

# NORTH Central Community Association



Farewell to NCCA's former digs at Albert Scott Community Centre (1983-2017) at 1264 Athol St.

NCCA's new offices in mâdawêyatitân centre, August 2017.



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## NCCA Annual Report 2017-2018

#### **BOARD OF DIRECTORS 2017-18**

President.....Tom Wright

Vice President.....Morris Eagles

Secretary.....Shannon Stumph

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

Tyler Jones

Betty Krohn

Denita Stonechild

Lisa Workman

#### **CURRENT STAFF**

Executive Director.....Murray Giesbrecht

Office/Communications Coord.....Jan Morier

Care & Share/Go Green Coord.....Pauline Gabriel

Vibe Family Recreation Coord.....Chelsey Trost

Care & Share Cook.....Cinda Totten

Senior Health Care Nurse.....Jude McCann RN

Foot Care Nurse.....Donna Adams RN

Community Garden Coord.....Maegan Krajewski

Renew Coord.....Stephen McDavid

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

**I**t is my privilege and responsibility, as Chair of the Board of the North Central Community Association, to present the President's Report, at this, the 2017-18 Annual General Meeting. This AGM offers opportunity for reflection, accountability, and change. My relatively brief account of highlights of the past year, and hopes for the future, is an acknowledgement that each of you is here because of your interest in our Community. We welcome your interest in the old and covet your participation in the new.



is tight; government grants are hard to come to come by. Considerable time and effort is used to pursue funding needed to provide valuable community programming while balancing viable staffing levels. One staff position was dropped and responsibilities juggled to enable balancing of the budget.

Community building has been, and remains, a priority. The Community Connection, Community Gardens, Vibe, Care and Share, Foot Care and others are, and expected to remain, key pieces to the quality of life in North Central. Our Community's strength is in proportion to the

level of interest and support of its residents. The North Central Community Action Plan, adopted last year, is the template by which the NCCA guides and directs our Community forward. Our Community needs residents who are interested, informed and involved.

I would like to thank my colleagues on the Board of Directors for their efforts in guiding the NCCA over the past year. In addition, I would also like to thank the staff and numerous volunteers who have supported our programs and services.

I am not running for reelection to the NCCA board. However, Lil and I love North Central—it is truly our home. We hope to remain part of the fabric of this great community for the foreseeable future.

There were a couple of major changes this past year in the life of the NCCA. Firstly, the move into māmawēyatitān centre—a beautiful building, a real asset to our Community, in many respects a great facility. But while a 'shared' facility offers convenience to the Community by clustering amenities (macro prospective); that same clustering demands micro management of shared space within. Issues of adequate space, privacy, and competition for meeting facilities present everyday challenges to our Executive Director and staff and must be worked through.

Secondly, last fall we lost the services of our Executive Director to greener pastures. After the receipt of and careful review of proposals from potential candidates, our Board selected Murray Geisbrecht who is ably fulfilling the role. He has come at a time when available funding

Tom Wright  
President  
North Central Community Association

# Message from Executive Director

**I**t is great to be back at North Central Community Association after an 11 year absence. After beginning my career with NCCA in 2005, I feel very privileged to return this organization as the Executive Director. July 2017 saw a significant change to our organization as we said goodbye to the Albert Scott Centre, and moved in to our new home at the brand new mâmawêyatitân centre. This new centre is part of a broader vision to serve the North Central community that includes several organizations working together with a focus on the quality of the services they provide for the community. As an integrated centre much work is underway by the organizations involved to create a unique environment that adds value to how the community is served. NCCA looks forward to playing a key role in contributing to community based programming and services that enhances the lives of North Central Residents.

Over the past few years, there have been significant budget cuts to the non-profit sector throughout the city and province, and NCCA has felt the effects of this, as we have seen a



substantial reduction in funding. The grants currently in place do not support all the administrative costs associated with running our programs and services, and we are reliant upon social enterprise activities to offset expenses. The next year ahead will undoubtedly be a challenging one. As such we will be looking to leverage partnership opportunities, sponsorships, and fundraising activities whenever possible to sustain our operations.

