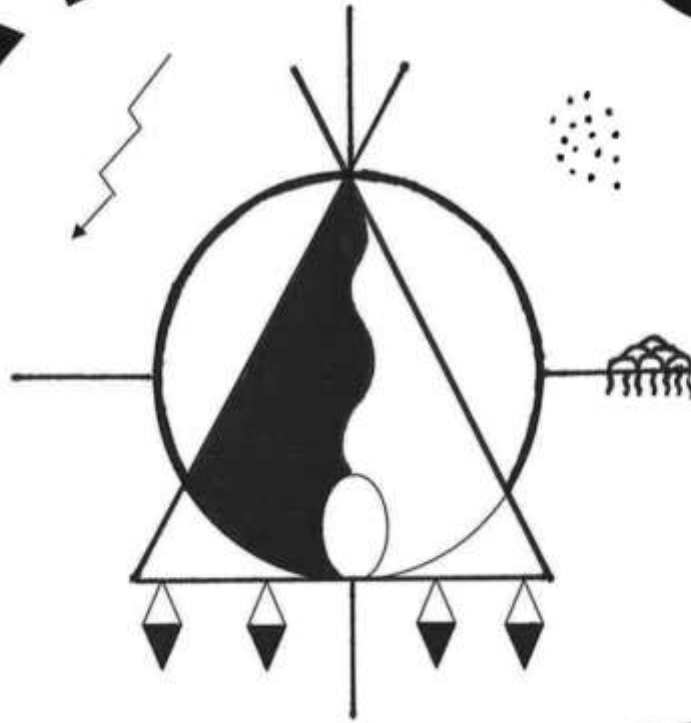


BDOKECO CAYA WI - JULY 2014



WA PA HA SKA



**DAKOTA
WOTANIN**



**WaPaHaSka
Dakota Wotanin**
will be posted to the
website on the first
business day of the month
www.whitecapdakota.com

REMINDER:
THE NEXT DAKOTA WOTANIN
SUBMISSION DEADLINE IS
July 31st, 2014 @ NOON

Forward Submissions to:
BOReception@whitecapdakota.com
or call 306-477-0908
Thank you.

WHITECAP DAKOTA FIRST NATION
182 CHIEF WHITECAP TRAIL
WHITECAP SK S7K 2L2
TELEPHONE: 306-477-0908
FAX: 306-374-5899
www.whitecapdakota.com

DAKOTA WOTANIN

Bdokecocaya Wi - July 2014

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NEXT ISSUE:
FRIDAY, AUGUST 1, 2014

Upcoming Meetings

Chief & Council Meeting

Monday, September 8th, 2014 at 8 A.M. - Noon
Executive Boardroom

Elders Luncheon Meeting

Monday, July 7th, 2014 at Noon
Sports Centre Lunch Provided
Please contact Whitecap Dakota Band Office
If in need of Transportation

WHITECAP EMERGENCY DIRECTORY

Fire Emergency	Medical Emergency
Major Fire: 911	Contact MD Ambulance Dispatch: 911
Contact Saskatoon Fire Dept. Dispatch: 911	
Arnold Stone: 306-290-2760	
Policing Services	Child Protection Services
Emergency: 911	
Complaints & Inquiries: RCMP Only 306-310-7267 or 306-975-5173	STC CFS: 1-866-871-4237
Crime Stoppers 1-800-222-8477	
Self Help & Other	
Health Line: 1-877-800-0002 The Health Line is a group of Health Nurses that will determine if your health condition requires immediate medical attention. This service is available 24 hours a day. All calls are confidential.	Suicide Crisis Line: 306-933-6200 Poison Control Centre: 1-866-454-1212 Problem Gambling: 1-800-306-6789
	Medical Taxi Transportation: 373-4600 Monday to Friday – 8 a.m. to 4:30 p.m. For afterhours call MD Ambulance Service: 911
SaskEnergy Natural Gas Emergency & Safety 1-888-700-0427	SaskPower Outage Reporting Call No Charge: 306-310-2220



Whitecap Dakota First Nation COMMUNITY ADVISORY COMMITTEES

EFFECTIVE JUNE 3, 2013

Education, Culture & Recreation Advisory Committee

Justice Advisory Committee

Membership Committee

Members:

Debra Moccasin
Gord Ouellette
Kevin Littlecrow
Roberta A. Bear
Willis Royal

Chairperson: Roberta A. Bear
Councillor Frank Royal, Ex-officio

Lands Advisory Committee

Self Government Advisory Committee

Members:

Colette Eagle
Elmer Eagle
Heather Buffalo
Melvin Littlecrow
Verna Buffalo
Vivian Anderson

Chairperson: Heather Buffalo
Chief Darcy Bear, Ex-officio

Housing & Public Works Advisory Committee

Health & Social Advisory Committee

CFS Advisory Committee

Members:

Arnold Stone
Crystal Buffalo
Janice Daniels
Loretta Whitecap Brown
Melvin Littlecrow
Nancy Linklater
Sandra Daniels

Chairperson: Janice Daniels
Councillor Dwayne Eagle, Ex-officio

WHITECAP DAKOTA ELEMENTARY SCHOOL**Jeff Shepherd—Principal**

Dear Parents/Guardians

Thursday, June 26, 2014

Wow, where has this past year gone. It seems as though we were just wondering when spring would get here and now we are getting ready to celebrate the last day of school. I would like to thank all parents and guardians for their support over the last year. We have seen lots of growth within our students and look forward to the upcoming school year. The following is a list of changes to the staff.

Kayla Fraser will be moving to Caswell School teaching grade 8. We thank her for her dedication and hard work and wish her all the best.

Renee Spicer will be moving to Vincent Massey School teaching grade 2. We thank her for her dedication and hard work and wish her all the best.

Janet Villeneuve is going to Suntep and is enrolled in teacher education. We thank Janet for her hard work and dedication and wish her all the best with her studies.

Cecilia Thomas will not be returning and we thank her for her hard work and dedication. We wish her all the best in her future endeavors.

Kim Buffalo will be transferring from the school to the Economic Development Department. She will get a well deserved summer rest and begin near the end of August. We thank Kim for her hard work and dedication and wish her all the best in her new role.

Whitecap Dakota Elementary School Staff for 2014-2015

Dean Swan – Principal

Susan Bear – Admin assistant/School Community Coordinator

Catherine Frain – Resource Teacher

Alisa Favel – Grade ¾

Lynn Kuny – Grade ½

Sunny Blackstone – Full day kindergarten

Verna Buffalo – Pre-K teacher, (1/2 release)

Andrew Frape – LLI teacher, Release teacher

Vivian Anderson – Dakota Language instructor

Educational Assistants – Melissa Neilands, Brandie Parker, Carmel Arcand

Elmer Eagle – On reserve bus driver

Glen Buffalo – Custodian

Students will begin on Tuesday, September 2nd and attend mornings only. **They will get bussed to school and home at lunch.** You may register your child that day or pre-register starting Monday, August 25th. Students will start full days on Wednesday, September 3rd. If you have any questions, please contact the school starting Monday, August 25th.

I will be transferring to Roland Michener School. I would like to take this time on behalf of the staff to thank all parents/guardians for their support. I'd like to thank all departments within Whitecap Dakota First Nations for their continued support of our school. Thanks to Chief & Council for making sure that resources and staff were in place. I wish all students good luck and hope everyone has a restful break. Enjoy the summer!!!!

WHITECAP ADULT EDUCATION

Monica Kreiter, Program Coordinator

EDUCATIONAL ASSISTANT PROGRAM

.....

DEFINE YOURSELF - APPLY TODAY

ASSISTANT • | ə-ˈsist-tənt | • noun

- 1. The always-critical part of the team, without whom the job couldn't get done quite as well (e.g. Luigi to Mario, Robin to Batman, Keith Richards to Mick Jagger).
-

- 8-month certificate
 - Learn to assist the classroom teacher with elementary and secondary aged students in the K-12 school system
 - Full-time and part-time options available
-

great plains
college


greatplainscollege.ca

Warman Campus

Phone: (306) 242-5377

1 (866) 296-2472

The logo for Great Plains College, featuring the words "great plains" in a blue serif font and "college" in a smaller blue sans-serif font below it. A yellow swoosh underline is positioned beneath the text.

