

It's been 20 years of fun for Sport Venture Library and 25 years for the Outdoor Hockey League. OHS is a barrier-free league for everyone, an equal opportunity chance to play Canada's Game. The teamwork and team building will carry North Central youth through life.

Taylor Ward is the Interim Program Manager at Ehrlo Sport Venture Library (2730-5th Avenue).

"The Outdoor Hockey League has about 300 kids signed up around the city, with over 30 kids here at Grassick Park rink. We provide equipment—from skates to helmets! Shoulder pads, pants, jerseys—the whole nine yards. North Central kids get signed up and are out on the ice."

Youth register with Ehrlo Sport Venture Library first, then they are eligible to be outfitted with equipment and can be provided with free taxi rides to and from Grassick Rink. Score!

Users return the equipment when the season's done. The Library is always looking for more donations of skates and gloves.

OHL has referees and officials from the league, but could use more folks to tie skates. The quicker kids get on the ice, the more time they have to play the game.

Taylor adds "It can help those youth who may not be on the right track. They expend their individual energy and develop skills. It's also team building—learning how to work together, how to get along with each other, and have some fun. It's community-building!"

"6-12 is the age range here in NC, the city league takes up to age 16. For young adults from 17 to 21 we have Friday Night Lights at the Core Ritchie rink that runs all year long with fun scrimmage games. Transportation is provided by Ehrlo. Open drop-ins are from 6:30–7:30 pm."

Marty Rothermel is one of the volunteer coaches. "I first came out to this rink 15 years ago. A group of friends started it and have been here from day one. There is no limiting factor, if someone wants to come play hockey—that's the whole idea of this rink. After registering, you show up and you're part of the team. We're lucky that we have 4 really committed coaches, and other people who come out each week. There's opportunity for some one-on-one. If there's someone whose playing isn't as advanced, we can give individual coaching."

"When we play, the teams can build their skills. After a few more nights we can tell who plays well with who, then you have more fun, it's team-building. It would be nice if the city was able to put more resources into this rink. The lights we have here are old. You can drive by this rink at 10:00 at night and hear pucks hitting the boards. If we had better lights it would help and it adds to the safety of the community."

"You see the kids come up through the years, the next thing you know, you run into them and they're going to university. I hope they remember these days fondly. We've never had any fights break out, but it's interesting when you get this many personalities together, just like life."

Coaches Shastidy Sterling and Aleece Anderson have volunteered with OHL for 3 years. They can see the positive impact that is made by giving youth access to a sport.

"We're here for everybody but it's nice to have a female coach out, so the girls have a role model. It also cultivates boys' respect for the girl players to carry from the rink into their lives."

The coaches see how much the girls' skill set has improved. "Some of them couldn't skate at first, but they've built amazing abilities just from skating for a few weeks out of the year. And they've got somewhere to go after this, into women's hockey leagues."



Wyatt Weisbrod and his dad Dwayne make a good team at Grassick Park rink.

Young Wyatt lists what he has learned with OHL over 3 years: "I've learned how to skate, how to fall down and get up, and kinda how to stop..."

"If you like skating, you'll like this league!" he smiles. "It's got everything you need and good coaches—I've got great support from my dad. This is the place to be. It's a lot of fun. And it's all free!"



A Hockey Mom speaks: "At this rink I have a son and a daughter, I have one more over at Imperial School Rink. My daughter has played with OHL for 4 years, my son for 3 years. My oldest is in his 7th year, with the first 6 years spent here at Grassick Park rink. Thank goodness it's all free, otherwise, for a family of our size—we would never be able to play. My kids come home and they're good and tired, a hot shower and off to bed. It's hard to keep them home (from hockey) even when it's minus 30, because they know there's always somebody here! They can't let the team down! We're out here whether it's plus three or minus thirty."

Susan Lytle volunteers as the shack mother. She's been at the Grassick and Cathedral rinks in a variety of jobs for a total of 24 years!

Susan recalls "I was at the shack one night and from across the room I could hear a little girl's stomach growling. As I got to know her it turned out that she and her bother—the last time they had eaten was at the morning snack program at school. That's when I decided on providing a fruit, a vegetable, a carbohydrate, a protein, and something hot to drink every week."



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Gentle Road Church of Christ is an unassuming church without a building. It's a gentle invitation to join a movement. The congregation is made up of our neighbours in North Central.

story by J. Morier

photos courtesy of Kevin Vance

Like the church he founded, Kevin Vance is a quiet power with a big message.

Kevin and Lisa Vance created Gentle Road Church of Christ in 2011. It started informally with a youth program at a friends' North Central home in 2008. They knew they had met a need when, at the end of their second year, 84 kids showed up at the windup.

After that success, he recalls "I felt a physical burden that I should move to North Central. Archbishop Desmond Tutu called it a 'God Pressure'" — referring to the time he felt inspired to initiate the march that would spearhead the end of apartheid. Vance took the message to mean that God was urging him to invest his life and his heart here.

The process of quitting his job (as President of Western Christian College at 4th & Lewvan), taking a year off to recharge his batteries, taking some training, then working with the people in North Central, was a challenge.

His office is run out of his home, but sometimes it's at the local Tim Hortons. Gentle Road runs evening programs out of Zeike's Place (Athol & Dewdney) most weeknights and the Vances hold an adult bible study out of their home on Thursday nights.

Last year a group travelled to LaRonge, Stanley Mission and Montreal Lake where the tragedy of six suicides overwhelmed the community in 2016. "The first time we went, people were—as they are here—fighting addictions, kids were starving for days at a time. We visited one of the poorer areas of LaRonge. It was hard to witness for our group of 15 high school kids and adults. Where other churches go to Zambia or Honduras, we take our trips to places within the province. It was our high school participants who suggested that we take care of our own. Youth have a lot of input," says Kevin. "We have 25 middle-schoolers and 25 high school kids because we listen to what they want to do. They deem what's important."

"Gentle Road is everywhere and



Kevin and Lisa Vance

nowhere, it's wherever we're sitting. Where there's a need, we meet people, hang out, love the kids."

