

REGINA AREA

VitalSigns®

2016 REPORT



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This report has been coordinated by the South Saskatchewan Community Foundation in conjunction with Community Foundations of Canada, and in partnership with the Vital Signs Community Advisory Committee.

VitalSigns®

Community foundations taking the pulse of Canadian communities.

Vital Signs® is a community check-up conducted by community foundations across Canada that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. *Vital Signs* is coordinated nationally by Community Foundations of Canada and with special thanks to the Toronto Foundation for developing and sharing the *Vital Signs* concept. For more information visit www.vitalsignscanada.ca.

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IS A PROUD MEMBER OF

SPECIAL APPRECIATION TO THE VITAL SIGNS COMMUNITY ADVISORY COMMITTEE, A VOLUNTEER PANEL OF REPRESENTATIVES FROM ORGANIZATIONS IN REGINA AND AREA. MANY INDIVIDUALS PROVIDED ADVICE AND GUIDANCE FOR PRODUCTION OF THIS REPORT. THROUGH THEIR INPUT AND DEDICATION, THEY ENSURE PERSPECTIVES OF OUR KEY COMMUNITY PARTNERS ARE REPRESENTED.

SOUTH SASKATCHEWAN COMMUNITY FOUNDATION ALSO EXTENDS APPRECIATION TO DR. IRYNA KHOVRENKOV OF THE JOHNSON SHOYAMA GRADUATE SCHOOL OF PUBLIC POLICY, UNIVERSITY OF REGINA FOR RESEARCH AND DATA ANALYSIS WITHIN THIS REPORT.



MESSAGE FROM SOUTH SASKATCHEWAN COMMUNITY FOUNDATION

The *Vital Signs* report measures the vitality of Canadian communities across a number of key indicators. Using available data as a springboard, we delve into key issues that help us better understand the health of our community. We embrace community knowledge to help us tell real stories about real people, and foster important conversations about how the Regina area can live up to its potential as one of the best communities in Canada.

In 2015, Saskatchewan was home to more than 1.1 million people. Our province overflowed with growth and vitality and was leading some other provinces in employment growth. During this time, our low unemployment rate of 4.4% placed Saskatchewan second to Norway worldwide.

Within Saskatchewan, as of July 1, 2015, the census metropolitan area (CMA) population for Regina was recorded at 243,000, an increase of 0.84% from 2014. The two largest factors influencing growth were immigration and births.

With strong growth comes both challenge and opportunity.

Our research for *Vital Signs* focuses on the CMA for Regina where we explore what it means to belong and connect with community. For many, finding a community or a place where we feel we belong is at the heart of our lives. Choice, circumstance and unexpected events move us away from our roots.

Language, culture, knowledge, skills or economic conditions can act as barriers to belonging.

In its third year of publication, the 2016 Regina Area *Vital Signs* report is based on the national theme, **Belonging: Exploring Connection to Community**. At the local level, we consider three key areas:

- *Pursuing Reconciliation;*
- *Welcoming Newcomers;*
- *Building Economic Inclusion.*

Belonging is at the heart of building stronger communities and a more cohesive, inclusive country. Belonging intersects with all aspects of community life and connects to some of today's most pressing issues, from our inclusion of newcomers, to reshaping the relationship between Aboriginal peoples and all Canadians, to strengthening rural and remote communities.

We invite you to learn more about your community, its people, their challenges and triumphs. Learn how far we have come, how far we have yet to go, and most importantly what you can do to make a difference.

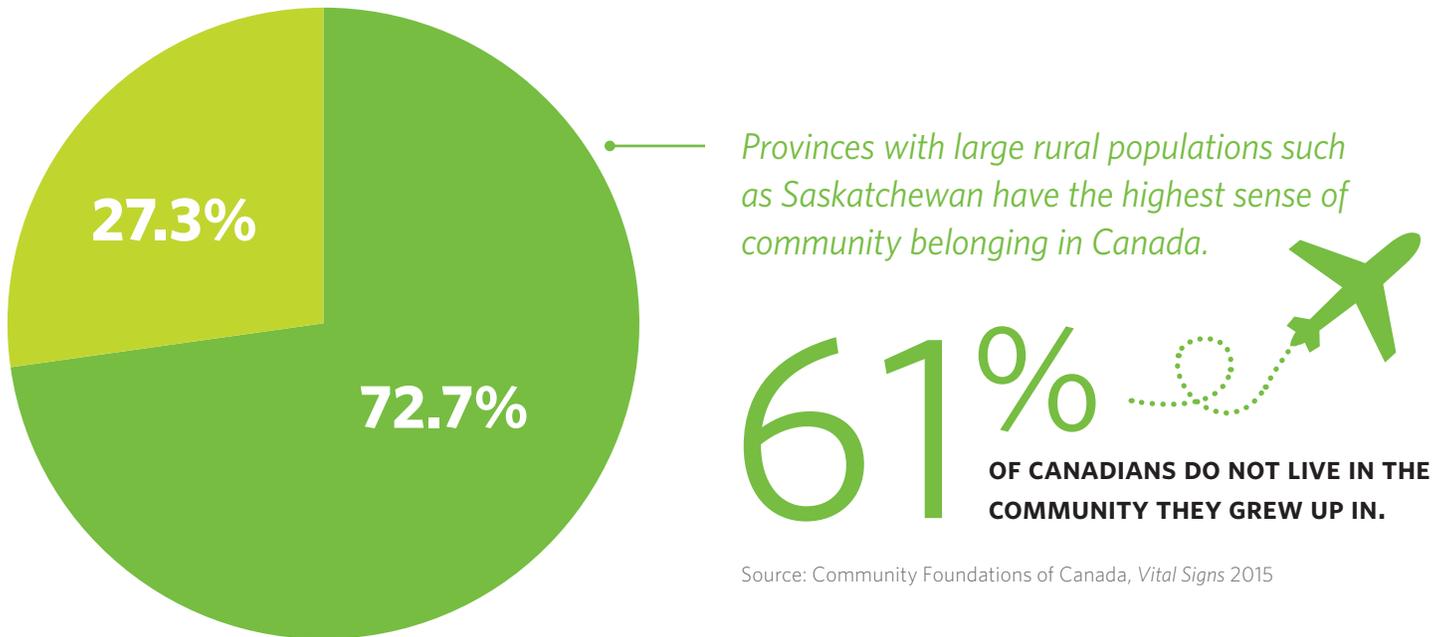
Visit sscf.ca/vital-signs for a full copy of the report and additional information. Follow the conversation on Twitter at [#VSBelonging](https://twitter.com/VSBelonging)



COMMUNITY DASHBOARD

Numbers tell many stories. The community dashboard shows us how well the community performs against indicators that showcase our quality of life. In order to know where we need to head on our journey to become a community where each person has the opportunity to belong, it is critical to understand where we are coming from and to be ready to adapt to changing circumstances.

FIGURE 1: SENSE OF COMMUNITY BELONGING IN REGINA



- Strong or somewhat strong sense of community belonging
- Weak sense of community belonging

Notes: Sense of belonging is measured for the Regina Qu'Appelle Health Authority
 Source: Canadian Community Health Survey, Statistics Canada, 2014.

TABLE 1: DASHBOARD INDICATORS FOR THE REGINA COMMUNITY

DASHBOARD INDICATOR		2013	2014	2015
 DEMOGRAPHICS	 Population (000s)	231	238	243
	 Youth (% of total population under 14 years of age)	17.4	17.5	17.8
	 Seniors (% of total population over 65 years of age)	12.6	12.6	12.9

TABLE 1: DASHBOARD INDICATORS FOR THE REGINA COMMUNITY - CONTINUED

DASHBOARD INDICATOR		2013	2014	2015
 <p>ECONOMIC INDICATORS</p>	 <p>Growth in real GDP (2007, \$millions)</p>	5.6	3.8	-0.3
	 <p>Personal income per capita (\$)</p>	47,979	48,257	52,931
	 <p>Housing starts</p>	3,122	2,223	1,597
	 <p>MLS average price (\$)</p>	312,355	314,968	310,609
 <p>EMPLOYMENT INDICATORS</p>	 <p>Total employment (000s)</p>	136	137	138
	 <p>Employment rate</p>	72.1	70.3	69.6
	 <p>Unemployment rate</p>	3.8	3.6	4.4
	 <p>Median hours worked</p>	37.5	37	37.5
	 <p>Median hourly earnings (\$)</p>	22	24	25
 <p>VITAL STATISTICS</p>	 <p>Baby boys born in Regina</p>	1,438	1,516	1,488
	 <p>Baby girls born in Regina</p>	1,356	1,495	1,456
	 <p>Marriages</p>	931	989	932
	 <p>Deaths</p>	1,963	1,992	2,014
 <p>ACCESS TO HEALTH CARE</p>	 <p>Total physicians per 100,000 population</p>	197	199	205
	 <p>Have a regular doctor (%)</p>	86.4	78.8	81.4
	 <p>ER wait time for initial physical assessment (hrs)</p>	4.3	4.0	3.6
 <p>EDUCATION</p>	 <p>High school completion (% of 15+ population)</p>	86	84	86
	 <p>Post-secondary education (% of 15+ population)</p>	52	51	52

Notes: For the "Access to Health Care" indicators, the corresponding years are shortened from 2012-13 to 2013, 2013-14 to 2014 and 2014-15 to 2015.

Source: Statistics Canada (various files); Data on population, GDP, employment, economic growth and personal income are obtained from Economic Development Regina Inc.

