victim Services Unit offers support and information about your ongoing case and act as referrals to other community agencies. They will help you deal with the emotional trauma, and answer your questions around police procedures and the court system.

They provide information and resource material appropriate to your needs, such as crimes compensation, restitution, and crime prevention.

Contact The Victim Services Unit at 306-777-8660.



# Regina Transition House

## Supporting women and children to live violence free for 40 years

interview by J. Morier

“Some women come in and already know what resources they need. Others come in shell-shocked. Our first job is to establish a rapport.”

Samantha Racette is an Outreach Advocate at Regina Transition House (RTH). Transition House has assisted over 14,000 women and children fleeing domestic violence during its 40 years of operation. It is an unfortunate fact that Saskatchewan has the highest rate of reported domestic assaults of all the Canadian provinces.

RTH is a temporary shelter with an average stay of 21 days. After leaving, women still have access to the programs and services such as counseling and support.

The outreach program has been running for 5-6 years and is undergoing a revamp to place more emphasis on creating independence. Originally it was to be a 1-year program, yet RTH counsellors are still in contact with women who have successfully moved on following violence and some are still dealing with its impacts.

Children’s Counsellors have program priorities of risk assessment, supportive counselling and parenting assistance. Referrals are made to various community agencies and services for children’s ongoing needs. Children can stay in their school if mothers have reliable transportation, but the intimidation from the abuser often lingers – sometimes threatening to harm children to get at the victim.

RTH works closely with Regina Police Services, who recognize that their number one emergency call relates or is in direct correlation to domestic violence. Counsellors deal with legal aid and lawyers, and walk with women through the system. They will also advocate with the Ministry of Social Services and Regina Food Bank, to name a few. Working to heal begins with case planning and goal-setting sessions.

What is the difference between a healthy and an unhealthy relationship?

Compromise	Own Friends	Feeling anxious around the other person	Erratic Behaviour
Own hobbies	Support	Feeling overwhelmed	Obsessive behaviour
Both are equal	Consistency	Feeling Trapped	Lies
Honesty	Own Interests	Mistrust	Control
Encouragement	Respect	Abuse	Manipulation
Own Space	Compliments	Checking Facebook/phone	Cheating
Love	Friendship	Over jealous	Feeling scared
Reliability	Privacy	Wanting to know where you are all the time	Criticism
Choices and Options		No choices	Isolation
			Accusing you of cheating

24 hour Crisis Line 306.569.2292

RTH provides referrals to Family Services Regina, which offers free counselling, art therapy, and walk-in services.

All women in need can rely on RTH. Often their clients are Indigenous women. Smudge, ceremony and healing circles with Elders provide a level of safety and comfort.

Reunification with the abuser is not uncommon. In fact, it takes an average of 7 times leaving before she makes the final decision to heal and detach. If this is a woman’s 4th or 5th time through the program, RTH wants to send them away with their dignity and a safety plan. Sadly, not many return because of shame, and the stigma of failure.

RTH volunteers provide childcare during the weekly sessions, some of the volunteers may have at one time benefitted from the program. “I find the job humbling. Women find that staff genuinely give a damn. We are very supportive and non-judgmental.” Samantha says.

There is room for 25 people (women and children) in the shelter. They have a waiting list and always offer up a silent prayer for those they are unable to contact when a room becomes available.

Samantha says “If you feel you need the services, call. If we are unable to help, we will walk with you to someone who can. We have advocates who have memorized policy and federal regulations. We help navigate the system, nobody is there to abuse the system, they’ve only learned to manipulate it for survival purposes.”

