



Street Fair



Teagan Littlechief

photo: J. Morier

Event Partners: Ehrlo Sport Venture Library, Regina Public Library – Albert Branch, and SEARCH Student Clinic with support from All Nations Hope Network, Chili for Children and Loraas Disposal

photo: Rhonda Young-Pilon



The community celebrated Culture Days on Saturday, September 30. 5th Avenue was shimmering with smiles and cultural expression!



Erroll Kinistino

photos: Rhonda Young-Pilon

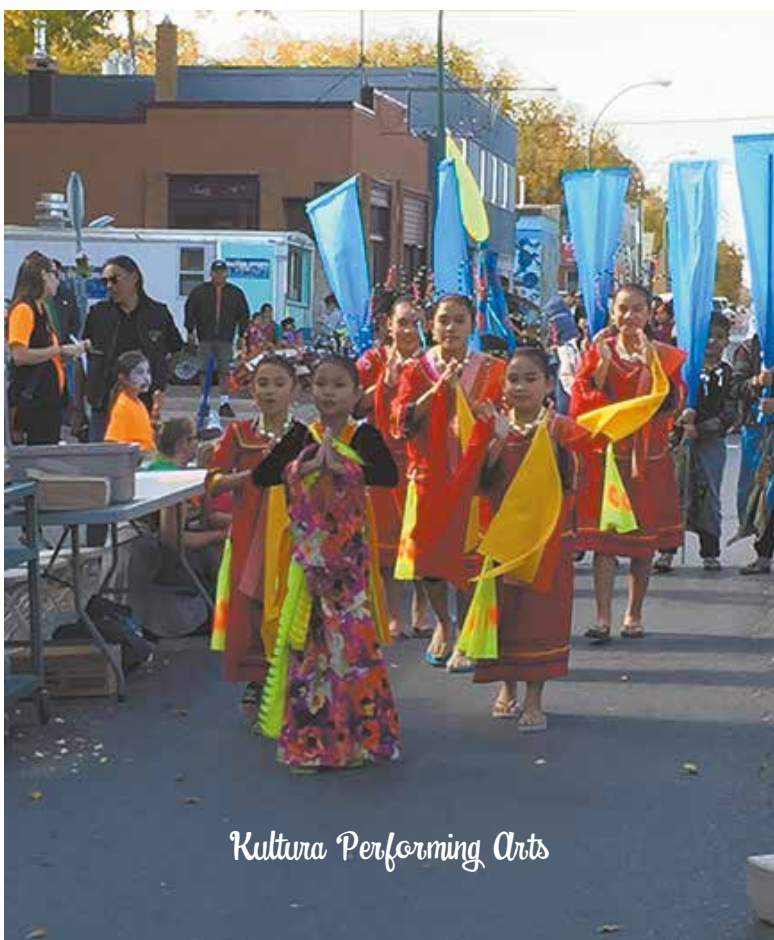


Kennya Bhinji - Crafter

photo: Rhonda Young-Pilon



Shannon Rae



Kultura Performing Arts

photos: J. Morier



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“I’M HERE FOR A REASON” Wes Keewatin’s Story of Survival

story and photo by J. Morier

“My mother was very traditional, yet she was a Catholic. She used to go to rain dances, sun dances. She kept her traditional values in her beliefs. She used to tell us how it was back then. I wished that I was there.”

Wes Keewatin has emerged from a history of trauma. He overcame so many trials and is now one who hears, understands and supports.

Wes has been with the All Nations Hope Network for close to 12 years. “I was first the administrative assistant, and then two-spirit coordinator, and then life-skills coach. I was an outreach coordinator and now I am with the resolution health support workers (RHSW) for a couple of more years. The RHS workers deal with former residential school clients and claimants. Workers attend hearings, they lend support to clients because what they went through is still very traumatic.”

“A lot of people are very hesitant in wanting to talk about their experiences. Wes explains “When they go before the court judges, sometimes they would stop talking. They just need to leave the court. Their stories return all of us to those memories, all those horrible things that happened.”

“I went to boarding school for ten years (1967-1977). In the beginning, I was abused physically, mentally, sexually, and emotionally. My scarring left me with little respect for myself, my body. I figured, okay, if these boys can come and touch me and I can’t do anything, then I may as well accept what they are doing to me.”

Even today, the pain is evident in his eyes. “I was little and they were much older than me. I had four brothers there, and when they used to come to my bed at night, they told me ‘if you say anything, we’re going to give your brothers a licking’. That’s how they played. I didn’t want that hurt to fall onto my brothers so I obliged. I had to.”

“I was thinking ‘I’m not the only one going through this so I bet this is normal’. But when I told the nuns, they’d tell me ‘go and pray’. If that was today, oh my God everyone would be involved! The

police, social services, even the church.”

“I believe they did care, but they didn’t know what to do. Nuns and priests were not trained to deal with abusers. That’s how I look at it.”

“I went to the Qu’Appelle Indian Residential School in Lebret. It later became Whitecap Collegiate. It was one of the last boarding schools to shut down.”

“Years later I returned to make peace with the building before it was demolished. It was no longer what I had made it out to be. From the perspective of a 7-year old, things were huge.”

