

Wanuskewin Heritage Park Family Cultural Day Trip

story by Murray Giesbrecht photos by Crystal Geisbrecht

The Albert Community Library Committee has hosted an annual Family Cultural Day Trip, to Wanuskewin Heritage Park, since 2012. The day trip provides families, primarily living in Regina's inner-city community of North Central, to participate in a unique day trip with their family and to experience traditional First Nation's culture.

Wanuskewin Heritage Park offers an opportunity to delve into the past and discover what life was really like for the Northern Plains Indians. The theme of Wanuskewin Heritage Park is one of interpretation—exploring and explaining the meaning of the plains culture so that we can gain a better understanding of Saskatchewan's Indigenous peoples, and our common heritage.

Participants had the opportunity to learn the stories and lifestyles of the Northern Plains Indians who have gathered at this one meeting place for over 6,000 years. They experienced Northern Plains culture through hands-on demonstrations, traditional cuisine, art galleries, indoor and outdoor activities.

"It helps us understand how far we have come since losing our way of life, this helps us to have a sense of identity"



This year the trip to Wanuskewin Heritage Park was full to capacity and was attended by 53 people. The trip was made possible through the collaborative efforts of the partnerships at māmawēyatitān centre, including the Albert Library and the North Central Community Association that worked together to plan and fundraise for the trip. We are incredibly grateful to our sponsors, amiskusees Semaganis Worme Family Foundation, and SaskCulture for providing the funds that made this trip possible. And we are also very grateful to the families that participated in the day's activities. This trip will provide you with great memories for many years to come!

"It's important for others to learn about the diversity of Indigenous peoples in Saskatchewan, because it teaches truth and reconciliation"



"Learning about plants and medicines"



"Seeing our children enjoying learning about our culture"

"We have been here for thousands of years, we cared about the plants, animals, and land"

"Teaching our children so they know and can keep our traditions alive"



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North Central Families enjoyed their Family Cultural Day Trip in July



We are both physically challenged. My wife of over 40 years contracted polio as a child and has since developed diabetes, lymphoma and restless leg syndrome. I have cerebral palsy and have had 13 operations on my legs. I also needed back surgery about 15 years ago.

We have been on the Social Assistance Program (SAP) or the Saskatchewan Assured Income for Disabilities (SAID) program(s) for many years and they simply deducted any income I made while working at whatever job or training program I was doing at the time.

We believed that once my wife started getting her pensions that all we would have to do was let our worker know when we received the first cheques. We assumed that they would make the adjustments to our allowance like they did when I was working. This concept worked for the Canadian Pension Plan (CPP), however when Debbie got her Old Age Security (OAS) we were cut from the SAID program with a letter that did not really explain why.

"THIS LACK OF COMMUNICATION RESULTED IN AN EVICTION NOTICE FROM OUR LANDLORD"

Our worker did not explain clearly what was happening or the consequences. This lack of communication resulted in an eviction notice from our landlord in May, because the rent was overdue. Our worker informed us that we had been cut from the program at the end of April. This was because we did not tell them that Debbie would soon be eligible to receive a third pension—the Guaranteed Income Supplement (GIS). We did not realize that the paperwork we filled out previously was for the GIS. We thought it was the government wanting more information so she could get the OAS. It takes 22 weeks to process the paperwork for the GIS pension. We were not aware of any of this when we filed the documents.

In May, we were transferred to SAP which does not have the same benefits as SAID. Our worker said that we barely qualified for SAP and that many people who had been receiving SAID benefits were totally on their own once they hit 65, because they did not qualify.

Our landlord finally got the rent on May 28, but our Letter of Guarantee that covers our damage deposit was cancelled a few days earlier.

In June we found things were not going to be as bad as we had thought. The supervisor of the SAID program outlined why we had been taken off SAID and how things had been set up with SAP to handle our rent, utilities and basic allowance.

We would not have panicked had we been given all this detail and told what we needed to do before or even just after my wife had turned 65. The SAID program had been allowing us only \$737 for our rent all along and sending the full rental amount to our landlord by taking the difference from our living allowance. We were led to believe that SAP was only going to send our landlord the \$737 and we would have to take the balance to the landlord ourselves. However there will be no change to how the rent will be paid. It appears that our basic benefits are being cut by \$100 – \$150 per month.

We would not have gotten this information if **MLA Warren McCall's Constituency office** had not helped us kick the hornet's nest by contacting the Minister for Social Services to clarify our situation.

In an article (by Lisa Workman) in the June **North Central Community Connection** we read that the Rental Supplement has been discontinued as of July 1, 2018. We have been on the program for the last 3 years and have, until now, been using the \$336 to feed ourselves, keep our 1988 truck on the road and save up to replace appliances that will fail in the future.

In June we finally got notice that Debbie will be receiving the GIS, including 4 months of back pay.

We will have to pay rent, utilities, prescriptions, medications (\$340./month), eyeglasses with test(s) and other medical items. We will be paying for everything until this back pay has been spent.

There is no guarantee that we will get back onto SAP or that we will be eligible for the rental supplement, if we lose it.

We met with the **Connecting to Care** program workers in late June. They got us on another provincial health plan so we won't have to pay full price for our medications. Finally, some good news.

However just before this meeting, we discovered that SAP had given us only \$128 which—combined with Debbie's CPP,

To The Disabled and Seniors of Saskatchewan

My name is Tim (almost 59) and my wife's name is Debbie (now 65). We are residents of North Central. I started documenting what was going on with our benefit options as a way to vent my frustration. I hope this might help other people.

"MOST OF THE PEOPLE WE KNOW WOULD NOT HAVE A CLUE HOW TO DEAL WITH ALL THIS MAYHEM"

OAS and the rental supplement of \$336—gives us a total of \$1076 for our day-to-day needs.

