



Yellow Quill First Nation Health Update

Happy 2020 to all!

We have a very busy Health Centre, with Programming on going and new initiatives for the last quarter of the fiscal year, we have several events forth coming. Important dates to remember are:

- February 6th is the Health Committee Meeting commencing at 10 – 2 pm.
- February 6th is Flu Clinic Day – please come in and ensure that you get a flu shot.
- February 14th Happy Valentine's Day! Sugar Cookie Decorating at the Health Centre starting at 3:30 pm.
- February 17th & 18th the Health Centre will be closed for Family Day & Unity Day.
- February 22nd WinterFest (Agenda to follow)
- Elder's Lunch on February 26th – everyone Welcome!
- March 4th & 5th the Health Centre will be closed for Strategic & Workplace Planning.
- March 17th & 18th is Day School applications. Vince Vandale will be here on these days to help with applications.
- March 19th there is will Lateral Violence Training – Limited Seating, register with Gillian Fleury our CAPP Worker.
- March 26th is TB Day

Please join me in welcoming the following staff to their new positions:

- **Leona Whitehead** – Medical Transportation Clerk, Leona can be reached at (306-322-7720)
- **Taylor Severight** – Health Receptionist
- **Perry Campeau** – Janitor
- **Clinton Tony** – Maintenance Worker

Although they have been in their positions for a couple of months, let me remind you of the following other employees:

- **Pamela West-Sharp** – LNP in charge of Maternal Child Programming. **Antonia Moose** is her assistant as well as the Children's Oral Health Initiative COHI Aide.
- **Randall Kehrig** is our Living Well Coordinator.
- **Gillian Fleury** is our Community Addiction Prevention Program Worker.

Our Community Health Nurse **Chelsea Herbert** will be going on Maternity Leave on March 20th, Chelsea is taking a year's leave. Her position has been advertised. If you know a registered nurse, please refer her!

Marie Campeau
Health Program Manager



Community Addictions Prevention Program Report

Hello, and happy belated New Year everyone! January was a month that showed us the real Canadian winter – that it has both warm spells and deep freezes. I catch myself reflecting on how the Christmas holiday season and New Years can feel like that too – the holidays can present with moments that are hard and challenging and moments that let us catch a break, smile and feel warmth in our hearts. If anyone wants to share challenging or heartwarming moments with someone but don't know who to talk to, my door is always open.

Our Women's Wellness Lunch was January 15th and Val Rowan (mental health) discussed the positive aspects of healthy relationships – compassion, kindness, humility, gentleness, patience and forgiveness – as well as random acts of kindness and building fun into personal relationships. At the end of the lunch I had a "World Cafe" where everyone was asked what kind of programming they would like to see from me in the coming months. I received suggestions that included educating students at the school about drugs, alcohol and cigarettes, and possibly running monthly community groups where people could come to together to discuss topics such as bullying, mental health, stigma around health-related topics, drug information nights, etc. There was also comments on how transportation can be an issue for community members trying to make it to some events. The February Women's Wellness Lunch will be held on February 12th from 11:30 to 1:00 PM.

In February, NA meetings will be held on the 3rd, the 10th and the 24th from 3:30 to 4:30 PM at the Health Centre downstairs boardroom. Coffee and snacks will be included. I am still looking for a couple community members interested in taking over the NA group – I believe it is important for community support groups to be community-sustained outside of the Health Centre. I can continue to assist anyone interested in chairing the NA group with some coffee and snack supplies. As such, the NA group I am currently running is more similar to a community support group, where participants discuss what works for them and their struggles and experiences, than a 12-step group. Attendance at these meetings are low – there is space for a lot more people to attend.

