



Heritage Happenings

SUMMER 2025 NEWSLETTER

Located on Treaty 4 territory

1770 Halifax St
Regina, SK S4P 1V6
(306) 757-9952

www.hcaregina.com

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Heritage Community Standards: Dilapidated and Burnt Properties Tracking

There has been a rise in fires in homes, garages and waste disposal bins across the Heritage Neighbourhood. Burnt out buildings remain boarded up for months or even years, to the disservice of every one in the community. In an effort to make swift and visible change to our neighbourhood, HCA is gathering information about these properties, and is asking for your help in tracking properties that need demolition!

Follow the link below for more information!



Territory Acknowledgement

We acknowledge that we are on the traditional lands referred to as Treaty 4 Territory, which are the original lands of the Cree, Ojibwe, Saulteaux, Dakota, Nakota, Lakota, and on the homeland of the Métis Nation. We respect and honour the Treaties that were made on all territories, we acknowledge the harms and mistakes of the past, and we are committed to moving forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.

Theatre in the Park

BREATHE

FREE PERFORMANCES
IN LOCAL
PARKS

FAMILY FRIENDLY
45 minutes
LONG

PRESENTED BY

TD **TD READY
COMMITMENT**

COMMON WEAL
Community Arts

Maple Leaf Park
Tuesday, June 10
@ 1:00 PM
& 7:00 PM

Heritage
Community
Association

Building Community Block by Block

THEATRE

Follow us for updates! [@sumtheatresk](#) [SumTheatreSaskatoon](#)

Resources

To help you navigate the Heritage Community

Al Ritchie Heritage Community Health Centre, 1550 14th Ave.

- Bread, coffee & water.
- Health & support services available.
- Phone & computer.
- Food 4 Life low cost grocery store.
- Nurse Practitioner.

Carmichael Outreach, 1510 12th Ave.

- Hot lunch Mon-Friday, 12PM (until supplies run out)
- Coffee & snacks Mon-Fri, 9AM – noon.
- Free boutique Mon-Fri, 9AM – noon.
- Showers available in the afternoon (registration required).
- Community fridge.

Mitakuyé Owâs'â Centre, 1770 Halifax St.

- Tues-Sat, 12PM – 6 PM
- Washrooms, water fountain.

Marian Centre Madonna House Apostolate, 1835 Halifax St.

- Meal Mon-Wed, Fri & Sat, 12PM
- Clothing & personal hygiene items available by request.
- (306) 757-0073

Nēwo-Yōtina Friendship Centre, 1930 Rae St.

- Mon-Fri, 9AM-4PM
- For more information, email info@newoyotina.ca

TLC Pantry, 1909 Ottawa St.

- Bagged lunches Mon-Fri, 1PM

Queen City Wellness Pharmacy, 100-1725 11th Ave.

- Free naloxone and training, free medication delivery.
- Free snacks & coffee.
- Medical supplies & first aid, addictions & counselling services.

Phone Numbers:

Out of Community Resources

- **YWCA Regina**
(306) 525-2141
- **Sophia House**
(306) 565-6060
- **National Residential School Crisis Line**
1-866-925-4419
- **IRS Resolution Health Support Program in SK**
1-866-250-1529
- **60's Scoop Legacy of Canada advocacy and support**
1-250-618-7158
1-204- 481-3906
- **Kids Help Phone**
1-800-668-6868
- **Suicide Crisis Hotline**
988
- **Saskatchewan Mental Health Line**
211

Warming/Cooling Spaces

Carmichael Outreach, 1510 12th Ave

John Howard Society, 1801 Toronto St.

Queen City Wellness Pharmacy, 100-1725 11th Ave.

Mitakuyé Owâs'â Centre, 1770 Halifax St.

Street Culture Project Youth Shelter, 1314 11th Ave.

Mon-Fri, 9:00 AM – 4:00 PM

Mon-Thurs, 8:30 AM - 12:00 PM

Mon-Fri, 9:00 AM - 6:00 PM; Sat, 10:00 AM - 3:00 PM)

Tues-Sat, 12:00 PM - 6:00 PM

24/7, ring buzzer, Youth Only

Safe Needle Disposal Sites

100-1725 11th Ave. (Queen City Wellness Pharmacy)

1800 blk Montreal St. (Alley behind Pepsi Park)

Corner of St. John St. and 12th Ave. (Carmichael Outreach)

For assistance with needle pickup: Please contact SHA's Street Project at (306) 766-7799, or Aids Program South Saskatchewan at (306) 924-8420, or online at www.reportneedles.ca.

Shelters

Salvation Army Waterson Centre, 1845 Osler St. (Mens) (306) 569-6088

Tuhk Sih Nowin Youth Emergency Shelter, 1314 11th Ave. (Youth) (306) 545-3445

Heritage Free Mini Pantries

Take what you need, leave what you can 24/7.

2035 Montreal St.

2300 Halifax St.

1827 Ottawa St.

Heritage Community Gardens (1654 11th Ave.)

Art Park (corner of Halifax & 11th Ave.)



Message from The Board of Directors

Spring has sprung on the Prairies of Treaty 4 and, as the crocuses emerge, so too do the many urban treasures that have been tucked away in snow banks all winter long!

