

Turning the page in North Central

by Joseph Bernacki

After three decades of storytelling and serving the community, a local paper is preparing to shift its format from print to online.

Jan Morier, editor of *Community Connection*, has already been offering an online version.

“The word ‘lifeline’ comes to mind for getting our local news to our local people,” Morier said.

“I do hope that the people finding our news will not be a bad transition, and yet I appreciate that there are members of the community who don’t have the technology in their homes. There are seniors who will never adapt to this transition.”

Over the last decade, under the auspices of North Central Community Association, the *Community Connection* ran six issues a year, with four pages in colour. It was circulated to 4500 households in the neighbourhood via Canada Post.

The paper has been printed in Wainwright, AB. Printing and delivery costs plus the loss of a sponsorship influenced the board’s decision.

“We have regular City of Regina funding and the ripple effect downwards is that if any of their financing is reduced, funds for community associations could be cut back as well.”

Murray Keewatin distributed the paper at Regina Alternative Measures Program (RAMP), where he works as a community justice facilitator.

“All the events I’d like to get involved in, where do I get that information from? The paper,” Keewatin said, answering his own question.

“It takes away a sense of belonging, a sense of unity, a sense of realism. It’s just like a person wanting to eat a sandwich and they see it online, you can only see it. Or they could have the real McCoy and eat it, the newsprint is the real McCoy of reading material.”



Mark Taylor, an instructor at the University of Regina School of Journalism, spent one year as editor of *Community Connection* and learned the ins and outs of the neighbourhood.

“That neighbourhood is near and dear to my heart,” said Taylor. “The paper, I’d like to think made a difference in people’s lives.”

Over 12 years, Morier has worked as a cub reporter, delivery person, layout, photographer, graphics designer and editor. She relies on the people to keep her interested in the business.

“The people I get to meet and the stories I get to hear, that’s everything,” said Morier. “Nobody else is telling the good stories out of North Central. That’s what we wanted to centre ourselves as a place to share all the wonderful things happening here.”

The last print issue will be available in December. Starting in February.



You're Holding NC *Community Connection's* Final Print Edition

by Jan Morier, Editor NCCC

It is with some regret that NCCA must announce that the December, 2018 issue will be the final print run of NC *Community Connection* (NCCC).

The paper has graced the kitchen tables and waiting rooms of North Central residences and offices since the 1980s. Thousands of personal and organizations’ stories have been

shared through *Community Connection*.

As with so many printed dailies and periodicals, NCCA cannot sustain the costs of a free paper, with distribution to 4500 addresses on a bi-monthly basis. The printing, bundling and postage of 6 issues per year runs over \$10K. Loyal advertisers have been a great support, but we have never been able to generate enough sales to meet costs.

Earlier versions of *North Central Community Connection*

This does not mark the end of NCCA's commitment to community. We’re taking it digital.

Starting with the February, 2019 issue, NCCC will undergo an exciting design makeover. It will be available online from our NCCA website, as it is now. We sincerely believe that those who wish to continue reading our good news stories and regular announcements will seek out the digital version and enjoy the stories we have to tell. We realize that some households in NC don’t have laptops and wifi, but that service is available at our wonderful Albert Library.

Readers will have the added value of linking content to websites or social media sites. All content can now be in colour. There are options to embed audio and visual into the stories! We’ll be adjusting to the best format for digital reading for the new paper.

The excellent North Central stories we share will continue. We wanted you to know in advance of the major changes in how we distribute them.

Thank you for your support of our association and the people who live and work here. We hope you will continue to see the value of *Community Connection* through content and advertising.

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COMMUNITY YOUR VOICE

Voices

Wicehtowak Urban Services

More than half of the Indigenous population in Canada live in urban areas. Wicehtowak Urban Services is a non-profit organization that aims to provide support for urban First Nations, including Status, Non-Status, Métis and Inuit living in, or transitioning to, an urban environment. Programming is offered to all people in Regina.



Wrap Around Services

Wicehtowak Urban Services is a community-based organization out of Regina that offers a variety of services to Indigenous urban members. Their goal is to provide support to clients who are willing to take the next step to success! The program is designed to enhance the life and personal skills required to be effective within the workforce.

Youth Worker delivers programs infused with Indigenous teachings, culture or language. Tools are provided to balance all four parts of oneself: mental, physical, emotional and spiritual.

