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Spring 2013 Volume 1, Issue 2

## Welcome Spring

### OASIS WELCOMES A NEW FISCAL YEAR

Tansi :) Hello Everyone :)

This is the second issue of the Oasis newsletter. We have been very busy at the Oasis this past year and we are pleased that we have received funding to continue another year of programming. We want to congratulate Noreen Moore on receiving a volunteer recognition award from the town of Nipawin for all the volunteer hours she has put in at the Oasis. Thanks Noreen much appreciated! She has volunteered over 160 hours and another 33 people that use the centre have volunteered 893 hours since Sept. :)



This issue includes the programs that we will be operating for the upcoming fiscal year. We are also looking for board members, advisory committee members, and volunteers. If you have any questions or require information please contact us at nipoasis1@sasktel.net or call 306-862-5551. we also have a website www.nipawinoasis.com.



**OASIS GREEN TEAM**

<b>YARD WORK</b>	<b>HOUSE WORK</b>
• Mowing	• Window Washing
• Raking	• Interior Cleaning
• Hedge Trimming	• Fence Repairs
• Trash Removal	• Painting

**FREE ESTIMATES — 306-862-5551**  
*Reliable, Courteous Staff*

## Nipawin Taxi

**Call or Text 306-862-8559**  
Extended hours days, evenings and weekends  
**Helping Build Community**



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## RECENT STATISTICS

An average week 200 – 250 participants use the services at the centre

Youth programming: Culture, Literacy, Carpentry and Nutrition – 70 youth

Family programming: 10 – 20

Individuals in Employment program: 30 – 40

Youth and Family Support program: 10 – 20

Mental Health Support Programs: 30 – 40

Women and Girls Beadwork program: 10 – 30

Women and Girls Exploring Trades & Technology Program - 10– 20

Drop in support: 30 – 60

Bridging Culture group: 10–30

Healing/Sharing Circle: 10 – 20

Volunteers: 10 – 20 a week

Treaty Awareness lunch and learn (monthly): 30 – 50



*“We think the work the Oasis is doing is remarkable” (a funder)*

## TRANSPORTATION

Taxi number is 862-8559

Taxi Driver is  
James Allardice

Hours are:

Mon. - Wed.:  
8:00 am - 10:30 pm

Thurs. - Sat.:  
8:00 am - 3:00 am

Sunday: (need to book)  
To get to the bus (in the am)  
Call the day before to book.

Taxi will be available for Emergencies & Special Occasions after midnight if pre-arranged.

If wanting to advertise your business on the taxi. Please call taxi to arrange.

## 2013 OASIS PROGRAMS

Mental Health Support Program - Cope

Child Development and Nutrition Program

Youth and Family Support Program

Family Literacy Programs

Workforce Development and Employment Opportunities Program

Oasis Women Building Group

Oskayak (Youth) Girls and Women Exploring Trades & Technology Program

Healing/Sharing Circle

Women and Girls Beadwork Program

Cree Culture, Language and Literacy Program

Bridging Cultures Program





## CHILD NUTRITION DEVELOPMENT PROGRAM AND OSKAYAK CULTURE PROGRAM

This program teaches good nutrition practices for children, youth and families, and helps develop independent living skills for children and their families including new ways to prepare food, budgeting, shopping, safe food handling and preserving, Cree culture, literacy and outdoor activities. The youth are picked up at school and driven home after the program. The Oasis also provides support and transportation for the youth to attend the Nipawin Air Cadet program.

Recent activities have included skinning, hide stretching, beadwork, sledging, skating, scavenger hunts, painting, bowling, outings at the Regional Park, winter festival as well as tours of ambulance, police, and fire stations.

This program is led by Tara Nordmarken with support from Noreen Moore, Lindsay Britian, and Samantha Chippeway and is funded by the Sask. Ministry of Education, SaskCulture, Lakeland District for Sport, Culture and Recreation, Community Initiatives Fund, TIP community grant, Royal Bank of

Canada, community donations of food, fundraising, and volunteers.



## OASIS OSKAYAK EXPLORING TRADES & TECHNOLOGY (OETT)

Program is to identify and provide opportunities to prepare First Nation and Metis girls, youth and women from Nipawin and surrounding First Nation communities for technology and trades careers.