We are pleased to report progress from the city of Regina, in removing lead pipe connections to numerous homes in the neighbourhood. If you are wondering if your house is affected by lead connections or if you want to get your water tested for lead levels please visit the city's website at <https://www.regina.ca/home-property/water/water/lead-service-connections/>

Over the past season, HCA has coordinated and collaborated on numerous programs and initiatives that make our neighbourhood and city a better place to call home. Community programs at the Mitakuyé Owâs'a Centre have ranged from weekly Judo for youth, seniors exercise and walking groups, nutrition-based cooking programs, to art workshops and vintage markets. The beautiful and accessible

facilities at Mitakuyé Owâs'a Centre have allows these diverse programs to thrive as we welcome many new faces into the community centre on a daily basis.

We are particularly proud of the work HCA has been doing, in advocating for food security for residents of our neighbourhood, through generative partnerships with other organizations and grass-roots groups.

The Board of Directors would like to extend a heartfelt thank you to the amazing staff at Heritage Community Association for going above and beyond in their support of the community. Thank you to Mackenzie (Age Friendly Coordinator), Skylla (Youth Coordinator), Amanda (Program Coordinator, Food and events) and our casual staff members, Margaret, Prestyn, and Michaelynn.

Last but absolutely not least, we would like to express our gratitude to Executive

Director, Wendy Miller. Wendy's love for the neighbourhood and for the diverse communities within it is evident in all of the work that she does. Wendy always takes time and makes space for every member of our community, as is reflected in the impressive list of programs and partnerships that HCA supports.

With industrious spirits, collegial attitudes, and most of all, a sincere respect and love for this community, the small yet mighty team at HCA proves, time and again, that a lot can be accomplished with limited resources and lots of care.

We wish you the best as warmer weather greets us, and as our gardens begin to sprout and bloom.

Written by Amber Phelps Bondaroff and Heather Dedman on behalf of the HCA Board of Directors

MINI POWWOW

+ BBQ

Join us on
Friday June 20th 2025
11am-3pm
1770 Halifax St
FREE ENTRY

JOIN US FOR LOTS OF FUN!

- Grand entry at 11am
All ages
- Dance Categories, Tiny
tots age 7 & under
- Free draws •
- Dancers will be paid •
- Balloon stations •
- Elders Bingo/lounge •
- Drummers: Cree Spirit
- Face painting



Thomson Food Collective

Thomson Food Collective: Nourishing Bodies, Building Community

The Thomson Food Collective is more than just a meal program—it's a vital community initiative dedicated to supporting students and fostering a culture of inclusion, learning, and care. Operated by dedicated volunteers and staff from Thomson Community School, this initiative goes beyond providing food; it nurtures young minds and builds a stronger, more connected community.

A Hot Breakfast, Five Days a Week

One of the cornerstone services of the Thomson Food Collective is ensuring that students start their day with a nutritious hot breakfast. Served five days a week, this program provides a reliable source of nourishment, helping students focus, learn, and thrive throughout the school day. For many, this meal is essential in setting the foundation for academic success and overall well-being.

Education Beyond the Classroom

The Thomson Food Collective is not just about feeding students' bodies—it's about feeding their minds, too. The program incorporates educational initiatives that promote diversity, inclusion, and social awareness. Through workshops and discussions, students gain valuable perspectives on important social issues, fostering empathy, understanding, and a sense of belonging.

Role Models That Inspire

Young people benefit immensely from having positive role models in their lives, and the Thomson Food Collective provides just that. Volunteers and school staff work closely with students, demonstrating leadership, compassion, and a commitment to community service. Their presence offers guidance, encouragement, and inspiration, helping students build confidence and resilience as they navigate their personal and academic journeys.

A Community Effort

At the heart of the Thomson Food Collective is a dedicated team of volunteers and Thomson Community School staff who generously give their time and energy to make this initiative possible. Their efforts ensure that every meal served and every lesson taught contributes to a supportive and inclusive school environment where every student feels valued.

Afterschool Program for Senior Students

In addition to the breakfast program, the Thomson Food Collective runs a weekly afterschool program for senior students. This initiative focuses on developing social skills, teamwork, and collaboration through engaging gym activities and games. Participants are encouraged to interact with non-preferred peers, fostering mutual respect and cooperation in a fun, supportive environment. At the end of each session, students are sent home with a meal for their family, extending the program's impact beyond the school. Like all Thomson Food Collective initiatives, this program is made possible through the dedication of volunteers who are committed to creating a positive and inclusive space for students to grow.



Growing for a Sustainable Future

The Thomson Food Collective also works with HCA, staff and students to plant and maintain vegetable and plant gardens that support the program. This hands-on initiative teaches students valuable skills in gardening, sustainability, and responsibility while reinforcing the importance of fresh, healthy food. The produce grown is used to supplement meals served through the program, fostering a sense of pride and ownership among students as they see their efforts contribute to their community.



Making a Difference, One Meal at a Time

The Thomson Food Collective is more than just a program—it's a lifeline for many students. By providing a warm meal, a welcoming environment, and invaluable learning opportunities, it plays a crucial role in shaping a healthier, more connected future for the Thomson community. Through ongoing support and dedication, this initiative continues to empower students, strengthen the school community, and create lasting positive change.

Support the Thomson Food Collective

If you would like to contribute to this important initiative, please consider making a donation. Your support helps ensure that students continue to receive nourishing meals, educational opportunities, and positive mentorship. To donate, please contact Thomson Community School at 306-791-8460 and if you are interested in volunteering please contact HCA.