Wellness Support Services offers holistic programs and services focusing on mental health, addiction awareness and prevention as well as promoting healthy lifestyles.

Career Services designed to assist clients who are willing to secure employment and participate within the workforce.

Community Outreach will assist clients in various life settings to develop the necessary skills to succeed within an urban environment.

Kristen Morris runs the Youth services, offering programs that are culturally appropriate/sensitive. Kristen enjoys helping youth explore their personal goals for education, work, culture, and lifeskills. Programs are designed to balance Indigenous teachings with your spiritual self. All classes are held in the evenings at māmawêyatitân centre, 3355 6th Avenue and are free. Sessions are geared to ages 12-30, with occasional family programming. Kristen advises youth to get up-to-date info and register for sessions on WUS's FB page.

Some of their program offerings include:

- Fine Arts, Music and Crafts
- Anti-bullying workshops and support
- Health and Fitness groups
- Sport Camps
- Language and Culture
- Revitalization workshops
- Two-Spirit and LGBTQ workshops and support
- Financial Literacy
- Teen Parent support
- Mental Health workshops
- Sexual Health workshops
- Making healthy choices
- Cooking classes

WUS takes their Youth Services to heart. They envision a future where Indigenous youth can fully embrace life with confidence, leadership skills, and a spirit of independence as active participants in their community. With culturally integrated and culturally inclusive programs and services, their youth-led approach helps Indigenous youth explore their personal goals for education, work, culture and life, in a fun, safe and healthy environment.

Jasmine McNab is a Registered Psychiatric Nurse and the Wellness Support Worker.

Services are aimed at helping urban Indigenous clients to increase their wellness holistically through Indigenous-based programming. Offerings address people's mental, spiritual, and physical health. Services are intended to increase awareness of mental health, including addiction and addiction prevention, as well as family and community violence in order to promote healthy lifestyles. Programming is individually-focused, offering wellness assistance that depends on each client's needs. They offer help to navigate through the system. Jasmine incorporates culture, identity, strength and a sense of community and belonging. People can self-refer or be referred.

Geneen Sparvier is WUS's new Community Outreach Worker.

Outreach services include housing, transportation, the Good Food Box and a tax filing program in the new year.

Charmaine Pinacie is the Career Services Advisor for Wicehtowak Urban Services Program.

She explains, "The five staff for urban services programming are brand new. They're building a foundation and reaching out to other organizations to get networking going." WUS adds to the pockets of service providers in North Central. "Its location is handy for people walking, on their way back from downtown." Much of the programming will be held at māmawêyatitân centre—the heart of the community.

"We can all identify with the social issues here in North Central." Charmaine continues. "They've only intensified, the family issues, the addictions. It was safer 20 years ago. Urban indigenous experiences are unique. We can't shy away from issues of safety, and we must assess situations, to try to reach all 20,000—and growing—Indigenous people in Regina. The emphasis is on George Gordon Developments but the services are not exclusive to George Gordon members. Our programs are available to all First Nations people in Regina, and they're free!"



Happy smiles from a recent paint night



Wicehtowak Urban Services welcomes walk-ins.

Contact Information
Main Office
George Gordon Business Centre

hours: 8:30 to 4:30 (and evening programming)

2704 10th Ave.
Regina SK S4T 1E9

Ph: 306-949-4230

All available programs will be posted to Facebook page, www.facebook.com/Wicehtowakurbanservices/



Manage Your Stress

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

by Lisa Workman

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



Stress is next to impossible to avoid. Some stress is good because it can motivate us. But, too much stress is bad for our health. It can cause stomach problems, sleep problems, high blood pressure, muscle pain and other symptoms. It can also trigger us to addictions and anxiety. Be aware of stress, listen to your body. You may experience tiredness, headaches, upset stomach, aches and pains and moodiness.

Some big life events can spark stress. Divorce or break up, separation or loss of a loved one and illness in the family, are big ones. Good life events can also cause stress such as getting married, starting a new job and moving. But sometimes, there doesn't have to be a life event to

cause stress. Lots of little things can build up and stress us out – bills, relationship issues, kids with problems at school, challenges at work and the list could go on and on. Sometimes we even stress ourselves out just by worrying too much.

