



HERITAGE HAPPENINGS

News from the Heritage Community Association

#100 · 1654 11th Ave · Regina SK · S4P 0H4
 Phone: 757-9952 · Email: heritagecommunity@sasktel.net
www.heritagecommunityassociation.com

Little Community Boxes Made Possible by Heritage Community Association Grant

By Nichole Huck

What if I told you the Heritage Community Association would actually give you up to \$500 to do something great for your neighbourhood? The Heritage Community Association is looking for ideas – from small gestures to big actions – that will inspire other Heritage residents to become involved and get to know your neighbours.

When I heard about the Good Neighbour Community Grant program I was really excited. I had a lot of ideas: maybe a pet parade; I could throw a really great block party, maybe a movie night in Maple Leaf Park. I eventually settled on the idea of creating three “little” buildings that could serve as unique relationship builders in our community. I applied to the Heritage Community Association for this project and was able to hire someone from the community to build a “Little Library”, a “Little Art Gallery”, and a “Little Trading Post”.



1325 15th Avenue



2064 Ottawa Street



2035 Montreal Street

The idea came from the “Little Library” Movement. All over the world, these little libraries are popping up, serving as community hubs. They spark curiosity, conversations, and friendships.

It’s fun to see the kids from Thomson school peaking into the Trading Post – every day there’s something completely different. One day there may be kitchen utensils and colouring books, the next gloves and beeswax candles. Community resident Dennie Fornwald says she and her husband have had many conversations with people passing by who are curious about what the boxes are for. Project carpenter and community resident, Kelsey Beach, says he is looking forward to even more people using the boxes in the summer when more people are out walking around our neighbourhood.

The “Good Neighbour” Community Grant program is open to anyone who lives in the Heritage community and is a member of the HCA. If you have an idea that you think will engage your neighbours in projects that create an inviting, vibrant, safe, and healthy community, please get your application in soon. The next deadline to apply is June 1, 2013. For more information on how to apply for a Good Neighbour Community Grant, or to get your HCA Membership, please visit the Heritage Community Association Office located at #100-1654 11th Avenue, send an email to heritagecommunity@sasktel.net, or phone the Association at 306-757-9952. Get together with some friends or neighbours and apply for a chance to make a real change in your community.



Thomson Community School Garage Sale and BBQ

Saturday, May 25th
9:30 a.m. – 3:30 p.m.

Donations accepted at Thomson Community School the week of May 21-24th during the day. Please contact Mr. Blondeau or Mr. DuMont at 306-791-8460 to set up an appointment for an evening drop off. All donations accepted. For all clothing that is being donated please have it cleaned prior to dropping it off at the school.



Your local R-Mobile Store!

Open every Friday
10:00am to 12:30pm

Call 306-347-3224
for information

Regina Senior Citizens Centre
2134 Winnipeg St., Regina (No Debit Available)



Heritage Community Association is collecting donations to make capital improvements to the playground infrastructure in Core Community Park and Maple Leaf Park. When you donate, the money will go towards playground equipment that will make both parks more inviting spaces where children can play freely and safely, and where all of us can go to get some fresh air, relax, and meet with old and new friends. Donations are being accepted at the Heritage Community Association office located at #100-1654 11th Avenue, or can be made through CanadaHelps.org. A tax receipt will be issued for all donations.



become a member

Becoming a Member of the Heritage Community Association is your way of contributing to your neighbourhood. Membership fees help the Association to offer special programs and events for our community members. When members of our community are engaged in the Association, it revitalizes our activities, enlivens our community, and provides greater weight to our voice within Regina. Please renew or take out a new membership for 2013.

Fee for a membership is a minimum, tax-deductible donation of \$5 for each person living in the Heritage Community, and \$20 for people who live outside the Heritage Community.

For more information or to purchase your membership, please contact the Heritage Community Association office at 306-757-9952 or stop by our office located at #100-1654 11th Avenue (Old Fire Station).

Welcome
to our
community



We welcome Harminder Singh, his wife, Anu, and staff of Da India Curry House to the Heritage neighbourhood! Located at 806 Victoria Avenue, Da India Curry House serves authentic dishes of North India. Not only do they offer fantastic lunch and dinner buffets every day, you can also order from their dinner menu. Their buffet and menu items include vegan, vegetarian and gluten-free dishes. Da India Curry House is open Tuesday to Saturday, 11:30 a.m. to 2:30 p.m. and 4:30 to 9:00pm, Sunday from 4:00 to 8:30 p.m., and is closed Mondays. They cater for all types of events. Phone 306-522-1331 for reservations, or for more information. Give your tastebuds a treat and enjoy a wonderful meal at Da India Curry House!



The Annual General Meeting of Members
of the Heritage Community Association Inc.
will be held on
Wednesday, June 26, 2013
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 donation of \$5 and to Heritage businesses for a minimum donation of \$20. Individuals must be Members of the Association to attend.

