



Bill Stevenson Photography

Eekwol & T-Rhyme enchant the crowd!

J. Morier

Culture Days 2018 was presented by your North Central Friends:
Central Zone Board, Chili for Children, Ehrlö Sport Venture Library, NC Community Association, Regina Public Library - Albert Branch, SEARCH Student Clinic

North Central Celebrated Culture Days!

The community enjoyed a free family fun day at māmawēyatitān centre on September 29.



Join us for a weekend of music, visual art, dance and more! Get hands-on and behind the scenes in your community with thousands of events happening across Canada.



J. Morier

Craft and Info Tables



Makers Space
at Regina Public
Library, Albert
Branch

J. Morier



J. Morier



Rockin' with Snake Oil Salesmen

Bill Stevenson Photography



Bill Stevenson Photography

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Resilience

by Brenda Mercer

Sharing my story is a humbling experience and not something I ever imagined doing, as I am a high school dropout.

I am a product of the Sixties Scoop. My adopted parents loved me unconditionally and I can't begin to tell you how that felt. There were many other children who were part of the scoop but they were not so fortunate and that hurts my heart.

In 1966 I arrived in Shaunavon SK when I was 2 ½ and mom & dad were both 55 years old.

Just imagine an older non-indigenous couple wanting to adopt and raise a little Dakota Indian girl like me at their age? I think about it now and I am so grateful that somebody wanted to take care of me and love me.

My parents taught me to tell the truth, be honest, not to steal, and most of all they taught me to love myself. They taught me to stand up and always be proud of who I was. The Maddens had four kids and they were all grown and gone, so I was raised as an only child. My dad taught me how to skate, took me fishing, stayed with me at swimming classes, drove me to school, took me to Brownies, and spent time helping me to learn to ride my first bike. I have so many great memories of my family and I am still close to my sisters and brother.

But I quit high school after grade ten because school, for me, was not safe, and caused me a great deal of stress. I wanted to graduate, I wanted to get my high school diploma, I wanted to make my parents proud, but I just needed the scarring, hurtful, rude, and offensive comments to stop. So I dropped out.

My last experience in high school was horrible with some students calling me names that, to this day, I can't even say out loud (squaw, wagon burner, Indian, etc.). I became so ashamed of who I was I started to believe each and every name they called me and I can tell you that sticks with you forever. Words can kill you inside.

Now I know that what they said about me wasn't right and it was not about me it was about them. It was ignorance and bullying by people who had no prior experience with my indigenous culture. It was racism.



I have learned that in life there are lessons from the good or bad things that happen to you, that there is great opportunity for change if you are brave enough. Those changes may not be for me, but they will be for others...for my children and my grandchildren. I want to advocate for change because sitting on the sidelines talking about change doesn't get the ball rolling. I want to be part of a positive process and to start a movement.

Reconnecting with Birth Family

I did connect with my birth family through letters and phone calls that started in 1986. I discovered that I had twelve siblings. Since finding them some have passed away. One brother committed suicide, one was shot in North Central, one sister died from complications due to an infection. Drugs, alcohol, crime, prison, violence and psychological trauma run through my family members.

Back in 2000 my husband Chris, our oldest daughter and I moved from Medicine Hat AB to Standing Buffalo Reserve near Fort Qu'Appelle. We did this to be closer to my birth family and tried to reconnect but we found that the trading area was too small for our business. We bought a

couple houses in Regina. Well, let me tell you when my sister called from the reserve and I told her where we lived she said "Oh My Gawd... you bought houses in the HOOD?!?!?"

Next spring we quickly put up a 6 foot fence and started to cocoon! During this time, we would get the odd community association newsletter and in one of them it spoke of joining for \$15.00 a year the family rate, so I bought a membership. A year goes by and nothing, no phone calls, no news on what was happening—but the crime in the area seemed to be growing at a very fast pace.

I picked up the phone and asked what they did, that I'd paid my membership and hadn't heard a peep. The receptionist passed the phone to the executive director and he invited me to a meeting that night. That my friends was the birth of my community activism.

North Central Community Society/Association

I sat as a board member for a couple years then became vice-president then president for three terms. From there I was invited to be part of a few other boards: Welfare Rights, Commanding Officers Aboriginal Advisory at RCMP depot, and the National Urban Aboriginal Strategy.

I was outspoken on certain topics and my favourite area was housing because, after all, don't we all deserve decent housing?

I joined the Housing Standards Enforcement team which was composed of bylaw enforcement, SCAN (Safer Communities and Neighbourhoods,) the city police, health inspector, fire department, and me. With the housing enforcement team, I was able to gain access to

well over a hundred homes and that enabled the group to inspect many dilapidated houses. The group had the power to enforce things and make the mostly absentee landlords comply or face a fine. Word got around and I would say most of the tenants were happy as we were not coming in to check tidiness, pass judgement or assess them but we were there to help them with any housing issues they might have. What a great idea, right?

I still remember the first house I ever went into. The house was built in the 1920s and inside there were a couple mattresses on the floor. I wandered through the rooms and noticed how they used the oven for heat. One of the young men showed the police officer where the mice had bit him as he slept. A few weeks later I was still crying for them. I knew I had to do something, I had to continue to be a voice for people who didn't have one.