When you find that you are stressed, there are some things that you can do for yourself. The first thing you should do is make a commitment to stay clean and sober. Addictions can make our situation much worse. Even too much nicotine or caffeine can make you anxious and cause troubles with your sleep and your appetite. Take care of your physical needs by making an effort to eat healthy, get enough rest also get some physical activity. Physical activity is always a great way to release negative

energy and build positive energy. Take some time to relax. If you are finding it hard to relax, try out some breathing exercises, stretches or visualisation exercises.

Express yourself in positive, healthy ways. Talk to a friend or professional. Write in a journal. Create some art, music or dance. Be aware of your feelings and deal with them by making a decision about how to react in a good way instead of just reacting badly. Think about your thinking and make sure your thoughts are helpful instead of harmful. Use funny memes, videos, movies, books and shows to laugh. Give yourself permission to cry if you feel the need.

Practice problem-solving instead of worrying. Make a list of worries

then decide which ones really need attention and work on some solutions. We feel better when we are more prepared and when we feel like we have some control. Learn ways to manage your time and your money. Ask for help where you need it.

Stressful times won't last forever. Do what you can to manage stress when it comes and appreciate the peaceful times.

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.

Running With a Good Crowd!

by Tynessha Eaglechild

People always say that everyone has a special talent! Some people spend a lifetime searching for something that sets them apart.

I am lucky! I found something I love and am really good at when I was 10 years old!

That is when I started running marathons, something I hope to do all my life!

My name is Tynessha Eaglechild and I am a Grade 8 student at Sacred Heart Community School.

I started running 3 years ago when the North Central Family Centre, a place I go after school with my friends, held a community 5K walk/run in my neighbourhood.

I started out the run by just trying to do my best and ended up coming in first out of 75 people of all ages. It was so much fun and I was really proud of myself when everyone said what a great job I did and what a terrific runner I was.

After that I joined the NCFC running team with Ben Hernando where I ran the 10K at the Queen City Marathon. It was a great experience and fun to participate with my friends.

Marathons running has taught

me that if I work hard I can accomplish something I never thought I could do. That it feels good to eat right (most of the time), and that if I keep practicing I can become better and faster. And to keep trying, even when you want to stop.

The best part of running marathons is going to exciting places. This year I completed the Queen City Marathon, Edmonton International Marathon and the Las Vegas Rock and Roll Marathon—along with 46,000 other runners from all over the world.

The day after we arrived in Las Vegas we had to go pick up our bag packages at the Expo, and then walked around to see all the interesting sights.

The Rock 'n Roll marathon is different as it starts at 4:00 pm. I was happy that the team all stuck together until we got started. It was fun to run the whole marathon with Rics, one of my teammates, as we kept each other going when it got hard. Rics and I finished the marathon together in 02:35:36.

And the best part was after all the hard work of running we got to spend the next day shopping in stores that look so different than what we have in Regina. The

money we raised for shopping went far at the Discount Malls in Vegas.

It was a great experience and I hope to run with the team throughout high school.

I would like to go back to Las Vegas some day or run in other exciting places. Thank you Ben and Sandy at North Central Family Centre for making all these amazing experiences possible!



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MGR. MEGAN ZMETANA, BSP

Justice One Family's Story of their Support for the Justice for Our Stolen Children Camp

Murray Keewatin

Justice! What is justice? It is all about relationships. Canada's social ecosystem cradles, 'justice for our stolen children' movements throughout. Regina's camp faced the flagship for realizing the significance of the protest.

In the cold of February, 2018, the camp was made where only one Teepee and supplies began the Saskatchewan protest for 'our stolen children.'

My better half (Candace) and I (Murray) with our 6 grandchildren began our support on day 3 of the 196 protest days.

Why the support? Our testimony starts when our 6 grandchildren's

dad was murdered in Calgary, Alberta. Their mother was not in the holistic state to care for them alone.

Alberta's Social Services department threatened to take them and place them in foster care home.

Candace and I did not want our family's children 'stolen' in the manner of the 60's Scoop. We travelled to Calgary to receive them and brought them back home to live with us in Saskatchewan.

They have been with us for 4 years now and we love this journey of care.

Our family went to Camp throughout the protest where we met hundreds of people. We had the opportunity to share our fight to save our grandchildren. One such encounter was when my Granddaughter Amaya met #58 of the Saskatchewan Roughriders. She got his autograph on her arm....she did not want to wash it off!

But the fact is that a connection was made which demonstrates community unity. This positive aspect of unity is cornerstone to harmony.

Thank you Justice for Our Stolen Children Camp for taking harmony to the nation, Canada.