Lisa Vance is the Nutritionist at Four Directions Community Health Centre with the Healthiest Babies Possible program. She walks beside Kevin all the way down the Gentle Road. It makes for long days. Members of Gentle Road Church of Christ fan out to invite their own family members and friends. It's the reason that the kids' programs exploded with success. "We rarely advertise," says Kevin. "It's mostly word of mouth, and social media is a big help."

Staff is made up of community interns from time to time who drive or teach. "Right now, we go to Piapot three times a week to pick up kids and bring them here for programs. When you talk about it being a movement—it's a spiritual movement, but you're physically getting out there, moving around the communities. In the summer, we'll probably have interns from Texas, Oklahoma. During the school year we have local folks."

"Programming comes from the membership, the youth we serve, supplies and funding comes from Canadian and U.S. churches, from individuals, or in-kind services from agencies. We have zero government funding. We are registered to issue tax receipts."

Since 2008 Gentle Road has had youth spend their formative years inside the comfort of the group. They have tracked 300+ individual

children and teens in their program throughout the year. Community worship on Sundays brings out up to 50 people.

Kevin explains, "In our teaching and ministries we talk about real issues—depression and suicide, sexual harassment, incest. We have people who share their stories of addiction. You can't deal with raw emotions every week but we try to have stories from the youth or adults who might say 'I used to work the street, and here's what it was like. Here's how I escaped, but here's how it's still affecting me.' One girl wrote 'if it wasn't for Gentle Road I wouldn't be here'. She revealed she was molested, and said 'all I did before Gentle Road was just lay in my bed every evening and think about suicide.' She's an amazing kid, it's heart-wrenching to think that if we weren't here, where would she be?"

Kevin says he can't imagine who is being left behind and who else needs that counsel.

Gentle Road is also known for North Central murals. Their logo was designed into their first mural in 2011 at Jolly Roger Pub. In partnership with North Central Community Association, they've created colourful murals at Four Directions Community Health Centre (5th & Elphinstone), Alano Club (Pasqua St.), Sunny's Car & Truck Service (5th Ave.), and Royal Canadian Legion, Saskatchewan Command HQ (5th Ave.).

"Sunny's wall invited a lot of community engagement because it has a lot of circles. There were girls who work the street who created some circles. Families, kids from the neighbourhood, could put whatever they wanted in their circle. We were really proud of that. What these murals mean for us is that God wants to take old, tired things and make them beautiful. He wants



to take broken lives, families, neighbourhoods and make them new. That is what the Kingdom of God is all about. Our mission is to help people discover that they are children of the King, they are princes and princesses, they are warriors. And their homes, families, their street, their communities can be places of peace and beauty."

The connection to Indigenous spirituality proceeds very gently—as in the name. "We're not anti-cultural," Kevin muses. "Because of the residential school experiences and effects—part of the calling I have is to offer reconciliation between settlers and Indigenous people. What the Canadian government did—Stephen Harper's apology, the inquiry—were important, but I think that reconciliation comes down to daily relationships. Policy and billions of dollars in settlement have a place, but the real work happens one on one. Having people in your home, going for coffee at the church of Tim's, visiting reserves where most Canadians have never been and are afraid to go... Part of my Christian calling is to be a healer."

North Central and Gentle Road are welcoming to many cultures. Kevin laughs: "Philip, the guy from Kansas, is half Filipino. We just hired a new guy who is moving to North Central from the Caribbean! You have to really love God to move from the Caribbean to Regina in January!"



For more information, contact Kevin at:
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GentleRoadChurchOfChrist

The Importance of the Truth & Reconciliation Commission to Museums

By Laura Phillips, Ph.D. Candidate in Cultural Studies, Queen’s University
Reviewed by Dr. Evelyn Siegfried, Curator of Aboriginal Studies at the Royal Saskatchewan Museum and Audrey Dreaver, Aboriginal Museum and Art Consultant

The recommendations from the Truth & Reconciliation Commission should be the starting point for any exhibit content involving Indigenous people in Canada. As stated in the TRC executive summary, museums “...have interpreted the past in ways that have excluded or marginalized Aboriginal peoples’ cultural perspectives and historical experience....as history that had formerly been silenced was revealed, it became evident that Canada’s museums had told only part of the story.”

The report included ‘calls to action’ to promote healing and reconciliation through the acknowledgement of the multi-generational trauma and other impacts of residential schools, and the need for this to be made public knowledge throughout Canada. It is important to note that not all Indigenous people in Canada support reconciliation.

A number of the ‘Calls to Action’ can inform exhibition themes and content in order to promote reconciliation. (see TRC Calls to Action 66 to 70 on this page).



Quilled moccasins. Photo courtesy of the Royal Saskatchewan Museum Ethnology Collection. Photo by Michelle Brownridge

The Truth and Reconciliation Commission recommendations includes two specific references for newcomers:

Call to Action 93:
“We call upon the federal government, in collaboration with the national Aboriginal organizations, to revise the information kit for newcomers to Canada and its citizenship test to reflect a more inclusive history of the diverse Aboriginal peoples of Canada, including information about the Treaties and history of residential schools.”

Call to Action 94:
‘We call upon the Government of Canada to replace the Oath of Citizenship with the following: I swear (or affirm) that I will be faithful and bear true allegiance to Her Majesty Queen Elizabeth II, Queen of Canada, Her Heirs and Successors, and that I will faithfully observe the laws of Canada including Treaties with Indigenous Peoples, and fulfill my duties as a Canadian citizen.’



Visitors look to museums as authorities for information, especially in regard to contemporary issues:

- The choice of words used in museum interpretative text is extremely important because these words will inform acceptable perceptions.
- Some visitors may be surprised to learn that terms like ‘Aboriginal’ are falling out of use so it is important to explain why.

- Definitions can be confusing but luckily there is a wealth of resources to assist. Be sure to be critical when you find information online, and try to find recent statements made by Indigenous people of Canada on how they would like to be referenced and remember that popular opinions change over time.
- When in doubt, use the name that people use to refer to themselves in their own language and how they self identify.

