

# NORTH Central Community Association



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## NCCA Annual Report 2016-2017

#### **BOARD OF DIRECTORS 2016-17**

President.....Jessica Hanna  
Vice President.....Morris Eagles  
Secretary.....Chantelle Yurechuk  
Treasurer.....Tom Wright

#### **MEMBERS-AT-LARGE**

Heather Cote-Soop	Cassie Fisher
Betty Krohn	Fergus Littlechief
Shawna Oochoo	Brandi Reles
Denita Stonechild	Stephen Thomson

#### **CURRENT STAFF**

Executive Director.....Michael Parker  
Community Services Mgr.....Annie Charles  
Office/Communications Coord.....Jan Morier  
Care & Share/Go Green Coord.....Pauline Gabriel  
Family Recreation Coord.....Louise BigEagle  
Care & Share Cook.....Cinda Totten  
Senior Health Care Nurse.....Jude McCann RN  
Foot Care Nurse.....Donna Adams RN  
Good Neighbour Services Mgr.....Marty Rothermel  
Good Neighbour Services Crew.....Joe Bear

The North Central Community Association was incorporated in August 1976. North Central is one of the largest inner city neighbourhoods in the City of Regina and represents a population of 10,000 people in an area of 183 square blocks, consisting of 4300 homes and over 200 businesses.

#### **OUR VISION**

A safe, caring and vibrant community where all people can thrive.

#### **OUR MISSION**

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

# Message from the President

Hello and welcome to the North Central Community Association's Annual General Meeting. I am happy to see you all take such a strong interest in our community association and our neighbourhood. It is people like you who work tirelessly to make North Central a safe, caring and vibrant community where all people can thrive.

This past year we celebrated our 40th Anniversary with a festival and banquet. There we were able to celebrate all that the North Central Community Association has accomplished and acknowledge those special community members who have contributed to North Central in profound ways. These past 40 years have seen a lot of changes, and there are sure to be a lot more over the next 40 years.

For the past year the North Central Board has been continuing the work of previous years by following our strategic plan, particularly the board has been working on governance while meeting the ever-changing needs of the organization. You never know what is going to happen in a year, so we try and prepare for the different possibilities as best we can. We mourned the loss of the Meewasasin and are looking forward to the success of Good Neighbour Services along with all of our other programs.



Tonight we are learning more about the work that our community and Prairie Wild Consulting has been doing on the Community action plan. This plan will help to guide not only North Central Community Association but also the many many partners, stakeholders and community members who are influenced by and have an influence on North Central to help us all build a better neighbourhood together. It also has some very tangible items that residents have identified for neighbourhood improvement. I can't wait to get started!

This is an exciting time to be involved in the North Central Community, we have a new shared facility Mâdawêyatîtan that is about to be open. NCCA will be moving in a few weeks. I know it will be a big adjustment for everyone. It changes how we operate and do business but it will lead to some great opportunities for the community and our organization. Having the foot care team on Albert Street will both be a challenge and an opportunity for collaboration and support. I am looking forward to seeing our community further working together to create a safe, caring and vibrant community.

I would like to extend thanks to all our hard working staff, volunteers, and my fellow board members for all your contributions to the work of the association.

A handwritten signature in blue ink that reads "JR Hanna".

Jessica Hanna  
President  
North Central Community Association

# Message from Executive Director

As I look back over the past year I see that with a renewed board and a clear strategic plan we have forged ahead, despite of some significant setbacks that have been thrown our way.

In September, we had to close our youth employment program, Meewasasin, due to the cessation of funding by the provincial government despite strong success with the program. It was a disappointing loss as we were helping a dozen youth each month attain or move closer to employment. We said goodbye to 3 phenomenal staff, Kari Herbert, Timothy Blackett, and Jessica McFarlane. The program closure also put additional pressure on our budget with fixed administrative costs that still need to be provided for.

Good Neighbour Services shows potential for being a self-sustaining social enterprise that can simultaneously provide employment opportunities for youth and contribute to supporting the Association, but like any business venture carries potential risk and we are monitoring it closely.