“The supervisors abused me, and of course, other students. It wasn’t the nuns or the priests. When I went for my common experience payment in 2003, there weren’t all these supports in place as we have today. I had to go up against the church and the federal government and the provincial government. These are the people who had these schools and made these rules.”

“It wasn’t all bad.” Wes admits. “I bet if I wasn’t in Lebret, I would’ve been in jail. I learned values. It wasn’t all that horrible. Just at night. I went to boy scouts and cadets. Every sport imaginable! We had tennis, badminton, hockey, football, soccer, baseball. In wintertime they used to take us skiing or to take us to the Lawson pool here in Regina.”

“I did go through abuse and psychological tampering. But only for the first couple of years, when I was 7 and 8 years old.”

“After I left Lebret, I came to Regina to O’Neill High School for two years. I just had one more semester left in grade 12. But one day, I went downtown, and everything changed.”

“You see, how I carried myself led people to judge me. ‘Oh you’re queer!’ ‘This guy’s gay’. It was a random attack, gay bashers. I remember yelling and screaming ‘When is this going to stop?’

When I came to in the General,

I couldn’t even open my eyes, that’s how swollen my face was. My mouth was just all kicked in.”

“I had to quit school. I figured ‘it comes with the territory’. Because then, what I became was a sex trade worker.”

“Loved ones died in 1985, first my mom, my dad, then my sister all in one year. I couldn’t handle it. I got to Saskatchewan Indian Federated College but I dropped out and took off to Edmonton, to Calgary, to Vancouver, living on the street. In my arm, drugging that way, and of course through alcohol. When my parents died, I was just so all alone.”

“Finally, I was in Edmonton, I came to. ‘What the hell am I doing? I can’t continue this way. I’m not getting any younger.’ So I turned it around, I went to detox, I went to treatment. I must

have gone to treatment three times. I kept falling, slipping, getting up trying it all over again. I

met serious inspirational speakers. Life skills program helped me. Listening to Elders gave me a sense of ‘okay, you went through this, but you’re still a human being, you can change if you want to.’”

“I knew how to be dysfunctional, that was easy. But to turn everything around seemed unreachable. When I was getting well I was introduced to two-spirit gatherings where gay, lesbian, bisexual, two-spirit, and transgender people would get together. When I first went to a two-spirit gathering, I was hesitant, but it was like going home.”

“In 2007, All Nations Hope won the bid to host it at Fort Qu’Appelle.”

“Growing up, I always thought, ‘geez, why am I made like this. I can’t find anybody else that’s like me.’ But now, when I’m at the gatherings, I can be who I want to be, without having to look back. When we’re all together, it is a safe place, nobody will bother you. That’s the purpose of this, to get you as a two-spirited person, to understand your position, your place in life. We’ve always been around.”



“Last year, when All Nations Hope Network held our bison feast, I was honoured with a starblanket! There was one point in my life when I was ashamed of myself, because I didn’t know there were people like me. I became aware of who I was. I accepted myself. I was proud, once again. Just for knowing, and for realizing, the Creator doesn’t make mistakes.”

“When clients come in, we go to my office, I shut the door, we really have serious conversations. Some of them have even cried while talking with me. They’re still stuck, they’re wanting that peace of mind but their craving is overpowering. Some don’t know how to ask, or are just ashamed of themselves. They want help but they don’t want to talk. Everyone is different.”

“I pray for guidance, ‘just let me breathe through this. I need this done so I’ll know what to say, what to do.’ I still doubt myself but I’m here for a reason, for a purpose.”

“We do have some good success stories but many clients have died on me. They’re dragging oxygen tanks around, then you hear they’re on their death bed in hospital.”

“I’m comfortable with who I am. When I used to hear those shouts, ‘faggot’ or ‘homo’, it used to hurt me. Now I wouldn’t care. That’s what you think. It’s not me.”

It’s okay to be two-spirit. If anyone’s doubting their identity, come, we’ll talk, you can tell me how you feel. It’s strictly confidential. Non-indigenous people are welcome here too. I am here Monday-Friday, 9-5. You can just walk in, or if you want to make an appointment, I will put time aside for you.

All Nations Hope Network
2735 5th Ave., Regina
Phone: (306) 924-8424
Toll free: 1 (877) 210-7622
allnationshope.ca

Regina Indian Industrial School

by Janine Windolph



The Regina Indian Industrial School was open from 1891 to 1910 with admission records indicating that over 223 Indigenous students from up to 47 communities attended this school. The admissions records assigned a number to a student name but it was common practice that a student was given a number and when they leave, another would take it on. Records are unclear how many attended since it opened its doors. When leaving, many students went back to their home communities, or their partners reserve, and others made Regina their home. The school itself burnt down and was nearly forgotten, just like the burial site that was found on the old grounds containing at least 36 anomalies, six being outside of the once burnt down fence.

There were many people aware of the site over the years and they brought this issue to the forefront. The late Keith Knox revealed this site to others who sat on the Municipal Heritage Committee of the City of Regina. However, without the support of the Indigenous populations, it was difficult to grant Heritage Status. This however, was kept on the agenda until it was later picked up by the church communities here in Regina who formed the R.I.I.S. working group that gathered First

Nation's people to share what information had been collected. This gathering led to the R.I.I.S. First Nation's Working Group who later formed the non-profit R.I.I.S. Commemorative Association, Inc.