I have been asked to share some of my office stats for band members to see. In the month of January, I worked 20 of the 20 working days. I spoke to 16 clients of a variety of ages 38 times and followed up on clients 18 times. I received 7 new referrals, assisted other health program events twice, and hosted 5 events through my office (4 NA meetings – January 6th, 13th, 20th and 27th – and the Women's Wellness Lunch on January 15th). For those who are curious on what the range of topics that I counsel and keep statistics on is, I have copied a chart from the 6-page statistics template that I fill in on a monthly basis and send to Saskatoon Tribal Council. I do not record the names of people who speak to me on these topics, only the number of times that I meet with clients experiencing these challenges. Common topics I fill out under "other" include treatment plans and long-term/after-care plans. Part of the importance of recording these statistics is so that STC knows which areas to apply for more funding in. To provide the most accurate information, I keep track of the contents of each table for adults (ages 19+), youth (ages 13 to 18) and childhood (ages 5 to 12).

Thanks for reading!

Gillian Fleury, Community Addictions Prevention Program Worker



YQ Wellness Facilitator Program Report

As the Wellness Facilitator at the Health Centre, January was a busy month. I provided confidential counselling to people who needed someone to talk to, either in the clinic or in their home.

Often the counselling is a one or two time visit to assist someone going through a stressful period in their life. We typically discuss strategies to overcome stress and together we look for realistic solutions. My goal is to assist people to live a life of wellness. While this is not always easy, and sometimes feels impossible at first, there are always options and solutions. Sometimes just talking about life issues to someone in confidence makes a person feel better.

Due to the harsh weather, our January Men's Wellness Lunch and Crib tournament had to be rescheduled and was held at the Band Hall on January 30. Candace Squirrel was the chef and she made a great chilli. The crib tournament featured an A Pool prize of a Boombox radio and the B pool prize of a Goody Bag.

Wellness activities in February include a **Men's Lunch and Crib tournament** on **Thursday February 13** at the Band Hall starting at noon. There will be prizes for both the A and B pool.

Saulteaux Language Classes will be held **Tuesdays in February and March** at the Health Centre in the downstairs Boardroom (exception Feb 18 when Health Center is closed). Adult classes are from 1-2 pm and student classes are from 3:30 until 4:30. There will be video courses, handouts and snacks. Everyone is welcome to attend. Just come to the Health Center.

Randall Kehrig

From Cory Kishayinew – Garbage Maintenance/Garbage Truck

Just informing the community about the garbage routes.

Monday and Friday are for on reserve garbage pick-up.

Wednesdays are for TLE garbage pick up.

For on reserve days I usually start on north side and work my way south and that is only on Mondays and Fridays.

Other than that the truck is used to pick up construction waste. However for those special requests in regards to old appliances and furniture for those community members that don't have truck for hauling please inform housing in order to arrange a date and time to pick-up.

The number for contact is the band office 322-2281-housing and cell contact for housing manager is 322-7476 - Stan Whitehead

Thank you for your attention,

Cory Kishayinew - garbage maintenance



Community Events/Notices

Skating

@ Rose Valley Rink
Wednesdays
Learn to Skate 4 – 6 pm
Public Skating at 6 – 8 pm

Health Center

Check out on facebook:
'YellowQuill HealthCentre
Receptionist' OR 'YELLOW QUILL
HEALTH CENTRE'

Please check out dates on the first
page of news.

Help with filling out Day
School forms: March 17th and
18th at the Yellow Quill
Health Centre starting at 9:00
a.m.

Perfect Parenting
Every Tuesday Morning,
Downstairs Boardroom.
Starting February 11, 2020.

Yellow Quill Store

Store hours: Monday to Friday-8
AM to 11 PM
Weekends – 9 AM to 10 PM
Cigarettes come on Wednesdays.
Maximum cashback is \$40 bucks.

No one under age 18 are allowed
to buy energy drinks.

Inventory days closed at end of
every month.

Yellow Quill Mens Rec Hockey Tournament

February 21-23 weekend. No cost
for admission.

Can join the group on facebook
under...
"Yellow Quill Band Cultural, Sports
and Rec"

Prevention

Many activities taking place please
ask Prevention or watch for
postings. Check them out on
facebook: 'Yellow Quill Child &
Family Prevention Services'.

Valentines Dance – February 14
PARENTS MUST BE THERE WITH
KIDS; kids will be sent home if they
have no parents there. AT the
HALL.

DANCE LESSONS on Thursdays at 7
pm at the Hall.

