



# HERITAGE HAPPENINGS

## News from the Heritage Community Association

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## Carmichael Arts Program at HCA

The Heritage Community Association office has been a hub of activity on Tuesday afternoons thanks to the Carmichael Outreach Arts Program. Funded through Creative Partnerships, the Arts Program features a mix of traditional and contemporary art instruction and is taking place out of the Heritage Community Association office.

The program is a 5 month partnership between the two organizations and will see 5 different month long courses offered by local artists from February until June. The courses will focus on teepee lamps, traditional beading, photography, moccasin making and then conclude with a painting class. The program also includes an Art Crawl, where participants will visit a number of galleries in the community to see artwork from local artists.

One of the most popular of the classes offered has been the moccasin making with a number of people from the Carmichael community and Heritage residents in attendance. “I have been a bit blown away by the enthusiasm of the community for these programs,” said Kathleen Wilson, Executive Director of the HCA. “We hope to build on this experience and offer more programming in the Fall to the broader community.”



*Participants learning about moccasin making (above) and teepee lamps (right).*

The program will be wrapping up with June with a wrap up event at the Artful Dodger that will invite out community members to see the final products. Watch the HCA website for more information on that event.

Thanks to Creative Partnerships for making this partnership possible. Creative Partnerships is supported through the collaboration of the Saskatchewan Arts Board, SaskCulture, and financial support from Saskatchewan Lotteries



FUNDING PROVIDED BY



## Heritage Neighbourhood Set To Bloom



*Above: Resident Adam Smith planting tulips on Montreal Street*

The Heritage neighbourhood is blooming! If you have been out for a walk in the past few weeks, you may have noticed an abundance of tulips popping up. This is all due to a great community initiative that took place in the fall.

Last September, resident Adam Smith received \$500 through the Heritage Community Association's Good Neighbour Grant Program to plant close to 1500 tulip bulbs through the neighbourhood. Adam, his family and several community volunteers went door to door

throughout the month of October planting tulips. “We had a positive response from the community,” said Adam. “It was great to get out, meet neighbours and do something to beautify our neighbourhood.”

Thanks to all of the volunteers who assisted with the project! Keep an eye out over the summer months as the flowers start to bloom!

### About the Heritage Good Neighbour Grant

Do you have a great idea to improve the neighbourhood or help neighbours connect? The mission of the Heritage Community Association is to engage and empower residents to build a thriving, all-inclusive inner city community. HCA is inviting residents to submit their ideas—from small gestures to big actions—for ways to inspire other Heritage residents to get to know their neighbours and become involved in their community. The Good Neighbour Community Grant Program will provide grants of up to \$500 to support projects that demonstrate innovative, unique, or motivating ideas that show how good neighbor actions will help to accomplish HCA's Mission. Visit our website at [heritagecommunityassociation.com](http://heritagecommunityassociation.com) for more information.





# Artists in Residence Update



As the season shifts to spring, we are looking back on what was a warm-hearted winter as Artists-in-Residence at the Heritage Community Association. We are fortunate to have connected with so many of you in the community over the past season.

We would like to extend sincere thanks to our Community Partners who have joined us in workshops. Thank you to the folks at Downtown Browne for your fearless participation! We so appreciate you delving into the activities with such boldness. Thank you to Ms. Mahoney’s grades 5/6 and 7/8 classes at Thomson School for their creativity! Also, special thanks to the awesome students who came out for Improv Club after school- the

group has been small but mighty in their energy and imaginations! We are also pleased to have met the team at Phoenix Residential. Thank you Phoenix for your support and encouragement of one another. We have learnt a lot about support by watching the way you work together.

We really appreciate all of you who took the time to explore improvisation. In each of these groups we observed different strengths. Many of you showed up for one another as great listeners and great supporters. Others were quick to accept each others ideas and offers. We look forward to gathering with our Community Partners June 11th for an Improv Symposium!

The Drop-in Community Improv Nights, which have been going strong since January, continue to gather diverse groups from both within Heritage and beyond. Over 55 people have come out to join us for these lighthearted evenings with friends and neighbours.

Please consider coming out to join us for our next 2 Drop-In Community Improv Nights: May 21st and June 18th (7:15pm – 8:45pm) at Heritage Community Association.

- Jayden & Johanna  
*Dream Agreement*

### About the at Artists in Residence - Heritage Improv Project

Until June 2015 we have teamed up with artists Johanna Bundon and Jayden Pfeifer (Dream Agreement) in order to bring a series of improv workshops to the Heritage neighbourhood.