With the support of city officials and members of the provincial government heritage branch along with the citizens of Regina, of Saskatchewan, schools, corporations, businesses, non-profits and members of the First Nation's communities, all worked together bringing awareness to achieve designation.

One key initiative was the RIIS Memorial Walk for the Children and Feast that was led by Lisa BigEagle. This was carried out for four years as reflected in traditional protocols. Each year, the size of the group grew. The last walk took place July 25th, 2017 and it was on this morning that the Provincial Government, represented by Culture Minister Ken Cheveldayoff, announced provincial heritage status of the Regina Indian Industrial School burial site. The City of Regina had also approved Municipal Heritage Status on September 25, 2016.

The next steps are to work towards federal heritage status and commemoration of the site.

Janine Windolph is an interdisciplinary artist; she is an educator, filmmaker, performer, producer/director, multimedia storyteller and entrepreneur. Janine is a co-producer, co-director and co-editor of Regina Indian Industrial School's (RIIS) From Amnesia: Recovering the Lost Legacies.



photo credit: Cathy Wall

Truth and Reconciliation Commission of Canada: Calls to Action

This is the ninth 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

PROFESSIONAL DEVELOPMENT AND TRAINING FOR PUBLIC SERVANTS

57. We call upon federal, provincial, territorial, and municipal governments to provide education to public servants on the history of Aboriginal peoples, including the history and legacy of residential schools, the *United Nations Declaration on the Rights of Indigenous Peoples*, Treaties and Aboriginal rights, Indigenous law, and Aboriginal-Crown relations. This will require skillsbased training in intercultural competency, conflict resolution, human rights, and anti-racism.

CHURCH APOLOGIES AND RECONCILIATION

58. We call upon the Pope to issue an apology to Survivors, their families, and communities for the Roman Catholic Church's role in the spiritual, cultural, emotional, physical, and sexual abuse of First Nations, Inuit, and Métis children in Catholic-run residential schools. We call for that apology to be similar to the 2010 apology issued to Irish victims of abuse and to occur within one year of the issuing of this Report and to be delivered by the Pope in Canada.

59. We call upon church parties to the Settlement Agreement to develop ongoing education strategies to ensure that their respective congregations learn about their church's role in colonization, the history and legacy of residential schools, and why apologies to former

residential school students, their families, and communities were necessary.

60. We call upon leaders of the church parties to the Settlement Agreement and all other faiths, in collaboration with Indigenous spiritual leaders, Survivors, schools of theology, seminaries, and other religious training centres, to develop and teach curriculum for all student clergy, and all clergy and staff who work in Aboriginal communities, on the need to respect Indigenous spirituality in its own right, the history and legacy of residential schools and the roles of the church parties in that system, the history and legacy of religious conflict in Aboriginal families and communities, and the responsibility that churches have to mitigate such conflicts and prevent spiritual violence.

61. We call upon church parties to the Settlement Agreement, in collaboration with Survivors and representatives of Aboriginal organizations, to establish permanent funding to Aboriginal people for:

- i. Community-controlled healing and reconciliation projects.
- ii. Community-controlled culture- and language revitalization projects.
- iii. Community-controlled education and relationship building projects.
- iv. Regional dialogues for Indigenous spiritual leaders and youth to discuss Indigenous spirituality, self-determination, and reconciliation.

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 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



Truth and
Reconciliation
Commission of Canada



National Centre for
Truth and Reconciliation
UNIVERSITY OF MANITOBA



Make a Goal

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

by Lisa Workman

The program “Living the Good Life” takes place at Four Directions Community Health Centre 3510 5th Ave. every Friday from 1:00 pm to 3:00 pm.



A healthy lifestyle takes planning. Small goals are a good place to start. Think about some small things that you would like to improve on. Maybe you want to walk more often, drink more water or take more time for yourself. Make note of where you are with your goal now and where you want to be. Your goal should be specific and measurable so that you can be sure that you achieved it. For example: “I will walk for 150 minutes per week.” Be sure that this is something that you can do. If you are starting

from zero minutes of walking, you may want to start smaller, like 50 minutes of walking in a week.

Next, make a plan for how you are going to achieve your goal. For example: “I will walk 10 minutes every day after I drop the kids off at school in the morning.” Find a way to keep track of your progress. Use a calendar, a journal or a chart. Try out your plan for a week. At the end of the week, check that your plan is working. If it’s not, then adjust the plan to overcome challenges. For

example: “Mornings are not good for me, I will walk for 10 minutes every day in the afternoon before the kids come home from school.” If your plan is working, celebrate success with something that supports your goal. For example: “After 50 minutes of walking in a week, I will soak my feet.”

Now that you know how to set goals and work a plan, you can work on bigger goals. Some examples of longer term goals are losing weight, going back to school or finding a job. Break

down these bigger goals into smaller steps.

Write down your goal work so that it is more real to you. Tell others about your goals so that they can support you and keep you motivated. Even better, work with another person who has the same goal as you. Be patient with yourself. Don’t let a setback stop you; just get right back on track. Be flexible. Goals might change as life does. Feel good about your goal work!