Calling all Artists! We are planning
an art show & cultural
presentations on March 14, 2020
at Kelvington Legion Hall. Please
contact Leonard at 306-322-7196

to register a table or for more
information.

Comprehensive Community Plan

Surveys are still being taken;
please fill out. *HAVE YOUR SAY*
and enter to win a prize for
COMPLETED surveys.

CCP Team will be
coming door-to-door
on reserve to help you
with surveys and to
hear your concerns.

HEAD START

Monthly pancake breakfast
Tuesday, Feb 11, 8:30 – 9 am
Health Staff

YQ URBAN – SASKATOON

Bakesale on February 20
10 am – 2 pm @ YQ URBAN
OFFICE

DRY DANCE Feb 28 7pm – 11pm
At St. Josephs Parish Hall
535 - 8th Street East
Saskatoon, SK

**REMEMBER all events are alcohol
and drug free. No abuse will be
tolerated.**



Yellow Quill Child and Family Prevention Services

Box 273, Yellow Quill First Nation, SK S0A 3A0 306-327-1005

Staff

| Name | Title | Contact |
|----------------------|--------------------------------------|--|
| Raj Hathiramani | Executive Director | 306-202-6042 rajh@sasktel.net |
| Helene Johnson | Prevention Manager | 306-322-7144 er2@sasktel.net |
| Leonard Pasanipiness | Cultural Advisor/ Program Manager | 306-322-7196 l.pasanipiness@gmail.com |
| Skylar Neapetung | Admin. Assistant Bookkeeper | 639-945-7558 skylar.neapetung@gmail.com |
| Eugene Peequaquat | Program Facilitator | 306-322-9124 |
| Daisy Machiskinic | Childcare/Prevention Worker | 306-715-1708 |
| Sabrina Peeace | Childcare/Prevention Worker | 306-322-9227 |
| Linda Bird | Childcare/Prevention Worker | 639-945-7045 |
| Darlene Neapetung | Childcare/Prevention Worker | 306-322-7268 |
| Misty Moose | Childcare/Prevention Worker | 639-945-7244 |
| Roberta Peeace | Childcare/prevention Worker | 306-322-8077 |
| Jodie Peeace | Childcare/Prevention Worker | 306-850-1336 |
| Kelly Peeace | Childcare/Prevention Worker | 639-945-7022 |
| Marcia Machiskinic | Childcare/Prevention Worker | 306-670-0090 |
| Erin Tony | Childcare/Prevention Worker | 306-993-8306 |
| Adrienne Hurton | Childcare/Prevention Worker | 306-292-9853 |
| Lawrence Kishayinew | Program/Maintenance Worker | 639-945-7788 |

KEY HEALTH PHONE NUMBERS

Kelvington and District Integrated Health Care Facility has new phone numbers:

Kelvington Hospital: 306-327-5500
Kelvindell Lodge: 306-327-5530
Public Health: 306-327-5515
Home Care: 306-327-5520
Med Clinic: 306-327-5525

After Hours Crisis Support Services:

HealthLine 1-877-800-0002, assists with crisis that does not need 911 services. Can be used to access mental health therapist or crisis counsellor.

Melfort 24 hours Crisis Center: 1-800-611-6349. This is a crisis support line and can provide info and referrals to other services.

Kids Help Phone: 1-800-668-6868

Parents Help Line: 1-888-603-9100

Shelters in Prince Albert: Childrens Haven 306-922-4454, Womens Shelter 306-764-7233, YWCA Shelter for men and women 306-922-6162

First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310

National Indian Residential School Crisis Line 1-866-925-4419

Valentines Bake Sale

February 20th, 2020

At the Yellow Quill Urban Office.

#8-2345 Avenue C North.

10:00AM - 2:00PM

All proceeds go towards our Dry Dance.

Any questions about the Dry Dance please phone us at:

(306-979-6811)

THE BAND IS CONSTANT REMINDER!





Council Member Myron Neapetung

To: Yellow Quill Band Membership;

Happy New Year,

I hold the Child and Family Services Portfolio, Justice, Sports and Rec, Urban and Traditional Lands portfolios. I will provide a quick update on each of them and the work that I have been doing in each.