# Truth and Reconciliation Commission of Canada: Calls to Action

This is the seventh 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

**SETTLEMENT AGREEMENT PARTIES AND THE UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLE**

**48.** We call upon the church parties to the Settlement Agreement, and all other faith groups and interfaith social justice groups in Canada who have not already done so, to formally adopt and comply with the principles, norms, and standards of the *United Nations Declaration on the Rights of Indigenous Peoples* as a framework for reconciliation. This would include, but not be limited to, the following commitments:

i. Ensuring that their institutions, policies, programs, and practices comply with the *United Nations Declaration on the Rights of Indigenous Peoples*.

ii. Respecting Indigenous peoples’ right to self-determination in spiritual matters, including the right to practise, develop, and teach their own spiritual and religious traditions, customs, and ceremonies, consistent with Article 12:1 of the *United Nations Declaration on the Rights of Indigenous Peoples*.

iii. Engaging in ongoing public dialogue and actions to support the *United Nations Declaration on the Rights of Indigenous Peoples*.

iv. Issuing a statement no later than March 31, 2016, from all religious denominations and faith groups, as to how they will implement the *United Nations Declaration on the Rights of Indigenous Peoples*.

**49.** We call upon all religious denominations and faith groups who have not already done so to repudiate concepts used to justify European sovereignty over Indigenous lands and peoples, such as the Doctrine of Discovery and *terra nullius*.

### Equity for Aboriginal People in the Legal System

**50.** In keeping with the *United Nations Declaration on the Rights of Indigenous Peoples*, we call upon the federal government, in collaboration with Aboriginal organizations, to fund the establishment of Indigenous law institutes for the development, use, and understanding of Indigenous laws and access to justice in accordance with the unique cultures of Aboriginal peoples in Canada.

**51.** We call upon the Government of Canada, as an obligation of its fiduciary responsibility, to develop a policy of transparency by publishing legal opinions it develops and upon which it acts or intends to act, in regard to the scope and extent of Aboriginal and Treaty rights.

**52.** We call upon the Government of Canada, provincial and territorial governments, and the courts to adopt the following legal principles:

i. Aboriginal title claims are accepted once the Aboriginal claimant has established occupation over a particular territory at a particular point in time.

ii. Once Aboriginal title has been established, the burden of proving any limitation on any rights arising from the existence of that title shifts to the party asserting such a limitation.

*"The best strategy is going to involve indigenous and non-indigenous people working together."*

**Hon. Justice Murray Sinclair**  
**—The One Who Speaks of Pictures in the Sky**

The 94 Calls to Action and the entire reports published by:

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





## The Good Life COMMUNITY NETWORK

Life is like a menu. You have a choice. You can choose a positive attitude or a negative one. You can choose a healthy lifestyle or an unhealthy one. You can choose to be a giving person or a selfish person. It's called personal power, the power of choice. Even if you think you aren't making any choices, you are. Personal power means taking responsibility for your own attitude, feelings and behaviours (and no one else's).

Having a positive attitude can go a long way to building your self-esteem. A positive attitude just makes life so much easier. If you see life as a struggle, it will be for you. If you see life as a gift, it will be that for you. It's all about perspective and how you look at things.

Look for the positive in life instead of the negative. Look at problems as potential learning experiences. See challenging times as a chance for personal growth. There are no mistakes, only experiences. Look at all you have learned from all your experiences. Accept people for who they are and appreciate what you can about them. Be grateful for what you have instead of wishing for what you don't have. Practice patience instead of getting all stressed out.

Join the Good Life movement – check out our website at <https://sites.google.com/site/goodlifencyqr/> (or google – goodlifencyqr)

and like us on Facebook using the link on our website.

## Keep a Positive Attitude

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

by Lisa Workman

Join Living the Good Life group at Four Directions every Friday afternoon.

Join the Good Life Community Network to help promote the Good Life in the community by contacting Lisa at 306-766-7549.

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



by Josh Brears

Tired of North Central's messy alleys? Would you like to volunteer for a day to help clean it up?

Last year the Renew Project cleaned up alleys in North Central and covered a majority of the graffiti in the neighbourhood with the help of Gentle Road Church!

Now we are looking to build upon the success of last year.

Renew will be hosting events throughout the summer of 2017 to clean up targeted alleys in North Central. Clean ups include garbage pick-up, covering graffiti and minor yard work. After the event the Renew staff will host a BBQ for all the volunteers in the event. Volunteers are needed for each event to ensure a successful summer with renewing the community. Volunteers like you help make it possible to work together to build a safer and cleaner community. We greatly appreciate the time and commitment that this community has to offer. Please contact our office at (306) 791-9888 or email me at Josh@nccaregina.ca with your questions or any concerns you may have.

