



HERITAGE HAPPENINGS

News from the Heritage Community Association

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Website: heritagecommunityassociation.com
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Your Guide to Indian Cuisine in Heritage

by Shilpa Bhutada

Have you ever wondered about the difference between Butter Chicken, Lamb Tikka Masala, and Paneer Butter Masala? It can be very confusing if you didn't grow up eating Indian food, but over the last month or so, I've been enjoying my Curry Adventures in Da India Curry House, Caraway Grill and Treasures Cakes & Indian Takeout. India is a vast country with a rich culinary history that is interesting to explore. When we say Indian food, we encompass it all, but if you speak to a person of Indian ancestry they talk about the regional cuisines like Tandoor, Punjab, Delhi, Bangalore and Mumbai. I'm no expert, but I have endeavoured to explain some common Indian dishes that can be ordered at these restaurants. Now, when you order, you may just try something new without being nervous about what you are going to get.

Mains



Lamb Masala, Da India Curry House

Lamb masala combines boneless lamb cooked with fresh tomatoes, onions and mild spices. Hugely popular everywhere, this Indian dish goes very well with garlic naan, butter naan or plain roti.



Butter Chicken, Caraway Grill

Butter chicken is probably the most common Indian dish ordered by North Americans, yet it is a very young creation in Indian cooking. Made from tender chicken cooked in tomato, garlic, ginger, tamarind and of course butter, this rich and creamy dish is on everyone's order when eating Indian cuisine.



Paneer Tikka Masala, Caraway Grill

Paneer tikka masala is made from chunks of paneer (cottage cheese) marinated in spices and grilled in tandoor. It is a vegetarian alternative to chicken tikka or other meat dishes.



Biryani, Da India Curry House

Biryani is found all over India, but every region has their own version. Simply put, it is

CONTINUED ON PAGE 2

What's Inside?

Humans of Heritage.....	3
AGM Details.....	3
That's My Team.....	4
Poetry for Missing & Murdered Indigenous Women.....	5
Responding to Unwanted Graffiti.....	6
How to be a Good Neighbour.....	7
Jane's Walks in Heritage.....	7
Update from Councillor Stevens.....	8
HCA Spring/Summer Programming.....	8

SAVE THE DATE!

The 2017 Harvest Moon Festival will be held

SEPT. 9!

Featuring:
Cultural performances
Community Fair
Workshops
BBQ
and more!

ALL FREE
ALL WELCOME

Indian Restaurants in Heritage

The Heritage neighbourhood is the lucky home to the following 3 Indian restaurants. For more information about Heritage-based businesses, see the HCA's online business and service directory at www.heritagecommunityassociation.com/business-service-directory.

Caraway Grill
1625 Broad St.
www.carawaygrill.com
(306)522-4243

Da India Curry House
806 Victoria Ave.
www.daindiacurry.com
(306)522-1331

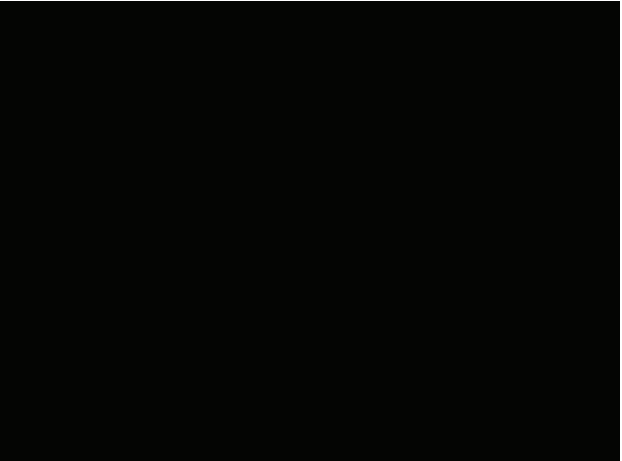
Treasures Cakes & Indian Takeout
1522 11th Ave.
www.treasurescakes.ca
(306)546-5599

