

504 Railway Ave W
Box 3146
Nipawin, Sk. S0E 1E0



Ph: (306) 862-5551
Fax: (306) 862-5589
Email: nipoasis1@sasktel.net
www.nipawinoasis.com

Winter/Spring 2014 Volume 2, Issue 1



Nipawin Taxi

Call or Text 306-862-8559

Extended hours days, evenings and weekends

Helping Build Community

Welcome :)

Spring is here :) This quarterly newsletter is filled with a variety of programs, activities and what has been happening at the Oasis for the last quarter of our fiscal year.

We have been busy installing the new appliances, cupboards as a result of the Homelessness Initiative grant that was recently received.

We are hosting the Residential, Renovation Construction 12 week program which started March 31st for 12 students. This is a partnership with SIIT and the Apprenticeship Board and qualified for provincial training allowance funding.

The Oasis is going through a transition period at the current time with a reduction in funding which results in a reduction in staffing. The board continues to manage the Oasis on a volunteer basis and has had to make some difficult decisions in order to continue operating the centre in an efficient and fiscally responsible manner while striving to fill the needs in the community and area.

Please drop by or contact us anytime :) and also if you have some skills and knowledge that you would like to pass on we would welcome that :) . If you have any tools, food, craft supplies that **you don't need we could sure use them at the Oasis. Thankyou.**

Joy Hanson—President—nipoasis1@sasktel.net



Significant events	2
Programs	3
Métis Career Fair	4
Lunch and Learns	5
Poverty Workshop	6
Christmas	7
Youth Program	8
Youth & Family Support	9
COPE	10
Debbie/Recipe	11
High Five/Employment	12
St8 Up	13
KTHR Message	14
Employees & Board	15
Funders, Donors	16
Mission & Vision	17



SIGNIFICANT EVENTS IN JAN, FEB, MARCH 2014

Métis Saskatchewan Youth Career Fair at Oasis— March 7

Homelessness Initiative grant — purchasing new appliances, cupboards, furniture, doors for the Oasis.

Take the Lead training— Lindsay and Tara took this facilitator training in Prince Albert

Str8Up Conference —Samantha, Tara and Lindsay attended 2 day conference in Saskatoon.

Go Girls Program started— Tara and Samantha took training and delivered the Go Girls program at the Oasis for 6 weeks and continue to utilize what they learned in the youth programming.

1st Annual Aboriginal Leadership Symposium —Lindsay Brittain (Oasis Culture Program coordinator and youth worker) was one of 20 aboriginal youth that were selected to attend the 4 day conference in Saskatoon.

Live Well Clinics at the Oasis — Doug Lowe facilitator—every Wednesday for 6 weeks

Train the Trainer training— Leadership training—Tara and Lindsay attended training in Prince Albert.

High Five and Quest training—2 days of training on how to develop a youth program and a day on how to manage and evaluate a youth program was held at the Oasis.

Ending Violence against Women Week— sponsored by Status of Women - Saskatchewan Office. Week long (March 10—15) awareness activities.

Lunch and Learn—Ending Violence against Women - March 12 and March 28 presentation by the Tisdale Community College Correctional Studies students

Poverty Workshop—Karen, Samantha, Tara, Lindsay attended workshop - A partnership with Poverty Reduction Task Force, Northeast Regional Intersectoral Committee, and Nipawin Kids-First . Hosted at the Nipawin Oasis— March 20

Improving Maori Students' Educational Achievement - Learnings from New Zealand—attended presentation

LP Miller Youth Experience Student—Chantel Steptoe at the Oasis for work experience :)

Cumberland College Strategic Planning—attended

Residential, Renovation and Construction Program begins—12 week program from March 31 to June 20. Partnership with SIIT and Apprenticeship and Trade Commission

Family Fun Night at Wagner Gym—Thursdays 6:30—8—organized by Gillis McKay

Follow up Reports completed—Northern Lights Community Development Corp—**Let's Read Together** - Family Literacy program, Child Nutrition & Development Program, CIF annual grant, TIP grant, Lakeland and District for Sport, Culture and Recreation—youth experience grant and Homelessness Initiative grant.

