



mâdawêyatitân centre

by mâdawêyatitân centre partners

A Cree word meaning: “let’s be all together” mâdawêyatitân speaks to the shared use of the building and the cooperation of the partners. There are no capital letters in the Cree language, and the use of the word by building owners honours and respects the written form of the Cree language and the peoples who use it.

The result of a unique partnership, mâdawêyatitân centre brings together Regina Public Schools (and the financial support of the Government of Saskatchewan), the City of Regina, and Regina Public Library to offer resources and services to the North Central community. Its central location will attract residents who want to participate in community life as well as access needed resources.

The centre is being built to meet community-identified needs and will be a hub for the North Central community. It will be a place of cooperation and collaboration for service development, delivery, and access by and with the residents in North Central and all Regina citizens.

The idea for the centre was born in 2003. Planning and consultations began three years later and construction began in 2014. At all steps, representatives of the community were involved, consulted and participated in informing decision making. The neighbourhood community also participated in a number of events including community celebrations, a design festival, learning café, and a naming event.

Many services under one roof

The centre will include Scott Collegiate, Albert Branch Library, a daycare, recreational complex, community centre, multipurpose room, community policing centre, and First Nations Elders’ ceremonial room. Tenants of mâdawêyatitân centre are still settling into their new homes as the first moves were completed in early July 2017. They include:

- Regina Public Schools, and specifically, Scott Collegiate
- City of Regina
- Regina Public Library’s Albert Branch
- Regina Police Service
- Scott Infant and Toddler Centre Inc.

- Chili for Children
- North Central Community Association (NCCA)
- The neighbourhood food store provided by REACH (Regina Education Against Child Hunger)

The centre also has outdoor plans including a community garden, basketball court, and soccer pitch. The space that was previously occupied by Scott Collegiate and Albert Scott Community Centre buildings has already been incorporated into the landscaping plans of the new facility.

In the spring of 2018, an outdoor space called the “Heart of the Site” will be built in a circular pattern with elements guided by Indigenous teachings and practices. The Mosaic Company provided a \$100,000 gift to build the Heart of the Site. The Saskatchewan Roughriders also participated in the announcement of this gift and will continue to work in partnership with Scott Collegiate and the other mâdawêyatitân centre partners.

Diverse programming

Community programming at mâdawêyatitân centre will be diverse. To start, many programs that are currently offered through NCCA may be continued, as will programs currently available at RPL’s Albert Branch. Similarly, City of Regina, Regina Public Schools and Scott Collegiate may also offer programming and/or use of the facilities. It is understood that the partners will work together and leverage the shared space to offer programming. Most of all, the programming is intended to respond to what the community needs, so it will change over time. A Community Advisory Committee is already in place and that group will help shape what mâdawêyatitân centre will be.

Public and after-hours space will be booked through the City of Regina at the mâdawêyatitân centre. Please visit our website at www.mamaweyatitan.ca for more information about booking space. (note that the website is still under construction). For booking inquiries, contact Bev Cardinal, Coordinator, Inner City Facility Integration, at: 306-777-7321 or by email: bcardina@regina.ca

With the goal to further build, strengthen, and celebrate Regina’s North Central, mâdawêyatitân centre will bring together many public and community services under one roof. The centre is a first-of-its-kind in Canada offering integrated services in one central place to build and enhance the community. It brings people together to connect, to learn, to play, to develop skills, and to celebrate culture.

Regina Public Library’s Albert Branch opened its doors on July 25. In August, City of Regina, and other tenants will also open their doors and begin to offer services at the centre. Scott Collegiate students will attend the new school in mâdawêyatitân centre

beginning with the start of the new school year on September 5. In mid-September there will be a formal grand opening of the Centre which will be followed by a community event, the Indigenous Showcase on September 22.

save the date!

All the North Central Community is invited to mâdawêyatitân centre’s first community celebration called the **Indigenous Showcase** on September 22, 2017. This grand event is hosted by all the centre’s partners. The event kicks off at 11:30am with a senior’s lunch provided by Chili for Children and NCCA. The senior’s luncheon will be followed by an afternoon program from 1:00pm to 2:30pm for seniors, Scott Collegiate students as well as invited classes from elementary schools. The evening community entertainment program begins at 5:00pm until 9:00pm.

The Indigenous showcase will present many Indigenous peoples from Treaty 4 Territory such as Chief Cadmus Delorme (evening emcee), Michael Lonechild (Internationally renowned painter), Teagan Littlechief (songwriter and recording artist), Shannon

(McNabb) Doolittle

(songwriter and recording artist), and many other local Indigenous and non-Indigenous performers. The planning committee also confirmed Donny Spiedel and the Indigenous Ensemble from Treaty 6 Territory (theatrical presentation), as well as DerRic Starlight comedian and puppeteer. The evening portion of the event will include appetizers and other food items prepared by Scott Collegiate students.

Join us in this community celebration—everyone is welcome. This is an evening for family, friends and community members where we can come together to share in enjoying the talents of many great performers. We look forward to seeing all of you there!

See you at the Indigenous Showcase on September 22nd.



For more information visit our web site at: www.mamaweyatitan.ca. In August, plans will be finalized for how to contact the centre’s administration. Additionally, usual methods of contact by telephone, web or email for Scott Collegiate, the City of Regina and Regina Public Library, as well as the other tenants in the building, will continue to apply.

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NORTH CENTRAL as Ecomuseum

by Adela Kincaid

Do you want to create and be part of an Ecomuseum in North Regina?

