



HERITAGE HAPPENINGS

News from the Heritage Community Association

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New Playground in Maple Leaf Park!

The Heritage Neighbourhood has a new playground! A ribbon cutting ceremony was held on October 30th in Maple Leaf Park to celebrate the installation of the brand new playground equipment. Thanks to students from Thomson School, local community members and representatives from the City of Regina and the Community Initiatives Fund (CIF) who came out to help us celebrate! Also a big thank-you to Daisy's Pantry who provided hot chocolate and treats for the occasion.

The installation of the new Playground in Maple Leaf Park is the 2nd and final phase of the It's Time To Play Project, which aimed to revitalize two major playgrounds in the Heritage neighbourhood. Stemming out of the 2011 Heritage Neighbourhood & Youth Needs Assessment, it was established that having safe places for children to play was a priority for the neighbourhood. Over the past 3 years, over \$120,000 has been raised to fund both new playgrounds. Phase 1 of the It's Time to Play Project, which focused on installing a new playground in Core Community Park, was completed in 2013.

Thanks to major sponsors the City of Regina and the Community Initiatives Fund for



supporting Phase 2 of the project. And a big thank-you to all of the community members that have contributed to this important initiative over the years. You helped make this all possible!

Above: Students from Thomson Community School
Below: Bill Ursel (City of Regina), Tracey Mann (CIF), Councillor John Findura and HCA Chair Josh Haugerud cutting the ribbon



City of Regina



Wear Your Neighbourhood Pride

By Nichole Huck



Now you can wear your neighbourhood love on your sleeve. The Heritage Community Association has come up with a new way to celebrate where you live, work and play. Limited Edition t-shirts and tote bags are now available in time for the holidays. They make the perfect gift for the Heritage Neighbourhood lover on your list.

Not only do the shirts feel great on, you can feel great about wearing them. The shirts are American Apparel (made in the USA, sweatshop free) and they were hand printed in Regina by local printing collective Articulate Ink (articulateink.ca).

The HCA worked with Regina graphic

designer Jeannie Straub (www.facebook.com/odidodidesign). She consulted with community members who were all in agreement on one thing: They just wanted a really cool shirt that people will be proud to wear.

“We really wanted to create a campaign that communicated the diversity and density of the neighbourhood. But it was a tricky design problem because there was just so much to say and several larger competing themes at play including the neighbourhood’s rich history, its cultural diversity, its character as well as its residents’ vision for the future,” says Straub.

Straub created a typography map that incorporates some of the businesses, public spaces and places that make Heritage Neighbourhood truly unique.

“I learned so much. The first home I owned was right next to the General Hospital in Regina and I still frequent many businesses in the area but I really had no idea just how rich the cultural diversity was. It was so neat to walk down the streets and realize that the Chinese Cultural Centre was minutes away from the German Club and the Ukrainian Church. The neighbourhood is a living archive

of the history of our province and how this city developed. And it feels really good to be connected to that,” says Straub.

Adult shirts \$20 and tote bags \$5 are for sale at these fine Heritage Businesses:

- The Artful Dodger (1651 11th Avenue)
- Precious Earth (1213 15th Avenue)

A limited number of kids shirts are available for \$15 exclusively at Precious Earth.



Rye Huck Fraser - a Heritage halfpint proudly wearing his Heritage shirt!

Artists in Residence Update



Our first 2 months at Heritage Community Association have been very enjoyable! We have had very good planning sessions with our community partners, and have started planning some fun community projects for Spring 2015. We’ve also already had 4 workshops with a really amazing group from Downtown Browne’s Emergency Youth Shelter (Street Culture Kidz Project). We always look forward to teaching this group, they are energetic and playful and so positive! After Christmas, we will be starting our collaboration with Thomson School.

We continue to notice how the skills of improvisation are helpful in making a group of individuals communicate better with each other. Our workshops with the group from Downtown Browne’s have also shown us that we can also

learn a lot from each group we teach. We also have a new project beginning in January that we would love to have all of our friends in the community involved in, including You!

We’d like to invite you to join us in our newest project, the Heritage Community Improv Ensemble! We are looking for Heritage Community residents between the ages of 14-94 (so basically, everyone) to join us for some monthly drop-in improv nights. These will be fun and informal nights of playing and sharing space with your fellow community members, we’d love to see you there!

There will be one workshop a month from January through June. They will take place on the 3rd Thursday of each month, from 7:15-8:45pm. The dates are:

January 15, February 19, March 19, April 16, May 21, and June 18!

We’d like to create lighthearted atmosphere where friends and neighbors can come together at the Heritage Community Association, for an enjoyable night of play and learning.

These evening improv nights will promote the skills of improvisation: listening, accepting, supporting, and expressing. We also expect these evenings will just be plain fun!

Come to all six, or just drop in for one of them. We truly hope you’ll join us!”

- Jayden & Johanna
Dream Agreement

About the Heritage Improv Project

For the next 10 months 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 on 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.