Grants received for 2014-2015 —Raise a Reader—Family Literacy program, Status of Women—**Ending Violence against Women and Girls**, **CIF annual grant**,

Poverty Reduction Task Force Nipawin Meetings—participating in

Nipawin Intergated Services Committee Meetings—participating in

Nipawin Interagency Committee meetings—participating in

Food For All Coalition Committee meetings —participating in

Monthly Staff/Safety/Board Meetings and Policy/Procedures Learnings— continued to hold the monthly meetings

Oasis Website/Facebook page—updating regularly

Oasis Facebook page—hit 1400 views in one week. Janetta Lonechild has started the Nipawin Oasis Recipe, Parenting and Craft groups—Everyone is welcome to contribute and be a member :)

Community use /rental of Oasis— Nipawin Rotary, NE Country Music Association, Lions Club, Nechapanuk Services, KTHR, Grief and Trauma workshop participants and Red Earth Cree Nation.

Coming Events

Residential, Renovation and Construction Program

March 31st—June 20, 2014

Baby Day— May TBA

Joseph Naytowhow— June 18-21

Oasis Fleamarket and Bike Sale—May 2 from 11-2

National Aboriginal Day— June 21 at the Oasis

Nipawin Annual General Meeting at the Oasis —June 24 at 1:00

Culture Days—Sept 26



TAXI
TRANSPORTATION
LOCALLY OWNED
AND OPERATED

Taxi number is 862-8559
Taxi Driver is
James Allardice

Extended Hours days, evenings and weekends

By supporting the
Oasis Taxi you
support the
community

2014-2015 OASIS PROGRAMS

Mental Health Support Program - COPE (Mon. & Thurs)
Child Development, Nutrition and Culture Program (Mon.—Fri.)
Youth and Family Support Program (Mon.—Fri)
Family Literacy Programs (Friday)
Community Inclusion Program—Girl Guides/Air Cadets
Workforce Development & Employment Opportunities Program
Oskayak (Youth) Girls & Women Exploring Trades Program
Healing/Sharing Circle—Wed 12-3
Women and Girls Beadwork Program—Mon 7-9
Residential, Renovation and Construction Program—12 weeks



Métis Saskatchewan Career Fair at the Oasis—March 7 –

By LP Miller Youth Experience Student Chantel Steptoe

Today was the On The Hunt Connection Metis Youth to Careers Career Fair at the Oasis Community Centre with Métis Saskatchewan as the host. There were five booths eager to reach minds who were interested in furthering education to get their dream career. The booths included the RCMP (Royal Canadian Mounted Police), Nipawin Citizens on Patrol, the Saskatchewan Apprenticeship and Trade Certification Commission, the Gabriel Dumont Institute of Native Studies and Applied Research, Cumberland College, and the Clarence Campeau Development Fund. Each of the booths has something different to offer.

The RCMP were handing out pamphlets to inform you of their programs. They offer meaningful work, vast opportunities, the chance to serve across Canada and a career like no other! Can things get any better than that? The cadet training program has the cadets attend the RCMP Academy for 24-week training and one of the best is located in Regina, Saskatchewan! Beside the RCMP, sharing a table, **was the Nipawin Citizens on Patrol. “What could this be?” You may ask. It is the Citizen on Patrol Program.** It offers citizens, 18 and older, the chance to patrol the town of Nipawin to assist the police in deterring crime and maintaining a safe community.

Cumberland College, is one of many Colleges located across Saskatchewan. Some of the places include, Nipawin, Melfort, Tisdale, and Hudson Bay. Cumberland is a host of many courses, and is easily accessible as a Community College. Along side with the Gabriel Dumont Institute of Native Studies and Applied Research, they are both used to create further education in communities around us. Lastly, was the Clarence Campeau Development Fund. This program is for business, if you need a good jump start or a loan, or even wanting to learn how to run or open a business, Clarence Campeau Development Fund is the place to go.