This year's team is lead by Josh and assisted by Skyler.

If you would like to learn more about how to get involved give the Renew project staff a call at 306-791-9888 or email [renew@nccaregina.ca](mailto:renew@nccaregina.ca)



## Go Green Re-signed for another season!

photo & story by Pauline Gabriel

Pauline Gabriel is thrilled that Go Green is back! "I am looking forward to an exciting year in the new stadium, and I hope you are too. There will be changes, there will be growing and adjustment pains, but just roll with it and look at the positive... we have a future in the new stadium!"

June 10 is the pre-season game. Pauline says "We had 55 community members work for the Regina Rocks Concert. 80+ are needed at each Rider home game. July 1 is first game of the season."

All interested North Central residents who wish to register for the Go Green program please text Pauline at 306-570-7101 or call the NCCA office at 306-791-9888. Volunteers are given a cash honourarium at the end of the night. Visit the Go Green Program FaceBook page for the most up to date news.

The Go Green Program is in partnership with REAL (Regina Exhibition Association Ltd.).

## NORTH CENTRAL Community Garden CELEBRATES 10 years!

We welcome Renee Pasap as our 2017 Community Garden Coordinator.



The main community garden is at the Oasis, a church yard on 7th Avenue at Garnet Street.

Planting Days were held May 24 & 26 with students from Sacred Heart, Seven Stones and Scott Collegiate—approximately 100 students, teachers and volunteers! We are grateful to Giant Tiger for the donation of hot dogs, buns and watermelon for our barbeque.



Sacred Heart photo: M. Parker



Seven Stones photo: Michael Parker



Scott Collegiate students  
photo: Sophie Littlechief-Carteri, Teacher



# “It’s not just my problem. It’s everyone’s problem.” A lot of small voices raised TOGETHER can make big change.

The questions asked of survivors were ‘*what do you need the helpers and support people within the community to know and understand?*’

To community support people or responders who work with victims and survivors, Heather asked ‘*what would help you better understand victims’ experiences and needs?*’

A FEW FACTS:

- Victim survivor rights are few and far between.
- There are only 12 courses offered at Canadian universities on victims of crime, and victimology.
- Although victims have the right to submit a victim impact statement, Courts are not required to consider them in sentencing offenders.
- It used to be acceptable to drink and drive, that is, changes in attitude take many years.
- Social workers, counsellors, nurses, police and teachers are a few of the broad field of people who come in contact with victims and survivors of crime and trauma.

SOCIAL WORKERS:

‘What do you wish you knew to help you respond to people you work with?’ The answers were honest and heartfelt. They revealed that those responding to trauma are sometimes traumatized themselves in the process. It goes that if you encounter a situation that you can’t filter or process, it can be problematic. More funding for counsellors or students is only a Band-Aid on systemic issues.

The director of RAMP, a community-based justice program, described how the organization was once offender-driven, now it’s victim-centered. The challenge is informing the community how important it is to have victims share their voice. The agency trains volunteers to support victims to have a voice or sometimes a victim surrogate will participate in restorative justice processes. They rely on services within the community to offer supports to offenders and victims.

Reps from the Aboriginal Family Service Centre and the Catholic Family Services shared how they are contracted through the Ministry of Social Services. They focus on child protection, making statements at police stations in

support of families they work with. They arrange supervised visits to prepare families for children who will be returned to their care. Workers deal with residential school survivors and with addicts.

TEACHERS:

A teacher has worked in North Central for 10 years in an early childhood environment. She can’t find preventative supports for children 3-5 years old. Much work is being done with advocates in the SK Teachers Federation.

The markers of trauma can be measured in behaviours, and even physical symptoms like increased heart rate, stress hormones. They can last a lifetime. Young children can’t verbalize and make meaning of the suffering.

Another teacher saw how bullying turns dangerous when a victim shows signs of weakness. How do you detect bullying from silent victims? There are few programs that address this shock.

Caregiving and responding and bridging are some of the roles teachers must play. Community, experiential knowledge and spirituality are not recognized as they should be. They are what feeds people in deep, meaningful ways to help them through trauma.