PURSUING RECONCILIATION

Reconciliation begins with understanding important facts and cultural history.

Regina, with other cities in southern Saskatchewan, belongs within Treaty 4 boundaries (Figure 2). This Treaty is also known as the “Qu’Appelle Treaty” as it was signed in Fort Qu’Appelle, Saskatchewan on September 15, 1874. While First Nations were the original inhabitants of what is now Canadian land, they soon found themselves sharing the land with Métis and newcomers from Europe.

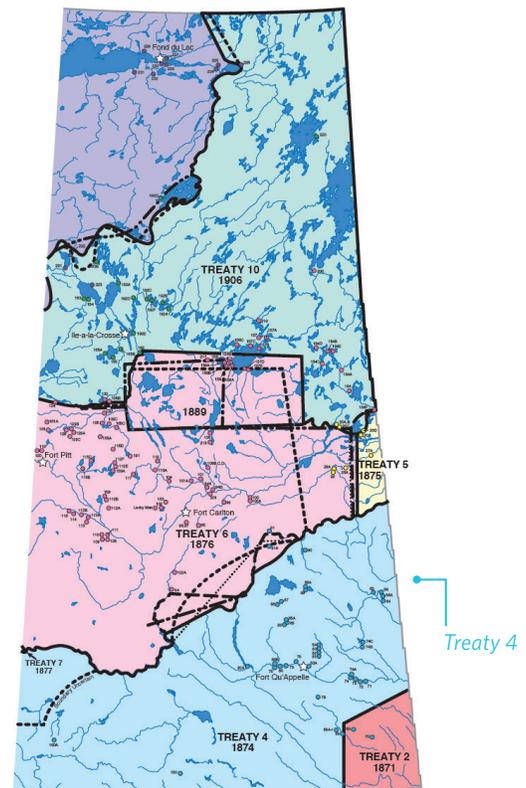
First Nations viewed Treaties as a way to share the land, establish understanding and respect and continue with their traditional ways of living. Treaties played an important role in building a relationship between First Nations with Métis and newcomers by ensuring that each community lived in harmony. The 1992 Treaty Land Entitlement (TLE) Framework Agreement addressed the fact that many Saskatchewan First Nations did not receive the land they were owed as part of Treaty. First Nations have used TLE money for significant economic benefit, purchasing agricultural land, as well as lands in urban areas. There are currently 52 urban Reserves existing in Saskatchewan, and 53 pending. (Source – Office of the Treaty Commission – www.otc.ca)

The Tribal Councils included within the South Saskatchewan area include File Hills Qu’Appelle (FHQ) Tribal Council, Yorkton Tribal Council and South East Tribal Council. Within the FHQ Tribal Council, the largest Tribal Council within the area, there are 11 member First Nations communities.

Members of the FHQ Tribal Council live on and off the Reserve land and include:

- Carry the Kettle
- Little Black Bear
- Muscowpetung
- Nekanee
- Okanese
- Pasqua
- Peepeekisis
- Piapot
- Standing Buffalo
- Star Blanket
- Wood Mountain

FIGURE 2: TREATIES MAP OF SASKATCHEWAN



All young people need to know who they are and from where they come. Aboriginal children and youth, searching for their own identities and places of belonging, need to know and take pride in their Indigenous roots. They need to know the answers to some very basic questions. Who are my people? What is our history? How are we unique? Where do I belong?



WHERE TRADITION MEETS MEDICAL SCIENCE



PHOTO COURTESY FHQTC

FHQ Vice-Chair Elaine Chicoose and FHQ Transition Project Executive Lead Edmund Bellegarde greet Prime Minister Justin Trudeau April, 2016.

Reconciliation is not just about healing wounds. When governments and citizens work together looking for new ways to respect culture and embrace diversity, everyone benefits.

The All Nations' Healing Hospital (ANHH) in Fort Qu'Appelle is a story of First Nations people taking a lead role in self-determination, leadership and management. It demonstrates how they are meeting their own needs for health care as partners instead of using a "one size fits all" approach. ANHH's ability to bring federal and provincial governments together as partners gives the hospital an unusual capacity to engage in innovative, creative activities, including the provision of holistic, integrated services.

Nationally recognized for high quality health care and its holistic approach, ANHH is one of the first health care facilities in Canada owned and operated by First Nations governments. The hospital serves Fort Qu'Appelle and surrounding area.

Built on tribal land, the hospital opened in 2004, and is owned by the File Hills Qu'Appelle Tribal Council and the Touchwood Agency Tribal Council representing 15 member First Nations communities. During the 1990s, it became clear that the 70-year old Fort Qu'Appelle Indian Hospital needed substantial upgrading. Chiefs of the First Nations and the Touchwood Tribal Council stepped up to lead development of the new facility.

The facility includes the First Nations Health Service and White Raven Healing Centre for addiction and mental health patients in a circular wing. Acute care, emergency, and operations are housed in one of three wings that radiate from the centre of the circular structure, integrating traditional health and wellness and Western medical practices.

Interior design elements represent the earth, water, and fire, and the connection between mind, spirit, body, community, and land. Smudge and sweat lodge ceremonies are routinely held on site, and traditional medicines are processed and shared in the Medicine Room. The complex also includes an Elders' Suite where Elders may hold ceremonies or rest while they are on site.

The hospital stands as a remarkable example of what happens when collaboration and integration are at the core of every decision. With a unique approach to service delivery, governance and funding, ANHH provides a wide range of services. It is home to the First Nations Health Service department providing community health programs ranging from home and community care through child development, nutrition, and health education to water quality testing for 11 First Nations.

In April, officials began construction of the Chronic Wellness Centre, which will house six dialysis units and renal care facilities. The facility will be built adjacent to the hospital at a cost of \$1.7 million and is expected to open late this fall.

EDUCATION IS WAY FORWARD

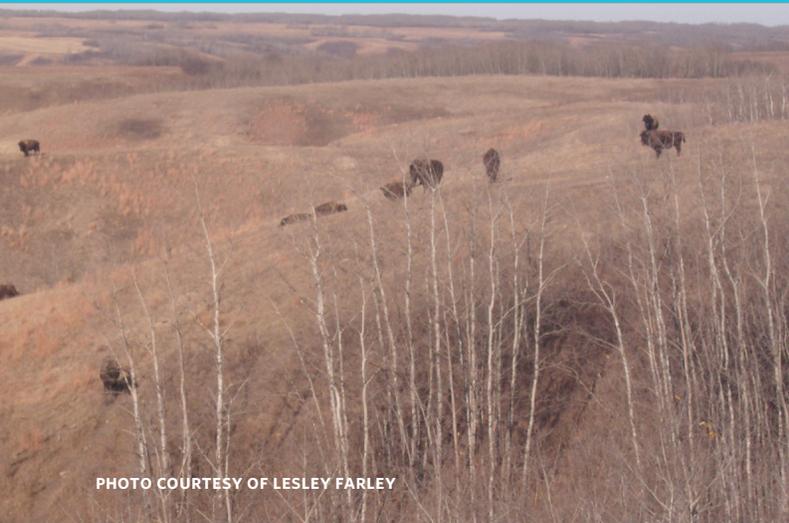


PHOTO COURTESY OF LESLEY FARLEY

In recent years, a number of Elders and Aboriginal leaders have referred to post-secondary education as “The New Buffalo.” They have called on First Nations and the Government of Canada to renew their focus on helping youth secure their futures through education. With an undergraduate degree or technical diploma becoming the basic entry qualification for most jobs, those who have not completed high school and a post-secondary education have limited opportunities to participate in the labor market. Education, employment and the ability to be financially self-sufficient are key factors in building communities where every person can prosper.

The survey of Canadian Public Opinion on Aboriginal Peoples published in June 2016 reported that a strong majority of Canadians believe that reconciliation will be impossible as long as Aboriginal peoples remain socio-economically disadvantaged. In addition, a majority of Canadians believe that funding for Aboriginal education should match funding for other students and that there should be mandatory curriculum in all schools to teach Aboriginal history and culture.

During the past few years, significant steps have been taken — some of these are featured in the stories included in this publication — and we await fresh data to better understand our progress.

Reference to Survey: Canadian Public Opinion on Aboriginal Peoples, June 2016 available at: www.philanthropyandaboriginalpeoples.ca/resources/publications-reports/

OUR YOUNG PEOPLE SPEAK



WORDS BY FAITH KETCHEMONIA

PHOTO CREDIT - W. FINEDAY

FROM KITOSKĀYIMINAWAK PĪKISKWĒWAK: THE HEALING EDITION

PUBLISHED BY PRAIRIE VALLEY SCHOOL DIVISION

“When I’m dancing, I think of how I’m healing the people and that I am praying for them. When I dance I feel nothing but happiness. I can feel my spirit, as well as others, rising. I feel so much stronger, not just in a muscular way, but in the spiritual way. It cleanses my mind, body, heart and soul. I also feel, in a way, that when I am dancing I can feel somebody else’s spirit. If they are having a rough time and they see me dancing, they will see that I am dancing for them and I heal them, make them forget their worries.

Since I started dancing I have felt more connected with my culture, my people, nature, and even myself. Dancing to me is not a hobby, or interest, it’s more like a way of life. ...When you see me raising my hand that’s my way of saying that I am dancing for you...When we, First Nations people, come together and dance, we dance for many reasons. We dance to fight for what we have, to strengthen the people, to give thanks to the Creator. We dance to the heart beat of the drum, and we dance together as treaty people.”



