

CANWAPA GI WI - SEPTEMBER 2014

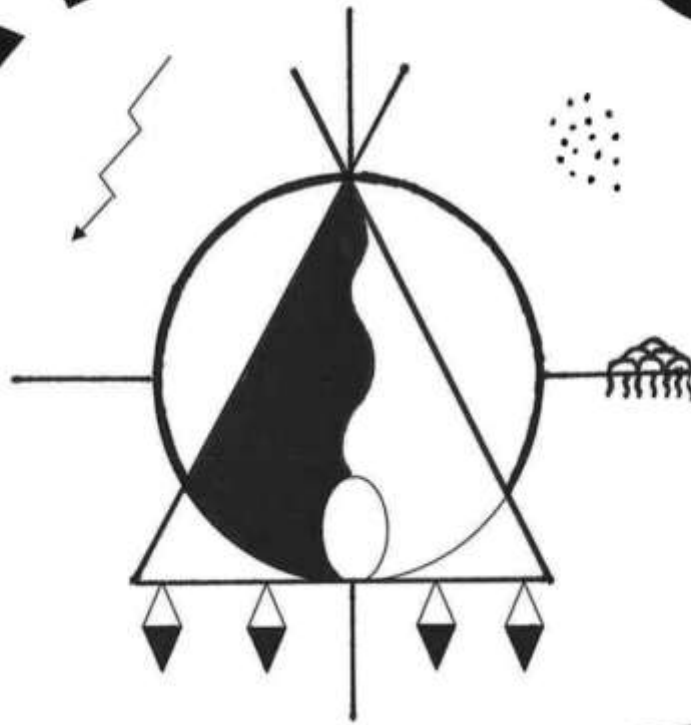


Strengthening Community



Building Opportunity

WAPAHASKA



**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
September 30th, 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

Canwapa Gi Wi - September 2014

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NEXT ISSUE:
WEDNESDAY,
OCTOBER 1, 2014

Upcoming Meetings

Lands Advisory Committee Meeting

Tuesday, September 2, 2014 at 5 P.M.

Executive Boardroom

Chief & Council Meeting

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

Executive Boardroom

Elders Luncheon Meeting

Monday, September 8th, 2014 at Noon

Sports Centre Lunch Provided

Please contact Whitecap Dakota Band Office

If in need of Transportation

Education Advisory Committee Meeting

Tuesday, September 9, 2014 at 5:30 P.M.

Executive Boardroom

Whitecap Finance Meeting

Wednesday, September 10, 2014 at 8 A.M.

Executive Boardroom

Housing, Health, CFS Advisory Committee Meeting

Wednesday, September 17, 2014 at 5:30 P.M.

Executive Boardroom

WHITECAP EMERGENCY DIRECTORY

Fire Emergency

Major Fire: 911

Contact Saskatoon Fire Dept. Dispatch: 911

Arnold Stone: 306-290-2760

Policing Services

Emergency: 911

Complaints & Inquiries: RCMP Only
306-310-7267 or 306-975-5173

Crime Stoppers
1-800-222-8477

Medical Emergency

Contact MD Ambulance Dispatch: 911

Child Protection Services

STC CFS: 1-866-871-4237

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 STUDENT ADVISORY COUNSELOR**Camay Coghlan-Cameron - Student Advisory Counselor**

Dear Parents, Guardians and Students,

I hope everyone had a productive and enjoyable summer. We have been very busy at the school over the last week anticipating student's return to school. Our list of students has been growing by the day and I know it is going to be a very exciting year for many students both returning and newly entering the urban schools for the first time. It is part of my role to support the successful transitions of students that are new to the city's schools. I have secured a room out of Buena Vista and will be in close proximity to the new designated schools to support our student's success.

Please feel free to contact me directly concerning any matter that arises at school. Part of my capacity in this position is to serve as an advocate and liaison for the Whitecap community on behalf of the students.

In addition, I will also offer academic tutoring one evening a week out of the Whitecap Elementary School, I will post this date as soon as it is determined. I will offer academic assistance to Elementary, High School and Post Secondary.

Upcoming events and important dates: Please mark you calendars.

September 19th, 9:30 am: Unveiling of the War of 1812 Monument.

