

WOZUPI WI - MAY 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
May 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

Wozupi Wi — May 2014

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**NEXT ISSUE:
MONDAY,
JUNE 2, 2014**

Upcoming Committee Meetings

Chief & Council Meeting

Monday, May 5th, 2014 at 8 A.M. - Noon

Executive Boardroom

Elders Luncheon Meeting

Monday, May 5th, 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

I hope everyone had a restful Easter Break. Unfortunately the weather was not very cooperative and even as we came back to school the snow/rain has made for a very sloppy playground area. Students and staff are really looking forward to the warmer dryer weather that is on the horizon.

It's hard to believe that there are only two months of school left. These two months are very crucial in your child's learning. Lots of new curriculum outcomes will be covered and challenging the students with new material and completion of projects will help in the development of each student.

Congratulations to all the Whitecap students who participated in the Winter Games.

Whitecap is honored to be hosting the Okiciyapi Partnership Celebration. Saskatoon Public Schools, CUMFI and STC will be having a celebration on Friday, May 2nd at Whitecap Elementary School.

We will be having the "Women of Whitecap" celebration on Friday, May 9th.

We will be having a school wide Science Fair Friday, May 23rd in the afternoon. Students will have their Science Fair projects on display and we would love for families and community members to come and see what the students have learned. The students who are chosen from each grade level will represent Whitecap at the STC Science Fair on Wednesday, May 28th at E.D. Feehan High School.

All homeroom teachers have just finished conduction DRA tests on all their students. Over the next two weeks all K-6 students will be involved in CAT testing. These results help us develop school based initiatives and also allow teachers to guide their classroom instruction.

The grade 1-3 students will begin their swimming lessons at the YMCA starting Friday, May 2nd and continuing every Friday until June 20th. Parents please make sure your child's permission form has been returned. Students will leave around 9:45 and return around 12:15. If any parents would like to chaperone please contact your child's teacher.

Our afterschool clubs have changed. We will be having a Chess club for the grade 4-6 students (and any grade 3 students who want to learn) and a cooking club for grade K-3 students. We will continue to have ST Math offered every day after school (no clubs Thursday due to early dismissal and staff meeting).

Parents who will be having students in grade 5-7 next year please return your child's registration form as soon as possible. These forms help John Lake and Buena Vista project their class sizes and school staff numbers for next year. If you need another form please pick one up. We will be phoning to remind parents/guardians that these need to be returned. If you have any questions about the registration process please give me a call or call either Principal at John Lake or Buena Vista. We will also be working closely with both schools to develop a plan to get our students apart of the school in early June. We want the transition into the schools to be as effective as possible for our students.

There will be a fair number of class/school based outings over the next two months. Please communicate with your child each day if any newsletters/permission forms have been sent home. If unsure a quick phone call to the school will help to clarify any forms/trips that are up and coming.

We are continuing to show great results with our ST Math program. Please remember that students can log in at home and work on the program. Congratulations to those ST Math/ Dakota Eagle monthly award winners. Your hard work is paying off.

Pidamaya

Jeff Shepherd

Principal

WHITECAP ACADEMIC COACH**Verna Buffalo—Academic Coach**

Han, Tuwe owas tanyan ya unpi kta hecen wacin cici yuza pi:

Tutoring is available to all Grade 4 to 12 students on **Tuesday and Thursday evenings, 6:30 – 8:30 PM** in the Whitecap Elementary School Library; adult learners are also welcome to utilize this time to complete assignments, research papers or study for exams.

In Career Education, students will begin learning about Life and Work; exploring various job, employment and career opportunities available; students will also be updating their resumes. We will also continue work on character education and life skills for the older students.

The next youth meeting is scheduled for Thursday, May 8, 2014 at 4:00 PM at the Whitecap Elementary School library; there will be pizza for supper with a meeting to follow.

For any questions or concerns, please contact me at the Whitecap Elementary School, 306-477-2063.

Pidamaya,
Verna Buffalo
Academic Coach

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

Wednesday, April 30, 2014

Greetings Whitecap Parents and Guardians,

I hope you are enjoying the interesting spring weather! I have a few exciting upcoming events to report.

- The next student Pizza Meeting will be held **Thursday May the 8th at 4pm at the Whitecap Elementary School**. We will be discussing and planning for our year end event and activities as a youth group.
(All Whitecap Students in grades 7 to 12 are welcome to participate, if you have not attended in the past, you are welcome to join us!).