Near the end of the Career Fair was a traditional meal, and some guest speakers and performers. The meal was very delicious, it was all homemade including Métis thimble cookies and was cooked during the afternoon for everyone who arrived for the day. One of the guest speakers, Leroy Laliberte, was quite humorous while engaging the viewers. Laptop was drawn with Patricia Dussion as the winner. It was a very great day for those who came, and was very successful. Organizers for the event were Lindsay Brittain and Zondra Roy.



LUNCH AND LEARNS—ENDING VIOLENCE AGAINST WOMEN AND GIRLS—
SPONSORED BY STATUS OF WOMEN—SASKATCHEWAN OFFICE MARCH 12 & 28



The Nipawin Oasis Centre held a Lunch N’ Learn on March 12 and March 28 with the theme of “Ending Violence Against Women and girls.” This was made possible with a grant from Status of Women office— Gov’t of Sask. Both days had 30 people attend. Below are excerpts from the Nipawin Journal article as reported by Jordan MacDonald.

The violence can be physical, sexual, emotional/verbal, financial, spiritual or criminal harassment/stalking. **Cumberland College students, Melissa Watts and Kimberly Rouledge, spoke at the Lunch N’ Learn on these issues, focusing on domestic violence.**

According to the 2011 Family Violence in Canada report, Saskatchewan has one of the highest rates of self-reported spousal abuse in Canada, a majority of which was women. Furthermore, those rates, as well as the ones in Manitoba, were double the national average.

This is bearing in mind, that most victims don’t report their abuser. Aboriginal women (First Nations, Inuit and Metis) are eight times more likely to be killed by an intimate partner and are 3.5 times more likely to be victims of violence.

Cody Howes and Shelby Amundson, also students from Cumberland College, spoke on dating violence.

“The long term effects of the violence, both domestic and in a dating environment, can be devastating.

Amundson said, “Impacts from abuse are damage to confidence; damage to the ability to function in daily life; physical injuries; depression and anxiety; post traumatic stress disorder; sexually transmitted infections (HIV or AIDS); and in extreme cases, death.”



POVERTY AWARENESS WORKSHOP—MARCH 20

This workshop was hosted at the Nipawin Oasis and was a partnership with
**Poverty Reduction Task Force, Northeast Regional Intersectoral Committee,
& Nipawin KidsFirst**

“The Poverty Awareness Workshop was developed in partnership by the Saskatoon Anti-poverty Coalition and Saskatoon Health Region – Public Health Services. The workshop is based on “**The Poverty Game**” (1980) from British Columbia.

The goal of the Poverty Awareness Workshop is to provide an intense and guided experience in which participants touch the reality of people living in poverty. This 3 ½ hour experience increases sensitivity to the issues of families and individuals living in poverty and ignites a passion in many participants to change the social environment that allows so many Saskatchewan people to live in poverty. This workshop is meaningful for all people and in particular, people who work with people living in poverty and those who make decisions that affect people living in poverty.

A team from Saskatoon including people who have lived in poverty and Saskatoon Health Region staff will facilitate the workshop.”

This was very well attended (20). We heard positive comments back and people were pleased that many diverse community members were able to attend.



Beaded Cradle and Cradle Board and Moccasins - email [nipoasis1@sasktel](mailto:nipoasis1@sasktel.net) for more details



Contact nipoasis1@sasktel.net if you are interested in placing an ad in the Oasis newsletter, facebook page, or website.

Thankyou. Your support is appreciated.

CHRISTMAS PARTY AT THE OASIS AND CONCERT AT THE EVERGREEN CENTRE



The Oasis Christmas concert was held December 8, 2013 at the Nipawin Evergreen Centre. This concert was proudly sponsored by the North East Country Music Association and Pineland Co-op and organized by Hughene Day with various artists and the Oasis girls singing. Thanks also to Bill Wood from CJVR for being the MC for the evening. We thank everyone for their support :) The Oasis also held a Christmas party with various artists and a visit from Santa! :) Thanks to the musicians and to everyone that contributed and participated :) Much appreciated :)



CHILD NUTRITION & DEVELOPMENT PROGRAM — TARA NORDMARKEN

The Youth kitchen program is going well. We have been focusing on measurements and baking the last few months, we have been baking muffins, cookies and helping prepare food for the lunch and learns. We have been skating, sledding and hot dog roasts at the regional park. In the next few months we will be taking a few trips and having science experiment week doing various experiments. Youth worker and culture program coordinator Lindsay Brittain will be finished work at the Oasis end of April and he is off to his summer job and then off to college in the fall. We wish you all the best and thank you for your hard work and dedication to the youth. We are currently looking for volunteers to help with the youth groups contact either Tara, Sam or Joy.