When I first heard the term ecomuseum I was interested because I enjoy nature and the outdoors but I had a very limited idea what the working concept might mean or look like. Ecomuseums have been described as 'museums without walls'—a way for community members to foster community identity building, enhance well-being, improve quality of life, and attract local sustainable economies. Ecomuseums vary tremendously because every community is unique and has a different cultural identity and composition of needs.

Did you know that Saskatchewan has the largest number of museums in all of Canada? Did you also know that there are over a dozen communities in Saskatchewan interested in the ecomuseum model and six are currently active?

What do people of North Central find important?

When participating in the North Central Community Action Plan, community members identified values such as community, sense of belonging, services and programs, and lots of events as key components of North Central. Those who were involved contributed to writing the following value statement:

The community of North Central is a neighbourhood that values its diverse people. Residents welcome family and friends to share in the programs, services, and events that bring together all walks of life. Honouring traditional lands and celebrating cultures is at the heart of our community. This historic place coupled with new innovations fosters economic opportunities, recreational activities, and a mix of housing options that are accessible and affordable. Community pride is represented by our countless volunteers and partners who make North Central a great place to call home.

What are some areas that people in North Central Regina identify as problems?

People of North Central Regina have identified what they perceived as top community needs or challenges in the North Central Action Plan.

The top 6 include the following:

1. Gangs
2. Addictions
3. Poverty
4. Parking
5. Unsafe housing
6. Negative attitudes

The ecomuseum could be used to help find community-based solutions to the challenges identified.

What could North Central do as an ecomuseum? What are the benefits to the community?

The ecomuseum committee would identify projects that they see as most important and relevant. Previous ecomuseum projects surrounding Regina have included outdoor education components to be implemented at local schools; heritage-based digital stories; research components to take place in a 'community laboratory'; local trail/path planning and development, water quality testing partnerships; presentations from experts on topics of interest or concern. These locally developed and implemented projects increase community cohesion and save costs that would otherwise be remunerated by town governments.

Ecomuseums can create and deliver services to local community members (e.g. tourism opportunities, creation of culturally relevant spaces and places, speaker series at the library, educational opportunities, career development sessions) by helping to move locally identified projects forward.

One project conducted by University of Regina undergraduate students and supervised by Professors (engaged with the ecomuseum concept) created 10 digital stories, which captured the sense of place through documenting local history. The digital stories are posted on the town website, will be used by the local library and may be incorporated into school curriculum. Another course-based project focused on creating trail options for the community. The projects created through University of Regina courses, cost the community zero dollars.

Volunteer-run projects aimed at the collection of local histories, for example, could cost thousands of dollars and would otherwise have to be contracted out. Potential eco-tourism initiatives could be outcomes from these projects. The monetary gains stemming from volunteer-run initiatives, as well as the goal of including local Indigenous culture in ecomuseum projects is a productive social endeavour. Ecomuseums build local identity and strong communities, which in turn promote the development of strong local economies. On a larger scale, ecomuseum initiatives that promote outdoor activities could provide physical and psychological benefits.

Volunteers participating in the ecomuseum have the opportunity to create connections and become engaged with local businesses and public service staff. North Central Regina has reported that 34% of its households are considered low income, compared to 13% in Regina as a whole (*City of Regina, 2015*). The locally-led ecomuseum can help create volunteer and engagement opportunities that can be used to help reduce unemployment in the area. Local businesses can also consider volunteering their time and effort to engage with the ecomuseum and to support initiatives. Presentations, partnerships and workshops created among local businesses, educational institutions and other associations could be called upon to present at meetings and at wider community events. Education has been identified as one important way to reduce unemployment and low income rates.

Community identity (the focus of ecomuseums) and recreational activities

have been identified as health indicators by The Saskatchewan Population Health and Evaluation Research Unit (SPHERU). Healthy lifestyle indicators include community identity and recreation as well as physical exercise. Community engagement in developing recreational initiatives through the ecomuseum could help increase health.

Happiness and stress reduction has been linked to nature and to spending time outside. Arguably involving the community further in the community gardens project, for example, can have significant social, psychological and physical benefits. The widespread benefits of fundamental human needs such as happiness, a sense of belonging and community-building are difficult to reduce, isolate and measure but have definite economic and social benefits. Anxiety-related health issues can be averted or minimized and mental health improved as a result of happiness and a sense of belonging. The exciting aspect of an ecomuseum is that the people of North Central would be leading these initiatives and making the decisions to identify, create and move projects forward.

Questions and Answers

Around what types of community issues could North Central build an ecomuseum?

North Central could build the ecomuseum around the challenges that have already been identified by residents: Gangs were of most concern; addictions; poverty; parking (during Mosaic Stadium events); unsafe housing; negative attitudes. NCCA already has many initiatives and programs and innovative services in place that the ecomuseum could work with or build on.

How do we start an ecomuseum?

We plan to organize a workshop in August or September. The Museums Association of Saskatchewan offers support workshops for newly forming ecomuseums.

Who should be part of an ecomuseum?

Everyone in the community who is interested!

Who would be willing to support us with this initiative?

Ecomuseums are a larger movement and part of a Saskatchewan-wide network. The Museums Association of Saskatchewan is currently supporting ecomuseums by visiting ecomuseum sites and delivering workshops to help with governance and many issues concerning ecomuseums.

To learn more please plan on joining us for a workshop event at the new māmawēyatitān centre (date to be announced on NCCA Facebook page).

Contact Jan Morier (306) 791-9888, Adela Kincaid (306) 585 6266 or Glenn Sutter, Ph.D. (306) 787-2859.