Submission for Whitecap Newsletter

June 25, 2014

Welcome to the team!

Great Plains College is adding to the team at Whitecap Adult Basic Education in 2014-15. We would like to introduce Ryan Spence as our new Student Adviser. Ryan will work along with Monica Kreiter, Coordinator of the Adult Basic Education program at Whitecap to assist the students in planning their courses for next year. We look forward to Ryan coming on board.

Apply today!

Please pick up your application for admission from Jackie at the Business office. We would appreciate it if you would fill it out and hand it back to Jackie to send to us. We will then set up a time to see you in the summer.

Student Gathering

Watch for our fall student gathering in late August. The whole Great Plains College team will be there to meet you. You can stop in for a visit and get your registration for classes started. Bring your kids too--we will have a treat for them while you visit.

WHITECAP CHILDREN'S CENTRE

Myrtle Vandall—Manager



Han! Parents, Grandparents, and Guardians,

The Children's Centre is currently accepting applications for Child Care for the pre-school aged children. We have five spots available for the pre-k room, however your child must be 28 months old. The Infant—Toddler room has **one available** spot. Please register your child ASAP to ensure a reserved spot on the waiting list for upcoming months. To avoid being disappointed, get those applications in. Remember it is first come, first serve.

We would like to extend a warm welcome to **Dani and Mia** who will be returning this July. We are excited to have them back and missed them dearly.

Happy Birthday to **Emerson and Cole!!** We will be celebrating their birthdays though out the month with angel food cake, berries and ice cream! And their very own birthday hats.

Our Family Day was extra special this year thanks to the staff for working extra hard to make this event fun! With the fundraising money we were able to purchase our very own bouncy house! We had a clown attend the event thanks to Bill Eyahpaize for volunteering. We had cotton candy, popcorn, bubbles, face painting and games! Thank you Cathy Bear for the lovely meal, it was delicious. Congratulations to the winners of the Raffle: Maddison Royal won the EX super passes and Angie Bear won both Whitecap Trail Store \$25.00 gift cards. Congrats to the winner of the jelly bean guess Charlotte Royal. Thank you to all the parents who participated in the event we hope you and your family members had a great time. Thank you to Elder Melvena Eagle for the prayer and words of wisdom.

Thank you!!! Whitecap Trail Store for donating the gift cards for our Raffle fundraiser!!! WE appreciate the contribution. Thank you staff for donating \$20.00 each for the EX Super passes.

Attention!! Peanut Allergy warning we currently have a child who is allergic to PEANUTS attending the daycare, we like parents to be extra cautious when sending food/snacks with your child to the daycare. Please ensure there are no peanuts in any food sent. Also please be advised the wood ticks are in full force, parent please be sure to check your children for wood ticks after daycare.

Please take note of the bulletin board at the Centre. Management is so proud to display all the staff's qualifications, achievements, biography along with their interest and desire to teach children. We have a wonderful team here working together to provide quality child care services.

Summer time is here and we are requesting parents to send your child with an extra pair of clothing, hats, shoes and swim suits would be great! We like to set out plenty of invitations of water and messy play activities for the children on daily bases. Rubber boots are a must on rainy days.

We accept donations here at the daycare ☺. We are always looking for dress up clothing, hats and jewelry! We are also in need of plants and craft supplies.

DO YOU LOVE CHILDREN??? The Whitecap Children's Centre is currently looking for sub/casual workers. Interested applicants require a Criminal Record Check. First Aid/CPR would also be an asset. If you are interested please call Myrtle Vandall at 477-2086 or drop by the Whitecap Children's Centre.

I will be resigning from my positions as Manager due to no childcare. I am looking forward to a being a stay home mother however I feel hesitant leaving my position because I have found my job enjoyable and fulfilling. Thank you parents for opportunity to care for your precious children. It was an honor to work with the children, family members, staff, elders, administration and community band members of Whitecap Dakota First Nation. I enjoyed organizing, planning, teaching, loving, guiding and inspiring the children. I am grateful for the experiences and support Whitecap First Nation band has given me during my stay. I have a greater appreciation of management and gained knowledge on how to manage a Child Care Centre. I would like to say thank you to the Whitecap Children Centre staff for all the work we did together as a team.

Submitted by Myrtle Vandall Manager, Whitecap Children's Centre

Programs Provided at the Whitecap Children Centre:

- **Aboriginal Headstart on Reserve:** 6 components –Culture and Language, Education, Health, Nutrition, Social Support, Parental and Family Involvement.
- **Moe the Mouse** is an early language and literacy program. Teaches the importance of imaginary play, literacy, and teaching Dakota words.
- **Music Program:** The children channel their creative side through music, and help develop gross and fine motor skills. The program consists of a facilitator and materials where the children learn to appreciate music, dance and play.
- **Nutrition:** We follow the Aboriginal Canada's Food Guide; a 4 week planned Nutritious Menu. Healthy eating, healthy snacks/food, food security, traditional foods; dietician support.
- **Native Culture:** Dakota Language, Moe The Mouse, Music, Drum, Talking Circle, more to come: pow-wow dance. Elders & staff who speak Dakota with children
- **Field Trips:** Pumpkin Patch Maze, Splash Park, Fun Factory , forestry farm, Museum of Natural Science, Pooh Corner, Children Museum. (Parents are always welcome to join)
- **Celebration:** Thanksgiving dinner, Parent's Christmas Party, Halloween Party, Summer activities, Family Day (Informal parent/family activities)
- **Health promotion:** physical activity, self-care, oral health, immunization, safety and screening for: development, behavior, speech, hearing & vision.
- **Social skills:** teaching children positive interaction with their playmates, building positive relationships with peers and ECE, manners, taking turns, empathy, caring, loving, etc..
- **Play and Exploration programming:** Activities, Environment and Routines
- **In And Outdoor Activities:**

And others ...

WHITECAP IRA NEWS**Sheila Caisse - IRA****June 30, 2014**

Read on for important updates and reminders regarding Membership
Information from your Indian Registry Administrator (IRA) – Sheila: 477-0908.

NEW PARENTS

Expecting a child soon or already have a newborn?

- ☐ Please call or come and see me as soon as possible after your child is born so we can discuss the eligibility for registration and prepare to fill out forms.
- ☐ Step 1: you will need your child's birth document:
 - a) As your IRA, I may request a "birth extract" from the AANDC on behalf of Members for registration purposes. Therefore, please allow me to put forth this request before you spend the fee to order a birth certificate. [These are usually only available in their system for newborns.]
 - b) If a birth extract is not available as in a) above, you will need to order your child's original birth certificate from eHealth Saskatchewan (Vital Stats). See below for more information about eHealth.
- ☐ Step 2: complete an application for registration form and submit the original form (signed by both parents) along with original birth document to me for processing.
- ☐ Step 3: wait for correspondence from AANDC regarding application status. Once the registration is complete, AANDC will send you a letter confirming your child's registration.

NEW FORM AND ADDRESS TO ORDER BIRTH CERTIFICATES from eHealth Saskatchewan

- You may pick up a form at the Band Office or print one online from: *[note new website address]*
<http://www.ehealthsask.ca/vitalstats/Pages/default.aspx>
- You now have the option to order online; you must have a valid credit card to process your order online. If you do not, you will need to submit your order using the manual forms-based process.
- **Note:** please ensure you order the **long form** birth certificate as it states the parent's names and this is an absolute requirement for the "registration as an Indian" process and it will be too for the new SCIS cards
- The forecasted turnaround time is **5 business days** (fee is \$25)
- **Priority Service** is **5 business days** (costs an extra \$30 for this service)

REQUESTS FOR STATUS NUMBERS

- IRA's may not release a member's status number over the telephone; however, the member may come into the office to see the IRA in person, show identification, then the IRA can release the member's or their child(s) status number.

STATUS CARDS

- ⚡ I will be away from the office from July 2 – 11, 2014 and returning July 14th.
- ⚡ Unfortunately, the AANDC offices in Prince Albert and Regina only take applications for the new SCIS cards; they do not process the paper laminate cards. Individuals can try to arrange something with an IRA at another band if there poses a real emergency to have a new status card made.
- ⚡ Please call the band office and leave me a message if you wish to make an appointment for a status card and I will call you back the week that I return. Thanks for your cooperation.