Child and Family Services Portfolio (YQ Prevention Services, MSS Protection Services) – Raj Hathiramani is our manager for the program, as you are aware we operate and run our own prevention services. We have twenty staff that are operating our programming in the community. If you need a list of programming please call the safehouse as well as the band office, our brochures are also available for more information. I encourage participation with our programming, our programming is designed to promote community, our culture, traditional parenting, promote well-being and is based on our knowledge keepers teachings. Prevention services has been investing in the community, for example prevention services purchased all of the exercise equipment at the school (NEC) to promote exercise, preventative measures to help people with diabetes, heart disease and other illnesses people may have that exercise can help with. Prevention services also helped with the daycare meals, soup kitchen, ice rental in Rose Valley, etc...prevention services is involved with the Justice dept, the after school program at the peacekeepers office. These are some examples that prevention services are involved with. We also have a safehouse that is designed to help in times of emergency. The safe house has rules and also an intake process for all clients, again is explained in the brochure or literature that is available. We are so fortunate to have a safehouse in the community and helped so many families to date. It was a lot of hard work to come this far with the program and is making a difference and helping so many families. With the support from Chief and Council I developed a package for new mothers and fathers called "Apinoche Tahkosin" (Child has arrived) with the help from a RUH doctor, nurse and social worker. There has been so many apprehensions and harassment at hospitals our new mothers and fathers endure in this special time of their lives, we wanted to create a tool that can help them in case they come across any type of harassment. The package includes all of the registration papers they need to register the baby, a list of their rights as a parent, the code of ethics of the social worker, a list of supports in the city of Saskatoon and our YQ Prevention services staff phone numbers and programming. I also found a private donor who will purchase a car seat for the new parents. I am currently looking for private donors for car seats in other city centres in the province. To date I delivered 8 packages at RUH and stopped 2 apprehensions, all because of the packages and supports in place for the parents. This is the first of its kind anywhere and very proud that Yellow Quill Chief and Council support this new initiative. Please contact myself, prevention services or the YQ urban office for a package. I also do advocacy for families, the parent(s) have to do the work, I ensure that the workers involved are accountable and provide all of the supports to help the parent get their children back, or ensure we find safe, healthy family members or community caregivers. Our protection services are operated by the Ministry of Social Services on-reserve unit. To clarify any misconceptions allow me to explain, the protection team does not attend the reserve unannounced, they notify the band as to who, when and why they are visiting a family or conducting an investigation. They do not apprehend and take the child or children off the reserve on their own anymore. We signed an agreement called the Kinship care protocol agreement. This agreement ensures that the ministry with the help of prevention services find safe, healthy family or caregivers on/off reserve. To this date the rate of children staying in the community and with kin is highly successful, our children are not leaving the community in foster care at an alarming rate as it did before. We are making strides in our child welfare program and is



exciting with the new Bill C92 that recently was passed in federal legislation. Our main goal as Yellow Quill First Nations is to have our own delegation in child and family services, we are on that road and can see it happening in the near future. If you have any questions or concerns about our CFS program please call or email myself or Councillor Agnes Ann Whitehead who shares this portfolio.

Justice portfolio: I share this portfolio with Bernard Kishayinew. Mervin Young is our justice worker who works out of the peacekeepers office, the phone number is (306) 322-2077. Our justice program runs on a limited budget and Mervin is doing a great job helping our membership with their legal problems. We are seeing a drop in attendance at court which is great and is all attributed to Mervin and our justice supports from the Saskatoon Tribal Council. Mervin and I started a reconciliation group with the surrounding communities. Our last meeting was in late November where we all participated in a blanket exercise. It was a powerful event, the blanket exercise demonstrates the history of the residential schools and how it effected our people in a negative way. The communities that are involved are the towns of Rose Valley, Kelvington, Greenwater RCMP, Hudson Bay RCMP, local DNR, Naicam and the local R.M'S. We started this group to educate the surrounding communities on the misconceptions many non-first nations have on our way of life and to avoid any tragedies. We also have the Office of the Treaty Commissioner and Prairie Central involved with the reconciliation group. Our next meeting will be scheduled in the near future and postings will be made out for that. If you need more information on the justice program or any problems you may have, please contact Mervin Young.