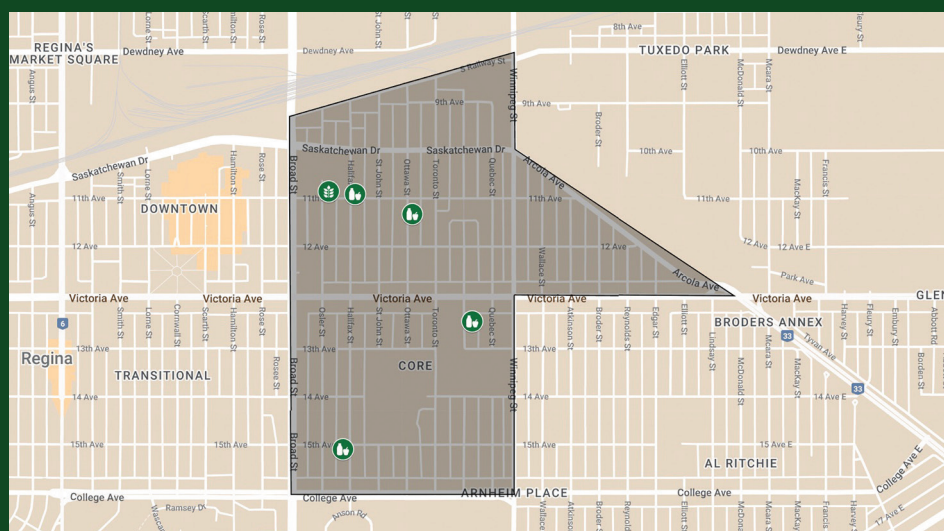
Submitted by Thomson Community School



Mini Community Pantries

Our mini pantries are not policed and are run on a “take what you need, leave what you can” principal. If you have extra groceries you can share with your community, or if you are in need, please feel free to use the map to find the mini pantry closest to you.

- 2035 Montreal St.
- 2300 Halifax St.
- 1827 Ottawa St. (back alley)
- ArtPark (corner of Halifax St. & 11th Ave.)
- 1654 11th Ave. (located in the Heritage Community Gardens)



Program Updates

After-School Cooking with REACH

In partnership with the Heritage Community Association, REACH is bringing **hands-on After-School Cooking Classes to Thomson School!** This fun and engaging program gives kids the chance to learn basic cooking skills, explore healthy eating, and try new foods—all in a supportive, interactive environment. It's a great way for students to build confidence in the kitchen and connect with their classmates through food and creativity. **Thank you to Access Communications funds to support these ongoing classes throughout the school year and to REACH for their expertise.**



Art Connections

Submitted by Art Therapist, Rita Cheng

Find Your Voice, Heal Your Heart: Discover the Power of Art Therapy

In a world that often demands verbal articulation of our innermost thoughts and feelings, art therapy offers a unique and powerful alternative. It's an invitation to explore the depths of your emotions, experiences, and inner world through the expressive language of art. Our Art Therapy Program provides a safe, supportive, and creative space where individuals can embark on a journey of self-discovery and healing, regardless of their artistic abilities. Perhaps you're navigating the complexities of stress, anxiety, or depression. Maybe you're processing grief, trauma, or life transitions. Or perhaps you simply seek a deeper understanding of yourself and a richer connection to your inner landscape. Whatever your reasons, art therapy can be a profound and transformative tool. Within our program, you'll be encouraged to experiment, create, and allow your intuition to lead the way. The focus isn't on creating a masterpiece, but rather on the process of expression itself. As you engage with colors, textures, and forms, you may find yourself unlocking emotions and insights that words alone cannot capture.

The most important, art therapy can be used to help seniors cope with the challenges of aging. It helps improve memory and cognitive functioning and provide a sense of accomplishment and purpose. Art therapy can also be a fun and enjoyable activity that allows seniors to engage with others and participate in a social activity. As an art therapist, I appreciate the Heritage Community Association for offering me a time to support seniors for their expression and quality social time. If you allow it to, the image process will weave you like a bright thread through your inner personal world and back again into the fabric of life. Such images do deserve a place of honor and our gratitude. In my personal art experience, images take me apart; images put me back together again, new, enlarged, with breathing room. Art is my way of knowing who I am.

You don't need any prior art experience to benefit – just an openness to explore and a willingness to engage.

Thank you to Rita Cheng for another wonderful session of Art Connections! We look forward to having you back this Fall. Please email info@hcaregina.com for more information about upcoming Art Connection sessions.



Heritage Healthy Eaters

The Heritage Healthy Eaters Nutrition Camp has been a big hit over the past two summers; it will be running again this year! The program saw local youth come together for a weeklong program with a focus on building healthy habits and community connections. All while empowering our young minds while tackling food insecurity head-on!

Thank you to the Community Initiatives Fund for their renewed funding of this amazing initiative and Central Zone Board sponsorship. Registration is open, call the office (306) 757-9952.

Heritage Heirlooms

This program is all about bringing older adults in our community together to stay active, creative, and connected. We offer a variety of fun and engaging activities, including a Walking Group, Chair Exercise Class, Bring-Your-Own-Craft sessions, Art Therapy sessions, monthly Seniors' Potlucks, Community Kitchens, workshops, and more! It's a great way to stay healthy, make new friends, and build lasting connections that go beyond our programs. **Walking group begins at 10:00 AM with Chair Exercise to follow at 10:45 AM**

We'd love for you to join us! To learn more, please email info@hcaregina.com or call (306) 757-9952.