Canada's Worst Neighbourhood

Well about a year into that program, MacLean's magazine came to North Central with a writer and photographer. They followed us around taking note of everything. The reporter asked me what I thought of this Housing Standards Enforcement team. I said we really needed it and that I had seen horrific living conditions and most of the tenants were First Nations. I told him it was like living in a third world country just blocks away from my home, and it was the truth.

After a couple of months my phone rings. It was the mayor. He tears into me—how dare I say things like 'third world country' to bring shame on Regina? I told him I had worked hard for the past few years volunteering full-time and that the houses we went

into were bad, that it was like a third world country.

Shortly after the article was published we had ministers from Ottawa come and

tour the area. I told them about the living conditions, then money

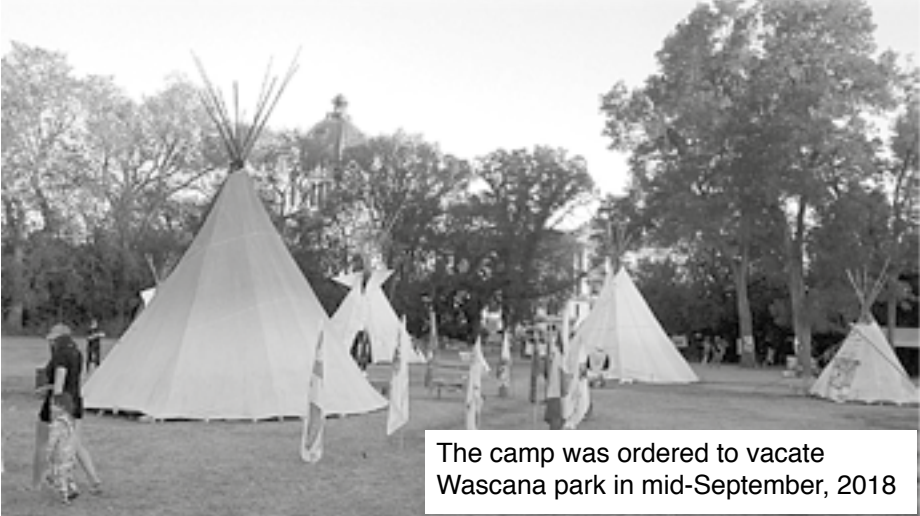
“I had to continue to be a voice for people who didn't have one.”

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Justice for Our Stolen Children Camp Being a Part of the Calls to Action

story & photos Rob Deglau

What if you were a part of something and didn't realize its significance until years later when you read about it in history books and archived papers?



The camp was ordered to vacate Wascana park in mid-September, 2018

I had an opportunity to do just that. I had heard about the Justice for our Stolen Children Camp and decided to go to the Legislative Grounds to see it for myself. It wasn't until then I realized the significance of the protest. When have we seen a First Nations encampment in front of the legislative building? Tipis from many First Nations communities all came together to make a statement at the front door of our seat of government.

As I sat with the some of the elders and camp organisers, we talked about First Nations history and the systemic issues they faced. During my visit I watched as people from all over the world arrived to see the camp. From tourists traveling through Regina to newcomers to Canada all with the same fascination I had—to observe and learn.

I don't know how this will end, but I do know that as a citizen of Regina I need to do something, I need to be a part of this history, and I need to be part of the calls to action.

As the Community Outreach Coordinator with the Civic Museum of Regina, I believe we need to begin documenting these events as this history

unfolds. This story needs to be curated and shared so that our community can be united in the concerns and issues that face us all. This isn't a First Nations issue, it's a community issue.

Our community is like a chain, we are all connected. But like a chain we are only as strong as the weakest link. Our neighbourhood, city, and province is an ecosystem. Not just an environmental ecosystem, but a social ecosystem, made of people and families, cultures and traditions. Societies thrive when we are in harmony, but when there is a link in the chain that weakens and breaks, we lose the strength to pull, we lose momentum as a society. Balance and strength will come back when that link is repaired.

But in this case it may take a long time to repair and heal, since the repair was needed a long time ago.

My goal today is to learn as much as I can and begin to tell the story and to be a part of this new history. It is our role as citizens to bring our community back into harmony.

Only then will we grow.



Truth and Reconciliation Commission of Canada: Calls to Action

This is the fifteenth and final installment 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

BUSINESS AND RECONCILIATION

92. We call upon the corporate sector in Canada to adopt the *United Nations Declaration on the Rights of Indigenous Peoples* as a reconciliation framework and to apply its principles, norms, and standards to corporate policy and core operational activities involving Indigenous peoples and their lands and resources. This would include, but not be limited to, the following:

- i. Commit to meaningful consultation, building respectful relationships, and obtaining the free, prior, and informed consent of Indigenous peoples before proceeding with economic development projects.
- ii. Ensure that Aboriginal peoples have equitable access to jobs, training, and education opportunities in the corporate sector, and that Aboriginal communities gain long-term sustainable benefits from economic development projects.
- iii. Provide education for management and staff on the history of Aboriginal peoples, including the history and

legacy of residential schools, the *United Nations Declaration on the Rights of Indigenous Peoples*, Treaties and Aboriginal rights, Indigenous law, and Aboriginal–Crown relations. This will require skills based training in intercultural competency, conflict resolution, human rights, and anti-racism.

NEWCOMERS TO CANADA

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

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

"The best strategy is going to involve indigenous and non-indigenous people working together."

