



photo courtesy of the Racine Family

## Leticia's Story

Racine v Woods 1983 was a court case that made Canadian history.

University of Saskatchewan's Dr. Raven Sinclair has studied the case for her masters thesis. It brought light to what's come to be known as the Sixties Scoop. The term refers to the practice, during the 1960s onward, of taking or "scooping up" Aboriginal children from their families for placement in foster homes or for adoption. This was deemed to be "in the best interest of the child".

The psychological trauma was inflicted over Leticia Racine's formative years as her biological mother attempted to disrupt and abduct her young daughter. The long trial resulted in a ruling of staying with the family she had known for 8 years—the Racines.

Even now, when a non-Indigenous family wants to keep their Indigenous foster children, they refer to the Racine case.

Now society wants to challenge the ruling. Attitudes and culture have changed. The group Regina Indigenous 60s Scoop Survivors, co-founded by the woman who was at the centre of the original case.

## REGINA INDIGENOUS

# 60<sup>s</sup> Scoop Survivors

She has returned to centre stage to help change the laws.

Then, the courts decided that the best interests of the child lay with her psychological parents and allowed young Leticia contact with her birth family after 13 years. She remembers, "on my 13th birthday I waited in the house all day for the phone call that never came. My birth mom and I eventually developed a relationship, but it's hard and severed."

She learned that her birth parents both spent many years in Indian Residential School in Birtle, MB. Leticia saw that her 10 biological siblings, who were raised on the reserve, had it rough.

Growing up in the Racine family had its own set of ills. Alcoholism and sexual abuse inflicted by a family member made her childhood frightening.

"I had no identity, nobody to connect with. I always felt shame, I asked myself, 'why did I have to be this colour?' I'd look in the mirror and say 'I hate you'."

"I didn't think there was another person like me in the entire world. I was the only ethnic child in the whole school in the 70s & 80s in small town Manitoba."

"I grew up with an overwhelming fear of being stolen, after 2 abduction attempts by my birth mother."

"I was a troubled kid," she admits. "I was sent to a group home from age 13-18. I got in trouble with the law and was sentenced to secure custody."

Ironically, that was where I was introduced to my culture."

Leticia says, "As to the court's proclamation of what's in the best interest of the child—today, each case is different. Family should always be the first consideration before removing a child from their culture. To retain identity and pride, love sometimes isn't enough. Adoptive parents can't fully understand the cultural bonding that is necessary."

Leticia is now healing through her own addictions ("my way of coping" she says). "I've been through 9 treatment centres."

The Regina Indigenous 60s Scoop Survivors Group was created to have a unified voice. Saskatchewan was among the last province to form a representative group. The National body (survivors' society) released information about opting out of the government settlement. Opting out means individuals can negotiate a better settlement. They feel that the offer is unfair, and does not include everyone.

Leticia explains, "They didn't consult with any First Nations

survivors. It only Includes Status Indians, and how is healing going to start for our people if they don't get to tell their stories? So we rallied. Our trip to the Saskatchewan Legislature got us the promise of an apology. Non-Status and Métis people went through the same horrors we all did in foster care. They too were auctioned off and sold all over the world or left in foster care their entire lives. To this day our children languish in the system. I am focused on healing our people our children, our families. Then our communities will follow, then our nation, but it can and will be done.

Leticia is not included in the settlement because she was adopted into a Métis family.

At a recent meeting at the Gathering Place, Mayor Fougere called the Knowledge Keepers to speak. The mayor listened to the whole thing, along with about 40 people from city of Regina. Says Leticia, "I don't want poverty and desperation to be the deciding factor in settling for the compensation".

The Regina Indigenous 60s Scoop Survivors Group meet weekly on Wednesdays at 7pm at 2901 5th Ave for the healing of intergenerational trauma. Anybody who is a 60s scoop survivor is urged to come and share their stories which will be taken to a national level in Ottawa in May.



Leticia & Kerry, founding members of the Indigenous 60s Scoop Survivors

## Kerry's Story

continued on page 3

Kerry Bellegarde recorded her experiences of the abuse she suffered at the hands of her adopted family in the 1970s. Her biological mother was in residential school between the ages of 4 to 16 and she struggled with alcoholism and the fight to be happy. A 16-year old Kerry eventually met her mother in Saskatoon. She didn't understand fully what trauma her mother endured until she reached her 30s.

"The government thought they were rescuing us. They pushed another culture on us. They assumed we didn't need our culture, but it helps us heal."



Leticia leads the recent rally in Saskatoon of the Indigenous 60s Scoop Survivors

## INSIDE

- P2** Community Voices  
All Nations Healin' Thru Artz
- P3** 60s Scoop Survivors (cont'd)  
TRC Calls to Action
- P4** The Good Life  
It's Tax Time
- P5** BigEagle Down Under  
YMCA PiT Count
- P7** Reconciliation Regina  
Pauline Gabriel WoD Nominee
- P8** NC Vibe  
North Central Then - Tom Boy
- P9** Health Benefits of Gardening
- P10** RPS Units in mamaweyatitan  
Community Calendar
- P11** NCCA News
- P12** Learn to Speak Cree



# All Nations Healin' Thru Artz

## A Decade of Determination

**M**onica Fogel is indeed determined to continue her calling of 'taking care of the future of humanity'—beyond this first decade.

All Nations Healin' Thru Artz (ANHTA) made the most of eight years of funding from the National Association of Friendship Centres. That money is no longer available.

Their file has been transferred to Indigenous and Northern Affairs Canada (INAC) which had \$12 million to distribute across Canada, including 30 applications from Saskatchewan alone. INAC couldn't grant multi-year funding but ANHTA has received transitional funding for 1 year to give them time to seek support elsewhere. From their offices at 3046 5th Avenue, the determination and creativity flows.

Meanwhile, a marketing guru is busy rebuilding the website, has established a GoFundMe page "Help Inner City Youth Group", and encourages PayPal support from the website. ANHTA issues charitable tax receipts for financial contributions.

Their space beside the Bannock House is clean and bright and flows with productive and creative activities. It's a safe space to empower youth.

Youth set the learning agenda. ANHTA offers a selection of workshops, depending on youth's preferences at the beginning of a season.

The focus in 2018 is on Truth and Reconciliation studies, with Elder teaching, storytelling, and beading and Indigenous crafts.

Chip McDaniel has been with ANHTA for many years, facilitating creative writing and script development workshops. In years past, Ron Dean Harris (Vancouver rapper Os12) was hired to work with NC rappers and singers in 2009/10 to produce 2 CDs. The CDs can be heard on ANHTA's YouTube channel.