Heritage Judo Club

Submitted by Shimura Judo

One Year Strong: Celebrating Shinmura Judo at Heritage!

We're approaching the one-year anniversary of Shinmura Judo at the Heritage Community Association, and what a journey it's been! From humble beginnings to a growing, vibrant dojo, this past year has been a powerful reminder of the strength, resilience, and unity that sport can bring to a community.

Under the leadership of Head Instructor Keon Burnett, and with the support of Kim Bergey and Brady Burnett (founder of the original Heritage Community Judo Club, formerly known as Senshudokan), Shinmura Judo has become more than just a martial arts program – it's become a family rooted in values of respect, dedication, and growth.



Keon thrives on the opportunity to work with such a diverse group of kids, bringing out the best in each of them – whether they're stepping on the mat for the first time or training for their next belt. His energy and encouragement have helped shape an environment where everyone feels supported and challenged.

Community Impact: Launch of JUDO4ALL

This year also saw the exciting launch of our JUDO4ALL Program – a groundbreaking initiative offering free judo classes to newcomers and Indigenous youth aged 5-14. Backed by The Government of Canada and Judo Canada, this program aims to remove financial barriers and create a welcoming, empowering space for all kids to discover the discipline, confidence, and joy that judo can bring.

JUDO4ALL is already making waves in our community, helping to shape a new generation of judoka who are learning that strength comes not just from physical training, but from respect, inclusion, and perseverance.

Looking Ahead

As we near this exciting milestone, we're filled with pride and gratitude – and we're just getting started. From upcoming tournaments to new belt promotions, training camps, and community events, the future is bright for Shinmura Judo at Heritage.

This summer, keep an eye out for Judo Pop-Ups – fun, hands-on sessions designed to introduce judo to even more members of the community! And don't forget to sign up for the 2025 judo season starting in September – classes will fill up quickly, and we can't wait to welcome both new and returning students back to the mats.

Thank you to our students, families, volunteers, and community partners for making this first year unforgettable. Here's to many more years of growth, learning, and throwing ourselves into every challenge – literally!

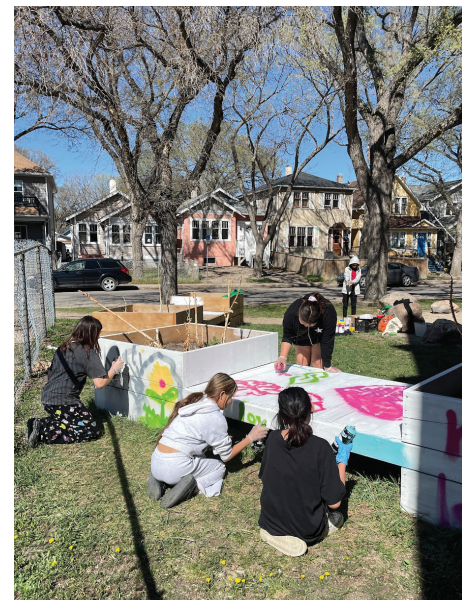
Let's Move

The Let's Move program, hosted by the Heritage Community Association, gives youth in the community a fun and active way to spend their time through a variety of physical activities and local outings around Regina. From sports and games to spending time in nature and recreational adventures, this program encourages healthy lifestyles, builds confidence, and creates lasting memories—all while exploring what the city has to offer.

Thank you to Sask Lotteries for continuing to make this popular program happen!

To learn more, please contact programs@hcaregina.com or (306) 757-9952. Summer registration is limited.

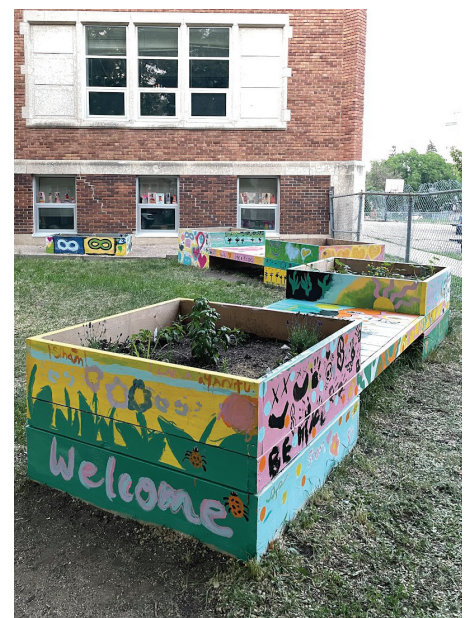




Heritage Beautification

Mackenzy Vida is a multidisciplinary artist from Treaty 4 Regina, SK with a focus on illustration, painting, and printmaking. Art therapy in early childhood ignited her passion for creativity. Her love for accessible art shines in art workshops and leading community art projects. Mackenzy a member of SK Printmakers, SaskQueer, and Fierté d'entreprendre du Canada.

“You might have noticed Thomson Community School is looking extra colourful lately. Thanks to the grade 5/6 classes, we spent a few days getting creative with local artist Mackenzy Vida. Students were encouraged to collaborate on designs, experiment with paint, and let their creativity run wild. We’re so grateful for their enthusiasm. This project is supported by SK Arts and the Heritage Community Association.”



