

Young parents to be offered computer skills

This fall, basic computer skills workshops are being offered by Rainbow's Young Parent Program, in conjunction with the Albert Branch of Regina Public Library.

In 10 weekly Wednesday evening sessions, the program will take a participant from learning the keyboard and computer basics, to introduction of word processing and resume programs, to introduction of the Internet, surfing and basic search techniques.

Young parents will be able to enter the program at any point, and proceed at their own speed.

Besides this pilot project, Young Parent Program is again offering its 14-week parenting program, various workshops, its parent/infant playgroup program, outings and group circles.

Youth Work and Outreach programs amalgamate

Rainbow has amalgamated its Youth Work and C.A.R.E. Outreach programs.

Implemented first for a trial period from November 2003 to February 2004, it was found that combining the services provided better comprehensive support to youth.

The amalgamation came about as the C.A.R.E. Outreach Initiative sought to make changes to the way in which it provided services to young people. The number of service contacts that the C.A.R.E. program made became increasingly high. Staff had little time to work with youth making contact with the outreach program. As well, the C.A.R.E. Outreach staff were only funded to work part-time, and had limited opportunity to provide follow-up service to the youth they served. Amalgamation, it was hoped, would combat each of these issues.

Services have been combined to provide more comprehensive support to youth both inside and outside of Rainbow Youth

Centre. There have been more opportunities for a combined Youth Work and C.A.R.E. staff to follow-up with youth on the various issues they have presented. Services have become more *youth needs*-directed, and staff have additional opportunities to build rapport with youth in different environments.

We have found that this increased relationship-building with youth has resulted in their feeling secure enough to open up about the issues they are facing. Staff are able to provide the support needed and to assist the youth to come up with their own options, thus building their capacity to problem-solve.

The amalgamation has also provided additional opportunities to participate in events such as Aboriginal sweats and pow wows, and opportunities for Rainbow to expand programming. The amalgamation permits networking with other agencies and the ability to be more responsive to the needs of youth.

Over the past several months, a program has begun that was initiated by a group of youth who talked about their living status and situation as residents of the North Central area. They targeted specific interpersonal and vocational needs to improve their ability to be self-sufficient and independent. The youth also talked about increased involvement at Rainbow as youth leaders.

Through the YouthCARE amalgamation, Rainbow is able to provide enhanced activities and intervention services. The amalgamation will increase the ability to access and network with other community agencies in a more efficient and meaningful way, and will create a more stable base of funding for the program as several sources of funding are combined in a more cost effective manner, while improving the many services offered.



This year's float in the Buffalo Days Parade was a winner! It captured third prize in the Service Clubs/Associations category. Thanks to everyone who pitched in to design, build, fluff flowers, staple, glue, decorate shirts, prepare snacks, blow bubbles, clean-up, and help with all the behind the scenes jobs that made the float a great success. A big big thanks especially goes to Advanced Engineering Products for donation the semi truck, trailer and driver. Also thanks to Will for donating his time, effort and expertise to build the reuseable safety railing.

Rainbow partners with summer Takraw program



ASEC International (Asian Sport, Education, & Culture) and Rainbow Youth Centre partnered this summer to feature Takraw, Culture, Food & Breakdancing.

Sepak Takraw (Kick Volleyball) is still a very new recreational activity that appeals to "youth of all ages" because of its uniqueness and enjoyment... it's kind of like hacky sack or soccer over a net, using a hand woven synthetic ball.

There were many opportunities for anyone, especially beginners, to watch and try Takraw this summer.

Some of the locations for free drop-in games included Parkdale Park (across from the Rainbow Youth Centre) on Tuesdays from 3:30-6:00 pm, as well as the University of Regina, Victoria Park, and Candy Cane Park.

ASEC also invited people to take part in some special Saturday events July 11th and August 8th in Candy Cane Park that included Takraw, various cultural presentations, and ethnic food.

Three Takraw Tournaments/Break-dancing Contests were held July 1st, July 25th, and September 4th. Each of these events took place in Wascana Park just south of the Royal Saskatchewan Museum. Beginners and experts alike were encouraged to make teams (consisting of three players each) for the Takraw tournaments. Top tournament winners received free tickets to a Saskatchewan Roughrider's game. Also showcased were breakdancing contests, where local dancers attempted to outperform each other for a cash prize.

Takraw is a fun and exciting new sport and ASEC, along with the Sepak Takraw Association of Canada, encourage people to come out and give it a try. One can come as an individual or bring the family. It is fun for everyone and a great way to be active, stay fit and enjoy the outdoors!