Indian Cuisine Cont'd

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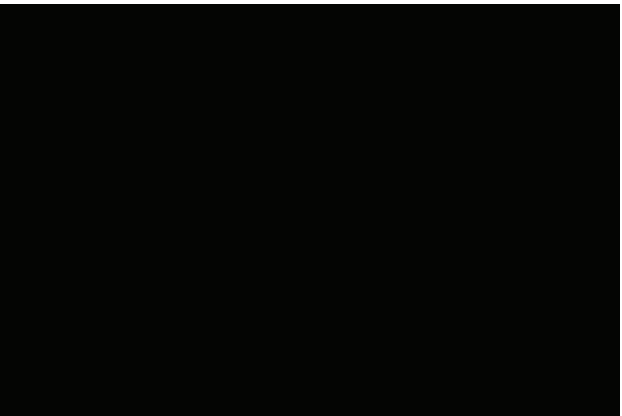
rice and meat or vegetables cooked together to make one meal. This dish may be served with yogurt chutney, raita, curry, or salad. This is the one-pot casserole of Indian cooking. Depending on where you are, the spice mix may change, but the basics are the same. I know a lot of kids that love Biryani as their go-to meal to order when at an Indian restaurant.

Snacks



Pakora, Caraway Grill

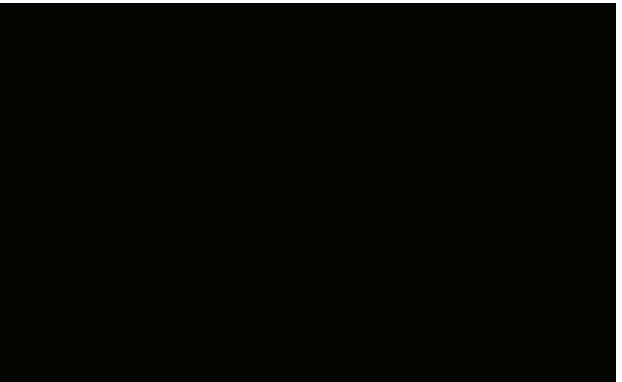
Pakora is classic Indian finger food that is very enticing. It is a simple dish prepared by dipping sliced vegetables in batter and then deep frying them.



Bread Pakora, Treasures Cakes & Indian Takeout

Bread pakora is another mouth-watering snack prepared by dipping triangular bread slices in spicy gram flour batter and deep frying. It can also include a stuffing such as

mashed potatoes. Served with chutney or ketchup.



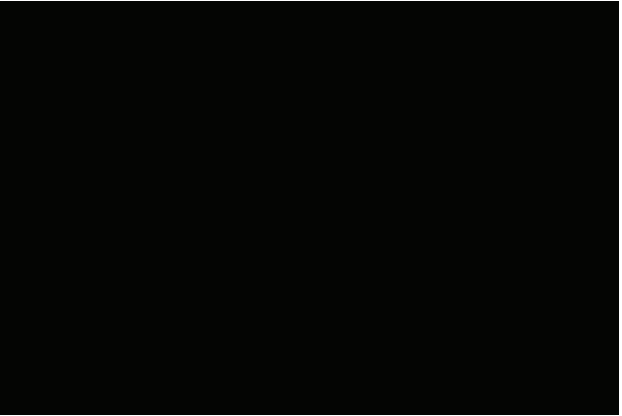
Aloo Tikki, Treasures Cakes & Indian Takeout

Aloo tikki (potato cutlet) is made out of boiled mashed potatoes, onions and spices. It is served hot along with a dip.

All of the above snacks are also synonymous with the advent of monsoon (rainy) season.

Desserts

Dessert makes us weak in the knees. It's a warm blanket on a cold winter evening. There is no denying the fact that dessert gives a befitting end to any meal. Here are some desserts worth trying.



Jalebi, Treasures Cakes & Indian Takeout

Jalebi, also known as zulbia, is a sweet made by deep frying flour batter in pretzel or circular shapes, which are then soaked in sugar syrup.



Ras Malai, Da India Curry House

Ras malai has been described as a rich cheesecake without a crust.

Some more desserts to try would be gulab jamun, rice pudding, rasgulla, motichoor la-doo, and kaju katli.

Indian cuisine is very rich and diverse. There are thousands of recipes and every region has their own specialty. I had a pleasant dining experience with food of Da India Curry House, Caraway Grill and Treasures Cakes & Indian Takeout. I highly recommend going to these restaurants.

Write for Heritage Happenings!