WHITECAP TOTAL POPULATION: 619

WHITECAP BUSINESS CENTRE

Whitecap Business Centre

189 Chief Whitecap Trail

Monday to Friday

8 A.M. – 4:30 P.M.

Phone: 306-477-0908

Fax: 306-373-6359



Whitecap Business Centre	Department
Darrell Balkwill	Director, Economic, Development
Dalyn Bear	Lands Manager
Jackie Pilon	Business Development Manager

The Job Board is now at the Whitecap Business Centre

Come by to see if there are opportunities for you!

The public computer that was in the copy room at the Band Office is now available for Band Members to use at the Whitecap Business Centre. We have added another work station to use as well for exploring your education and career opportunities. Please read the Computer Usage Policy and sign in to use the computers!

Monday and Friday
Hours are 8:30 A.M. – 11:30 A.M.
and 1:30 P.M. – 4:00 P.M.



WHITECAP HEALTH & SOCIAL DEVELOPMENT



Whitecap Health Centre

316 Moose Woods Drive

Whitecap SK S7K 2L2

Phone: 306-373-4600

Fax: 306-343-8855

Whitecap Health Centre	Department	Extension
Victorine Royal vroyal@whitecapdakotahealth.com	Administration/Medical Transportation	#221
Sheryl Buffalo sbuffalo@whitecapdakotahealth.com	Maternal Child Health	#223
Jeannie Coe Jeannie.coe@saskatoonhealthregion.ca	Nurse Practitioner	#224
Katlynn Henderson khenderson@whitecapdakotahealth.com	Home Health Aide	#225
Amber Clark aclark@whitecapdakotahealth.com	Family Prevention Support Worker	#226
Tony Roulette troulette@whitecapdakotahealth.com	Wellness Worker	#227
Marijayne Deschambeault	Community Justice Summer Student	#229
Vacant	Recreation Coordinator	#230
Gary Beaudin gbeaudin@whitecapdakotahealth.com	Manager, Health Services	#231
Arlene Peeteetuce apeeteetuce@whitecapdakotahealth.com	Community Health Nurse	#254
Whitecap Dakota Elementary	Counselling	#256

NOTICE

NEW INFO

Changes to Health Canada Medical Transportation

Effective **January 1, 2013**, **all** requests for Medical Taxi Transportation including Private Vehicle **must** be pre-approved by the newly created Health Canada (Non-Insured Health Benefits) Call Centre **before** a medical taxi can be booked.

The WDFN is not responsible for approving Medical Transportation requests. All the WDFN is responsible for is to make the transportation arrangements after the transportation request is approved by Health Canada.

Reminder to All Medical Taxi Transportation Users:

Two-Day Notice

- Please be reminded that a **two business day notice is required** if you need to utilize the Medical Taxi Transportation. **Please keep in mind that this does not include Saturday & Sunday.**

Cancellations

- If you need to cancel your medical taxi, please call the Health Centre as soon as possible but no later than two hours before your scheduled pick up.

Medical Emergencies

- If your condition is of an urgent nature (medical emergency), call 911;
- Notify the Health Centre so that the Health Canada Call Centre can arrange for medical transportation upon discharge if there are no other means of travel (someone to drive you home) back to Whitecap.

*Cab Sharing & Coordination

- Keep in mind that you may be sharing a cab with others who have the same appointment time(s) and you should expect to return together. All appointments will be coordinated accordingly and approved by NIHB (Health Canada).

Signatures

- Doctors/health care providers and clients need to sign and date the appointment slip issued.



Get
Appointment



Make the call
306-373-4600
Two-day Notice
For Medical Taxi



Ready for
Medical
Taxi

Clinic After Hours Schedule

SERVICES AVAILABLE

WHAT IS A NURSE PRACTITIONER?

A Nurse Practitioner is a registered nurse who works in a Primary Health setting, has additional education and training, writes a national qualifying exam and is licensed by the Saskatchewan Registered Nurses Association as an independent practitioner.

WHAT CAN A NURSE PRACTITIONER DO?

- Can diagnose and treat common medical illnesses, chronic medical conditions such as diabetes or COPD.
- Can order tests such as laboratory tests, x-rays, and ultrasounds
- Perform common procedures such as removal of moles, excision and drainage of abscesses and suturing of simple wounds (cuts).
- After assessment, prescribe medications (except narcotics)
- Provides education, injury prevention & health promotion.



AFTER HOURS NURSE PRACTITIONER SCHEDULE

Monday Hours : 12:00 PM—7:00 PM

Closed on Weekends & Statutory Holidays
(Jeannie will also be available to take appointments during regular clinic hours Tuesday—Friday 9:30 a.m.—4:15 p.m.)

- To secure an appointment for the after hour service call the Health Centre.
- If unable to keep this appointment, kindly give 24 hours notice.

***PLEASE BRING YOUR SASKATCHEWAN
HEALTH CARD**

**Call the Health Centre to book
appointments.**



Whitecap Health Centre
Jeannie Coe
Nurse Practitioner



Protect the young—Parents are partners in preventing the flu

Did you know that even in early fall, influenza (also known as flu) viruses are circulating at low levels? In fact, flu outbreaks can happen as early as October. Flu is so highly contagious that it leads to thousands of hospitalizations each year and can even cause death. More than 600 children have died from the flu over the past four years.

Kids most at risk are those with underlying conditions such as respiratory, cardiac, endocrine, gastrointestinal, metabolic conditions, genetic syndromes and those with neurologic or neurodevelopmental disorders.

The flu spreads mainly in the fall and winter months and it's hard to predict how severe the disease will be. During the 2012-2013 season, doctor visits for flu-like illness, hospitalizations, and deaths were higher than in previous years.

Child deaths from flu can be prevented through vaccination. Up to two-thirds of children receive their annual vaccination from their doctor's office. Unfortunately, only 55 percent of children were vaccinated last season.

Protect infants: get your flu vaccine!

In the United States, approximately 4 million children are born each year. Infants less than six months old cannot receive the vaccine. That's why it's important for pregnant women to get the flu vaccine because when they are vaccinated, they pass the protection to their infants during the first six months of life. Protecting the young and vulnerable by vaccinating everyone around them is known as "cocooning." This means everyone who comes in contact with them, including family members, household contacts, siblings and healthcare workers should be vaccinated.

Most parents know that children can easily spread viruses. The highest rates of transmission during outbreaks occur in school-aged children. During the 2009-2010 flu pandemic, 64 percent of children who died of the flu had a neurologic condition. Many may not realize that intellectual disability is also a high risk condition for having ill effects from the flu.

Influenza can be a deadly disease for healthy children, especially in the very young and those with the underlying health conditions listed above. According to the CDC:

- **Everyone** six months and older needs flu vaccine **every year**
 - Remember, when a child is receiving the flu vaccination for the first time, two doses are needed for protection against the virus to be effective. Wait four weeks between the first and second dose.
- Two to three flu strains have changed from last season.
- Vaccines that protect against four (Quadrivalent) strains of flu viruses are now available.
- Both the injection and the nose spray are effective and there is no recommendation for one or the other. Just get vaccinated.
- Children with egg allergies SHOULD be vaccinated.
- Families are an essential member of the vaccination team!

National Immunization Awareness Week (April 26 to May 3, 2014)

Are You Up-To-Date?

Getting immunized helps to protect you, your family and your community against an ever increasing number of diseases. We encourage you to check whether you and your family are up-to-date with the vaccines you need.

In the midst of serious measles and pertussis outbreaks throughout Canada, we are seeing an alarming decrease in immunization rates among children. Here in Saskatchewan, our community immunization rates are considerable, but as the recent measles outbreak has shown, we can certainly improve.

Vaccines are among the most successful public health tools available for preventing disease and death. They not only help protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.

You can make a difference in preventing disease in your community. Thank you for your support and encouragement of the efforts of parents to make the choice to immunize their children and keep them healthy.