On SAID our entitlement was \$2116. After rent of \$950 was paid and Debbie's CPP was deducted, we were left with \$1153 for our day-to-day needs. On SAP our total needs budget was set at \$1716 before deductions. Once rent is paid and the amount of the two pensions received has been deducted we would have had \$163, however they took a overpayment recovery \$35. Math tells us that on SAID, after all deductions, we would have had \$549 for our expenses in comparison to the \$163 SAP allowed us. This is a difference in income of \$400. When I saw how much we received from SAP I turned to my wife and said "Welcome to starvation." Because the \$400 cut from our budget cancels both of our special diet and disability allowances.

We won't be able to maintain our special diets. Our health will deteriorate that much quicker, making it harder to keep our independence. We may have to give up our cable. We already disconnected the land line in favour of two cell phones. Which saves us about \$30 a month. We don't smoke, drink alcohol or gamble, we try to be responsible with our money.

Most of the people we know would not have a clue how to deal with all this mayhem and could end up living with friends, relatives, in a special care home or even become homeless in an extreme case. My wife and I do not have anywhere else we could go. We have already set this house up to suit our needs with a wheel chair lift and a ramp.

Regina Anti-Poverty Ministry (RAPM) gave us a couple of pieces of information: once Debbie starts getting the GIS we will not qualify for any aid from Social Services, so re-applying as our worker suggested would be useless. Bonnie Morton (at RAPM) told me about the Seniors Income Plan (SIP). To qualify for SIP your CPP has to be under a certain amount and you have to be 65 or older. It seems that welfare workers don't tell their clients about the GIS or SIP.

If these points would have been communicated clearly, it would have saved much confusion and dread:

- ✿ If you will soon be qualifying for your Old Age Security and your Guaranteed Income Supplement you and your spouse will be transferring from the SAID program to the SAP program.
- ✿ You will have to make an appointment to apply for the SAP program.
- ✿ If you are accepted you will then have to let your worker know when you get your first OAS payment and how much that payment is.
- ✿ You will also have to let your worker know that you have or have not started to receive GIS benefits and how much those payments are. (Remember, it takes 22 weeks for the GIS paperwork to be processed.)
- ✿ If or when you receive a balloon payment from GIS you will have pay ALL your expenses until you have spent that income.
- ✿ You then will have reapply for SAP benefits, at which time your situation will be reviewed.

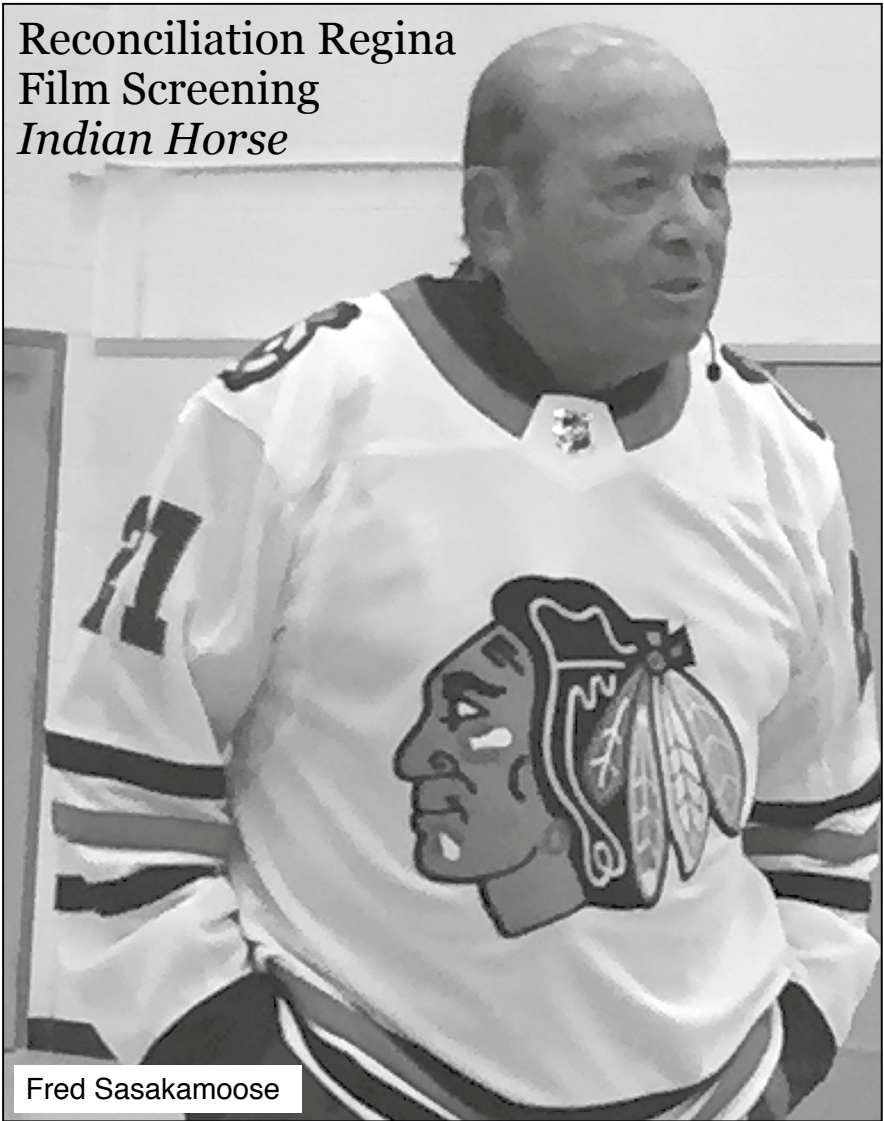
In early July, we found that we will not be losing the rental supplement and that my wife will be getting \$270 from SIP.