You can be like Shilpa and be a guest writer for Heritage Happenings! If you have a story in mind, please contact heritage.director@sasktel.net or (306)757-9952 for more information.

Humans of Heritage

Profiles of Heritage residents

story by Tiffany Cassidy
photo by Nichole Huck



Meet Lisa Dale-Burnett and Alyssa Becker-Burns.

The two form the duo "the Discordiannas."

Lisa learned to play the accordion growing up, by playing her aunt's. Alyssa learned how to play a few years ago after becoming a polka fan.

The two women work together and accidentally discovered they had the same offbeat interest. They've been a duo ever since.

They both live in the Heritage neighbourhood for its sense of community, the character homes, and how walkable the area is. "It's quite the hip place, as evidence by the hip people and our accordions," Lisa said.

CALLING ALL ACCORDIAN PLAYERS

It is happening! Our first ever ACCORDIAN ORCHESTRA practice in the Heritage area is March 30, 7:30 to 9:00 pm. All levels welcome. We plan to practice the last Thursday of each month.

Email becker_alysa@yahoo.ca for details.

Nicole Saraauer
MLA Regina Douglas Park

306.522.2829
1213 15th Avenue S4P 0Y8
Reginadouglaspark@ndpcaucus.sk.ca
[@nicole4douglaspark](https://www.facebook.com/nicole4douglaspark)

Building Together



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 14th, 2017
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

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 is **\$5.00** for Heritage residents or **\$20.00** for non-residents. All memberships are valid for 1 year 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? _____

That's My Team

by Nicholas Olson

This article was originally published at www.briarpatchmagazine.com. It is the winner of Best Regina Entry in Briarpatch Magazine's Writing In The Margins contest.

"Hey, come over Saturday and we'll watch the Canadiens play the Leafs. That's my team! The Leafs," Ivan tells me.

"Do they play each other this week?" I ask.

"They play every Saturday."

I arrive at Ivan's the following Saturday, ready to microwave each of us a bag of popcorn.

I turn on his tube television which sits at the foot of his single bed in the living room. Ivan lives on the main floor of an aging building across from the casino – one of those apartments where the landlord slaps on cheap laminate floors like bandaids to justify a 30 per cent rent increase. Next to the bed and in front of the TV is a recliner that I always encourage him to relax in instead of slouching on the sagging edge of his bare mattress. I've never once seen him sit in it. Next to the recliner is Ivan's walker. One of the brakes doesn't work.

Maybe when Ivan was younger Toronto played Montreal every Saturday, when there were only six teams. But it turns out they don't play this Saturday. Instead, country music videos prattle on in the background while Ivan drinks from a bottle of port wine and I wheel back and forth on the seat of his walker.

"Oh yeah I used to play. In White Bear. We'd play in Carlyle sometimes. Home of the Cougars. White Bear versus them white kids in Carlyle, haha. You know, we weren't half bad." He winces at some painful on-ice memory tied to growing up in a province that is unforgivingly racist. He jokes about being a bit fat in those days, now he weighs half.

"I'll pick you up on December 31st for Hockey Day at Carmichael," I tell him as I leave.

"Sounds good, bro," Ivan says. "See you then."

"Sounds good."

"Love you brother. Lock up behind you."

Sheldon stands at centre ice, eyes closed, visualizing his upcoming slapshot. Noel, the goalie, affectionately known as Ken Dryden, waits with knees bent as much as his battered femur allows. The crowd heckles from the side boards.

Hockey Day at Carmichael is a pick-up street hockey game played on the uneven, certainly dangerous parking lot of Carmichael Outreach, a crumbling drop-in centre in downtown Regina. On Hockey Day, members of the Carmichael family of hundreds, many of whom happen to be without homes, come to play shinny and eat a hamburger.

"Hey, Lenny! Keep your stick down, and stop saying 'fuck.' There's kids around!"

Hockey Day is the only sporting event I've heard of where the inebriated and unskilled

are encouraged to play. Where new renters can come and settle scores on-ice with their cousins who won't stop trashing their apartment. Where those still healing from the abuses suffered in the residential school system can come and grind through their aggression. Where people who get ticketed in the mall under the city's "unwanted guest" initiative come to forget the mall exists. Everyone is welcome to play.