I have been working to organize the students to form an official Whitecap Youth Group so that they may be eligible as a group to attend We Day (Regina-Fall 2014), and other youth leadership events that we may qualify as a group to attend.

- Our youth group will have the opportunity to Skype a group of students belonging to the Prairie Island Indian Community in Minnesota, United States. They are a Dakota community located in Eastern Minnesota, please check out their website! The purpose is to connect our Youth with theirs. They are interested in visiting Whitecap and we are looking at what opportunities exist to plan and facilitate future meetings to connect our youth with theirs. I invite parents and community to participate in this process if you are interested. We are looking at ways that we could possibly fundraise for a future trip. (www.prairieisland.org)

I will share all this information in upcoming newsletters, please feel free to contact me about supporting this process or questions that you may have. Also please feel free to contact me about any student or school concerns.
Meegweetch!

Pidamaya!

Camay Coghlan-Cameron
Student Advisory Counselor
(306)370-2228
ccoghlan-cameron@whitecapdakota.com

WHITECAP ADULT EDUCATION

Monica Kreiter, Program Coordinator
Great Plains College, Outlook



MAY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ABE Class 9 am - 3 pm HUMD 100 5:30 - 8 pm	2	3
4	5 ABE Class 9 am - 3 pm	6 ABE Class 9 am - 3 pm HUMD 100 5:30 - 8 pm	7 ABE Class 9 am - 3 pm	8 ABE Class 9 am - 3 pm HUMD 100 5:30 - 8 pm	9	10
11	12 ABE Class 9 am - 3 pm	13 ABE Class 9 am - 3 pm HUMD 100 5:30 - 8 pm	14 GED Exams in Rosetown	15 Final Day of Classes HUMD 100 5:30 - 8 pm	16	17
18	19 VICTORIA DAY	20 FINAL EXAMS	21 FINAL EXAMS	22 FINAL EXAMS	23	24
25	26	27	28	29	30	31
			NOTES: Have a fabulous summer! Look for registration information in the newsletter and on the member's site for fall classes in August. Classes will begin again in September.			

WHITECAP CHILDREN'S CENTRE**Myrtle Vandall—Manager**

Han! Parents, Grandparents, and Guardians,

Happy Birthday to Drew, Cruz, Wayne, Brie-Ann, Breanna and one ECE worker Stephenie Bear !! We will be celebrating their birthdays throughout the month with angel food cake, berries and ice cream! And their very own birthday hats.

The Children's Centre is currently accepting applications for Child Care for the pre-school aged children. We have three spots available for the pre-k room, 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.

The ECE staff have been practicing brushing the children's teeth and now have incorporated it into our daily routines. Please help us encourage your children to continue to brush their teeth. Ask your children to see their shiny and sugar bug free teeth. Let them know how great they are doing at brushing their teeth.

We hope you found the Vision Care pamphlets helpful and informative!

W.C.C Programing:

The Infant and Toddler room staff have been working hard teaching the children taking turns, using the word come, gentle touches. We also will be teaching the word thank you in Dakota – Pidamaya. We love hugs in our room!!!

Stephanie, Karen and Myrtle have made a light table/box and felt board for the infant and toddler room. Parent's feel free to ask the ECEs questions about how these new items can help children's development.

We also like to thank the infant and toddler parents for attending the Easter day party. We hope you enjoyed the activities and snacks. We enjoyed getting to know you better!

The Pre-K room ECE's Cathy Eagle, Charmaine Stone and Manager Myrtle Vandall have been incorporating the "holistic responsive environment" concept into the Pre-K room. We reorganized the arrangement of the room: we now have a cultural play area with Dakota cultural content: books, tipi, Dakota words, art, Moe the Mouse, drums and more to come. A realistic kitchen and living room areas, sensory area with art material, light table, table toy, science etc. A Block and Construction area, We also have a dress up and puppets area where the children can watch themselves in a large mirror and interact with imaginative play. We have a wide range of dress up outfits: firemen, policeman, train engineer, construction worker, business suit, hair dresser, waitress, nurse, chef, princess dresses, hats etc... However we are always looking for dress up clothing, hats and jewelry! We accept donations ☺

This month the Pre-K ECEs are teaching the children Dakota words: **Black-Sapa Family –Ti wa he.**

Friendly reminder: Please send your child with an extra pair of clothing, we tend to get messy with some of our planned activities, melting snow /mud and accidents. Rubber boots are a must.