Hon. Justice Murray Sinclair — *The One Who Speaks of Pictures in the Sky*



Truth and Reconciliation
Commission of Canada



National Centre for
Truth and Reconciliation
UNIVERSITY OF MANITOBA

The 94 Calls to Action and the entire reports published by:

Truth and Reconciliation
Commission of Canada, 2012
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Fax: (204) 984-5915
E-mail: info@trc.ca
Website: www.trc.ca

“The best rule when wondering how to refer to people is to ask them: ‘WHAT NATION ARE YOU FROM?’”



Fight Boredom!

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

by Lisa Workman

Stay sober by fighting boredom. Becoming sober is a big change.

We always thought we were having fun when we were active in our addiction, even with the hangovers and other aftermath. So, how do we keep from being bored while we are sober?

Make a list of 25 things that you like to do and plan to do them more often. Do you like to take bubble baths? Read at the library? Go for a walk? Make a long list and do them. What were some of the activities that you liked to do when you were young? What were some of the activities that you always wanted to try? What do your friends and family like to do?

Always include physical activities. Attend sober, fun activities like

round dances and dry dances. Walk regularly. Walking is a perfect physical activity. Listen to your favourite music for motivation or walk with a friend. Maybe start a walking group with your friends. Play with your kids or with friends—ping pong, badminton, catch, basketball, etc. Do regular chores often—sweep, mop, vacuum, etc. Turn up the music while you work! Physical activity is an excellent way to fight boredom. Get up and move, especially when you don't feel like it. You will feel more energized and more motivated.

It is easy to get bored when we isolate ourselves. Get out and socialize. Get to a group or program in the community. Attend a community event. Call up a friend and go for coffee. Go to your favourite agency and volunteer your time. We are lucky

to live in a very lively community where there are lots of agencies and lots of activities to keep us connected. Can't find a group to join? Start one yourself! Begin with a walking group, a games night group or a coffee group. Having a weekly get together gives you something to always look forward to.

Plan your days, but don't expect too much from yourself. Develop some simple and flexible routines that keep you just busy enough. Try not to get sucked into too much screen time or inactivity. Break up periods of inactivity by doing some chores or going for a quick walk. Take the time to learn new things. Learn about a topic of interest. Teach yourself a new hobby. Learn about self-improvement. Spend some time being creative—write, paint, draw, sing. Collect funny memes, jokes,

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



and videos to get a laugh when you need it.

You don't have to be doing something every second of the day. Have some quiet time to yourself to collect your thoughts and regroup.

Check us out: sites.google.com/site/goodlifencyqr/

and 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.

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began trickle into NC and people were taking notice. But I would tell them that you can't come into the community and try to fix it. I stressed that we needed to be involved, we needed to design the change and we need to be proactive than rather reactive.

What I am trying to say is stand up for whatever you believe in...even if you are alone.

In 2011, after much soul searching, we decided to move back to Alberta to raise our youngest daughter. But when we got there I realized I didn't know anyone, I had no group of friends like I'd just left behind in Saskatchewan. Given my age I had no idea what I wanted to do, and I became shy again.

October 2012 I called to chat with my sister and shortly into the conversation she tells me that our nephews were involved in a double homicide on reserve. Hearing the detail about what happened that night, I suddenly felt sick to my stomach. I didn't know the boys but had known the parents and was shocked and horrified. This was not the only time that I'd heard about crimes committed by members of my biological family, but it made me wonder what my life would have been like if I had grown up on reserve?

One thing I know is that we all have stories...stories of good times and stories of the not so good times. But they are our stories...our truths.

Fast Forward: 2016 and College

In one of my very first classes in general studies, we covered Residential Schools and the Sixties Scoop. And each time we talked about it—we talked about me...my family...my life.

I wanted to talk to someone and tell them how I hurt and that I was part of that inter-generational trauma. But for some reason I didn't think anybody had ever attended this college and had this heartbreaking reaction every time indigenous themes were discussed. A couple of times I left class because I had to cry. I guess people thought I had some issues that I needed to deal with, and deal with them on my own time.

In November 2017 the Indigenous Student Specialist, Whitney, came in to speak. She started off with a smudge, explaining why and how we smudge. She assured students that if they felt uncomfortable it was okay to just watch. She had a fantastic presentation...but again when she started talking about Residential Schools and the Sixties Scoop, I knew I had to leave.

I was wisely told that how, at some point I might want to share with the class aspects about my life. It was the right counsel.

I did have something to say. I returned to class and the

instructor allowed me to talk about my life with all the ups and downs. I cried the whole time and felt so very vulnerable but I wanted them to put a face to the things we were talking about. I wanted to share how I was personally affected by my birth parents' time at Residential Schools, the Sixties Scoop, the loss of my culture, the feeling of not really belonging, and the pain of not knowing my family.

This is one of the main reasons that I wanted to be a social worker—to try and alleviate some of the inter-generational trauma. To be an advocate for change and to work with Indigenous people by encouraging and supporting self-empowerment.

There have been times when I felt like giving up, or I am uncertain how I will get through an assignment, or my struggle of being a mature indigenous student. But the support I have received from classmates, instructors, and staff here at Medicine Hat College have been so reassuring that I compose myself and try harder.