Deano chases the puck into the corner, hits a patch of ice and lands on his face. He is escorted to the spectators' bench for having one too many and is given a coffee, a smoke and a cheer from his teammates. Thirty people show up to play, another thirty to watch. The Lemieuxs and Leaches chase the ball with donated jerseys pulled tight over the five layers of jackets that are obligatory when one lives outside and sleeps at Sally Ann or Detox.

Ivan doesn't make it as a spectator this time. He just got out of the hospital and being a spectator means sitting outside in the winter on a hard chair for three hours until burgers are ready.

"I knooow, I know. I still can't figure out how I got pneumonia." The week before while Ivan slept, some guests unhooked the smoke detector at his apartment and left the window open all night so they could smoke. "I never even left my bed!" Home care from the health region was supposed to start coming a month

Hockey Day is the only sporting event I've heard of where the inebriated and unskilled are encouraged to play. Where new renters can come and settle scores on-ice with their cousins who won't stop trashing their apartment... Everyone is welcome to play.

"That's my team!" Ivan says as the Canadiens walk from the dressing room at the NHL's outdoor Winter Classic. We'd made a plan to watch the game, this time one that we knew was actually happening.

Ivan squints hard at the TV, at times mistaking the white and blue vintage sweat-ers of the Habs for the black and yellow of the Bruins. He needs glasses, he's asked for them several times himself, but whenever he has an appointment to see any medical professional he refuses to go.

Montreal dominates Boston in a game of shinny not unlike Hockey Day at Carmichael, except the 80,000 spectators are drunk in some apparently socially acceptable way. He remarks on Carey Price, the world's greatest



Author Nicholas Olson

goalie, who sits on the bench with a bum knee. Ivan knew the feeling. He recently had a broken upper tibia and a full-leg cast for eleven weeks, half of which he slept at Party Tree, an empty lot furnished with a plank of wood and two broken office chairs.

"You should see my grandpa's rink in North Weyburn. Best ice in Saskatchewan," I tell him. "Sometimes I go there to skate just to get rid of stress."

"Oh, for sure. Weyburn, hey? The Red Wings!" he says, referencing the junior hockey club. "They're a good team. But the Bruins, now that's my team! Estevan. I lived there eight years. You're my Estevan Man. I bet I know your family down there."

He lists distinctly white surnames. I don't have any family left in Estevan but since he found out I was born there we never stop talking about the place.

"I'd walk around with a wagon picking up empties. Ho boy, I'd make a lot, haha. No one down there doing it then. I wasn't drinking then, could make \$60 a day. Could see Boundary Dam from my place." Ivan sits on his bed, arms crossed, blinking at the TV, wearing an Estevan 1985 Heritage hat I found him for Christmas. The coffee table next to him is littered with insulin pens, empties hiding under his bed. He's lived in this apartment for three months. Before that he lived nowhere.

"No guests at all," Ivan responds in agreement to my suggestion of having no guests after 11 p.m. Too many guests means noise complaints and an empty fridge. He just got out of Medical ICU.

"Whatever you want," I say. "And the other part of the agreement is our part. We, as your support workers and friends, agree to respect your privacy, help you get groceries, do laundry, y'know, the stuff we already try to do. And we agree to take you out for coffee once a week. Get you outta your place."

"Oh right on. That's great, man."

"I was thinking of getting us tickets to a

When so many pieces of the health care, social assistance, and justice systems function in the same defective way, it points to the fact that these are purposeful features, rather than flaws, in the process of colonialism, designed to betray urban Indigenous people.

Pats game. Maybe against Brandon," I suggest. Ivan spoke of Brandon, Manitoba, another former home, on a daily basis. It was where he and his mind went when he tired of Regina.

"Ohhh hey, yeah. Alright! Maybe in that agreement put, 'Take Ivan to a skin show.' Haha. Jeez, I'm joking!"

It takes us a week to print the agreement – an attempt to keep his place safe and quiet and keep him housed. It takes another week to laminate it. By then he'd had guests and was in and out of the hospital again. He never did sign it.

There's an ambulance outside his apartment as I drive past, so I stop and let myself in with my keys. A paramedic is holding an intravenous bag that runs into Ivan's arm while Ivan sits eating his first meal in three days, microwaved by the paramedic himself.