Community Events Recap

New Permanent Emergency Shelter

In January 2023, RT/SIS (Regina Treaty/Status Indian Services) launched operations of a temporary emergency shelter out of the Nest Health Centre, formerly known as the Downtown YMCA. This facility, named the “New Beginnings” Emergency Shelter, was created to provide essential support for individuals experiencing houselessness in Regina. The shelter offers a safe and welcoming environment for those in need, bridging a critical gap in services during the ongoing housing crisis.

Recognizing the need for a more sustainable and permanent solution, the search for a long-term shelter location began in earnest in 2024. In the fall of that year, Regina City Council approved the purchase of 1600 Halifax Street, a site that previously housed the Eagles Club. This marked an important step forward in establishing a permanent facility that could continue to serve vulnerable populations in a more consistent and well-resourced setting.

In early 2025, Regina city administration initiated a community engagement process focused on residents and stakeholders within a 250-meter radius of the new site at 1600 Halifax Street. These engagement sessions brought together local property owners, residents, businesses, and service providers to participate in open conversations about the future shelter. Topics of discussion included preliminary site design, the development of a “Good Neighbour Plan,” and the safety and well-being priorities identified by community members and local businesses.

Throughout this process, HCA has remained actively involved in dialogue and outreach. Through meetings, public forums, and communication efforts, HCA has worked to ensure that the voices of local residents are heard and considered in every stage of planning. HCA continues to advocate for a balanced approach that supports both the needs of vulnerable individuals and the priorities of the broader community. As development continues, HCA is committed to supporting open dialogue, transparency, and collaboration to ensure that the new permanent shelter welcomes positively to the Heritage neighbourhood and we all work to be good neighbours to one another.



Engagement Session about the Permanent Emergency Shelter

The City of Regina is committed to regular, ongoing engagement regarding the Permanent Emergency Shelter. These sessions take place the second Tuesday of every month.

The next engagement session is:

Tuesday, June 10, 2025 • 5:30 – 6:30 p.m.
Mitakuyé Owâs’â Centre (1770 Halifax St, Regina)

The primary topic will be the revised Good Neighbour Plan, but other matters may be discussed.

Regina.ca



Red Dress Day

On May 5th, HCA was honoured to partner with the Newo Yotina Friendship Centre to host our annual MMIWG2S Gathering – a day of collective mourning, remembrance, and awareness. Together, we grieved, remembered, honoured the lives of those taken far too soon, and stood in solidarity to raise awareness about the ongoing crisis of Missing and Murdered Indigenous Women, Girls, and Two-Spirit people.

Thank you to everyone who joined us. Your presence and support made this day a powerful reminder of the strength that comes from community and unity.

We are deeply grateful to our funders – the City of Regina and the Community Initiatives Fund – for making this gathering possible. A heartfelt thank you as well to the Grade 5/6 classes at Thomson Community School for creating beautiful tipi centrepieces, and to the Thomson Jiggers for sharing their vibrant performance with us.



Community Clean-up 2025

We've successfully wrapped up another Annual Heritage Community Clean-Up, and it wouldn't have been possible without the incredible support of our volunteers, partners, and neighborhood businesses! A huge thank you to Regina Fire, Regina Downtown Clean Team, Triskelion Tau Gamma Phi Regina Council, and Carmichael Outreach for bringing energy, strength, and dedication to the day. Special thanks to Loraas, Evraz Recycling, and Wheat Country Motors for providing essential services, from discounted bin and truck rentals to metal recycling support. Tim Hortons kept our team fueled, while the City of Regina helped fund this initiative, allowing us to continue caring for our shared spaces.

Lastly, a heartfelt thank-you to the businesses, like Italian Star Deli, of the Heritage neighborhood, whose daily efforts keep our community looking its best. Together, we made a real difference in keeping our area cleaner and brighter!

Central Zone Soccer

Central Zone Soccer kicked off at the end of April and ran until early June! Our league is a fun, co-ed, no-cut recreational outdoor soccer program that runs for six weeks each spring and welcomes kids ages 4 to 14 with all skill levels of soccer! Our aim is to promote equitable participation in sports and recreational activities, providing a fun and welcoming atmosphere for all participants.

This year we had twelve teams playing in the fields in Al Ritchie, Cathedral, and North Central communities, with an amazing group of kids, coaches and co-coaches! Each soccer season ends with a wind-up tournament, a BBQ with our wonderful families, and medals for all players beside the spray pad at Gocki Park!

Central Zone Soccer is sponsored by the Central Zone Board, which serves the residents of Al Ritchie, Cathedral, Centre Square, Downtown, Eastview, Heritage and North Central. Central Zone Board is affiliated with each neighbourhood's community association and includes members of each neighbourhood. The Central Zone Board sponsors and supports the delivery of recreational programming, such as Central Zone Soccer, to Regina's central neighbourhoods through the generous support of a City of Regina grant.

This program is running out of 1770 Halifax St. To sign up, please scan the QR code to register online or call HCA at (306) 757-9952 to register in-person or for more information.



Free Children's Summer Program

July 7 – Aug 15 **Monday to Friday**
Half day, full day and drop-in programs available depending on location

PlayEscapes is an inclusive summer program for ages 5-12, which offers play opportunities to help develop and foster life skills, creativity, imagination and positive self-image while promoting a physically active lifestyle. We welcome children of all abilities!