We would like to remind families that the **Whitecap Children's Centre will be closed Friday May 16th /2014 @ 3:00pm, Monday, May 19th /2014** (Victoria Day Stat Holiday). We will reopen as usual on Tuesday, May 20, 2014.

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.

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.
- **Kinder Music:** 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 (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 ...



Farwell Poem for Mia and Dani

I'm glad I was your provider
I've come to love you so
I can't believe the time has gone by that fast
I hate to see you go!
Remember all the fun we had
In all the things we did
But most of all remember. . .
You are a very special kid!

~ Author Unknown ~

Thank You Tanya & Bradon for allowing the WCC Staff the opportunity to be part of your children's lives. It was an honor to teach, guide and love your children.

Sincerely, The Whitecap Children Centre Staff and Manager



WHITECAP RECREATION PROGRAM**Margaret Bear - Recreation Worker****Recreational News Letter**

Spring is finally here, and there are puddles so please ensure that your child has proper indoor shoes when they come to gym nights.

Once again just a reminder to walk your child into the gym before you leave, as sometime there are unforeseen circumstances where gym nights is cancelled and we are unable to get a notice on the doors stating such.

I would like to take this opportunity to congratulate the Whitecap Dakota First Nation Athletes for having such a great time and to further more recognize the following individuals for bringing home medals, Super proud of you all.

Thanks to all the driver's and chaperones that helped out.

Bantom Girls Broomball: Bronze Medal Winner's

Cassandra Daniels

Summer Parenteau

Cora Bear

Dylan Eagle

Midget Boys Hockey: Gold Medal Winner's

Tyrell Eagle

Dray Bear

Thanks

Margaret Bear

Recreational Supervisor

2014 Winter Games Update

Congratulations to **Dray Bear, Tyrell Eagle** and Coaches **Dalyn Bear and Blair Pewapisconias** for bringing home Gold for the STC Midget Boys Hockey.

Congratulations to **Cora Bear, Cassandra Daniels and Summer Parenteau** for bringing home Bronze for the STC Bantam Girls Broomball.

Congratulations to the other participants who represented

Team STC at the 2014 Winter Games:

Therran DeLaRonde

Josh Littlecrow

Layden Whitehead

Isiah Bear

Jordan Redbear

Tannah Whitehead

Nikesheia Paranteau

Kyra Parenteau

Dylan Eagle

Haylee Eagle

Italia Eagle

Autuum Tootosis

Cameron DeLaRonde

Cyrus Royal – Coach

Lee DeLaronde, Heather Buffalo, Margaret Bear, Katie Bear, Kevin Littlecrow
and **Pam Eagle** for Driving and Chaperoning.



May 2014						
Spring is in the air Recreational Gym Nights						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5-9 years of age 6:00-8:00pm	No GYM	3
4 10-18 years of age 6:00-8:00pm	5 5-9 years of age 6:00-8:00pm	6 10-18 years of age 6:00-8:00pm	7 5-9 years of age 6:00-8:00pm	8 No GYM	9 No GYM	10
11 10-18 years of age 6:00-8:00pm	12 5-9 years of age 6:00-8:00pm	13 10-18 years of age 6:00-8:00pm	14 5-9 years of age 6:00-8:00pm	15 No GYM	16 No GYM	17
18 10-18 years of age 6:00-8:00pm	19 5-9 years of age 6:00-8:00pm	20 10-18 years of age 6:00-8:00pm	21 5-9 years of age 6:00-8:00pm	22 No GYM	23 No GYM	24
25 10-18 years of age 6:00-8:00pm	26 5-9 years of age 6:00-8:00pm	27 10-18 years of age 6:00-8:00pm	28 5-9 years of age 6:00-8:00pm	29 No GYM	30 No GYM	31

WHITECAP IRA NEWS**Sheila Caisse - IRA****BORDER CROSSING INFORMATION
FOR MINOR CHILDREN**

(Canada to U.S.A.)

From your Indian Registry Administrator (IRA) – Sheila: 477-0908

I frequently receive inquiries on this question therefore I consulted with the AANDC to see if there were any new updates from the US Homeland Security regarding border crossing of minor children who are Status Indians into the United States:

Q.