- **Location:** Saskatoon Farmers Market. Students that were in Ms. Fraser's/Ms.Favel's classrooms (last year) will be singing 'Oh Canada' in Dakota during the unveiling.

Wed, September 3rd and 4th, 4:30pm and Thursday September 18th 4:30pm.

Whitecap Elementary School

- Pizza supper and practice. If you are participating in the singing of 'O Canada' attendance is required. Transportation is available to those that cannot be dropped off.

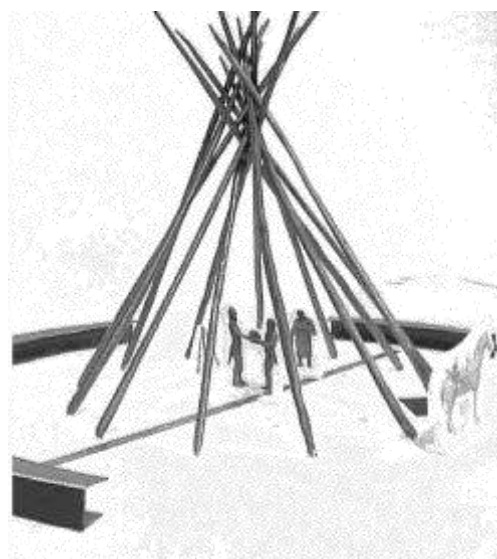
Please contact Verna Buffalo if transportation is required cell (306)381-6619.

Thursday, September 18th, 2014: Back to School Supper meeting.

- **Location:** Whitecap Elementary School, Gymnasium, 4:30pm
- **Activities:** All students in grades 5 to 12 are encouraged to attend. Gym will be available to us after the meal.

I look forward to working with all the students in this community. Please feel free to contact me at any time with any concerns or questions. Miigwetch and Pidamaya!

Camay Coghlan-Cameron
Student Advisory Counselor
(306)370-2228 -Cell



WHITECAP ADULT EDUCATION**Monica Kreiter, Program Coordinator****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!

We are still accepting applications for admission – first day of classes is September 9. Please pick up your application for admission from Jackie at the Business office. See you soon!



ADULT BASIC EDUCATION PROGRAM

Great Plains College offers Adult 10, Adult 12 and GED® Prep programming in a welcoming, safe, adult classroom environment.

ADULT 10

Study communications, life-work skills, mathematics, science and social studies. Graduates are prepared to advance into the Adult 12 program or may apply to enter some post-secondary programs.

ADULT 12

Students will have the opportunity to complete their credits for a Grade 12 standing recognized by the Ministry of Education. Core subject areas taught are English, Canadian studies, mathematics and science along with additional 30-level electives to complete an Adult 12 or regular Grade 12 program.

GED®

Adults wishing to increase their career opportunities in the workforce and move their career plan forward quickly will have an opportunity to prepare for the five test areas of the GED® test: language arts reading and writing, mathematics, science and social studies.

Full-time and part-time learning options are available. Apply today!

great plains
college

greatplainscollege.ca

Whitecap Dakota First Nation

P - (306) 227-9590

E - warman.office@greatplainscollege.ca



Register Now for Early Childhood Courses (ECE) at Whitecap Dakota First Nation

Time: Tuesday evenings from 5:30-8:30 p.m.

Location: Whitecap Dakota First Nation Fire Hall

Tuition: \$100 per module, plus \$2 student fee per module

Contact: Contact Warman Campus at (306) 242-5377

Coordinator: brigittem@greatplainscollege.ca

Adviser: ryans@greatplainscollege.ca

ECE Certificate Courses Offered

Code	Course	Dates	Prerequisites
ECE 101	Roles & Values of the Early Childhood Educator	Sept 9 – Oct 21, 2014	N/A
ECE 103	Programming for Language Development	Oct 28 – Dec 16, 2014	HUMD 100, ECE 100, ECE 181
ECE 102	Programming for Creative Arts Development	Jan 6 – Mar 10, 2015	HUMD 100, ECE 100, ECE 181
ECE 104	Programming for Cognitive Development	Mar 17 – Apr 28, 2015	HUMD 100, ECE 100, ECE 181
ECE 105	Programming for Social and Emotional Development	May 5 – Jun 16, 2015	HUMD 100, ECE 100, ECE 181

Student must have applied and been accepted into ECE program in order to register and take the following courses (Grade 12 requirement).