All Nations Hope Bison Feast “to bring back our ceremonies”

Erin Goodpipe, MC:

Our people have gone through a lot of things through colonization, we’ve suffered a lot. It’s very powerful to gather and say that culture is still alive, and so are our people. We can come together the way we used to. Thank you to our ancestors who sacrificed many things so that we could be here today, through prayers and the way they lived their lives.

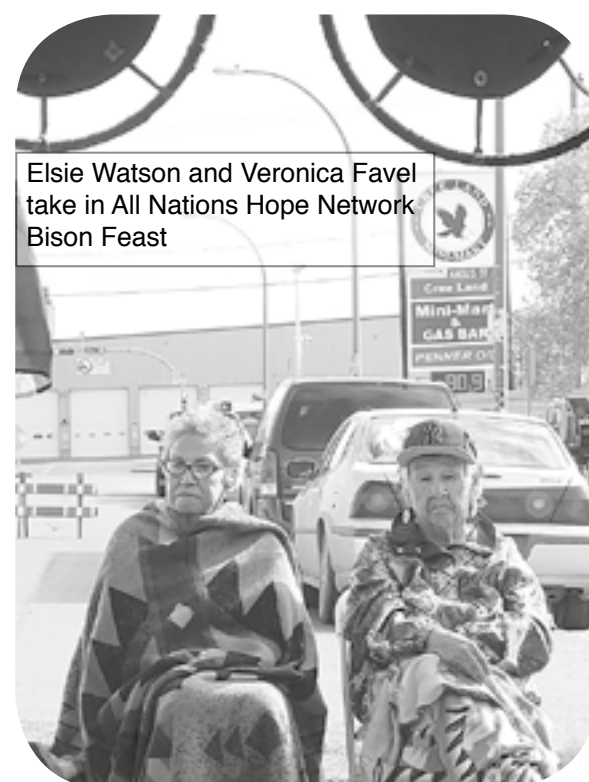
Margaret Poitras, Chief Executive Officer, All Nations Hope Network:

We remember who we are as Indigenous people. Our ancestors are here today. They love when we gather in this manner, in ceremony together, eating together. We know that when we bring the bison to the city of Regina—that food is so much more than just physical, it’s spiritual, it’s mental, it’s

emotional. We’re feeding you medicines so that your time here will be good. That’s what our vision is for this feast—to bring back our ceremonies and to talk about the need to share with one another once more. It’s not easy living in the city and we all know that. To talk and pray in unity is so important.

Canada is celebrating 150 years of being here, but our ancestors have been here much longer than that. Our ancestors want us to walk in love, to have compassion and understanding of one another. To teach our young ones that. That is one of the Indigenous laws that we have—to take care of one another. That’s our vision at All Nations Hope.

The Bison Feast is how we learn along the way what our ancestors did, we’d like you to come along with us, to help us to learn.



Elsie Watson and Veronica Favel take in All Nations Hope Network Bison Feast

photo: J. Morier



NCCA Takes the Coveted Garden Chili Cup at IMCF's annual Garden Chili Cookoff!

North Central Community Assoc. is grateful to the U of S Nursing Students whose winning secret recipe won the cup! Indian Métis Christian Fellowship holds the Inter-Agency competitions to feed the friendly rivalries in our North Central! It's a gas!



Cupcake Wars at NCFC!

North Central Family Centre held Cupcake Wars on August 24—a fun event for spatula-wielding children in the community. The competition was sponsored by Farm Credit Canada’s Volunteer Team with all the icing, sprinkles and decorations you could imagine! Judges selected the most colourful and most delicious and all participants enjoyed prizes.



Engaging Family as Educators at Seven Stones

story and photo by J. Morier

It's new and unique to Regina at Seven Stones Community School. Alison Kimbley is stepping up to the role of Student Engagement Support Teacher.

“Authentic engagement needs to occur on both the familial level and the community level in order to better reach the kids.” Alison says. She has extensive connections into the community from her years teaching at the (former) Wascana School and in her role of choreographer for the Seven Stones Steppers jiggling troupe.

Alison admits this is her dream job. “It really is. This is perfect. Because I genuinely enjoy getting to know the families and working with them, and mostly because I’m proud to be Métis. I attend a lot of events and it’s nice to visit with people here and there and then to bring them into the school. It fits naturally and plays into my strengths.”

Alison’s colleague and fellow teacher, Peter Turner, is in his fourth year as an Indigenous Advocate, and his first year at Seven Stones.

“It’s an acknowledgement of our responsibilities in the school and the school’s responsibilities to the community. Last year Jeff Cappel was the first advocate to be appointed at Kitchener Community School. Natalie Agecoutay Sweet was just appointed the advocate position at Albert Community School. We will also work closely with Ceane Dusyk who is the advocate at Scott Collegiate.”

“It’s growing every year,” Peter continues, “building on a record of successes in terms of achievement and attendance. It’s a tough time to come upon this brilliant idea, given the budget

cutbacks.”

“This education system has been here over 100 years and things aren’t changing or improving fast enough. People are realizing there needs to be a modern approach.”

Alison will engage all families by bringing in people in to share their own expertise. A focus will involve Indigenous language speakers. Labels on everyday items will soon make students experts in pronouncing words. From there, they will move onto reading *100 Days of Cree* (Neal McLeod).

People who jig or who may have traditional skills or knowledge about plants and medicinal uses will be invited to serve as role models. They can talk about their lives in a way that the students can relate to and grow from.