Does my child need a Status Card to cross the Canada - USA border by land?

A.

For minor children under the age of 16, an original (or photocopy) of the long form birth certificate is required. If both parents are listed on the birth certificate, and both parents are traveling that is all that is required. If only one parent is traveling, a letter is required from the other parent giving permission for the child to travel and cross the border.

If the child is traveling with a school group, the long form birth certificate (or photocopy) and a letter(s) from the parent(s) listed on the birth certificate is required.

You may refer to the US Homeland Security website for further information:

<http://www.cbp.gov/travel/us-citizens/whti-program-background/docs-land-sea>

Hope this helps!!

 **April 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

- 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.aandc-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

BORDER CROSSING (Canada to U.S.A.) INFORMATION—————**SEE NEXT PAGE** 

WHITECAP TOTAL POPULATION: 618 

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

Darrell Balkwill

Dalyn Bear

Jackie Pilon

Department

Director, Economic, Development

Lands Manager

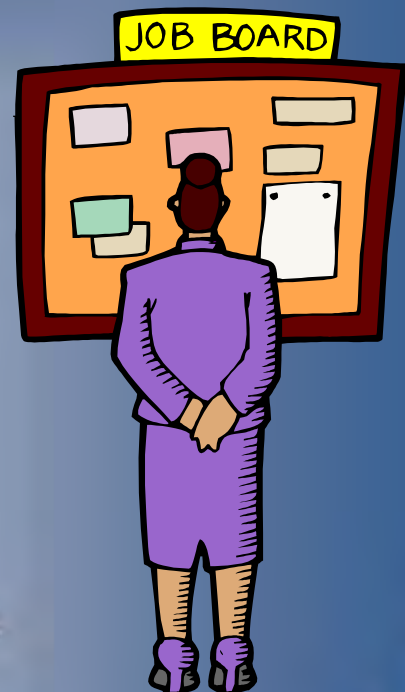
Business Development Manager

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	Nurse Practitioner	#224
Maryline Gladue mgladue@whitecapdakotahealth.com	Home Health Aide	#225
Amber Clark aclark@whitecapdakotahealth.com	Family Prevention Support Worker	#226
Tony Roulette troulette@whitecapdakotahealth.com	Wellness Worker	#227
Parental Leave	Community Justice Worker/ Acting Health Manager	#229
Vacant	Recreation Coordinator	#230
Vacant	Manager, Health & Social Development	#231
Maternity Leave	ICFS STC	#233
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

316 Moose Woods Drive, Whitecap SK

Tel 306.373.4600

Fax 306.343.8855



Privacy and your Electronic Medical Record

Whitecap Dakota First Nation and Saskatoon Health Region are working together to deliver your health services at the Whitecap Dakota First Nation Health Centre. To improve the quality of your health care, an Electronic Medical Record (EMR) secure computer program now stores your personal health information. The EMR system has been in place at the Whitecap Dakota First Nation Health Centre since July 31, 2013 but similar systems have been successfully used in Saskatchewan since 2009.

Why use EMR?

The EMR system provides better security of your health information than paper charts and files. EMR also makes health records easy to read and improves efficiency in the delivery of your health services.

What personal health information is collected?

The same information routinely entered in a medical chart is now stored in your EMR. This includes things like:

- Name, address, date of birth
- Health services number
- Status number
- Medical history, treatment notes, prescriptions, lab test results

Who has access to EMR?

Only health care providers directly involved in your care have access to your health information.

Each provider is permitted access only to the portions of your health information appropriate to the level of care they are providing. For example, nurses see medical information while receptionists do not. Receptionists that book appointments have permission to access only information such as your name, address, date of birth, status and health services number.

Is EMR information secure and confidential?

Yes. All Whitecap Dakota First Nation Health Centre employees sign legally-binding confidentiality agreements and take great care to protect your personal health information. Your health information is only shared with another health care provider if they are granted permission to access this information and if they are directly involved in your care.

Each health care provider is given a unique password so that access to your EMR is permanently tracked in the system with the time, date and the name of the person who looked at your information. Random audits are conducted on the EMR system to further ensure its appropriate use, and to deter any "snooping around". Your EMR is not stored on any local computers at Whitecap Dakota First Nation Health Centre.