For more information about Takraw, call 584-8778.

Farewell Luis! Hello Supapong!

At the beginning of July a fond farewell was given to Luis from Guatemala. Luis was part of the Mennonite Central Committee's International Visitor Exchange Program (IVEP), and was with Rainbow for 10 months.

Luis, with his great sense of humor and adventure, brightened days with his smile and youthful energy. He will be missed by youth and staff, and will be fondly remembered in the days ahead. We wish him many successes as he returns to work with youth in his homeland.

This fall Rainbow will accept its third IVEP participant, Supapong Chienwichai from Bangkok Thailand. Supapong is scheduled to be at Rainbow from September 2004 to July 2005. We look forward to sharing many firsts with him as he experiences our Saskatchewan climate, our city, our diversity and our youth.

The partnership with the IVEP allows foreign visitors to gain first-hand insights, new knowledge, and identifiable differences about youth in Canada. They are able to take solid informational tips and youth care

techniques back to the youth in their home country.

In exchange, youth and staff at Rainbow gain new insights into life in other very different countries, make new friends, and help broaden our cultural horizons across the world.

Good Food Box Program available in North Central

The Good Food Box Program is available in North Central. The Good Food Box contains fresh fruits and vegetables.

Three different sizes of Boxes are available, ranging in size from \$10 (suitable for a single person) to \$16.50 (suitable for four). Boxes need to be paid for one week in advance.

There is also a Family Basket Program, available to anyone on social assistance. This provides a substantial amount of food for \$30. The money is deducted off your social assistance cheques.

For more information on either of these programs, please call 347-3224.

Rainbow Staff

full and part-time as of Sept. 13, 2004

Executive Director:

Danielle Pass

Administrative Coordinator:

John Dufort

Office Assistant

Maya Sharma

Program Coordinator:

Sandra Pfeifer

YouthCare Work Coordinator:

Gwen Desjarlais

YouthCare Workers:

Emmanuel Otitoju

Laurie Beck

Randy Constant

Brandi McKinnon

Road to Employment Program Coordinator:

Raylene LeBlanc

Road to Employment Program Co-facilitators:

Jeff Dudar

Terrance Sunshine

Kids First Coordinator:

Jen Reid

Kids First Home Visitors:

Michelle Bell

Cari Scott

Kelly Ivanochko

Michelle Phillips

Chasity Delorme

Young Parent Program Coordinator:

Germaine Coates

Young Parent Program Co-facilitator:

Amy Maple

Childcare Staff:

Andrea Fuller

Delores Kennedy

Wendy Constant

Cook:

Jennet McGillis

Building Maintenance:

Marvin Abrahamson

Youth Week participants voice their observations

During the International Celebration of Youth Week in May 2004 at Rainbow Youth Centre young people were asked to share their gratitude by writing down their appreciations, words of wisdom, or messages they would like other young people to know. Here is what they shared:

- “Don’t be afraid to speak your mind!”
- “Don’t be scared to be yourself.”
- “I’m against violence.”
- “Be polite!”
- “You can’t change the ways we have fun.”
- “Why do others judge because of the way they look.”
- “Don’t be a follower, be the LEADER!!!!”
- “A little blind faith never hurt anyone.”
- “Dating abuse is bad.”
- “Live every day as if it’s your last; you never know which day will actually be yours. Love like you’ve never been hurt. I’m not you, so don’t try to change me into you...accept me as I am.”
- “I’m a person. Just like everyone else.”
- “Be who you want to be.”
- “I think people are important.”
- “Duty is heavier than a mountain. Death is lighter than a feather.”
- “Speak your mind.”
- “To the world u might be someone, but to someone you might be the world.”
- “More income to those that are in low income families.”
- “Peace!!”
- “I go to church.”
- “Smile.”
- “Live for the moment.”
- “I like fun people.”
- “It doesn’t matter if ya have an ugly face, just be thankful you have a face.”
- “Violence is stupid.”
- “I love Rainbow Youth Centre.”
- “I think that parents should let the kids talk too! “
- “Youth Week was cool.”
- “Power to the people.”

“Rights of the Child” Youth Week ‘04 theme

Rainbow Youth Centre held its Seventh Annual Youth Week from May 4th to 7th.

This year’s theme was based on the Canadian Youth Edition of the United Nations Convention on the Rights of the Child. Each day represented one of the four groups of rights in the Convention.