Registration is required, call the City of Regina Playline (306-777-7529) or register online through Regina Recreation Online.

For more information on Free Children's Summer Program, including locations and times, scan the QR code

[Regina.ca/freeprograms](https://regina.ca/freeprograms) 





Upcoming Events



Erhlo Sport Venture

Every Wednesday night, the gym at the Mitakuyé Owâs'â Centre comes alive with the sounds of dribbling, laughter, and teamwork. Erhlo Sport Venture's free youth basketball league is already in full swing, providing a welcoming space for kids of all skill levels to get active, have fun, and build a love for the game.

Focused on inclusiveness and accessibility, the league removes barriers so that every child has the chance to play—regardless of experience or financial means. It's more than just basketball; it's about community, confidence, and connection. We are proud to support the youth living in the Heritage community with accessing sport and look forward to our upcoming soccer season. **If you'd like to get involved as a volunteer or if you have any questions about our programs, please email sportventure@ranchehrlo.ca**

Summer Solstice at the German Club

June 21st | 3 PM - 9 PM (or when the last person leaves)

The Regina German Club is happy to host our annual "Sommerwende" (Summer Solstice) on June 21st, 2025, from 3 pm to around 9 pm at the German Club on 1727 St. John Street, Regina.

Enjoy the longest day of the year with Regina-based cultural entertainment groups, crafts, Solstice-themed drinks, food and more.

This event is FREE to attend and has activities for the entire family. Create your Summer Solstice accessories at the craft table, get into a Solstice character at the face painter, and enjoy a day in the sun with games and more. Our Biergarten will be open to sit and relax and enjoy a bite to eat or a refreshing drink.

Don't miss out on the children's masquerade contest. Make sure to come in a costume and win a prize. Step up to the watermelon-eating contest, a refreshing and amusing challenge for all ages.

Don't miss the chance to visit our Kaffeestube, located in our basement, where you can try a variety of delicious, homemade cakes and coffee. Our lounge provides a perfect environment for relaxation amidst the festivities. Mark your calendars! Submitted by Andrea from the German Club



Harvest Moon Festival

September 20, 2025 | 10 AM - 4 PM
Mitakuyé Owâs'â Centre – 1770 Halifax St.

The Harvest Moon Festival is one of our biggest annual events, taking place on Saturday, September 20th, and preparations are already underway for this highly anticipated celebration. As a day of cultural collaboration, the festival brings people together through dance, movement, and food, creating an immersive experience that honors traditions, strengthens community connections, and celebrates the changing seasons. Attendees can look forward to live performances featuring cultural dance groups, delicious cultural food, and highlights of the vibrant diversity of our neighborhood.

We're currently looking for street vendors to be part of the Harvest Moon Festival Street Market! If you're interested in selling food, crafts, or goods, please reach out to admin@hcaregina.com for more information.

We also invite cultural performance groups who would like to share their traditions through dance or movement to join us in making this event unforgettable. Help us showcase the rich tapestry of cultures in our community!

For all inquiries or to get involved, please contact admin@hcaregina.com.

Heritage Maker's Market & Shop Local Day

December 6, 2025 | 10 AM - 4PM
Mitakuyé Owâs'â Centre – 1770 Halifax St.

Experience the vibrant spirit of the Heritage Community as we welcome artisans from across Regina to showcase their craftsmanship at our Maker's Market. In addition to celebrating local creators, this event will spotlight businesses within the Heritage neighbourhood, supporting them as part of our annual "Shop Heritage" initiative.

Vendor applications are still open! If you'd like to take part, apply online via our website or reach out to admin@hcaregina.com for more details. The cost of a vendor table is \$40, with free tables for youth vendors aged 16 & under, a great opportunity for young entrepreneurs to share their talents and grow their businesses at no cost.

We're also excited to welcome the EnviroCollective, who will be hosting a special Santa's Workshop Repair Café, where they'll be fixing toys and giving them new life, just in time for the holiday season!



In the Community



RaeAmblings – A Memoir About Disability & Other Stuff

Submitted by Author RaeAnne Ellert

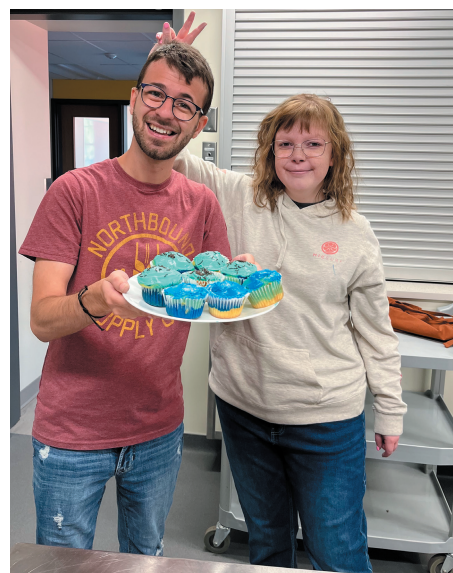
Offers an honest and raw glimpse into my life as a neurodivergent person navigating a world not built for people like me. My memoir spans earliest memories to the present in a collection of stories as I journeyed through vulnerability, resilience, and self-discovery, with a few laughs along the way. Each story weaves into an overarching narrative about learning to live authentically while facing life's challenges and learning to celebrate small victories. I hope this book will help someone like me feel a little less alone.