Webster's dictionary defines resilience as *...the ability to recover readily from illness, depression, adversity, or the like; buoyancy.*

My life continues to be a work in progress...this is just another chapter of my journey going outside my comfort zone, because that's where I grow.



Brenda Mercer on a recent visit back to North Central

Scott's New Principal



My name is **Mike Tomchuk** and I am incredibly lucky to be the new Principal at Scott Collegiate. I look forward to working alongside our partners in the beautiful māmawēyatitān centre.

This is my 17th year with Regina Public Schools and my time with RPS has been shared between elementary and high school. I have taught at Wilfred Hunt, Robert Usher Collegiate, and Thom Collegiate.

Following my teaching experience I was appointed the vice-principal at the old Scott Collegiate and then at Thom Collegiate. After Thom, I went to McDermid and Kitchener Community schools as Principal.

I am thrilled to be at Scott and look forward to meeting new families and reconnecting with families that I have already met within the North Central community. Please come by the māmawēyatitān centre for coffee, meet your child for lunch in the māmawi café and/or stop by the office to say hello.

I look forward to working with you!

Coffee With A Cop: A Meeting Of Respect

Building relationships, one cup at a time.

Story and Photo by Joseph Bernacki

That's what Regina Police Service (RPS) has been doing in its latest installment of the community outreach program "Coffee With A Cop," with residents from inside and outside the city.

Since August 2017 the program has been meeting with community members every three months; its origin stems from a high-traffic, North Central neighbourhood McDonald's restaurant.

"We get a lot of calls for service at this McDonald's," said Const. Frank Kovacs, an RPS member who participates in the program. "We built a good relationship with this location.

"Corporal Sheri Wild started this initiative to build a positive relationship with the people of North Central, and it turned into a community outreach program."

For the city, the concept is a new approach to building ties between residents and the police. Kovacs attributes this to the change in leadership under new RPS Chief Evan Bray.

Donna Starblanket, the guest experience leader at North Central McDonald's, explained for the outreach to be successful, fear and apprehension need to be off the table.

"Everyone thinks that Regina city police are against them or out to hurt them," Starblanket said. "I

participated in all three sessions. He believes the outcomes of this process are long overdue in the community.

"What it's really done for North Central—and certainly for RPS—it's built bridges," Eagles said. "In the '70s we had a community cop program, his job was to meet residents, have a cup of coffee with them and open up dialogue, but that program has been gone many years now. "We certainly deserve better than what we had."

Eagles is enjoying this new program and highlights the benefits of the informal approach.

"It gives you the opportunity and time to deal with these issues," said Eagles. "Our reactions to events in North Central have been more

reactionary. Now Coffee With A Cop approaches these issues in a proactive way. I would give this experience a 9.9 out of 10."

People who want to get involved can contact RPS through its social media. The next session is scheduled for December.



"Coffee With A Cop approaches these issues in a proactive way. I would give this experience a 9.9 out of 10."

Morris Eagles, NCCA resident



don't think it's that way, they're not scary people, they're human beings and parents. They want the best for everyone."

Starblanket explained the meetings can give insight into local issues from stolen property to break-and-enters to missing bicycles.

Morris Eagles has lived in North Central for over 40 years and has

Garden Chili Cookoff at Indigenous Christian Fellowship



Circle Project (above) take the coveted cup in the annual Garden Chili Cookoff, held September 19 at ICF.

Last year's victors—NCCA—did not fare as well.

Newo-Yotina Friendship Centre's New Digs

The Centre recently reopened at a new location: 1635 11th Ave. (corner of Osler St. downtown).

The Centre's goals are to assist individuals in the areas of education, workforce preparation, life skills, and wellness. The NYFC is an organization where people can receive help with whatever issues they face through the provision of direct services or through referrals and advocacy.

The Centre develops and delivers programs and services that assist Aboriginal and non-Aboriginal peoples, living in an urban centre. It meets their needs and alleviates struggles during the transition from rural to urban living.

www.newoyotina.ca
Ph: 306-525-5042
info@newoyotina.ca

Drop in Centre

- Daily Mon–Fri, from 9 am–2 pm
- Free coffee & toast while supplies last
- Free computer/printer/fax/phone usage
- Individual supports as needed
- Resume help

Cultural Services

- Daily Smudging
- Medicine Picking

Resolution Health Support

- One on one support
- Represent and advocate

Youth Outreach

- Cultural events
- Sports
- Arts and Crafts

Language Support/Classes

- Weekly classes
- Adults/youth/children

Men & Women Groups

- Talking Circles
- Smudging
- Arts

story & photos by Stephen McDavid

Annual Community Clean Up October 14 8:30 a.m. – 12:30 pm

In addition to the single alley clean ups that the Renew Project does throughout the summer and early fall months, NCCA has partnered with Bennett Dunlop Ford to host one large Annual Community Clean Up.

We are always in need of volunteers to help with this event. Along with volunteers on the ground, we are in need of trucks and drivers willing to come out and help. If you're interested in helping, volunteers are gathering at 8 am at Sixth Avenue and Angus Street. We spread out from there with trucks and route maps.

Snacks and coffee are offered in the morning, as well as a barbeque lunch (12:00 p.m. – 1 p.m.) for all volunteers.