Shop Local This Holiday Season



The Heritage Community Association has teamed up with Regina Downtown Business Improvement District (RBID), the Cathedral Village and the Warehouse District to promote shopping local this holiday season.

All four areas of the city are home to some of the best and most unique local businesses in the city. Some reasons for shopping local include:

- they are one of a kind;
- they provide products and services based on the needs of their customers;
- they channel a much larger share of their revenue into the local economy;
- ensure important decisions are made by people with stake in their own community; and
- play a vital role in the growth and well being of our community.

The Heritage neighbourhood alone is home to over 200 businesses and organizations. From specialty foods (Ukrainian Co-op, Italian Star Deli, Hong Kong Bakery) to clothing (Fresh Air Experience, Prima Deanna Boutique) and some of Regina’s best resaurants, the Heritage neighbourhood is one to be explored for holiday shopping!

If you are looking to really hit it out of the park on Christmas morning, consider buying a Heritage tote for \$5 and filling it with a t-shirt and gift certificates or products from local shops. It’s the gift that keeps on giving, as you support the businesses that make our community great. A full directory of businesses and services in the Heritage Community can be found online www.heritagecommunityassociation.com.



THE Artful Dodger
CAFE & MUSIC EMPORIUM



Upcoming special events:

Dec. 13th: Saint Lucia Day...countdown to Christmas...come celebrate this Swedish holiday with us...Special Swedish Brunch Buffet including Swedish Tea Rings, lefse, glogg and more plus regular brunch items. 10am – 3pm!
2pm: afternoon of free delights....Swedish treats and Santas Workshop: building of Gingerbread houses, cookie decorating and crafts. All free – open to all!

Dec. 24th: Christmas Eve...4:30pm come join us for a special Christmas Eve event ~ Knox Metropolitan United Church will be presenting an interdenominational Christmas Eve pop up pageant....inviting kids from the audience to come play the different parts of the Nativity Story. Afterwards there will be music and treats. All are invited!

Dec. 25th: Christmas Day...Special Day open to all...casual community style day...Pot Luck Dinner...bring what you can...if you can... We will be cooking up the turkeys and ham...but you are welcome to bring chips, dip, cookies, salads, whatever you like...no pressure though...there will be lots. Day will be spent in a relaxed way...just being together on Christmas. Board Games, movies, music, snacks...open to all. Bring yourself or your entire family...will be a great time!

Dec. 26th: Closed.

HCA Programs - Winter 2015

Children’s Programs

Central Zone Soccer

Co-ed, no-cut recreational indoor soccer for players ages 3 to 10. Teams play 10 regular Saturday games from January to March. Teams get t-shirts, tournament games and medals.

Dates: Saturdays, January 24th, 2015 - March 28, 2015
Location: Core Ritchie Neighbourhood Centre (445 14th Ave)
Times: Games are played on Saturdays between 9:00 am and 3:30 pm; schedule will be determined after registration.
Cost: \$45.00 per player
Registration Deadline: Friday, January 16, 2015.

Mainly Mother Goose

In partnership with the Regina Public Library, Mainly Mother Goose is a free interactive parent-child drop-in program filled with songs, rhymes, bounces and books for families with children 2 and under.

Dates: Wednesdays, January 14, 2015 - March 25, 2015
Location: HCA Office, 100 - 1654 11th Avenue
Time: 10:30 - 11:00 am
Cost: FREE
Resgistration deadline: Drop-in program.

Adults’s Programs

Beginner Yoga

This 8 week course is designed for people who are new to yoga or simply want to revisit the classics. We will explore the basic concepts of yoga: the breath, simple yoga postures or *asanas*, and simple meditation. Learn the key benefits of yoga: balance, strength, improved mobility, reduced stress and increased awareness. Be encouraged by a safe and supportive space to explore your inner terrain!

Dates: Wednesdays, January 14, 2015 - March 4, 2015
Location: Paper Crane Community Arts Centre, 1631 11th Ave (above the Artful Dodger)
Time: 8:00 pm - 9:15 pm
Cost: \$65 + an HCA membership
Resgistration Deadline: Monday, January 12, 2015.

Heritage Comunity 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
(Jan. 15, Feb. 19, Mar. 19, Apr. 16, May 21 & Jun. 18)
Location: HCA office (1654 11th Avenue)
Time: 7:15-8:45pm
Cost: FREE
Registration Deadline: Drop-in program.

For more information, please call (306) 757-9952 or visit heritagecommunityassociation.com

The Future of Maple Leaf Pool

By Ward 3 City Councillor Shawn Fraser



Every Neighbourhood has something that makes it special. In Heritage, that something is Maple Leaf Pool. Full disclosure; I live just down the street from the pool and my family and I spend as much time as possible there in the summer. So I’ve seen first-hand how well used Regina’s outdoor pools are on a hot, summer day. Beyond providing hundreds of hours of summer fun for kids and parents alike, the pools also act as community hubs and teach life-long recreational skills that other amenities simply can’t.