I am very grateful to the staff at NCCA, specifically Jan, Pauline, Chelsey, Cinda, Christine, Jude, and Donna in working with

me during this period of transition. I greatly appreciate Wendy Dumalski and Bill Ursel from the City of Regina and the team at the Community Services department for their support and being tremendous to work with. And many thanks to our board of directors who are giving of their time, energy, and passion to contribute to the important work of this organization. With determination, dedication, and a willingness to contribute, we can all play an important role in strengthening a community that we can be proud of.

Murray Giesbrecht  
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

2017 Marked the 11th year of the program, and the first in the new stadium. GoGreen is a partnership between EVRAZ Place and NCCA. Workers arrive midway through Rider home games (and the occasional additional event), and work or 4-5 hours on average after the events are over picking up garbage and sorting recycling. Workers are given a cash honorarium at the end of the night based on how long it takes to pick up and sort all the recyclables. Most of the income from the program is 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 and accommodating us, and of course REAL/EvrAZ for the opportunity to continue our program in the new stadium.

### Go Green Partners:

REAL (Regina Exhibition Association Ltd) / Evraz Place  
Sarcan  
Premiere Van Lines

### Go Green by the Numbers:

**285 workers participated in 10 Rider home games, 3 Rams/Thunder games, 2 concerts, 1 International Soccer game and 2 very long days of shovelling snow.**

**Average games saw 75-80 people working, with a Labour Day high of 96. A total of more than 4250 work hours paid out.**

**Just over \$28,000 in recycling was collected. Approx. 202,640 items diverted from landfill.**



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 cleanup, 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 October 15, 2017 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:

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

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

**50 needles recovered**

**6 alley clean ups plus  
8 alley clean ups by  
Gentle Road Church of  
Christ**

### Community Cleanup by the Numbers:

**20 Loraas loads of  
garbage (total weight  
23.83 metric tonnes)**

**2 loads of metal (total  
weight 3180 pounds)**

**193 tires**

**a great number of  
shopping carts**

At 2017's **North Central Community Cleanup**, Bennett Dunlop Ford provided 99 volunteers. More hardy folk from the police and fire department pitched in, as did Mayor Michael Fougere and Ward 6 Councillor Joel Murray. North Centrallites came out in the spirit of sharing the labour.

In addition to the numerous volunteers, Bennett Dunlop Ford provided trucks, trailers and large garbage bins to collect the trash. Over the past seven years, Bennett Dunlop Ford has helped collect hundreds of tonnes of garbage and recyclables. A big thanks to Crawfords No Frills for providing food and refreshments for our volunteers.



# Community Gardens

The two garden locations at Oasis and Kitchener School were planted by over 100 students from four different local schools, ranging from grades pre-k to grade 11. The North Central Community Gardens continue to be cared for by over 300 North Central residents of all ages, all through the summer. This year the gardens hosted a native plants and tea workshop, where residents were educated about traditional plants and their values; presented by Elder Betty McKenna. The North Central Community Gardens also held canning and preserving workshops, giving the North Central residents the opportunity to learn how to properly preserve and can fruits and vegetables from the gardens.

To celebrate the 10th year of the gardens, the North Central Community Association held a free community BBQ attended by over 300 community members, held at this year's main garden location—Oasis. Having only two locations this year and despite the extremely dry hot weather, the Gardens—with lots of help from the community—still managed to flourish. This year there has been over 150 volunteer hours worked at the gardens; whether it was during drop-in hours, garden events or just people volunteering their time at the gardens throughout the weeks.

In August, 2017, the NC Community Gardens were filmed for an episode ("Gardens Grow Community") of the documentary series *Ageless Gardens*, a visual celebration of gardens and gardeners, with a special emphasis on the role gardens can play in healthy aging. The series aired nationally on Vision TV.

## Community Gardens Partners:

Canada Summer Jobs  
Canadian Tire  
Community Initiatives Fund  
Crawford's No Frills



## Community Gardens by the Numbers:

**339 - volunteers**

**150 - volunteer hours**

**110 - drop ins**

**300 - community  
members attended the  
10th Anniversary BBQ**



Neighbours visiting the Oasis Gardens (Garnet & 7th) in August 2017

## 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 Saskatchewan Health Authority for their funding support of this vital community service.