Truth and Reconciliation Commission of Canada: Calls to Action

This is the eleventh 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

YOUTH PROGRAMS

66. We call upon the federal government to establish multi-year funding for community-based youth organizations to deliver programs on reconciliation, and establish a national network to share information and best practices.

MUSEUMS AND ARCHIVES

67. We call upon the federal government to provide funding to the Canadian Museums Association to undertake, in collaboration with Aboriginal peoples, a national review of museum policies and best practices to determine the level of compliance with the *United Nations Declaration on the Rights of Indigenous Peoples* and to make recommendations.

68. We call upon the federal government, in collaboration with Aboriginal peoples, and the Canadian Museums Association to mark the 150th anniversary of Canadian Confederation in 2017 by establishing a dedicated national funding program for commemoration projects on the theme of reconciliation.

69. We call upon Library and Archives Canada to:

- i. Fully adopt and implement the *United Nations Declaration on the Rights of Indigenous Peoples* and the *United Nations Joint-Orentlicher Principles*,

as related to Aboriginal peoples’ inalienable right to know the truth about what happened and why, with regard to human rights violations committed against them in the residential schools.

- ii. Ensure that its record holdings related to residential schools are accessible to the public.
- iii. Commit more resources to its public education materials and programming on residential schools.

70. We call upon the federal government to provide funding to the Canadian Association of Archivists to undertake, in collaboration with Aboriginal peoples, a national review of archival policies and best practices to:

- i. Determine the level of compliance with the *United Nations Declaration on the Rights of Indigenous Peoples* and the *United Nations Joint-Orentlicher Principles*, as related to Aboriginal peoples’ inalienable right to know the truth about what happened and why, with regard to human rights violations committed against them in the residential schools.
- ii. Produce a report with recommendations for full implementation of these international mechanisms as a reconciliation framework for Canadian archives.

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



Here's to Good Mental Health!

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" is held at Four Directions Community Health Centre 3510 5th Ave. Mondays from 1 to 3 pm.



What does good mental health look like?

Good mental health means that you are able to participate in and enjoy everyday life activities, you have effective coping skills and you are able to keep a healthy balance with the different areas of your life.

When a person has depression, anxiety or other mental health issues, it is difficult to deal with everyday life. These issues can be managed. It is a good idea to talk to a doctor if you feel like mental health issues are getting in the way of daily activities like working, going to school or taking care of the household.

Coping skills—being able to

bounce back from stress and life events—is very important to good mental health. We can learn new coping skills by talking to other people in a support group or a professional, like a counsellor. We can also take a life skills class or read about coping skills. And practice makes perfect!

There are many areas of our life that need balancing. There is mental, physical, emotional and spiritual health. But there is also work/school, home, family, friends, relationships and other areas. A balance means that no one area takes over our lives and we are able to spend time and energy on each. This takes some self-awareness, knowing what is important to you and what areas need some attention.

The Good Life Community Network is a team of agencies and community members interested in promoting the Good Life philosophy in the community of North Central Regina. If you are interested in joining our efforts, please call or text Lisa at 306-519-4183.

Good Mental Health Tips:

☺ **Self-care** – being at our best is always the most effective way to stay physically and mentally healthy. Eat nourishing foods, get the right amount of sleep and get active.

☺ **Build a support network** – invest in relationships to help others and receive help when needed. Also, find support groups, counsellors and other assistance.

☺ **Worry less** – make a worry list and cross off the ones that you can't do anything about and the ones that really don't matter. Problem-solve the ones you have control over. Focus on solutions to help you to manage the problem and give you a feeling of control.

☺ **Think about your thinking** – what are the messages you are telling yourself? Are they accurate or out of whack? Are they helpful messages or harmful messages? Focus on the positive.

☺ **Positive attitude** – Having a positive attitude can make life so much easier. If you think life is difficult and miserable, it will be for you. If you decide that life is manageable and truly a gift, it will be that for you.

☺ **Be patient with yourself** – many times we are hardest on ourselves. Have realistic expectations and remember that nobody is perfect.

2018 - As Good A Year as Any to Make 'Change'

by Cate Morris

Hello/Han Koda. It's just a month into a new year and I'm sure you've been subject to more "new year, new me" rhetoric than you'd like. Before you block it out completely, give this a few moments of reflection. Would you like to make some positive change in your current circumstances but aren't sure how? For example, would you like to do more with your money? Do you have any savings goals this year? Tired of carrying debt? Do you and your loved ones deserve to try for more?

If you answered yes, then read on because this new column is for you! Starting with this article, yours truly will be sharing Financial Literacy information and great money management tips to help you do more for you, your family

and community. All you need is a desire to do more, an interest in learning and of course, a copy of the *North Central Community Connection*. So...ready to make good on your change?

You might be wondering what is Financial Literacy? According to the National Financial Educators Council, it is "possessing the skills and knowledge on financial matters to confidently take effective action that best fulfills an individual's personal, family and global community goals." There are many similar definitions but I use this one in workshops and here because it is most reflective of my inclusive, Indigenous communal self-identity as it addresses self, family and community.

Basically, Financial Literacy is being literate, i.e. educated enough, to understand money and finances to act for your benefit. It's like discovering a recipe for success. Just as you understand cooking a meal to act in your family's best interest, that's how we should be about understanding our money. When using a recipe, you read to understand, you make sure you have the right ingredients, you plan your meal and do what you need to prepare it. Then when you confidently prepare and serve it up just right, you can sit back and enjoy, knowing you've done right for your family's benefit. This is true of Financial Literacy as well – you learn & understand so you're comfortable in knowing you've chosen and acted for everyone's benefit.



That's enough of an introduction for now! In future columns, we will share information on creating a workable budget, managing cash flow, creating savings, paying off debt, understanding taxation, as well as other important ingredients to your ideal financial recipe for success. If you're still reading and ready to make change work for you, I challenge you to write down some life goals that you'd like to work towards. They can be short term (less than a few years), medium term (3-5 years) or longer term (5+ years). Future columns will continue to share information to help start your financial wellness journey towards those goals. ps: Whatever your chosen goals, be sure they align well with your values.