About the Author

RaeAnne Ellert always knew that learning came harder than it did for her peers. She frequently felt like she had been dropped off from a different planet. After years of consultations with doctors and specialists, she was diagnosed with a rare genetic mutation at the age of fifteen. Growing up in Melville and its surrounding area, RaeAnne spent most of her life there before moving to Regina during the COVID-19 pandemic, seeking a “new normal.” Writing has always been RaeAnne’s passion, serving as an outlet to explore themes such as depression, anxiety, and life as a neurodivergent person. Beyond writing, RaeAnne enjoys live arts like plays and music, volunteering with cat rescues, playing The Sims 4, and spending time with family and friends. Linktree <https://linktr.ee/raeamblings> Here are the links to buy the book and to the tickets for my book launch on June 12th at Excalipurr Cat Café. Ebook is out May 1st and the paperback is out June 13th”

Volunteer Appreciation

To all of our incredible volunteers, thank you. Your support is the heartbeat of our events like Harvest Moon, Vintage Market, and Makers Market, bringing warmth and positive energy. Whether it's offering to help with a simple “just give me a call” when our Art Park needs a little cleanup or stepping up to change our community signs when we asked for a hand, your willingness to pitch in never goes unnoticed. To our devoted Snow Angels, your efforts in clearing paths during the harshest winter days ensure that neighbors can move safely and with peace of mind. And to the amazing young adults from SaskAbilities who brighten our Mondays by preparing snacks for our community, you inspire us with your kindness and commitment. Each of you makes our community stronger, kinder, and more connected. We are so deeply grateful.





Buckets & Borders

Buckets & Borders is a non-profit organization with the mandate to improve communities and bring people together through basketball. Proudly founded in Regina, SK, the organization has completed 20 outdoor basketball court restorations across the country.

This summer, the Buckets and Borders team will be building a full FIBA size 3x3 court at Core Park, replacing the small hoops currently located at the park. A mural installation will be installed on the surface of the court, designed in partnership with various youth groups in the community. A grand opening celebration will take place June 22!



RHS Pet Connection Food Bank Program

HCA is a proud distributor for the RHS Pet Connection Food Bank Program. This program provides pet food and essential supplies to families facing financial hardship, helping to ensure pets stay with their families. Everyone needs a helping paw now and then! Please call 306-757-9952 to arrange pick up or stop by the HCA office Tuesday – Thursday from 1PM – 4PM. Please note that the availability of food and supplies varies at any given time.

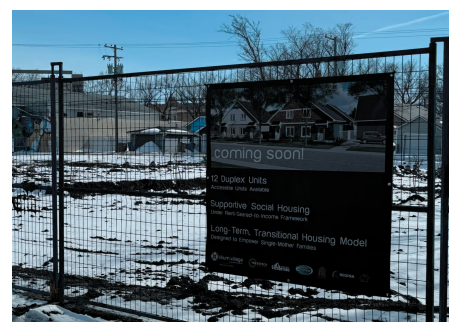
Maybell Developments' Liliu Village

Submitted by Michelle Coghill

MayBell Developments would like to say 'Thank You' for your patience in the transitions at the 19-block Ottawa Street location. The circumstances aligned: the extension of building permits, funding through the Canadian Mortgage and Housing Corporation (CMHC), and the gracious 'gifting' of the parking lot property from Trinity Lutheran Church (TLC) allowed for us to break ground on the Liliu Village Build Project. This is a monumental advancement for our organization, and one we have been working toward for many years. The project is estimated to take about 10-12 months, bringing the timeline for completion to around late fall of 2025.

The plans for the project remain a 'tiny-home' duplex community available for low-income single mother families. MayBell's Liliu Village will provide safe housing at an affordable rate for twelve families through rent-geared-to-income units. Over the course of two- to five-years our participants attend a series of courses all of which focus on building healthy relationships as it relates to their finances, work, tenancy, and community. Our desire is for relational restoration with their family and community, breaking the generational cycle of poverty.

Want to hear more? Reach out to our Executive Director, Michelle Coghill (306-992-0565 ext. 2 or michelle.coghill@maybelldevelopments.com). Whether you are a single-mother interested in being added to our waitlist, a community member looking to volunteer or participate in our Faith & Finance program, or a community member looking to volunteer or serve through our cause, we can direct you to the right place.



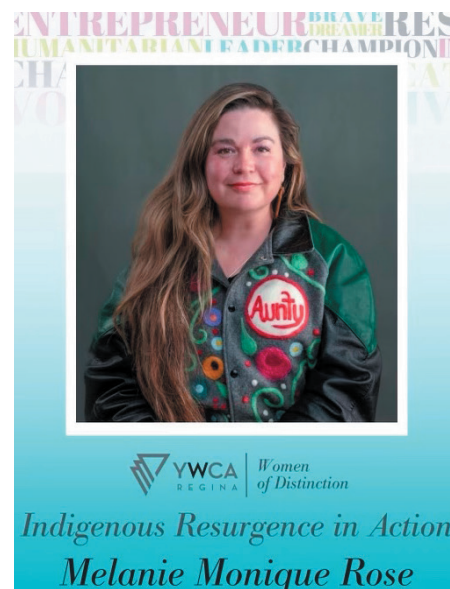
Felting with Melanie Monique Rose

HCA has had the pleasure of collaborating with the incredibly talented Melanie Monique Rose on several creative projects. Most recently, we've begun an exciting community story blanket initiative, inviting everyone to contribute their unique touch. We've also hosted popular felting workshops with Melanie, including Christmas ornament and Easter egg sessions.