## Care & Share

NCCA partnered with Chili for Children on a couple of meals including a free elders/seniors lunch for Christmas sponsored by FCC. Our weekly senior's meals and social time runs from Sept to June. We had a great year and survived the transition from the old to the new (building) and look forward to many years in our new home. Heartfelt gratitude to our fantastic volunteers, without whom we would be lost: Pricilla, Tom, Diane, Cosmopolitan Learning Centre, and Forever...in Motion. Special thanks to the CLC for assisting each week with set-up and clean-up.

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

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### Year end report April 2017 to March 2018

Blood Pressure	920
Blood Glucose	320
Home Visits	235
Health teachings	562
Footcare	700
Treatments	484
New Clients	43
Active Clients	219

### Care & Share by the Numbers

**1256 meals served**

**36 average weekly attendance**

**8 average weekly volunteers (including student nurses, plus 3-4 from Cosmopolitan)**

**6 average Forever ... in motion participants**

**11 average recreation participants**



# Income Tax Clinic

The Income Tax Clinic returned in 2018 and was held at the māmawēyatitān centre. The clinic was held March 13 to April 26, 2018. This we served 288 residents with tax returns. There were 7 volunteers (3 tax filers and 4 greeters). Volunteers contributed a total of 238 hours (145 hours for tax filers and 93 hours for greeters). This service was made possible entirely by our volunteers, and a very special thank you to them for their contributions to what was overall, a smooth and efficient clinic.

## Income Tax Clinic Partners:

Canada Revenue Agency  
SaskTel Pioneers



NCCA Senior Health Nurse Jude McCann (RN/FCN) records blood pressures at weekly Care & Share Seniors' Luncheon



Care & Share Seniors' Luncheon Mothers' Day 2018

Care & Share Seniors' Luncheon Celebrity Servers from FCC and Regina Fire & Protective Services





# VIBE Project

The VIBE program 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: Art and Traditional Crafts, Mitts & Lanyards, Ribbon Dancing, Kids Fitness Circuit, Beginner Power Yoga, Meditation & Visual Techniques, Drawing & Storytelling, Beading, and Self Defence. Vibe also partners with Seven Stones Community School to offer after school drop-in recreational programming.

## Funders:

Community Initiatives Fund

City of Regina

This past year the Vibe program saw 330 participants, and a total of 1976 visits for the year.



# 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 up to 10 kids involved in 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. This past year the program was housed at the mâmawêyatitân centre.

# Community Events

## 2017

Annual General Meeting:  
June 22

Health Fair:  
August 16

Culture Days:  
September 30

Community Clean Up:  
October 15

Help Portrait:  
December 4

Go Green Wrap Up:  
December 6



## 2018

Valentine's Memorial Luncheon:  
February 13

Community Gardens Film Screening:  
February 22

Easter Luncheon with Chili for Children:  
March 29

Treaty 4 Citizens' Police Academy  
Recruiting Presentation with RPS &  
City of Regina:  
March 12



Culture Days Celebrated on  
5th Avenue

## North Central Culture Days

The 5th annual North Central Culture Days Street Fair enjoyed great weather and great attendance and participation this year. We feel we achieved a significant milestone and been part of the ongoing positive change in our neighbourhood by re-envisioning the use of our common space for the purpose of celebration. We were able to feature artists and youth from diverse backgrounds and contribution to fostering relations between Regina's newcomer and indigenous populations, including First Nation and

Métis artists on stage from professionals to school children, and performance of Filipino traditional and contemporary dance. North Central Culture Days was held on 5th Avenue between Rae Street and Angus Street, with over 1000 participants attending.

### 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 2210 followers.

**Twitter:** General communication and interaction with the greater Regina area and key influencers, businesses and organizations. The NCCA Twitter account currently has 1014 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
- Gentle Road, Church of Christ
- John Howard Society
- REACH
- Regina Alternative Measures Program (RAMP)
- Regina Food Bank
- Regina Police Service
- Regina Public Library—Albert Branch
- Saskatchewan Health Authority and Four Directions Community Health Centre
- Regina Symphony Orchestra Outreach Program
- Saskatchewan Polytechnic
- Scott Collegiate staff and students
- SEARCH Community Clinic
- University of Saskatchewan

## Get In Touch!

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📌 North Central Community Association