Sports and Recreation: Shantal Poorman and Jay Pauchay are the youth workers in this department. They have been both busy with the upcoming winter games tryouts and practices. They do open the gym and exercise room on a daily basis. They are working on other activities for the youth, we will be doing more youth outing and posting will be made. There is the skating and hockey program held in Rose Valley, there will also be our annual hockey tournament on Feb.21-23, 2020 held at the Rose Valley rink, free admission and there will be 50/50's and door prizes, please contact Shantal or Jay for more information. I do find funding on a quarterly or yearly basis for the program, all monies are accounted for and for the purposes of grant reporting. There is a sports and recreation committee that are working on a sports and recreation policy and will be complete very soon and also a comprehensive yearly plan. On February 1, 2020, thirteen youth from YQ attended the First Nations Night at the Saskatoon blades game, four of our youth were involved with the ceremonial puck drop, which was a very proud moment. A big thank you to the chaperones who took the youth to this outing. Please do not hesitate to contact either Shantal or Jay if you have any positive feedback or ideas. We hear so many times we do not do anything or not enough for our youth but its up to you to let our workers know what you would like to see. They are friendly and very approachable so please let them know and approach them in a respectful positive way. We do encourage parental involvement and would like to see more of it, and for the parents and chaperones that are involved, a big thank you to all of you.

Traditional Lands – recently there was desecration on our own lands north of the reserve and no one notified Chief and Council. In order for us to act upon any type of desecration of our traditional lands we need to be notified as soon as possible so we can act upon it right away. It is always a struggle working with government when it comes to deforestation in our traditional lands in the Porcupine/Pasquia, Wildcat Hills forests. We are constantly asking for proper duty to consult but all it is for them is by letter. We did have our lawyer write the government our concerns and had a reply to meet with them in the near future. It has been a struggle for myself to continue this work after we lost our knowledge keeper, Councillor late Joe Crowe. I know he wants us to carry on this work and will be meeting with our Knowledge Keepers group that worked with him once it warms up. We will continue identifying sacred areas and



informing industry so that they do not desecrate our identified traditional areas. Councillor Peetoo has been the main contact for this portfolio, he has been attending local meetings with the R.M's and industry meetings and bringing up our concerns.

We currently finished the First Nations Adapt program and it was a huge success. The results from the program will substantially help with our flooding claim. It will also put pressure on Indigenous Services Canada for future funding increases in our O&M, Housing departments. Our video on the history of the lake can be viewed on youtube, type in Yellow Quill First Nation History. The video is being seen all over the world and is getting great reviews. Dr. David Suzuki has recognized our video and has it on his website. The reasoning behind our work with the lake and flooding projects is to pressure governments for more funding, ensure we maintain safe sustainable drinking water and to develop a strategic impactful flooding plan. We do not have a 'plan b' in case our main water source which is the aquifer ever gets contaminated. We need to try and fix our lake and ensure governments are accountable in aiding our efforts in making sure our lake does not suffice to contamination. It can be achieved to fix our lake but more research needs to be done and more partnerships to help us. I will continue this work and if you have any other questions or concerns please contact me.

Yellow Quill Urban Services; Rose Campeau is our General Manager, our office is located in Saskatoon 8-2345 Ave C North. Our mandate is to help our urban members with Education, Employment & Training and any other resources you may need. We just started the life skills program, all participants are from Yellow Quill and will obtain all of their tickets and gain work experience through placements for the next couple of months. Please contact Rose for any additional information at (306) 979-6811.

Please contact our Managers and Staff if you have any questions or concerns in my portfolios. If you cannot reach them or have specific questions please contact me. There has been too many misconceptions or misinformation with my portfolios or my work. I ensure band membership that I am working hard in all of my portfolios and will continue to do so. If you have any concerns or questions please respectfully call me in a positive way and will try answer any questions that you may have. My number is (306)361-6810. I would like to leave you with a quote I came across recently...