Memberships must be purchased in advance of the Annual General Meeting.

Lunch will be served from 11:30 to 12:00
Please RSVP your attendance to 306-757-9952

CONTINUING... in the HERITAGE COMMUNITY!



Mondays, 7:00-8:00pm April 29 - June 17
(no classes May 6 & May 20)

Bellyfit provides a link for everyday women to participate in beautiful forms of movement in an environment with no judgement and no pressure. It honours traditional forms of movement, developed with purpose and intention, rooted in well-being in body, mind and spirit. It is a happy form of movement!

Instructor, Stacey Fayant, Certified Bellyfit Instructor
(see Stacey's website at <http://www.bellyfit.com/staceyfayant>)

LOCATION: Trinity Lutheran Church Hall, 1909 Ottawa Street
\$18.00 for all six sessions / \$5 per session drop-in

Contact the Heritage Community Association at 757-9952 for more information or to register.

Regina General Hospital (RGH) Helipad:



- Q: Why is the hospital helipad at the RGH important?**
A: The Regina General is our receiving hospital for STARS missions in southern Saskatchewan. From April 30, 2012 to April 3, 2013 STARS provided care on 170 patient missions from the Regina base. The STARS Regina base began operating 24/7 on July 30, 2012. Based on a full year of 24 hour operations, we anticipate that STARS could fly over 300 missions per year into Regina.
- Q: When will construction begin and when will the helipad be completed?**
A: Details on the start of construction are still being determined pending approvals and permits that need to be obtained. Once that is complete, the goal is to commence construction in late spring, and have the helipad completed by the end of November 2013.
- Q: How safe are helicopter landings in urban areas? Are there any risk factors inherent at the RGH location (i.e. increased risk due to power lines, buildings, obstructions)?**
A: The regulating body for aviation in Canada (Transport Canada) has standards in place to help ensure the safety of aviation in Canada. All rooftop heliports must comply with these regulations at all times. Regulations are put in place to ensure a reasonable level of safety and security for the general public as well as the operators using the aviation infrastructure. The RGH site will have to meet specific criteria to receive certification which will include an assessment of obstructions, flight paths, and open areas in the vicinity of the heliport. Additionally, any helicopters wishing to use the RGH heliport will be required to meet specific criteria for the use of the heliport (i.e. multi-engine, ability to continue flight with one engine inoperative).
- Q: What efforts will be made to route helicopters away from residential areas en route to RGH?**
A: STARS uses a fly friendly approach and takes routes to minimize noise in residential areas. In addition, STARS pilots will stay at higher altitudes until close to the heliport before descending thus minimizing noise in the area.
- Q: What are the benefits of having a helipad on the roof of the hospital?**
A: A rooftop heliport at a medical facility allows the rapid transportation and transfer of patients in life-threatening situations, direct access to hospital rooms, and controlled access to reduce public exposure to rotor wash and noise. Flying patients directly to the hospital reduces delays caused by traffic at intersections and pedestrian traffic around the hospital. A rooftop heliport also reduces the chance of rotor wash damaging objects/property on the ground. With regards to RGH some taller trees may have a small number of leaves blown off in early fall.
- Q: What do city residents and business owners need to know about the impact of having helicopters land in the city? What steps will be taken to provide information and hear their concerns?**
A: The use of helicopters in the role of providing emergency medical service/transportation is well established and proven successful in Canada. While residents in close proximity to the hospital may notice the different sounds produced by helicopters they will not be any louder than an ambulance responding to an emergency. The RGH heliport operator, the City of Regina and the Ministry of Health is in the process of working together with Heritage Community Association in the planning of a community open house. Local residents will have the opportunity to ask questions regarding the upcoming helipad project.
- Q: How many decibels will there be at ground level when a helicopter is approaching RGH? How does that compare to sirens of emergency vehicles?**
A: The BK 117 is certified at maximum of 92.9 dB and the AW-139 is certified at maximum of 94.1 dB using international aviation noise measurement standards. Most ambulance, fire or police sirens range between 105-125 dB.
- Q: How frequently will the STARS use the heliport? At what time of day?**
A: We anticipate that STARS will fly approximately 300 missions annually to the RGH. Other jurisdictions with emergency helicopter medical programs advise that 80% of flights occur during the day.
- Q: How much light will be produced during a night time landing?**
A: When the STARS helicopter lands at night, the helipad will be illuminated in order to assist the pilot in landing the helicopter safely and this will be during helicopter landings only.