Warman Campus • 201 Central Street • (306) 242-5377
warman.office@greatplainscollege.ca

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

WHITECAP CHILDREN'S CENTRE

Evelyn Opekokew - Whitecap Children's Centre Manager

WELCOME

This month we welcome back Wayne Jr. back to daycare.
We are excited to have Wayne Jr. and his family back to daycare.

On August 25th we welcomed the new Children's Centre Manager.
Don't forget to stop in and introduce yourself

Hello,

My name is Evelyn Opekokew. I am the new manager of the Whitecap Children's Centre.

A little about me;

I am originally from the Canoe Lake Cree First Nation. I am the mother of one energetic, 6 year old little boy named Anthony. I moved to Saskatoon in 2004 to attend SIAST, which is where I obtained my diploma in Early Childhood Education -Level 3. I have always wanted to work with children and have enjoyed every minute of it. I worked in different childcare facilities and settings within the city of Saskatoon since 2007 and have various training related to working with children. The early years are very important, being supportive and encouraging helps the child develop into the individual person they will become as they grow up, which makes working children a very rewarding career. I am excited for this new adventure; I look forward to meeting the current families in the centre, community members and staff, as well as new families that come into the children's program in the future.

Evelyn Opekokew,
Children's Centre Manager

WHITECAP CHILDREN'S CENTRE NEWS

Han, Parents, Guardians and Grandparents

The Children's Centre is currently accepting applications for Child Care in the following age groups, Infant- Toddler and Preschool. Please register your child ASAP to ensure a space is available. Spaces are filled on a first come first serve basis.

For more information,
Please contact Evelyn Opekokew, Children's Centre Manger
306-477-2086



We would like to wish a Happy 1st Birthday to Kamilia! On August 28th,
also a Happy 2nd Birthday to Seanna! On August 29th.
We celebrated with cake and activities.



We are also saying farewell to Cole.
He will be leaving the centre and attending kindergarten this September.
We wish him the best of luck and will miss him at the centre.

On August 29th we are also saying farewell to an employee, Chasity Headstone. Stand will be leaving the centre and starting a new job with the Saskatoon Public Schools. We are sad to see her go as she played an important role as part of the team in the centre. The children and staff will miss you Chasity and we wish you the best of luck.



Whitecap Children's Centre

Day Care Fees (Effective September 1, 2011)

Band Members

Infants (6-17 months)	- \$350.00/month (full-time)
Toddlers (18-29 months)	- \$287.50/month (full-time)
Preschooler (30 months–5 years)	- \$262.50/month (full-time)

Non Band Members

Infants (6-17 months)	- \$700.00/month (full-time)
Toddlers (18-29 months)	- \$575.00/month (full-time)
Preschooler (30 months–5 years)	- \$525.00/month (full-time)

(Upon application, parents of children who use the service of the Whitecap Children's Centre will be entitled to a fee subsidy of 50% if their child is a Whitecap Band Member.)

Fees are due on the 1st business day of the month. If the 1st falls on a weekend or holiday, the fees are due on the next business day.

After the 1st business day of the month, there is a \$25.00 late fee.

If fees are not paid by the 20th of the month, child care services are suspended until fees and late fees are paid in full.

If you have any questions or concerns, please call the Whitecap Children's Centre @ 477-2086.



*Welcome
Evelyn Opekokew*

From the
Whitecap Children's Centre Staff

*A Huge Thank You to
Whitecap Children's Centre Staff
For doing an amazing job
the past couple weeks
without a Manager*

From,
Someone Who Really
Appreciates Your Hard Work



WHITECAP IRA NEWS

Sheila Caisse - IRA

 **August 31, 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.
- Alternatively, you may call the IRA with direction to fax you or your child(s) information to a medical office for services that are pending (i.e., doctor, dentist, pharmacy).

STATUS CARDS

- 🌟 Just a friendly reminder that I do not accommodate walk-in requests for status cards as I have other responsibilities besides IRA duties. Please call me ahead of time if you wish to make an appointment for a status card. Thanks for your cooperation.