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Beatrice’s Prayer for North Central

by Beatrice Wallace Littlechief

“You don’t know me, but I am like you, wanting a change for North Central. I am like you, not strong enough to do it alone, but know in numbers, change can happen. I want a safe community for all, especially our younger generation.” —BWL

I am a First Nations Christian Woman. I lost my culture as I was caught up in the 60s scoop and adopted out of my family. I, like so many, crave to know who I am as a traditional leader in our community. I also deeply believe in reconciliation on both parts. I believe that our Creator has given us the freedom to find who we are as strong spiritual people. There should not be judgement and shame cast upon the confused. People should be embraced and cared for and taught without judgement.

It was a month ago that we delivered postcards to all the houses in North Central, where you were asked to join us in the time of sweat/prayer and 48-hour fasting. We prayed for the love of our community and our homefires. We received so much support, people committing to pray, to fast, people donated their money, their time, and food. IT WAS AMAZING!!!

A few of us fasted and people were praying in and around North Central. One of the mornings, Elder Archie Weenie woke us up at 4:30 am. It was so powerful. We prayed and we gave thanks for another day and asked for others to be blessed (our brothers and sisters who are lost). It was an honour to wake up before the sun.

What did I take away from this amazing experience? After this journey, I went home and within the week, I felt like my whole world was falling apart. I felt under attack, spiritually, emotionally, in so many ways. I could not understand what was going on.

Today I know it is because we were trying to bring light into a (sometimes) dark place. That was huge and it should have been expected.

With many supportive people (mostly people in North Central) I sit here today typing this, knowing that this needs to be a yearly ceremony. It is needed for our community. What is needed is healing for us all—reconciliation. We need to take ownership for our healing because the time is now. We need to be the ones who

bring change to our community by reaching out for the healing that is readily available.

I have lived an extremely destructive life. That is no longer me but it is still a part of me. I bring this up because it is through my faith and desire to change and see change that I continue on my healing

journey. I fall and sometimes I fall hard, but I get back up and go at it again. And if I can do it so can you!

Through this 48-hour Fast, Pray Ceremony, it is evident to me that we all need to have that sense of belonging and our place of healing.

As I continue to find myself, I encourage others to also. I am still going to church and I continue my quest to find my culture that I lost. I know that Elder Archie Weenie and OpenSky Retreat will continue to provide spiritual teachings and a safe place of healing.

We cannot lose the teachings of our grandfathers. I encourage everyone to find their place(s) of healing and spiritual connection. We all are worth it!

To me, this is reconciliation.

Beatrice’s Fast took place June 23 to 25 at OpenSky Retreat.

She said “Our community is hurting and we need to work and pray together for change. Change will happen if we believe and reach for it.”



Truth and Reconciliation Commission of Canada: Calls to Action

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

This is the eighth in a series of articles examining the 94 Calls to Action

Reconciliation

NATIONAL COUNCIL FOR RECONCILIATION

53. We call upon the Parliament of Canada, in consultation and collaboration with Aboriginal peoples, to enact legislation to establish a National Council for Reconciliation. The legislation would establish the council as an independent, national, oversight body with membership jointly appointed by the Government of Canada and national Aboriginal organizations, and consisting of Aboriginal and non-Aboriginal members. Its mandate would include, but not be limited to, the following:

i. Monitor, evaluate, and report annually to Parliament and the people of Canada on the Government of Canada’s post-apology progress on reconciliation to ensure that government accountability for reconciling the relationship between Aboriginal peoples and the Crown is maintained in the coming years.

ii. Monitor, evaluate, and report to Parliament and the people of Canada on reconciliation progress across all levels and sectors of Canadian society, including the implementation of the Truth and Reconciliation Commission of Canada’s Calls to Action.

iii. Develop and implement a multi-year National Action Plan for Reconciliation, which includes research and policy development, public education programs, and resources.

iv. Promote public dialogue, public/private partnerships, and public initiatives for reconciliation.

54. We call upon the Government of Canada to provide multi-year funding for the National Council for Reconciliation to ensure that it has the financial, human, and technical resources required to conduct its work, including the endowment of a National Reconciliation Trust to advance the cause of reconciliation.

55. We call upon all levels of government to provide annual reports or any current data requested by the National Council for Reconciliation so that it can report on the progress towards reconciliation. The reports or data would include, but not be limited to:

i. The number of Aboriginal children—including Métis and Inuit children—in care, compared with non-Aboriginal children, the reasons for apprehension, and the total spending on preventive and care services by child-welfare agencies.

ii. Comparative funding for the education of First Nations children on and off reserves.

iii. The educational and income attainments of Aboriginal peoples in Canada compared with non-Aboriginal people.

iv. Progress on closing the gaps between Aboriginal and non-Aboriginal communities in a number of health indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services.

v. Progress on eliminating the overrepresentation of Aboriginal children in youth custody over the next decade.

vi. Progress on reducing the rate of criminal victimization of Aboriginal people, including data related to homicide and family violence victimization and other crimes.

vii. Progress on reducing the overrepresentation of Aboriginal people in the justice and correctional systems.

56. We call upon the prime minister of Canada to formally respond to the report of the National Council for Reconciliation by issuing an annual “State of Aboriginal Peoples” report, which would outline the government’s plans for advancing the cause of reconciliation.



The Good Life COMMUNITY NETWORK

No excuses! Many times we use our best excuses to avoid physical activity. It is recommended that we get 30 minutes at least 5 days of the week. What is your best excuse?

"I don't have energy or I'm just lazy"

– We feel sluggish when we don't get regular physical activity. Our body just isn't able to work efficiently. Regular physical activity builds energy by increasing blood flow throughout our body and all of its systems. Get up and move, especially when you don't feel like it. Start small, with ten minutes at a time and increase. Walking is a perfect physical activity for when you are bored, angry or anxious.