Elder Lillian Piapot has been participating and supporting ANHTA for the full 10 years. "I like to volunteer and help keep

the kids safe and off the street. I enjoy being productive and creative beside the youth. I'm a jack of all trades, always available for a hug, to provide an ear or a shoulder. I share my experience to encourage youth to finish school."

Other artistic expression and teachings come from local facilitators that Monica hires. An Elder works in Cree/English translations. Dickie Yuzicappi shares legends, ceremonial music and traditional stories of turtle island. Drumming and beats are incorporated with residential school stories.

Monica explains "We're accepting of one another. We're learning from each another. My father was a holocaust survivor, so I can relate to the intergenerational trauma."

"We have had serious group discussions on the recent verdicts in the courts." The sessions have also shared historical cases closer to home, such as

the murders of Pamela George (1996) and Elaine Flowers (1981). "I was out working the streets at the same time Elaine Flowers was murdered." Monica explains. "I was addicted to intravenous drugs and in a very violent, abusive relationship with my pimp who overdosed me and tried to kill me when I tried to leave him." Now Monica is proud that she's no longer involved in the street life and can say she is 20 years clean, addiction-free. After she escaped, her mission was to divert other youth from life on the street.

Monica has kept in touch with many youth who have been through ANHTA programs and have gone on to post-secondary school. Some have even pursued theatre and drama after exploring their talents. Monica knows they have gained self-esteem and self-respect and new-found identity after a few years of healing through the arts.



Back Row: Volunteer Tracy Desjarlais, Eric Piapot, Tyra Thompson, Front Row: Elder Lillian Piapot, Monica Fogel

story & photos J. Morier

The ANHTA after-school program covers a supper from the Bannock House, all art supplies and transportation home at 7:00 pm.

Budget permitting, they are considering offering summer programs. There will be no gala this spring but all are participating in a documentary of the 2018 program. It will be filmed and posted on their website and YouTube channel in the summer.

No one is certain of the group's future, but this year's crop of enthusiastic youth are eager to learn.

Tyra Thompson is a 19 year-old who lives in NC. She first joined ANHTA while in grade 8, loving the hip-hop, dance and beading. "I wandered away when I was in grade 9," she says, "but I returned 2 years ago. I learned bass guitar, and I'm now in my 4th year." Tyra speaks with respect, "It's the people. I don't socialize much, but I'm here because of the people who all have similar experiences. It's a safe environment, like a second family. I've opened up and I can now see career options." Tyra wants to continue with music and performing. She hopes ANHTA doesn't have to end.

Eighteen-year old Eric Piapot attended one class when he visited from Manitoba. He now lives in Regina and is here every Monday and Wednesday for beading and creative writing. He's in his first year of journalism at U of R and finds ANHTA a good stress relief from studying. "And," he smiles, "I get to meet cool

people." His plans are to join the infantry with aspirations of photo journalism in a war zone.

Another youth, who didn't want to give her name, is here Monday to Thursday. She finds ANHTA to be a healthy outlet and a positive way to spend time. She's enjoying learning different beading techniques and the creative writing. "I like to learn and I'm not being graded!" she laughs. "We're told to write whatever comes to mind and fix it after. Plus it keeps me out of trouble." She's been involved for 2 years, after being invited by a good friend. She loves the safety of this caring group.

There have been over 300 youth through the ANHTA program over the decade. This season runs until July/August, funding permitting.

www.anhta.org  
Monday through Thursday  
at 3046 5th Ave. from 4  
to 7 p.m. If interested in  
participating, call Monica at  
306-205-7333.

ANHTA will be holding their  
Annual General Meeting on  
Sunday April 29th at 1pm  
- 3042 5th avenue. All are  
welcome to hear successes  
from the previous year and  
discuss plans for the future.

REGINA INDIGENOUS

Kerry's Story - continued

60<sup>s</sup> Scoop Survivors

I was scooped from my mother at age 1½ in Melfort, SK. My mother had not shown her pregnancy and my biological father was unaware. Later he told me “... I thought you were with your mother’s family.”

No one was aware I was being adopted out. I saw the inside of 10-13 foster homes in one year. I accumulated illnesses: thrush, lice, and issues with soiling myself. These were not investigated as medical conditions.

1977  
I was 2½ when I entered the \_\_\_\_\_’s home. I once asked my new family ‘how did you choose me?’ They picked me from a catalogue. ‘You had the most adorable eyes,’ they said.

1980  
I couldn’t have been 5 years old. I recall needing a bath and being afraid. My adoptive mother threw me in the tub and ran the cold water. My skin felt like ice and she made me lay down in the tub. She held me down and the water started to cover my face. I tried holding my breath and I struggled. I was terrified and wondered if I would never breathe again.

I woke up on the floor, freezing and choking. She was screaming at me to ‘get up’. My spirit died right there, I know. I could not believe I was in a home where someone, who was supposed to be my parent, my protector, had so violently taken my trust and my belief system away.

I wasn’t tall enough to reach the sink so I was given a chair to help with dishes. I could not return to school after lunch until the dishes were done. I did all the dishes at supper time and on weekends while the other children in the family were free to do their own thing.

I also tended to my adopted mom’s garden and flower beds, I cut grass and shovelled snow. I had rock picking duty in their fields. I was made to clean the family bathroom from a young age.

Besides the hitting and constant negative criticism from my adopted mother, my social life didn’t exist, neither did television. I was belittled and knew I’d never be one of them. To this day, the habits formed from this treatment remain. I am untrusting, judgemental, I’ll hide the things I think I might get in trouble for. I’m afraid of the dark and small places, basements and the cold. I’m afraid of being left behind, of being alone, of losing everyone and everything I have. I’m afraid of drowning and will always flinch when someone raises their hand.

I’m always ready to argue or fight or I’ll just leave when things get horribly out of hand. I was afraid of being a parent. I never wanted to be the monster she was.

Once I was playing outside, crawling around on my knees. I came indoors and she was busy with sewing. She was mad because I wrecked the knees of my pants. She stuck straight pins into my knees then ordered me to climb around again. The pins impaled my skin and my bones, it was excruciating. I don’t think I was even 10 years old.

Being punished was a daily occurrence. The family belonged to a religion that controlled every part of our life. Since I had so little, I stole things, like toys from the local shop. My room was constantly searched and the stolen items found. I dealt with the police who threatened and warned me, then I had to deal with my parents, and finally the church. These episodes went on for years and I learned to become manipulating, dishonest and to say what they wanted to hear. I became what they wanted—a church girl. I was their pet—docile, weak, obedient.