If we had been given the correct information before my wife hit 65 we would not have had to go through all this trouble. The provincial and federal governments could link people's pensions to their income tax and start sending them whatever they qualify for automatically when they reach the age of 60 or 65. We were given so much bad or confusing information that without the help we stumbled across, we would not be as hopeful as we are today. There is now a chance that we may be all right. What about the people who are or soon to be navigating this minefield of misinformation?

I started this as a way of venting my personal frustration with the "system". If I can get this out to the right people and in turn out to the public at large "we" could, in theory, force the system to start treating people in general with a little more respect.

My wife and I urge EVERYONE who is physically challenged, a senior, or someday hopes to be a senior, to tell the people making these rules that they should have to live by them for a year before they force everyone else to abide by them.

Reconciliation Regina
Film Screening
Indian Horse



Fred Sasakamoose

Photo by J. Morier

On June 13, members of the community gathered for a free film screening of *Indian Horse*, a film based on the novel by Richard Wagamese. The evening was a co-production with City of Regina—Reconciliation Regina, Scott Collegiate students and māmawêyatitân centre—let’s be all together to build understanding of the horrors of residential schools.

Mr. Fred Sasakamoose, from Ahtahkakoop FN, is the first First Nation man to make it to the NHL. He spoke of his career in hockey, including his time with the Chicago Blackhawks in 1953-54.

He endured 10 years of St. Michael's Indian Residential School in Duck Lake. The film *Indian Horse* is loosely based on his life.

Friends Fred Sasakamoose and Lifespeaker Noel Starblanket.
Photo by Tamara Ryba



A standing ovation for the stories of Mr. Fred Sasakamoose at the film screening of *Indian Horse* at māmawêyatitân centre on June 13, 2018. Photo by Tamara Ryba

One of the organizers was City of Regina's Cultural Diversity and Indigenous Relations Advisor, Nick Crighton. "At the film screening of *Indian Horse* it was very nice to see so many community members come out and support the event. There was a line-up to get into the multipurpose room and that was really cool to see! Yes, it was a collaborative effort to put on the event but a special thanks has to go to the grade 11/12 students and staff at Scott who worked hard to create the agenda and ensured the night ran smoothly. For the community to come out and watch this movie and show support for Fred was awesome! This film is powerful and it can help open up discussion on residential schools, intergenerational trauma and the dark history of Canada that so many people did not learn in school."

Truth and Reconciliation
Commission of Canada:
Calls to Action

This is the
fourteenth 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

MEDIA AND RECONCILIATION

84. We call upon the federal government to restore and increase funding to the CBC / Radio-Canada, to enable Canada’s national public broadcaster to support reconciliation, and be properly reflective of the diverse cultures, languages, and perspectives of Aboriginal peoples, including, but not limited to:
- i. Increasing Aboriginal programming, including Aboriginal-language speakers.
 - ii. Increasing equitable access for Aboriginal peoples to jobs, leadership positions, and professional development opportunities within the organization.
 - iii. Continuing to provide dedicated news coverage and online public information resources on issues of concern to Aboriginal peoples and all Canadians, including the history and legacy of residential schools and the reconciliation process.
85. We call upon the Aboriginal Peoples Television Network, as an independent nonprofit broadcaster with programming by, for, and about Aboriginal peoples, to support reconciliation, including but not limited to:
- i. Continuing to provide leadership in programming and organizational culture that reflects the diverse cultures, languages, and perspectives of Aboriginal peoples.
 - ii. Continuing to develop media initiatives that inform and educate the Canadian public, and connect Aboriginal and non-Aboriginal Canadians.
86. We call upon Canadian journalism programs and media schools to require education for all students on the history of Aboriginal peoples, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, Indigenous law, and Aboriginal–Crown relations.

SPORTS AND RECONCILIATION

87. We call upon all levels of government, in collaboration with Aboriginal peoples, sports halls of fame, and other relevant organizations, to provide public education that tells the national story of Aboriginal athletes in history.
88. We call upon all levels of government to take action to ensure long-term Aboriginal athlete development and growth, and continued support for the North American Indigenous Games, including funding to host the games and for provincial and territorial team preparation and travel.
89. We call upon the federal government to amend the Physical Activity and Sport Act to support reconciliation by ensuring that policies to promote physical activity as a fundamental element of health and well-being, reduce barriers to sports participation, increase the pursuit of excellence in sport, and build capacity in the Canadian sport system, are inclusive of Aboriginal peoples.
90. We call upon the federal government to ensure that national sports policies, programs, and initiatives are inclusive of Aboriginal peoples, including, but not limited to, establishing:
- i. In collaboration with provincial and territorial governments, stable funding for, and access to, community sports programs that reflect the diverse cultures and traditional sporting activities of Aboriginal peoples.
 - ii. An elite athlete development program for Aboriginal athletes.
 - iii. Programs for coaches, trainers, and sports officials that are culturally relevant for Aboriginal peoples.
 - iv. Anti-racism awareness and training programs.
91. We call upon the officials and host countries of international sporting events such as the Olympics, Pan Am, and Commonwealth games to ensure that Indigenous peoples’ territorial protocols are respected, and local Indigenous communities are engaged in all aspects of planning and participating in such events.

"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*



Physical Activity

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

by Lisa Workman

Physical activity – start small and keep building on strengths.

We should all be physically active because our bodies are designed to move. Even our inner systems work best with regular physical activity. “Regular” is the key word. Unfortunately, we don’t gain many benefits from just one session of physical activity. Regular physical activity can give us more energy, better self-esteem, help us to keep a healthy weight and delay the onset of chronic conditions like diabetes and heart disease.

The recommended amount is 30 minutes of moderate to vigorous exercise, 5 days of the week for adults. Does that sound impossible? First of all, keep track of what you are already doing.