You can learn more about vaccines by visiting the following websites:

<http://www.phac-aspc.gc.ca/im/iyc-vve/fiction-eng.php>

<http://www.saskatchewan.ca/government/news-and-media/2014/april/25/immunizations-up-to-date>

<http://globalnews.ca/news/1260577/vaccination-myths-debunked/>

http://www.health.gov.on.ca/en/public/programs/immunization/docs/myths_info.pdf



National Immunization Awareness Week (April 26 to May 3, 2014)

ImmunizeCA App

Help us spread the word about regular immunization by downloading the **ImmunizeCA** App for your phone which can help you keep track of your family's immunization records. The **ImmunizeCA** app makes getting immunized easier by:

- providing customized schedules based on date of birth, gender and place of residence;
- reminding you of your appointments;
- providing you with your vaccination status, including any that are overdue, flu vaccine status and the date of your last tetanus shot ; and,
- providing a credible source of expert-reviewed information on vaccinations.

The mobile app also provides local outbreak alert notifications, vaccination resources and tools regarding children, adults and travellers.

You can download the ImmunizeCA App free at the iTunes app store and Google Play. If you don't have a smartphone, you can still access the app on the web at **immunize.ca**.





Infection Prevention & Control

Fact Sheet

Cimex lectularius BED BUGS

What are Bed bugs?

Cimex lectularius (bed bugs) are blood feeding insects that have oval shaped flat bodies and short broad heads. Adults are around 6 to 10 mm long and are brown and wingless. After a feeding, they swell slightly in size and darken to a blood-red color. The female bed bug lays at least 200 eggs in her lifetime and can deposit these eggs into cracks and crevices. Eggs hatch in 6 to 17 days. Bed bugs bite at night, and usually bite exposed areas such as the face, neck, arms, hand and upper torso but can bite over the whole body. Bed bugs do not fly so they either crawl or are carried from place to place by individuals. Bed bugs are not associated with the transmission of human disease.



What are the signs and symptoms of Bed Bugs?

The indications of bed bugs are:

1. Itchy welts on the skin – when bed bugs bite, they inject their saliva into the biting area, causing the skin to become irritated and inflamed. The classical bed bug bites could be presented in a linear fashion in a group of three bites (breakfast, lunch and dinner). Small raised red swelling lesions are also common.
2. There may be small reddish brown (blood) spots or fecal matter on the bed linen or the mattress and they may have a distinctive smell.
3. There may be clusters of 10-50 eggs found in cracks or crevices on the mattress or bed frame.

How do Bed Bugs get into my home?

Anyone can get bedbugs no matter how clean or careful they are. Bed bugs are often carried into a home on objects such as furniture, luggage, second hand mattresses and clothing of infested individuals. Bed bugs can travel from one apartment to another along pipes, electrical wiring and other openings. Bedbugs can also be transported on buses, trains, and planes. Once they are in the home, bed bugs can be found in areas such as:

- Seams, creases, tufts, and folds of mattresses and box springs
- Cracks in the bed frame and head board
- Under chairs, couches, beds, dust covers
- Between the cushions of couches and chairs
- Under area rugs and edges of the carpets
- Between the folds of curtains
- In drawers
- Behind baseboards, and around window and door casings
- Behind electrical plates and under loose wallpaper, paintings and posters
- In cracks in plaster
- In telephones, radios, and clocks.

How are Bed Bugs treated?

Bed bugs can be difficult to diagnose, control and contain. There are several things you can do to eliminate bed bugs from your home. These include the following:

1. Complete a thorough cleaning of the premises. Remove all unnecessary clutter. Clean and disinfect items before removing from the room. If you are throwing things away, place into a plastic garbage bag, tie closed and remove to your outside garbage.
2. For information contact a licensed pest control officer who can also assist with the eradication of bedbugs.
3. Strip all beds of bedding, sheets, blankets, pillow cases are to be washed in hot soapy water and dried in a hot drier until they are dry. Soft or stuffed toys can also be washed in hot soapy water and dried in a hot drier.
4. Open up your clock radio, telephone, or wall clocks and tap the open end into a open plastic bag. Use small end of the vacuum cleaner to vacuum inside these items.
5. Vacuum every surface in your bedroom including the inside of the dresser drawers, dresser cavities, baseboards, closets, rugs, electrical outlets, mattresses, box springs, etc. If the infestation is severe the bed and box spring may have to be removed and disposed of by taking it to the landfill site.
6. Once the vacuuming has been completed remove the bag, place into a garbage bag and remove to the outside garbage.
7. Once the cleaning and vacuuming have been completed you can either steam clean or use a non-chemical pesticide such as diatomaceous earth. If you are not able to do this, contact a pest control company to do this for you.

How are Bed Bugs prevented?

Maintaining a clean and uncluttered environment may help to prevent infestations. Special mattress covers which enclose the entire mattress may also help prevent an infestation. Always check your suitcases and clothing when you return from your holidays to ensure you are not bringing bed bugs into your home.

For more information on bedbugs you may access these websites:

http://www.saskatoonhealthregion.ca/your_health/ps_public_health_inspection_hpa_bedbugs.htm

or

www.pmr-arla.gc.ca

Community Justice Update

Community Cadet Program: The Community Cadet Program will continue on Wednesdays at 5:00 pm in the school gym. Throughout the summer, the cadets will learn valuable life skills as well as drills taught by the RCMP. It is crucial that the cadets attend every Wednesday as they will be marching in the exhibition parade and grand entry at the Dakota Dunes Pow-wow coming up in August. Ideally, the goal is to have the Community Cadet Program expand, therefore, we welcome any children between ages 9-18 to come and join the Cadet program.

Girl Power: Girl Power is an educational, skill-building and creative group designed to introduce girls ages 9- 12 to concepts and skills that promote a positive self-image.. In addition, Girl Power assists girls to challenge social rules and media messages that diminish a girl's sense of self as they move toward adolescence. The group activities raise self-esteem, self-worth and increase abilities to cope with the upcoming teen challenges. Through a connection to inner resources girls will explore ways to claim a healthy connection to themselves, peers, and the community. **Girl Power will be every Thursday starting on July 10, 2014 at the Health Centre at 5:00 pm**

2BBoys: This program is designed to assist boys ages 8-13 in connecting to their true selves in an empowering, respectful, healthy and dynamic way. The program focuses on building skills to help boys excel socially and emotionally. The groups use movement, the outdoors, skill-building activities, games, and problem solving initiatives to aid boys in developing resources to improve their ability to be responsive emotionally to themselves and others and to increase pro-social qualities in order to thrive during the upcoming teen distractions. **The program start is date is Tuesday, July 8th, 2014 at 5:00 pm at the Health Centre and will run every Tuesday for the summer months.**

Car Seat Clinic: We will be having a car seat clinic on Wednesday, July 16, 2014 at the Health Centre from 10:00 am until 2:00 pm. Please bring your car seat to have it inspected. Also you'll be entered into a draw to win a brand new car seat. **Changes to SGI legislation: Effective June 27, 2014, booster seats are mandatory for children under 7 years of age, less than 145 cm (4'9") in height and 36 kg (80lb) in weight.**

Upcoming events in August: Bike Rodeo & Child Find ID Clinic- more information coming soon

Please contact me at the Health Centre if you require any more information about the programs/events happening this summer.

Marijayne Deschambeault

Community Justice Worker- Summer Student

Whitecap Health Centre 306-373-4600

Additional resources:

[Flu prevention and vaccination—Flu.gov](#)

[Who's at risk?—Flu.gov](#)

[How the flu virus changes—Flu.gov](#)

[How the flu spreads—CDC](#)

[Prevent Childhood Influenza - NFID](#)



WHITECAP HOUSING & PUBLIC WORKS

Whitecap Housing & Public Works

111 Sports Centre Road

Whitecap SK S7K 2L2

Phone: 306-477-2013

Fax: 306-477-2034

Monday to Friday
8 A.M. to 4:30 P.M.



Whitecap Housing & Public Works	Department
Ron Erikson	Director, Housing & Public Works
Lynn Dumont	Housing Tenant Relations Clerk

On-Call Plumber	Contact Number	Availability
Byron Head	306-371-5605	
Bradon Eagle	306-380-0848	

Water Treatment Plant	Contact Number	Department
Brian Tralberg	306-371-2101	WTP#2

After Hours & Weekend Call Outs

Please be advised of the call out list for any Housing & Public Works Emergencies or Major Problems that cannot wait until regular business hours.