I wasn’t raised to accept myself. My background was excused as ‘we are a United Nations family’. My culture was not honoured or mentioned. I didn’t know we spoke another language, that we were many tribes and a solid and proud nation. I never knew our dances, our drum, our singing or celebrations, our language, our Elders and how close we are as family.

I was ashamed of my skin and mocked for my insecurities. My schooling was a bad memory. I constantly tried to wash and scrape the brown, the dirt off my body. I dreamed of being the supreme white person. Instead I was told “Look, you could be like those people” as we drove down 20th Street in Saskatoon. ‘Those people’ were Indigenous. They were me! They made it seem like their existence was a disgrace, that every person was ugly and an addict and struggling.

I’ve come to learn that my great-great grandfather was Napoch (Nahpase) or Iron Body, one of the original signatories of Treaty 6.

As an adult, now healing from being hated, I see that my adoptive family were the dishonest ones, hiding what is good in our nation and raising me with no regard to my own identity.

For years I didn’t realize that though I was dark in colour, they were dark in their souls.

Truth and Reconciliation Commission of Canada:

Calls to Action

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

Reconciliation

MISSING CHILDREN AND BURIAL INFORMATION

71. We call upon all chief coroners and provincial vital statistics agencies that have not provided to the Truth and Reconciliation Commission of Canada their records on the deaths of Aboriginal children in the care of residential school authorities to make these documents available to the National Centre for Truth and Reconciliation.

72. We call upon the federal government to allocate sufficient resources to the National Centre for Truth and Reconciliation to allow it to develop and maintain the National Residential School Student Death Register established by the Truth and Reconciliation Commission of Canada..

73. We call upon the federal government to work with churches, Aboriginal communities, and former residential school students to establish and maintain an online registry of residential school cemeteries, including, where possible, plot maps showing the location of deceased residential school children.

74. We call upon the federal government to work with the churches and Aboriginal community leaders to inform the families of children who died at residential schools of the child’s burial location, and to respond to families’ wishes for appropriate commemoration ceremonies and markers, and

reburial in home communities where requested.

75. We call upon the federal government to work with provincial, territorial, and municipal governments, churches, Aboriginal communities, former residential school students, and current landowners to develop and implement strategies and procedures for the ongoing identification, documentation, maintenance, commemoration, and protection of residential school cemeteries or other sites at which residential school children were buried. This is to include the provision of appropriate memorial ceremonies and commemorative markers to honour the deceased children.

76. We call upon the parties engaged in the work of documenting, maintaining, commemorating, and protecting residential school cemeteries to adopt strategies in accordance with the following principles:

i. The Aboriginal community most affected shall lead the development of such strategies.

ii. Information shall be sought from residential school Survivors and other Knowledge Keepers in the development of such strategies.

iii. Aboriginal protocols shall be respected before any potentially invasive technical inspection and investigation of a cemetery site.

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



## The Good Life COMMUNITY NETWORK

When you are newly clean and sober, it is important to plan your time so that you don't get bored. Volunteering is a great way to spend some time and can be a help to your recovery. It is a positive activity to replace some old bad habits.

There are many benefits to volunteering. It can get you out in the community meeting new people and gaining new experiences. Volunteering can help you to learn new skills and abilities and you maybe even find some hidden talents. When you volunteer, you feel good about yourself. And you are practicing your values like hope, love and kindness. Sometimes you might get a meal, access to some second hand items or a chance at some paid work. You might even receive a certificate of appreciation or some other recognition.

## Volunteering is good recovery work

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

by Lisa Workman

Volunteering is a great way to use up some of your spare time. Find a volunteer opportunity that suits you. Make sure that you are doing activities that you enjoy whether it's sports, arts, crafts or working with food, etc. Volunteer serving children, seniors, youth or even animals, whatever you enjoy the most. Have fun working alongside other volunteers, agency staff and the public. Most importantly, make new, healthy, sober friends.



We are lucky to live in a dynamic community that has lots of agencies serving the neighbourhood. Check out Indigenous Christian Fellowship, North Central Community Association, Rainbow Youth Centre, All Nation's Hope and REACH. Outside our community there is Regina Humane Society, Regina Food Bank, Carmichael Outreach and Soul's Harbour Rescue Mission. There are also many churches and ministries and schools that could use your help.

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



Remember that boredom and inactivity can lead to relapses. Volunteering will keep you active in a positive way. You will have something good to focus on so that you won't be thinking about using. It feels good to give back and make a difference.

*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.*

From opportunities to develop new skills, to finding deep and meaningful personal connections, volunteering positively impacts all involved. What value do you find through volunteering? National Volunteer Week April 15-21, 2018 is focused on celebrating the value of volunteering in all in its forms! — *Volunteer Canada*

## It's Tax Time!

The information provided is for general knowledge sharing only and it is recommended to seek professional advice for detailed tax questions.

by Cate Morris



Hello/Han Koda. I hope you are well, prospering AND at this time of year, preparing to file your 2017 tax returns. There are plenty of opinions on tax reform, budget redistribution and sadly, misinformation that strikes fear into people. To help you get in the know about your dough and face some of your own tax fears, read on.

**Does everyone need to file a tax return?** Anyone who has earned income is required to file a return. However, it is recommended that everyone file a return, even if there's no income to report. Processed returns determine whether you can be considered or approved for receipt of any income-based federal programs. Common examples of such programs are the Canada Child Benefit (CCB) that is issued on the 20<sup>th</sup> of each month and the Goods & Services Tax (GST) credit that is issued quarterly. Benefits run every July to June and are determined by your previous tax year. Note that when you file a federal return, you're filing a provincial return at the same time, which may provide you with additional income-based provincial benefits.

**How much tax will I be required to pay?** This is determined by a number of individual/family variances – whether you're single or married, have dependants or not, have Tax Deductions to claim such as RRSP contributions, have Tax Credits to claim such as medical expenses, etc. Tax

Deductions help you reduce your taxable income dollar for dollar. Tax Credits reduce the amount of taxes you have to pay. These tax savings deductions and credits can also fall into two categories: non-refundable and refundable. And yes, there are standard taxes percentages tied to income levels that are applied to everyone but paying lower than these standards can be influenced by individual circumstances and tax reducing efforts. This year's filing will be based on last year's tax base. The 2017 Federal Tax Rate was 15% on income from \$0 to \$45,916.00 and 20.5% on the next level up to \$91,831.00. The 2017 Saskatchewan Provincial Tax Rate was 11% for income from \$0 to \$45,225.00 then 13% on the next level up to \$83,989.00. There are higher levels also but I'm staying within more relevant levels. These amounts have changed for the 2018 tax year. Also, provincial rates vary amongst provinces.