Walking counts. Stretching and yoga count. Chores like vacuuming, sweeping, shovelling and hauling count. Even dancing counts! Once you know how much physical activity you are already getting, you can begin to increase the amount. If you are starting at zero then try 10 minutes of physical activity at a time.

It doesn’t have to be all sweaty and hard breathing. In fact, you should always be comfortable and able to talk while you exercise.

Once you have 10-minute sessions down to a routine, start adding time on. Add 10 more minutes to your daily amount. This might take weeks maybe even months to accomplish. It’s okay to start small and slowly

work your way up. Once you get to the recommended amount of 30 minutes, 5 days of the week, you may want to vary the physical activities that you do. Remember that there are three kinds of physical activity to try out. Stretching is about flexibility. Muscle building makes us stronger. And fitness activities get our hearts beating a little faster.

Walking is a perfect activity. You can increase the speed and the distance. You can also work at swinging your arms and lifting your knees. You may even want to try out a jog here and there. Some stretches before and/or after will help to keep you limber with less soreness. Don’t forget to always be comfortable. If it hurts, don’t do it!

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



Continue to keep track of how much physical activity you do to make sure you are always getting enough. If you happen to have a slip up where you stopped your regular workouts, then get right back on track, back to the routine.

Notice and enjoy the benefits of regular physical activity to help you keep motivated.

Check us out: <https://sites.google.com/site/goodlifencyqr/> and <https://www.facebook.com/Goodlifencyqr>

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.

Computer Skills Training Program by Amakon Women Empowerment Inc.

photo & story by Dr. Jane Ekong

Amakon Women Empowerment Inc. in partnership with North Central Community Association successfully completed a free series of Computer Skills training program at māmawēyatitān centre for residents of North Central Regina in Spring 2018.

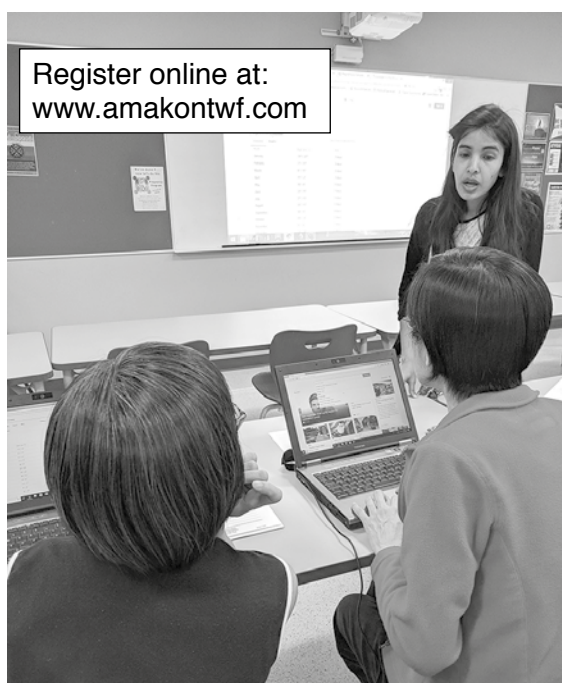
By the end of the program participants were more skilled in Microsoft Word, Excel, Power Point, and internet navigation. All the participants were awarded a certificate in recognition of their commitment to the training series. Here are a few of the remarks from graduating students:

“From the beginning, I found this course extremely helpful. Our instructor, Afrina, is an excellent teacher. She has a big heart and patience and made the course very easy to follow. Now I know a lot about Microsoft Word. I can prepare and format my résumé, create an auto table of contents for reports, design a lovely birthday card etc.” (MC)

“I am always thinking that I am a low-paid worker. I don’t really need any spreadsheet. But now with the Microsoft Excel, I could

keep a good checking of my monthly expenses. I am so happy to be a wise consumer and can minimize my overspending habit.” (LC)

The next series of skills training begins in September. If you are interested in these evening classes, please submit an application online at: www.amakontwf.com. Click on IT Literacy Program



Or go to North Central Community Association Office in person at māmawēyatitān centre to fill out an application form.

Spaces are limited. Act today to ensure you get in.

signup@thehackerdojo.com

Send them an email to sign up for info and invitations!



Hacker Dojo: a space for immersive learning and creativity
Site: 2901 5th Avenue
Community: 12 years & up
Opening: August 1/18
Drop in Hours: afternoons TBD

For the beginner, there'll be typing games to improve keyboarding and contests to challenge speed and accuracy.

The Hacker Dojo community will cater to two types of people: those who are into the technical aspect—designing games, programming, web design. And gaming—the fun of playing. Drop in times are for computer use, resources, and self-directed learning with expert assistance. Future plans include hosting gaming tournaments and computer clinics. NC Hacker Dojo is involved with tech start up companies (entrepreneurs). and

has partnership arrangements with Microsoft, game development track and other dev support. They have

a Google non-profit membership and can offer free web hosting.

There will be membership tiers including corporate memberships, services to generate revenue, and a way drum up employment opportunities.

The free programs will immerse those who are keenly interested and have a hunger to learn.

Project Manager Aaron Hampton will ask participants 'What ideas do *you* have? What can *you* bring to the project?'

He wants this community to call Hacker Dojo their second home.

Shelbi-Dawn Pelletier AND THE Rollin' Bear Adventure

Shelbi-Dawn's brother was a Scarnie and helped her along in her vision by putting her to work in food trucks at local fairs. She later worked in a plant in Calgary, located in the industrial area. When she approached the manager asking if she could set up a lunch kiosk, he instead challenged her to invest in a food truck. The bank got on board, and several organizations (Women Entrepreneurs of Saskatchewan, the Saskatchewan Indian Equity Foundation and Ochapowace First Nation) have helped her with startup costs for the food truck. Shelbi-Dawn immersed herself in business classes for entrepreneurs in 2015 and now has a business advisor to navigate through the paperwork.