"I don't have time to exercise"

– Replace screen time with physical activity. Or combine

them by doing some couch aerobics while you catch up on your favourite programs. Work hard at chores by scrubbing or sweeping more vigorously. Take extra trips up and down the stairs. Build a routine that includes physical activity. Do some stretches in the morning, take a quick walk at lunch and sweep the kitchen after dinner. Plan your downtime so that you are staying active. Family time can include a physical activity like swimming, biking or playing ball.

"I already walk everywhere"

– Your body needs all kinds of movement. Stretching is important for flexibility so that you can take care of yourself as you age. Muscle building keeps you strong. And you need activity that gets your heart beating faster for your heart and lung health. If you only do one kind of activity,

No Excuses!

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

by Lisa Workman

your body gets used to it and you won't see the benefits anymore. Challenge yourself to walk faster and swing your arms. Try some stretches before and after walking. Try out at least one other physical activity during the week.

Remember, make physical activity a goal. Start with ten minutes at a time and increase over time. Before you know it, you will be regularly active.

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



NORTH CENTRAL Community Garden **CELEBRATES** 10 years!



Volunteer Drop In Times:

Monday:
10am to 11:30am (Oasis)
Tuesday:
1pm to 2pm (Kitchener)
Wednesday:
3pm to 5pm (Oasis)
Thursday:
1pm to 2pm (Kitchener)
Friday:
10am to 11:30am (Oasis)

Locations:

Oasis - corner of
7th & Garnet

Kitchener School -
840 Athol St.

in sunny North
Central



VANDALISM hurts the gardens and the people who are HUNGRY for produce to ripen. PLEASE give the plants a chance to grow!



NCCA's Renew program is into its 5th summer of tackling alleys to cut back overgrowth, mop up litter and wipe out graffiti!

Watch for the Renew Crew brochures and surveys as they solicit your help for the Saturday cleanups.

This service is available to North Central homeowners only.

Renew Cleanup with help from on high (and Michigan)

Chris Curia led a youth group from Fairway Christian Reform Church of Michigan on a mission trip to Regina. Service projects were arranged by North Central's IMCF.

16 students and 5 leaders took turns puttering in the community gardens, and helping with vacation bible school.

Chris noted, "North Central is nice, we've gotten to know a few really cool people, like Jordan (d'Almeida). He was telling us a bit about the neighbourhood. He's been here for 10-15 years, and is committed to the area. He wants to see it do better. We've met several people with that positive mentality."

SCHEDULE

2 Renew alley cleanups were held in July. Coming up:

August 5: 1100-blk Robinson/
Cameron with FLAT Clothing

August 12: 1000-blk Angus/
Rae with Ehrlo Sport Venture

August 17: 1300-blk Retallack/
Robinson with PCL

August 24: 1300-blk Princess/
McTavish



Youth from Fairway Christian Reform Church in Michigan help Renew clean a lane behind the Oasis Church in July.



PCL Crew built more raised beds, a fence to protect our orchard and installed lovely trellis, for our climbing vegetables at the Oasis location of North Central Community Garden.

PCL also took on the mammoth task of moving our gardens storage container (sea can) to its new location just south of Creeland Gas.



New Mural on 5th Avenue!

Mission 6:10 rallied as many as 80 volunteers to beautify the east wall of the Royal Canadian Legion, Saskatchewan Command. Among them were 15-20 youth from North Central.

"It is coming along really well, it feels really good as you see it come together." said David Pradzynski who designed the mural.

Marlene Belliveau is with Regina's Gentle Road Church of Christ. "A couple of other churches, groups from Arkansas, Texas, Winnipeg, Saskatoon, and from all over the province form Mission 6:10. We partnered with NCCA to produce the mural."

"These buildings are canvases used to communicate our love for the community."

TWO Different Lives

story and photo by Lisa Workman

Jason Whitecap has lived in the community of North Central since he can remember. He has lived two different lives. The first part of his life, he was a drifter and on the wrong side of the law.

“I was apprehended from my mom, me and my brother and sisters were split up. I was made a permanent ward. I was in the same foster home for awhile and then I started to run away, I started smoking weed, going to Dojack and sleeping on people’s couches. That was my life for so long.”

As an adult, he was in and out of jail and was considered a high risk violent offender.

Today, he has put that all behind him. But how? Her name is Michaelynn, his now 11-year old daughter. “I was in that court room realizing that I put myself, my selfishness before my own daughter. Before I went to the pen, I promised myself she will never go to foster care again ‘cause I grew up there. That’s why I keep my girl so close to me. Protect her from the horribleness, that’s my job. From the day they released me from the pen, I went straight to my daughter and picked her up.”

Later, he would meet his younger daughter Graci who is now 9 years old.

“I just didn’t want them to experience how I grew up. I want to teach them right ‘cause I grew up confused and lost. I thought having a reputation is what I wanted, but when you grow up, your reputation gets you a criminal record and gets you nowhere in life at all.”