On March 23 –24, 2013 8 young women along with 2 chaperones went to Regina to attend the Sask. Women in Trades & Technology (SaskWITT)

AGM, tour SIAST, receive hands on training on the different trades, Royal Sask. Museum and the First Nation gallery, the Science Centre and the IMAX theatre.

This project was funded by Lakeland District for Sport, Culture and Recreation, SSIF Literacy Funding from the Ministry of Education and the Community Initiatives Fund.

In March, 11 women received painting and drywall certificates as a result of hands on training by local contractor Betty Blue who donated her services and expertise. The Oasis is in the process of being repainted. Thanks Betty! :)

Other upcoming projects are:  
Bookshelves for the Oasis  
8x12 sheds  
Youth exploring trades tool kit  
Sponsored by SaskPower





### BRIDGING CULTURES PROGRAM

Meets once a week with a purpose to provide young adults with an opportunity to begin to build bridges between Aboriginal and non Aboriginal cultures in Nipawin through spirituality and culture. Attendance is between 10—30. Funded by the Inspirit Foundation.

### HEALING/SHARING CIRCLE

Spoken in Cree, translated when needed, held once a week, and is facilitated with the Elders from James Smith Cree Nation and the Marguerite Riel Centre along with local Elders and Cultural Advisors from Nipawin and surrounding communities. The healing circle is a First Nations healing model with the intention of specifically addressing or healing an individual or individuals with traumas and addictions from effects such as the Residential Schools.

## YOUTH AND FAMILY SUPPORT PROGRAM

The program coordinates and provides support, information and referrals to individuals and families to improve their quality of life in an urban environment including cultural programs, education and training, health programs, children and youth programs, and parent support and information programs. It is facilitated and coordinated by Samantha Chippeway who has her social work diploma and is from Bella Bella First Nation community. The program aims to promote, maintain and enhance the integrity of the family. Funding is from the Ministry of Social Services



## BEADWORK PROGRAM

This program is lead by Belinda Dussion and funded by SaskCulture, Literacy and Community Initiatives Fund. The program focuses on passing on knowledge to the youth and also provides support while increasing literacy skills.



## TREATY AWARENESS LUNCH N LEARNS

Lead by Red Earth and PAGC Senator Philip Head to bring awareness and education on treaties. Please visit the website or watch for posters for dates and topics.



## MENTAL HEALTH SUPPORT

Funded by the Kelsey Trail Health Region – the COPE program supports people diagnosed with schizophrenia, depression, bi-polar disorder and other chronic mental health problems.

Twice each week the group meets with the Oasis Outreach Worker, Volunteers and the Mental Health Nurse to carry out the various social and recreation activities. Some of the activities are games, travel videos, boating, drawing, dancing, ice fishing, fundraising at the Spring and Fall Flea Markets.

In addition, the program provides vocational work opportunities, home support, birthday recognition and advocacy work. The Oasis provided regional support in organizing the adult summer camp for the Kelsey Trail and Prince Albert/Parkland Health Regions also a Christmas Social.

*“My job at the Oasis brings me pleasure because I am welcomed there, they are my family”*

The program is very dependent on volunteers and the Oasis is fortunate to have such dedicated volunteers that contribute their time, compassion, encouragement and support to the program.

Recently, members have started a “Build a Portfolio Class” at the Oasis, working on our Literacy portfolios and bringing them to our group meetings. Also have started a “Bring a Story or Something You Did” program to our meetings. The item must be written by the individual, can be as long as long as they want and on any topic they choose.

Doug Lowe has completed the training for “Peer Leader for Living with Chronic Conditions” and has also taken the training to “Train the Trainer to be a Peer Leader”. Doug has facilitated five weekly sessions for six weeks and is also doing a complete four day “Train the Trainer session in Saskatoon.

## SASK. SMART INNOVATION FUND – COMMUNITY LITERACY PLAN

The Oasis received \$70,000 from the Sask. Smart Innovation Fund (Ministry of Education) to develop a community literacy plan (CLP) to address the cultural, family and workplace literacy essential skills needs of the area. We are using an Aboriginal Holistic Community-based approach that builds on a family’s strengths, culture and community with a primary focus on First Nation and Métis girls, youth, women, including families and persons with disabilities.