Teachers don’t always know when their students are experiencing trauma. Some teachers are more sensitive to troubles than others, or behavioural issues may be attributed to something else like ADHD. Many behaviours are now being medicalized or psychologized The problem is coming out in some way. Extreme markers of trauma are more evident. Some children have “learned” not to be visible. The offender will teach the child to hide everything adults are looking for.

There needs to be more interface among agencies that deal with trauma and responding to victimization should not be left to the teacher. Much damage comes from the community itself, such as being flashed, chased or bullied. It’s important to really understand what bullying is.

It’s also difficult to plan programming in the midst of budget cuts. People don’t know where the support is—or they get to it, then the program’s funding is cut.

Heather Fox Griffith, a North Central resident, is a doctoral candidate in PhD in Education program at the University of Regina.

On April 26, she invited community organizations that work with and respond to victims and survivors to a Community Conversation at the Albert Scott Community Centre to participate in a U of R study.

by J. Morier and Heather Fox Griffith

It is hard to educate kids if they’re not prepared to learn. The classrooms are getting bigger. You have to cut through much red tape to get children help from counsellors. Teachers sometimes face sending the child back to a dangerous home life. The child says “I tried to talk to an adult, they didn’t hear me.” Teachers can feel guilty that they couldn’t help. They internalize it and say “I didn’t do enough, I’m failing.”

COMMUNITY PASTOR:

We need to understand how much is pain based in PTSD. As one client said, “waking up alone was horrifying”. That was the reason he slept around—to avoid the nightmares. Even the worst offenders often have back stories of their suffering and they act out because of it. The education lies in giving them supports needed to deal with the victimization before it progresses to criminal activity.

Connect the dots backward and you will see the origins of the offender’s actions.

In working with gang members, we tend to think of them as offenders but they always come from abusive or socially difficult backgrounds.

When children understand that it’s not right to be touched in a certain way, they can speak out. We need to recognize that the issues exist, then take the time needed to address them. Not everybody (e.g. teachers) have that luxury of time. You can’t drop everything to work with a victim. There needs to be an understanding that males are also victims of domestic violence. There’s nothing in Regina to help them, nowhere for them to go, especially with their children. Our notions of masculinity / femininity prevail. Anybody in an unhealthy power relationship will take what’s available. Many men as boys were certainly traumatized at residential schools but often feel they can’t speak about it.

A SURVIVOR:

“It’s hard to advance when you’re triggered all the time.” Community-based networking helps. Survivors must be looked upon as human beings. Experienced people are being used more for counselling. The shift is coming about.

New refugees, for example, will need supports as they adjust and try to deal with their ordeals.

SOLUTIONS:

Educate your colleagues on victimology. Be empathetic. The directive can’t be from the Government down, it must come from the community.

Reflect and reframe and the learning can be transformed. Once you let your stories become heard, how are your circles going to hold you? How will you fit in? Would you rather be silent than to be alone?

Responders and support people are trying to be the best they can be but we need to do a better job and understand that “it’s not just my problem. It’s everyone’s problem.”

Suggestions of what’s most important in a victim-centered approach:

- Advocacy for structural change that focuses on education and creating an understanding of the need for programming.
- Make people and society accountable for providing supports and services, and preventing victimization from occurring.
- At the Federal level—examples of change are the ways people fought laws that previously saw charges laid against street workers (mostly women) to now charging the Johns.

A lot of small voices raised TOGETHER can make big change. Education helps people to understand on what it means to be a victim. We can do this as a community. We will do our best for the victims.

If you were unable to attend the meeting and would like to contribute to the study, please take the online survey titled “Victim and Survivor Studies –Bridging Perspectives”. Your feedback is important! This survey explores how education can guide the ways community organizations, responders, volunteers, and professionals provide services and support the needs of victims and survivors. Please don’t hesitate to contact Heather Fox Griffith with any questions you may have. The survey can be accessed at [www.surveymonkey.com/r/MT8Y5PM](http://www.surveymonkey.com/r/MT8Y5PM) Heather can be reached at 306-737-9172.

## Community Giver Retires but is never far away

interview by J. Morier

**Roxy Balkwill** retired this spring from Conexus Credit Union. She spent 36.5 years serving various communities in and around Regina. She came to manage the Conexus branch at 5th and Elphinstone in 2002.