Being a Good Neighbour to Your Alley



When I approached Betty Krohn at Indigenous Christian Fellowship, about the idea of befriending and being a good neighbour to the alley behind her workplace, she immediately answered **yes!**

Four days later, five neighbours, including Betty, volunteered an hour and a half of their time and cleaned the alley.

I met with Jasper Laclaire from the John Howard Society in late August. He enthusiastically said **yes!** to bringing his youth group to North Central to paint over graffiti. On three occasions members from the group came out in September to be good neighbours to North Central and volunteered their time to doing back alley clean-up,



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MON-FRI 11AM-8PM
SAT-SUN 10AM-7PM
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CHRISTMAS ASSISTANCE PROGRAM

Starting November 19
ending December 14

Hours of operation
Monday to Friday
9:00 - 11:30 am &
1:30 to 4:00 pm

Please bring proof of Address, Income,
Expenses and Health Services Cards for
everyone in the household.

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

I first met the 4th year U of R Sask Poly Tech nursing students doing their clinical placement in North Central on the morning of September 20th and asked if they would like to befriend an alley and help clean it that very afternoon. They also said **yes!** and thanked me for involving them. The three students and two neighbours took less than ninety minutes to clean the alley.

Hey North Central, how would you like to befriend an alley, or alleys, on October the 14th.

Volunteers help make this neighbourhood a better place to live and play. Help us get rid of those negative stereotypes and pitch in for part of a day! Come meet some old friends and meet others who are helping make North Central a great place to be!

Please contact the office at 306-791-9888 if you have any questions, or to confirm your participation. We would like to thank you in advance for helping work towards a safer, cleaner community.




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!



SMITHS' INSURANCE **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/WINTER PROGRAMS

September to November

To register, contact info@nccaregina.ca or 306-791-9888

Watch Facebook for our any changes to our program offerings
Programs located at māmawēyatitān centre, 3355 6th Ave.
Enter on 6th Ave & Montague St.

Mitt Making: age 14+

Location: Learning Studio East E, 2nd floor
runs Tuesdays, until December 18
5:00 - 7:00 pm
(watch for 2nd intake in November)
instructor: Jane Carriere

P.O.W. Self Defence: age 8 to 18 co-ed

Location: Dance Studio
runs Wednesdays, Nov. 7 to Dec. 19
4:00 - 5:00 pm
instructor: Shana Pasapa

Hoop Dancing: age 8+

Location: Dance Studio
runs Thursdays, Nov. 8 to Dec. 20
4:00 - 5:00 pm
instructor: Shana Pasapa

Basketball Skills Development for Boys: age 14 to 18

Location: Multipurpose Room Gym
runs Thursdays, until November
6:00 - 8:00 pm
Instructor: Murray Giesbrecht

www.nccaregina.ca/
vibe-recreation-2/



The names of all our contributors have been changed to protect their identities in keeping with the requirements of the Canadian Youth Criminal Justice Act.

CHECK BEFORE YOU ORDER

BY NEPHI MACPHERSON



Speaker Eugene Arcand honoured those who attended Residential Schools and those who didn't return. Orange Shirt Day was commemorated on September 28 at māmawēyatitān centre.



Spring Free

Bill Stevenson

Tansi! Bonjour! Hello!
I'm so excited to bring you the 2017-2018 edition of Paul Dojack Youth Centre's *Spring Free*. It's the combined effort of so many volunteers gathering works, encouraging the residents to explore their writing abilities, and the hard work of editing the final drafts before submission.

This edition focused on what changes life at Dojack has brought our residents. Changes that have affected them in a positive way. Because our residents are being challenged by so much more than school and writing, we thought it would be a great idea to include other aspects of their creative energy as well. Wood shop is a big part of their learning process and the projects they create are great examples of skills being learned. The Visual Arts course is another wonderful program exploring the residents' creativity, teaching skills, skill development and art appreciation.

Thank you to Saskatchewan Arts Board, Sâkêwêwak Artists' Collective Inc. Government of Saskatchewan and to the management, Elders, cultural coordinator and staff at Dojack for their support.

A book of poetry, art and creative projects from youth on the inside. Support the Paul Dojack Youth Centre's Shop Fund. *Spring Free* is available for \$20 by contacting www.facebook.com/springfree2018/

The Cell

Come take a seat, at last we get to meet. I know that you're here for committing a crime, so let's you and me do some time. I've got some things I'd like to say, I will see you change day to day. The thoughts you will have, the things you will feel, I will be here for you at every meal. You will feel some sadness and you will feel alone at night. You will say, "I wish that I was at home tonight." Make the best of the time that you've got and let's hope that it is not a lot. One day we will part, yes, you and me. That is the day that they will set you free. I'm sure you want to know my name, it hasn't changed, it's still the same. We are both together in this man-made hell, glad to meet you — I am your prison cell.

Henry

Invitations

The Gathering Place invites you to Learn a Treaty 4 Indigenous Language

Every Monday evening 5:30 to 7:30 pm - until March 31, 2019

4001 3rd Ave N.

For more info and to register, call: 306-522-7494

The first language will be SAULTEAUX. (no class October 8).

Supper and child care will be provided but we encourage to include those kids who can sit and listen to participate and learn the language.

Registration is FREE!

Presented by Regina Treaty/Status Indian Services Inc. (RT/SIS)



Silver Sage Housing Corporation 11th Annual Round Dance & non-Traditional Feast

Friday November 2,
Doors open at 5:30 pm. at māmawēyatitān centre. Supper at 6 pm, Round Dance at 7 pm.