The CLP consists of four deliverables:

1. Provide culturally relevant family literacy programs in Nipawin as well as Red Earth Cree Nation
2. Provide professional development for the Board of Directors, staff and volunteers in family, adult and workplace literacy methodologies and practices.
3. Identify and provide opportunities, tools and resources to prepare First Nation and Metis girls, youth and women from Nipawin and surrounding First Nation communities for technology and trades careers
4. Include Cree culture and language in programming, activities and events.



## CREE CULTURE, LANGUAGE AND LITERACY PROGRAM

This program is led by Teresa Whitecap who is from Shoal Lake. She was a principal at Shoal Lake and a band councillor. The Nipawin Rotary Club has sponsored the purchase of the culturally relevant books for the centre. We are partners with Red Earth and Prince Albert Grand Council to deliver an Aboriginal Family Literacy program.

Here are some of the Cree words we are currently learning at the centre.

Hello - Tansi	Duck - Sisip	Wolf - mahikan
Spring - sikwan	Beaver - Amisk	Cow - mostos
Rain - kimowan	Fish - Kinosew	Dog - Atim
Frog - anikis	Moose - moosa	Cat - posees
Toad - wapakotakew	Deer - wapusomosis	Grandpa - mohsom
Earth - kitaskinaw	Bear - muska	Grandma - kohkom
Canada - kanatan	Goose - niska	Dad - Nipapa
Horse - mistatim	Crow - kakakew	Mom - Nimamu



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*“Thanks for being there when I needed you the most” (a participant)*

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### LORD’S PRAYER IN CREE

Notawinan Kicikisikok E-ayayan  
Kitawikanatenitakwan Kiwinowin  
Kitipenicikewin Kitawihoticipaniw  
Ehitenitaman Kitawitocikatew ota askihk  
Kahisihayak Kicikisikohk  
Mininan anoc Kakisikak Kehoci pimatisiyak  
Mina asenamawinan nimacihitiwinana  
Kahisi asenamawawkicik aniki  
Kawantotakowakok.

Mina kina itotiyinan kotenimikowinihk  
Maka mihtakwenamawinan maci kekwan  
Kina kitayan tipenicikewin  
Mina sokatisiwin mina kistenitakosiwin  
Kakike mina kakike

EKOSI!!!

## LUNCH AND LEARNS

May 17: 1 –3 Senator Sol Sanderson will be at the Oasis on May 17 from 1-3 for a Treaty Awareness Workshop. Everyone is welcome :)

Senator Sol Sanderson was Chief of the Federation of Saskatchewan Indian Nations from 1979 to 1986. Beginning with Sanderson's term, the First Nations became much more active in asserting their political rights, and succeeded in having them included in the Canadian Constitution in 1982.

Sanderson was instrumental in ensuring that the treaties were entrenched in the Constitution as well as recognized at the international level: he led a delegation to London that lobbied the British Parliament on behalf of Treaty Indians. towards Indian government, which involves control over First Nations schools as well as over three post-secondary institutions:

Sanderson was a founding leader of the Assembly of First Nations, and a senior spokesperson **at the First Ministers' Conferences pertaining to Aboriginal people.**

He also played an important role in the move towards Indian government, which involves control over First Nations schools as well as over three post-secondary institutions: the Saskatchewan Indian Cultural Centre; the Saskatchewan Indian Institute of Technologies; and the Saskatchewan Indian Federated College (now First Nations University of Canada). Sanderson also was prominent in the Treaty Land Entitlement process in Saskatchewan. Everyone welcome-! :)

May 29: 12—2 at the Oasis, Pat Devin Corrections Instructor will be at the Oasis leading a workshop on violence. Everyone welcome :)

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*“Could we open the Oasis on Saturday and Sunday and have church there on Sunday? (a teen)*

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## TIPS FROM THE OSKAYAK TEENS

Say " NO TOO DRUGS "

Young people experience " NEW CHALLENGES " every day. These challenges help to learn more about yourself. They help you become " MORE INDEPENDENT". Everyone wants to be RESPONSIBLE but you must have a " POSITIVE OUTLOOK ON YOURSELF AND YOUR LIFE ".