We encourage community members to stop by and visit them anytime during their office hours - Wednesday 12:30-3:30 or Thursday 1-4!

Thanks to Creative Partnerships for making this partnership possible. Creative Partnerships is supported through the collaboration of the Saskatchewan Arts Board, SaskCulture, and financial support from Saskatchewan Lotteries Trust Fund for Sport, Culture, and Recreation.



FUNDING PROVIDED BY



## Join Us For SIT UP HERITAGE

**What is SIT UP HERITAGE?**  
SIT UP HERITAGE is an urban retreat in the Heritage Community. This event is a part of a larger city-wide event called SIT UP REGINA. These events were created to encourage engaged and reflective citizenship in the community.

**What is an Urban Retreat?**  
Typically, a retreat is a chance ‘to withdraw to a quiet or secluded place for reflection’. This retreat is different! We are not going anywhere. Instead we are staying in the city, specifically in the Heritage neighbourhood, and reflecting on the things right in front of us.

**Who is putting this event on?**  
There is a great team of folks who are helping to make this happen. Dream Agreement, who are the Artists in Residence at Heritage Community Association, have partnered with HCA to set this project in motion. Several other community partners include: Fada Dance, Paper Crane Community Arts Centre, Phoenix Residential Society, and a team of volunteers!

**What we will we be doing?**  
We will practice being available for one another; fine tuning our listening skills; and supporting each other.

**Yeah, but what will we actually be doing?**  
We will be walking in the community, being guided through personal reflection on what it means to live in this community — here and now— and talking to others about their experiences.

**How much does it cost?**  
\$125 + tax

**What if I can not afford this amount?**  
Step one: Call HCA at 757.9952 or email: dreamagreementinfo@gmail.com  
Step two: Let them know that you would like to attend the event.  
Step three: Let them know if you live in Heritage community. (Options available for both residents and non-residents!)

**I can’t attend the event, but think it’s great, how can I help?**  
Get in touch with HCA. Inquire about our Invite-a-Neighbour Program. You are welcome to contribute towards a neighbour’s retreat fee.

### SIT UP HERITAGE

SATURDAY, MAY 30<sup>TH</sup> | 8AM - 5:30 PM

Urban Retreat in Regina’s Heritage Community with Michael Stone  
Meet at the FadaDance Studio | 1951 Toronto St

Join us for a day of walking and seated meditation with friends and neighbours in Regina’s Heritage Community. Usually contemplative practices like sitting and walking meditation are taught indoors. In this urban retreat we will use the side-walks, trees, weather, people and places of Regina’s Heritage Community as a way to practice mindfulness. Mindfulness is the creative practice of opening to our moment-to-moment experience without judgment. All Welcome, no previous experience necessary.

For more info or to register, please visit [@heritage\\_comm](http://heritagecommunityassociation.com)

\$125 + tax Please ask us about bursaries through our “Invite a Neighbour” program



- Gather with the people in your city and neighbourhood
- Share your community with others
- Listen to the people, places, and stories of Regina’s Heritage Community
- Observe this part of your city in action
- Learn tools for self-care and stress management
- Let go of your preconceptions about place and self
- Experience interconnectedness
- Realize your responsibilities
- Take the time to consider your next action in the city
- Get to know Heritage Community
- Befriend / Be a friend to Heritage Community





1631 11th ave. 306-757-9928  
open 7 days/wk breakfast, lunch, dinner. 7:30 am – 11pm or later weekdays. wknds: 10 –late

**New: \$10 LUNCH MENU:** 5 pizzas and 3 Sandwiches to choose from! Add a 12oz pint for \$5

**Mondays:** 1st Monday; Salsa \$5...all other Mondays its OPEN MIC 8pm (free)

**Tuesdays:** Karaoke w/ Zubazz 9pm (free)

**Wednesdays:** UnWineD with \$1 off all wines, \$5 off all bottles

**Thursdays:** Piano Bar (free) 5 - 8pm

**Saturday & Sunday** Brunch: 10 - 2pm. Sundays: Afternoon Concert Series 2pm. Open Stage: 3pm

UPcoming Events; May 30th: Doc Maclean w/Carmanah (Blues, Indie, roots) pick up a calendar for full listing

**Fathers Day:** June 21st: Dinner and Concert w/JJ Voss.

follow us on Facebook: crazygreatspace. Twitter: artfuldodgecafe Instagram: artfulc



# HCA Programs - Summer

## Heritage Community Improv Ensemble

A free drop in night of improv, community, and learning. These workshops take place with Jayden and Johanna, the HCA Artists in Residence. These evening improv nights will promote the skills of improvisation: listening, accepting, supporting, and expressing.