North Central Health Fair

by Virginia Carpenter,
Diabetes Canada

A new location, a group of dedicated supporters and large number of health care booths made the 11th annual North Central Health Fair the biggest and best yet. This event allowed residents to connect with healthcare professionals in a relaxed community setting while getting information on programs and services. The 2018 North Central Health Fair had over 600 people in attendance, gathering to learn about issues related to their health and the health of their families.

Community residents were able to take a diabetes risk assessment from Loblaws Pharmacists, check up on their immunizations and get immunized, learn about how to get rid of bedbugs, get information on programs in the area, participate in physical activity, receive footcare check ups and become educated on everything from how to brush your teeth correctly to how to test blood glucose levels.

mâdawêyatitân centre was the perfect location to visit booths, watch the Fancy Dancers and listen to the Drummers while enjoying a nutritious BBQ lunch provided by No Frills, the Real Canadian Superstore and the Real Canadian Wholesale Club. The North Central Health Fair partners, Diabetes Canada, Aboriginal Health Home Care, City of Regina, 4 Directions Health, North Central Community Association, Ranch Ehrlo Sport Venture Library, Regina Food Bank, Regina Police Service and SEARCH would like to thank everyone who attended, volunteered and sponsored this event.

Many thanks to our sponsors —The Lorne and Evelyn Johnson Foundation, LifeScan, Saskatchewan Dental Assistants Association, Queen City Kinsmen, Regina Capital Cosmopolitan Club, Tim Hortons and SaskMilk.

SEARCH’s New ED Says “Hi!”

by Emily Barber
SEARCH Student Clinic

Hello! I’m Emily Barber, and I’m so excited to be joining SEARCH as the new Executive Director! I am a new graduate from the University of Regina where I completed my Bachelor of Arts in Psychology and Women’s & Gender Studies in July, 2018. I have been involved in the non-profit sector in one way or another for the majority of my life, and have been pursuing a career in the sector since 2015. I am deeply passionate about the Regina community, and have enjoyed organizing with our diverse communities for various causes over the years.



When I’m not organizing or working, I’m probably playing music, enjoying the company of family and friends, or trying to figure out how baking bread works!

Kelly has left some mighty large shoes to fill, but I look forward to the challenge! I look forward to meeting many new people, learning many new things, and connecting with the community through this incredible opportunity.

I hope to see you at one of our two clinic shifts through

the fall and winter, Saturdays at 12:30 - 3:30 pm and Mondays at 5:30 - 8:30 pm. We’re located at the Four Directions Clinic at 5th Avenue and Elphinstone.

Healing in the Hood - It's Time.

An invitation to all First Nations youth, women and Elders who want to heal from the past and move forward in a good way.

Dorothy is an approved mental health therapists under FNIHB. She is an Indigenous woman therapist, who have come to White Pony Lodge, so that we, together, can begin healing in the ‘hood.

Begin your healing journey with Registered Therapist Dorothy Alexson RSW, BSW (306) 216-8265
email whiteponylodge@gmail.com
Counselling is free with Treaty Number.

2901 5th Avenue
Thursday & Friday
10am to 3pm

Seniors’ Walking Club

Wednesday & Friday – 7:50 to 8:50 am at
mâdawêyatitân 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.



Early Years
Family Centre

REGINA
Children's
Initiative

Strong beginnings. Brighter future.

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

Sacred Heart School

1325 Argyle Street
(306) 529-2520

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**

Regina Community Partnership Against Violence (CPAV) Peacemakers Breakfast

Wednesday, October 24 at māmawēyatitān centre. Doors open 8:15 am, breakfast at 8:30 am. Event concludes at 10 am. Food will be prepared by Scott Collegiate Tourism & Hospitality Program.

Tickets on sale for the Peacemakers Breakfast "Violence, Reconciliation, and the Search for Peace One Cree Man's Thoughts". Guest speaker Randy Lundy, Indigenous Cultural Liaison at YWCA Regina.

Tickets can be purchased \$20 through www.picatic.com/cpav2018

Indigenous Christian Fellowship 40th Anniversary Banquet Gala

Celebrating 40 years of Building Healthy Relationships

Friday, October 19
5:30 Reception, 6:00 Dinner.
Room 100 Luther College,
University of Regina 3737
Wascana Parkway

Guest Speaker: Raymond C. Aldred, Director of Indigenous Ministries, Vancouver School of Theology.

Music and great food!

Tickets: \$100 (\$50 charitable receipt issued)

Contact ICF for Tickets:
306-359-1096.

Indigenous Cheer Evolution

Indigenous Cheer Evolution (ICE) is a new non-profit cheerleading club serving Regina and area. What sets us apart from other clubs is our focus on introducing this exciting sport to inner city and at-risk kids, at an affordable cost.

Head coach, Trinity Caderma, has been cheerleading for over 8 years and has been coaching both cheerleading and gymnastics for over 2 years. Her mom Tina started as a figure skating coach while her dad Larry was a martial arts instructor. Once both parents saw the passion that Trinity had for cheerleading, they changed their focus and became involved with supporting their daughter in the sport that she loved.