Our community planning process resulting in



a Community Action plan is a significant accomplishment for the Association and the culmination of 2 years of work of our board, staff, volunteers, and a gracious anonymous donor. I want to acknowledge Prairie Wild Consulting for their work on the project.

I want to acknowledge and express my gratitude for; the support of Wendy Dumalski and Bill Ursel and the Community Services department for their support and encouragement; the board of directors who give their time to help steer the organization and especially to Jessica Hanna for always having a listening ear; my staff for their dedication, commitment to the cause and their tolerance of my constant bad jokes; the support of my family and especially my always-patient wife. It is always impressive working with our many volunteers who commit time and energy for the building of our community. Something that makes our organization special and distinct is that our entire board is composed of people who have made North Central their home and that many of our staff and volunteers also live in the neighbourhood.

A handwritten signature in black ink, appearing to read 'Michael Parker'. The signature is fluid and stylized, with a long horizontal stroke at the end.

Michael Parker  
Executive Director  
North Central Community Association

# Program Reports

The following are reports from our various community projects and programs from the past year.

## Go Green

2016 marked the 10th anniversary, and another successful year for the Go Green Program. Go Green is a partnership between the City of Regina, the Saskatchewan Roughriders and North Central Community Association. The program allows participants to watch Roughrider home games free of charge and then earn money by staying after the games to pick up recyclables – usually taking 4-5 hours for the average shift. Workers are given a cash honorarium at the end of the night based on how long it took to pick up and sort all of the recyclables. Most of the money from recycling the cans/bottles are put back into wages, with the surplus dedicated to murals and other community beautification projects.

Thank you to Premiere Van Lines for providing the truck and driver, SARCAN for working with us to obtain the bags we use and for counting all the recyclables, and of course to the Saskatchewan Roughriders and the City of Regina without whose help we could not achieve this program.

### Go Green Partners:

Saskatchewan Roughriders  
City of Regina  
Sarcam  
Premiere Van Lines



NORTH CENTRAL COMMUNITY ASSOCIATION

### Go Green by the Numbers:

**118 workers participated in 10 home games in 2016 (compared with 124 in 2015; 128 in 2014; 161 in 2013; 135 in 2012 and 109 in 2011).**

**\$34,060 (approx.) of beverage containers recycled**



# Renew

This year the Renew Project was funded by the City of Regina. The purpose of Renew is to engage residents to become active in the cleaning of the neighbourhood. It allows residents to renew their sense of pride in their environment as well as renewing North Central overall. The Renew Project, when combined with the annual community clean up has removed a substantial amount of garbage and recyclable materials from North Central community during the period of a few months.

The Annual Community Clean-Up was held on Sunday September 25, 2016 in partnership with Bennett-Dunlop Ford.

### Renew Project Supporters:

City of Regina	Bennett-Dunlop Ford
John Howard Society of SK	Loraas
Rainbow Youth Centre	RAMP
Regina Police Service	



## Renew by the Numbers:

**153 volunteers (including Community Clean Up)**

**Graffiti removal from  
14 garages  
5 fences  
8 garbage carts**

**36 needles recovered  
(twice as much as  
previous year)**

**13.15 tonnes of garbage  
removed from the 9  
alleys (according to City  
of Regina Solid Waste  
Collection Manager)**

## Community Cleanup by the Numbers:

**22 empties of the 30 yard  
bins**

**28.15 tonnes of waste to  
the landfill**

**2 empties of the 12 yard  
bins, recycling 1.77  
tonnes of metal**

# Community Gardens

Community Gardens were planted in two locations: Oasis Garden and Albert Scott Garden. There were 7 planting days held, involving 5 schools, 10 teachers, and almost 175 students from pre-kindergarten to grade 12. Summer drop-in times began at the start of June from Monday to Friday. Children and adults from the community participated, as well as volunteers from other areas of the city. Drop-in participants were extremely diverse and always had something positive to contribute, regardless of experience level or age. Five activities for kids were held in July and August, where children came to Oasis Garden to make a garden-themed craft such as seed bombs or a decorated flower pot.