**Is there an age restriction for filing a return?** No, there is no age restriction to start filing. The requirement to file a return is based on income earned. So any income-earning youth can choose to file a return. There are a couple of benefits to doing so. It's likely their income will be low enough that they wouldn't be required to pay any taxes so they may receive a refund on taxes deducted from their pay. Another benefit to filing is that it starts their RRSP contribution room – which is how much they can save for their retirement. Starting their

contribution room early can help with future tax deduction room as their income increases. A filing teenager may affect parental filing so check with what works best for your family.

**How do I file my return?** There are several ways to complete and file your return. You can hire an accountant if you have more complex circumstances. Some use tax preparer businesses to file on their behalf. These businesses charge a fee to file and many also pay refunds out immediately – for an additional fee. These fees can mean hundreds less for you and yours so be a smart consumer and weigh the real costs to your household if considering this route. You may receive your refund earlier but it is at the expense of losing money that could be put towards your debt or savings. There are also free tax preparer clinics that will file for you if you meet their requirements based on income and level of complexity required for your return. This is a great community service for lower income people because it keeps more money in the hands that need it most. Another option is to file your own taxes using a software or online program. There are free options as well as minimal cost options to do so. If you want to really learn the ins and outs of filing, there are still paper forms that are simple enough to complete with help only a Google search or call away. These can be mailed in or filed via telephone. The cost is free and you

learn a valuable skill in the process. How you decide to file is entirely a personal choice based on your current needs but the importance of filing each year and on time cannot be stressed enough. The deadline to file your 2017 return is on or before April 30, 2018 to ensure commencement or continuity of any possible federal and provincial income-based benefits.

### Useful tax filing tips:

1. **Be organized** – Keep your tax documents, receipts, previous returns and other tax information in a clearly marked folder or box identifying it as Taxes/Tax Information.
2. **Learn to Understand** – You don't need to become a tax expert but you should try to understand the rules that affect your household.
3. **File on Time** – Avoid fines, penalties and delays in benefits by always filing your return by the deadline.
4. **Strategize** – Meet with or ask someone to help you find ways to save on your taxes through applicable deductions and credits.

Taxation, filing returns and resulting benefits or consequences are a complex matter. Although it's not necessary to know everything about such things, it is important you have some understanding on things that directly affect your life. I hope this article encourages you to fear less, learn more and act to empower yourself through this tax filing season and start on your way to a better financial existence.

# BigEagle Down Under

Congrats to North Central’s fashion designer Joely BigEagle Kequahtoway, representing Canadian Indigenous Peoples at the Global Indigenous Runway Project during 2018 Virgin Australian Melbourne Fashion Festival. As Joely tells it:

“The Fashion Festival was celebrated in Melbourne, Australia on March 9. It was a meeting of minds and creative artists to celebrate family, culture, history, fashion and art. Much love and blessings to the family that organized it, including the lead coordinator Tina Waru. I made some amazing memories with my fellow designers and models and new-found family. Sometimes I don’t know what I put myself into. But nothing makes you feel alive like challenging yourself to new heights. No matter what, I did my best and hope I wowed some people with my fashion and designs.”

Joely worked hard to raise the funds to travel to Australia

by sewing starblankets and facilitating workshops and her band paid for her designer fees for the fashion show.

Joely expressed gratitude for financial support through GoFundMe. She will be hosting a 2-day fashion workshop on White Bear First Nations in May as a thank you for her band’s sponsorship.



Joely was thrilled to have been accepted to showcase her buffalo inspired fashion at the Australian Global Indigenous Runway. She is transitioning from her professional career as an engineer towards being a fashion designer/artist which she has been for the past 20 years.

“I want to focus full time on my passion that feeds my soul. I facilitate art and fashion workshops to inspire others to follow their dreams and goals. I volunteer and am vocal about the community development needed, especially with respect to the areas of Truth and Reconciliation. I have been on a trajectory to follow my dreams and that means putting myself out there and sharing my art with my community and the world.”

photo courtesy J. BigEagle-Kequahtoway

Unique Buffalo headpiece (with Buffalo Horn design by Edward Poitras). BigEagle-Kequahtoway (left) created the dress and the rest of the headpiece.

## COMING SOON

### RPS/NCCA Presentation

Watch for announcements of a joint presentation by the Regina Police Service and North Central Community Association, key topics to include:

- The new Cultural Engagement Unit at māmawēyatitān centre in North Central – its function and purpose
- Community Policing – principles, use, and effectiveness
- Understanding police services – how to use them (Crime Stoppers)
- Presentations on various sections of the Police Services

Presentation to be held at māmawēyatitān centre in late April. Watch our social media pages for details.

## Call for Volunteers: YMCA of Regina/ Homeless Partnering Strategy to Conduct Regina Communities 2nd Homeless Point-in-Time Count

**Date:** April 18  
**When:** 5:00 pm – 11:00 pm  
**Where:** Downtown YMCA, 2400 13th Avenue, Gymnasium (PiT Count HQ)

The Government of Canada, in partnership with the YMCA of Regina, Community Entity for the Homeless Partnering Strategy in Regina, will be conducting Regina’s second Point-in-Time (PiT) count of homelessness on April 18, 2018. In order for this to be a successful event, the YMCA of Regina and community partners are in need of many volunteers. To register as a volunteer or to find more information, visit [www.regina.ymca.ca/2018pit-count](http://www.regina.ymca.ca/2018pit-count).

A Point-in-Time Count, or PiT Count as it’s commonly referred to, is the measure of the number

of people living homeless, either sleeping rough (streets, parks, etc) or in shelter systems, counted on a specific day and period of time. It is meant to be a snapshot, painting a picture of what homelessness looks like in that time and place. Key data is also collected to determine significant details about those living in homelessness.

This will be Regina’s second PiT-Count. The first occurred in 2015, finding 232 individuals sleeping rough and in the shelter systems. The 2015 PiT-Count involved approximately 150 volunteers, a turnout that is hoped for during the 2018 PiT-Count.