Murray Keewatin BHJ is a Community Justice Facilitator



Building a Healthy Community— Growing Young Movers After-School Programs

by Brian Lewis
photos courtesy of
Growing Young Movers



Are you looking for positive opportunities for your child(ren) after school? Growing Young Movers (GYM) Youth Development Inc. is a non-profit organization dedicated to supporting the holistic well-being of youth. GYM after-school programs, are a free, fun-filled wellness program available to youth within the North Central community. GYM programs support healthy lifestyles by engaging in physical activity each week throughout the entire school year. Within the programs, all participants learn to MOVE in a positive way. This is much more than just a place to play. GYM programs work to enhance not only the physical skills of youth but also work to develop and encourage personal and social responsibility which helps to enrich youth's social and emotional well-being.

Not your typical gym class

GYM after-school programs offer youth, the opportunity to be physically active in a safe, enjoyable setting. Each week we offer new, inclusive activities that ensure all participants are seeing success and feeling good about their abilities. GYM programming believes in a multi-sport approach which improves confidence and ability in many sports. We share

in 2 healthy snacks each week. In addition, we take time to learn from each other in talking circles, helping to establish a connection. For youth who regularly attend programming, GYM plans monthly excursions within the city such as Dinobouncers, Laser tag, museum etc. Our goal is to ensure all youth feel they are part of the GYM team.

GYM incorporates an intergenerational approach to working alongside youth. GYM employs youth mentors (ages 15-20 years old) from the local community to work with the youth. These mentors are exceptional role models that bring a wealth of knowledge when it comes to working with the youth. In addition, GYM facilitators and youth mentors are guided by a First Nations Elder to continue to gain an understanding of what it means to support youth. This approach of having all ages coming together each week is essential to the success of GYM programming.



With all GYM has to offer, it is important to note that through support from our partners, after-school programs are provided at no cost to families. Programming grants from the Community Initiatives Fund (CIF) and the City of Regina as well as the generous contribution from the Mosaic Company ensure that GYM after-school programs are accessible to all youth.

Come join the GYM team!

GYM is a terrific opportunity for youth to engage in healthy experiences alongside tremendous role models within the community. Come join us! If you have any questions you can contact Brian Lewis, executive director of Growing Young Movers or the Dream Broker at your child's school.

Email – gym@growingyoungmovers.com

Phone – 306-535-3105

Facebook - /gymovers

Where can you find us?

mâdawêyatitân centre 3355 6th avenue

- Every Monday until June 24th (excluding school holidays)
- 3:20 to 5:00 pm
- Open to students in grades 3 & 4 from Sacred Heart, Seven Stones, and Albert schools

Kitchener School 840 Athol St.

- Every Wednesday until June 26th (excluding school holidays)
- 3:20 to 5:00 pm
- Open to students in grades 2 to 5 from Kitchener Community School

How can you avoid falls this winter?

Did you know?

(National Council for Aging Care, 2018)

- Falls are one of the leading causes of injury amongst seniors
- Every 11 seconds, an older adult is treated in the emergency room for a fall
- Every 19 minutes, an older adult dies from a fall
- More than 300,000 people are hospitalized each year from broken hips

Don't lose hope, falls can be prevented! Here's how you can stay safe!

1. DRESS PROPERLY:

Canada Safety Council, 2018

- It is important to wear shoes that are appropriate for the weather. When choosing your winter shoes, the Canada Safety Council suggest that you choose shoes that are:
 - o Well insulated
 - o Waterproof
 - o Thick non-slip sole (rubber if possible)
 - o A wide and low heel
 - o Light weight

Dress warm for the weather so that if you do fall, you are able to stay warm. You can contain body heat by making sure that you wear hat, scarf, mittens or gloves. Dressing in layers will help with keeping you warm.

2. BE MINDFUL:

Canada Safety Council, 2018

- Canes or walkers can help with balance and be a good tool to have when walking in the snow. However, they may become slippery when wet and should be dried before walking on smooth surfaces.
- Avoid visibly icy or snowy paths, try to walk around them and take your time, don't rush.
- Spread your feet in order to create a wide base of support which will help to stabilize you when walking on a slippery area.

- Assume that all wet, dark areas on the pavement may be slippery or icy and be careful when placing your feet.
- Ask for help; don't be afraid to ask for help to navigate an icy surface.

Thinking ahead of what might happen and doing something to prevent that is one of the best ways to go about being safe this winter. Do not take unnecessary risks and always be willing to ask for help or help others!