"Heyyyy brother!" Ivan shakes my hand.

"And who's this now?" asks the paramedic.

"That's my counsellor."

"Oh good," he says to me. "He needs to make sure that he takes his insulin for sure the next day and a half, or he won't make it. But he can't take his insulin without eating."

He speaks as if Ivan can't hear. "I'm surprised he's still kicking. Last time we saw him we were taking bets as to how long he'd last. Glad he's got some help. If not, these kinds of guys would plug up the system."

The health professionals place bets on his existence and call him one of 'these guys'. Six months later the health region that employs them releases a job posting with blatantly racist language, then rescinds it and claims that racism is not an inherent issue within their institution. I begin to understand why Ivan skips every possible interaction with medical professionals.

The paramedics get him to sign a release stating that he is not willing to come with them to the hospital to get checked out.

"Ivan, do you have any other health concerns we should know about?" they ask.

"Yeah. I've got rabies." Ivan says with a pause, his face earnest. The paramedics look at one another, unsure of what to say. Ivan laughs at them and they leave. Ivan finishes up his microwaved fettuccini alfredo.

"Hey bro, should we have some tea?" I say yes and go to the kitchen to find the coffee-maker topped up with teabags and the coffee-pot already filled with warm tea. I grab the last mandarin orange from the counter, and he and I sit and watch the news and hockey highlights. We drink day-old tea, eat a few orange segments, and as I leave, we exchange our pleasantries one last time.

"Lock up behind you."

I go home and grab my skates and head to the outdoor rink. I skate until my lungs burn, my legs noodle. My head still feels like there's a bench brawl going on inside, so I skate laps until my head feels nothing. And then I skate more.

Nicholas Olson is the author of The Adirondack Haystack Still Floats, a collection of short stories studying of the North American working class, released in 2014. He lives in Regina, Saskatchewan on Treaty 4 land.

Poetry for Missing & Murdered Indigenous Women

by Tatum McNabb (Age 13 and in Grade 8 at Thomson Community School)

They are missing,
they are murdered.
She is crying,
she is hurting.
She is sad,
she feels doomed.
They are gone,
we're abused.
It is over,
it is through,
memories rot in a tomb.
They were bright, they are no more.
She's regretting,
she's really sore.
She is dreading,
she still mourns,
the sisters
there were before.

~*~

Never forgotten, never solved,
never got a chance at all.
Bright red ribbons all around,
For a woman not in the ground.
Somewhere else, not in their homes,
Murdered, missing, in a hole.
A hole which no one dares to go,
the hole of emptiness which is the law.
The law won't help us, please tell us why.
Why she's still gone, while they go on.
They're still on while she is not,
the law that says that it's her fault.
It is not, it cannot be.
Now others' hearts are very empty.
They need a voice, please help them out,
don't be like them, don't have a doubt.
Though they're gone, her heart sank through
there are others that are dreading too.

VINYL

T

+

A

FASHION

T+A Vinyl and Fashion
vintage clothing + records

1130 15th Ave
with Maltby National + 33.3 Coffee Roasters

Tues/Wed	11-6
Thur/Fri	11-9
Saturday	10-6
Sunday	12-5
Monday	closed

Spring cleaning?
We buy vintage clothing (1920s - 90s) and records (rock/pop/jazz/soul)!

tavinylfashion@gmail.com | 306.525.5001

We messed up.

In the Fall 2016 issue of *Heritage Happenings*, we printed an article that used the wrong name for T + A Vinyl and Fashion. We apologize for the mistake.

Thanks to the continued support of the City of Regina!

City of Regina | **REGINA**
Infinite Horizons

Unwanted Graffiti:

How to Report, Remove & Prevent

Over the past few months, there has been a marked increase in tagging in our neighbourhood. The Regina Police Service's (RPS) Street Gang Unit reports that, although many of the tags are gang-related, this does not represent an increase in gang activity. Still, it can be annoying and expensive to have your house or property defaced.

The Heritage Community Association is in communication with the RPS and the City of Regina about this issue. We are working to figure out a way to support Heritage residents in preventing and responding to unwanted graffiti. We have applied for funds to develop a neighbourhood mural project, which will help to deter unwanted graffiti in the long run.