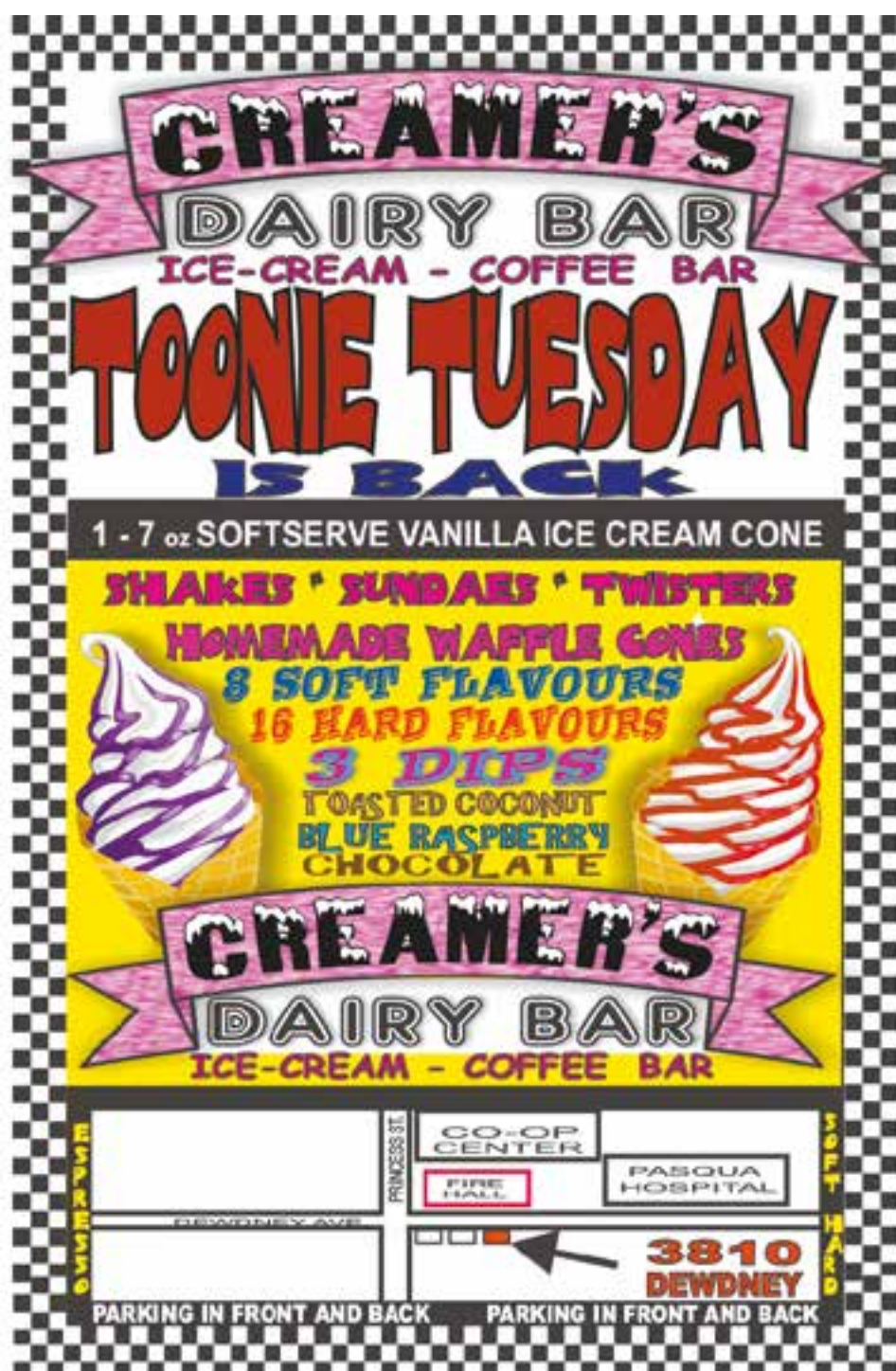
If you have further questions comments, please contact Addison Docherty, Local PiT Coordinator: 1-306-537-7476 or Addison.Docherty@regina.ymca.ca



## Save the Date!

**JDRF Diabetes Walk**  
**Sunday June 10**  
**[www.jdrf.ca/walk](http://www.jdrf.ca/walk)**  
**(306) 533-9940**





# Reconciliation Regina

The launch of Reconciliation Regina was held at māmawēyatitān centre on March 20.

A Pipe Ceremony began the morning in a good way. Lifespeaker Noel Starblanket offered up opening comments and a prayer.

Mayor Michael Fougere addressed the group. “Regina City Council cares deeply about this process and acknowledge the participation and presence of Chief Bray and Regina Police Services. The police will also always be here as part of reconciliation. We’ve been meeting for the past year, talking about what we all want to achieve through the Calls to Action. In roundtables with Elders, we’ve heard very emotional, moving stories. They were not easy to hear, but will allow the healing process to move forward toward reconciliation as a community. We are developing a work plan of education and inclusion. We will choose to have a language of respect, participation and understanding.”



Ms. Mary Culbertson, Treaty Commissioner of Saskatchewan Office of the Treaty Commissioner spoke in praise of the leadership she saw in the room. “It’s really empowering to be part of a project like this. Whether we’re First Nations, non-First Nations or newcomers, we’re all here to stay, we have to treat each other better in our communities. There are hard truths to have to talk about. Our treaty relationship is in jeopardy. Let’s work together to ensure that our kids, kids who are coming out of these schools don’t have to be putting committees together to fix this. Regina, you’re now a leader in the south for reconciliation.”

A performance by Charging Bear Dancers & Singers and a lunch was enjoyed by all.



On March 24, the YWCA’s Women of Distinction Nominees were introduced at a reception at Queensbury Centre. Left: North Central’s friend **Kelly Husack**, Executive Director of SEARCH, nominated in the Wellness, Recreation and Healthy Living category; and right NCCA’s own Go Green and Care & Share Coordinator **Pauline Gabriel**, nominated in the Community Leadership and Enhancement category.

The Women of Distinction Awards will be held on April 26.





Building Together



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

A National Union  
Supporting Your  
Community



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

 **UFCW Canada Local 1400**  **UFCWCanada1400**

[ufcw@ufcw1400.ca](mailto:ufcw@ufcw1400.ca) [www.ufcw1400.ca](http://www.ufcw1400.ca)  
1-800-274-4036



**JOEL MURRAY**  
Ward 6 City Councillor  
**306-519-2232**  
[j.murray@regina.ca](mailto:j.murray@regina.ca)

We moved! Come  
check out our new  
place, see you soon!