In life it's not easy to make the right choices, or even to know which is right and which is wrong. But, IT IS IMPORTANT FOR YOU TO KNOW!!

What choices to use or not to use drugs and alcohol.

The risk of using drugs?

SAFETY RISK - accidents, hearing sight and smell may be affected.

HEALTH RISK OF YOUR BODY - drugs can cause physical problems. Smoking marijuana or tobacco MAY CAUSE CANCER. Abusing alcohol can cause DAMAGE TO THE LIVER. sniffing drugs can ruin your lungs and the inside of your nose. "



Drugs taken with needles can cause INFECTIONS, SERUM HEPATITIS or COLLAPSING VEINS. even more frightening is the possibility of contracting A.I.D.S . Associated with needle users. These are only a few of the Health risk that are related to the use of drugs.

HEALTH RISK TO YOUR MIND - mental health problems are high for young drugs abusers. Many will turn to drugs to avoid normal feeling of being depressed. Once you are in the habit of using drugs IT IS HARD TO STOP THAT HABIT!!!

Choosing role model?

- *someone who can help you make the right not wrong choices in life.*

" You can make the right choices. Having positive role models will HELP! You to make the right choices about drug and alcohol "



## WORKFORCE DEVELOPMENT AND EMPLOYMENT OPPORTUNITIES

This is a year round program with a focus on improving skills training and employability outcomes for individuals who are either unemployed and/or dealing with multiple challenges to employment. Provides on the job training, job readiness training and a job coach as well as Employment Opportunities.

Consists of four phases:

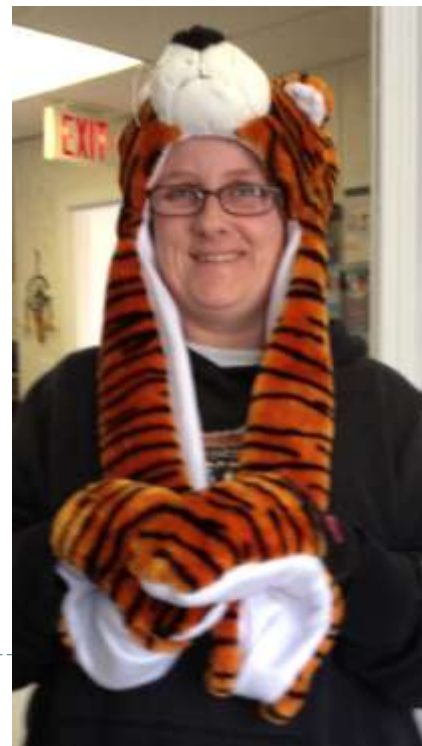
Intake Phase: **in depth assessment of the clients' barriers that includes a personal plan of action**

Preparation Phase: focuses on group and individual mentoring sessions in the areas of workplace communication, social behaviour, preparing personal lifestyles, dealing with multi challenges.

Work Placements: on the job coaching

Evaluation: each participant identifies the impact the project had

Funding is from CanSask. Ministry of the Economy.



*“I come to the Oasis because its fun and the only place to really go” (a youth)*

## EMPLOYEES & BOARD OF DIRECTORS

Samantha Chippeway – Youth and Family Support Program Coordinator

Teresa Whitecap – Culture, Language and Literacy Coordinator (part time)

Doug Lowe – Mental Health, Wellness and Employment Coordinator

Douglas Witherow – Workforce Development, Employment Coordinator and Métis Elder (part time)

Stacie Simon – Accounts and Records Controller (part time)

Tara Nordmarken – Kitchen and Youth Program Coordinator (part time)

Noreen Moore – support worker (part time)

Lindsay Britain—youth worker (part time)

Belinda Dussion – Beadwork Coordinator (part time)

Phyllis Snider – Historian and Janitorial Worker (part time)

James Allardice – Nipawin Oasis Taxi Coordinator

Support Staff – Cultural Advisors, Youth workers, Odd jobs, building maintenance

President/Secretary – Joy Hanson

Vice President—Garry Schenstead

Treasurer— Helmer Umpherville

Directors:

Myrtie Rempel

Arnold Schellenberg

Mary Boschman

Charlie McKay

Ron Saretzky

Curent Advisory Committee:

Senator Philip Head (Red Earth and PAGC)

Ina Whitehead—Vice—Chief Red Earth

Jan Boughen—Kids First

Cliff Rose—Nipawin Rotary

Ron Nickel—Social Services

Karen Hathaway—community member and volunteer

Terry Farden—Town of Nipawin

Lorna King—United Church

Sharon Meyer (LaFlamme) - NESD

Dianne Berge— community member





# FUNDERS, PARTNERS AND DONORS



## 2012 - 2013 Funders

St. Eugene Parish  
 Pineland Co-op  
 Save U IGA  
 Extra Foods  
 Vanity Cup  
 Darryl Hamilton  
 Dawn-nica and Fred Mathieson  
 Elizabeth Elsom  
 Nipawin Rotary Club  
 Elkhorn Ladies Club  
 Ardath Fritz  
 Bonnie Poss  
 Aylsham Memorial Church  
 Apostolic Church  
 John Paul 1 Council  
 Helen Remple  
 Chris Hudyma  
 Myrtie Rempel  
 Knights of Columbus  
 Nipawin and District Donors Choice  
 Tony Werrett  
 The Salvation Army  
 Nipawin Senior Citizens Assoc.  
 Ukrainian Catholic Ladies of all Saints  
 United Church Women  
**Donor's Choice**

## 2012 - 2013 Funders

Northern Transmission  
 Tim and Elaine Salo  
 Frances Hughes/Gwen Peifer  
 Nipawin United Church  
 Grant Carson Law Prof. Group  
 United Church Women (Codette)  
 Norman & Joanne Thomson  
 IBEW 2067  
 Karl Lauten  
 Bill Wood  
 Michael Hunkin  
 Diane & Grant Berg  
 Betty Burningham  
 Many thanks to the staff and board members  
 that donated as well as to those that donated clothing, vege-  
 tables, food, dishes, blankets, quilts, laptops, crafts, and  
 school supplies. Also many thanks to the countless hours  
 that the volunteers have put in  
 at the  
 Oasis Centre.



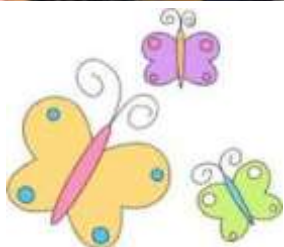
## Coming Events

Monthly Treaty Awareness  
Lunch and Learn May 17  
Senator Sol Sanderson and  
Senator Philip Head 1-3

May 29—12 –3 Violence  
Lunch and Learn

June 19—Annual General  
Meeting at 1pm Guest  
Speaker Brenda Ives

June 21—National Aborigi-  
nal Day Celebration at the  
Oasis



## VISION AND MISSION

### Our Vision:

Our Centre will be a place where people care, belong, and get involved. Our Vision is to be one of the leaders in building an inclusive, supportive, safe and healthy community.

### Our Mission:

We are a Community Resource Co-operative Centre that provides cultural, prevention, educational, and intervention programming, services, support and employment opportunities to the community of Nipawin and area in Northeast Saskatchewan.

We strive to provide opportunities and CHOICES along with the values of:

Caring, supportive, non-judgemental, and respectful, using a

Holistic approach that promotes wellness and that provides

Opportunities and uses as its guides

Integrity which is accountable, transparent and responsible valuing a

Community that works together and that is

Effective in meeting the needs of the community and provides

Security within a safe, respectful, supportive environment.

Our programming focus is on CRAFTS which also serves as a strong foundation for the cultural, personal and leadership development of the youth, individuals and families

Caring and Culture

Relationships

Action

Food and Fun

Teamwork and Time

Safety and Security

The Oasis was conceived as an umbrella that promotes sharing between user groups. The ownership, financial support, and responsibility for programs is shared by the local

community (through the Board, volunteers, and local fundraising), local, regional and provincial agencies.

Where people can come together in an environment where they feel secure enough through care to belong and connect to themselves, peers, and mentors and given ample opportunity to succeed both in and out of the group. The groups provides a lifelong learning opportunity and the freedom to excel and build strong leadership skills for themselves, families, and community as a whole.