FIRST NATIONS UNIVERSITY OF CANADA

PHOTO COURTESY OF FNUiv

TREATY EDUCATION IS CORE TO UNDERSTANDING AND MOVING FORWARD

SUBMITTED BY SANDY PINAY-SCHINDLER

Education is a key part of the reconciliation process. Sandy Pinay-Schindler, a member of Peepeekisis First Nation, understands the importance of the role played by youth. Presently seconded to the Ministry of Education to support First Nations, Métis and Inuit student achievement, she reflects upon her experience as a Treaty educator and leader in the Prairie Valley School Division.

Treaty education is at the heart and core of understanding each other as First Nations people and Settlers. The famous phrase “We Are All Treaty People” as learned through the Office of the Treaty Commissioner exemplifies our commitment to actualizing the true spirit and intent of the Treaties – which is to share the land and live together peaceably for our children, grandchildren and great grandchildren’s futures. Understanding, honouring and respecting the Treaty relationship is a key part of this process.

School divisions across the province have implemented mandatory Treaty education (Speech from the Throne, 2007) through many venues –oral tradition through Elders and Knowledge Keepers, websites, arts partnerships, learning resources, Treaty in-services and comprehensive Treaty education action plans as part of core School Division business. Educators have embraced Treaty education and the learning for our young people is exciting and hopeful.

Treaty education includes learning about the oppressive history of Indigenous peoples, including the restrictive and racist policies of The Indian Act, the cultural genocide caused by the Residential School system, the Pass and Permit system, contemporary issues such as racism and about the true intent and spirit of the Treaties. Students understand that treaties are not a thing of the past, rather, they are living, breathing agreements that evolve and shape. Treaties are forever – ‘as long as the sun shines, the grass grows and the rivers flow’.

Treaty Essential Learnings (2006) are taught through all grade and subject areas and include learning about relationships, the spirit and intent of Treaties, the historical context and treaty promises and provisions.

For non-Indigenous people, reading and understanding the 94 Calls to Action as identified by the Truth and Reconciliation Commission of Canada are a way to redress the legacy of residential schools and advance the process of Canadian reconciliation (www.trc.ca). My own journey of reconciliation includes reclaiming my family and community kinship ties, my history and my language as a Cree/Saulteaux woman.

Kitoskâyiminawak Pîkiskwêwak: Our Young People Speak

One of the most exciting projects I have facilitated within the School Division has been the development of a magazine series Kitoskâyiminawak Pîkiskwêwak: Our Young People Speak. The magazines and learning resources are dedicated to connecting Grade 10 students in PVSD and Treaty 4 First Nations schools to First Nations, Métis and Inuit ways of knowing. Through writing, art, photography and interviews, students from many communities have contributed writing for a teaching and learning resource.

The initiative has resulted in five student magazines of First Nations and Métis worldview-focused writing, published by Prairie Valley School Division.



If you don't use your traditional teachings, they go to sleep. They are always inside of you, just hidden.

ELDER SAM ISAAC, OCHAPOWACE FIRST NATION, FROM THE ARTICLE “GRATITUDE”

BY AMBER V. LERAT, AS PUBLISHED IN KITOSKÂYIMINAWAK PÎKISKWÊWAK: THE HEALING EDITION

THE PATH TO TRUTH AND RECONCILIATION



THE HONOURABLE JUSTICE MURRAY SINCLAIR DELIVERS THE 2016 WOODROW LLOYD LECTURE AT THE UNIVERSITY OF REGINA ON FEBRUARY 24
PHOTO COURTESY OF U OF R PHOTOGRAPHY

In the 1870s, the federal government in partnership with several mainstream church organizations, established residential schools for Aboriginal children across Canada. For over 100 years, attending residential school was mandatory, and parents refusing to send their children to school were punished and sometimes imprisoned. Their purpose was to eliminate parental influence in spiritual, cultural and intellectual development of the children. The last residential school closed in the mid-1990s.

More than 150,000 First Nations, Métis and Inuit children were forced to attend, many taken from their homes. An estimated 80,000 are alive today. Students were forbidden to speak their language or practise their culture. Many were required to do manual labour and fed poor quality and spoiled food. Survivors report sexual and mental abuse, severe punishment, overcrowding, illness and other unjust experiences. Many received sub-standard education. There were 22 residential schools throughout Saskatchewan.

In the early 1990s, as social problems escalated throughout Aboriginal communities, the federal government created the Royal Commission on Aboriginal Peoples, confirming the social crisis caused by residential schools and the resulting intergenerational trauma. The Aboriginal Healing Foundation was established in 1998, and in 2007, the Indian Residential School Settlement Agreement was implemented to compensate survivors for unjust treatment and implement healing initiatives.

The Truth and Reconciliation Commission (TRC) was established in 2008 to document and inform Canadians about what happened in residential schools.

Presenting the 2016 Woodrow Lloyd Lecture at the University of Regina, the Honourable Justice Murray Sinclair, Chair of the Commission, discussed the extreme injustices occurring during the 130-year history of the residential school system and its legacy of emotional, physical, and sexual abuse.

Noting that seven generations of Indigenous children were taught that their culture had no value, they had no value, and that their only hope lay in assimilation, he explained how this legacy continues to impact the social, cultural, emotional, and economic well-being of survivors and their families.

He said the key to repairing relationships lies in education, changing what and how we are taught about Indigenous history so there can be no denial of the injustices committed. For a video recording of Justice Sinclair's Woodrow Lloyd Lecture, see: <https://tiny.cc/woodrowlloyd>

To read the TRC full report, released in December 2015, visit www.trc.ca

BIG BROTHERS AND BIG SISTERS LEADING BY EXAMPLE

Big Brothers and Big Sisters of Saskatchewan organizations are committed to pursuing reconciliation based on mutually respectful relationships outlined in two core commitments of the 94 Calls-to-Action presented by the Truth and Reconciliation Commission. The organizations will:

- *Develop, with Aboriginal groups, a joint strategy to eliminate educational and employment gaps between Aboriginal and non-Aboriginal Canadians;*
- *Adopt the United Nations Declaration on the Rights of Indigenous Peoples, and to apply its principles, norms, and standards*

to corporate policy and core operational activities involving Indigenous peoples and their lands and resources.

Specific actions include cultural competency training, appropriate visuals and written communications, dialogue and relationship building, partnering with Saskatchewan Aboriginal communities and organizations and creating culturally relevant outcomes.

One of their reconciliation initiatives is the Saskatchewan Indigenous Mentorship Project, focused on designing meaningful and relevant service delivery that addresses the needs of Aboriginal youth across Saskatchewan.

INDIGENIZATION AT THE UNIVERSITY OF REGINA

SUBMITTED BY EMILY GRAFTON, EXECUTIVE LEAD, INDIGENIZATION, U OF R

The term Indigenization is multifaceted and can be understood differently by the many diverse Indigenous nations throughout Canada. Indigenization on university campuses, however, often includes those efforts to transform curriculum and learning and redefine campus space by reprioritizing Indigenous cultures and ways of knowing.

The University of Regina (U of R) and many other universities across Canada are implementing Indigenization efforts because traditional post-secondary education has typically excluded or dismissed Indigenous ways of knowing. Indigenization efforts are intended to increase Indigenous student access and retention to university, increase awareness of ongoing colonization in Canada, better the connections of a university to the ancestral and Treaty lands which it sits upon, and other like-minded initiatives.

The U of R's Indigenization strategy is based on five key points: Governance and Administration, Academic Indigenization, Indigenous-centred Research, Student Success, and Community Engagement. These five points were determined by the Indigenous Advisory Circle (IAC), which was established in 2011 by U of R President Vianne Timmons. The IAC membership is made up of volunteers who are First Nations and Métis peoples employed at the U of R.

Examples of the five strategies can be found throughout all of campus. Indigenization efforts can be found in the classroom where professors and instructors might acknowledge that the U of R sits on Treaty 4 and 6 lands or integrate Indigenous scholarship into their course readings and lectures. These efforts can be found throughout the academic year as various Indigenous scholars are invited to give public lectures or at Indigenous-centred cultural events put on by students, staff, and/or faculty. Other efforts can include the hiring or appointments of Indigenous peoples in decision-making roles. These examples demonstrate that the U of R's Indigenization efforts are truly broad and varied in scope, and they will continue to evolve over time.

It is often said that Indigenization is a shared responsibility for all Canadians, and we encourage people to think about how they might be involved.

YOUR INPUT IS WELCOME!



THE OFFICE OF THE TREATY COMMISSIONER IS COLLECTING SASKATCHEWAN STORIES OF RECONCILIATION.

LEARN MORE AT WWW.OTC.CA

HUMANS ARE THE MOST DEPENDENT OF ALL CREATURES

Dr. Blair Stonechild is a Cree-Saulteaux member of the Muscowpetung First Nation and Professor of Indigenous Studies at First Nations University of Canada. His book, *The Knowledge Seeker: Embracing Indigenous Spirituality*, is widely read and highly regarded. Following is an excerpt from his essay on reconciliation.

"When I became a university professor at the First Nations University 40 years ago I found a much different attitude. The spirituality I discovered through elders was non-judgmental, very loving and supportive. Elders said that we are all spirit beings on a temporary physical journey. Even more difficult for most to understand that there is a spirit world beyond what we perceive with our five senses. Indigenous spirituality is a direct interface with the transcendent through ceremonies, dreams, fasting, meditation, and visions.