"Don't let anyone bring you down so low as to hate them. Release them from the hold they have on you and continue on with peace in your heart. Life is short and is not worth wasting your time trying to figure negative people out or prove anything to them. The only person you have to prove anything is yourself. Strive to be the best person you can possibly be, be strong, and walk away. Holding on to bitterness and anger will only hinder your happiness. We all have to learn certain lessons before our souls can reach their full potential. Have faith that they will learn their lessons when the time is right. Your life is much too precious to spend another minute worrying about someone that doesn't bring you happiness. After all, they've made you a stronger person. They'll see the light someday." -Anonymous

Thank you. Myron Neapetung.



Income Assistance Department

Ah neen sigwa?

Hope everyone enjoyed their Holidays and New Years!

Everything is back to normal, with everyone back at work. To start with a new year and new beginnings.

We would like to remind our clients:

- **Do not come into the office under the influence of Drugs/Alcohol**
- Pick up your own cheque
- **If you are fired, quit or discontinued (from programming, school or employment: you do not qualify for assistance for 3 months)**
- There are clients who have uncomplete files, so take the time to come in and well fix your file
- Welfare Days are **January 15 & 30, 2020. February 14 & 28, 2020**
- We will be closing our office a couple of days per week to work on our administrative duties. Days will be posted.
- The new fiscal year will be in March, for all clients to re-apply. If you need valid identification, start by ordering your health card. We do need valid id for all clients.

We would like to take this time to thank the community members who helped out with our Christmas Hampers; **Jared Moose, Dennis Moose, Jonathon Moose, Brent Quewezance, Annabelle Kittiekaywinnie, Rosalie Kittiekaywinnie, Sarah Machiskinic, Clara/Lawrence Kishayinew, Derek Taniskishayinew, Sabrina Peeace, Barbara Squirrel, Cory Kishayinew, Dylan Kay, Steven Natawcappo, Andrew Machiskinic.** If we missed anyone, SO SORRY! You're still appreciated!

Thank you for take the time to come out and help! Very Much Appreciated!!

Thank you

Seraphine Roper
Bernita Pauchay
Income Assistance Workers

Melvina Machiskinic – Band Office Custodian,

I was on sick leave and I'm back at work as of last week Monday January 27, 2020. I'm happy to be back at work, showing all the love. Good to see everybody again. hope everyone's new year went good and as for work it is sometimes tough to do the winter maintenance but none the less i do my best to get it done. any fine option youth would like to do hours come see me and help shovel snow, and haul garbage to the bins and clean out garbage from the bins. I am usually at the band office all day.

nothing but the best to you all, -wickety



Message from Yellow Quill Finance Department

Good Day to all Community Members and welcome to a New Year. The Finance Department is constantly in operation dealing with the daily business that occurs in the Community as well as outside the Community, and as always the year started off a busy one. As you know our Finance Department currently consists of Kris Machiskinic, Band Admin Clerk, Russella Cachene, Workplace Experience Placement Worker, and we would like to welcome a new temporary member to our Finance department - Leila Nashacappo as Interim Financial Band Administration Clerk, she will be with us until Mid-April 2020.

The Yellow Quill First Nation Consolidated Financial Statements for the year ended March 31st, 2019 are now completed and approved. There will be a Band Meeting to present these Financial Statements to Membership with a date To Be Determined.

We are currently in Quarter 4 of our Financial Cycle, which means we will be starting to prepare for the 2019-2020 Audit Process. This involves getting financial information ready for all managers and assisting them with providing financial information to complete funding obligations/requirements.