“Schools bring people in to watch their kids excel in volleyball or win an award but there are a lot of times where parents aren’t consulted to their full extent” explains Alison. “We will bring in aunties or grandmas, or whoever is in a family unit with whom students feel a connection.” Alison feels that students who don’t feel like school relates to them will perk up because their families’ knowledge is being honoured in an educational setting.

Alison hopes that the program is broad enough to have caregivers fit in as spectator or participant. They will work with those families to see what traditional knowledge, activity or even recipe they can share. Gardening, hunting skills or traditional preparation of foods can all be included in the sharing.

Peter adds, “I work on actual door knocking with letters of introduction. Home visits will be



Peter Turner and Alison Kimbley of Seven Stones Community School

a big part of what I do to ensure that communication. Homes are more comfortable than being asked to come into the institution. Or I might take a family out for a cup of coffee and just talk about the ways we can support the student.”

Alison agrees. “It’s about really feeling as though families are connected and an important part of the school, because they are.”

She is quick to note that there’s no pressure. “I don’t want them to feel like they need to have a traditional connection in order to come here. Not everybody has traditional knowledge but I would assume that they have skills that are valuable just the same, whether it’s life lessons or not.”

A lot of people work and have very busy lives, there are many reasons why it would be difficult to participate. Teachers can remove the barrier of childcare by watching the little ones while the parent presents their expertise.

Peter assures, “I wouldn’t say we are teaching culture, rather, we are welcoming culture back into the school. Passing along one’s culture has been a conflicted

issue in the past because our (Indigenous) cultures are as diverse as any around the world. I’m not here teaching my own culture—which would be very different than Alison’s—to the same student. That would give them mixed self-perceptions. We are teaching students to bring their own cultures back into the school, and to be proud of expressing their cultures. In the history of Canada, destruction of our culture was the intent. That is what we are trying to overcome now by offering the opposite of cultural genocide.”

Alison and Peter agree that if the student isn’t engaged, they don’t want to be at school. If they are not attending it doesn’t really matter what’s being taught because they’re not going to get it anyhow. The program aims to make connections where students feel as though they and their families are pivotal parts of what’s going on. Students will have greater success than if it was all ‘by the book’.

They conclude “That’s the way it’s been done and it isn’t working, so let’s do it this way and let’s see that success bloom.”

Coffee With a Cop

Cpl. Sheri Wild #662
Community Development Corporal
Regina Police Service

Our first “Coffee with a Cop” was successful. Citizens from all areas of the city attended to share stories, concerns, and laughs with officers.

Regina Police Service looks forward to interacting with community members over coffee on a monthly basis.

We are also now in our new space at

mâdawêyatitân centre, 3355 6th Avenue.

The next Coffee With a Cop date is **October 27** at McDonalds’ Dewdney Ave./Albert St. location.



photo courtesy of Regina Police Service

FASD Awareness Day

by Lisa Workman

On September 8, the Regina FASD Community Network lead an awareness walk. Approximately 80 people participated. Walkers were given a T Shirt and enjoyed a BBQ at the end of the walk. Speakers included Vianne Timmons, President of the University of Regina, Evan Bray, Chief of Police and Warren McCall MLA for Regina Elphinstone-Centre.

Fetal Alcohol Spectrum Disorder is a lifelong, permanent disability. For more information, join the Regina FASD Community Network on Facebook.



photo courtesy of Four Directions



20th ANNIVERSARY
Ehrlo Sport Venture Library

25th EHRL
OUTDOOR HOCKEY LEAGUE

You are invited to join us in celebrating the 20th anniversary of Ehrlo Sport Venture Library and the 25th Anniversary of the Outdoor Hockey League.

Come enjoy free burger lunch, road hockey game, skill tryout, giveaways, and learn more about our leagues, tour our library, and learn about how you can access the service.

OCTOBER 14th
1 to 4 pm

@ 2730-5th avenue
p: 306-751-2411
ehrlo.com/sport-venture
ADMIT ONE

Official Opening of māmawēyatitān centre held September 12



Hon. Bronwyn Eyre, Minister of Education: "māmawēyatitān centre will change the face of this great community. This integrated facility is the result of great collaboration, it has been called an international benchmark. The vision and innovation that each of you brought to this project is remarkable. The goal for all partners involved was to provide services focused on youth and on families within a thriving neighbourhood.

You can now look forward to new adventures and great new

memories here in this building. This school will change the way the students are educated. Students, you now get to experience programs that will serve each of you and help to bring you and the community together. Community members are role models and mentors for you. And those mentors will now engage you students in real-world learning experiences within this great neighbourhood, giving them a sense of connection and incentive to come to school, and a clear path to find personal academic success."



Joelle Fuller performs as High Kicker at North Central Street Fair on September 30



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Life Speaker Noel Starblanket: “On the first day of school I met all familiar faces, colleagues, teachers, students—who were full of smiles! Students are eager, they’re fun to be with, they learn readily. It’s no different here in this community than in other schools.”



Katherine Gagne, Chair of Regina Board of Education: “I would like to extend a thank you to those who began the race and perhaps aren’t here today to come across the finish line. Today we can collectively exhale and breathe in the new aroma of this great facility.