Thank you/Wopida for reading! – Money Scout at Scout Financial Solutions.

Cate Morris is a Dakota winyan from the George Gordon First Nation currently residing in Regina. Having scouted the rugged, complex and overwhelming territory of personal finances for more than 20 years, she shares financial

literacy knowledge through her consulting business, Scout Financial Solutions. This 'Money Scout' walks the talk. Her skills –forged in the financial fires and braced by her formal education –provide her opportunity to share credible, practical and vital

knowledge. Through the actions of Scout Financial Solutions, Cate aims to put an end to poverty in the Indigenous community one workshop at a time. Find Scout Financial Solutions on Facebook or follow on Twitter @MoneyScout4U.



HOPE FOR THE FUTURE! MY WISH FOR NORTH CENTRAL

by NC Homegirl

I can picture my daughter walking the halls of the new Scott Collegiate with so many opportunities to remain connected to her culture. That's something I missed out on growing up, but I'm excited for the work being done across Canada to ensure traditional teachings will survive. All Nations Hope Network (ANHN), for example, has been making positive moves in knowledge transfer from their bison feasts to taking out and teaching our men to hunt.

As an Indigenous girl born in this city, I lived the first half of my elementary years almost oblivious to my roots. My mother had been away from the reserve since she left it for residential school. Even then only some of my family back home still participated in traditional ceremonies. I don't even recall seeing a powwow until I made my first friend who had strong cultural connections and when our school took us to Treaty 4 Powwow.

North Central has always felt like home base, since my own reserve was so far away. Despite the crime that always pushed me to search elsewhere for housing, I always felt out of place anywhere else, even as an adult.

After having my daughter 2 years ago, I no longer want to get out of North Central. I knew the people I see every day all had stories, and those committing crimes were not all bad people—just people in not-so-good situations. I decided to put down my roots because we moved all the time and I went to five different schools. Now I am

excited for my daughter to walk to her school when the day comes, eager to learn, surrounded by people who understand her history, and maintain the teachings.

Different experiences have helped me over the years. Shout out to all the organizations in Regina supporting people who are reaching for a hand up! The doors are open, you just have to knock on the opportunities out there. Agencies, keep fighting for your programs as our people need them. I hope people can see that the numbers affected by certain programs may be low and funding is hard to get because of such small clientele base, but you don't know how your influence on one person will carry over to others.

First Nations Employment Centre had the Odd Job Squad when they were in the Gathering Place. It sparked my desire to work and to help the community. The Elders were so relieved when their yards looked fresh and the lemonades from them were payment enough, but the actual paycheques helped me learn the value of money. How great it felt to buy my own back to school gear! That program may not operate anymore but the services at FNEC are great and I have returned many times to write new resumes and speak with job coaches.

When I was in grade 10 my mom transferred to Saskatoon and I had to follow. I could have been

led down many paths in those pivotal years, had I stayed here. The loneliness and wanting to make new friends in my new environment, coupled with wanting to be back in Regina

with my old friends was difficult. But again I was blessed with opportunities that kept my head (mostly) on straight. Being a teenager is a struggle but each setback taught me something. I do have an addictive personality so I am beyond grateful that my choices never led me to that point of no return. Many people I have met cannot escape the grasp of those hard drugs. I developed some negative ways to cope with choices I made but I always bounced back. To this day have to remind myself of positive coping methods when life gets stressful. I know all too well that trying to forget or escape creates more heartache.

While in Saskatoon I had an interesting aboriginal summer student job at the Public Library and it led to a full school year of working in the children's department. I always have warm flashbacks whenever I spent time at the old Albert Library. I'd see the North Central kids free and engaged in games and making new friends. My school in Saskatoon had a great commercial kitchen and cool teachers which led to a love for baking. I participated in Skills Canada Saskatchewan provincial baking competition for two years and even won silver in my last year. I see the new commercial

kitchen at mâmawêyatitân centre and I hope youth will discover a new passion they've never even thought about.

I was honoured with the SaskTel Aboriginal Achievement for Community service award in grade 11 for volunteer work at a nursing home, at the Regina Food Bank and at the Canadian Cancer Society. As I look back, being recognized in that way motivated me to use my time in a good way.

I returned to Regina for my last semester of high school and secured a student job at ANHN, supervising after school programs at Scott Collegiate and Kitchener School. The Live Safe, Play Safe program gave kids a place to hang out and build new friendships so it makes my heart happy to see all the programming NCCA and the NC Family Centre have for the kids today.

Again, thanks to all the organizations in and around North Central who have open arms and open doors. To my brothers and sisters out there, please, reach out, learn about the opportunities here for your kids so they can find what they enjoy to do in this world. Let us all be together on this healing journey so the next generation does not have to suffer the way many in this neighbourhood had to in their own childhoods. It takes a community to raise a child, so stand up and be the person you wish you had to help you in those most hurtful moments of your past.

Regina Police Service Round Dance Friday, February 9th

Regina Police Service Facebook Page



Time for another Regina Police Service Round Dance, **Friday, February 9th**, at mâmamwêyatitân centre, at 3355 6th Avenue!

Ceremony at 4:30 p.m.
Feast at 5 p.m.
Round Dance to follow

Everyone is welcome. If you've never been to a Round Dance, here is some more information:

The Regina Police Service hosts its annual round dance to respect the responsibilities and traditions relating to our Painted Tipi, as advised by our Elders Advisory Council. The round dance is a social gathering of communities that occurs during the winter months to honour, celebrate, and memorialize. Individuals will travel long distances

for this traditional social dance. This gathering is an interaction between the community and police officers in a traditional setting to demonstrate the Service's willingness to take part in, and understand the traditional values of the Indigenous community.

Round dances begin with a pipe ceremony which includes the blessing of the feast. The pipe's significance is that it represents major group gatherings where Elders preside. The Regina Police Service Round Dance will have both a male and female pipe ceremonies where Elders will perform the ceremonies and accompanying prayers. Those present may join them in smoking the pipe. A feast will follow the pipe ceremony and generally includes traditional foods such as soup, bannock, and berries.