**Dates:** 3rd Thursday of each month (May 21 & Jun. 18)  
**Location:** HCA office (1654 11th Avenue)  
**Time:** 7:15-8:45pm  
**Cost:** FREE  
**Registration Deadline:** Drop-in program.  
**Age:** 14+



Above: Heritage Community Improv Ensemble Drop In Participants

# You're invited to our

# ANNUAL GENERAL MEETING

The Annual General Meeting of Members of the Heritage Community Association Inc. will be held on

**Wednesday, June 24th, 2015**

at the Heritage Community Association  
#100 - 1654 11th Avenue  
**12 noon to 1:00 p.m.**

You must be a member of the Association to attend. Association memberships are available to Heritage residents for a minimum of **\$5** and to Heritage businesses for a minimum donation of **\$20**.

**Memberships must be purchased in advance** of the AGM  
Lunch will be served from 11:30 to 12:00  
**Please RSVP your attendance to (306) 757-9952**

# Become a Member

Becoming a member of the Heritage Community Association is a great way to support the association and stay informed about HCA programs and events. All donations are tax deductible.

The minimum donation for residents is **\$5.00**; non-residents is **\$20.00**. All memberships are valid for 15 months after purchase.

## Membership Form

*Please mail, drop off, email, or fax completed form to us*

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Donation Amount:\$ \_\_\_\_\_

Do you want to receive Heritage Happenings E-News, HCA’s monthly email newsletter? \_\_\_\_\_

# Sewer Improvements For Edward Street

By Ward 3 City Councillor Shawn Fraser



Regina was built in a very flat and arid part of the world. This presents a unique set of challenges for both how our city gets the water we need and how it is taken away when we are done with it.

Few people in Regina know these challenges more intimately than those who live on and around the 2100 block of Edward Street in West Cathedral.

The issues with much of Regina’s sanitary sewer system actually have to do with storm water.

Imagine every household is Cathedral having a shower at the same time. Water would fall on a few square feet of shower floor in each

household over the course of a few minutes. But during a heavy rainfall we have water falling on a few square kilometers of the city over the course of several hours.

Some of this water finds its way to Wascana Creek, some is taken away by the storm water sewer system, but some of it also enters the Wascana trunk sanitary sewer system, either by infiltration (groundwater enters the pipes) or inflow (direct connection of sump pumps and eavestroughs to the sanitary system).

The Wascana trunk sanitary sewer main flows West towards the waste water treatment plant. When the capacity of the trunk is over run, water surcharges into the domestic lines that are closest to the low-end of the main, and can eventually back up right into people’s homes. Some houses in West Cathedral have flooded so frequently that they can no longer be insured.

But a solution is on its way.

After much discussion by Council and research by City Administration, solutions to the existing sewer issues on and around the 2100 block of Edward Street were approved at the April 27th, 2015 meeting of Regina City Council.

The total cost of these improvements is an

estimated 3.5 million dollars. It’s not cheap but I believe it is necessary as the current level of sewer service in this area is unacceptable. The City’s Engineering department is confident that these changes will put the area’s sewer service on par with the rest of the neighbourhood.

While this investment is welcome news, as Regina grows and its sewer system ages, we will experience more and more capacity issues, especially during heavy rains. In 2014 a preliminary study of the City’s entire sewer system was completed. The study found our sewer system is only capable of managing a 1:5 year storm event, well below the city’s target of a 1:25 year storm event. For some areas of the city the system can’t even handle a 1:2 year event.

At the April 2015 meeting, Regina City Council also approved the commissioning of a Waste Water Master Plan and Trunk Relief Initiative to guide sewer system investment over the coming decades.

I’d like to thank the residence of Ward 3 who advocated for these upgrades. Without your persistence and attention this investment likely wouldn’t have been made at this time.

-Shawn



# It's Time To Play!



## Thank-you for helping us reach our goal!

The Heritage community is kicking off summer with two brand new playgrounds! Over the past four years, the residents have raised over \$100,000 to replace both of the community's playgrounds. This was in an effort to create safe spaces for children to play. In 2014, our fundraising goal was met and the project was completed with the installation of the Maple Leaf Playground in late October. This followed the installation of a new playground in Core Park in 2013.