As a “help yourself” community garden, our project aims to grow a sense of community through gardening as well as increase food security and food sovereignty in our neighbourhood.

## Community Gardens Partners:

Community Initiatives Fund  
Evergreen  
Seeds of Change  
Canada Summer Jobs



## Community Gardens by the Numbers:

**300-400 kg of fruits &  
vegetables harvested**

**65 - community events /  
drop-ins**

**404 - volunteers**



Students from Sacred Heart School plant one of the North Central Community Gardens

## Health Nurse

The North Central Health Services has a history that stretches back over 30 years addressing the health needs of residents of North Central Regina.

Our two Registered Nurses, Jude and Donna, provide outstanding personalized care with warmth and compassion. The primary service is providing low-cost preventative foot care for seniors and diabetics in their homes and in office. The other service is providing health checks (weekly monitoring of blood glucose and pressure), counselling, and referrals for seniors who attend weekly programs at the Albert-Scott Community Centre. The program literally is saving life and limb through preventative care and close monitoring of some of Regina's most venerable populations.

We gratefully acknowledge the ongoing commitment of RQHR for their funding support of this vital community service and the City of Regina for the provision of clinical space.

## Care & Share

NCCA partnered with Chili for Children for a Valentine's memorial lunch and in December both agencies approached the community for donations of turkeys to provide a free Christmas lunch.

Our weekly seniors' meal and social time runs from September to June. We had a great year of fellowship and fun. Heartfelt gratitude to our fantastic volunteers, without whom we would be lost: Priscilla, Tom, Diane, Cosmopolitan Learning Centre, and Forever...in Motion. Special thanks to the Cosmopolitan Learning Centre for assisting each week with set-up and clean-up.



### Year end report April 2016 to March 2017

Blood Pressure	1111
Blood Glucose	455
Home Visits	232
Health teachings	664
Footcare	692
Treatments	417
New Clients	53
Active Clients	175

### Care & Share by the Numbers

**1171 meals served**

**26 average weekly attendance**

**4 average weekly volunteers (plus 3-4 from Cosmopolitan)**

**7 average fitness participation**

**10 average recreation participation**

Our funding is provided by SaskLotteries which allows us to add a fitness session before the meal is served. Additional recreational activities afterwards and free transportation create more opportunities to promote healthy living for the seniors of North Central.

# Good Neighbour Services

Good Neighbour Services (formerly Good Neighbour Fencing) ran from April to the end of June with Mark Pitman as the project manager. Mark left to pursue other opportunities and the program was suspended indefinitely. Further funding became available through the Urban Partnerships Program (UPP) administered by the Aboriginal Friendship Centres of Saskatchewan (AFCS) and we restarted the program as Good Neighbour Services with Marty Rothermel as the project manager.

Marty brings 14 years of experience running his own renovation and construction business and is a long-time North Central resident and community volunteer.

During the winter months we developed a residential snow clearing service and worked with MNP to develop a business and marketing plan for the project to become a self-sustaining social enterprise. During the spring and summer months the project will focus on residential quality wood decks and fences for customers across Regina.



Good Neighbour Services crew - Joe Bear and Marty Rothermel

## VIBE Project

The VIBE project began in 2015 and has been funded by the Community Initiatives Fund. The project aims to meet the diverse needs of the community and encourage families to become actively involved through various activities. The project offered weekly structured programming and fun-filled activities for the entire family to enjoy.

The VIBE project runs weekly programming that has targeted three categories: Arts & Crafts, Sport & Fitness and Culture. Our programs were created to provide the residents with the option to participate in free recreational programs. The programming offered for the year included: Crafting Fun, Cooking Made Easy, Dream Catchers, Traditional Dolls, Dance Fitness and Beaded Poppies. The weekly programming gives families in the community a chance to do something together and learn new skills.

### Funders:

Community Initiatives Fund

City of Regina

Since July-December 2016 we have had 239 visits with participants ranging in age. From February-March 2017, the number of visits are 133, with 34 being children aged 6-12 years old and 43 adults between the ages 17-65 years old. That is a total of 372 visits for the year!