Transfer Station	Garbage Disposal	Weekdays: 4:30P.M. – 10P.M.
		Weekends: 8A.M. – 10P.M.
Elementary School	Events Entry	After Hours & Weekends
Fire Hall	Events Entry	After Hours & Weekends

Arnold Stone: 306-290-2760

Rent Payments & General Inquiries

All inquiries and personal contacts regarding rents, rent payments, housing applications, notices, repairs, utilities and general housing inquiries can be made through Lynn Dumont. Please call Housing & Public Works department for all minor repairs and service call requests. All work orders must be issued through the office. Thank You!



Whitecap Dakota First Nation

182 Chief Whitecap Trail, Whitecap SK S7K 2L2

Phone (306) 477-0908 • Fax (306) 374-5899

Website: www.whitecapdakota.com

November 27, 2013

Dear, Whitecap Tenants:

This letter is a friendly reminder that your furnace filter may need to be changed. There has been a high level of calls regarding furnace repairs which is the result of a dirty and clogged furnace filter. It is your housing responsibility for the general upkeep and maintenance for the house. Please inspect and replace the furnace filter and clean the HRV (Heat Recovery Ventilator) filters, if required.

As per your Rental Tenancy Agreement in section 8(b) of your contract states: "Inspect and replace (if necessary) furnace filter on a monthly basis." We have included helpful information for you to help keep costs low for both energy bills and any repair costs that may arise due to a lack of maintenance to the furnace.

Thank you for your help.

Sincerely

Ron Erikson
Director of Housing & Public Works

RE:ld

****Importance of Furnace Filters*****

Have you ever notice:

1. You turn your thermostat high to heat your home.
2. You turn on the De-humidistat (Ventilation fan), but still have humidity
3. Your exterior doors and door knobs are freezing up.
4. You notice stale air and poor circulation in your home.

These are some of the results of neglecting to keep your Furnace Filter clean. A dirty filter can affect people with allergies or hypersensitivities, and can lead to higher heating bills, and can also lead to overall furnace failures. When you do not replace or clean your furnace filter regularly then dirt, dust and other debris can build up inside the furnace unit causing serious problems in the long run. Your furnace has to struggle harder to heat your home; you will be paying more in heating bills caused by a dirty furnace filter. When a furnace becomes clogged with dirt and debris, this creates dirty air that will circulate throughout your home, rather than the clean fresh air that you once enjoyed. You and your family will be breathing in all these toxins that could have been sucked out of the air by a clean or new filter. Now may be time to replace furnace filters to restore the clear air in your home.

Neglecting your furnace will cause a number of serious problems to arise.

1. Your furnace may simply break down, typically when you least expect it and no one is around to fix or repair it.
2. Water lines may freeze up causing excessive damage to your home.
3. Furnace heat exchanger may become warped or crack from unbearable heat build-up within your furnace, and causing noxious carbon monoxide fumes to leak into your home.
4. Faulty furnaces have also been known to start fires caused by a dirty filter by not allowing air to circulate properly throughout the furnace and home.

Reasons to keep up with your furnace filter maintenance.

1. You can save yourself a lot of stress, health problems and financial burden simply by buying a \$6.00 furnace filter.
2. This will ensure that air is circulating properly throughout your home and increase the longevity of the furnace.
3. You will be pleased that your family and home is receiving the best air quality possible and
4. You will have lower heating bills.

How often should a furnace filter be replaced?

It is suggested by furnace manufacturing companies and furnace technicians that filters should be inspected or changed at least once a month during the heating season. This also varies from house to house and filter to filter. The less expensive conventional filters do not require changing as often and can last longer, however they are not the best at blocking small dust particles and other allergens. Also to consider is the living conditions such as, if you have more pets or anyone smokes regularly inside, then the filters need to be changed almost every month. Based on all this, the recommendation is to buy a higher quality filter, look at it monthly and plan to change it every one to three months.

****Note from Whitecap Dakota Housing Department****

We recommend changing the furnace filter a minimum of every three months, especially if you live in a home constructed in 1997 or newer. Your home may have a central ventilation fan coupled to your furnace system. When you turn on the ventilation fans in your home, the fan exhausts air from the kitchen and bathrooms while bringing in fresh air to be circulated throughout the house via the furnace fan. This means that air is constantly going through the furnace filter year round requiring the filter to be replaced on a regular basis. Also due to the amount of sand in the community, air that is drawn into the house will tend to plug up the filters a lot faster because of the sand content in the air. If you want to provide your family with clean air and lower humidity in your home, we encourage you to purchase a 4-6 pack of filters each year varying from \$6 to \$50. This will ensure that there are enough filters to last the entire year and also ensure proper furnace operation and endurance, provide clean air, and lower humidity in the home.

How to choose the right furnace filter for you home?

There are presently hundreds of models to choose from. Do not worry; you only need to understand a few features of a furnace filters that are essential. These features you should look for while making the purchase.

Types of Furnace Filters

1. **Washable/Reusable Filters** – These are meant for extended use, and with regular cleaning and maintenance serve a very long life. The downside could be nearly impossible to get completely cleaned and adds resistance to the airflow. These are also not very effective in trapping very small particles.
2. **Pleated Filters** – These are modified kind of panel filters that have pleats or fold to increase its surface area. The design change makes it more efficient at trapping dust particles due to increased surface area. However, once the furnace filter starts resisting airflow it begins collecting dust particles and thus should be replaced regularly.
3. **High Efficiency Pleated Filters** – These filters have an additional component of electrostatic charge that is designed to capture extremely small particles and various allergens, which make up 99% of the particulate composition of the air. These should be changed at regular intervals to maintain the air quality, and flow. Refillable furnace filters are also available in this type.

How to Size your furnace filter?

Locate the size of air filter you need to remove the old filter from the furnace and look at the sides of the filter. A label should be affixed that indicates the actual size for the filter. After you have located the label or printing with the size on it, put back the old filter until you get a clean one to replace it. If you cannot find a size on the filter than just measure the filter incase. If there is no old filter to measure, find the track that the air filter would normally fit into. Measure the inside of the track and check it with the filter size chart to pick the air filter size that will fit your furnace. Choose the actual size filter and pick one that is 1/2" smaller than the both sides you calculated, so the air filter fits in the track. Most standard sized filters are **16"x 25"x 1"**. Ensure the arrows on the filter point towards the furnace unit.

Have you changed your Furnace Filter Lately??

Example of Furnace Filters & Prices at the local Canadian Tire:



Duststop Permanent Furnace Filter

\$8.89

Product #64-3376-6

- Permanent filter
- Washable/reusable
- Traps dirt, dust and pollen



Endust Allergen Furnace Filters, 6 Pack

\$29.97

Product #0990640

- Pleated air filter
- Each filter lasts 30 to 90 days
- Allergen filtration – captures pet dander, dust, pollen and mold spores

WHITECAP SELF-GOVERNMENT



Q: What is wapahaskawotanin.com?

A: It's your brand new community website!

Register for the website and get access to:

- Public notices and news announcements as soon as they're released.
- Up to the minute information about community programs and services.
- A community event calendar.
- A jobs board featuring local job opportunities.
- A Whitecap Classifieds page.

To register please visit www.wapahaskawotanin.com
or click on the member site tab at whitecapdakota.com