UPDATE ON SCIS (Secured Certificate of Indian Status) card

- AANDC still does not know when the new SCIS status cards will be rolled-out at the Community level.
- Applications for the new SCIS cards *are* being processed at the AANDC offices in Prince Albert and Regina.
- AANDC is now accepting applications for the new SCIS by mail; please refer to their website for the application form(s) and process: www.aadnc-aandc.gc.ca (search SCIS)

Registered Indians 16 years of age and older need to provide the following: Completed SCIS Adult Application; Original long-form birth certificate; (2) passport style photos; valid I.D.; Guarantor declaration

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
Kim Buffalo	Administrative Assistant, WDC & Lands

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
Vacant	Community Justice	#229
Vacant	Recreation Coordinator	#230
Gary Beaudin gbeaudin@whitecapdakota.com	Executive Manager, Health Services	#231
Arlene Peeteetuce apeeteetuce@whitecapdakotahealth.com	Community Health Nurse	#254
Whitecap Dakota Elementary	Counselling	#256
Rachel Littlecrow rlittlecrow@whitecapdakota.com	Income Assistance Administrator	#233

NOTICE



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, pre-op appointments.
- 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 : 11:00 AM—7:00 PM

(Jeannie will also be available to take appointments during regular clinic hours Tuesday and Thursdays from 9:30 a.m. —4:15 p.m.)

Closed on Weekends & Statutory Holidays

- 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 Goe
Nurse Practitioner

WHITECAP HOUSING & PUBLIC WORKS

Whitecap Housing & Public Works	Department
Ron Erikson	Director, Housing & Public Works
Lynn Dumont	Housing Tenant Relations Clerk
On-Call Plumber	Contact Number
Byron Head	306-371-5605
Water Treatment Plant	Contact Number
Brian Trainberg	306-371-2101
Earl Buffalo	306-713-5250

Minor Repairs, Service Call Requests Rent Payments & General Inquires

Please call The Housing & Public Works Office for all repairs and maintenance to have work completed at units.

All inquires and personal contacts regarding rent payments', housing applications, notices, repairs, utilities and other general inquires can be made through Lynn Dumont.

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: 4:30 p.m. - 10:00 p.m.
		Weekends: 8:00 a.m. - 10:00p.m.
Elementary School	Events Entry	After Hours & Weekends
Fire Hall	Events Entry	After Hours & Weekends
<u>Contact Number</u>		
Arnold Stone: 306-290-2760		



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

**Whitecap Community Members are welcome to
speak to the Whitecap Housing Advisory
Committee Members about any housing concern.**

****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



YOU'RE INVITED!

*A monument commemorating the "Spirit of Alliance"
in the War of 1812*

will be unveiled by Chief Bear and special guests

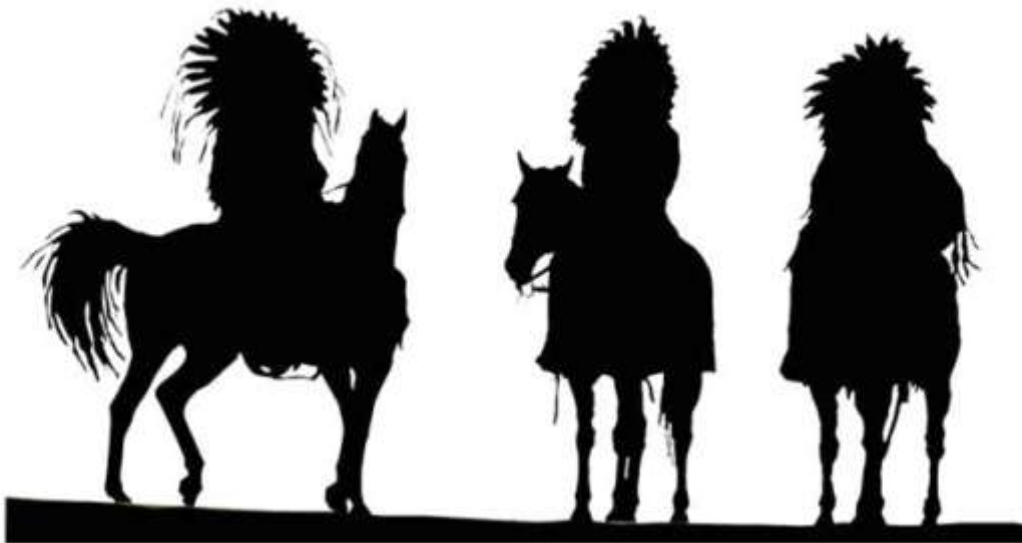
on Friday, September 19, 2014

*on the roundabout at Avenue A and Spadina Crescent in
Saskatoon.*

We invite you to join us for this memorable day.