So what does the future hold for Maple Leaf pool?

Built between 1947 and 1964, the future of all of Regina’s 5 outdoor pools needs to be addressed. The City recently completed condition assessments and costing research on Regina’s 5 outdoor pools. The City estimates it would cost around 1.9 million dollars to bring Maple Leaf pool up to code, and 3.6 million to replace it.


Options proposed from this study range from completely rebuilding all five pools, to replacing Maple Leaf Pool with a spray pad and creating a bus route from Al Ritchie and Heritage to a new and improved Wascana pool.

There is a motion before Regina City Council suggesting the decision on the fate of Regina’s pools be put off until a broader Recreational Facility Plan is undertaken in 2016-2017. If the consultation is put off, money will be set aside to cover any maintenance the pools may require in the meantime. Regardless of when Council makes a decision about our City’s pools, there are a few things citizens of Heritage and all across Regina can do to protect our City’s outdoor pools.

The first is to stay engaged. The challenge for outdoor pools is that they have a relatively high operating cost both because of our short summer season and because they are supervised. These factors also speak to why outdoors pools are such great assets to our city. They occupy our youth during Regina’s precious short summer and they provide a supervised environment for children that

playgrounds and spray pads simply don’t offer.

If you think outdoors pools are a worthwhile use of your taxes, it’s important to make your voice heard. Recreation trends do change over time. The City has recently closed tennis courts and supported the opening of our Regina’s first frisbee golf course. Therefore, the most important thing people living in Heritage and across the Regina can do to protect our pools is to use them.



Family Service Regina is an organization that provides Counselling, Family Violence Services, Family Life and Personal Growth Workshops, Young Parent Supports and Employee and Family Assistance programs.
Subsidies may be available, contact us to enquire.

Upcoming Programs programs requiring registration include: **Building Effective Skills to Cope with Anger**, **Rebuilding When Your Relationship Ends**, and **Retirement is Near. What Next?**

Ongoing Programs offered at no charge include: Drop in group for victims of violence every Wednesday from 6:30-9, Art for the Heart every Friday from 1-4 pm.

Please call Family Service Regina at 306-757-6675 with any questions or to register.

Good Neighbour Community 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.

This Fall, two Good Neighbour Community Grants were awarded to residents for project ideas! Here is a little bit about each of those projects.

Heritage Tulip Project

Resident Adam Smith had an idea to plant tulips throughout the neighbourhood. He took the \$500 grant and bought close to 1,500 tulips to be planted in yards around the

neighbourhood. Thanks to all of the volunteers that assisted to get them planted in October! It is going to be a colourful Spring in the Heritage neighbourhood!

Fence Mural Project

One resident has been struggling with graffiti in her alley applied to get a community themed mural painted on her fence. Local artist Charlotte Hauk was hired to create the mural. It can be seen off of 11th Avenue, close to Quebec Street.

To learn more about the Heritage Good Neighbour Community Grant Program and find out how you can apply, visit <http://heritagecommunityassociation.com/good-neighbour-community-grant-program/>



Above: Adam Smith planting tulips on Montreal Street
Below: Mural created by Charlotte Hauk



Harvest Moon Festival

A big thank-you to all of the community members who came and joined us for the Annual Harvest Moon Festival in Maple Leaf Park on September 13, 2014. It was a chilly day, but we still had a lot of fun! Thanks to our sponsors SaskCulture, The Multicultural Council of Saskatchewan, SaskEnergy, SaskTel and Conexus Credit Union for their generous support of this year’s event!



Photos from the Harvest Moon Festival: *Top Left:* Opening Round Dance *Left:* Residents out enjoying the festivities *Above:* Terrence Little performing *Top Right:* Local duo The Fax *Right:* Face Painting with Street Culture Kidz





Saturdays
Jan. 10 - Mar. 30,
2015
6-9 pm
Core Ritchie
Neighbourhood
Center
(445 14th Ave)

This is a free drop in program for families just wanting to find a place to socialize, play sports, do puzzles, crafts, board games, watch movies, etc.

(Please note that all youth must be accompanied by an adult)



Thanks to Fred from Coyote Entertainment for providing sound for the Harvest Moon Festival!

The Heritage Community Association would like to thank Daisy's Pantry for their ongoing support of our programming!

Daisy's Pantry 



Regina Qu'Appelle
HEALTH REGION

VOLUNTEERS WANTED!!
At Pasqua & General Hospital Gift Shops

Both Gift Shops are seeking mature volunteers to serve as Gift Shop Sales Clerks. The RGH & Pasqua Gift Shop proceeds are used to purchase much needed medical equipment for the Regina General Hospital and Pasqua Hospital. We welcome all interested volunteers to apply to RQHR Volunteer Services at www.rqhealth.ca to become a registered volunteer.

For more information regarding these positions and other RQHR Volunteer opportunities, please contact Jeff Cerato, Volunteer Coordinator at jeff.cerato@rqhealth.ca or 306 766 4452.