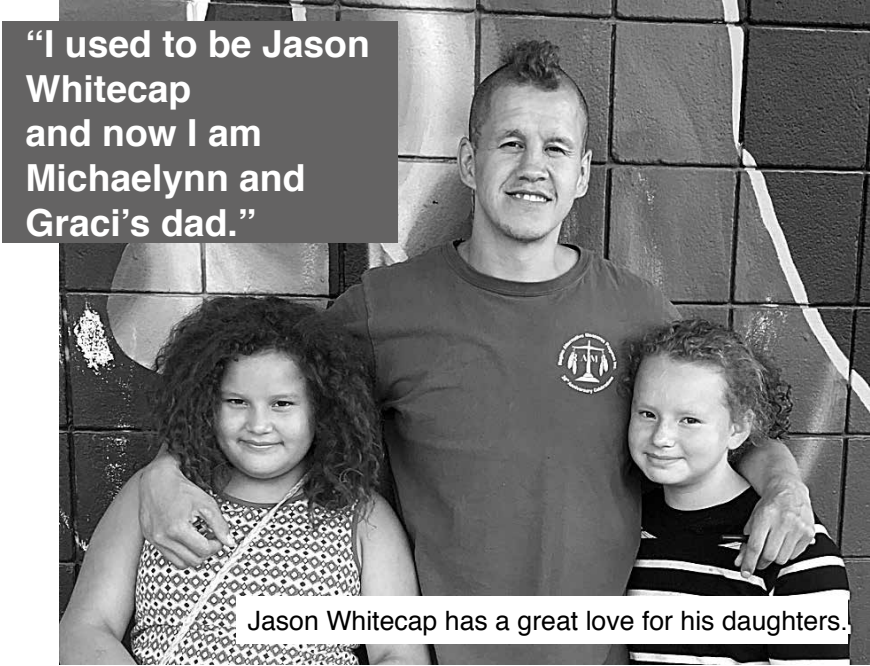
**“I WENT AROUND
SEARCHING FOR
LOVE MY WHOLE
LIFE AND HERE I’VE
BEEN SURROUNDED
BY IT.”**

“Everything in my life happened as I decided ‘Hey, I’m going to stay home and raise these kids.’ People ask ‘How did you beat being a high risk offender?’ I had to check in every week I had so many conditions. But when you sit home and you raise your children, you’re following all those conditions.”

Focus on Fathers, a support group at Four Directions Health Centre, has been a help for Jason. “This medicine man said to us at Focus ‘I’ll never be as good as my grandfather but I am always going to try’. I am not the best dad but I always try every day. I am happy being a dad in this community because when I die I don’t want anybody to remember any of the bad things. ‘He was a good parent’—that’s how I want to be remembered.”

Other supports have come from Indian Métis Christian Fellowship, Four Directions and Friday Night Social. “That’s what love is, to feed somebody, to give them some water, to give them some clothes. Let them come in. All these facilities are so awesome for the community.”

Jason noted how his Uncle Dave Morris influenced him. “I was looking at him one day and realized it’s that unconditional love. No matter what I was doing whether I was in jail, whether I had a job, whether I was sober, whether I was a disaster in detox. He was always the same person to me because he already loved



me. That’s what I want to be to a lot of these kids.”

Jason was able to make a connection with his mother, who has since passed away. “I loved her and forgave her and had a life with her. I was her rock boy and

**“YOU’VE GOT
TO LOVE THEM
—EVERYONE IN
NORTH CENTRAL.”**

I made the fire for the sweats. I haven’t gone to any sweats since she died.” “She was one of those ladies who would stick up for the gay kid. She would hug that person with HIV when no one else would. She was helping alcoholics and drug addicts when everybody else was just bashing them. And she was always teaching me. I am just understanding now what she taught me.”

Over the years, Jason has learned more about caring and love. “Love created everything. It has taken me years to love gay people, to love sick people, to love convicts, to love everybody exactly the same because it is what I am supposed to do. When you love somebody and you want to help somebody, you don’t go labelling them. You help them. You’ve got to get down there and pick them up. You’ve

got to love them, everyone in North Central. Jesus, God, the Holy Ghost, the Creator, Grandfathers and Grandmothers—they are all parables of love.

You see these walls? Somebody had a dream and they went to school and they loved what they were doing with a passion. They came and built this (building) with love. I went around searching for love my whole life and here I’ve been surrounded by it.”

He has big aspirations for his daughters. Michaelynn has just been awarded a scholarship that will help her with university. “She’s going to conquer education. And she’s going to conquer life. She can do whatever she wants, why not be the Prime Minister of Canada!”

Jason is teaching Graci that women are equal to do whatever they want. I would go to a ceremony of women singers. I’ll go to a sweat with the women. I am breaking my man stubbornness.”

“It’s important for me to be a dad. I have to let my own kids just be kids.”

On Side - A Gift to North Central Family Centre from RSE

story and photo by J. Morier

An informal visit between owner Kurt Douglas of RSE (Regina Soffit and Eaves) and Sandy Wankel, Executive Director of North Central Family Centre, made for a fairy tale come true.

Sandy remembered, “We chatted about the centre and the community. I hadn’t heard back from him until one of his staff popped in to say that RSE was going to re-side our whole building! Donating labour, materials and everything! It was a heartwarming act of generosity. In fact I had to keep asking him if for

sure I had heard right!” “Building maintenance is very important, otherwise it costs you so much more. When someone like this offers help, it not only saves money for us, but it’s also that moral support. It shows that people care.”

RSE’s Mike Mcaskie took a break from the work to add: “We’re



providing our services to benefit the community. Hopefully the idea catches on and other companies try to help out. It gives out a lot of hope and pride. If people can see change it might be good for everybody in Regina.”

“It’s transformative. As long as you can show that positivity to your neighbourhood, I think

everybody will take part in it. You can’t put a price tag on caring.”

Sandy remarked “The siding was original to the building (2006). It was due for replacement, every time the wind came up we lost a little of it!”

“It’s remarkable and gives us the encouragement to keep going. It’s the kids who feel pride when they come here.”