Humans are not at the centre of creation, in fact they are the most dependent of all creatures. As humans we are to learn roles such as being a provider, a parent, a teacher, a healer or a leader. We are to acquire virtues including humility, honesty and bravery. In achieving these spiritual goals one does not need to have to have a Cadillac, million-dollar house or yacht. In fact, these things can be impediments to our growth.

Our elders struggle to reach the young, especially in cities where loss of language and spirituality has been identified as the root of substance abuse, criminality, and gangs. I have personally seen these healing practices help youth develop a strong sense of worth, alcoholics beat their addiction, and offenders turn their lives around."

READ MORE ABOUT TRUTH AND RECONCILIATION AT THE UNIVERSITY OF REGINA PRESS
www.uofrpress.ca

The Education of Augie Merasty

BY JOSEPH AUGUSTE MERASTY & DAVID CARPENTER

Children of the Broken Treaty

BY CHARLIE ANGUS

100 Days of Cree

BY NEAL MCLEOD

#IdleNoMore and the Remaking of Canada

BY KEN COATES

Clearing the Plains

BY JAMES DASCHUK

The Knowledge Seeker: Embracing Indigenous Spirituality

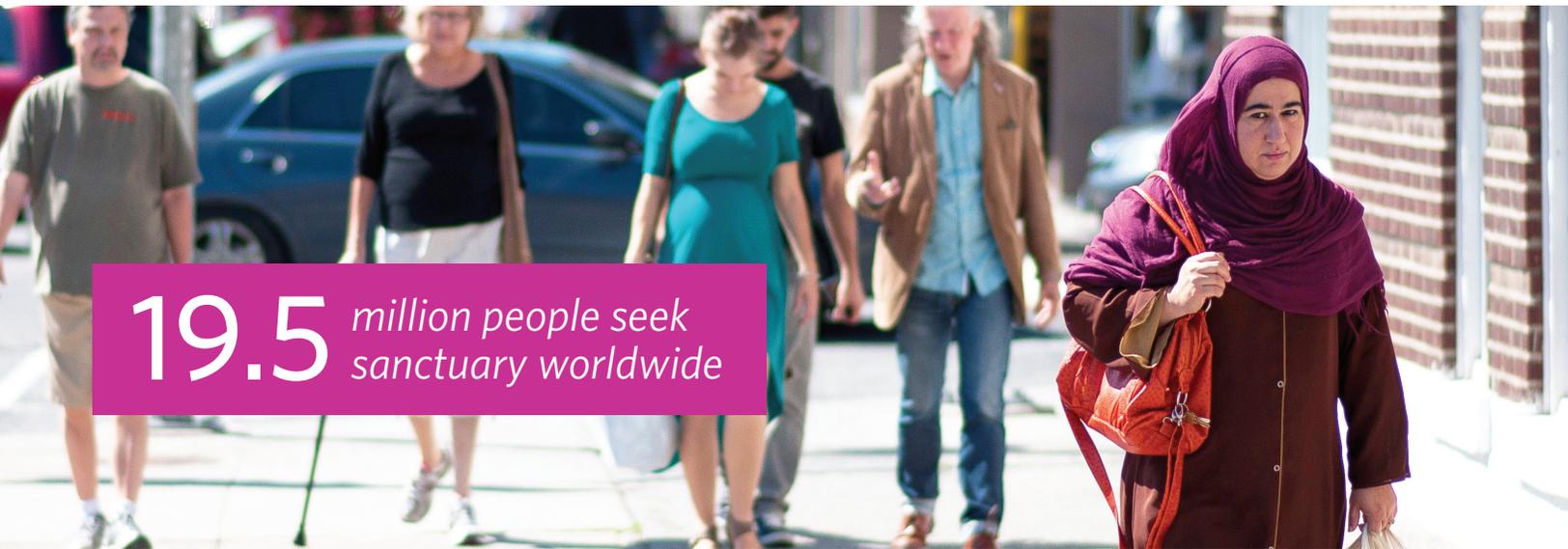
BY BLAIR STONECHILD

WELCOMING NEWCOMERS

The world faces a refugee crisis on an unprecedented scale.

Amnesty International reports that worldwide, 19.5 million people seek sanctuary.

The story of the Syrian refugee crisis has dominated the news in 2015 and 2016. We know less of people in Afghanistan, Iraq, Palestine, some African countries and others seeking a place to call home, yet citizens from these countries also find their way to Regina. Newcomers, whether from international or domestic places of origin, need the support of our community and the opportunity to integrate and prosper in order to feel a sense of belonging in their new home.



19.5 million people seek sanctuary worldwide

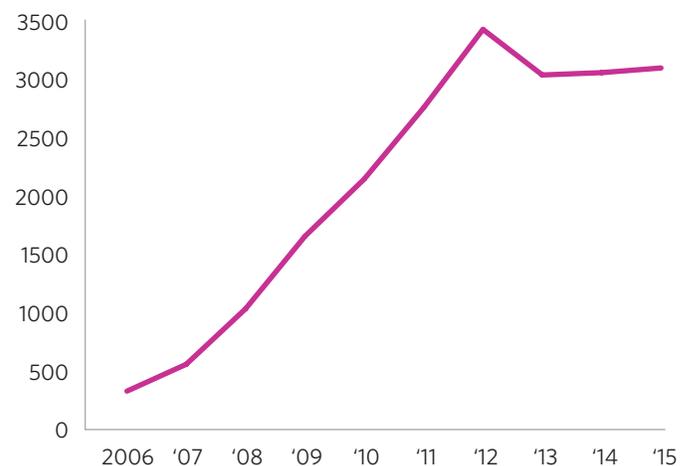
NEWCOMERS

Regina has been ranked 8th for the best place to live for New Canadians in 2016 by MoneySense.

From July 1st, 2014 to June 30th, 2015, the population of Regina grew by 4,427 people. There was a net gain of 2,862 from international migration, 1,139 people from within-province migration and a natural increase of 1,400 people.

The largest group of international newcomers to Regina is economic immigrants (those who have the ability to become economically-established in Canada versus family-related or humanitarian immigrants). This group accounted for 78% of all immigrants in 2015. Already between January and April 2016, 70% of international immigrants to Regina have been economic immigrants. It is hard to imagine that 10 years ago a total of only 345 immigrants of all types came to Regina. An economic boom in Saskatchewan created favourable conditions to attract newcomers to our city (Figure 3).

FIGURE 3: ECONOMIC IMMIGRANTS IN REGINA



Source: Citizenship and Immigration Canada, Open Data Portal.

ADNAN & SAMIRA

As Table 2 demonstrates, while Regina experienced primarily positive net migration until 2012, more people have left Regina than arrived from other provinces since 2013. Departure of as high as 974 people in 2015 represents a significant negative shift from the large net gains of the past several years. This change is particularly driven by people moving to Calgary, Edmonton and Toronto.

TABLE 2: NET INTERPROVINCIAL MIGRATION TO REGINA

YEAR	NET INTERPROVINCIAL MIGRATION (INDIVIDUALS)
2008	263
2009	513
2010	229
2011	-69
2012	410
2013	-76
2014	-669
2015	-974

Note: 2008 represents a period from July 1, 2007 to June 30, 2008.
Source: Statistics Canada.

Regina is a multicultural community with immigration from numerous countries.

India, Philippines and China top the charts in terms of the number of immigrants that pick Regina as their home destination (Figure 4). Immigration from these three countries, however, has slowed in 2015 compared to 2014. In contrast, the number of people from Bangladesh and Pakistan who choose to settle in Regina has almost doubled in 2015 relative to the previous year.



At the height of the Syrian crisis, Adnan gathered his wife, Samira and their seven children, fleeing into the desert. With little food, and temperatures ranging from 40 °C in the day to -25 °C at night, the family landed in a refugee camp close to Jordan. Escaping across the border, they lived with three other families in a three-room apartment. However, overcrowding is illegal, rent is expensive and Syrians caught working in Jordan are immediately deported. Moving from house to house, the family faced untold hardships before they learned they would be moving to Canada.



Being safe, and living in a peaceful country without fear... allows us to dream about a new beginning.



Adnan's family began their new life in Regina in January 2016. They were safe, with a roof over their heads and food in the pantry. Adnan and his family were part of Regina's response to the Syrian refugee crisis.

All the essentials covered, the gap between living and belonging remains. Like many newcomers, the family is challenged by limited language skills, access to transportation, differences in culture, affordable housing and a way to earn a living.

Above is a compilation of research and excerpts from the RRLIP Refugee Photo Project. To read the full narrative go to www.rrlip.ca

GHANA & KALPANA

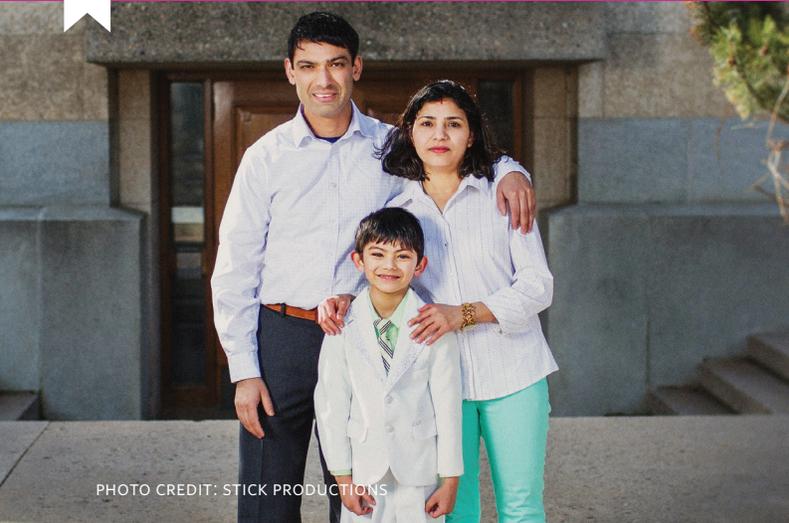


PHOTO CREDIT: STICK PRODUCTIONS

The South Asian country of Bhutan is bordered by China to the north and India to the south, east and west. Bhutan is a member of the United Nations with diplomatic ties to 52 countries and the European Union.