GIRL GUIDES—TARA NORDMARKEN

We are having a very successful year with the youth from the Oasis that are in the Nipawin Girl Guides. The girls have been working very hard earning all their badges. They have been using the computers at school to do research on various badge work. The girls are extremely happy to attend Monday night meetings and they have shown dedication, leadership and responsibility in various volunteer activities.

We have a lot of activities coming up in the near future with the Tim Hortons' clean-up and weekend campout at Heritage at the end of May.

YOUTH AND FAMILY SUPPORT PROGRAM—SAMANTHA CHIPPEWAY

This program coordinates and provides support, information and referrals to individuals and families to improve their quality of life. It aims to promote, maintain, and enhance the integrity of the family.

Current Programs Offered

Home Visiting/Parent Support

Family Kitchens and Family Support

Family Literacy

Youth & Family Drop In Support
and Counselling

To sign up for the programs please
call Samantha at 306 862-5551.



BABY DAYS - SAMANTHA CHIPPEWAY

Baby Days is held once a month at the Oasis and it's a partnership with the Kelsey Trail Health Region and Nipawin Kids First. Baby Days is for parents and very young children (pre-natal to toddler age). It is an opportunity for parents to connect with each other and share their joys and worries.

The program is facilitated by Rhonda Teichreb who is KTHR Community Wellness Coordinator & Early Childhood Development Facilitator along with Samantha Chippeway the Oasis' Youth and Family Program Support Coordinator and the idea came from the centre's Family Kitchen Program. There were so many children in



family kitchens and a need was identified to provide another opportunity for parents to connect with each other.

Loving, stable, secure, stimulating and rewarding relationships with families and caregivers in the earliest months and years of life are essential for almost all aspects of child development. Recent neuroscience shows that **children's early experiences** are critical to future health, learning and



behavior. Supporting parents and caregivers to have the knowledge, skills and ability to provide optimal care for very young children improves their health outcomes.

MENTAL HEALTH SUPPORT—DOUG LOWE



This is a painting that Doug Lowe received from a participant for all the help he has given her. :) The COPE group has been having regular meetings, birthday parties, social activities and meals. Even with the bad weather attendance has been good. We are also looking for cotton yarn if you have any for the participants to make dishcloths which they sell for \$5. Thankyou!

Tara Nordmarken took the lead and designed and ordered the jackets for the Oasis employees. They look so awesome! Thanks Tara! :)



DEBBIE CRAMER— SPECIAL OLYMPICS CHAMPION

On April 8, 2014 at the Nipawin Evergreen Centre, Debbie received a Nipawin achievement award for her participation in Special Olympics competition.

Debbie received gold in Bocce Ball and silver in Floor hockey this year in Special Olympics in Regina. Debbie will be going to Vancouver in July for Bocce Ball competition. Her coach is Denise.



Sam's Green Smoothie Recipe

1 handful of spinach
1 stem of kale
1/2 green apple
quarter avocado
1/2 banana
1/2 c. almond milk
1/2 c. of cold water
some ice
MMMMMMmmm!!



HIGH FIVE AND QUEST WORKSHOPS

The Kelsey Trail Health Region and Lakeland District for Sport, Culture and Recreation held a High Five workshop at Oasis on March 12th and 15th. Below are excerpts taken from the Nipawin Journal article by reporter Jordan MacDonald.

High Five is a program that "provides a range of training, assessment tools and resources" to organizations to help set the standard for sports and recreation programs for ages six to 12.