New location

2424 Dewdney Ave

1 block east of Albert Ave & Dewdney Ave  
3 blocks from our old location



306-359-3331

[smithsinsurance.ca](http://smithsinsurance.ca)





## ART, CULTURE & FITNESS

### FREE SPRING PROGRAMS

#### Tuesdays & Thursdays

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

To register, contact Chelsey:

chelsey@nccaregina.ca or 306-791-9888

### ART & TRADITIONAL CRAFTS

Tuesdays, April 3 to May 22

**A Different Craft each Tuesday:**  
**age 8+**

Location: (upstairs) Learning Studio B

Facilitators: Chelsey Trost, Irene Mosquito

4:30 - 5:30 pm, beading 6:30 - 7:30 pm

**Babysitting Certification: age 10+**

Location: (upstairs) Learning Studio B

Facilitator: Chelsey Trost

6:30 - 8:30 pm

**FITNESS** Thursdays, April 5 to May 31

**Strength Training: age 10+**

Location: Dance Studio

Facilitator: Chelsey Trost

4:00 - 4:30 pm

**Pow Fit: age 8+**

Location: Dance Studio

Facilitator: Brandy-Lee Maxie

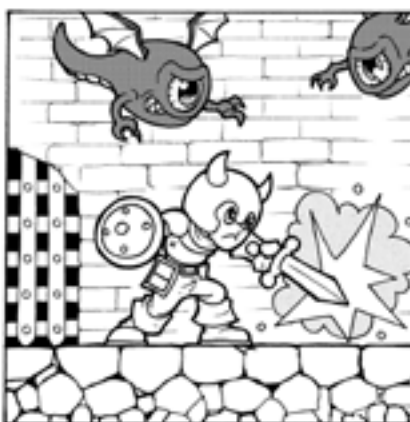
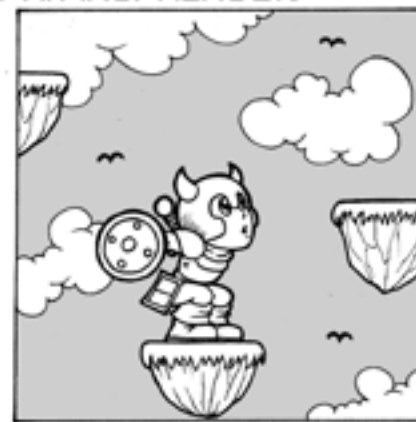
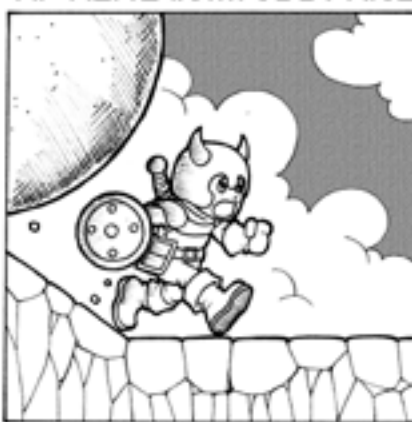
4:30 - 5:30

### Families! Youth!

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



XP HERO IN .... JUST ANOTHER WEDNESDAY BY NEPHI MACPHERSON



5th & Elphinstone Tom Boy Store, now home to Four Directions Community Health

## NORTH CENTRAL THEN - Tom Boy Grocery Store

by Harrison Brooks

### I.AM.NORTH.CENTRAL. By M. E. McFarlane

I live in North Central.

I grew up here; I just moved here.

I walk, drive, take transit out of my neighbourhood.

I am a university graduate, a high school dropout, self-taught, a journeyman.

I am a home owner, renter, staying at a friend's place, between places, homeless.

I am married, common law, single, divorced, separated, widowed.

I am a professional, a student, an employee, self-employed, unemployed, retired, a volunteer.

I am a parent, an aunt/uncle, a grandparent, a cousin, a son/daughter, a niece/nephew, a brother/sister, a friend.

I am cisgender, transgender, lesbian, gay, heterosexual, bisexual, unlabeled, an ally, uncomfortable.

I am a teacher, a bus driver, an administrative assistant, a construction worker, a food server,

a librarian, a mechanic, a stay-at-home-parent, a university professor, a business owner.

I am Cree, Saulteaux, Nakota, Métis, Anishanabe, Dene, Blackfoot, Inuit, Sioux.

I am an artist, an actor, a painter, a poet, a singer, a writer, a dancer, a musician.

I am Indigenous Canadian, Asian Canadian, French Canadian, African Canadian, Arab Canadian, Anglo Canadian, Slavic Canadian.

I am a football fan, hockey goalie, swimmer, body builder, basketball forward, martial artist.

I live alone, with family, with a foster family, with roommates, in a group home.

I am a child, a teenager, an adult, a senior.

I vote, don't vote, don't know where to vote.

I am hopeful about the future; I am discouraged about the future.

I am not who you thought I was.

A quick walk around the North Central community will reveal that the neighbourhood has most of the services you would expect in a community, except arguably the most important one. The North Central community has been without a grocery store since 1992. However, before 1992 a longtime grocery store stood where the Four Directions Community Health Centre currently is, at 3510 Elphinstone Street on the northwest corner of Elphinstone Street and 5th Avenue. Prior to 1965, a grocery store named

**The community has been without a grocery store since 1992**

Elphinstone and 5th Grocery sat on that corner. Throughout 1965 and 1966, the location was under construction and in 1967 the city's second Tom Boy grocery store opened up on the corner. Tom Boy was a long-standing business in the area, lasting 19 years before it was sold and turned into Kvello IGA. Kvello's ran from 1987 to 1992 followed by four years of vacancy before the current occupant, the Four Directions Community Health Centre opened its doors. It has been there ever since, providing food for the soul.

*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 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.



Summer Hours:  
Mondays  
5:30-8:30 PM  
(May 7 - August 27)

SEARCH is closed all long weekends

Four Directions Community Health Centre  
(3510 5th Ave)  
Regina, SK  
306-570-6208



www.searchhealthclinic.com

- Free Meal
  - Medical Services
  - Adult Counselling
- Physical Therapy
  - Cultural Support
- Women's Group
  - Teen Group
  - Childcare

All free... All welcome!