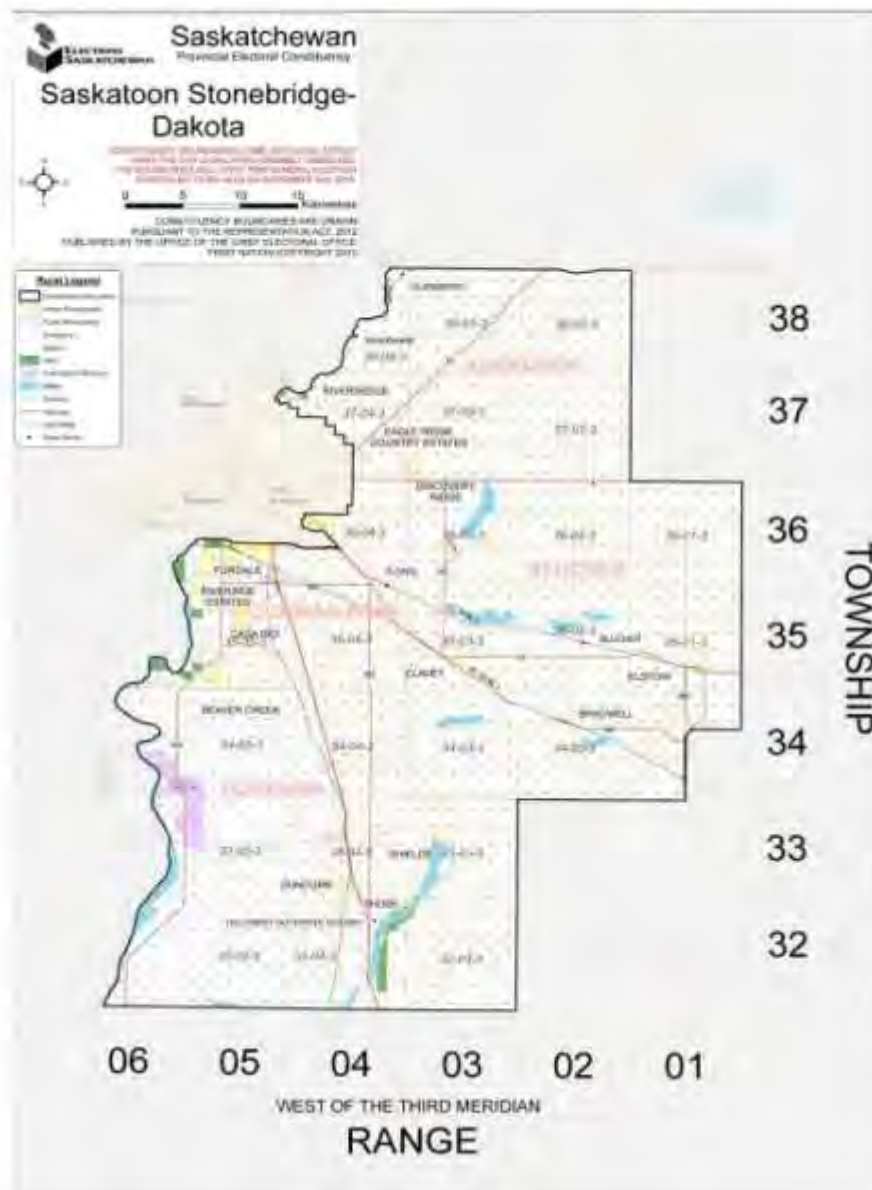
New Provincial Constituency Named SASKATOON STONEBRIDGE-DAKOTA

Following a review of Saskatchewan's provincial constituencies in July, 2012, the Saskatchewan Boundary Commission recommended that five new constituencies be created in Saskatoon.

Whitecap Dakota First Nation is a part of one of these new constituencies, which is named **Saskatoon Stonebridge-Dakota** (see map below).

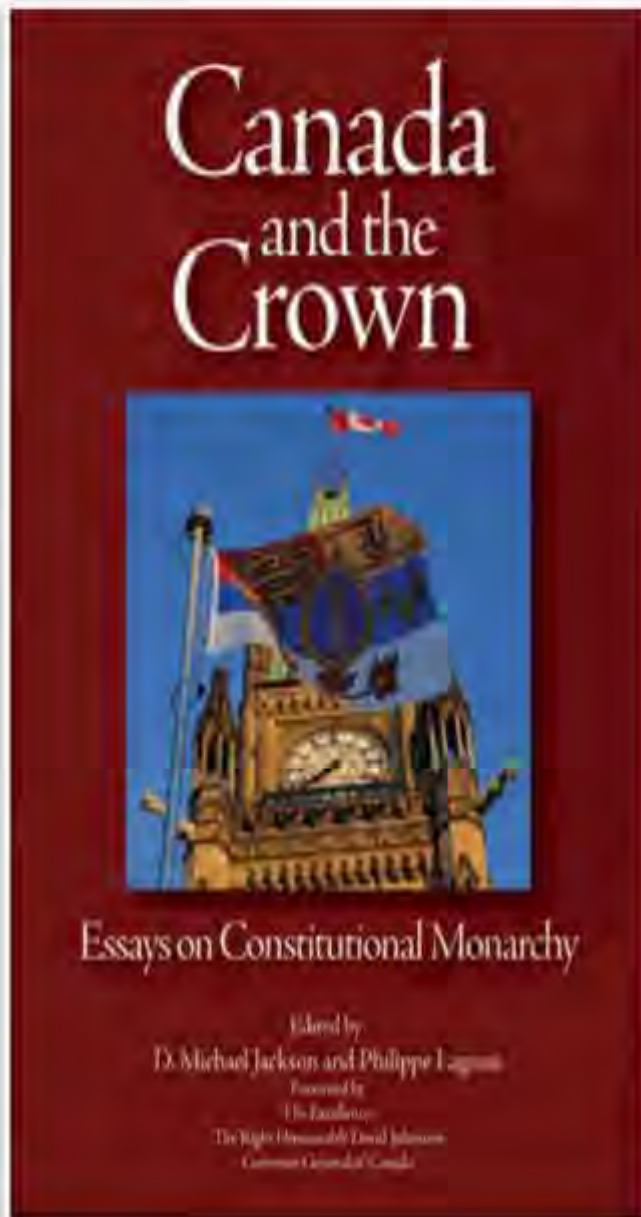
This new name formally recognizes the Whitecap Dakota First Nation's presence in the region. Since 1882, when Chief Whitecap counseled John Lake on the location for a new temperance colony that would become the City of Saskatoon, the Whitecap community has co-existed as good neighbors with those in Saskatoon and area. This new constituency recognizes that this alliance continues today.

Saskatchewan's 61 new constituencies come into effect in the next provincial election, scheduled for Nov. 2, 2015. Until then, the current constituencies and boundaries remain in effect for any by-elections that may occur.



Whitecap Staff Member's Research Proves First Nations' Sovereignty:

Stephanie Danyluk's article explores alliances during the War of 1812.



On April 3, 2014, the Lieutenant Governor of Saskatchewan, Vaughn Solomon Schofield, hosted the launch of "Canada and the Crown: Essays on Constitutional Monarchy", a book featuring historical and contemporary perspectives on the role of the monarchy in Canada.

One of the authors present at this book launch was our very own Research Analyst Stephanie Danyluk. Her research article titled "Recollecting Sovereignty: First Nations-Crown Alliance and the Legacy of the War of 1812" explores how sovereignty was exerted by Western Nations during the War of 1812, demonstrating that these alliances are proof of First Nations sovereignty. It concludes with a study of the continuing legacy of Crown's promises and looks to this alliance as precedent for establishing a third order of government flowing from the shared sovereignty between First Nations and the Crown. The majority of the article is informed by research conducted by Stephanie and others on the role of the Dakota in the War of 1812, as well as by WDFN's efforts to move out from under the Indian Act. Stephanie has previously contributed to the Canadian Journal of Native Studies and she spent time working with the Stó:lō Nations in BC as part of her Master's Thesis.

It is great to have an established researcher in-house helping us to tell our stories. Stephanie has been working for Whitecap Dakota First Nation for three years. We congratulate her to her recent publication and thank her for the ongoing work for our community!

WHITECAP EMPLOYMENT



EMPLOYMENT OPPORTUNITY

LABOURER

The Whitecap Dakota First Nation, located 26 Km south of Saskatoon, requires the services of a Labourer.

POSITION SUMMARY:

In accordance with standards of the Whitecap Dakota First Nation and reporting to the Housing & Public Works Director, the Employee will:

- Perform building maintenance, i.e., painting, general repair;
- Clean up around facilities and grounds;
- Load and unload trucks of various materials;
- Operate lawn mowers and other power or hand tools;
- Build and paint fences; and
- Any other duties that maybe assigned from time to time within Public Works and Housing.

QUALIFICATIONS:

- Grade 12 or GED
- Valid Class 5 Driver's Licence
- (3) Professional/Work References

SALARY: To be determined based on qualifications and relevant experience.

APPLICATION PROCESS:

Submit cover letter and resume via email to: employment@whitecapdakota.com

Indicate competition # in the subject line: **#HPW1-2014-07-11**

You will receive an automatic reply acknowledging receipt of your application.

Alternatively, you may submit your application via mail or fax to:

Whitecap Dakota First Nation
Competition #HPW1-2014-07-11
182 Chief Whitecap Trail
Whitecap SK S7K 2L2

Fax: (306) 374-5899

APPLICATION DEADLINE DATE: Friday, July 11, 2014 at 4:30 p.m.