The students’ T-shirts say “Scott Collegiate: Established in 1923 and Renewed in 2017”. This resonates throughout this community as we see renewed interest and investment in North Central.

Sean Quinlan Chair, Regina Public Library: “Public libraries are responsive, dynamic and forward-thinking spaces that respond to the needs of the community and provide many ways to learn about the world.

The new Albert Branch is a fine example, we’ve already benefitted from being in this space. Since moving into this new facility, we’ve seen an increase in the number of customers. This demonstrates that libraries still matter.



CBC Radio’s Morning Edition did a live remote from māmawēyatitān centre. Host Sheila Coles interviewed many North Central neighbours. Seen here with Teagan Littlechief.



The beloved neighbourhood mural from the multipurpose room at Albert-Scott Community Centre made its way over to the new māmawēyatitān centre!



Working for You

Warren

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

A National Union

Supporting Your Community



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ufcw@ufcw1400.ca www.ufcw1400.ca


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JOEL MURRAY

Ward 6 City Councillor


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j.murray@regina.ca



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For more info contact Chelsey:
chelsey@nccaregina.ca or 306-791-9888

ART! Drawing & Storytelling

Location: Art Studio

starts Tuesday September 26

and every Tuesday: October 3, 10, 17, 24 & 31. 5:00 - 6:00 pm

CULTURE! Indigenous Beading

Lanyards & Poppies

Location: Art Studio

starts Tuesday September 26

and every Tuesday October 3, 10, 17, 24 & 31. 6:00 - 8:00 pm

FITNESS! Meditation & Visualisation Techniques

Location: Dance Studio

starts Thursday September 21 and every

Thursday: September 28, October 5, 12, 19, & 26. 3:30 - 4:30 pm

FITNESS! Beginner Power Yoga

Location: Dance Studio

starts Thursday September 21

and every Thursday: September 28, October 5, 12, 19 & 26. 4:30 - 5:30 pm

Families! Youth!

Children!

(under 8 years old must be accompanied by a parent, guardian or older sibling)



Connect • Engage • Thrive

City of Regina



SCES Anniversary Celebrates Arts & Culture

For 40 proud years the Saskatchewan Cultural Exchange Society has been delivering art programs to all ages in all disciplines and in all areas of Saskatchewan!

It is something to celebrate! That is the reason we are hosting FREE Artist Workshops – **Saturday, October 14** beginning at noon at the Cultural Exchange building, 2431 – 8th Avenue in Regina.

Take part in a variety of workshops, including: Beadwork, Music (hip hop and acoustic), Painting & Clay Art demonstrations, Food Art, Multi-media & writing. Materials will be supplied for all workshops—although pre-registration is required so that the artist(s) may plan accordingly. Please note – there will also be opportunities for drop-in participation, depending on the workshop.

There is something for all ages! Please join us for free cake, face painting and family fun.

For more information, contact: Carol Rose Daniels Outreach Coordinator Saskatchewan Cultural Exchange 306-780-9494 carol@culturalexchange.ca culturalexchange.ca/40th-workshops/

Chili for Children's Got TALENT!

Karaoke/Talent Nights THURSDAYS in October & November 7 to 10 pm

māmawēyatitān centre
3355 6th Ave.

Competition Nights:
November 9, 16, 30

\$5 Door Fee

A Fundraiser to help end child hunger.
Feeding 800 students a day!



Brad Bellegarde performs as InfoRed at North Central Street Fair on September 30

North Central Kids Music

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



North Central Health Fair

by Virginia Carpenter, Diabetes Canada

Warm, sunny weather brought people out in droves to the North Central Health Fair on August 16. Over 500 people attended the 11th annual event that was held at the Rainbow Youth Centre and presented by SaskMilk.



Diabetes Canada, sponsors and supporting community partners and health experts, brought the community together to enjoy a healthy BBQ and help them connect with a variety of community agencies and organizations that provide health care information, assessments and counselling. These connections are to help them improve their health and wellness.

The event began with Elder Sidney Kay giving a blessing. Greetings from the province of Saskatchewan were brought by Michael Docherty followed by greetings from Mayor Fougere. Lone Creek Cultural Dancers and Drummers entertained the crowd throughout the event that saw Health Fair participants go from booth to booth learning about healthy living, diabetes and health services available in their area. A nutritious BBQ featuring hamburgers, vegetables and fruit were donated by Loblaw group of stores: Real Canadian Superstore, Real Canadian Wholesale Club and No Frills and rounding out the balanced lunch was milk, supplied by SaskMilk.

The North Central Health Fair provided individuals with access to health professionals and resources in a familiar atmosphere, close to home. It could not have happened without the partnering organizations: Aboriginal Health Home

Care, Aids Programs South Saskatchewan, North Central Community Association, Rainbow Youth Centre, Regina Food Bank, Regina Police Service, Regina Qu'Appelle Health Region—Four Directions Community Health, SEARCH.

These Health Fair participants provided North Central residents with information on their personal risk for developing diabetes and the opportunity to receive one-on-one diabetes education and counselling. From the screenings, 32% of the participants were identified as being at low risk and 68% were identified as moderate or high risk for developing type 2 diabetes. Information about taking the next step in prevention from Loblaw Pharmacists. Overall, the diabetes risk assessment areas counselled over 125 people and 78 risk assessments were completed for North Central residents. Additional Scout testing was completed and added to the importance of the screening and counselling for North Central residents.