3. BE SMART:

Canada Safety Council, 2018

- Ensure that you are cleaning your entrance ways and sidewalks/driveway regularly (this not only helps to protect you but it also helps to protect everyone around you).
- Use salt, sand, grit, or cat litter to help create traction on icy surfaces.
- If able, help out your community by shovelling the sidewalks surrounding your home or neighbours home; help out your neighbours if they are unable to shovel or clear snow.
- Report any hazards that you may come across to the city or to your landlord.

Staying safe this winter is important to all members of the community; by doing your part through shovelling, clearing snow, etc., you may be able to save a life.

References:
Canada Safety Council, (2018). *Safety Tips for Winter Walking*. Retrieved from canadasafetycouncil.org/safety-tips-for-winter-walking/

National Council for Aging Care, (2018). Fact Sheet: *Falls - the biggest threat to senior health and safety*. Retrieved from www.aging.com/falls-fact-sheet/

An Eye Opener

by Lil Wright

Lil here—I have recently broken my ankle and have had my eyes opened at the same time. Now this may sound like an everyday kind of experience and it would be but for the fact that I'm wheelchair bound for six weeks, then will have a walking cast and crutch for another six weeks. So, to add to this experience, it is winter time and there is snow to consider. I didn't realize what an issue snow can be for those on crutches, with walkers, canes and even for those pushing a baby carriage. It is a real challenge, and sadly one that we don't consider until it hits home.

We are a neighbourhood where more people are on foot than in any other neighbourhood in Regina. When you clear your walks you are helping the seniors avoid falls, you are helping the mothers push their babies to the store and you are helping those without vehicles to have an easier time travelling back and forth. All this, just by keeping your sidewalks free of snow. Thank You in advance to all of you who make life easier!

Being a good neighbour makes life so much better for all of us. This is our neighbourhood. Treat it the way you want to be treated!

When? Why? Where? Should I get my Flu Shot?

When?

- The flu shot is available to you from October to May.
- The sooner you receive this the better as your body needs time to build up defense.
- Ensure you get your flu shot before it spreads to your community.

Why?

- The flu vaccine is needed every season as the strain differs each season and over time your body does not respond to it.
- Millions of people are affected by the flu each year. Many are hospitalized and thousands of people die from flu-related causes.

Benefits:

- The effectiveness of the flu vaccine varies from year to year but it is still better to receive the flu shot, than to risk getting sick
- If you do get the flu after receiving the flu shot, it will be much less severe than if you had not had the immunization.
- Offers protection for yourself and others

Where?

- Here are some places close to you:

Regina Performing Arts Centre
December 4, 11 & 18 1 - 7pm
1077 Angus St
(306) 779-2277

Medicine Shoppe Pharmacy
3934 Dewdney Avenue
(306) 522-5200
Monday - Friday 9am - 6pm
Saturday 10-2

Northcare Pharmacy
1042 Albert Street
(306) 525-5544
Monday – Friday 8am - 2pm

Towers Pharmacy PharmaChoice
2713 Avonhurst Drive
(306) 586-9377
Monday – Friday 9am - 9pm
Saturday 9am - 5pm

Dr Patel's Medical Clinic
2626 Dewdney Avenue
(306) 352-3454
Appointment needed
Reference:
Centre for Disease Control and Prevention, 2018. *Influenza (Flu)*. Retrieved from www.cdc.gov/flu/protect/keyfacts.htm

by Ronni Nordal and Debbie Paiement

Potential Nar-Anon Family Group in North Central Regina

We are exploring whether there is interest in holding a Nar-Anon Family Group in North Central Regina. The group is open to friends and families who know or have known feelings of desperation concerning the drug addiction problem of someone they care about. When you come into a Nar-Anon family group, you are no longer alone, but among true friends who understand your problem as few others could. The hope the Nar-Anon program can give is the assurance that no situation is too difficult and no unhappiness is too great to be overcome. With the understanding that addiction is a disease, and the realization that



we are powerless over it, as well as over other people's lives, we are ready to do something useful and constructive with our own. Then, and only then, can we be of any help to others.