The Vibe program had the opportunity to begin a program with the City of Regina on a youth after school program called the Integrated Pilot Program—Older Youth After School. This program was for youth ages 13-18 and mostly from Scott Collegiate and Seven Stones School. We arranged crafts, cooking, games and snacks for the youth, but mostly a place to hang out and feel safe.



## NC Kids Music

North Central Kids Music partnered with NCCA, providing youth between 7-12 years of age access to free music lessons. The youth learned how to play guitar, violin, piano and sing during the school calendar year. The program saw a total of 14 students, of those 6 students were dedicated to the program.

Instruments are donated to the program and the children may have never picked one up before. Beginner lessons shows them how to respect the guitar, how to hold and transport the guitar.



# Community Events

## 2016

Volunteer Fair:

April 15

40th Anniversary Celebration:

June 4

Annual General Meeting:

June 15

Photo Night Mosaic Stadium:

June 29, September 17 & August 5

Movie Night Mosaic Stadium:

July 24

Health Fair:

August 24

Community Clean Up:

September 25

Culture Days:

October 1

Community Planning Consultation Meeting:

October 12

Halloween Fun:

October 31

Go Green Wrap Up:

November 23

Holiday Fun Day:

December 11

## 2017

Valentine's Memorial Luncheon

February 14



Tom and Lil Wright join the community of well-wishers for NCCA's 40th Anniversary



Haley Parker



Seven Stones Steppers perform at North Central Street Fair for Culture Days.

## North Central Culture Days

A Street Fair celebrated music, dance and art from cultures that make up the North Central Neighbourhood. The street fair was held on 5th Ave between Rae Street and Angus Street. There was an area for performances, an arts market, food vendor (Chili for Children), free popcorn (supplied by NCCA), facepainting by Cristian Burano and other interactive activities. The day began with a blessing and prayer from Elder Archie Weenie. Thanks to the nice weather, over 1000 participants enjoyed the street fair. This event celebrates North Central's diversity and exposes residents and visitors to new arts and cultural experiences

in a setting where such things are not normally expected.

Performances by Seven Stones Steppers, Haley Parker, Shane Bellegarde, Russel Paskimen Hand Drummers, Teagan Littlechief with the Lost Boys Club, Shannon Rae and the Rainbow Dance Troupe were exciting expression of North Central culture.

### Funders/Partners:

SaskCulture All Nations Hope,  
Regina Public Library, Albert Branch  
SEARCH, Seven Stones Community School

# Communications

NCCA plays a vital role in communicating with those who live and work within the neighbourhood. Our ultimate goal is to develop a sustainable communication approach to project a consistently positive, transparent and unified image for the NCCA, inform about various programs and services, and to shift negative attitudes about North Central.

The following tools have been used to meet the communication goals and objectives:

**Website:** Promotes NCCA's many events and programs. The website is home to research, reports and media stories on North Central

## Community Connection

**Newspaper:** A comprehensive bi-monthly newspaper that is delivered free to residents six times a year. An additional 1000

copies are delivered to government and organizations/businesses throughout the community. A web version extends the reach of North Central news stories.

**Facebook:** Our page celebrates community achievement and serves to share upcoming activities of interest to our community. It is a space to engage community members and partners and is the primary communication with North Central Community residents and other supportive folk, currently with 1784 followers.

**Twitter:** General communication and interaction with the greater Regina area and key influencers, businesses and organizations. The NCCA Twitter account currently has 861 followers.

**Together Now Updates:** Electronic newsletter sent bi-weekly from contributions supplied by the Together Now agencies.



# Community Partners

Thanks to the following organizations for their ongoing and general support of the association

- City of Regina
- Cosmopolitan Learning Centre
- John Howard Society
- REACH
- Regina Alternative Measures Program
- Regina Food Bank
- Regina Police Service
- Regina Qu'Appelle Health Region and Four Directions Community Health Centre
- Scott Collegiate staff and students
- SEARCH Community Clinic

## Get In Touch!

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North Central Community Association