Songs that accompany the round dance are filled with humour and good feelings; most songs feature elevated vocals and the hand drum. However, there are more serious ceremonial honour songs at certain points through the evening such as before and during the give-away. Dancers will stand shoulder to shoulder, hold hands, and dance clockwise using a side step with the beat of the drums, swinging their joined hands as they dance. Dancers will continue to participate and circles of dancers will be created around the singers. These circles are a magnificent show of community and harmony.

As a respect for Indigenous tradition and culture, protocol, for the pipe ceremony and feast will be followed. For protocols and information please contact the Regina Police Service Cultural and Community Diversity Unit.

My Vegas Marathon

by Roselin Stonechild

the Rock'n'Roll Marathon and Adventure took place in Las Vegas, Nevada in November, 2017

I went from sitting in my desk in a grade 8 classroom at Sacred Heart school to running in the Rock'n'Roll Marathon in Las Vegas, Nevada. It's an experience I will never forget! When we first drove into Vegas (in the middle of the night) I saw so many lights I thought they were stars. This was just the beginning of my adventure.

As I got there I noticed the time change. In Regina it was 4 AM but in Las Vegas it was 2 AM. For the first night I had to get used to the time change, I went outside with a sweater on thinking it would be cold but the wind was like a warm summer breeze. On Saturday (the day after we arrived) we had that whole day to tour and have fun but on Sunday it was all fun and games until we hit the start line.

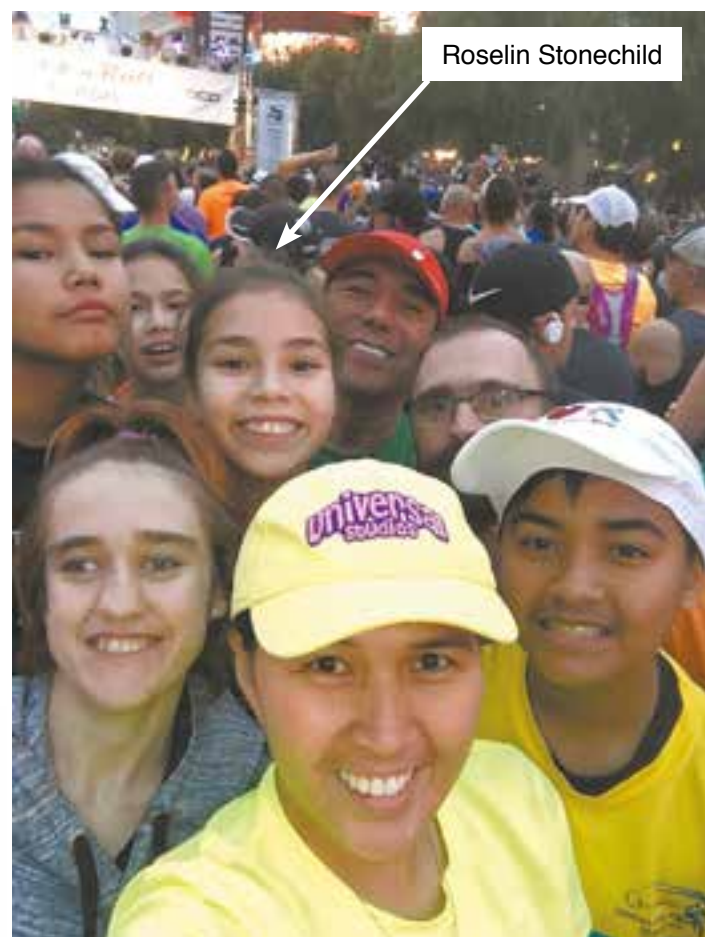
When I was running I went down the strip. It was fun at first, then as I got towards the middle part I was getting tired because I had no friends with me. We lost each other for awhile, but then I found them and I felt more energetic. There were a lot of people so it was easy to get lost in the crowd. When I started I felt good, I thought, "I can do this, I will

finish". It was a very long run, so it took a long time for me to finish, I finished in 2:52:50. This was my first half-marathon so this was my time to beat. In the summer time I ran 5k. After school started back in September I ran 10k, and In November I ran 21.1k, or 13 miles by U.S.A standards.

I talked to Ms. Sandy Wankel, Executive Director of North Central Family Centre. She said that she had been running marathons for 11 years. She organized and attended the marathon with the group. Her first trip to Vegas was in 2006 with the Running Against Crime Team. She and Ben Hernando called a meeting with 12 of the older teens who were at risk of dropping out of school. They challenged the teens to accomplish something that only 2% of the population has ever done — to run a full marathon. Sandy and Ben told the youth that if they believed in themselves, worked hard, quit drinking and smoking, and trained 3 times a week for 6 months they would take them to Las Vegas. "If they committed to this, then I would work hard right along with them and run a full marathon too," said Sandy.

She has been to Las Vegas 3 times but only when she was running a marathon. For her athletes Sandy found experts on nutrition and health so the runners could get on a proper diet. They also trained three times a week. Sandy also said that she will run again, if there are youth still interested, but they will be strict with their training. She says that as she gets older it becomes more of a challenge, physically and it's also a challenge to find time to practice. "It's also very important to practice properly or you can injure yourself," Sandy said.

I would like to run another half-marathon or maybe someday a full marathon. I am grateful for the opportunity to have run in the Rock'n'Roll marathon and see Las Vegas. I definitely need to go back to Vegas because I want to see more stores and famous landmarks.



Roselin Stonechild

photo courtesy of North Central Family Centre

www.rcsd.ca/school/SacredHeart/Pages/default.aspx

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Seven Stones TRC Map Project

by Alison Kimbley

This Truth and Reconciliation interactive map will be a permanent feature at the front of Seven Stones Community School. The map of Saskatchewan provides information, shares stories, and recognizes First Nations communities in Saskatchewan.

On pre-recorded buttons community members, guardians and staff have each shared eighty-second recordings that speak about their home communities. Information and stories have varied, some of the information shared focuses on: common last names, historical events, past Chiefs and leaders, languages spoken, geography

and successes. The hope for the map is to gather and record stories from as many First Nations communities as possible in Saskatchewan especially those in the Treaty Four area. This map is available as an interactive teaching tool for students, teachers and the community to benefit from.