Shelbi-Dawn Pelletier is a 60s Scoop Survivor. She declines to go into her traumatic childhood, in fact, she didn't want to return to Regina, given the soul-killing memories. "There were too many triggers of the bad experiences in Regina. Now I love my city." Orphaned at 10 years of age, she spent many years in different Indigenous homes in North Central. There was an unspeakable period of time in a group home. "I lived in that world and on the streets—for 9 years."

Shelbi-Dawn was a former youth worker at SWAP (Street Workers Advocacy Project) and is affiliated with Morning Star Ministries. She considers her recovery a miracle. Rollin' Bear Poutine has followed the powwow



Rollin' Bear Poutine is open noon to 9 pm, but the prep and clean up extends the crew's workday.

story & photos: J. Morier

circuit and Shelbi-Dawn considers the First Nations celebrations a different kind of church.

Shelbi-Dawn is only now rediscovering family members, and family is never far from her thoughts. Through Rollin' Bear, she honours her father who was a cook "He would have been proud!" she smiles. Bear was her grandfather's family name. Poutine is about the youth. Shelbi-Dawn designed the cartoon bear adorning the food truck.

Her menu offerings are made fresh in front of you and served with love. She knows families are struggling, so her prices are reasonable. "And people are calling for Rollin' Bear to come back to the 'hood.'"

Shelbi-Dawn admits she is still learning but states "If you have a dream, never stop dreaming. Everything is possible." She has hopes of one day opening a bricks and mortar restaurant. "The key to success," she shares "is to stay humble. People know and respect honesty."



Double Twonie Tuesdays! Bannock burger, fries, coleslaw or mac salad \$4

Mission 6:10 Serving North Central

story & photos by Stephen McDavid

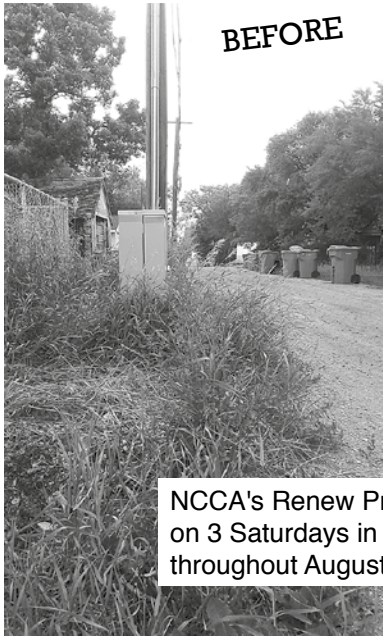
Gentle Road Church of Christ held their annual Mission 6:10 community service event during the week of July 8 to 13.

Volunteers from Piapot First Nation, the cities of Regina and Calgary, and the States of Arkansas and Texas came together on various projects to serve the larger community.

Gentle Road collaborated with the Royal Canadian Legion, Palyga Medi-Drugs, The Bannock House and the North Central Community Association Renew Project for two of their projects. A mural was painted, graffiti was covered and over 40 cubic yards of garbage and debris were removed from 11 alleys in North Central.



The mural was inspired by the work of Simone MacLeod and honours all murdered and missing Indigenous Women. The community was invited to place their handprint on the completed art.



NCCA's Renew Project tackled 3 alleys on 3 Saturdays in July. They're at it throughout August and September.

Cleaning Community Together—You In?



If you're willing to pitch in with a cleanup we can put your alley on the list. Contact Stephen at 306-535-7748 or stephen@nccaregina.ca

photos by Stephen McDavid



Community Gardens Grow Community!

by Maegan Krajewski

With summer in full swing, the gardens have been growing happily and are alive with the sound of fresh veggies being picked and snacked on. This summer we are happy to have four community gardens:

- ✦ māmawēyatitān centre (3355 6th Ave, south side of building)
- ✦ Oasis (7th Ave & Garnet St)
- ✦ Kitchener Community School (840 Athol St)
- ✦ Seven Stones Community School (1101 Princess St)

As always, the gardens are open 24/7 for anyone to come and enjoy. Our motto is “help yourself”—come on in and if you see a nice, ripe vegetable, pick it for your own, but remember to leave some food for others! Join us for drop-in volunteer hours until August 17th:

- ✦ Monday 10:00-11:30 @ māmawēyatitān
- ✦ Tuesday 5:00-6:00 @ Oasis (7th Ave & Garnet St)
- ✦ Wednesday 1:00-2:00 @ māmawēyatitān
- ✦ Thursday 10:00-11:30 @ Oasis
- ✦ Friday 1:00-2:00 @ māmawēyatitān

All ages and experience levels are welcome! Thank you to all who have been to drop-in hours so far, as well as those who participated in July’s activities for kids. Additionally, we welcomed groups from the YMCA to have fun in the gardens. A special thanks to North Central Bruce for his generous donations of plants, time, and knowledge.

You have brightened the gardens with your enthusiasm, wisdom, and creativity.

From June 13-16th, I attended the annual *Agriculture, Food & Human Values Society / Association for the Study of Food and Society* (AFHVS/ASFS) Conference in Madison, Wisconsin and gave a presentation on the North Central Community Gardens. This annual conference is a platform for conversations about our food system and our communities, featuring over 400 presentations by academics, activists, and professionals.

I presented on a panel with other folks who are involved in community gardening or urban food insecurity projects. I attended several other presentations on a variety of urban agriculture initiatives.

Several common themes emerged throughout. Community gardening continues to be an exciting way to provide free, fresh, and healthy food to many members of a community.

Gardens also reconnect people to the land, to their food source, and to each other. They provide opportunities for education, social gatherings, physical activity, knowledge sharing, and building biodiversity. Over their 11 years, the North Central Community Gardens have provided all of these benefits. However, urban agriculture projects all



seem to share challenges. Land access, water use, and funding security were difficulties that echoed throughout the presentations. Open land in cities tends to be expensive,

earmarked for future development, or only available for temporary use. Water use, similarly, is often dependent on the permission of an institution or home owner. And funding is often coming from grant proposals to foundations and governments, or from private donations.