RGH HELIPAD COME-’N-GO INFORMATION SESSION

WHEN: Tuesday, May 21, 2013 4:00 to 7:00 pm
WHERE: #100-1654 11th Avenue

Heritage community residents will have an opportunity to ask questions about the rooftop helipad that will be constructed at the Reginal General Hospital. Representatives from the Shock Trauma Air Rescue Society (STARS), Regina Qu’Appelle Health Regiona, City of Regina and the Ministry of Health will be present to answer questions. Please contact Susan Burns, Project Manager, Air Medical Program, Saskatchewan Ministry of Health, 306-787-7156 if you have any questions. Come-’N-Go Session Hosted by HCA.



THANK YOU
&
GOOD BYE!

In February HCA said goodbye to its Executive Director Leila Francis. Leila dedicated nearly 12 years to her work with HCA, and during that time developed incredible relationships with residents, local businesses, funding agencies, and a wide variety of other partners in the community. Leila’s tireless work and commitment made it possible for HCA to become a respected organization that provides invaluable programs and services to Heritage residents...and particularly to those most in need.

During Leila’s tenure, HCA celebrated some huge successes. For example, we became a registered charity, as well as a funded partner of the United Way, both of which provide the organization with stability and opportunity. Leila was also the driving force behind innovative programs including the Cultural Horse Camp, the Under the Harvest Moon Festival, and Block by Block.

It is with great appreciation that HCA thanks Leila for her many years of service, and for making HCA such a vibrant and welcoming place to everyone in our community!



Nikko Snyder, HCA Executive Director

Hello! My name is Nikko Snyder. I recently came on board as the new Executive Director of the Heritage Community Association, and I’d like to take this opportunity to introduce myself to the community.

Some of you may know me already, as I’ve spent several years living and working in Heritage. I was an HCA Board member from 2007 to 2009, during which time I was involved with the Thomson School Community Garden and the Heritage Art Park. After spending a couple of years living away from Regina, I moved back to Heritage in 2011. Though I now live *just* outside of Heritage in Al Ritchie, I still think of Heritage as home and am very excited to work on behalf of the community.

I have spent most of my career working on issues related to social justice and environmental sustainability. Over the past number of years I’ve become especially passionate about food security and making sure that everyone in our community has the knowledge, skills and resources to be able to access enough nutritious food for themselves and their families. My recent projects have included working with Carmichael Outreach on their community garden, offering workshops on gardening and food preservation, and participating on the Steering Committee of Regina’s Community Food Assessment.

I’m excited to be able to bring my passion for community and social justice to my work with HCA, and I look forward to meeting and seeing many of you soon. Please feel free to give me a call or drop by the office for a visit and to share your ideas about how to make our community an even better place to live.

REPORT OF WARD 3 COUNCILLOR, SHAWN FRASER



Ward 3 Councillor, Shawn Fraser

As as city councilor, I’ve heard quite a lot of feedback, both good and bad, about the City’s new roll out garbage bins over the last few months.

Many, especially seniors, have found it hard to transition to personal bins, especially given the record amount of snowfall this winter and the inability for Regina’s regular graders to fit down most back alleys. However, I’ve also heard from people who are happy about the new system because personal roll out bins generally lead to less debris floating around the neighbourhood, a drastic drop in dumpster fires, and ultimately the creation of less garbage in the first place.

In an effort to truly understand how it all works, I recently went on a ride along with Steve, one of the Regina’s garbage truck drivers.

I learned that it takes an average of 15 garbage trucks working 5 days a week to service Regina’s roughly 60,000 addresses. That’s around 12,000 stops a day. That meant that Steve and I had nearly 800 bins to pick up during our shift.

I was surprised to learn garbage pickup is a one-person operation. A hydraulic arm rests behind the trucks cab with two large pinchers lined with corrugated rubber to soften the impact when a bin is hoisted up and into the truck’s hopper.

Even though Steve looks like he has been doing this for years, this is a new process. Over the past few months, the beige back alley dumpsters that serviced Regina for the past decades have almost all been replaced with individual roll out bins.

In the early stages of the new system there are a few different styles of bins being piloted, and some of them stand up to Regina’s cold weather better than others. During the 4.5 hour shift, I saw a couple of bins get crushed by the hydraulic arm. Apparently, this is a fairly common occurrence. Steve called it into dispatch and someone brought out a new bin right away.

I also learned how important bin placement is. We came across a few bins that were too close to fences or that the arm couldn’t reach. Steve got out of the truck and left a yellow tag letting the homeowner know to move it for next time.

At the end of the shift, Steve and I drove past the Co-op Refinery, past the enormous snow dump, and up the side of garbage mountain to dump our load. The experience gave me a better understanding of some of the challenges our garbage collectors face when they go to work each day, and I hope it helps you too.

If you have any questions, or comments please feel free to contact me by email at sfraser@regina.ca , or by phone at 306-551-5030.

You can also learn more about garbage collection and curbside recycling at www.regina.ca or by calling Service Regina at 306-777-7000.