Celebration of traditional knowledge serves to connect people but it also validates the strong history of First Nations communities. When Justice Murray Sinclair was in Regina he spoke about the educator's role in validating children through four essential questions: *Where do I come from, where am I going, why am I here and who am I.*

Through this project the hope is many students will come to recognize and value the strong resilient history of Indigenous people.



Map Launch held December 8, 2017

A Saskatchewan First Nation Awareness & Celebration Project

Seven Stones Community School Principal Jay Fladager explains the inspiration behind the project:

“Our school is committed to taking action on the TRC Calls to Action around education. Two years ago, an interagency meeting was held at Seven Stones that made recommendations for initiatives that address reclaiming language, inviting caregivers into meaningful engagement with school, teaching treaty outcomes at all grades, promoting positive self-image, and maintaining the importance of oral traditions as a means of passing on knowledge and history. We hoped to build on the ‘family-centric’ view our school has for the critical importance of parent involvement in education.

We wanted a visual representation at the front of the school that welcomes our community with windows into the larger community we all share and mirrors that reflect our lived experiences.

We needed to provide voice for social issues facing FN communities.

This project was received with positive feedback beyond our imaginations! Families who were asked to record their stories put hours of effort into interviewing family, researching history and writing narrative that far exceeded the 80 seconds of possible recording time. Many additional families have expressed interest in recording their story. We hope to expand to 30 or more stories this year. We would love to invite greater participation from more willing storytellers in and beyond our community.



Sherry Reavley, Vice Principal and Principal Jay Fladager



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ART & TRADITIONAL CRAFTS

Tuesdays, January through March

Collage: age 8+

Location: (upstairs) Learning Studio B

Facilitator: Chelsey Trost

5:30 - 6:30 pm

Mitts and Lanyards: age 8+

Location: (upstairs) Learning Studio B

Facilitator: Jane Carrière

6:30 - 8:30 pm

FITNESS

Thursdays, January through March

Ribbon Dancing: age 8+

Location: Dance Studio

Facilitator: Chelsey Trost

4:30 - 5:30

Kids Fitness Circuit: age 8+

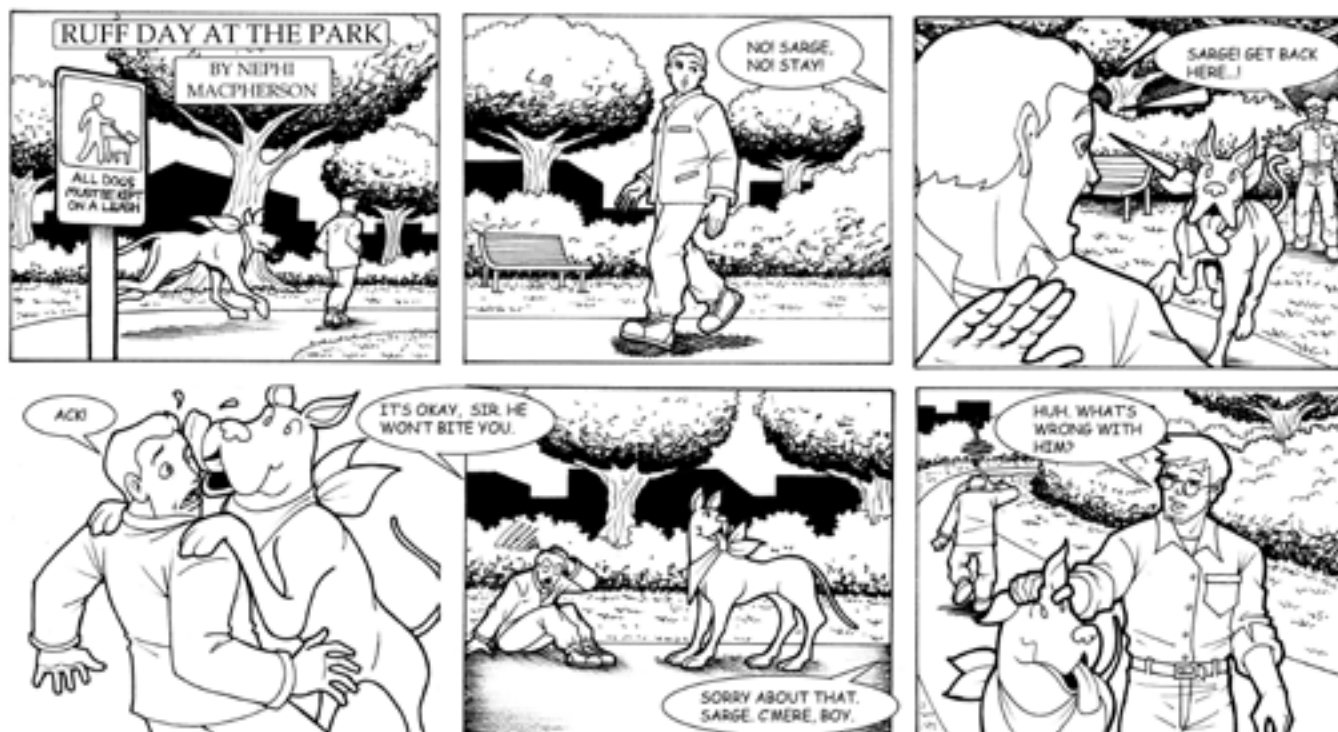
Location: Dance Studio

Facilitator: Shana Lonechild

5:30 - 6:30 pm

Families! Youth!

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



NORTH CENTRAL THEN - The Regina Armoury



Exterior View of the Armoury in 1947.
Provincial Archives of Saskatchewan
R-B8861(1)

November 21, 2017 Lynn Giesbrecht

We live in a fascinating place.

Back in the fall, NCCA was approached by Patricia Elliott, Assistant Professor of Journalism, Faculty of Arts, U of R. She invited presenters on the history of North Central from NCCA and the the City of Regina Archives, then gave her journalism students the option of researching individual profiles or buildings. There are many fascinating topics in our community – street names, corner stores that have come and gone, and an interesting cast of characters.