During a delicious BBQ, Dancers and Drummers from the Lone Creek Cultural Club entertained with a finale including a round dance that attendees, health fair participants and the Lone Creek dancers all took part in.

Health Tips for Fall

by U of S Nursing Students

With fall on our doorsteps, it's easy to forget about your health as you get ready for another winter. Here are some fall health tips for taking care of your body and mind as the days get shorter and the snowflakes begin to fly.

Flu season is coming up. The influenza virus can infect the throat, nose, and lungs, and is highly contagious. Signs of the flu include fever, headaches, fatigue, chills, runny nose, sore throat and body aches. The best way to avoid the flu is to get the influenza vaccine. Anybody six months or older can receive the influenza vaccine. Staying home when you are sick, washing your hands often, cleaning surfaces like counters, and coughing or sneezing into your sleeve can slow the spread of the flu. The influenza vaccine will be available starting on October 23 at public health clinics and participating pharmacies across Saskatchewan. To find out where you can get your free flu shot please call:

- 204 Wascana Street Clinic
306-766-7500 Press 1
- 1911 Park Street Clinic
306-766-7500 Press 2
- 1080 Winnipeg St. Clinic
306-766-7500 Press 3
- 3510 5th Ave Four Directions Community Health Centre
306-766-7540

Though the fresh vegetables and berries from the garden are gone, you can still eat healthy meals during the colder months. Seasonal vegetables and fruit like squash, pumpkins, and apples can cost less and be easier to find



now. According to the Heart and Stroke Foundation, they can also reduce your risk of heart disease. Try to eat a rainbow of colours, with different food throughout the day. Canada's Food Guide suggests 7-10 servings of vegetables and fruit each day. This helps you get the vitamins you need and lowers your risk of obesity and type 2 diabetes. Canned and frozen vegetables and fruits are also good for you. Remember to rinse canned vegetables to remove extra salt from canning.

Mental health includes three main areas of our well-being: the emotional, psychological and social aspects of our lives. Mental health can affect our day-to-day lives by changing how we act and feel. If you notice changes in how you act, think or feel, you should try to get help immediately. With shorter days and less sunshine, some can be affected by Seasonal Affective Disorder – a type of depression that is comes with changing seasons. If you are feeling tired and sad, do not overlook this and seek help.

Always remember, you are not alone. Some facilities you can seek help from are:

- Rainbow Youth Centre (adolescents and teens support) 306-757-9743
- Four Directions Community Health Centre (mental health and addictions support) 306-766-7540
- Mobile Crisis Helpline (suicide prevention and mental health support) 306-757-0127
- HealthLine (mental health and addictions support) 8-1-1

Drop-in Hours

Mon to Thur 9 to 4 Fri 9 to 1



Sacred Heart

1325 Angyle Street (306) 529-2520



Early Years
Family Centre

REGINA
Children's
Initiative

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A Free Drop-In Play Centre

for Children (infants to age 6)

and their caregiver.



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Regina, SK (306) 545-5900

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10% Seniors Discount
Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP

Advice
for Life

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
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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**

Rod McDonald Remembers Scott

J. Morier



Rod McDonald holds many fond memories of growing up in North Central

Regina and his years at Scott Collegiate. The playwright has even woven his recollections into *Dewdney Avenue* featured in the Regina International Fringe Festival for the past two years.

The play was based on his life growing up in North Central. He explains, "The characters, every story in that play is true. You combine 3, 4 or 5 characters and stories because you don't have time within the play to tell them all."

"All of it was influenced by growing up along Dewdney Avenue and by all the people who I met hanging out at the Utopia Café. It was a formative part of my life."

He was especially sentimental at the Scott Collegiate Farewell, held

this past June. "When I walked into the gym I remember the first time you held a girl for a waltz and thought that was as close to heaven as you were going to get on this earth!"

Rod graduated from Scott Collegiate in 1969. He smiled and nodded his greetings to many alumni who walked by. "I just talked to my high school girlfriend Joni Lister—Joni Stock now—and I still run into her now and again. She's forgiven me for having been 15 or 16 at one time."

Rod grew up at the corner of Dewdney and Rae, so he's very familiar with the neighbourhood, every part of it, what used to be here, what that building was. He recalls, "We used to have a Dad's Cookies right where Chatterson-McMillan Janitorial Supplies is. Most people have forgotten that it was there. I remember because when you grow up two

doors down from a Dad's Cookie factory, you are always going to remember Dad's Cookies!"

"Lot of history in this neighbourhood," he says, wistfully. "My mom stayed here until 1995, when we had to take her out. She just couldn't make it in the neighbourhood anymore. She was afraid to walk carrying her purse because of thefts. I think this community is going to come back when the residents take responsibility for it. That's my own theory."

"People will say 'Enough! We don't want the drugs, we don't want the gangs, we don't want the prostitution. This stops now!' Then it's going to be a much better neighbourhood. The turnaround is coming right now."

"A lot of wonderful people came out of Scott Collegiate," Rod notes. "Eugene Stickland is a well-known playwright. Chico Resch played for the New York Islanders. Larry Kram was a Harvard grad. Kids came out of this neighbourhood and went on to do really good things: (Retired) Senator Pana (Papas) Merchant, Jacquie Shumiatcher."