If you have questions, contact:

Roberta Fiddler
A/Health Manager
Whitecap Dakota First Nation Health Centre
316 Moose Woods Drive
Phone: 306-373-4600



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.pmra-arla.gc.ca

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](#)



Good Food Box

Order day	Delivery day
Monday, January 6, 2014	Wednesday, January 15, 2014
Monday, January 20, 2014	Wednesday, January 29, 2014
Monday, February 3, 2014	Wednesday, February 12, 2014
Tuesday, February 18, 2014	Wednesday, February 26, 2014
Monday, March 3, 2014	Wednesday, March 12, 2014
Monday, March 17, 2014	Wednesday, March 26, 2014
Monday, March 31, 2014	Wednesday, April 9, 2014
Monday, April 14, 2014	Wednesday, April 23, 2014
Monday, April 28, 2014	Wednesday, May 7, 2014
Monday, May 12, 2014	Wednesday, May 21, 2014
** Please note All payments must be received before placing an order, to avoid any cancellations.	

WHITECAP DAKOTA UNITED CHURCH

Greetings! My name is Michele Rowe and I am honoured to serve the community of Whitecap Dakota First Nation on behalf of the United Church. I am of Métis (Cree & European) ancestry from Northern Alberta who has called Saskatchewan home for over 23 years. I am the parent of 4 children and grandmother (kokum) of three.

Everyone is invited to attend our upcoming services which will take place on Sunday, May 4th, Sunday, May 11th and May 18th at 2:00 pm in the Cultural Room at the Health Centre. Children are welcome and noise is expected!

Please note that I am available to do baptisms in a service or at home as families wish, at a time that works for you. Please contact me to set up an initial visit as I would love to meet you!

I am also available to visit members at home, in hospital or other facilities. If you know someone who would like a visit, please let me know.

Should you require pastoral care or wish to speak to me on any matter, please call me at [306.491.2602](tel:3064912602) or email me at rowebem62@gmail.com.

Blessings & peace like a river,
Michele



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
Deborah Paul	306-202-7089	WTP#1
Brian Trainberg	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

Whitecap Housing & Public Works Annual Spring Clean Up



May 17 & 18, 2014



Public Works and Housing Staff will be making their rounds through the Community May 17 & 18. If any Community Members have larger items to be picked up and thrown away, please leave the items on your front driveway and it will be picked up between 9:00AM and 3:00PM on these dates.

Please have these items out before 9:00AM each day. Our Department will be distributing garbage bags out to each household over the next two weeks.

Annual yard inspections will also be undertaken by Housing Staff during this weekend. Thank you for your help.