The Regina Armoury was built in 1928 by the Regina Armoury Association. The building was designed by local architect Stan E. Storey, from the leading Regina architectural firm Storey and Van Egmond, and constructed by Poole Construction Co. Ltd. On the 9th Avenue side, the building is 258 feet long and 158 feet wide. At the time, the roof was the only one of its kind in Saskatchewan, with its steel plates on steel trusses. To improve the building's acoustics, the underside of the roof was covered in a sound-absorbing material.

In 1989, some improvements were made to the building. New windows and doors were installed, and security grills were placed on the ground floor and stairway windows. An elevator and outside wheelchair ramp were added in 1995.

According to the Canadian Register of Historic Places, the Regina Armoury is a Recognized Heritage Building "because of its historical associations, and its architectural and environmental values." It became a Recognized Federal Heritage Building on July 23, 1998.

From 1928 to the outbreak of World War II in 1939 the Armoury served as the headquarters for the Canadian Army and the Royal Canadian Navy

Volunteer Reserve. In 1939, the navy headquarters were moved to the Wascana Winter Club (also known as the HMCS Queen), while the Army headquarters remained at the Armoury.

The Armoury was not used solely for military purposes. Because of its large size, it was also used for many social and political events. From the 1930s through to the 1950s, the Armoury held New Year's dances because the hardwood floor in the drill hall was perfect for dancing.

The Armoury is also well known for hosting the large "Welcome Home" rally held for the Saskatchewan Roughriders after they returned victorious from the Grey Cup in Vancouver in 1966.

The Regina Armoury is currently home to many different groups, including four army reserve units of 38 Brigade Group, the Garrison HQ, the Saskatchewan Military Museum, the Domestic Operations Detachment (Saskatchewan) for Land Force Western Area, and four cadet units. The Department of National Defense is the custodian of the building.

www.historicplaces.ca/en/rep-reg/place-lieu.aspx?id=9583

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NORTH CENTRAL
Community Association

Need to Know About Nutrition: Protein Intake

What does your typical meal look like? Is there protein, fruits and veggies, and a carbohydrate? Is it colourful? Is it healthy? Do you even like what you are eating? Did you know that more than half of your plate should be fruits and veggies? Most people have no trouble finding healthy and tasty fruits and veggies to eat throughout the day, but do you know how to make sure you are eating enough protein? Do you even know what protein is or why your body needs it?

Protein is a macronutrient that our body needs to function properly. Our muscles, organs and tissues are made up of protein which is why it is such an important part of our diet! Protein is used for repairing cells in your muscles, skin and nails. It is also used to make enzymes and hormones used in the body.

Protein is made of building blocks called amino acids, some amino acids are made in the body, but some you can only get if you eat them! In Canada, the main sources of protein are meat and poultry, dairy products, and cereals. Good protein sources will not only give your body its protein requirements, but other essential nutrients like vitamins, minerals and fat. Animal protein is a great source of vitamin B, iron, and calcium and plant protein is a great source of fibre.

The amount of protein you should eat depends on many things, such as age, gender, activity level and metabolism. On average, children need about 30-55 grams of protein per day (0.5g per lb.) Adults need about 40-75 grams per day (0.36g per lb). The elderly population requires 95-180 grams per day (0.9g per lb). That's a lot of protein! Why do the elderly population need so much more protein than children and adults? As you age, your body becomes less responsive to protein. To combat this, it is recommended that the elderly increase their daily protein intake. Keeping your protein intake up will ensure that your body is getting fueled, which will help you stay healthy longer!

Examples of good sources of protein include meat, fish, and poultry, like beef, chicken and tuna. Non-animal sources include eggs, dairy products, like cheese and yogurt, and soy products like tofu. Good news—fruits and veggies that you are already eating also have a small amount of protein in them! Here are some more examples: 30g of cheese (e.g. a handful of grated cheese) is 8g of protein. One egg is about 13g of protein. A standard size can of tuna (120g) is 30g of protein.

Protein is only one part of a healthy diet. Canada's Food Guide recommends 7-10 servings of fruits and veggies, 6-8 servings

of grains, 2-3 servings of milk and alternatives, and 2-3 servings of meat and alternatives, or protein! A balanced diet is important for your overall health and wellbeing!

For an easy visual of a healthy dinner plate, visit **www.canada.ca** and search for the "Eat Well Plate." You can also check out Canada's Food Guide for more tips on how to eat healthy!

by: student nurses
Rebecca Klenk,
Delia Crittenden
& Kayla Pachal

Graphic courtesy of
Canada's Food Guide



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**Community Nurses: Jude McCann RN
& Donna Adams RN**

citykidz

by Lisa Workman

City Kidz is a program that operates at Zeike's Place in North Central on Saturdays. It is a faith-based program that uses a "game show" format to engage children ages 5 – 12 years old. Their games, stories and skits promote values like faith, hope and love. Other elements of the program include transportation to the Saturday programs and the home visits, which provide opportunities to build a relationship with kids and their families.

Donna West is the Branch Manager and founded the program in September 2010. City Kidz is a national initiative with branches in Hamilton and Ottawa. Donna founded the program because she "always had a heart for children." Donna goes on to say "When I was 5 years old, I knew that I wanted to be a teacher. I was one of those kids who walked away from my dream through various reasons. I walked away from God in my teen years and just went through life myself going through job after job. Never really feeling satisfied, never having that hope and never really knowing faith."

Back in 1999, she started to attend a church based in North Central and she started volunteering for their children's program. "As I was getting involved, I knew the Lord was calling me to do something more and I was getting these visions and dreams. That desire to work with children began a rebirth" says Donna.

After the infamous MacLean's article in 2007, she was contacted by City Kidz to gauge her interest in starting a branch in North Central Regina.

"I've always been that underdog going through some trials in school and the one being bullied. I always had a heart for the disadvantaged and a desire to give back that faith and hope. If there had been a program like this when I was young, things might have been different and I might have continued on to pursue my dream of teaching."