We thank all applicants and wish to advise that only those individuals who have been selected for an interview will be contacted.



EMPLOYMENT OPPORTUNITY

CHILDREN'S CENTRE MANAGER

The Whitecap Dakota First Nation, located 26 kilometers south of Saskatoon, requires the services of a Children's Centre Manager. This is a full-time, permanent position.

POSITION SUMMARY:

Reporting to the Executive Manager of Health Services, the Children's Centre Manager will manage the day to day operations of Whitecap Children's Centre including administrative duties, staff coordination and working with parents. The 22-seat Children's Centre provides services for infants, toddlers and preschoolers. A Head Start Program is also offered.

The Children's Centre Manager will work as an integrated team member with other First Nation programs including: Health, Education and Social Development.

SKILLS AND QUALIFICATIONS:

- A Diploma in Early Childhood Development with a minimum of (5) years experience in managing a Children's Centre preferably in a First Nations environment;
- Experience working effectively with groups, families and Communities;
- Demonstrated ability to assess, plan, implement Early Childhood development programming;
- Effective written and oral skills; working knowledge of PC software applications; and
- Must possess a valid Saskatchewan driver's license and a reliable vehicle.

The successful candidate shall be subject to a Criminal Record Check as a condition of employment.

SALARY: Based on qualifications and experience. An excellent benefits package is provided.

APPLICATION PROCESS:

Submit cover letter and resume via email to: employment@whitecapdakota.com

Indicate competition # in the subject line: **#HS1-2014-07-11**

You will receive an automatic reply acknowledging receipt of your application.

Alternatively, you may submit your application via mail or fax to:

Whitecap Dakota First Nation
Competition #HS1-2014-07-11
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Fax: (306) 374-5899

APPLICATION DEADLINE DATE: Friday, July 11, 2014 at 4:30 p.m.

We thank all applicants and wish to advise that only those individuals who have been selected for an interview will be contacted.

WHITECAP MEMORANDUM



Whitecap Dakota First Nation

182 Chief Whitecap Trail, Whitecap SK. S7K 2L2

Phone (306) 477-0908 • Fax (306) 374-5899

Website: www.whitecapdakota.com

Memorandum

To: Whitecap Dakota First Nation Band Members
cc: WDFN Council
From: Warren Buffalo, General Manager
Date: June 3, 2013
Re: United Cab Flat Rate

This notice is to clarify the \$44.00 flat rate offered by United Cab, to and from Whitecap Dakota First Nation.

The flat rate is for Community Members only. Transportation must be non-stop from point of pick-up to destination to qualify for the flat rate. Please understand, you may be charged extra for stops along the way.

If there is an issue with drivers charging other than the flat rate, please contact Warren Buffalo at Whitecap Dakota First Nation Band Office 306-477-0908.

Thank you

WB:sc

WHITECAP NOTICE

2014 SASKATOON EXHIBITION PARADE, AUGUST 5, 2014 – UPDATE

Call for volunteers for this year's Whitecap parade float entries. The Saskatoon Exhibition Parade will be held **Tuesday, August 5, 2014 starting at 10 AM.**

If you would like to participate as a decorator, walker, dancer or Elder, there is a sign-up sheet for all volunteers/participants at the Whitecap Dakota First Nation Band Office. You may also contact Anna Buffalo or Verna Buffalo to sign-up. **Deadline to volunteer is Monday, June 30, 2014!!!**

The first planning meeting will be on Monday, June 9, 2014 at the Whitecap Sports Center starting at 5:00 PM. **It is encouraged that all volunteers and participants attend planning meetings to provide input in the design of our entries.**

Thank you,

Anna Buffalo/306-291-3068

Verna Buffalo/306-381-6619

2014 DAKOTA DUNES CASINO POW-WOW – AUGUST 5, 6 & 7, 2014

The Dakota Dunes Casino Pow-wow will be held August 5, 6 & 7, 2014 at the Whitecap Dakota First Nation Sports Grounds.

Volunteers are required to assist with registration, clean-up/maintenance, help serve Elders/Veterans in feed tent; if you would like to help out this year, please sign-up at the Band Office.

There will be a feast on Monday, August 4, 2014 under the dancing arbour; time will be confirmed for next newsletter.

DDC Pow-wow Committee representatives from Whitecap are: Senator Melvin Littlecrow, Elder/Veteran Willis Royal, Councillor Frank Royal, Roseanna Royal, Sheldon Sinclair and Verna Buffalo.

Thank you.

Family Reunion



**You are invited to attend a Whitecap Dakota First Nation
and Fort Peck, USA reunion for the Littlecrow,
Redbear, and Redeagle families.**

Date: Wednesday August 6, 2014
Where: Whitecap Elementary School
Time: TBA

**For more information please contact the WDFN Band Office at 306-477-0908
OR
Wayne C. Two Bulls of Fort Peck, USA at 406-768-6312**



**YOU ARE CORDIALLY INVITED THE
'WHITECAP DAKOTA FIRST NATION & FORT PECK TRIBES'
FAMILY REUNION**

WHEN: WEDNESDAY AUGUST 6, 2014

TIME: 10:00 A.M. TO 4:00 P.M.

LUNCH WILL BE PROVIDED

COME OUT AND MEET AND VISIT THE RELATIVES OF THE
RED EAGLE,
REDBEAR AND
LITTLE CROW FAMILIES

Please RSVP to Lori Buffalo – DelaRonde at (306) 477-0908

DAKOTA DUNES
CASINO



PRESENT



ACCURATE
CANADIAN

WHITECAP DAKOTA DAYS

AUGUST 16 & 17 AT WHITECAP SPORTS GROUNDS

\$10 DAILY ADMISSION COMES WITH A \$10 FREE PLAY FOR DAKOTA DUNES CASINO!

CO-ED SLO PITCH

- *\$300 team entry
- *3 games guaranteed
- *certified umpires
- *7 & 3 ratio
- *mvp awards

A SIDE	B SIDE	C SIDE
1ST-\$2500	1ST-\$750	1ST-\$450
2ND-\$1000	2ND-\$500	2ND-\$300

Entry Deadline August 10

Contact: Band Office 306-477-0908
Sheldon Sinclair 306-292-1508
or Sheldon_Sinclair@hotmail.com



**Homerun
Derby!
\$20 entry
Prizes!**

CHUCKWAGON & CHARIOT RACES

Chuckwagons
sat 6pm
sun 4pm
\$1000 Dash
for cash!

Chariots
Sat 2pm
sun 12pm

\$600 dash for cash!

Contact: Melvin Littlecrow 306-955-5438
(cell) 306-291-8106

**Beer Gardens!
Entertainment!
Free Camping!**





Heads Up - Community Surveys are taking place in Whitecap this summer

What is it?

Whitecap Dakota First Nation is taking part in the First Nations Regional Early Childhood Development, Education and Employment Survey (FNREES). The FNREES is a survey tool designed by the First Nations Information Government Centre with input from First Nations communities. The purpose of the survey is to provide accurate, relevant information in the crucial areas of childhood development, education and employment. There are three versions of the survey: one for children (to be filled out by parents or guardians), one for youth, and one for adults.

Why participate?

This survey was developed to provide First Nations with accurate data in the areas of childhood development, education and employment. The collected information will provide the Band with usable data that will help in planning and developing the services, programs, and facilities that the growing Whitecap community requires. As a thank you for completing a survey you will be given a small gift and an entry into a draw for a 46" LCD TV for the adult survey, a draw for a choice between a new bike or an iPad for the youth survey, and a draw for a \$100 Walmart gift certificate for the children's survey.

How do I participate?

We are trying to get as large of a survey sample as possible so we would like everyone living in Whitecap to participate. Whitecap member Justine Smokyday has been hired to deliver the surveys in person. Over the course of the next few months Justine will be contacting each household in Whitecap to arrange time to complete the surveys. The surveys take approximately 45-60 minutes to complete and all personal data that is collected is subject to strict privacy regulations.

ADVERTISEMENTS, ANNOUNCEMENTS & NOTICES

Notice

Community Safety Reminder

Please keep an eye out on your neighborhood and report any suspicious activity.

If you see strange vehicles or suspicious persons in the Community, write down the license plate number and description of the vehicle/persons and call the RCMP as soon as possible with this information.