Early Years  
Family Centre

REGINA  
Children's  
Initiative

*Strong beginnings. Brighter future.*

Sacred Heart School

1325 Argyle Street

(306) 529-2520

**A Free Drop-In Play Centre**

For children newborn to age 6  
and their caregivers

**Drop-in Hours**

Mon to Thur 9 to 4 Fri 9 to 1

PharmaChoice

Stapleford Pharmacy

4113 - 5<sup>th</sup> Avenue  
Regina, SK (306) 545-5900

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

10% Seniors Discount  
Free Prescription Delivery

MGR. MEGAN ZMETANA, BSP

*Advice  
for Life*

# THE BENEFITS of Community Gardening

by: University of Saskatchewan Nursing Students Hannah Dicus and Vishakha Singh

Spring is going to be here soon and that means the birds will be chirping and the sun will be shining. It is time to get out your gardening tools and get at it! Gardening can be an activity the whole family can enjoy. There are many health benefits to gardening, so let's look at a few.

*You eat fresher, more nutritious foods*

What can be better than fresh fruits and vegetables? Gardening provides you with fresh products that you can use to make healthy, nutritious meals for yourself, and your family. Community gardens have previously shown increased food security in the North Central Community.

*You get Your Exercise*

Thinking about how to spend your time? Gardening is one activity that allows you to enjoy nutritious food, while also helping to work the muscles in your upper body, your core, and can help improve your balance. Activities such as digging, planting, weeding and watering work your entire body. It is important to remember to break gardening into chunks of 30 to 60 minutes to avoid over-tiring yourself. Gardening is an excellent way to get your exercise and be active, so go get your hands dirty!

*Get involved and feel connected*

Feeling lonely? One way you can get involved and

engaged in your community is through gardening. The idea of community encourages members to socialize and share their ideas and experiences. This constant exchange allows people to enjoy fresh food, be active, and make new friends. Some of the garden lots in the community are at Oasis Church and Kitchener School.

*Promotes Good Mental Health*

Studies have shown that being involved in community gardening has increased self-esteem, creativity, and mental health. Gardening has helped increase mood and fight depression. It also benefits people with dementia by acting as a distraction and calming exercise. When you are out in the garden you are getting vitamin D from the sun. Vitamin D is known to protect your bones, immune system and promote a good mood. Just remember to cover up with a hat and apply sunscreen to ensure you are enjoying healthy sun exposure.

*Your environment is safe*

Are your children involved? How does your environment look? Gardening has its perks. It not only gives us our nutrition and exercise but it also makes the place look beautiful with colourful flowers. It encourages the younger generation to be involved and increases their interest in gardening in the community. So get your family, children, friends, and neighbours out to the garden!



New clients  
**WELCOME**  
for office or  
home visits!

1056 Albert Street

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

Call 306-757-1046  
to book an appointment  
or leave a message

**RATES for Foot Care:**

In-office visit for NC Resident.....	\$15.
Home visit for NC Resident.....	\$20.
In-office visit for Non NC Resident.....	\$30.
Home visit for Non NC Resident.....	\$40.

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

## RPS Community Engagement Unit & Cultural Unit—Open for Business

by Cpl. Sheri Wild

The Regina Police Service Community Engagement Unit is in full swing. We are a group of 8 uniformed police members who work 8am-5pm, Monday to Friday out of māmawēyatitān centre.

You can come report incidents to us, request our presence at events, or just come for a visit. Our mandate is simply to engage with community associations,

organizations, businesses, and citizens of Regina. In the coming months you will see us on beat and bike patrol throughout the city. The Regina Police Service Cultural Unit will also be working out of the police station at the centre starting in April. Follow us on Twitter @ReginapoliceCEU or Facebook: Regina Police Service Community Engagement Unit. 306-777-6450.



Left to right: Cst. Frank Kovacs, Cst. Jessie Singh, Cpl. Sheri Wild, Cst. Tyler Lerat  
Community Engagement Officers in front of their office at māmawēyatitān centre.



Campbell Collegiate held an enthusiastic fundraising drive for 5 North Central agencies back in November, 2017. Some of the activities included a coffee house, minute-to-win-it games, cookie decorating, photo booth, and puppy visits. Students had the opportunity to pay their way out of an afternoon of classes or to watch a movie. Pie in the Eye and Pancake Breakfast were crowd-pleasers. A talent night was held with raffles and a silent auction. Students even auctioned their principal and vice-principal's parking spots!

With a student body of 1500 kids, the fundraiser was a huge success! In two weeks they raised just over \$14,000 with each of our NC agencies receiving a cheque for around \$2800.

Thank you Campbell Collegiate for everything that you do for our community!!



The community of North Central sends a big thank you to Regina Symphony Orchestra for their Share the Music outreach program. The program provides RSO concert tickets to children, families and other adults who otherwise do not have financial resources to attend. Share the Music offers complimentary RSO tickets to organizations to distribute to individuals and families who use their service.

North Centralites have enjoyed the symphony and special events such as Buffy Sainte-Marie, Inuk throat singer Tanya Tagaq and the recent Forward Currents Festival "Listen and Hear—Towards Prairie Reconciliation"



## 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

### Care & Share for Seniors

**Tuesdays forever...in**

**motion:**

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



**Indigenous Christian Fellowship (formerly IMCF)** hosts weekly **Monday Craft & Tea**, 6 pm at 3131 Dewdney Ave.

**Indigenous Christian Fellowship (formerly IMCF) Soup & Bannock: Wednesdays at noon**  
3131 Dewdney Ave.  
All welcome.



**REACH**  
COMMUNITY MOBILE  
STORE!

EVERY **MONDAY**

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

Cash only.

Call 306-347-3224 for details  
or visit [www.reachinregina.ca](http://www.reachinregina.ca)

### Chili for Children Elders'

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



**Send content for**  
**JUNE 2018**  
**calendar - by**  
**MAY 14**  
**[editor@nccaregina.ca](mailto:editor@nccaregina.ca)**

FREE LISTING in the Community Calendar to promote your events happening in April & May, 2018.

Deadline for June issue is MAY 14.



Call for GO GREEN  
Workers for training for  
the 2018 Riders season!  
Training will take place  
in late April/early May.

Details to be announced  
on the *Go Green*  
Program Facebook page.



This vehicle is owned by the North Central Community Association and was used for business activities and driven primarily within the city. Comes with truck bed cover, tires are in great shape, and vehicle drives nice. Recent work done (Feb 2018) includes oil change, new battery, lower suspension ball joint, and alternator.