Between 1988 and 1993, over 100,000 ethnic Nepalese were displaced from Bhutan to refugee camps in Nepal. In 2005, seven countries, including Canada, organized a working group under the United Nations to encourage Nepal and Bhutan to address the prolonged refugee situation. However, over 100,000 refugees have yet to resettle. Ghana, Kalpana and their family were among them until they relocated to Regina.

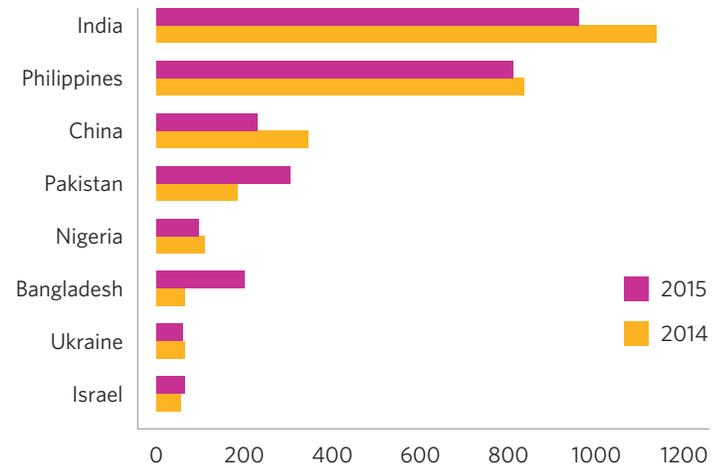
Ghana and Kalpana spent 18 years in a refugee camp. Like most refugees, they faced many hardships ranging from little food and shelter to unreasonable working conditions. Like most, they can never go back to their childhood home.

With the help of case workers and volunteers, Ghana and Kalpana are already homeowners, daycare operators, hardworking employees and tireless volunteers. Ghana holds a Bachelor of Commerce with Accountancy Honours and an MBA in Management from India. Kalpana holds a Bachelor's degree in Sociology, Anthropology and English. However, foreign university degrees are often not recognized in Canada, making it difficult to get work.

Not to be deterred, Kalpana is completing her Early Childhood Education diploma, a step toward opening their own community daycare centre, and another step toward creating a place for the family to belong.

Above is a compilation of research and excerpts from the RRLIP Refugee Photo Project. To read the full narrative go to www.rrlip.ca

FIGURE 4: NUMBER OF IMMIGRANTS BY CITIZENSHIP

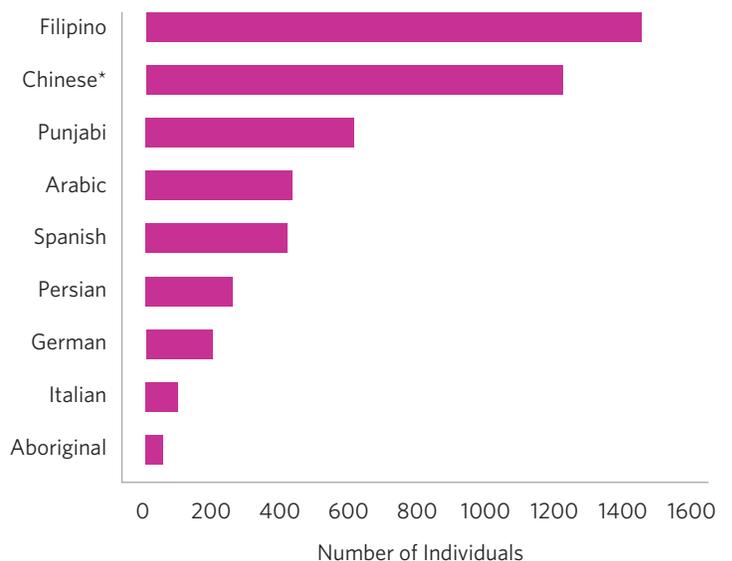


Source: Citizenship and Immigration Canada, Open Data Portal.

Languages

Regina also represents a community with rich linguistic diversity. The languages that hold the top three positions for the non-official languages spoken at home are Filipino, Chinese and Punjabi (Figure 5). These correlate to the languages spoken in the countries of origin of most immigrants to Regina. In terms of official languages most often spoken at home, 91% of Regina's population speaks English and 0.4% speaks French. Interestingly, while Regina's Aboriginal population accounts for 10% of the total population and exceeds the national average of 4%, the portion of people speaking an Aboriginal language at home constitutes 1% amongst Regina's non-English and non-French speakers.

FIGURE 5: NON-OFFICIAL LANGUAGES MOST OFTEN SPOKEN AT HOME



* Chinese here is composed of those individuals who responded with both Mandarin and Cantonese specifically, and not those who indicated Chinese without specifying further.

Source: Statistics Canada, National Household Survey Profiles, 2011.



Refugees

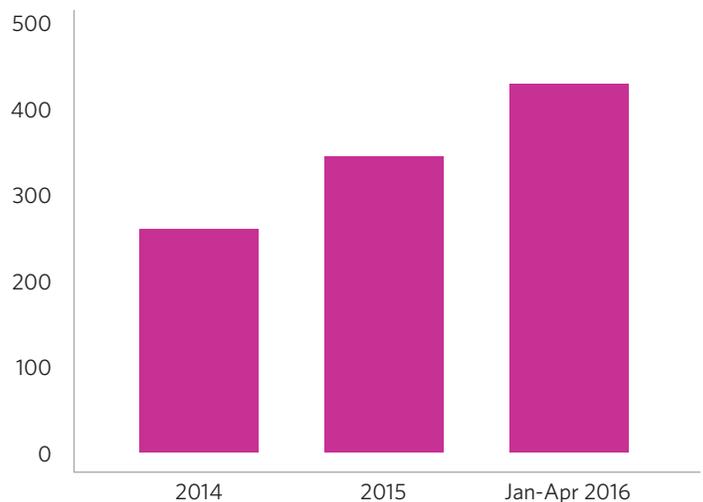
In support of the Canadian commitment to resettle Syrian refugees, Regina has welcomed 436 individuals between November 4, 2015 and March 1, 2016, which is on par with 439 Syrian refugees that arrived in Saskatoon. Figure 6 illustrates an upward trend in refugees since 2014, with a record high of 430 refugees that arrived in Regina in the first four months of 2016.

\$27,000

Amount required to settle refugee family of four for one year. This is roughly equivalent to provincial social assistance rate.

Source: Government of Canada, Immigration, www.cic.gc.ca/english/resources/publications/ref-sponsor/section-2.asp#a2.7

FIGURE 6: NUMBER OF REFUGEES IN REGINA



Source: Citizenship and Immigration Canada, Open Data Portal.

BUILDING ECONOMIC INCLUSION

HOUSING AFFORDABILITY AND HOMELESSNESS IN REGINA

Poverty is a primary barrier to full participation in community life. When we address the needs of those who struggle to make ends meet, we create opportunities for them to participate, belong and contribute to our community. Housing accessibility and food security are critical components of community well-being.

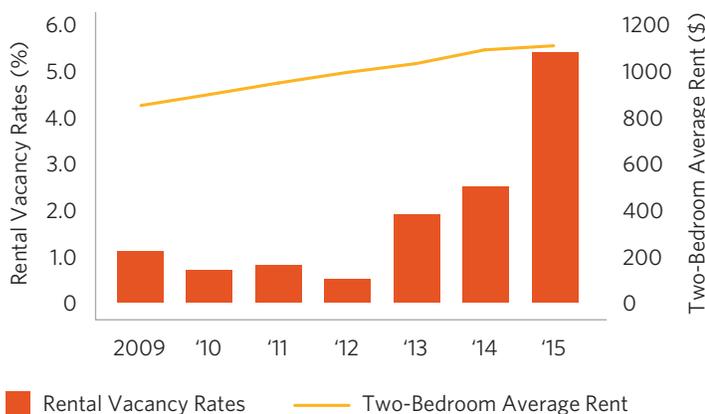
Since the late 2000s, Regina has been a booming city due to its growing agriculture and resource sectors. Strong economic conditions translated into a strong housing market. Housing starts were rising and rental vacancy rates were falling. However, a persistently low price of oil as of late has significantly affected capital investments, resulting in a much weaker housing market.

Existing home sales have slowed and weaker demand translated into a 1.5% decline in MLS average prices down to \$310,609 in 2015 compared to 2014 prices.

Rental vacancy rates reached record lows between 2009 and 2012, and only recently they have shown growth (Figure 7). Despite more availability, rising rental rates remain a concern, especially for economically disadvantaged individuals who are seeking affordable housing.

For housing to be affordable, a household should not spend more than 30% of gross income on rental shelter costs. However, almost 45% of renters in Regina are overspending on shelter, which leads to higher housing instability and greater risk of homelessness (Statistics Canada, 2011). This translates into approximately 19,000 households experiencing housing affordability issues due to high housing costs in relation to available incomes. North Central is the most vulnerable community in Regina with 53% of renters overspending on shelter.