Roxy grew up in Lebreton and is proud of her Métis heritage. She has been committed to helping with Circle Project and North Central's National Aboriginal Day celebrations for ten years. "It's really been a blessing for me to support community through financial or volunteer means," she says. Her volunteer efforts extend to IMCF and North Central Family Centre.

She began her career at the former Sherwood Credit Union at Sherwood Place and worked her way up. Sherwood CU merged and was rebranded as Conexus Credit Union.

The 5th and Elphinstone branch of Sherwood Credit Union was one of the first in the city, opening up in the early 1960s. Older members of the neighbourhood will remember it as their branch.

When Conexus moved into the 5th Avenue location, half the building was unused so Roxy opened the doors to a clothing drive. The donations were to go to Kitchener School for distribution. The word got out, when men came in off the street for sturdy winter jackets and a young girl in foster care wandered in asking for clothing for her and her little brother. The staff could not deny and were happy to open their hearts.

It's that generosity of spirit and good will that has endeared Roxy Balkwill to the North Central community. We thank you for your service Roxy. Enjoy your well-earned retirement.



photo courtesy of Conexus Credit Union

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**Good Neighbour Services** is a local construction company that builds quality decks and fences at an affordable price. Each construction project is built by community members in North Central Regina and our profit is reinvested in the North Central Community Association to subsidize program and services for others in the community.

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For information about services, volunteering or donating  
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# Scott Collegiate Inspired Learning!

## Scott Collegiate Wilderness Adventure Club

Another school year is coming to a close, and that means another spring camp for the Wilderness Adventure Club (WAC)!

WAC is an extracurricular activity headed up by Ian Temple and Jori Cachene and is in its third successful year. Through outdoor experiences, Temple and Cachene hope to instill a sense of stewardship and deep respect for nature and all her gifts.

In the past WAC has gone on some very beautiful and exciting outdoor camps, and this year is no different. This spring WAC will be attending a 5 day trip to Kananaskis in Alberta. There students will walk, hike, paddle, swim, and research about the different ecosystems that the Rocky Mountain region has to offer.



Of course, WAC wouldn't leave the front door without the help of others. Scott Collegiate WAC would like to thank the Scott Collegiate Community Council for supporting our efforts, SaskLotteries, Sask Outdoors for their generous grant that has funded us several years now, and anyone who supported our fundraising efforts by attending our karaoke nights or buying a play house ticket (draw on June 1st).

If you would like to donate, or get involved please call the Scott Collegiate office at (306) 523-3500.



## YES! All the Big News is Here!

Soon after you read this newspaper, the original building of Scott Collegiate will have closed and we will be gearing up to open in the brand new Māmwēyatitān Centre.

Some people may be wondering a few things and so here are the answers to some of the questions we have been hearing.

**Yes!** We will still be known as Scott Collegiate within the Māmwēyatitān Centre.

**Yes!** You will continue to find updates, information, and posts about current happenings upcoming dates and events on our website, [www.scottcollegiate.rbe.sk.ca](http://www.scottcollegiate.rbe.sk.ca), our Twitter and Instagram accounts @scottcollegiate.

**Yes!** We are planning to use this change to introduce our new Pathway programming for students. The Pathways will be an opportunity for our students to explore their passions, take classes that support those


passions, and to take part in opportunities that will allow students to gain valuable experiences directly within the community of those passions. Specifically we will be focusing on Tourism & Hospitality, Communication Arts & Media, Holistic Health and Sciences, and Advanced Learning.

**Yes!** We can't wait to greet our students—those new and returning—in the new school and Centre on September 5th. Students wishing to register can begin to do so on August 28th. Students must come in with a parent/guardian to begin this process.

**Yes!** We are SO excited to start this new chapter of Scott Collegiate and continue to be part of this community. Exciting things will be happening as the school year begins and we move forward together with parent and community support.

Stay tuned and see you September 5th!