A huge congratulations goes out to Melanie for being a recipient of the 2025 YWCA Women of Distinction award in the category of Indigenous Resurgence in Action. Melanie Monique Rose is a Métis/Ukrainian visual artist from Regina, Saskatchewan, and a citizen of the Métis Nation of Saskatchewan. Her work centers on kinship and relationships between the land, ourselves, and each other.

We're thrilled to continue our work with Melanie on the story blanket and to offer more engaging felting workshops in the future.

To learn more or stay updated on upcoming workshops, please contact us at info@hcaregina.com.



Contribute to this Newsletter

Want to contribute to the next community newsletter? Have an idea for an article? Want to share your art with your neighbourhood? Send your pitch to web@heritagecommunityassociation.com. We welcome all kinds of community involvement - this is YOUR community newsletter!



YOU'RE INVITED!
**The Al Ritchie Heritage
Community Health Centre is
pleased to invite all clients and
friends to an**

OPEN HOUSE & BBQ



Join us as we celebrate the exciting addition of
PHYSICIANS to our complement of clinical services!
These services will be targeted for residents in our
neighborhood. Come and learn how we can help with
your healthcare needs.

JUNE 11, 2025

11:30 AM - 1:00 PM

1550 14TH AVE

LUNCH WILL BE SERVED

(WHILE SUPPLIES LAST!)

PLEASE COME TO OUR OPEN HOUSE TO FIND OUT HOW
WE CAN HELP WITH YOUR HEALTHCARE NEEDS.



Saskatchewan
Health Authority

OPERATION FRESH START: FREE LAUNDRY PROGRAM



Clean Clothes, Clean Start!

**Enjoy Free Laundry Detergent
Available On-Site!**



Get Your Vouchers

Circle Project
5th & Elphinstone
(306-347-7515)

Heritage Community Association:
1770 Halifax Street
(306-757-9952)

COMMUNITY POWERED

How You Can Help:

- **E-transfer:** finances@hcaregina.com
- **Cheques:** Please make payable to Heritage Community Association
 - To ensure allocation to the program please ensure "Operation Fresh Start" is noted in the message or memo line
- **Donate Online:** Visit hcaregina.com and click "donate now"
- **Cash:** Bring to the Heritage Community Association during office hours

Important Details:

- ✓ **Tax Receipts:** Issued for all donations.
- 💰 **100% of Donations:** Goes directly to laundry & detergent costs.
- 👥 **Staffing:** Provided in-kind by our partners.

100% of each donation washes clothes!

SCAN TO
DONATE



PARTNERS



Message from City Councillor, Victoria Flores

Hello!

Your Ward 6 City Councillor here with an update on my work since November 2024, community feedback, and plans for the rest of 2025.

Since November, I've been busy connecting with residents, attending community events, and advancing motions at Council. Beyond policy work, a significant part of my time is dedicated to responding directly to your individual concerns and helping you navigate city services – whether it's a bylaw matter, a query about grant applications, or a permit question. On the policy front, I'm pleased to share some key progress:

- I successfully brought forward two motions: one to add affordable housing options by exploring more zoning options for manufactured homes, and another to help community groups access underutilized city facilities.
- I also collaborated with Councillor Zachidniak to deploy the warming bus during February's extreme cold.
- Building on this, I'm continuing to advocate for a more proactive city response to extreme weather for our most vulnerable residents.

Key concerns I've heard from you include street conditions, road repairs, pedestrian safety, affordability, food security, and preserving our unique community spirit. Your engagement is invaluable and directly guides my work.

Attending community events remains a highlight, offering wonderful opportunities to listen, learn, and celebrate with you. It truly shows the passion in our neighbourhoods.

I'm planning a town hall in July where we can connect, share updates, and discuss building our strong, inclusive community together. Stay tuned for details!

As always, please reach out with questions, concerns, or ideas – email is usually the fastest way to connect. Thank you for your engagement and support. It's truly an honour to serve as your councillor.

Victoria Flores
City Councillor, Ward 6
vflores@regina.ca
306-520-5022



Thank You to Our Funders



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Join our Board of Directors

Help shape the future of our neighbourhood! Forge meaningful connections with fellow community members while taking tangible action toward building a more inclusive inner-city community.

We're seeking individuals of all different backgrounds to join our board and share their vision for Heritage. Indigenous and youth applicants are strongly encouraged. At least half of our board members must reside in the neighbourhood, but those with special interests or connections (work, previous residency, etc.) are also welcome.

Board meetings occur on the third Monday of each month, with email communication in between.
For more information or to express your interest and set up an interview, please email director@heritagecommunityassociation.com, call 306-757-9952, or fill out the application form online: heritagecommunityassociation.com/board.

HCA Membership Form

To become an HCA Member, please fill out this form and mail it to the **Heritage Community Association** (1770 Halifax St., Regina, SK S4P 1V6)

Please check one:

- ☐ I will enclose my minimum \$5 donation.
☐ I will make my donation online by visiting heritagecommunityassociation.com/donation.

Name:

Address:

Email:

Phone:

Do you want to receive a seasonal e-newsletter from HCA: Yes / No

If you prefer to complete your Membership Form online,
please visit heritagecommunityassociation.com/membership