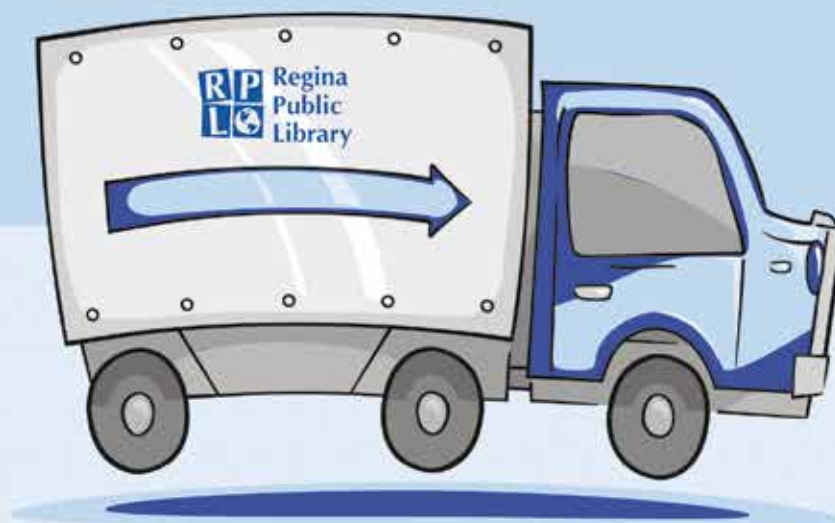
“Isn’t that just humanity at its best?” Sandy asked. And that’s pretty close to happily ever after.

ALBERT BRANCH IS MOVING!

**JUL
25**

mâdawêyatitân centre

3355 - 6th Avenue
(West entrance)



ReginaLibrary.ca



photo: J. Morier

National Aboriginal Day, 2017 at Grassick Playground



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**Regina
Catholic Schools**

Welcome Back September 5

www.rcsd.ca





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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



JOEL MURRAY


Ward 6 City Councillor
306-519-2232
j.murray@regina.ca




SMITHS' INSURANCE

Your local insurance experts
Albert St & 7th Ave

Come see the difference
a broker can make
Mon-Fri 8-8 Sat 9-5 Sun 12-4



306-359-3331
www.smithsinsurance.ca

Saskatchewan Motor Licence
ISSUER
Land of Living Skies 

North Central vibe

CRAFTING FUN

Summer programs continue in August.
FREE Drop In Tuesdays & Thursdays.

Located at māmawēyatitān centre, 3355
6th Ave. Enter on 6th Ave & Montague St.

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

TUESDAYS

August 1st
T-shirt tote bag

August 8th
Sun catcher craft

August 15th
Self portrait
project
Hopscotch

August 22nd
Summer memories/
Book cover
Pizza/cake

THURSDAYS

August 3rd
Paper mâché masks

August 10th
Playdough sculpting
Sing charades

August 17th
Scavenger hunt
Write a letter to
future self

3:30 to 5:30 pm
Families! Youth!
Children!
(under 8 years old must
be accompanied by
a parent, guardian or
older sibling)



City of Regina



CLOWNING AROUND BY NEPHI MACPHERSON



THE END

PROVIDED BY
LOTTERIES

culturedays
fête de la culture

September 29, 30 & October 1, 2017
29 & 30 septembre, 1 octobre 2017

North Central Culture Days Street Fair

Celebrating arts & culture in our Community

**Saturday,
September 30
5th & Rae Street
11 am to 4 pm**

Children's activities
Free popcorn
Face painting
Basketball Tournament

Dance!
Live Music!
Great Food!
AND MORE!

Event Partners: Ranch Ehrlo Sport Venture Library,
All Nations Hope Network, Regina Public Library
– Albert Branch, and SEARCH Student Clinic

NORTH Central Community Association

North Central Kids Music

Acoustic Guitar
Violin
Singing
Song Writing

FREE LESSONS

ONGOING REGISTRATION
JOIN ANYTIME
SNACKS PROVIDED
AGES 7 TO 12

MONDAY & THURSDAYS
*EXCEPT HOLIDAYS
4PM-6PM

For more information
Phone: 306-791-9888

Email: annie@nccaregina.ca
northcentralkidsmusic.ca

Invitation to Crafters

SEPTEMBER 30 STREET FAIR

Download the Street Fair Vendor
Application Form from:

www.nccaregina.ca/culturedays

NO FEE, but you must register • \$10 RENTAL for 1 table and 2
chairs (optional) • BOOTH SPACE: 14' wide x 10' deep

culturedays
fête de la culture

September 29, 30 & October 1, 2017
29 & 30 septembre, 1 octobre 2017



North Central Health Fair & Free BBQ

Presented by

Saskmilk

Everyone Welcome!

Wednesday, August 16th, 2017
11:00 AM - 2:00 PM
Rainbow Youth Centre
977 McTavish Street, Regina

Diabetes Risk Assessment
Health Booths

Fun and Games for Kids
BBQ Lunch









In partnership with:
Aboriginal Health Home Care, North Central Community Association,
Rainbow Youth Centre, Regina Food Bank,
Regina Qu'Appelle Health Region, Regina Police Service, Four Directions Community Health Centre,
Student Energy in Action for Regina Community Health (SEARCH)

SEARCH

Student Energy in Action for Regina Community Health

Student Run Health Clinic

Saturday Afternoons
12:30-3:30 PM

Beginning September 9
[SEARCH is closed all long weekends]

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!



A Move for NCCA Health Care Nurses

The Health Care Nurses have relocated to the RQHR Primary Health Care offices at 1056 Albert Street. Front street parking is available.

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

As to the new digs, Jude says “The staff here have been absolutely awesome. It’s a wonderful place to be. Clients are thrilled to bits with the new location.”

Donna echoes “I love the lighting and the extra space. The RQHR staff have been excited to welcome us here, they have been very accommodating.