The North Central Community Gardens have experienced these all-too-common ails. The garden locations have changed over the years due to shifting land use agreements, and our resources which fluctuate with changing funders and donors.

Yet, our gardens have stood the test of time. Attendees were very interested in our “help yourself” model, and in the ways that the gardens involve residents of all ages. There was also a lively discussion about whether the City of Regina should be involved in providing land and funding for the gardens. Urban agriculture practitioners all seem to be asking how to make their projects more sustainable. North Central Community Gardens can benefit from some of these questions, as well as shed light on some of the answers.



Hope to see you at our Harvest BBQ

on **Wednesday, August 15th**

from **12:00-1:00**

at the māmawēyatitān gardens!



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August 7 to 17

Please bring health cards for you & your kids.
Come back August 27 & 28
to pick up the supplies.

Supplies are limited.

For information about services, volunteering or donating
visit our web site.

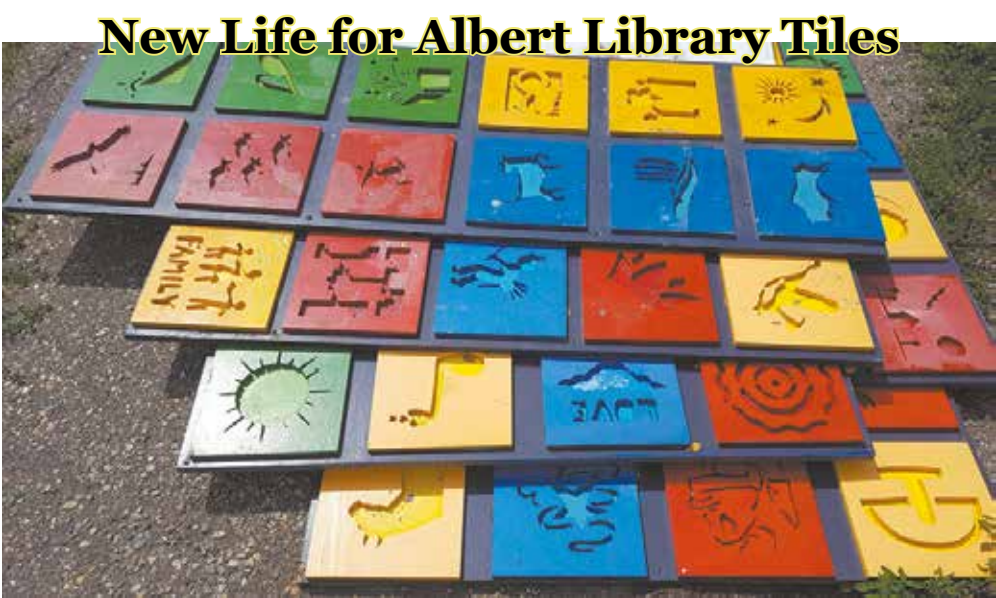


NC Community Gardens
Ripe for the Pickin'

Swiss Chard! Beets! Zucchini!
Radishes! Raspberries!

Community members Reinhardt and Heather proudly show their harvest from the North Central Community Gardens at Oasis, 7th & Garnet. The slogan of the community gardens is 'Help Yourself' which means take what you need to nourish your family, but leave some for others to enjoy. Signs are up to tell you what's ripe for the picking.

Earlier in the growing season the onions and potatoes took a hit. Vandalism starves everyone.



New Life for Albert Library Tiles

In July, NCCA was tipped off by an Albert Library board member that the tiles which once adorned the beloved branch on 8th & Robinson, were available to rescue!

The tiles have been saved to decorate the NC community garden beds. The tile mural was a Collaborative Community Art Project, Albert Branch/ Regina Public Library in 2005. Artist Daniel Fisher, worked in with North Central residents and community agencies to showcase the community's perception of the Library.

Your NCCA Board of Directors



Welcome new and returning board members elected at the June 14, 2018 Annual General Meeting
Back Row: Lannette Cyr, Shannon Stumph, Stephanie Parker, Betty Krohn, Lisa Workman Front Row: Denita Stonechild, Morris Eagles, Tyler Jones, Ivy Kennedy



Building Together

Warren

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 www.ufcw1400.ca
1-800-274-4036



**JOEL
MURRAY**

Ward 6 City Councillor

306-519-2232
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





ART, CULTURE & FITNESS

FREE FALL PROGRAMS

September to November

Watch Facebook for our Fall program offerings

Programs located at māmawēyatitān centre, 3355 6th Ave.

Enter on 6th Ave & Montague St.

Families! Youth!

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



BREAKING POINT BY NEPHI MACPHERSON



Invitation to Crafters

SEPTEMBER 29

NORTH CENTRAL CULTURE DAYS this year **INDOORS** at māmawēyatitān centre

- Download the Vendor Application Form at: www.nccaregina.ca/culturedays
- NO FEE, but you must register
- 1 table & 2 chairs provided
- SPACE: 14' wide x 10' deep with power

This invitation is extended to NORTH CENTRAL Crafters, others will be put on a waiting list.



End of Season Kids Music concert at a Regina Seniors Home

photo by Bill O'Shea

NORTH CENTRAL THEN - Sacred Heart

by Heidi Atter

The original Sacred Heart Community School was built in 1928 beside the Sacred Heart Church. It was seen as a gathering place for the community however, as it aged, it needed repairs. The gym was pronounced unsafe in 2014 after pieces fell from its ceiling, and it was determined the school needed a complete remodel.