The family has seen the ups and downs of competitive cheerleading. Like any sport, there is value in teamwork, athletic proficiency, and personal improvement. Unfortunately, the sport can be very costly and financial and social barriers can make it difficult to for families to participate.

ICE was created to provide that accessibility. Launching in September, 2018, the program currently has over

35 kids attending practices on a regular basis, with another 30 who attend as their schedules allow. ICE is thankful to be working with the Queen City Gymnastics' facility at 455 Maxwell Crescent to provide a venue and equipment in order for the kids to have a safe environment to work on their new skills.



Currently, there are classes for recreational cheerleading as well as a pre-competitive class for kids who are interested in participating in future competitive events.

ICE is also working on programming to offer additional classes in the future, possibly at other venues such as māmawēyatitān centre. All of the coaches are cheerleaders with a combined 23 years of experience. Three of the coaches have had the opportunity to attend The Cheerleading World Championships in Orlando Florida. Each of their coaches bring happiness, enthusiasm and coaching certification to a program that helps develop teamwork, community, and structure. If you would like more information about their program feel free to contact their founder Tina Caderma at incecheerandtumbling@gmail.com and check them out on Facebook at "Indigenous Cheer Evolution".



Community Calendar

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
Montague St. entrance

*Due to increasing costs, Care & Share Meals are now priced at \$7.



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



All Nations Hope Network presents **Sacred Teachings with Elder Jerry Saddleback October 25-29.** Treaty Four Governance Centre, 740 Sioux Ave. S. Fort Qu'Appelle. 9 am to 4 pm

Registration required. All are Welcome.

Elder Saddleback will be sharing the Creation Story and other teachings. This is a free workshop but you must register to attend. Please register by calling: 306-924-8424.

www.allnationshope.ca

FREE LISTING in the Community Calendar to promote your events happening in December 2018 & January, 2019.

Deadline for December issue is November 16.

Save the Date for the upcoming **9th Annual SEARCH Gala Fundraiser** to be held at the Conexus Arts Centre in the Jacqui Shumiatcher Room on **November 2, 2018!**

This is our largest event of the year and this year, SEARCH is unveiling an exciting suite of sponsorship opportunities including Presenting,

Community, Cocktail Hour, and Future Leaders sponsorships.

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

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

Indigenous Christian Fellowship (formerly IMCF) Soup & Bannock: Wednesdays

\$2 at noon
3131 Dewdney Ave.
All welcome.



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

- Fresh Fruits & Veggies
- Fresh Bread & Baking
- Canned Goods
- Dry Goods
- Milk & Other Dairy
- And Much More!!

Cash only

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



Send content for
DECEMBER 2018
calendar - by
NOVEMBER 16
editor@nccaregina.ca

Ignite Adult Learning Corporation Now Recruiting for Training Over 27 Years of Success!

WHO CAN APPLY: Adults between 19 & 30 who want to:

- Join the labour force & upgrade employment skills
- Upgrade – GED 12 (grade 12 graduates will not be accepted)
- Become independent and self-supporting

40 Weeks: Work/Training in a professional business environment
PROGRAM TIMELINE: Dec 3, 2018 to Sept 6, 2019

Info Sessions: 8:00 am Sharp!
Monday, October 15 /18
Monday, October 22/18

Ignite Adult Learning Corporation
103 – 1112 Winnipeg St, Regina
Call 306-522-4493
Website: www.ignite.ca
E-mail: info@ignite.ca

Saskatchewan Health Authority
Immunization Clinic for Children Mondays until December 17 10:30 a.m. – 2:30 p.m. Elder's Room māmawēyatitān centre. For more information, or to see when the next clinic is running: Phone: (306) 766-6338 Web: saskhealthauthority.ca

Project People presents: **Friday Night Social** - Good Sober Fun! 7 - 10 pm, Fridays at māmawēyatitān centre Main doors (6th Ave). Please arrive by 7:30 pm or text Lisa.

For information, call/text Lisa at 306-533-5117. No Childcare available, 14 years+ only.

North Central
COMMUNITY
CLEAN UP!

PITCH IN!

SUNDAY,
OCTOBER 14,
8:30 am. - 12 pm.

Put large items out behind your lot the night before. Don't leave items in your driveway which may be mistaken as trash.

All volunteers welcome!

Meet at Creeland Mini Mart, south parking lot at 8:30am.

Free BBQ for VOLUNTEERS at noon

NORTH
Central
Community Association

BennettDunlopFord

Driving Change

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

Ford

City of Regina | REGINA

LORAS DISPOSAL

North Central Community Connection is a bi-monthly newspaper published by the North Central Community Association (NCCA). The newspaper strives to be fair and balanced in its coverage of news, current events and community issues. The *Community Connection* is written for the people of North Central Regina in hopes of building community and providing valuable information.