With his trademark twinkle, Rod added, "It's a very touching thing for me to come here and show my wife the detention room and say 'this is my first time ever being in here!'"

"I actually did get sent to the detention hall quite often because they said I was lippy. I called it opinionated. I'm reframing my history."

The Scott Collegiate Reunion and sendoff took place on June 17. To stay connected with alumni, visit the Facebook page "Scott Echoes".

Community Calendar

Seniors' Walking Club

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

forever...in *motion* at Care & Share every Tuesday at 10:30 am



Care & Share for Seniors Recreational Activities:

Tuesdays at 10:30 am.

Stay for Lunch: at 11:45 am,

followed by Card Bingo! Multipurpose Room mâdawêyatîtan centre 3355 6th Ave., Montague St. entrance



Indian Métis Christian Fellowship (IMCF) Soup & Bannock: Wednesdays 3131 Dewdney Ave. noon All welcome, **\$2.00**

Chili for Children Elders' Lunch: Thursday \$6.00/plate mâdawêyatîtan centre 3355 6th Ave., Montague St. entrance Elders' 'First Choice' Food Distribution Program

COMMUNITY MOBILE STORE!

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

Everyone welcome! Cash only! Call 306-347-3224 for details



Content for DECEMBER 2017 issue - due

NOVEMBER 17

editor@nccaregina.ca



FREE LISTING in the Community Calendar to promote your events happening in October & November, 2017. Deadline for December issue is NOVEMBER 17.

8th Annual SEARCH Gala Fundraiser Friday, November 3

6:00 pm Memories Dining & Bar, 1717 Victoria Ave.

Hosted by Student Energy in Action for Regina Community Health, Inc. (SEARCH) in support of after-hours health programming in North Central Regina!

Tickets are available now and can be purchased by emailing reginastudentclinic@gmail.com

Individual tickets are \$65.00 each and corporate tables of eight are available for \$500.00 each. Tax receipts are available.

For more information about SEARCH or the Gala, visit www.searchhealthclinic.com/gala



Need Help Coping with Your Children?

C.O.P.E. The Community Parent Education Program

A seven-session parenting program will help parents to:

- build positive relationships with their children
- manage those stressful times of the day (like before school, mealtimes, bedtimes)

Held at Randall Kinship Centre
1680 Albert St. Regina
October 19 to November 23
Thursdays, 1:00 to 3:00 pm

To register and for more information, please contact Child & Youth Services at (306) 766-6700

All C.O.P.E. programs are FREE of charge! Refreshments will be provided.

No childcare is provided.

Regina Qu'Appelle Health Region (Mental Health & Addictions Services)

NCCA’s Good Neighbour Services Ceases Operations

The North Central Community Association regrets to inform the community that our Good Neighbour Services program has ceased operations.

Good Neighbour Services was established as a social enterprise to employ neighbourhood youth on supervised job sites serving Regina. While the crew achieved success with winter yard maintenance and in building fences and decks, insufficient work was generated to cover the overhead costs.

North Central Community Association thanks those who supported Good Neighbour Services by supplying work and encouragement. We are especially grateful to Project Manager Marty Rothermel and his team for completing many contracts to great customer satisfaction.

North Central COMMUNITY CLEAN UP!

PITCH IN!

SUNDAY, OCTOBER 15, 9 a.m. - 2 p.m.

All volunteers welcome! Meet at Creeland Mini Mart, south parking lot at 9 a.m. Free BBQ for VOLUNTEERS

NORTH Central Community Association

BennettDunlopFord

Driving Change

Bennett Dunlop Ford is working together to give back to the community.

City of Regina | REGINA

LORRAIS DISPOSAL

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:

- Virginia Carpenter Carol Daniels
- Nephi MacPherson Michael Parker
- Regina Humane Society
- Chelsey Trost
- U of S Nursing Student Interns
- Cpl Sheri Wild RPS Janine Windolph
- Lisa Workman Rhonda Young-Pilon

North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at māmawêyatitân 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 DECEMBER/17 ISSUE NOVEMBER 17, 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

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

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

City of Regina | REGINA Infinite Horizons

Friends and Colleagues,

It is with excitement I wish to share my decision to accept a new position as Executive Director with the Newo-Yotina Friendship Centre. I am saddened to leave NCCA as it has been a tremendous opportunity and I am grateful for all the support I have received from the board and staff and wish them all the best as a new executive director is selected. I love this community and while my job is changing I am not going away and will remain as an active volunteer in the neighbourhood.

My last day with NCCA will be October 27.

Michael Parker, Executive Director – Outgoing North Central Community Association

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
māmawêyatitân 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

Indigenous Showcase

held September 22 at māmawēyatitān centre



Charging Bear Performance



Michael Lonechild created art on site

Regina Humane Society Animal Well-Fair



photos by J. Morier

The Regina Humane Society celebrated the Animal Well-Fair on September 9 in Grassick Playground. This family event is held every year in Regina’s North Central community.

The Animal Well-Fair shows families the proper care for pets in a way that is entertaining, engaging, and educational.

reginahumanesociety.ca



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



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



REGINA SEXUAL ASSAULT CENTRE

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

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

NEEDLES

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