Donna Adams and Jude McCann, North Central Community Association’s Health Nurses look forward to your foot care visits in their new digs.

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



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

Sacred Heart
1325 Argyle Street (306) 529-2520



REGINA
Children's Initiative
Strong beginnings. Brighter future.



Stapleford Pharmacy

4113 - 5th Avenue
Regina, SK (306) 545-5900

MON - FRI: 9-6; SAT: 9-4

10% Seniors Discount
Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP



FOOT CARE 1056 Albert Street

- 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

Joanne Hubick (nee Schuck) combed through a stack of photos in the library. "I'm looking for pictures of my mother, Doreen Evans. My uncle Fred Evans, auntie Carol Evans all grew up on the 11-block Argyle. These are some fond memories, I'll be sorry to see this old school go."

"I graduated in 1971. I grew up on 11-block Elphinstone and went to Herchmer and Scott. I moved back to North Central, because I love the neighbourhood."

"I enjoy seeing people walking on the streets, feeling comfortable doing so, sitting outside, saying hi to everybody. I look at some of the old houses, some coming down—new ones being built in their places. And lots of little kids playing in the neighbourhood!"



Rob Deglau started organizing this reunion over 2 ½ years ago. "The school had such a rich history—was there a way to connect a very affluent, well-versed alumni with the current students in the school?"

The event bridges the passage of time. 'They were all kids once', just as the current group are.

There were different challenges then: the Depression, the Second World War. Not to diminish any generation's problems, but all eras have them.

Rob remembers what the neighbourhood was like back then, and compares it to now. "It's a connected neighbourhood. Everybody knows everybody. North Central is a city within a city, it's always been that way. People move out of the old

neighbourhood, but they'll defend it to the nth degree, They'll say this is where my parents are, this is where my kids went to school, my auntie lives here—that's no different from the story 20-30-40-60 years ago."

Rob admits it was hard work to organize the Scott Reunion. "But to see all the old friends come together, meeting with the legacy of the old school, connecting those old students with the new way of teaching, it was worth it. People are so impressed with the new facility."

As a final farewell and a peek into the future of Scott Collegiate, Rob says "I like what I see, it will serve the community for decades to come."



The Scott Collegiate Reunion and sendoff took place on June 17. To stay connected with alumni, visit the Facebook page "Scott Echoes". There were many more photos and a delightful interview with playwright Rod McDonald. These will be featured in the October issue of NC Community Connection.

Community Calendar

Seniors' Walking Club

Wednesday & Friday – 8:00 to 9:00 am at māmawēyatitān centre, 3355 6th Ave. 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.

The Walking Club has resumed meeting through the summer.

Care & Share for Seniors

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



Indian Métis Christian Fellowship

To August 14, the centre will be closed to accommodate staff vacation time.

IMCF will re-open on Tuesday August 15.

Teddy Bear Clinic at Four Directions Community Health Centre 3510 5th Avenue
Monday, August 21, 1:00 to 3:00 pm

Bring your teddy bear for a health check up, fun activities and immunization

**Content for
OCTOBER 2017
issue - due**

SEPTEMBER 15

editor@nccaregina.ca



FREE LISTING in the Community Calendar to promote your events happening in August & September, 2017. Deadline for October issue is SEPTEMBER 15.



The Seven Stones: Life in the Rapids – Traditional Teachings

Open to all ages.
Every Wednesday, continues to August 30, 10:00am – 12:00pm

Red Ribbon Room – All Nations Hope Network, 2735 5th Avenue

with Elder Betty McKenna

For More Information call
Miranda: 306-924-8424 ext. 233
Sherry: 306-924-8424 ext. 232

COMMUNITY MOBILE STORES!

EVERY **MONDAY**
11:00 am to 1:00 pm
māmawēyatitān centre,
3355 6th Ave.

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



The Forever...in *motion* and LiveWell with Chronic Conditions Programs are FREE and provide volunteer educational leadership opportunities to community members who are looking to give back to their community.

Forever...in *motion*

Are you the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as an Older Adult Leader.

Leadership Training Schedule:
August 20, September 5, 12 & 19;
9:30am to 3:00pm
Cathedral Neighbourhood Centre,
2900 13th Avenue
(must be able to attend all four days)

For more information, please visit
www.rqhealth.ca/forever-in-motion

LiveWell with Chronic

Conditions Program

Boost your health and your community's, build and share skills while you learn NEW ways to manage your symptoms, how to action plan, problem solve, and so much more!

Training schedule:
September, 5-8; 9:00am to 4:30pm
Eastview Community Centre, 615 6th Avenue
(must be able to attend all four days)

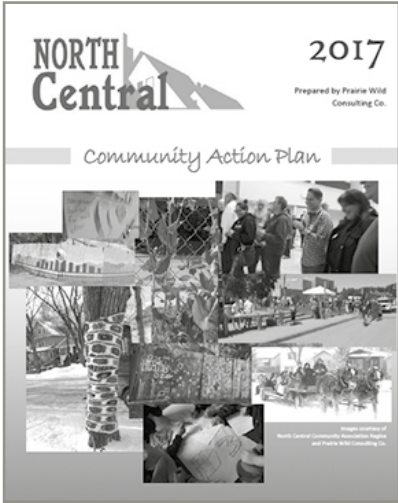
For more information, please visit
www.rqhealth.ca/LiveWell

Your Community Action Plan

by Michael Parker

For those of us who have lived or worked in the neighbourhood for any amount of time, we know that there are some pretty persistent issues in the community. The challenge isn't always knowing what to do but finding the resources to do anything about it. The Community Action Plan (CAP) helps us tell our story to those who are not so familiar with our neighbourhood yet hold the ability to do something about the situation whether it be aligning resources or improving public policy.