In the meantime, we hope the following information from RPS and City of Regina will help residents to know what to do when they find graffiti on their property.

How to Report Graffiti

Record: Take a photo of the graffiti vandalism as soon as you see it. The photo is critical to successful investigations by the Regina Police Service.

Report: Report all incidents of graffiti damage to your property by calling Regina Police Service at 306-777-6500. You will be given instructions on how to submit information and the photo. You can also go online at reginapolice.ca, click on "REPORT A CRIME", and choose Mischief/Graffiti. If you see a graffiti crime in progress, you are encouraged to call 911.

You can also let the City know about graffiti on any City-owned property. Call 306-777-7000.

Removal Options

Community Paint Program: Thanks to a partnership with local paint companies, you can purchase discounted paint, chemical removers, brushes, rollers and other clean-up items. They are prepared to provide advice on the appropriate removal technique and products.

Cloverdale Paint
Dulux Paints
General Paint
RONA Home & Garden Regina
Sherwin-Williams

Recycled Paint Program: Free recycled paint can be picked up at any SARCAN location in Regina.

*Free recycled paint
can be picked up at
any SARCAN location
in Regina.*

Commercial Graffiti Remover: You can hire a professional to wipe out graffiti from your property. This is especially important when dealing with valuable or sensitive surfaces. Check the Yellow Pages of the phone book (under Graffiti Removal) for listings of commercial graffiti removers.

Removal Techniques

Bricks, Cement, Concrete: Use extra strength paint remover applied with a wire brush to work into holes and pores of stone. Allow time to activate and rinse with a forceful stream of water from a hose, pressure washer or sodablaster. If the surface is uniformly flat, a light grit (60) sand paper can

*Murals brighten up
the neighbourhood
and are highly
effective at
detering further
graffiti.*

remove paint, but will also scratch the surface. Consider using a sealer after removal to close pores and make future removal easier.

Aluminum/Vinyl Siding: Aluminum siding is usually coated or painted. Vinyl siding is made of plastic which can be marred by lacquer thinner-type cleaners. Solvents may work too aggressively and remove the coating as well. Experiment in a small inconspicuous area and then work on the more visible areas. Use paint remover sparingly and carefully. Use a clean rag and keep turning to a clean part of the rag before each wipe. The longer the solvent stays on the surface, the deeper it penetrates. In most cases, you will probably have to repaint.

Fibreglass: Be aware that acetone-based solvents will soften plastics. Use full-strength paint remover and rinse carefully.

Stucco: Due to the multi-faceted surface of stucco, it is impossible to sand off. Use paint remover and follow up with a high pressure water hose or pressure washer. Use stucco paint and go over the graffiti carefully. Consider using a sealer as a finish coat.

Glass or Plexiglass: Any razor blade can scrape away cured paint on regular glass. For other marks, any solvent can be used. Use the clean rag technique and hold the rag over the graffiti for a moment to let the solvent work. On plexiglass, be careful of lacquer thinner type solvents as they can attack the surface causing it to fog and smear. Make sure your product is compatible with the type of surface you are cleaning. Rinse thoroughly with water.

Wood: Try working with the solvent list if the marks are new. Most thinners will remove magic markers and acetone will remove day old spray paint. Use a clean rag and keep using a fresh part on each wipe. On latex or oil-based paint, use a stain-blocking primer for exterior use. After the stain blocker coat has dried, proceed with regular paints, oil or latex. Most oil base paints are more durable to solvents and could make future clean up easier. Consider a sealer coat after final finish. Avoid using flat paints as they readily absorb pigments from markers and spray paint.

Metal: On any unpainted metal (iron or stainless steel) surface, any solvent can be used. Some polished aluminum surfaces will cloud or oxidize with aggressive cleaners like lacquer thinner. Use the clean rag technique. If

you are unsuccessful, try paint remover.

Etching: Surfaces scratched or scored with sharp objects can only be filled with fillers or the material will have to be replaced. Some new types of glass have replaceable covers or film layers that are cheaper to replace than the etched glass. Automotive body fillers can fill deep gouges and then be repainted. The only other recourse may be to replace the glass.

Prevention

Remove graffiti from your property as quickly as possible. A quick response to remove graffiti has been shown to greatly reduce the incentive to deface the area in the future.