FIGURE 7: REGINA RENTAL VACANCY RATES & AVERAGE RENTS



Source: Canada Mortgage and Housing Corporation, Housing Market Outlook for Regina, 2016.

Sadly, some Regina residents have no home and are forced to sleep outdoors, make use of emergency beds and temporary shelters. The Point-in-Time count conducted in 2015 recorded 232 people without proper housing (Table 3).

The number of emergency homeless shelters in Regina has remained at just six since 2011. This is a trivial number considering that homeless shelters are heavily utilized - from 2008 to 2011 more than 4,500 individuals accessed a homeless shelter (Turner, 2015).

A conglomerate of community organizations and the Government of Canada's Homelessness Partnering Strategy are committed to addressing homelessness in Regina with the implementation of a Housing First Model. This initiative involves "placing chronic and episodic homeless in housing immediately and surrounding them with the supports they require to maintain that housing and become self-sufficient" (Homelessness Partnering Strategy, McNair, 2015). The first 12 intakes for the pilot project have already occurred, with services being prioritized through a centralized intake process. While the Housing First project is new to Regina, it has already seen success in other communities in Saskatchewan, Alberta, and Manitoba where 86% of Housing First participants remain in their 1st or 2nd housing unit 12 months into the program. This housing stability generates a return of \$7-\$10 for every \$10 invested in Housing First (Source - Housing First in Canada).

TABLE 3: POINT-IN-TIME HOMELESS COUNT IN REGINA, 2015

OF THE 232 HOMELESS PEOPLE ON THE NIGHT OF COUNT:	
54%	were in emergency shelters
27%	were in transitional housing
7%	were sheltered in a public system (detox)
12%	were determined during street count

Notes: Numbers are rounded.

Source: Regina Homeless Count Report by Dr. Alina Turner and Dagan Harding, 2015

HOUSEHOLD FOOD INSECURITY IN REGINA

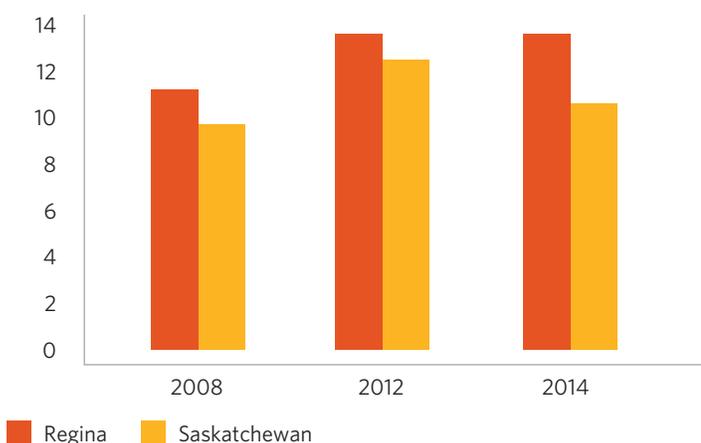
Food insecurity – the inadequate or insecure access to food due to financial constraints – is a serious health and social concern in Canada. “Helping to meet the issues of hunger and food insecurity head on will always be part of creating opportunity for success and belonging in our community.” This is the goal of the Regina Food Bank, a local organization that is dedicated to working together with individuals and communities to address hunger.

The prevalence of food insecurity in 2014 was at 13.6% in Regina, which translates into one in 11 households experiencing food insecurity (Figure 8). This is an increase from a rate of 11.2% in 2008, where only one in nine households experienced food insecurity. Regina is above the Saskatchewan rate of 10.6%, but considerably below Peterborough (17.6%) in Ontario, which is considered the most food insecure city in Canada with over one in six households experiencing food insecurity in 2014.

A family of four on social assistance receives approximately \$2,050 a month (*Canadian Centre for Policy Alternatives*). When we account that \$1,095 is spent for rent of a two-bedroom apartment (Table 4) it would not be surprising that people are likely to underspend on food to meet other household demands.

Saskatchewan offers adult allowances of \$255 per month to be used on food, clothing, travel, personal and household items. According to a Canadian Centre for Policy Alternatives report, a family of four on average spends 17% on food, 4% on clothing, 16% on household items and 10% on travel. Even with an allowance, economically underprivileged families have insufficient income to commit to healthy eating.

FIGURE 8: PREVALENCE OF HOUSEHOLD FOOD INSECURITY (%)



Source: Tarasuk, V, Mitchell, A, Danchner, N. (2016). Household Food Insecurity in Canada, 2014.

TABLE 4: INCOME AND SPENDING FOR A FAMILY IN REGINA

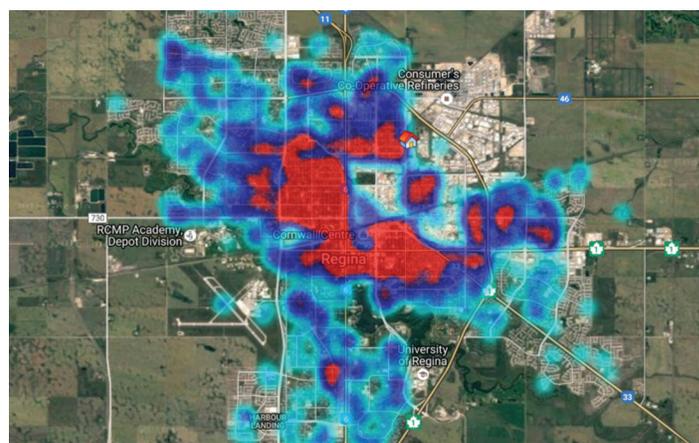
FAMILY OF FOUR ON SOCIAL ASSISTANCE	
Income	\$2,050
Rent (two-bedroom)	- \$1,097
Food (healthy)	- \$880
What's left for utilities, clothing, transportation, school supplies, etc.?	= \$73 <i>What gives? Food!</i>

Source: Canada Mortgage and Housing Corporation; The Cost of Healthy Eating in Saskatchewan, 2012.

As a result, many families in need turn to the food bank for help. The number of people accessing the Regina Food Bank is only growing. In 2014, the Regina Food Bank provided assistance to 95,929 individuals, whereas in 2015, the number of people assisted through the Food Bank reached 98,857.

Hunger is a symptom of poverty and a structural problem that requires collective action to providing sustainable solutions. As a response to these concerns, the government of Saskatchewan has enacted its Poverty Reduction Strategy in February 2016. This is a promising first step towards resolving the food insecurity problems.

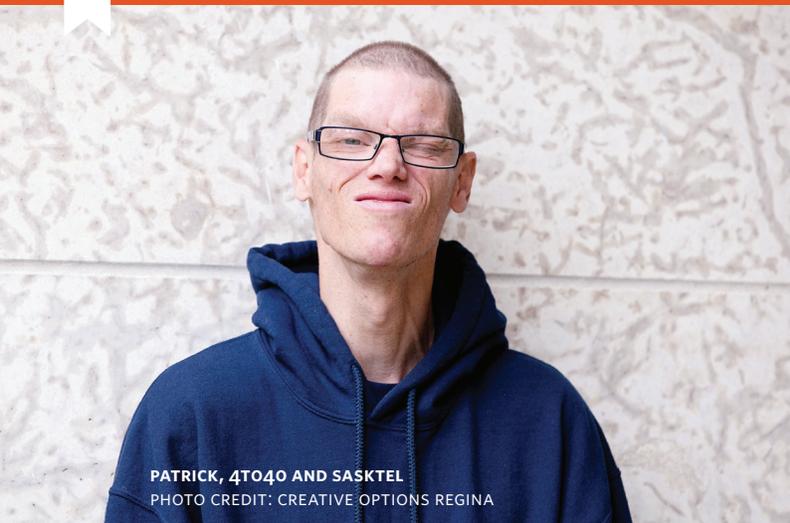
FIGURE 9: LOCATION OF FOOD BANK CLIENTS



Source: Regina Food Bank

The map (Figure 9) represents the addresses (by postal code) of food bank clients. The red areas of the map have the highest population of food bank clients. Various shades of blue represent the less populated areas -with the lightest blue having the least amount of clients. Members of the North Central community, being recognized as the city's most vulnerable population, are the most frequent users of the food bank.

ECONOMIC BELONGING—BUILDING AN INCLUSIVE WORKFORCE



PATRICK, 4TO40 AND SASKTEL
PHOTO CREDIT: CREATIVE OPTIONS REGINA



They don't look at my disability. They treat me like I am part of the team, a part of the staff. They treat me like everyone else who works at SaskTel.

PATRICK, SASKTEL EMPLOYEE (WITH 4TO40)



This is where 4to40 — a collaboration between Campus For All, an inclusive post-secondary education program at the University of Regina and Creative Options Regina (COR), a community-based organization that develops personalized supports for individuals experiencing disability — comes in!

Striving to create greater workplace equality, 4to40 connects people experiencing disability with forward thinking employers who embrace a flexible 4 to 40 hour workweek. By working one-on-one with a business, 4to40 takes people experiencing disability out of conventional employment competitions, creating customized positions that meet the needs of the employer while building on the strengths of the individual.

For individuals like Patrick, employment is the key to creating a sense of belonging and a truly inclusive community, reflective of the people who call it home.

For more information, visit: www.4to40.ca

Like Patrick, many people living with a disability want to be part of a workplace – not just for the economic benefit, but also for the sense of pride and belonging it brings.