## YES! Good things are coming!



### Working for You

*Warren*

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

A National Union  
Supporting Your  
Community



Representing over 6,000 retail and service workers in SK,  
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## photo: J. Morier

If you have photo albums or personal anecdotes of North Central to share with the North Central Regina History Project website, please get in touch! And visit the history website to view what's been achieved with the collection of memories so far.





A happy group of volunteers, youth and Riders enjoy each other’s company at a SEARCH gathering.

Adult counselling is SEARCH’s newest program. Counselling was started to serve the needs of the community in a safe, reputable organization within the North Central neighbourhood. This program is currently provided only for adults. This program of one visit or continuous appointments is offered free of charge.

Two professional counsellors donate their time and expertise. Mature students (in 3rd or 4th year of study in health profession) sit in on these confidential

sessions. Counsellors can refer you to other community resource workers.

Drop in is okay but booking appointments is recommended by calling Four Directions at 306-766-7540.

Get counselling to help you with:

- Grief
- Stress
- Anxiety
- Trauma
- Depression
- Relationship tension

# SEARCH

Student Energy in Action for Regina Community Health

SEARCH offers medical services to the clients who request medical attention. These services can be for adults or children to see a doctor, nurse practitioner, and nurse (and student volunteers from various health professions) for prescription refills and other general health questions.

Physical therapy and exercise prescription services are also part of the medical services offered at SEARCH, further increasing access to community residents.

SEARCH operates Monday evenings from 5:30 to 8:30 pm at Four Directions 3510 5th Avenue (corner of 5th and Elphinstone). This summer schedule runs until the end of August. Please note SEARCH is closed every long weekend over the summer.

Physiotherapy: Intake for initial assessment. Professional physical therapists will help individuals seek treatment they need if we can’t provide it directly. These sessions are FREE and drop in. It may take up to 1 hour for an initial assessment followed up by half hour sessions to treat and review progress. If you need to go from in-house treatments to referrals to health region clinics, the treatments are no cost.

Physiotherapy relieves your

# Healing Body & Soul

by J. Morier

suffering from:

- muscle or bone injuries
- lower back pain
- neck pain
- joint replacement
- rehabilitation
- balance issues
- postural support

SEARCH Executive Director, Kelly Husack says “If you’re not certain of the cause of your pain, whether it’s a sore jaw or an unknown injury—if physical therapy can’t help you, our medical team can assess and refer you to the services you need. Entering the system is always the hardest step. We can help.”

Other SEARCH services:

- Nutrition Program
- Fun With Food
- Women’s Group
- Counselling
- Cultural Support
- What’s the Buzz?
- Children’s Program
- Literacy Days
- Childcare

[www.searchhealthclinic.com](http://www.searchhealthclinic.com)

## A Move for Health Care Nurses

Regretfully, the North Central Health Office will not be moving into the Mâdawêyatîtan Centre in mid-June. The Foot Care Nurses will be relocated indefinitely to the RQHR Primary Health Care offices at 1056 Albert Street. Front street parking is available.

Jude and Donna will be notifying current foot care clients who have appointments in June and July as to when the move is happening, so they will know where to go. There is a possibility of changes to the office hours. We will keep you informed as soon as we know! Phone 306-757-1046 for a current message and confirmation of move dates.

Jude and Donna will continue to provide blood pressure and blood glucose readings (and hugs) at the weekly Care & Share Senior Luncheons at the Mâdawêyatîtan Centre when they resume in the fall.



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 - 5<sup>th</sup> Avenue

Regina, SK (306) 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

**Call 306-757-1046 to book an appointment or leave a message**  
**Community Nurses: Jude McCann RN & Donna Adams RN**



**PlayEscapes** – July 5 to August 11 (no program on August 7) 9:30 am to 12 pm & 1:30 to 4:30 pm.

- Albert Scott Neighbourhood Centre & Mâdawêyatîtan Centre
- Free and inclusive summer drop-in program offered by the City of Regina
- Children must be 5 years old by December 31, 2017 through Grade 7.
- Program offers leader-facilitated play opportunities.
- To register, fill out a Participant Information Form available online and on site the first day of the program.
- Regina Education and Action on Child Hunger (REACH) offers a take home lunch in partnership with the City of Regina.
- Supervision is not provided during lunch time, participants will be required to leave the site from 12- 1:30 p.m.