Sincerely

Ron Erikson

Director of Housing & Public Works



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

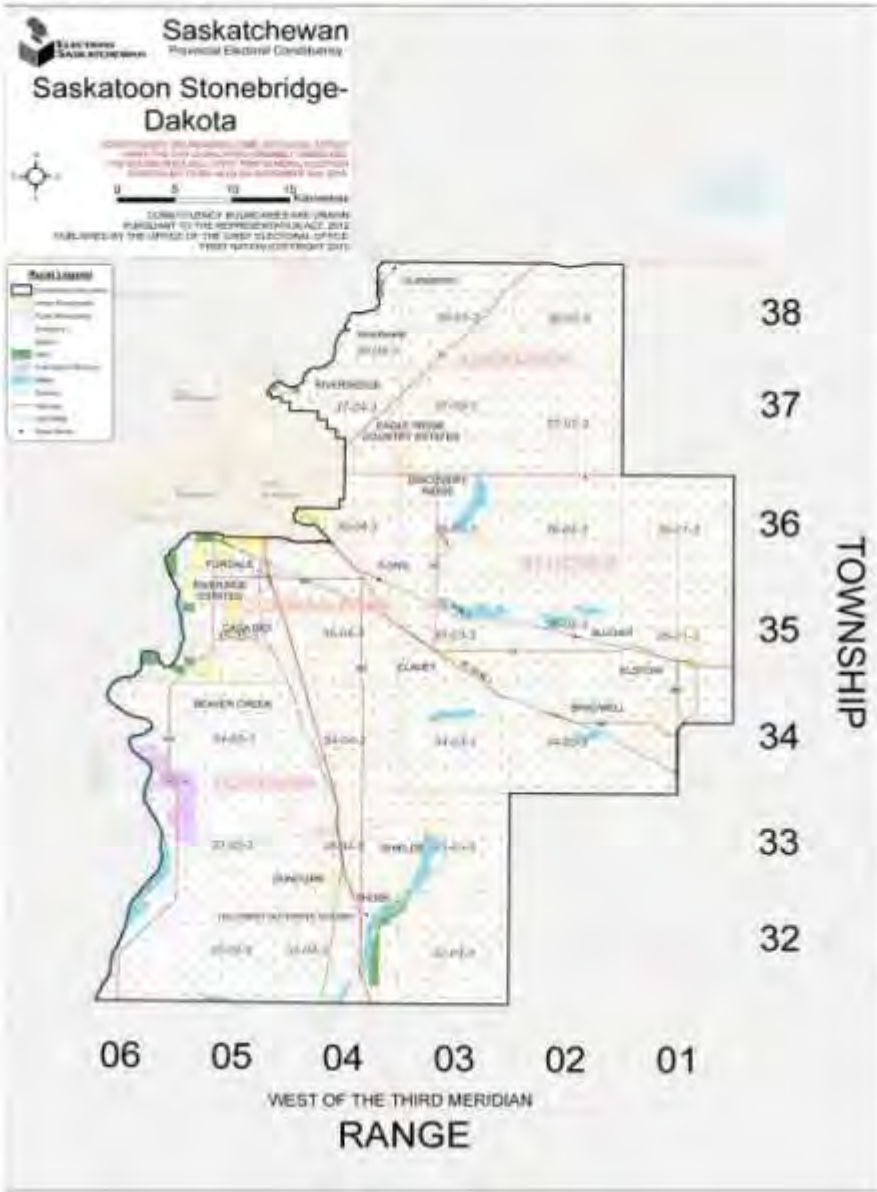
SASKATOON STONEBRIDGE-DAKOTA

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).

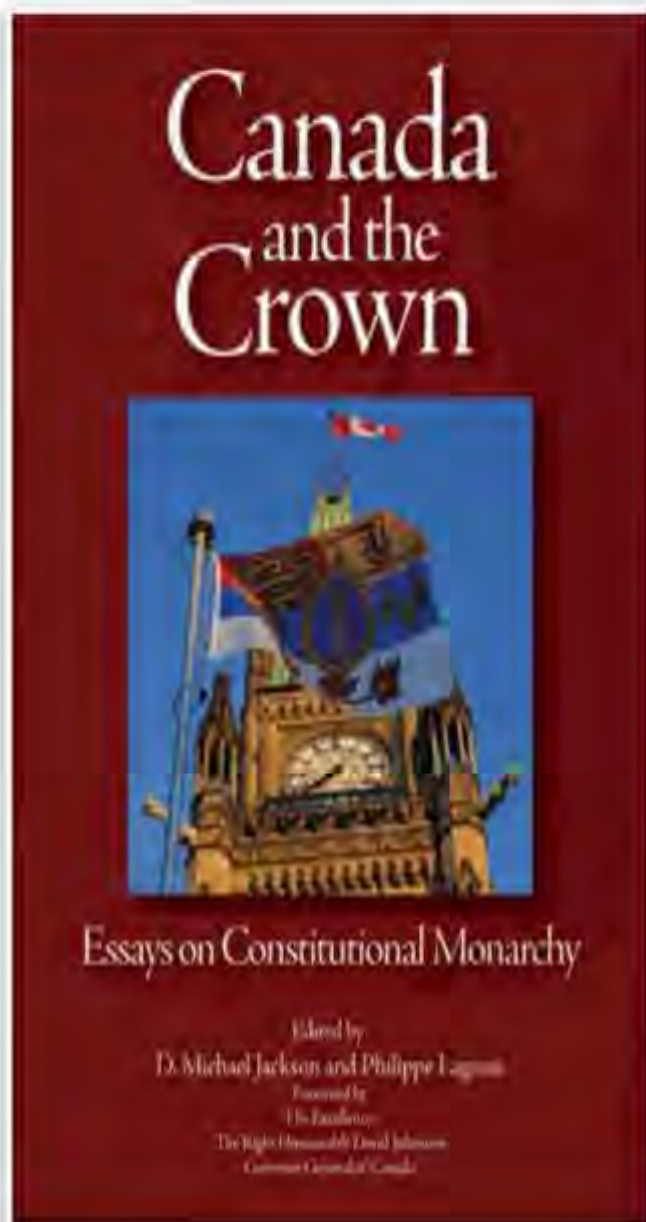
This new name formally recognizes the Whitecap Dakota First Nation’s presence in the region. Since 1882, when Chief Whitecap counseled John Lake on the location for a new temperance colony that would become the City of Saskatoon, the Whitecap community has co-existed as good neighbors with those in Saskatoon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