Crystal Clarke, the Community Development Coordinator for Lakeland District for Sport, Culture and Recreation said, "The program, High five, has been adopted through Saskatchewan Parks and Recreation as a delivery system in Saskatchewan and as a district we're helping deliver it to the local community and it aligns with what the Kelsey Trail Health Region has in store for increasing physical activity in children and youth as well as our line with improving program development and opportunities for kids. So, it just is a good fit."

This specific workshop dealt with one aspect of the program, namely the principles of healthy childhood development (a caring adult, friends, play, participation and mastery).

"It helps provide the opportunity to develop and deliver quality programs for children and youth, which helps them grow and develop as better and confident individuals, with self-esteem, creating stronger relationships."

Those who participated in the workshop were those who work with the age bracket, either in the programming itself, or supervising it. Many



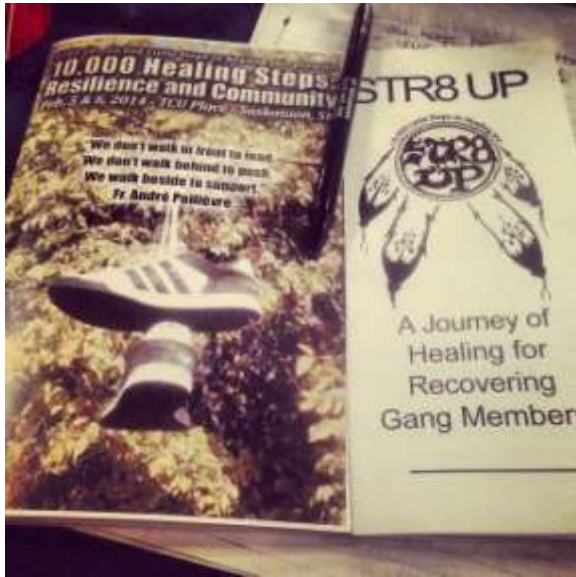
OASIS GREEN TEAM & HEALING CIRCLE —DOUG WITHEROW

Just wanted to mention a few things on behalf of the Oasis Green team and our weekly Healing Circle.

I would like to take this opportunity to thank the Oasis board and our general staff for the trust they had in me. I very much enjoyed my time with the organization. I will be leaving at the end of April as the funding for our program has been cut.

I was hoping I could have found more work for our participants in and around the Nipawin community. It was very hard to find any ongoing work other than yard maintenance, snow shovelling and small janitorial jobs which amounted to little hours and anything steady. It is very hard to find people willing to come to the Oasis on a regular basis for only an hour here and there. Also you are only allowed to earn a certain amount if you are social assistance before it affects your social assistance payments. Hopefully there will be some changes in this area.

April has been a very slow month for the Green team workers as there have been very little calls coming in for work. I will miss the weekly healing circle along with a long list of challenges the participants have had to deal with throughout their lives. I hope the participants can take what they shared along with what they learned through the program to better their lives for themselves and their families. I feel the Green Team and Healing circle made people feel better about themselves and their community giving them some hope and improving their self esteem. From the Heart—Douglas B. Witherow 12



We had the great pleasure of attending the 10,000 healing steps: Resilience and Community conference in Saskatoon. This was a presentation educating us the process of ending gang violence in our communities. We had the pleasure of meeting some of the most remarkable men and women of Saskatoon's **Str8 up** organisation, which included ex gang members of various cities but mostly the Saskatoon area. We also had the great pleasure of meeting some guys from homeboy industries that flew all the way in from Los Angeles also ex gang members. We also took in listening to various speakers from around the province. This was an excellent conference for all to attend. It truly brings the meaning to the saying " We don't walk in front to lead, We don't walk behind to push, We walk beside to support." quoted by one of the most inspirational men I have met yet Father Andre Poillievre. He has helped so many young women and men involved in the gang life



***KTHR Early Years
Monthly Message – April 2014***

Spring is Here – Take it Outside!