Even though they have much to offer the workplace and community, almost 70% of Canadians living with a disability are unemployed. Compared to a 7% unemployment rate within the mainstream population, it is easy to see that it is not a level playing field. Because of this, individuals experiencing disability need assistance finding and maintaining meaningful paid employment opportunities.

PHYSICAL AND INTELLECTUAL WELL-BEING OF OUR COMMUNITIES

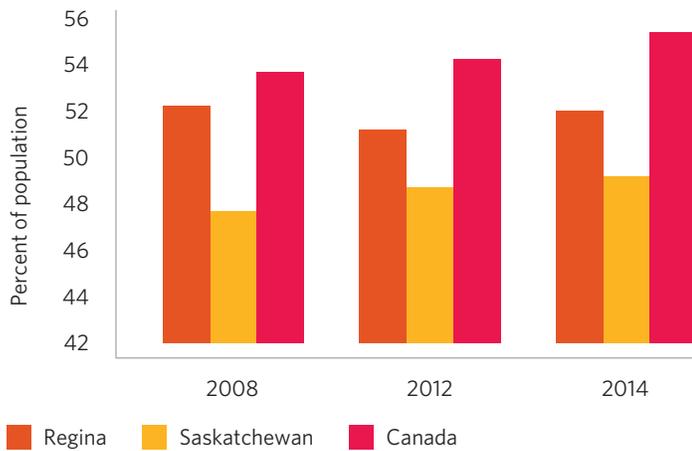
Healthy citizens are important for ensuring productive communities. They also put less strain on publically funded health systems. Collective action that motivates individuals to make healthy choices will improve the health of our communities and help them flourish.

TABLE 5: SELF-RATED PHYSICAL AND MENTAL HEALTH FOR THE REGINA QU'APPELLE HEALTH REGION, 2014

POPULATION	REGINA HEALTH REGION (%)	SASKATCHEWAN	CANADA
Active or moderately active (ages 12+)	55.3	51.8	53.7
Active or moderately active (ages 12-19)	63.5	64.9	69.4
Very good or excellent mental health (ages 12+)	69.4	68.8	71.1
Very good or excellent mental health (ages 12-19)	71.8	74.7	73.9

Source: prepared by Community Foundations of Canada

FIGURE 10: POST-SECONDARY SCHOOL COMPLETION

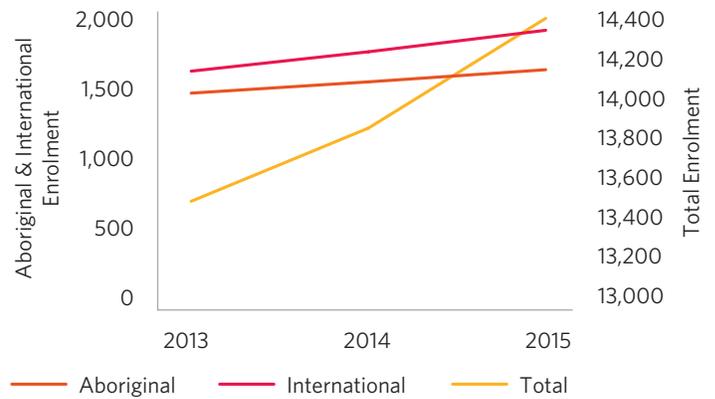


Source: Statistics Canada.

Leisure-time spent being physically active (self-reported physical health in Table 5) was higher in the Regina Qu'Appelle Health Region in 2014 compared to provincial and national levels. The improvements since 2003 were more significant in Regina than provincially or nationally. In 2014, 55.3% of adults in Regina spent their time being active or moderately active. This is an increase of 2.7% from 2003 and a steady increase over time.

When it comes to mental health, 69.4% of the population 12 years and older perceived their mental health as being very good or excellent in 2014. Very good to excellent mental health in Regina is similar to the provincial average, but somewhat lower than the national average of 71.1%.

FIGURE 11: UNIVERSITY OF REGINA ENROLMENT



Source: University of Regina Fact Brochures, 2013, 2014 and 2015.

A wise saying that a healthy body keeps a healthy mind really suits Regina. As a generally healthy population we are also graduating more than 50% of individuals with a post-secondary degree, certificate or diploma. Figure 10 shows that post-secondary school completion is higher in Regina than provincially and only slightly lower than the national average.

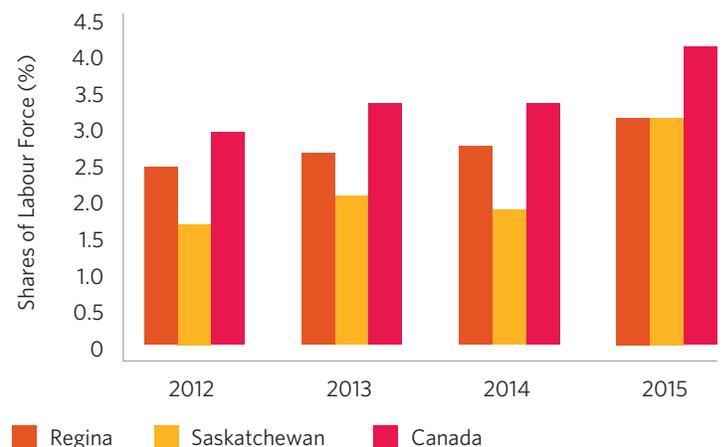
Our population is also keen on getting educated. University of Regina enrolments have seen tremendous growth since 2013. A yellow line in Figure 11 shows a steep upward trend in enrolments, which translates into a 6.4% spike. This is the highest increase experienced by any university in Canada! Steady growth is also found in Aboriginal and international intakes of students.

CULTURAL ENGAGEMENT IN REGINA

Participation in the arts, cultural and heritage activities creates authentic connections and preserves a sense of belonging within a community.

According to the 2015 annual report for the City of Regina, municipal government intends to strengthen community identity and cohesion through supporting cultural development and cultural heritage. To put its goal into action, on May 3, 2016 the government endorsed Regina's first ever Cultural Plan – a 10-year strategic plan that will guide the development of arts, cultural heritage, cultural industries and inter-culturalism. The City has consulted with the community on cultural initiatives as part of the Cultural Plan emphasizing the importance and value of culture in bringing people together.

FIGURE 12: EMPLOYMENT IN CULTURAL INDUSTRIES



Source: Statistics Canada.

TABLE 6: FROM THE CITY OF REGINA'S VIRTUAL "TOUR OF REGINA'S ARTS AND CULTURAL SCENE"

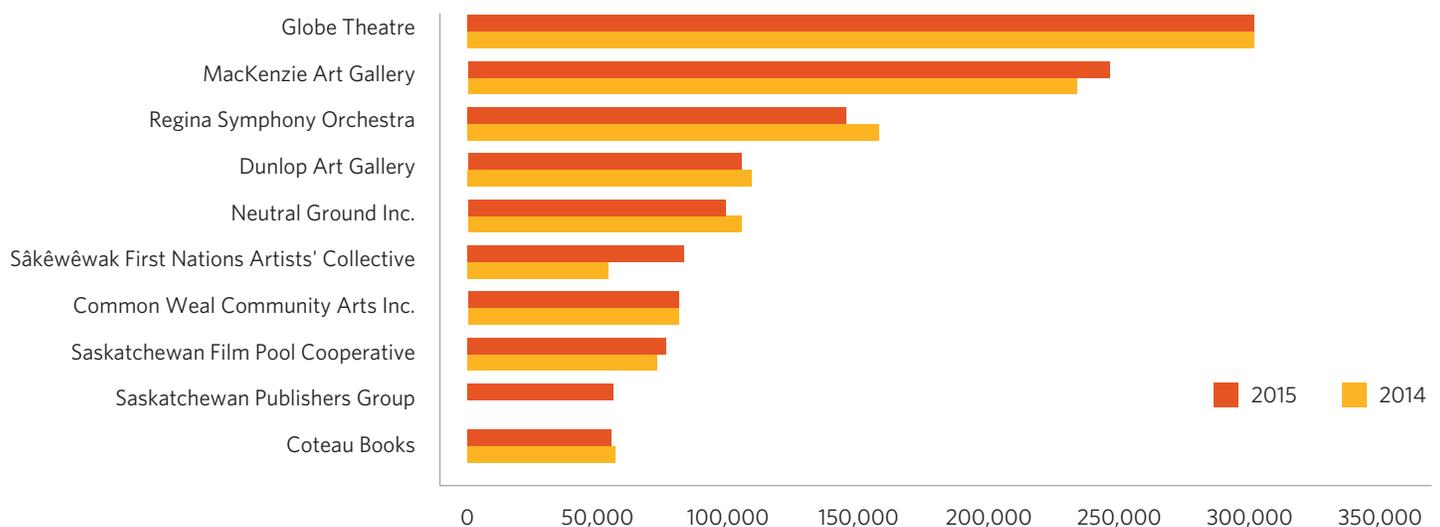
PUBLIC ART GALLERIES	DANCE COMPANIES	THEATRES	MUSEUMS	LITERARY & CULTURAL ORGANIZATIONS
Art Gallery of Regina	Youth Ballet Company	The Globe Theatre Society	Civic Museum of Regina	Regina Public Library
MacKenzie Art Gallery	Saskatchewan Express	Regina Little Theatre Society	Saskatchewan Science Centre	Coteau Books
Dunlop Art Gallery	New Dance Horizons	Regina Summer Stage	Royal Saskatchewan Museum	SaskCulture
Neutral Ground	FADA Dance	Rielco Productions Inc.	RCMP Heritage Centre	Regina MultiCultural Council
Hague Gallery			Regina Sports Hall of Fame	Saskatchewan Writers Guild
			Government House	

Source: City of Regina website.