Thank-you to all of the community members, the Community Initiatives Fund (CIF), the Farm Credit Canada Regina Spirit Fund and the City of Regina for helping us reach our goal and ensure that our kids have a safe place to play this summer!

## In the Community:

### Heritage Judo Champions!

The Senshudokan Judo Club, a judo club operating out of Thomson Community School, has completed another year of training and competition culminating with competition at the Judo Saskatchewan Provincial Championships in Moose Jaw, on March 28, 2015. The club participated with 13 competitors and returned with 4 gold medals, 5 silver medals, 1 bronze medal, and 2 participation awards. The club placed a respectable 4th, out of 15 participating clubs from throughout Saskatchewan.



Silver medalist Cyndal McKay with Judo Sask President T.V. Taylor

Medalists from the Heritage Community are Provincial Judo Champions, John Ledoux and Cullen McKay, and silver medalists Violetta Currie and Theoren McNabb, with Cyndal McKay receiving a gold participation medal.

For information on club membership and schedule please email Brady Burnett at [judoburn@sasktel.net](mailto:judoburn@sasktel.net).

## Graffiti in the Neighbourhood



It is Spring in the Heritage Neighbourhood. Unfortunately Spring usually comes with an increase of graffiti tags in the community. It is also finally warm enough to clean up any tags that happened over the winter. If you have graffiti on any of your property or see graffiti on public property, here is some information on what to do.

### What is graffiti?

According to the Regina Property Maintenance Bylaw, graffiti is "drawings, inscriptions, or writings, however made, on buildings, accessory buildings, dwelling units, or structures without the prior written consent of the owner." Putting graffiti on any property without express consent is a crime under the Criminal Code of Canada.

### What to do if there is graffiti on your property?

#### 1. Record

Take a photo. If possible, note the date and time on your photograph. Having accurate pictures helps the Regina Police Service in their investigation.

#### 2. Report

Call the Regina Police Service at 306-777-6500 to report the graffiti. They will give detailed instructions on how to submit your claim.

#### 3. Remove

According to the City Bylaw 2008-48, all owners and occupants of homes must remove all visible graffiti. It's highly recommended to do this as soon as possible as the City can take action if it's not dealt with quickly.

### Best way to remove graffiti?

#### A. The Community Paint Program.

They offer discounted paint, removal products, and advice on the best way to remove all sorts of graffiti.

Cloverdale Paint, General Paint, Dulux Paints, Yarnton Decorating, and RONA Home & Garden

**B. Free recycled paint** is available at all Sarcen locations

**C. Hire a professional Graffiti Remover.** Look in the phone book or online for "graffiti removal" for more options.

### Best ways of preventing graffiti?

- Plant flowers and plants alongside the walls of your property
- Anti-graffiti coating
- Commission a mural on your wall or fence
- During garbage day, move the bin as far away from your house as possible so that they both don't get damaged in case of graffiti.

To learn more about Graffiti, please call Regina's Graffiti Management Program at 306.777.7000.

## Upcoming Events:

### Art Park Clean Up and BBQ

3 pm, Thursday, May 28th  
Heritage Art Park (11th Ave and Halifax St)

- Come out and lend a hand as community members clean up the Heritage Art Park. This community owned park is an oasis in the city that features a mix of sculptures and a diverse range of plants. We will be doing general clean up and some landscaping. This event is sponsored by Reality One, who will also be providing a free community BBQ to follow the clean up. Call the HCA office at 306.757.9952 for more information.



### Thomson School Powwow

Friday, June 19th  
Thomson Community School (2033 Toronto St)  
- Thomson Community School is holding a Powwow under the direction of Terrance Littleton, who is our Aboriginal Resource person, in celebration of National Aboriginal Day. The Powwow will include dance competitions for Powwow and jigging. Winners will be awarded small cash prizes, first place will receive \$50.00 and second place winners will receive \$25.00. The categories will be jigging, Men's Fancy, Women's Shawl, Men's Traditional, Women's Traditional, Men's Grass, Women's Jingle and the Chicken Dance. If you would like more information or would like to register to dance call the school at 306.791.8276.

Thanks to the continued support of the City of Regina!

City of Regina

  
**REGINA**  
Infinite Horizons