Tuesday, a youth symposium was held on the topic “Being Free from Harm”, examining the right of youth to be protected from such things as abuse, neglect, economic exploitation, torture, abduction and prostitution. This event was well attended, with over 100 youth participating.

On Wednesday, a Free-style Dance and Rap Competition on the topic “Playing a Part” was held, with some vigorous participation.

Thursday’s topic was “Living Well”, and emphasized such rights as food, shelter and health. As part of its contribution to healthy living, Rainbow organized a 3 on 3 Basketball Tournament for that evening.

Friday, “Reaching our Potential” included the things youth need to develop. The wrap-

up emphasizes the importance of education, family, culture and identity in their lives. After a supper barbecue at 5 pm, two interesting and relevant videos were shown.

First, thanks are extended to SaskCulture (Saskatchewan Lotteries) and the Community Initiatives Fund, for their financial support.

Thanks for Youth Week also go to Wade Luzny and Raza/Margis Bhimji of the Multicultural Council of Saskatchewan, Steve Connelly of the Crown Prosecutors Office, Mike Case and Brian Chapman of O’Neil High School, Claudine Wright of Scott Collegiate, Shirley Packet of Cornwall Alternative School, Barb Purdie and Charyel Logan from Care From the Core, Oudalay Bouphanpha and Getachew Woldeyesus from the Regina Open Door Society, Russell Walker from Sunset United Church, Don List from Birdsong Communications, Shirley Bonk, Allan Lawrence and Mike Pope. Thanks also to the Human Rights Commission and to the SWAP Youth Group, and to all others who contributed to the success of Youth Week.

Rap performer pens “Rights” lyrics

Competitors in the Hip Hop / Rap competition during Youth Week May 2004 were given the guideline to rap with messages that related to the theme of ‘Rights of Children’. One of the Rap competitors submitted these lyrics:

yo
it was just the other nite
flipped on a beat
ripped a rhyme made outta concrete
lyrically elite
its time to shine
straight up hot seat
the spot lite mine
this is my first rhyme
im rapping
when I was a kid
i was seeing thru my eye lid
would have never imaged
this would happen
but when i say “God sent me to be an mc”
yall start laughin at me
little by little the dream starts cracking
i got the freedom to dream
freedom A to freedom Z
thats includes everything there is
between
freedom is a choice

like the choice
of voicing this voice
but theres a thin line between good and bad
an outcome either happy or sad
if its innocent until proven guilty
why does the police force wrongfully
accuse me
is it my identity
aboriginal people have been here more
than a century
or is it the way i dress
that brings upon the prejudice
the world has become a mess
a lil too much hatefulness
its like a fashion
a force faceless
that labels each faces
it disgraces
turns on the racist
each day people face this
bitter tasteless
poisons the soul
not in places
it infects us whole
if freedoms a choice
that’s a ur control ...

THATS A RAP

[lyricist — D. Desjarlais]

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Another Christmas party success

Another successful Youth Christmas Party was held on December 22nd, 2003. Over 200 ate turkey, ham, perogies, and all the other traditional trimmings, danced to their favourite tunes, and lined up for a picture and presents from Santa Claus.

The food was served up by a group of distinguished guests which included Federal Minister of Finance Ralph Goodale, Provincial Minister of Finance Harry Van Mulligan, Regina Mayor Pat Fiacco, Federal MP Dick Proctor, City Councillors Mike Badham and Wade Murray, Police Chief Cal Johnston, Saskatchewan Roughrider Richie Hall, Rainbow Board Members Mavis Tremblay, Don Dupasquier, Lance Dudar, and Elizabeth Popowich, as well as Jody Burnett, Rick & Arlene Ponto, and the RCMP's Wayne Martin.

Thanks to Gabe LeBlanc and Martin Croteau, Santa made appearances, first to the young children, and then to the general youth in attendance. He handed out hand-made bags filled with many small gifts.

The Christmas Party is only possible due to the many contributions, financial and in-kind, that are provided. We at Rainbow would like to thank the following for their generous support:

Christmas gift and food donations:

Office Depot, SaskTel, Sunset United Church, Marie & Jim Cummings, Camilla McCabe, SaskEnergy, Rootman Insurance, Lakeview United Church, and Rainbow Cinemas.