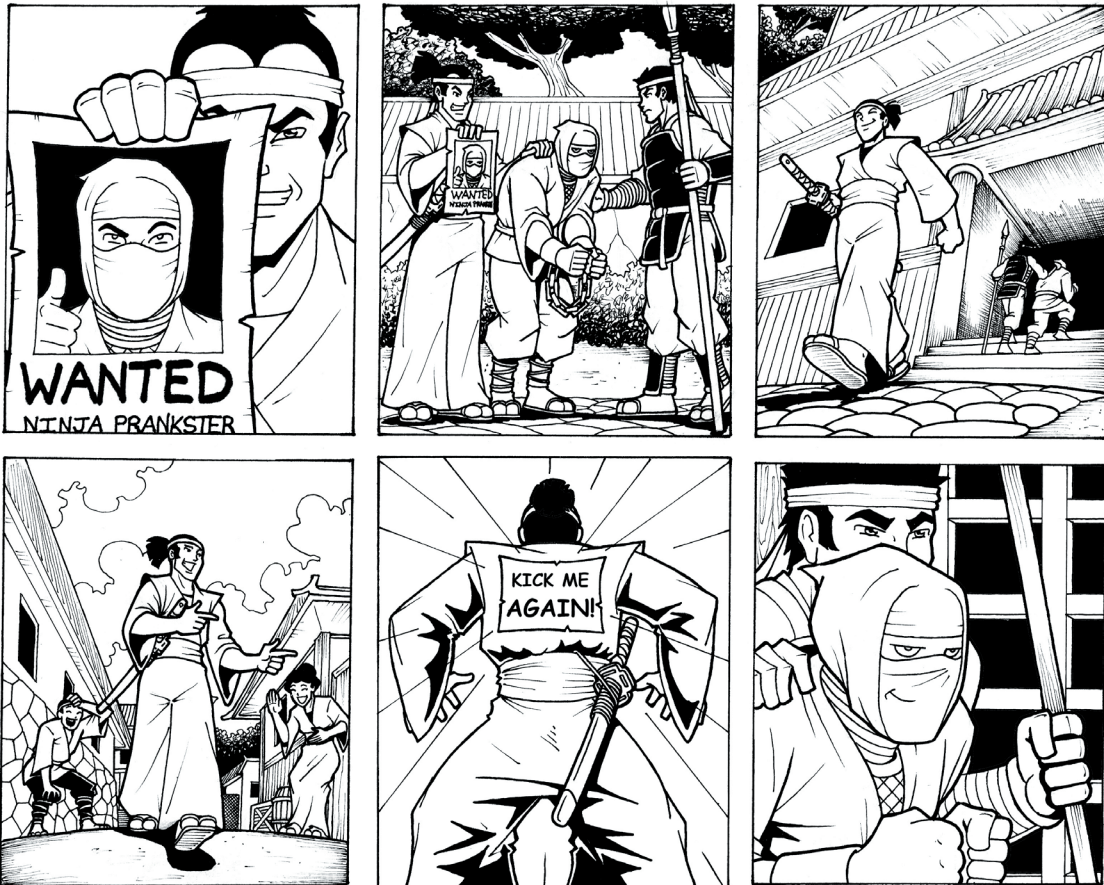
The Nar-Anon program is not a religious one but a spiritual way of life and is based on the Twelve Steps of Nar-Anon. We've found that the working of these steps will bring the solution to practically any problem. We urge you to take this program and its twelve steps



seriously. It has been as helpful to us as the Narcotics Anonymous program is to the addict. We only ask for the wisdom and courage to see ourselves as we really are, to do something about ourselves with the help of a Higher Power as we understand this, and for the grace to release our addicts with love and cease trying to change them.

If you would be interested in attending a Nar-Anon Family Program in North Central Regina, please phone or text Ronni (306-731-7573) or Debbie (306-537-7414) and let us know, including the best day/time of day and location that would allow you to attend.

SNEAKY PREY: REVENGE IS BITTERSWEET BY NEPHI MACPHERSON



THE END...?

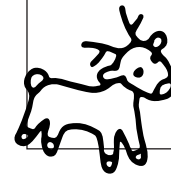


SEASON'S GREETINGS!
WATCH SOCIAL MEDIA
FOR A FRESH CROP
OF VIBE CLASSES
STARTING IN THE NEW
YEAR!

Merry Christmas

GO GREEN
VOLUNTEERS!

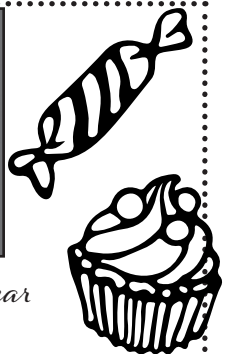
Thank you for your
ongoing dedication
to the Go Green
program!