Instead of repairing the old school, the Catholic School Board decided it would be more cost-efficient to build a modern one. Construction began in the fall of 2015 and it opened April 2017. Demolition of the old school began in 2016. For a lasting memento, students placed memorabilia in a time capsule to show future generations what school was like in 2016.

As a show of respect for both Catholic and Indigenous spirituality, on June 23, 2017, Archbishop Donald Bolen blessed the new school, Elder May Desnomie said a prayer in Cree and Lifespeaker Noel Starblanket smudged the building.

The mascot of the school is the buffalo, and there is an actual buffalo head at the school that was also blessed by an Elder.

The school has programs that come from many places around the community, including: the Early Years Family Center; North Central Family Center; Prairie Lily Early Learning Center; Good Food Box - Outreach; and The Dream Broker Program (a part of SaskSport).

We live in a fascinating place.

In the fall of 2017, 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.

North Central Kids Music

NC Kids Music startup date is Monday, September 17

FREE LESSONS

ONGOING REGISTRATION
JOIN ANYTIME
SNACKS PROVIDED
AGES 7 TO 12

māmawēyatitān centre
3355 6th Avenue

MONDAY & THURSDAYS
*EXCEPT HOLIDAYS
4PM-6PM

For more information
Phone: 306-791-9888

info@nccaregina.ca
northcentralkidsmusic.ca



North Central Health Fair & Free BBQ

DIABETES
CANADA



Wednesday, August 22, 2018
11 am - 2 pm
māmawēyatitān centre, 3355 6th Avenue

- Diabetes Risk Assessments
- Children's Activities
- Health Stations
- Free BBQ Lunch

With support from: Aboriginal Health Home Care, Regina Food Bank, Four Directions Community Health Centre, Regina Police Service, Ehrlo Sport Venture Library, Sask Canola, SaskEnergy, SaskMilk, SaskTel, Student Energy in Action for Regina Community Health (SEARCH), North Central Community Association



Be sure to join us at our new location, māmawēyatitān centre, 3355 6th Avenue on Wednesday August 22, from 11:00 am to 2:00 pm! We are looking forward to welcoming North Central residents to our 12th annual health fair and BBQ.

The North Central Health Fair gives residents the opportunity to get health information, diabetes risk assessments and an introduction to health resources in their community. Come tour the booths, participate in our children's and family fun area and enjoy a free BBQ lunch! Meet the

healthcare professionals in your area and get information on programs and services to help you and your family lead healthier lives.

Thanks to generous donations, Loblaws is providing a free BBQ lunch for the whole family. Many thanks to our sponsors for making this event happen: The Lorne and Evelyn Johnson Foundation, LifeScan, Saskatchewan Dental Assistants Association, Queen City Kinsmen, Regina Capital Cosmopolitan Club, Sask Canola and SaskMilk.

Seniors' Walking Club Resumes in mid-October

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 nearby at all times.



Forever... in motion Leadership Training

Forever...in motion is an initiative that helps older adults become physically active through volunteer led physical activity groups.

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as a leader? We can help you enhance and develop your skills in leading a physical activity class for your peers.

Forever...in motion was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

Leadership Training Sessions

Tuesday, Aug. 14, 21, 28 & Sept. 4

OR

Thursday, Sept. 13, 20, 27 & Oct. 4

9:30 am – 3:00 pm

August FIM Leadership Training
Location: St James the Apostle,
1105 Empress St. (corner of
Empress St & Northwest Blvd.
behind Martin Collegiate)

You will receive Forever...in motion Leader Manual, T-shirt, resistance band and certificate. Must be able to attend all four days.

For more information or to register contact: 306-766-7163

marisol.molinasmith@
saskhealthauthority.ca

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 - 5th 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*



**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



Cst. Turner, Cst. Boxall, and Cst. Kovacs
from the Community Engagement Unit

In partnership with Queen City Ex, Regina Police Service handed out some gate and ride admission passes to deserving kids throughout July. These kids were doing good things: riding their bike with a helmet, pointing out unsafe items while playing in a park, crossing the street at the crosswalk, etc.

The Regina Police Service Community Engagement Unit will be out and about at the Queen City Ex August 1-5, 2018.

We look forward to seeing smiling faces and hearing screams from the rides...and we may eat a few mini donuts too!

National Indigenous Peoples Day



Circle Project



Mamawinitowin Mociikhtawinihkewin - 'Our Community Celebration'

Wish to say thank-you to:

City of Regina, Sask Culture, K+S Potash,
Government of Canada

For their contribution and support in making our
June 21, 2018 National Indigenous People's Day
a Successful Community Celebration!

*This event was also supported by 94.5 Jack FM,
Z99 & News Talk 980 CJME, Sask Energy, Unifor Local 1S,
Saskatchewan Writer's Guild,
North Central Community Association (NCCA),
Street Culture Project Inc., Loraas Disposal
Saskmusic, Tim Hortons, 4th Avenue & Albert Street Location
and Residents of Cameron and Garnet Streets.*

Special thanks to our Volunteers... we couldn't have done it without you!



Community Calendar

Regina Cross Cultural Sharing Circle is an opportunity for people to talk about and exchange knowledge, reflections, and views about a variety of topics related to culture with each other. The main goal is that people will broaden their horizons and gain exposure to cultural differences through this exchange. It is hoped that they will learn about the values, beliefs, and expectations that guide the behaviour of people who belong to other social-cultural groups.

Perhaps, this exposure will increase their awareness about

the values, beliefs, and expectations that they learned and internalized from their own social-cultural group, but that they took for granted.

Perhaps, in time, this will encourage them to develop more understanding or empathy for people who belong to different social-cultural groups and who behave differently from them.
Facilitator: Angeline Chia
Location: Regina Public Library, Albert Branch, Program Room
Dates: Tuesdays, September 4, 11, 18, and 25
Time: 1:30 pm to 2:30 pm
Adults Only

Indigenous Christian Fellowship
(formerly 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



FREE LISTING in the Community Calendar to promote your events happening in October & November, 2018.