Financial contributions:

SaskTel Human Resources & Industrial Relations, Casino Regina, Labatt Breweries, Wesley United Church, St. George Charity Fund, Sunset United Church, Shirley Kay & Marcia Stuchberry, Ron's Car Cleaning Service, SGI, Bellamy Kia, Warner Industries, Taylor Lexus Toyota, Farm Credit Corporation, Saturn Isuzu, Percival Ford Lincoln Inc., Prairie Advertising Distributors Ltd., Custom Creations, FCC, Regina Police Association, 623078 Saskatchewan Ltd., Continental Factory Direct, Queen City Auto Body, Taylor Volkswagen Inc., Tri's Mobile Dent Care, Knight Archer Insurance, M.C. Painting & Body Works, Vacuum Master, Giant Tiger, Shenher Insurance, Dwaine & Barbara Dornan, Fibrenew Industries, Miracle Auto Touch, and to Diane Weibel for her fundraising efforts.

Other contributions:

Elder Shirley Bonk (offering a blessing), Scott Aspeletier – Best Western 7 Oaks (cooking turkey, stuffing and gravey), Carol Fisher (making cabbage rolls), Marcel Toupin (cooking ham, cabbage rolls and potatoes), Russell Walker and the SunsetUnited Church volunteers (Julie, Rachel, Susanna, Lindsay and Jeff), Jason Pass (photography), Gerid Coates (DJ), Jamie & Thomas Alport, and Sean McEachern.

To all these people and organizations who made this very successful event possible, and to any other contributors we may have missed, our sincere gratitude and thanks.

Indoor picnic draws many participants

Due to much inclement weather, Rainbow's Annual Picnic was held indoors at the Centre on August 26th of this year.

However, that didn't deter a crowd of over 125 youth and their children from enjoying the barbeque and activity-filled evening, ending with prizes for everyone.

Activities were particularly inclusive this year, with participation from the very smallest to the full-grown.

Thanks go to the event sponsors, SaskEnergy, and to the Holy Cross Church for their financial contribution.



Notice

The financial statements and reports of the auditors of Rainbow Youth Centre Inc. are available at the Centre's administration office, located at 977 McTavish St., Regina Saskatchewan. They are open to examination during regular business hours, and persons may receive a copy free of charge.

Rainbow Youth Centre would like to express sincere appreciation to its funders

- o Regina Qu'Appelle Health Region
- o Human Resources Development Canada
- o Health Canada
- o Saskatchewan Corrections & Public Safety Services
- o City of Regina
- o Saskatchewan Justice
- o Can-Sask Career & Employment Services
- o KidsFirst Regina
- o United Way of Regina
- o Regina Education & Action on Child Hunger
- o Saskatchewan Community Initiatives Fund
- o Saskatchewan Action Plan for Children
- o Canadian Heritage
- o Saskatchewan Lotteries / SaskCulture
- o Industry Canada (Marieval Enterprise Centre)
- o Sask. Institute on Prevention of Handicaps

and recent financial and in-kind donors

Andre Denis, Tim Dillon, Leane Goldsmith, Salish Sharma, Maureen Matthew, Walter Logan, John Hill, All Saints Anglican Church, Silton United Church Women, Holy Cross Church, Elizabeth Regina IODE, RCMP Chapel Fund, Regina North Rotary Club, Street Culture Kidz, Home Depot, Sask Tel & Sask Tel Pioneers, Regina Multicultural Council, those acknowledged elsewhere in this newsletter, members of Rainbow's Board of Directors, and any others we have inadvertently missed.

Road to Employment ends one group, starts its seventh

The sixth edition of the Road to Employment Program ended in March with the graduation of nine of the participants.

Thanks go to Aboriginal Family Services, Blockbuster, Regina Food Bank, Giant Tiger, Remada Inn, Peyakowak, Red Feather Spirit Lodge, SaskTel, SGI, StarTek, Street Culture Kidz, Welfare Rights, Richards Beauty College, FSIN, 24/7 In Touch Communications, North Central Family Centre, S & J Renovations, Community Action Cooperative, and the RCMP for providing work placements.

Special thanks to the program's funders, Can-Sask Career & Employment Services and Human Resources & Skill Development Canada.

Road to Employment 7 took on another 20 youth in July, with work placements starting in February.

If anyone knows of an employer who might be interested in hosting a work placement, please contact Rainbow's Road to Employment Program.

Volunteers stay busy at Teen Help Centre despite cold & rain

It was a cold and rainy week at Buffalo Days this year, and numbers were therefore low, but those working at Rainbow's Teen Help Centre were as busy as ever making youth contacts, providing information, and finding lost young people or their parents.