For more information, call 306-777-7146 or visit [Regina.ca/playescapes](http://Regina.ca/playescapes).

**CORRECTION:** in the April issue the Community Voices article featuring Morning Star Ministries mentioned that their prayer group session was lead by Neil Anderson. Mr. Anderson is the author of the book, not the session leader. A Prayer Group 'The Bondager Breaker' is lead by Neil Anderson.

## Judy Livingstone Farewell



A lovely lady was honoured at a touching tribute at a Chili for Children Elders' Luncheon held in May.

City of Regina employee Judy Livingstone has been keeping Albert Scott Community Centre neat as a pin since 2003. She works with a cheery disposition, with stories to tell and tunes to hum. Chili for Children especially appreciated Judy giving up her own lunchtime on Thursdays to help serve the Elders.

Judy will be moving on to another City rec centre when Albert Scott closes... Unless she wins the lottery (her favourite expression!)

## Early Learning Centre Celebrates 40 Years of Service

Early Learning Centre

While working as a kindergarten teacher at an inner city Regina school, Anne Luke became increasingly concerned by the challenges facing children from low-income families. In early 1977, she conducted a door-to-door survey in the city's North Central neighbourhood to see if there was interest in developing a unique preschool program. What she learned confirmed her belief that parents knew having an education was important in breaking the cycle of poverty and children needed extra help if they were going to succeed. Parents were very interested in working with Anne to develop a preschool.

Anne and the parents found a small building in the inner city and, with volunteer help, the Early Learning Centre opened its

doors to ten children in October, 1977. Anne was their teacher. Muriel Lerat, a parent volunteer, became the second staff person. Anne and Muriel combined their unique experiences in formal early education and practical low-income living to create the curriculum. This blend of community experience and proven educational theory remains a practice in the Centre today.

The Centre has grown over time. As well as the Preschool Program, the Centre now offers home-based programs, including the Parents as Teachers and KidsFirst programs. Almost 40 years later, through this growth, the Centre has remained true to its original vision of working in partnership with parents to support the healthy development of young children.



## 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.

**UPDATE: The Walking Club will continue meeting through June in the current space at 1264 Athol Street.**

### COMMUNITY MOBILE STORES!

#### EVERY MONDAY

**11:00 am to 1:00 pm**

North Central Community Association (1264 Athol St. in multi-purpose room)

#### EVERY THURSDAY

**3:30 pm to 4:30 pm**

Rainbow Youth Centre (977 McTavish St.)

Everyone welcome!

Cash only! Call 306-347-3224 for details



### Care & Share for Seniors

is retiring for the summer. Will relaunch in the 'new space' in September.



### 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.

**UPDATE: Chili for Children will continue meeting through June in the current space at 1264 Athol Street.**

FREE LISTING in the Community Calendar to promote your events happening in June & July, 2017.

Deadline for August issue is JULY 15.

### IMCF hosts Soup & Bannock : Wednesdays

(3131 Dewdney Ave)  
All are welcome, \$2.00

### Ehrlo Soccer League

Our FREE soccer program begins July 4th at Parkdale Park from 4:30-5:30. There are also other locations listed on the poster.

It is open to boys and girls ages 8-18. Transportation will be provided for FREE if needed. Phone 306-751-2411 for more details or check us out on Facebook: Ehrlo Sport Venture

Middle Level (Gr. 7-9) **Summer Skills Camps** are being offered in partnership with Skills Canada, the Regina Trades and Skills Centre (RTSC), Miller High School and the Canadian Manufactures and Exporters Council (CMEC). Deadline for registering is June 16. (Equity funding is available)

**Small Engine Repair Day Camp**  
Mon, July 17- Fri, July 21  
9am–4pm \$170/student  
Regina Trades & Skills Centre

**Robotics Camp**  
Mon, July 17- Fri, July 21  
9am–4pm. \$170/student  
Regina Trades & Skills Centre

**Culinary Arts**  
Mon, July 17- Fri, July 21  
9am- 4pm \$230/ student  
Miller Comprehensive

Camp registration forms available from your school Career Counsellor or Middle Level PAA teacher. Also available online at [www.rdiec.ca](http://www.rdiec.ca) under the Programs section and Summer Skills Camps tab.