Consider growing plants along the walls of your property, using anti-graffiti coatings or commissioning an art mural. Murals brighten up the neighbourhood and are highly effective at deterring further graffiti.

Move garbage disposal bins away from walls so the offenders can't vandalize both surfaces in a single act of graffiti.

The above information was compiled from the websites of the RPS (www.reginapolice.ca) and the City of Regina (www.regina.ca).

you
can
advertise
here

Contact heritage.director@sasktel.net
or 306-757-9952 for details

HOW TO BE A GOOD NEIGHBOUR

excerpts from the February 2017 issue of the Carmichael Outreach Free Press

→ To be respectful.
→ To be kind.
→ To be caring.
→ To be quiet.
→ To help.
→ To work together.
→ To LOVE.

Respect

friendship

"To Borrow coffee" oh and whatever

To be a good Neighbour is to be kind, respectful to one another and love one another. And if you don't show kindness; and be respectful and love one another. The neighbour that you won't show the same

Be friendly say hello now and then
= "Gag Pony"

The **CARMICHAEL FREE PRESS** is a newspaper created by friends and family at CARMICHAEL OUTREACH in Regina, SK. The *Free Press* is a creative home for undiscovered writers, artists, painters, comics, and creators to share their perspectives with the Carmichael Community and the world.

To contribute, send submissions to CARMICHAEL FREE PRESS, 1925 Osler St, Regina SK, S4P 1W3
www.carmichaeloutreach.ca

Jane's Walks will animate Heritage neighbourhood on May 6

by HCA staff

Every year at the beginning of May, residents of cities around the world take to the streets to offer and attend walking tours in honour of urban activist Jane Jacobs.

This year, the Heritage Community Association and the Regina Public Library will be collaborating on a tour that focuses on the past, present and future of 11th Avenue.

The Core Neighbourhood Sustainability Action Plan encourages us to promote 11th Avenue as a commercial and cultural destination. And with several new businesses like Treasures Cakes & Indian Takeout and Regina Salseros recently joining longtime neighbourhood staples like Korea House and Ngoc Van, it feels like the stretch of road is beginning to come into its own again.

We want to ask you:

What do you see for the future of 11th Ave.? What challenges do you notice on the street, and how can we respond to them? How can we work together to promote 11th Avenue as a cultural and commercial hub?

Join us on May 6 to take part in this exciting conversation!

For more information on our Jane's Walk and others happening in Regina on May 6, visit www.janeswalk.org. Details on our 11th Ave. Jane's Walk will also be available on our website and facebook page, or by calling 306-757-9952.

The document to the right is re-published from www.janeswalk.org

Who was Jane Jacobs?

Jane Jacobs (1916–2006) was an American-born writer and activist best known for her writings about cities. Her first book, *The Death and Life of Great American Cities* (1961), upended the ideas of modernist city planning and building, and offered a new vision of diverse, fine-grained cities made for and by ordinary people. After moving from New York City to Toronto in 1968, she published six more major books about cities, economics, ethics, governance and culture, two of them Canadian bestsellers.



Ten Big Ideas

- Eyes on the Street:** Pedestrian traffic throughout the day, and the watchful eyes that come with it, enhance the safety of city streets.
- Social Capital:** The everyday activities and interactions that occur in a neighborhood slowly build up a network of relationships between neighbors. This "social capital" provides a foundation for mutual trust, shared efforts, and resilience in times of trouble.
- The Generators of Diversity:** Four factors in city planning and design help make the city diverse, safe, social, convenient, and economically vibrant:
 - Mixed Uses:** A mixture of all kinds of residences, workplaces, and shops brings people out on the street at all times of day.
 - Aged Buildings:** Humdrum, rundown buildings provide cheap space for new businesses and other low- or no-profit enterprises.
 - Small Blocks:** A denser street network means more opportunities for retail and more chances for people to meet their neighbors.
 - Population Density:** Simply put, you need lots of people in a small area to provide enough use for a city's streets, parks, and enterprises.
- Form Still Follows Function:** Fashions and technologies come and go, but what always remains relevant are the countless ways that people use the city, how the city works as a whole, and whether or not our urban design and planning reflect and serve those functions.
- Local Economies:** Economic growth, whether local, national or global, relies on the ability of urban economies to provide amply and diversely for themselves, rather than relying on imports.
- Innovation:** All new work is added to fragments of older work, like the first dressmaker to take up bra-making to improve the fit of her dresses. The greater the diversity of existing work in a local economy, the more opportunities to add new work and recombine old work in new ways.
- Make Many Little Plans:** The diversity of a good neighborhood can only be achieved when we allow many different people to pursue their own little plans, individually and collectively.
- Gradual Money:** Both diverse little plans and new kinds of work require diverse little sources of money available on an ongoing basis. Unfortunately, both public and private sources often only provide money floods and money droughts instead.
- Cities as Organized Complexity:** Cities function like ecosystems. Everything is connected to everything else in intricate, particular ways that cannot be captured well by statistics or formulas. Only close observation and reasoning from the bottom up will do.
- Citizen Science:** The people best equipped to understand urban complexity are "ordinary, interested citizens." Without the assumptions that often come with professional training, everyday users of the city can learn more freely from what they see and experience firsthand.