Editor: Jan Morier

Thanks to contributors to this issue:

Emily Barber

Joseph Bernacki

Tina Caderma

Virginia Carpenter

Rob Deglau

Paul Dojack Youth Centre

Murray Giesbrecht

Nephi MacPherson

Brenda Mercer

Newo-Yotina Friendship Centre

Stephen McDavid

Bill Stevenson

Mike Tomchuk

Lisa Workman

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

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

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

DEADLINE for
DECEMBER/18 ISSUE
NOVEMBER 16, 2018
editor@nccaregina.ca

North Central Community Connection
3355 6th Avenue
Regina SK, S4T 4L8
Phone: 306-791-9888
Fax: 306-757-1052
e-mail: editor@nccaregina.ca

Executive Director's Message

As summer has come to an end, I am proud of the work of our organization, and the efforts of our staff in the various areas of NCCA programming. The great work of our seasonal staff Stephen McDavid and Maegan Krajewski allowed us to expand our community gardens this year to māmawêyatitân centre. Stephen also became our new Renew Project Coordinator, cleaning up alleys and building great partnerships with agencies in the community. Our partnership with Evraz for the Go Green recycling program continues to be our cornerstone program thanks to the management of our coordinator Pauline Gabriel. Our programs are also well supported by our office & communications coordinator Jan Morier.

Our fall programming has resumed, including the return of Care and Share, Kids Music, Seniors Walking Club, and Vibe programming. We have some new and exciting programming coming up including basketball for boys, and hoop dancing.

The North Central Community Association is always looking to bring new programming to the community, so if you have any ideas on sport, culture, recreation, or educational programming that you would like to see, please contact our office and share your thoughts. Also, don't hesitate to join us for the annual community clean

up on October 14. The snow has arrived early this year, so if you are out and about in the community, please be careful and take care.

Murray Giesbrecht
Executive Director NCCA

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	695-0415
	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
	māmawêyatitân centre	777-7033
	Meadow Primary Health Care Centre	766-6399
	Mobile Crisis Services	757-0127
	Morning Star Ministries	757-8421
	Native Health Services Regina General Hospital	766-4155
	Native Health Services Pasqua Hospital	766-2232
	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

NORTH
Central
Community Association

www.nccaregina.ca

Get Social!

Mission Statement

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

NCCA Board of Directors

Lannette Cyr

Morris Eagles

Tyler Jones

Ivy Kennedy

Betty Krohn

Stephanie Parker

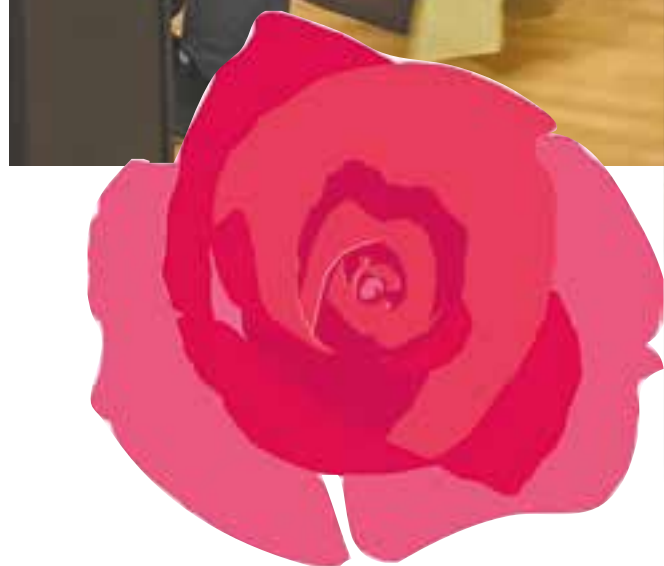
Denita Stonechild

Shannon Stumph

Lisa Workman

City of Regina | REGINA

Infinite Horizons



Farewell to Elder Norma Jean Byrd

story & photos J. Morier

Farewell to a beloved Elder in the community, who is retiring to her home community of Beauval, SK.

She was honoured at a gathering at māmawēyatitān centre, the facility that she made her mark on during the organizational phase.



Many dignitaries and friends attended the farewell on September 27. Norma Jean was presented with gifts in thanks for her 30+ years of dedicated service to the city of Regina. Mayor Michael Fougere praised how Norma Jean was always smiling and sharing words of wisdom, building bridges with Reconciliation Regina. Her passion was contagious!

The Public School Board also praised Norma Jean for her important work in Kitchener School and Balfour Collegiate since 2008. She offered tremendous support for young parents at Balfour. She was also a student advocate 'to keep the institutions honest'. Regina Early Learning Centre expressed their gratitude for her gifts shared over the years, for connecting indigenous parents to traditional wisdom.

Norma Jean thanked the community for their love. She wished us well knowing that there's lots of work yet to be done. "If you think about all the children as your children, you'll find there are no differences," she said. "Belonging is an important facet of life, unless you have it with someone, you can't master anything." She advised us to 'motor on', that we can carry on without her.

It will be difficult, dear lady, but we will. So long Norma Jean.

Have you heard?

SEARCH has expanded 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!



North Central SNOW SHOVELLING SERVICES

Is this snow more than you can handle?

The Go Green Crew are ready to shovel your sidewalks, steps and driveways all winter!

GO GREEN GOES WHITE!

Here's how it works:

- Call the NCCA office for a list of workers and their phone numbers
- Call the worker of your choosing
- **Arrangements & fees are between you and the Go Green worker**
- Workers will bring their own shovels
- S/he will shovel for a single job or on a contracted basis
- Rates vary, depending on the amount of work being done
- Cash payment only (to worker)



Call NCCA at 306-791-9888



Since 2007, Go Green crews have cleaned Mosaic Stadium of empties during game season. This shovelling initiative will extend employment opportunities and provide needed services for our NC neighbours throughout the winter months.