Unveiling Ceremony: September 19th at 9:30 AM (outdoors)

Spadina Crescent and Avenue A



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

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

SURVEY PROJECT UNDERWAY IN WHITECAP

Whitecap is a growing community and a growing community presents challenges. How do you plan for the future? What services and programs will the community require and what will we need to offer for educational programming and employment training? To answer these questions Whitecap Dakota First Nation (WDFN) requires data in order to understand the present and future needs of the community.

To get the data it needs WDFN is participating in the First Nations Regional Early Childhood Development, Education and Employment Survey. The survey was developed by the Assembly of First Nations and is being coordinated by Tribal Councils and participating Bands from all over Canada. 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.

In Whitecap, Band Member Justine Smokeyday has been delivering the surveys in person since the beginning of July. Over the course of the next few months Justine will continue to contact households 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. It is really important for WDFN that as many community members participate as possible so they can make informed decisions about planning for a growing community.

As a further incentive prizes will be randomly drawn for completed surveys at the end of the project. Prizes include big screen HDTV's, iPads, Gift Cards, and a new bicycle. All participants will also receive a small gift and a sincere thank-you. To contact Justine and arrange for a time please call her at 306-291-2238

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Birthday Steven Love Beans, Peaches & Colby	2	3	4	5	6
7	8	9	10	11	12	13
14 Happy Birthday Blizz Love Unit 612	15	16	17	18	19	20
21	22 Happy Birthday Mugz Love Beans	23	24	25	26	27
28	29	30				

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

United
the united group *Cabs*



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.

We want to thank Nancy and her family for honoring our Chief and Council and the Elders of Whitecap. We are just so proud.

She put a feast on for us, she also honoured deceased Elder Maurice Royal for starting up the Culture Program on our reserve.

A few of us Elders received Star Blankets which she and Diane had made. Oh, they're so beautiful. They also had a giveaway.

I am very Thankful for honouring us.
Again, Thank you Nancy and your Family.

Rose Anna & Ralph Royal

WANNA DAKOTA UNKIAPI KTE

Phonetic Symbol	Written Symbol	Word Example	English Meaning	Work Example 2	English Meaning 2
a	a	anaghoptan	listen	ayushtan	quit
b	b	bokapa	pool (billiards)	babdabda	slice
ch	ch'	ch'och'oya	gurgling		
ch	ch	chokaya	middle / centre	chekpa	twin
d	d	duzahe	fast	dape	pliable
E	i	iyushkin	excited	iyushda	scissor
A	e	etkiya	toward	enakiya	change mind
g	g	shoksidag	only at ends of words	pusidag	cat
gh	gh	ghu	bum	yughan	open
h	h	hotun	make sound e.g. owl hoot	hanyetu	night
kh	kh	khdo	growl	khante	cedar
k	k	kute	shoot	kuze	lazy
k'	k''	k'ok'oya	gulping noise	k'okh k'okhya	gnawing
kg	k	kagha	make	ka	that (distance)
m	m	mahetuya	deep	mni	water
n	n	nakhun	heard	napcha	swallow
ng	ng	ohnang	put into	otunwing	the town
o	o	o chaze	color	okihi	able
P	P	pute	snout	piya	fix
p'	p'	p'o	mist	nap' in	wear around the neck
p/b	p	patush	to bend over	pazo	to show
s	s	sdoan	crawl	sutaya	tightly firmly
sh	sh	shkumna	sour	shunkanya	with ease
t/d.	t	tuwe	who	tokunu	why
t	t	tazushka	ant	tokaya	first
t'	t'	t'e	die	t'al'a	rot
u	u	umana	either	unshika	poor
w	w	wapepeka	thorn	we	blood
y	y	yuzuzu	undress	yakh'take	bite
z (z) as in pleasure	z	zanzan	bottle	zo	whistle
z	z	zunte	serious	zibzipe	thin (as material)