— Written by Nate Storrington for the Jane's Walk Project Office. Contact us at info@janeswalk.org.

Produced with the support of 

Learn more at janeswalk.org 

A Note from your Councillor

by Andrew Stevens

Wow! The holiday season seems like a distant memory. January’s Community Council meeting at the Cathedral Neighbourhood Centre was well attended. There was great conversation about public transit, green infrastructure, and anti-poverty initiatives in Regina. The City’s Manager of Paratransit, Lynette Griffin, was kind enough to offer her time to meet with residents at the event. In February I co-hosted a public forum on paratransit at the University in an effort to hear from community members and policy makers in our province about this critical service.

A series of consultation events on stadium parking and transportation throughout the month of January summoned an energetic discussion about what the opening of this facility will mean for residents. Council anticipates a report on the findings shortly. Regardless of what you think of the new stadium, it’s important for the City to get this right. Thousands of visitors journey from around Saskatchewan to attend events in our capital city.

Unfortunately the budget meeting had yet to take place at the time of writing. As a new Councillor this has been a challenging and daunting process. An update on what happened will appear on my website. I’m told that things get easier 12 months into the job. Fingers crossed!

In April I will be hosting my third Community Council in Heritage [see details at right]. We will be discussing community safety and parking. As always, give me a shout at 306-570-1402 or follow developments at www.andrewstevensward3.ca.

Stay warm!

Andrew

Ward 3 Community Council

April 6
7-9pm

Come talk with your Councillor, the Heritage
Community Association, and your neighbours about
Community Safety and **Parking** in Ward 3.

Artful Dodger (1651 11th Ave.)

Calling All Two-Spirit Youth!

The Heritage Community Association is working with several other organizations to develop a Two-Spirit Youth Advisory Council to inform future programming. We are seeking young people who identify as Two-Spirit to invite to a talking circle in May. If you or someone you know is interested, please contact us at 306-757-9952 or heritage.director@sasktel.net for more details.

This project is in collaboration with: All Nations Hope Network, Street Culture Project, University of Regina Aboriginal Student Centre, UR Pride, fYrefly, Trans Sask Support Services, and Trans Umbrella Foundation. It is funded by the University of Regina Community Research Unit and the Regina Public Interest Research Group.

HCA SPRING/SUMMER PROGRAMMING!

Call 306-757-9952 or Email heritage.director@sasktel.net to register. Visit www.heritagecommunityassociation.com for more details.

Program	Ages	Dates & Times	Location	Cost
Heritage Kids Cook! (tentative - pending funding)	9-12	Mondays, April 10 - June 26 3:30 - 5:00 PM	Thomson Community School	Free
Truth and Reconciliation Commission Report Reading Group	16+	Last Tuesdays: Mar. 28, Apr. 25, May 30, Jun. 27 6:30 - 8:00 PM	HCA	Free
Yoga Flow with Lesley Farley	16+	Sundays, Apr. 16 - Jun. 18 1:30 - 2:30 PM	Regina Salseros (1501 11th Ave.)	\$85 Reg./ \$65 Low-income, plus membership

Rent our facilities!



Ask us about special rates for Heritage residents!
heritage.director@sasktel.net / 306-757-9952