EMPLOYMENT OPPORTUNITY

RECREATION COORDINATOR

The Whitecap Dakota First Nation, located 26 Km south of Saskatoon, is seeking a qualified individual who is dynamic, resourceful and highly energetic to fill the position of Recreation Coordinator.

Reporting to the General Manager, the Recreation Coordinator will:

- Develop, coordinate, promote, facilitate and supervise the recreational and/or sporting activities for the community members of Whitecap Dakota First Nation. These responsibilities include but are not limited to the following:
 - Develop recreation programming for Elders, adults, teens, women, children, etc.;
 - Develop activity schedules for each group as required;
 - Supervise recreation activities for each group;
 - Facilitate training, coaching for team activities as required;
- Prepare monthly written reports and summaries of program activities;
- Maintain inventory of school and community sporting equipment;
- Inquire and identify recreational grants available to the First Nation Recreation Program for review by the General Manager;
- Assist with chaperone and transportation duties for both the Winter and Summer First Nation Games or as required.

QUALIFICATIONS:

- Minimum requirement of a diploma in Recreation Technology;
- Minimum of 3 years direct experience in delivery of recreation programming;
- Must provide a CPIC;
- Must have CPR, First Aid;
- Must have strong verbal and written communication skills;
- Must have strong leadership and organizational skills; and
- Ability to work in a team environment.

SALARY: Based on qualifications and relevant experience.

APPLICATION DEADLINE: Monday, May 12, 2014 at 4:30 p.m.

SUBMIT COVER LETTER AND RESUME (INCLUDING REFERENCES) TO:

Selection Committee
c/o S. Caisse
Whitecap Dakota First Nation
182 Chief Whitecap Trail
Whitecap SK S7K 2L2

Fax: (306) 374-5899

Email: scaisse@whitecapdakota.com

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



EMPLOYMENT OPPORTUNITY

SUMMER STUDENTS

The Whitecap Dakota First Nation is seeking students to fill various positions within the Community during the summer.

Students will be placed in positions based on their skills and abilities.

Employment term is June 23, 2014 – August 29, 2014

APPLICATION GUIDELINES:

- Applicants **must** be members of the Whitecap Dakota First Nation.
- Students **must** be returning to school in the fall.
- Priority will be given to those students who have demonstrated academic proficiency throughout the last school year.
- High School and Post Secondary students may apply.

APPLICATION DEADLINE: Friday June 13th, 2014 at 4:30 p.m.

SUBMIT COVER LETTER (INCLUDING REFERENCES) AND RESUME TO:

Selection Committee

c/o S. Caisse

Whitecap Dakota First Nation

182 Chief Whitecap Trail

Whitecap SK S7K 2L2

Fax: (306) 374-5899

scaisse@whitecapdakota.com

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.



NOTICE

**Please be advised that the Band Office,
Business Centre, Housing & Public Works,
Health Centre and Children's Center will be**