Our community celebrates its culture through many annual events such as Regina Folk Festival, Regina Music Festival, MOSAIC, First Nations University of Canada Pow Wow, Cathedral Village Arts Festival, and the Mid-Winter Blues Festival. For full report see www.designregina.ca. In 2016, City Council approved support of the 2016 Canadian Western Music Awards and Festival, which brings in music industry organizations from British Columbia, Saskatchewan, Manitoba, Alberta, Yukon and the Northwest Territories.

In 2015, Regina employed 3.2% of its labour force in cultural industries, which is the highest rate since 2012. Figure 12 also illustrates that while percentages of labour force employed in arts and culture in Regina are lower than nationally, they well exceed the percentages for all of Saskatchewan. The highest shares of employment in the cultural industries as of 2015 are found in Ontario (5.4%) and British Columbia (4.9%).

FIGURE 13: TOP TEN RECIPIENTS OF GRANTS FROM CANADA COUNCIL TO REGINA'S ARTS ORGANIZATIONS



Source: Canada Council for the Arts Open Files

TABLE 7: SNAPSHOT OF CULTURAL ENGAGEMENT BY REGINA PUBLIC

ORGANIZATION	2014-2015
VOLUNTEERS	
Globe Theatre	124
MacKenzie Art Gallery	72
ATTENDANCE	
Regina Public Library Total Visits	1,438,009
Regina Public Library Program Visits	126,387
MacKenzie Art Gallery Total Visits	160,759
MacKenzie Art Gallery Community Program Visits	3,587
Regina Symphony Orchestra Concert Attendance	18,691
Dunlop Art Gallery Visits	73,384
MEMBERSHIP	
Regina Symphony Orchestra	1,416
MacKenzie Art Gallery	1,407

Source: Globe Theatre, MacKenzie Art Gallery and Regina Public Library Annual Reports for 2014-2015; and Regina Symphony Orchestra administrative office.

Currently, Regina features many cultural groups including numerous art galleries, dance companies, museums, theaters, literary, and cultural organizations. A small sampling of them is presented in Table 6.

The steps that our governments are taking to bring greater awareness to the arts and culture scene, be it at the municipal, provincial or federal levels, are important as they set an example for the public. If governments engage in the arts and culture either through funding or program development, people will follow in its footsteps. Chrystene Ells, who earned a Governor General’s Academic Medal for her thesis film “Sisu: the Death of Tom Sukanen”, moved from San Francisco to Regina because of the availability of public funding to support the arts. In 2015, Globe Theatre, MacKenzie Art Gallery and

Regina Symphony Orchestra were the top three Regina-based organizations that attracted funding from Canada Council for the Arts. Total grants to Globe Theatre amounted to \$302,000 in 2015 (Figure 13).

Public engagement in arts and culture can manifest itself in various forms: volunteerism, attendance, and membership. Table 7 presents a snapshot of how the Regina public engages in arts and culture.

On May 7 and 8, the Saskatchewan Arts Alliance hosted its 2016 Art Congress. One of the questions raised at the Congress was – how do the arts benefit my community? (see below). For full report see Saskatchewan Arts Alliance Consultations 2016 at www.artsalliance.sk.ca

THE ARTS BENEFIT MY COMMUNITY BY...

- *Inspiring creativity, creating connections, and connecting people from every walk of life;*
- *Making it a community... not only the place where people live;*
- *Building community and connection!*
- *Bringing us together.*

Responses also identified the many ways in which the arts can make tangible, serious contributions to community members’ health, wellness, and even safety:

- *Through the arts you can educate & engage;*
- *Creating a safe space;*

- *Giving new rituals to replace destructive addictions;*
- *Giving people a reason to live and promoting healing;*
- *Reflecting, questioning, challenging – to encourage a more human community;*
- *Seeing transformation in people given permission to be themselves, by ‘their’ people;*
- *Art saves lives. Art builds bridges.*

It is important that we do not overlook the benefits of the arts to our communities and that we keep working hard on supporting arts and culture in Regina.

YOUR COMMUNITY MAKES YOU. AND YOU MAKE YOUR COMMUNITY.

BROUGHT TO
YOU BY THE

191

COMMUNITY
FOUNDATIONS
OF CANADA

www.communityfoundations.ca

NEXT STEPS

- ✓ Get to know the charities that you support. They need your financial help and your voice in the community.
- ✓ Host a Vital Conversations event in collaboration with the Community Foundation to continue the dialogue in your organization.
- ✓ Learn about Canada's First Nations people, their history, rich traditions and the road to reconciliation.
- ✓ Volunteer with a charitable or not-for-profit organization. Most have options for those with lots or just a little time to spare.
- ✓ Attend a cultural event from a culture that might not be your own. Get to know your neighbours.
- ✓ Visit an art gallery, museum, library or concert — many offer free admission or affordable options.

We are good people doing great things! The Foundation is here to help dedicated people, no matter their wealth, build a better Saskatchewan. Join us!

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Building community, together, forever, for all to enjoy and prosper!

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To advance community well-being by bringing together and supporting dedicated people and charitable agencies that envision a better Saskatchewan through philanthropy.

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Inclusive, Innovative, Forward-looking, Vital

Established in 1969, the South Saskatchewan Community Foundation plays a community leadership role by advancing the local charitable sector through grant-making and community knowledge. The Foundation offers expertise and advice to donors to help establish charitable Funds, most endowed in perpetuity, and provides grants to charitable organizations working in all sectors of the community.

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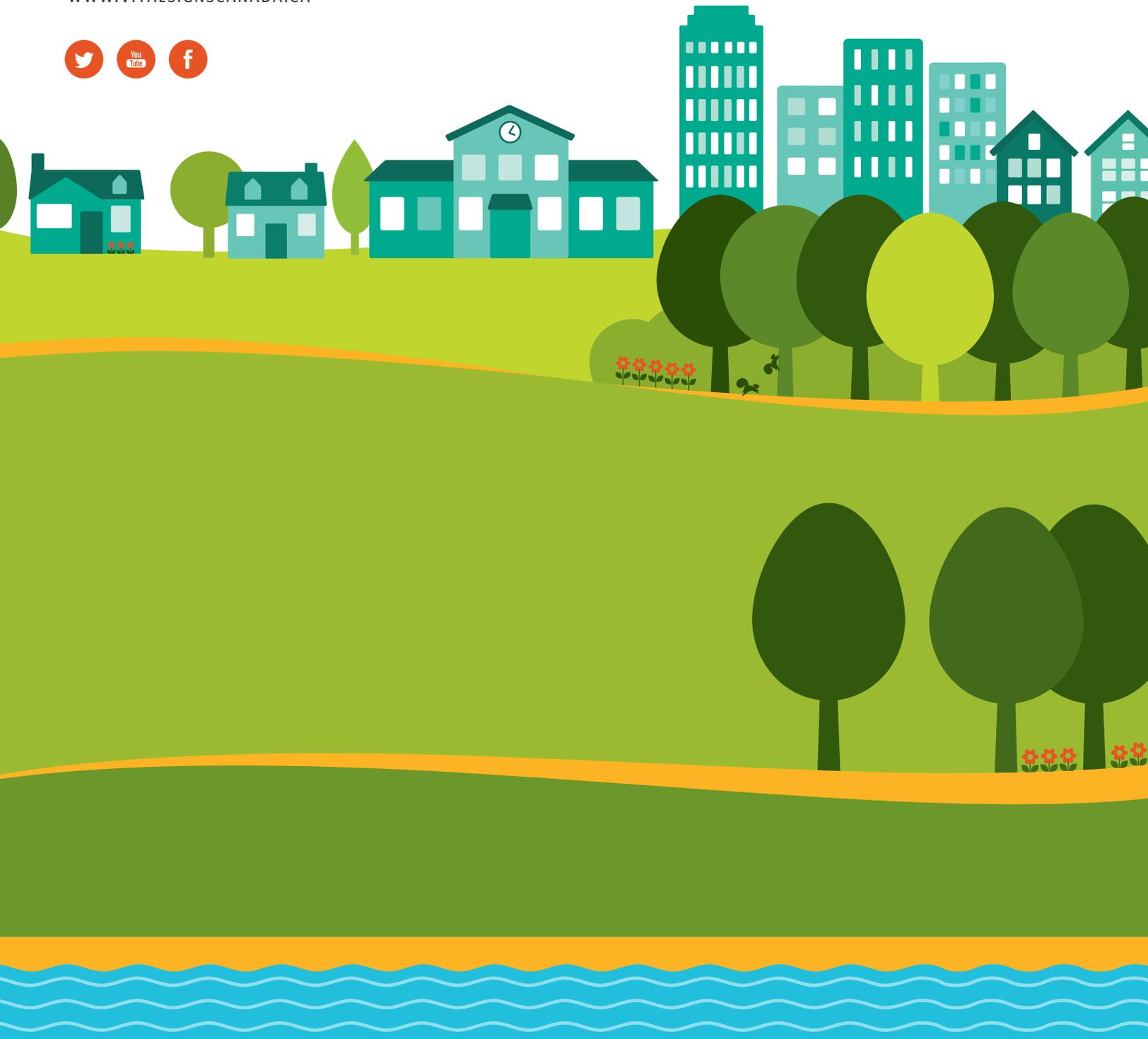
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