There are SO MANY benefits to babies, toddlers and preschoolers playing in the great outdoors! Here are just a few:

- The outdoors is the best place for babies, toddlers and preschoolers to practice and master physical skills such as walking, running, leaping and jumping.
- It is in the outdoors that children are likely to be the most active, benefiting their overall physical and mental wellbeing.
- Outside, children are more likely to use their imagination to invent games and to play with one another. Through this play, they are learning communication skills, vocabulary, numeracy skills and social customs.

Bright ideas:



- Give your child a bucket and let them explore - who knows what treasures they will find to share with you.
 - Make some bubbles and see where they land.
Children of all ages love to make and chase down bubbles.
- Take a walk without a destination – as you stroll along with your child name things, pause to look closely at what they are seeing. Sing while you walk:

Mister Sun

*Oh Mister Sun, sun, sun, Mister golden sun, please shine down on me.
Oh Mister sun, sun, Mister golden sun, hiding behind the trees.*

*These little children are asking you,
To please come out so we can play with you.
Oh Mister sun, sun, Mister golden sun, please shine down on me*

Remember: It is important to keep safe when enjoying a sunny spring day. Dress your children (and yourself) in clothing that covers arms and legs. Wear a brimmed hat to protect delicate ears, nose and neck.

Please wear sunscreen!

EMPLOYEES

Samantha Chippeway – Youth and Family Support Program Coordinator

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 Brittain—youth worker (part time)

Belinda Dussion – Beadwork Coordinator (part time)

Debbie Cramer/Terry Snider – Janitorial (part time)

James Allardice – Nipawin Oasis Taxi Coordinator

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



Board of Directors and Advisory Committee

President – Joy Hanson

Past President—Garry Schenstead

Vice President—Karen Hathaway

Treasurer— Chelsea Smits

Secretary—Diane Berge

Directors:

Myrtie Rempel

Arnold Schellenberg

Charlie McKay

Vice—Chief Robert Whitecap

Ron Saretzky

Sharon LaFlamme—Meyer



Curent Advisory Committee:

Senator Philip Head (Red Earth and PAGC)

Ina Whitehead—Red Earth

Chief Carlton Bear—Shoal Lake

Jan Boughen—Kids First

Cliff Rose—Nipawin Rotary

Ron Nickel—Social Services

Terry Farden—Town of Nipawin

Lorna King—United Church



THANKYOU :) FUNDERS, PARTNERS AND DONORS 2013-2014



Marguerite Riel
Centre Melfort



Rotary Club of Nipawin



2013—2014 Funders and Donors since April 1, 2013 (in addition to above)

- United Church Women
- Knights of Columbus
- SaskPower
- Bi-Nett Plumbing & Heating
- Apostolic Church
- Aylsham Memorial Church
- Eleanor and Vernon Rourke
- Debbie Grassing
- Helen Remple
- Joyce Christianson
- Lorraine Holmen
- Doreen Revell
- Ken Hanson
- Fyrne and Lyle Hanson
- Dawn-nica and Fred Mathieson
- Adriel Larson
- Annita Stewart
- Rotary Club of Nipawin—Literacy
- Valerie Mushinski
- Town of Nipawin
- Bryan and Jean Armstrong
- Frances Hughes/Gwen Peifer
- Vanity Cup
- Ukrainian Catholic Church
- Cumberland College

- Hughene Day
- Lorna King
- Charles Fitzsimmons
- Donor's Choice**
- Nipawin RCMP—DARE
- CHIMP—Sasktel Mobility
- Nipawin Seniors Citizens Assoc.
- St. Eugene's Roman Catholic Church**



504 Railway Ave W
Box 3146
Nipawin, Sk. S0E 1E0



Ph: (306) 862-5551
Fax: (306) 862-5589
Email: nipoasis1@sasktel.net
www.nipawinoasis.com

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.

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.

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 accountability, transparency and responsible while valuing a

Community that works together and that is

Effective in meeting the needs of the community and provides

Security within a safe, respectful, and 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*

C Caring and Culture

R Relationships

A Action

F Food and Fun

T Teamwork and Time

S Safety and Security



*Providing Opportunities
for
Positive Choices*