Good
Wishes
for Good
HealthThank you
for your
support

Care & Share for Seniors

CHILI FOR CHILDREN
Serving the Community Since 1979!

Merry Christmas & Happy New Year
from Board & Staff of C4C



from your friends at Friday Night Social

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
mâdawêyatitân centre
Montague St. entrance



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



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



Wednesdays
at noon
3131 Dewdney Ave.
All welcome.



COMMUNITY MOBILE STORE!

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

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

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Call 306-347-3224 for details
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Send content for
FEBRUARY 2019
NC calendar - by
JANUARY 18
editor@nccaregina.ca

FREE LISTING in the Community Calendar to promote
your events happening in February & March, 2019.
Deadline for February online issue is January 18/19.



The Good Life
COMMUNITY NETWORK

The Good Life Community
Network presents **Community**
Leadership Training:
Break Cycles! Stay Clean and
Sober
Tuesdays 1:00 to 3:00 Jan 8 to
Feb 5, 2019

Topics to be covered:

- Impact of the Residential
School Experience
- Anxiety and Depression
- Volunteering in the Community
- Sobriety and Recovery
- Getting Physically Active

mâdawêyatitân centre
3355 6th Ave.

Participants who attend all 5
sessions will receive a certificate
of completion

No childcare or transportation
For information, call Lisa at
306-766-7549 or email: lisa.workman@saskhealthauthority.ca

FREE, No registration required



The North Central community
owes a big thanks to the
volunteers from **The Pack**
Project (www.thepackproject.ca) - a Regina non-profit that
seeks to improve the lives of
people and companion animals
in our communities. The Pack
Project receives donations of pet
food and other needful things
and shares them with various
agencies for distribution. Thanks
to The Pack Project, NCCA has
been able to give you portions of
large dog, small dog, and cat food
on the daily bread rack or through
the Good Food Box.

Project People presents: **Friday**
Night Social - Good Sober
Fun! 7 - 10 pm, Fridays at
mâdawêyatitân 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!

Community Cleanup was held October 14, 2018: 14 loads of Loraas dumpsters were taken to the dump. 19,820 kg of trash (19 tons). Sincere thanks to Bennett Dunlop Ford, Loraas Disposal, City of Regina and North Central community volunteers who pitched in to clean up our alleys.



photos: J. Morier



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
māṁawēyatitān 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 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.

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North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at māṁawēyatitān centre and various North Central businesses for this final print version.

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.

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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.

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Shannon Stumph



Santa Muerte

Among her powers Santa Muerte offers love, prosperity, good health, fortune, healing, safe passage, protection against assaults, against gun violence, against violent death. Lance Ironchild has painted an homage on a tree in his front yard. Our Lady of Holy Death (Santa Muerte) is the personification of death and is a folk religious symbol from Mexico with Mayan origins.



by J. Morier
photos courtesy
Lance Ironchild

difficulties there are on the streets.

Lance practices good actions in his everyday life, including cleaning up empty lots in NC with his family and occasionally distributing food. He has also created an altar to light candles for murdered and missing Indigenous Women and Girls. "It's to give the community a sense that they're being heard."

We all live with the knowledge of death. "For any person, the ultimate wish is to pass in your sleep," Lance explains. "A good death is achieved by being kind, giving, and living a good life."

"I painted her in the summers of 2017 & 2018." Lance says. It is the most northern representation of the effigy." She wears the veil and crown with the intention of removing the fear of death. Her message is "When you're ready, I'll be here."

Santa Muerte watches over North Central and she likes simple offerings of faith. There are no requirements of sobriety or clean criminal record to pray to her, she passes no judgements. She knows what



Lance has adopted the colours of Santa Muerte in his powwow outfit.

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



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"Then the Grinch thought of something he hadn't before!
What if Christmas, he thought,
doesn't come from a store.
What if Christmas...perhaps...
means a little bit more!"
— Dr. Seuss,
How the Grinch Stole Christmas!

Warren

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We wish everyone a

Merry
Christmas
and a

Happy New Year

We will be closed from
December 24, 2018
to January 7, 2019

For information about services, volunteering or donating
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1-800-274-4036

All the best from
your city councillor.

From my family to
yours this holiday
season.

Joel Murray
Ward 6