Over the last year we have collected responses from over 400 individuals. We had a very proportional representation of indigenous and non-indigenous responses. Where we failed was to engage our newcomer



population. Our goal is to make regular updates to the CAP to keep it relevant, up-to date and fresh in our minds. For NCCA the CAP will be a significant driver to our organization as we will focus on a couple action areas each year.

We are looking forward to presenting the plan formally to the City of Regina, Regina Police Services, and our provincial and federal legislative representatives in the fall of 2017. Our goal is that—whether one is a community volunteer, a board member of a local non-profit, business owner, church, or government agency—you can read the CAP and know what you can tangibly do to help move the community forward. Additionally, the CAP helps us be coordinated as a community so we can focus our efforts together. I want to thank all the community members who participated in the

community planning process through surveys and attending community meetings, to the NCCA staff and volunteer board for working hard to see the project to completion, to Prairie Wild Consulting for facilitating and writing the plan, and to the City of Regina for their support and involvement in the planning process.

The Community Action Plan can

be viewed in two formats. The full document which goes into great detail about the background and process of the plan, and a summary document named the reCAP that strictly contains the findings of the research and the Action Tables which is the focus of our attention moving forward. You can find the CAP on our website www.nccaregina.ca/planning or a paper copy of the summary is available at our office for free.



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
All Nations Healin Thru Artz (ANHTA)	205-7333
All Nations Hope Network	924-8424
Bylaw Enforcement.....	777-7000
Child and Youth Services	766-6700
Chili for Children.....	359-7919
CircleProject.....	347-7515
Circle Project Childrens' Centre	569-3988
Circle Project Infant Centre	949-4911
Early Years Family Centre	523-3512
Ehrlo Sport Venture Library.....	751-2411
Ehrlo Housing	584-3313
First Nations Employment Centre.....	924-1606
Four Directions Community Health	766-7540
GatheringPlace	522-7494
George Gordon First Nation Urban Services.....	949-4230
Greystone Bereavement Centre	523-2780
Indian Métis Christian Fellowship (IMCF)	359-1096
Kids First Program	766-6792
Kids Help Phone	1-800-668-6868
Log House Thrift Store	791-0255
mâdawêyatitân centre	777-7033
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
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

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:

Sandra Bellegarde Louise Bigeagle
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Renee Pasap
Beatrice Wallace Littlechief
Lisa Workman

North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at mâdawêyatitân 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
OCTOBER/17 ISSUE
SEPTEMBER 15, 2017
editor@nccaregina.ca**

North Central Community Connection
3355 6th Avenue
Regina SK S4T 4L8
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

Morris Eagles Heather Cote-Soop
Jessica Hanna Betty Krohn
Fergus Littlechief Shawna Ochoo
Brandi Reles Denita Stonechild
Shannon Stumph Tom Wright





Regina
Humane
Society

The Animal *Well* - Fair

Join the Regina Humane Society for a jam-packed afternoon of **FREE** fun that is all about our four-legged friends!

Saturday, September 9
1:00 - 4:00 p.m.
Grassick Playground
(3rd Ave. & Cameron St.)

- **FREE** games & activities
- **FREE** ID tags
- **FREE** prizes & giveaways
- **FREE** food & much more!

Learn about pet care and animal welfare,
and join in the party!



For more information contact the RHS Manager of Community Services
at 306-543-6363 (ext. 224) or email education@reginahumane.ca



photo courtesy Regina Police Service

**Chief Cadmus Delorme,
Cowessess FN:**

In North Central we have some new schools being built, we have young men and women who are going to school. Those are the ones who have the cure to a lot of our challenges today. These are the ones we have to keep pushing for higher learning, believing in their identity to make sure that they can succeed. They have our solutions to the cancer, the solutions to our socio-economic problems and we must continue to nurture our next generation.

on Facebook:
Smudge Walk
North Central

**Mark Docherty, MLA
Regina Coronation
Park, Saskatchewan
Party:**

North Central has emerged, it is on the way forward. It has had its challenges, but it's events like today that is sending the signal that North Central is on its way!

**Trent Wotherspoon,
MLA Regina
Rosemont, New
Democrat Party:**

We walk the streets together, for health for hope and opportunity. Let's stand together, let's represent together. Let's know that we need to do our part each and every day, throughout the year.

**City of Regina
Police Chief
Lyndon Bray:**

I spent most of my career, 17 out of 22 years, working as a frontline officer in North Central Regina. You will not find a more vibrant community, a stronger community. More spirit, more determination...we have become such a vibrant North Central. This Smudge Walk is just one way that we celebrate culture.

**Hugh Poorman,
Musician:**

I went to Kitchener, Albert School, Scott Collegiate. This community is my home—it's great to make a full circle almost 20 years later.

Tools You Can Use to Build an even Better North Central WHO YOU GONNA CALL?

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



**BACK ALLEY
DISASTERS**
(306) 777-7000



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



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

GRAFFITI
(306) 777-7000



DOGS AT LARGE
(306) 777-7700



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

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



**REGINA SEXUAL
ASSAULT CENTRE**

SHOES OVER THE LINES



SASKTEL *611

SaskTel lines are nearest to ground-level

SASKPOWER

1 (888) 757-6937

SaskPower lines are higher up

**BURNT OUT
STREETLIGHT**

1 (888) 757-6937

SaskPower online reporting www.saskpower.com
click *Accounts & Services / Report Streetlight Troubles*



(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, call Regina Fire & Protective Services:
306-777-7830