One of the goals of the program is to inspire children to dream big and to provide them with the inspiration to chase their dream. City Kidz has big aspirations to encourage children to rise above

their circumstances and break the cycles of poverty and of hopelessness. Much of this work is accomplished through building relationships, one child at a time.

"The biggest thing is to know that God has a plan for them and He will help them with this plan. City Kidz loves them and cares what happens to them."

Currently, Donna is the only staff member along with 10 volunteers plus a volunteer board. Volunteers are much needed right now. There are about 120 children registered and about 65 – 80 who attend on Saturdays. Safety is important and they try to maintain a ratio of 1 volunteer per 10 children. Volunteers are needed to provide the door-to-door transportation and the home visits. There is also potential for a weekly youth group that would work with 13 – 18 year olds. Currently, they only meet once a month, due to the shortage of volunteers. Many of the youth themselves are volunteers working with the younger group.

"Almost anyone who has a desire to invest in the life of a child can volunteer. There are no set skills,

maybe a desire to do some acting and role-playing, or be a game show host." Donna suggests getting a hold of her to arrange watching a Saturday program

first-hand to decide which area would be the best fit. Volunteers who can help with fundraising are always needed.

"I always share stories of how kids are being affected. We have been in Regina for just

over 7 years. One of the girls who started with me, almost the very first Saturday that we opened our door, has continued right through. She has brought friends into the program and these are now our main youth. They have risen up and they have come back."

"Another child was exactly 5 years old when he started the program. At first, he said that he only came for the games and the pizza. A few years later he stated that when he turns 13, he's not going to stay and volunteer. Well, at 12 years old — he is actually already volunteering."

Donna West can be reached at 306-529-8656 or visit citykidz.ca/branches/regina/

ANYONE who has a desire to INVEST in the life of a child can volunteer

Community Calendar

Seniors' Walking Club

Wednesday & Friday – 7:50 to 8:50 am at māmawēyatitān 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

Forever in our Hearts,

Valentine Luncheon to honour those who are no longer with us. Tuesday, February 13, noon at māmawēyatitān centre Multipurpose Room, 3355 6th Ave. Brought to you by Chili 4 Children and Care & Share. \$7 a plate. All are welcome.

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Care & Share for Seniors

Recreational Activities:

Tuesdays at

10:30 am.

Stay for Lunch: at

11:45 am,

followed by

Card Bingo!

Multipurpose Room
māmawēyatitān centre
3355 6th Ave.,
Montague St. entrance



Indian Métis Christian Fellowship (IMCF) Soup & Bannock:



Wednesdays at noon

3131 Dewdney Ave.
All welcome.

Chili for Children Elders'

Lunch: Thursdays

māmawēyatitān centre
3355 6th Ave.,
Montague St. entrance
Elders' 'First Choice' Food Distribution Program



Content for
APRIL 2018
calendar - due
MARCH 16

editor@nccaregina.ca

FREE LISTING in the Community Calendar to promote your events happening in February & March, 2018. Deadline for April issue is MARCH 16.



Older Adult Leaders Wanted

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? The Regina Qu'Appelle Health Region is offering FREE 20-hour Forever ... in *motion* Leadership Training.

Schedule:

- Tuesday, March 6, 13, 20 & 27 from 9:30 am to 3 pm
- Thursday, April 5, 12, 19 & 26 from 9:30 am to 3 pm

Locations to be determined. Please visit rqhealth.ca for more information.

To register contact Marisol Molina-Smith 306-766-7163 or email marisol.molinasmith@rqhealth.ca

Wanted:

Someone awesome, who has amazing computer skills and would like to help others become just as amazing! Classes will be only a few hours per week. Some honorarium is available. Please email: info@amakontwf.com
Thank you



NCCA's Care & Share and Chili for Children's Elders Lunch combined the love and held a Holiday Luncheon for beloved members of the community. We had wonderful contributions (financial and volunteer) from Farm Credit Canada and live music to entertain.



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:

- Jay Fladager
- Nephi MacPherson
- Lynn Giesbrecht
- Museums Association of Saskatchewan
- Laura Phillips
- Roselin Stonechild
- Student Nurses: Rebecca Klenk, Delia Crittenden & Kayla Pachal
- Chelsey Trost
- Alison Kimbley
- Cate Morris
- NC Homegirl
- Regina Police Service
- Regina Police Service
- Lisa Workman

North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at māmawēyatitān centre and various North Central businesses.

Opinions expressed in the North Central Community Connection do not represent the NCCA.

We welcome all letters and submissions. The editor reserves the right to accept or reject and edit all submissions.

**DEADLINE for
APRIL/18 ISSUE
MARCH 16, 2018**
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

**NORTH
Central
Community Association**
www.nccaregina.ca

Get Social!



Mission Statement

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

NCCA Board of Directors

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- Fergus Littlechief
- Brandi Reles
- Shannon Stumph
- Morris Eagles
- Betty Krohn
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- Denita Stonechild
- Tom Wright



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- 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 Care766-6379
- 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
- Circle Project..... 347-7515
- Circle Project Childrens' Centre 569-3988
- Circle Project Infant Centre 949-4911
- Early Years Family Centre 529-2520
- Ehrlo Sport Venture Library..... 751-2411
- Ehrlo Housing 584-3313
- First Nations Employment Centre..... 924-1606
- Four Directions Community Health 766-7540
- Gathering Place 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
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- Log House Thrift Store 791-0255
- māmawēyatitān 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
- Scott Infant & Toddler Centre..... 525-2344
- SEARCH 570-6208
- Souls Harbour Rescue Mission & Youth Centre 543-0011
- Street Culture Kidz 565-6206
- Street Project—Needle Pick up 766-7799
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Mother Teresa Middle School A Jesuit Academy

Information Night

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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

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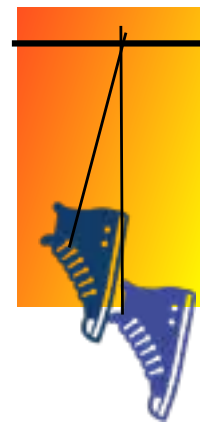
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