Remind your children not to talk to strangers or get in a vehicle with strangers.

**Whitecap Dakota First Nation
Community Curfew**

All young persons, 12 years of age and under are required to be off Community streets and Community property between 8 P.M. and 7 A.M. unless accompanied by a parent or guardian.

All young persons, between the ages of 13 and 17 are required to be off Community streets and Community property between 11 P.M. and 7 A.M. unless accompanied by a parent or guardian.

Reminder

This is to remind the members & parents about the proper use of pellet/BB guns in the Community.

It is important to note that any individual under the age of 18 years is required to be supervised by an adult over 18 years of age when using a pellet/BB gun. Pellet and BB guns are not allowed to be used within 200 yards of the subdivisions or public buildings.



Registered Kids Receive **2 FREE GAMES** of
bowling **DAILY**. All summer long!

To register go to

www.kidsbowlfree.com



Age Requirements

Ages 15 and under

Shoe Rentals

Free shoe rental included.



Unemployed?

Develop your skills with Certificate Training

Minimum CLB Level 5 English Language Requirement



Radius Community Centre

611 First Avenue North, Saskatoon, SK

www.radiuscentre.com

Supporting creative actions to improve quality of life

Service Worker Prep

- Get in and out fast
 - Two certificates that prepare you to work
 - *Food Safe Level 1, Saskatchewan Service Best* and *Résumé, Cover Letter and Interview refresher*
- February 12 – 14, 2014 April 23 – 25, 2014
June 4 – 6, 2014**

Care Assistant Prep

- Casual and respite workers for Childcare Centres, Care Homes, and Group Homes are in high demand
 - Employers are looking for skills offered in this training
 - Saskatchewan Early Childhood Association supported
- February 7 – 20, 2014
June 2 – 14, 2014**

GED12 Preparation

- Take the fast track to work or further training
- Start anytime...work at your own pace
- Study up to 3 months with expert support
- Weekly intake assessments

Continuous Intake

First Aid & CPR-C /AED

- Red Cross Certified
 - Recognized on every worksite
- | | |
|------------------------|-------------------------|
| January 15 – 17 | February 18 – 20 |
| March 19 – 20 | April 15 – 17 |
| May 13 – 15 | June 10 – 12 |

One Stop Job Shop

- Intensive Job Search Preparation
 - *Résumé, Cover Letter, Interview Skills and Job Search Techniques that get results!*
- | | |
|----------------------|-------------------------|
| January 7 – 9 | February 18 – 20 |
| March 18 – 20 | April 15 – 17 |
| May 13 – 15 | June 10 – 12 |
| July 8 – 10 | August 26 – 28 |

Skill Enhancement Program

- Employee development workshops
- Workplace Essential Skills;
- Career exploration and planning
- *Résumé, Cover Letter, Interview Skills and Job Search Techniques*

Bi-weekly starts; Full time, 6 weeks

Call to Register

306 665 0362

Made possible through funding from:



Muskeg Lake Cree Nation

22nd Annual Traditional Veterans Memorial Powwow

July 5 & 6, 2014

Host Drums

CCR

Cree Spirit

Yellow Horse

Big River Cree

Singers bring own chairs
Drums must be attended at
all times

Grand EntrySaturday July 5th, 2014 – 1pm & 7pmSunday July 6th, 2014 – 1pm & 7pm

Dancers paid once daily

\$10,000 in Specials

Men's Traditional

All Age Chicken

T.B.A

Community Giveaway Sunday

All Veterans/Widows will be paid once daily

24 hour security

DRUGS AND ALCOHOL will not be tolerated

Concessions on site – All vendors must register. Firewood, water, campsites on site.

Powwow Committee & Muskeg Lake Cree Nation are
not responsible for injury, damage or theft

For more information, contact:

Albert Dean Lafond – 306-466-6526

Les Arcand – 306-466-7286

Anita Lafleur – 306-314-1813

Arena Directors

Brent Dillion

Youth of MLCN

MC's

Sanford Strongarm

Cal Arcand

Sound

Vern Chocan

Princess/Little
Warrior Pageant

Arcand Family Memorial
\$10,000.00
Men's Fancy Bustle Special



Private Joseph Okemasis
1923-1943
K.I.A December 7th, 1943

GEORGE GORDON FIRST NATION POW-WOW AUG 22-24, 2014

Grand Entries

Friday - 7PM

Saturday - 1PM & 7PM

Sunday 1PM & 7PM

Host Drum

Beaver Creek - Anishewauk FN, OR

Honorary Host Drums

Cree Spirit - Kawacatoos FN

Grey Buffalo - George Gordon FN

MC's

Winston Bear - Chakachas FN

Hai Eagletail - Tsuu T'ina Nation

Arena Director

Lyndon Ochoo - George Gordon FN

Terrance Littlelent - Kawacatoos FN

Singing Judge

Terry Paskemin - Sweetgrass, SK

Princess

Pageant &

Little Warrior

Theresa McNab

(306) 835-2067



Ka-nêwonaskasêhtêw

Categories

Golden Age 55+

Senior Adults 35-54

Jr Adults 18-34

Teens 13-17

Juniors 7-12

Tiny Tots 0-6

Specials

Myrtle Fisher Memorial

Men's golden Age 50+

Traditional Only

Sovereign Family Double Special

-Chicken & Jingle

-All Contestants must be registered to compete

Giveaway to follow

Chief & Council Special

Committee Special

Howard Anderson Award Special:

1st - \$1000

2nd - \$800

3rd - \$500

Other Specials TBA

Vendor Info:

Wilfred Blumens 306.835.7046 (H)

James Eason 306.835.9113 (H)

306.835.7137 (C)

Band Office 306.835.2232

Toll Free 1-888-698-0886

No Gang Colors, No Drugs/Alcohol

Strictly Enforced - Security 24HR/D

Committee not responsible for any thefts,
accidents, divorces or loss of travel expense





Happy Birthday
to all
Celebrating a Birthday in July

Happy Birthday Leona
Have the Best Day
On that day in July

Congratulations
Shea!!!
Shea made it into the
Saskatchewan Raise to
Fame
First Day of the Saska-
toon Exhibition
Come and Cheer Her On!

Celebrating the 16th Annual **Northern Lights Casino** **Thanksgiving Pow Wow**



October 11th & 12th, 2014
Art Hauser Centre, Prince Albert Saskatchewan

Saturday

Sunday

Registration Opens - 9am
Grand Entry - Noon
Grand Entry - 7pm
Dance Categories
Tiny Tots
Junior(7-12)
Teen(13-17)
Jr. Adult(18-39)
Sr. Adult(40-54)
Golden Age(55+)
Singing Contest
\$5500, \$3500, \$2000, \$1500,
\$1000, \$800, \$500

Grand Entry - Noon
Giveaway (after Intertribals)

Princess Pageant
Miss Tiny Tot (5 and under)
Miss Junior (6 to 12)
Miss Teen (13 to 17)

- Tiny Tots paid daily
- Veterans paid per Grand Entry
- Non Competing drum receive day money
- Daily Host Drum

Specials Over \$25,000 in prizes

Women's Jingle ~ Women's Fancy ~ Men's Grass
Men's Fancy Dance Spotlight Special

For more information contact:
Richard Ahenakew -
Powwow President
306-764-4777
www.northernlightspowwow.com

Alcohol & Drug Free Event
Security, First Aid
& City Police on site.



For Your Info

Rose's Diner & Catering



For your catering needs:

- Receptions
- Lunches
- Dinners/BBQ'S
- Fundraisers
- Birthdays
- Special Events
- Group Meetings & More

Call Rose to book your next order

Whitecap Sports Centre

Phone: 306-477-7762

Fax: 306-374-5899

Cell: 306-281-4839



The United Group Cabs are happy to provide a flat rate of \$44.00 one way,

- from Whitecap Dakota First Nation to Saskatoon
- or from Saskatoon to Whitecap Dakota First Nation.

Would you like to have your Grass Raked?

Or Grass Perfectly Trimmed?

ONLY
\$20.00

Nick Bear 306-244-0287



LOST & FOUND

3 Year Old Female Husky Missing
As of May 27th, 2014
Goes by the name of Nakoda

Please Contact: Warren Buffalo 306-477-0908