Engine: Gas V8, 5.4L; 4WD SuperCrew Styleside; 5 ½ ft box FX4; passenger capacity - 6; 4-speed automatic transmission; transmission w/OD-inc: higher torque capacity  
**Only 149,500 km**  
**Price (reduced) \$8,900 firm**  
**Contact NCCA 306-791-9888**

# The NCCA Board Looking for New Directors

by Murray Giesbrecht

Many people don't think of joining a non-profit board when they think about volunteering, but serving on a non-profit board allows you to connect with and impact your community in very meaningful way. The satisfaction that comes from helping achieve positivity in your community makes the experience worth the commitment.

Here are just a few of the reasons you should consider joining the NCCA board:

- Make a bigger impact in your community**  
Sitting on the board allows you to connect with your community from a much more strategic position. As a board member you have the opportunity to use your voice and connections to help shape the organization's mission.



- Learn more about the cause you serve**  
Board service is a huge learning opportunity and a chance to broaden your perspective on many issues. You can learn a lot in terms of both community priorities and how an organization functions.
- Build a legacy**  
If you are really interested in leaving the community a better place, serving on the NCCA board is a huge opportunity to do just that.

The NCCA is looking for new board members for 2018-2020. Board members are elected by the NCCA membership at the Annual General Meeting. Directors may serve for a two-year term.

For more information please contact Murray Giesbrecht, Executive Director at (306) 791-9881.

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:  
Kerry Bellegarde Nick Crighton  
Joely BigEagle-Kequahtoway  
Addison Docherty Monica Fogel  
Murray Giesbrecht Nephi MacPherson  
Cate Morris Student Nurses:  
Hannah Dicus & Vishakha Singh  
Leticia Racine Chelsey Trost  
Cpl. Sheri Wild, RPS 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 JUNE/18 ISSUE**  
**MAY 14, 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



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

Morris Eagles	Betty Krohn
Shawna Oochoo	Brandi Reles
Denita Stonechild	Shannon Stumph
Tom Wright	



**Helping those with modest incomes and simple tax situations**  
(social assistance recipients, new Canadians, seniors & students)

**FREE Community Income Tax Clinic to April 26, 2018**  
Mondays to Thursdays, 10<sup>am</sup> to 4<sup>pm</sup>  
(closed over noon hour, last appointment at 3:45<sup>pm</sup>)

Walk in to reserve your space.  
Same day appointment.  
**No telephone appointments**  
māmawēyatitān centre 6th Ave. entrance



### Dial 306 before calling! NORTH CENTRAL PHONE LIST

Schools	Albert Community School.....	791-8539
	Allan Blakeney Adult Campus.....	523-3650
	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
	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
	Caring Hearts .....	523-2780
	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 .....	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
	Indigenous Christian Fellowship (ICF) .....	359-1096
	Kids First Program .....	766-6792
	Kids Help Phone .....	1-800-668-6868
	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
	Regina Open Door Society (RODS) .....	352-3500
	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
	SWAP.....	525-1722
	YMCA of Regina .....	757-9622

# Let's Learn to Speak CREE Together

## mâᓄawî-nêhiyawêᓄototân

by Nick Crighton

The City of Regina and Regina Public Library have partnered to host a Cree language instruction course through “total physical response” (TPR) style of teaching. TPR is matching a verb word with an action.

Instructor, Darren Okemaysim, is trained in TPR. Darren is teaching conversational Cree and teaching participants about Cree language history and culture.

The program is open to the public and free of charge for everyone. The course is held at mâᓄawêyatitân centre and began in February, running until May 10, from 6:30 – 8:00 pm. The class is live-streamed through social media to increase accessibility to the public.

The classes aim to provide the community with the ability to learn the Cree language. There are no barriers in this safe, supportive and inclusive environment.

Let's Learn To Speak Cree Together is a drop In Program for all ages, registration is not required.

The classes are uploaded to a Youtube link for the broader community to have access.

The Cree Language class is an Integrated program with Albert Library. Chili for Children provides tea, bannock and pastries. North Central Community Association shares in promotion.

**The Instructor:**  
Darren Okemaysim is from the Beardsy's & Okemasis First Nation. In 1992 he received a Bachelor of Arts in Cree Linguistics and in 1993 a Bachelor of Indian Education with a major in Indian Languages from the Saskatchewan Indian Federated College now the First Nations University of Canada. He is in a Masters of Arts specializing in Cree Linguistics.

Darren's University teaching experience include teaching introductory and intermediate courses with the Department of Native Studies, University of Saskatchewan and the School of Native Studies, University of Alberta. He presently teaches a wide variety of introductory, intermediate and advanced courses in Cree with the First Nations University of Canada, along with education courses in Language Teaching Methodologies, Bi-lingual/Bi-cultural Language Programming, First Nations (K-12) Language Curriculum Development, and Language Immersion Instruction. Darren is a fluent Plains Cree “Y” dialect speaker, writer, instructor, and researcher.



Former colleagues, and members of the mutual admiration society recently met up at mâᓄawêyatitân centre. Left to right: Cpl Ray Van Dusen (retired RPS and early committee member of the present mâᓄawêyatitân centre), Murray Giesbrecht, Executive Director NCCA, Morris Eagles (retired ED of Welfare Rights & NCCA Board member).

# Let's learn to speak CREE together

## mâᓄawî-nêhiyawêᓄototân

With Instructor  
**Darren Okemaysim**



**Cree Language Instruction**  
Thursdays  
February 22 – May 10, 2018  
6:30 – 8 p.m.  
mâᓄawêyatitân centre  
multipurpose room  
3355 6th Avenue  
**Free, drop-in class! All ages welcome!**

**Can't join us in person?**  
The program will be streamed live on the Regina Public Library Facebook page!

**For more information**

<b>Nick Crighton</b> 306.531.8880 ncrighto@regina.ca	<b>Wendy Sinclair</b> 306.777.6023 wsinclair@reginalibrary.ca
--	---



Piano • Guitar • Drums • Strings • Brass • & more!

# Register For Summer Music Programs Today!

**Ask About Our Music Adventure Camp!**  
Get hands-on with a variety of instruments, and discover which one is right for you! Week-long with activities such as a musical themed escape room, scavenger hunt, instrument making, and other crafts. Ages 6-12. No experience or instrument required.

**Other programs include:**  
Rock School, Ukulele Class, Preschool Piano, Find Your Voice, Percussion Class, Private/Group Lessons, and more.





**Long & McQuade**  
MUSICAL INSTRUMENTS  
long-mcquade.com

**CALL, TEXT, OR EMAIL FOR DETAILS!**  
1445 McIntyre St. (306) 569-3914  
reginalessons@long-mcquade.com