A total of 24 volunteers worked during the week, covering the Exhibition every night. Enduring all types of weather, they managed to make 1549 contacts.

A big thank you goes out to the volunteers and staff for their commitment, dedication and enthusiasm. We would also sincerely like to thank the Regina Exhibition Association for the space and the tent, Rogers AT&T for cell phones, AIDS Program - South Saskatchewan for condoms and demonstration tools, and Saskatchewan's Community Initiatives Fund for covering other costs.

Derek Edwards and Queensbury food highlight successful Comedy Benefit

Another very successful and fun Comedy Benefit Dinner was held May 28th.

This was the first time Rainbow's annual fundraiser was held at Queensbury Downs, and everyone was very pleased with the venue and the great buffet they served up.

The main entertainment for the evening was provided by standup comedian Derek Edwards, who gave a long and laugh-filled show. Earlier, the Regina Police Service Choral Group regaled the audience with lively acapella songs.

Besides the dinner and entertainment, there was an extensive silent auction. As well, two raffles were held, with prizes provided by SaskEnergy, SaskTel, and the RCMP Senior Officers Mess.

Rainbow would like to thank the Gold Sponsors of the event: SaskEnergy Share the Warmth Program, Global Television, and Rawlco Radio (Z99, CJME and Rock 94).

The Silver Sponsors were SaskTel, Print-Centres and Signature Graphics.

Purchasers of corporate tables included Casino Regina, Circle Project, Crown Investments Corporation, Nexen Canada, the Royal Canadian Mounted Police Corporals Mess, Saskatchewan Government Relations and Aboriginal Affairs, SaskPower - Diversity, and Saunders Evans Architects Inc.

Special thanks also go to Inland Audio, PHD Salon, RCMP Depot Cadets, the Regina Inn, and Saskatchewan Lotteries.

Silent auction sponsors included Access Communications, Affinity's Antiques, Anne McLellan, Audrey West, Berting Glass, Capital Pontiac Buick Cadillac GMC, Carlson Wagonlit Travel, Casino Regina, City of Regina, City of Regina Sportsplex, Conexus Credit Union, David Butt, Don Dupasquier, Ducks Unlimited Canada, Elite Goldsmiths, Emerald Park Golf & Country Club, Firefighters Union Local 181, Globe Theatre, Gould Home Recreation, Heather Johnston, Helen Anne Designs, Joyce Ripplinger - Independent Stampin' Up Consultant, Labatt Brewery, Marilyn Muir, Mallabar Apparels, Simone McLeod, Mediterranean Bistro, Memories From Yvonne, Montana's Cookhouse Saloon, Myrna Oppeboen, Office Depot, Omer Champigny, PHD Salon, Rainbow Cinemas, Rawlco Radio, RCMP Canteen, RCMP Senior NCO's Mess, Re/Max Commercial Real Estate, Regina Little Theatre, Regina Multicultural Council, Regina Pats Hockey Club, Renaissance Glaziers, Robyn Lynch, Royal Canadian Mounted Police, Ryan

Next Comedy Benefit to feature "Moccasin Joe"

Planning is already under way for the next Comedy Dinner, which will be held April 8th, again at Queensbury Downs.

This year's feature entertainer will be Thunder Bay's "Moccasin Joe", who will also be doing a motivational workshop in the afternoon. Watch for more information in the next newsletter.

Arnott, Saskatchewan Roughriders, SaskTel, Sherwood Forest Country Club Ltd, Silverado Jewellery Company, Southeast Massage Therapy, The Diplomat, The Glen Scrimshaw Gallery, The Shake Shop, Thunderbird Travel, Travelodge South Hotel, Uniglobe Excel Travel, Urbane Gift & Decor, Walmart, Warner's Freightliner, Wilbert's Picture Framing, YWCA, YMCA.

It takes a tremendous effort to put on a successful Benefit Fundraiser. Besides all those mentioned above, we would like to thank our hard-working Board of Directors for their great effort in getting everything together.

Rainbow salutes partner John Howard Society

Rainbow would like to salute the John Howard Society for its many years of collaboration in setting up placements for Community Service Orders.

The relationship Rainbow has fostered with John Howard has had many benefits.

First, youth who have made some inappropriate decisions in their lives get a chance to come and check out Rainbow, and the many programs and services it has to offer youth.

Second, Rainbow is greatly appreciative of the youth that choose to come and help keep the Centre clean and safe.

Thanks again to everyone at John Howard, and to all the youth that have helped out over the years.