Deadline for October issue is September 14.

PlayEscapes is a FREE inclusive summer drop-in program offered by the City of Regina for children entering Kindergarten (must be 5 years old by December 31, 2018) through Grade 7.



Monday to Friday until August 10 (no program August 6). 9:30 am to 12 pm & 1:30 pm to 4:30 pm.

The City of Regina has partnered with (REACH) and Chili for Children to provide bagged lunches at mamaweyatitan site.



COMMUNITY MOBILE
STORE!

EVERY **MONDAY**

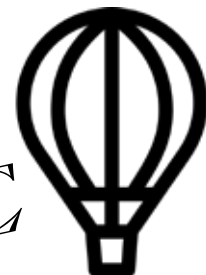
11:00 am to 1:00 pm
māmawēyatitān centre,
3355 6th Ave.

Cash only.

Call 306-347-3224 for details
or visit www.reachinregina.ca

Send content for
OCTOBER 2018
calendar - by
SEPTEMBER 14
editor@nccaregina.ca

ADVERTISE
with Us!



NORTH CENTRAL COMMUNITY CONNECTION is YOUR community newspaper, published bi-monthly (February, April, June, August, October, December). Your message will reach over 5000 households and businesses in North Central Regina.

Your advertising dollars help to support your FREE community paper.

Contact editor@nccaregina.ca for more information. Visit www.nccaregina.ca/community_connection to download our Ad Rate Card.



Our thanks to Sherwood Co-op the 50 gallons of paint donated for our Renew project. Graffiti begone! Murray Giesbrecht (left) Executive Director of NCCA and Jim Anderson, Home Centre Manager of Sherwood Co-op shake on it.

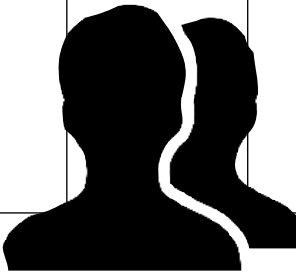
The Mosaic Company donated 25 Queen City Ex gate admission passes for NCCA to share with children and families in our community who might not otherwise be able to experience the event.

The Mosaic *Experience the Ex* program partnered with Evraz Place on this initiative to support the community and events like the QCX.

We bid a fond farewell to Community Garden Coordinator Maegan Krajewski who returns to her final year in Food Studies at the Syracuse University (Central New York).

And Vibe (Family Rec) Program Coordinator Chelsey Trost has moved on to pursue other endeavours.

NCCA thanks these individuals for their time and service.



TOGETHER NOW
Interagency Meeting
Thursday, August 16
mamawayatitan centre
(multipurpose room)
3355 6th Avenue

Share your PROGRAM OFFERINGS
and NETWORK
with organizations serving
North Central Regina



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.

NORTH Central Community Association
www.nccaregina.ca



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
	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
	Indigenous Christian Fellowship (ICF)	359-1096
	Kids First Program	766-6792
	Kids Help Phone	1-800-668-6868
	Log House Thrift Store	791-0255
	mamaweyatitan 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.	570-5709
	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
	YWCA of Regina	525-2141

Editor: Jan Morier

Thanks to contributors to this issue:

Heidi Atter	Diabetes Canada
Nick Crighton	Dr. Jane Ekong
Crystal Giesbrecht	Murray Giesbrecht
Maegan Krajewski	Nephi MacPherson
Stephen McDavid	North Central Tim
Bill O'Shea	Tamara Ryba
Marisol Molina-Smith	
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 mamaweyatitan centre and various North Central businesses.


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

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

DEADLINE for
OCTOBER/18 ISSUE
SEPTEMBER 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

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

Lannette Cyr	Morris Eagles
Tyler Jones	Ivy Kennedy
Betty Krohn	Stephanie Parker
Denita Stonechild	Shannon Stumph
Lisa Workman	



ANIMAL Well-Fair

Saturday, September 8
1:00 - 4:00 p.m.
Grassick Play Park
 (Corner of 3rd Ave. & Cameron St.)

FREE Food - FREE Pet Care Supplies
FREE Games & Activities
 Spay & Neuter Applications - and much more!

Want more information?
 Call: (306) 543-6363 (ext. 232)
 Email: events@reginahumane.ca



Regina Humane Society

MORE than a Shelter

Have you heard?

SEARCH is expanding to offer after hours medical and social programming 2 days a week!

Mondays
 5:30-8:30 pm
 &
Saturdays
 (September-April only)
 12:30-3:30 pm
 (excluding long weekends)

Services we offer:

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

SEARCH

Student Energy in Action for Regina Community Health



Four Directions Community Health Centre
 306-570-6208
www.searchhealthclinic.com

@SEARCHRegina

A special thank you to the G. Murray & Edna Forbes Foundation at the South Saskatchewan Community Foundation for their generous support to make this possible!



St. Timothy's 49th Scouting Group

TRY SCOUTING!

Adventure!

Challenge!

New Friends!

Funding Assistance Available

We Are Co-ed!

www.scouts.ca

FUN

Camping!

And the Great Outdoors!



Information/Online Registration Nights @ St. Peter School

Monday, Sept. 10 – 6:30 to 7:30 pm
 Tuesday, Sept. 11 – 7:00 to 8:00 pm
 Wednesday, Sept. 12 – 6:30 – 7:30 pm

Meet the volunteers and discuss the program with the leaders!

Register Online www.myscouts.ca
 Register now and experience a full year of adventure and FUN for only \$230.00
 Volunteers will be available at St. Peter School to assist you with online registration Sept. 10th, 11th & 12th, 2018.

BRING IN THIS COUPON

And try two meetings with the Colony, Pack, Troop, Company or Crew before joining.