Contact Sejal Thakker, Program Facilitator @ RDIEC, for more information.

[sejal.thakker@rdiec.ca](mailto:sejal.thakker@rdiec.ca) or 306-520-2349.

Visit [www.rdiec.ca](http://www.rdiec.ca)



Content for  
AUGUST 2017  
issue - due

**JULY 14**

[editor@nccaregina.ca](mailto:editor@nccaregina.ca)







Community Planning Feedback Session

On May 10 The North Central Community Association invited the neighbourhood to give further feedback on the comprehensive Community Plan for the North Central neighbourhood. Planning firm Prairie Wild Consulting Co. was contracted to assist NCCA in the development of the plan.

Please join us in the unveiling of the plan at the Annual General Meeting on June 22.

Your help is needed in building a safe & caring North Central.



This is your invitation and a call to action!

New Address Coming this Summer!

3355 6th Avenue  
Regina SK S4T 4L8

Phone number remains:  
306-791-9888

info@nccaregina.ca

www.nccaregina.ca



Together Now Interagency Meeting held May 17. This is the final gathering of North Central agencies to be held at Albert Scott Community Centre.

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:

Louise Bigeagle	Josh Brears
Buffalo People Arts Institute	
City of Regina	Conexus Credit Union
Pauline Gabriel	Angela Giannetta
Maxine Goforth	Heather Fox Griffith
Kelly Husack	Nephi MacPherson
Renee Pasap	Samantha Racette
Regina Early Learning Centre	
Scott Collegiate	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  
AUGUST/17 ISSUE  
JULY 14, 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



Dial 306 before calling!  
NORTH CENTRAL PHONE LIST

Schools

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 M�tis Christian Fellowship (IMCF) .....	359-1096
Kids First Program .....	766-6792
Kids Help Phone .....	1-800-668-6868
Log House Thrift Store .....	791-0255
Meadow Primary Health Care Centre .....	766-6399
Mobile Crisis Services .....	757-0127
Morning Star Ministries .....	757-8421
Newo Yotina Friendship Centre .....	525-5042
North Central Community Association (NCCA) .....	791-9888
North Central Community Health Office (Nurse) .....	757-1046
North Central Community Police Service .....	777-6450
North Central Family Centre .....	347-2552
North Central Kids Music Program .....	545-3737
Oxford House Society of Regina Inc. ....	570-5708
Pasqua Hospital .....	766-2222
Public Health Inspector.....	766-7755
Rainbow Youth Centre.....	757-9743
Randall Kinship Centre.....	766-6700
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





# ANNUAL GENERAL MEETING

**Thursday  
JUNE 22**

**Albert Scott  
Community  
Centre**

**6:00 - refreshments &  
Open House. Reveal of  
Community Action Plan**

**AGM Registration 6:30  
Meeting begins 7:00pm**

**306-791-9888  
www.nccaregina.ca**

## ANNUAL GENERAL MEETING

*Are you an active person?  
Concerned about your  
community? Then plan to  
attend your association's  
AGM. NCCA has been  
a force in rebuilding your  
North Central. Be a  
member-at-large or take  
an active role in one of  
our committees — from  
community planning to  
community gardens.*

Take part and have your  
say! Review the events  
of 2016. Consider letting  
your name stand for the  
Board of Directors.

Or if you want to nominate  
a North Central resident  
(with their consent)  
contact the office for a  
nomination form.

**The Annual General  
Meeting takes place  
Thursday, June 22.**



## 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**

### 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**



**FIRE 911**



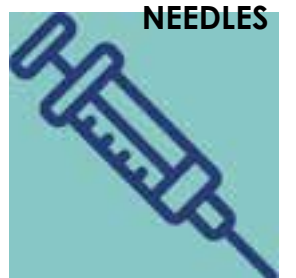
**SUSPICIOUS  
ACTIVITY  
in progress  
(306) 777-6500**

**(306) 766-7799**

RQHR The Street Project/Needle Exchange and Harm Reduction

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

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



**NEEDLES**

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