Closed

From 3:00 PM, Friday, May 16th, 2014

THROUGH TO

Monday, May 19th, 2014
(Victoria Day Stat Holiday)

~~~~~

**Normal business hours will resume at  
8:00 a.m. on Tuesday, May 20<sup>th</sup>, 2014**



The Chief and Council of the Whitecap Dakota First Nation and its and Members, would like to thank the Dakota Dunes Community Development Corporation (DDCDC) for their contributions to the following Community Events/ Projects during the 2013-14 fiscal year.

- Sports Centre Ball Diamonds Maintenance
- Raw Water Wells Certification
- Roadways Sand Spreader
- WDFN Health Centre Enhancement
- War of 1812 Monument
- WHITECAP: A NEW STORY – and economic analysis of Whitecap Dakota First Nation
- 2013 First Nation Summer Games
- 2013 Parade Float
- 2013 Whitecap School Nutrition Program
- ST Math
- Constellations in the Sky
- Whitecap Children's Centre
- 8<sup>th</sup> Annual "Honouring Our First Nations Veterans" Remembrance Day Ceremony
- Whitecap Dakota Elementary School Annual Christmas Concert
- "Foot Slide into the New Year 2014" Round Dance
- "Fiddler on the Rez"

We look forward to another successful year in the name of community investment and partnership.



# 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](http://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:





## STC URBAN FIRST NATIONS SERVICES INC.

Owned by the Saskatoon Tribal Council

ASIMAKANISEKAN ASKIY RESERVE #102A

Administration: Suite 200 - 335 Packham Avenue, Saskatoon, SK S7N 4S1

**EMPLOYMENT & TRAINING: 2010 - 7<sup>TH</sup> STREET EAST  
Saskatoon, SK S7H 5K6**

**Tel: (306) 659-2500 • Fax: (306) 659-2155**

### STC Urban First Nation Services Labour Force Development

# DRIVER EDUCATION PROGRAM

STC Urban Labour Force Development is sponsoring a Driver Education Program. If you need a license for work and/or to further your career goals you may be interested in this training at no cost to you.

**To be eligible you must meet the criteria:**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>✓ <b><u>MUST</u> have a <u>valid Learner's</u> License for at least nine months.</b></li> <li>✓ <b>Must be 18 and out of high school for 1 year</b></li> <li>✓ <b>Need two pieces of identification:</b> <ul style="list-style-type: none"> <li>i) <b>First piece of ID can be a Birth Certificate or government issued ID;</b></li> <li>ii) <b>Second piece of ID can be a Saskatchewan Health Card or Canadian Indian Status Card.</b></li> </ul> </li> <li>✓ <b>Must be registered with STC Urban Employment &amp; Training and have seen an Employment &amp; Training Counsellor who will refer you to the program.</b></li> </ul> | <ul style="list-style-type: none"> <li>✓ <b>Must submit a written letter outlining:</b> <ul style="list-style-type: none"> <li>i) <b><u>How obtaining your Driver's License relates to your employment goals.</u></b></li> <li>ii) <b>Your career goals.</b></li> </ul> </li> <li>✓ <b>Must live and reside in Saskatoon.</b></li> <li>✓ <b>Must be First Nations with a Status Card.</b></li> <li>✓ <b>Must be committed to completing the training and attend all regularly scheduled classes and appointments that pertain to the Driver's Education Program.</b></li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

STC will be offering the above program at various intervals between April, 2013 to March, 2014.

**Upcoming Class  
May 4, 2014**

**Please call 659-2500, to book an appointment.**

## 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**



| Sunday                                                                          | Monday                | Tuesday | Wednesday | Thursday | Friday                                               | Saturday                                                                        |
|---------------------------------------------------------------------------------|-----------------------|---------|-----------|----------|------------------------------------------------------|---------------------------------------------------------------------------------|
|                                                                                 |                       |         |           | 1        | 2<br>Happy<br>Birthday<br>Chapun<br>Bianca&Cruz      | 3                                                                               |
| 4                                                                               | 5                     | 6       | 7         | 8        | 9                                                    | 10<br><b>Happy 7<sup>th</sup><br/>Birthday<br/>Bianca</b><br>Love<br>Mommy&Cruz |
| 11<br>Happy<br>Mother's<br>Day                                                  | 12                    | 13      | 14        | 15       | 16                                                   | 17                                                                              |
| 18                                                                              | 19<br>Victoria<br>Day | 20      | 21        | 22       | 23<br>Happy<br>Birthday<br>Kenny Jr.<br>Deb & Childs | 24                                                                              |
| 25<br><b>Happy 3<sup>rd</sup><br/>Birthday<br/>Cruz</b><br>Love<br>Mommy&Bianca | 27                    | 28      | 29        | 30       | 31                                                   |                                                                                 |

# Old Grave Yard Cleaning

## Saturday May 10th, 2014

**2 P.M.**

**Everyone Welcome!**

**Please Bring Your Containers**

### *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

## For Your Info

**Canada Post**  
**1-800-267-1177**

**For new address change and  
mailbox keys inquiries.**

**Would you like to have your Grass Raked?**

**Or Grass Perfectly Trimmed?**

**ONLY  
\$20.00**

*Nick Bear: 306-244-0287*