If there are any questions please feel free to stop in, or give us a Shout our information is below.
Thank You,

| FINANCE DEPARTMENT | | |
|--|---|---|
| KRISTOPHER MACHISKINIC ASSISTANT BAND ADMIN CLERK- INTERIM FINANCE HEAD OFFICE: (306)322-2281 EXT: 222 CELL: (306)370-9300 EMAIL: K.MACHISKINIC@YQFN.CA | LEILA NASHACAPPO- INTERIM FINANCIAL BANDADMINISTRATION CLERK OFFICE: (306)322-2281 EXT: 229 | RUSSELLA CACHENE- MENTORED WORK EXPERIENCE/FINANCE ASSISTANT OFFICE: (306)322-2281 EXT: 229 |

***** Just a reminder to Have submissions in on Tuesdays for Chqs Thursday or Friday****

Director of Operations Greetings

Anin,

I would like to wish everyone a Happy New Year! Things have been steady with the administration of the programs being delivered, and as always there is always room to improve. However, it is always a struggle when we are working with limited budgets. For instance, In the Housing Department the funding level has not changed in over 10 years, yet the cost of supplies and labor has steadily increased. In any event, we struggle to meet the needs of the membership.

An important aspect of delivering programs to the membership is the flow of information to the membership. We have developed a Communication Strategy that will help with the flow of information from the Council to administration and



on through to the membership and vice versa. The Communication Strategy was developed with input from Council and administrators from the various departments. Implementing the strategy will improve the flow of information within Yellow Quill and improve the delivery of programs.

Another exciting project in the works is improving how we manage information. Through grants provided by Indigenous Services Canada (ISC) we purchased a data base server that has the capacity to store all the information that we need to save and operate with. Having information organized and readily available will improve the delivery of programs and reporting to funding agencies. There are on going discussion on training for staff for using the data base server.

In early November 2019 the band office staff and some Council participated in a workshop that would address staffing issues such as lateral violence and time management among other topics. I believe the workshop was helpful for those that attended as we all left with a positive attitude to improve the work environment of the workplace. There still needs to be continued reminders that the workplace needs to be a healthy environment where staff can excel in delivery of the programs, and growth is promoted. In the coming months there will be more lateral violence workshops for staff as a reminder just how destructive lateral violence is within the work environment.

Megwitch, Blaine Kinniewess

While your participation in the **FNLED** survey is important, it is also voluntary. That means it's your choice to do the survey and you can change your mind at any time – even after you've finished it.

If you (or your child) choose to not take part in the **FNLED** survey your name will be removed from the list and another community member will be selected to replace you.

If you (or your child) complete the **FNLED** and change your mind after you're done, your information can be removed.

Some might find questions in the **FNLED** survey to be sensitive or personal. If you don't want to answer a specific question, you can simply refuse to answer it.

If any of the survey questions upset you, the **FNLED** Fieldworker/Data Collector has a list of community support services that they can provide to you if you ask.

What will happen to the information I give you?

Every **FNLED** Fieldworker has been trained in the **First Nations principles of OCAP®**, a set of guidelines that require your data be kept confidential and safe.

They recognize and respect the importance of privacy and fully understand how to keep your information protected.

All of the information you provide will be secured by **FNLED** Fieldworkers and stored on a password-protected, encrypted tablet.

Personal information, including names and addresses, will be stored separately from your survey answers. Anonymous data from the **FNLED** will be published in regional and national reports. No personal information about individuals who have taken part in the survey will ever be released.

Remember, even though you and your community have been chosen to participate in the **FNLED** survey, the decision to take part is still your choice.

FNLED
The First Nations Labour And Employment Development Survey

WHAT YOU NEED TO KNOW ABOUT THE FNLED

For more information visit www.fnled.ca

FNIGC CGIPN

If you have a special announcement or birthday greeting for March please forward to Dennis, Tia or Celina at the CCP Department.



Need Help Filling out
Day School Forms?

MARCH 17 AND 18

**AT 9 AM COME TO
HEALTH CENTRE TO
GET HELP FILLING
OUT YOUR DAY
SCHOOL FORMS**

Day School Information

Day School information can be found at

www.indiandayschools.com.

You can also ask questions or if you require support at phone 1(844)539-3815. You can get Claim forms from the Band Office.

Schc x + v
<https://indiandayschools.com/en/>

This is the official website of the Federal Indian Day School Class Action.

What's Happening

On October 31st, Class Counsel received a court challenge to the Indian Day School settlement from David Schulze (Partner, Dionne Schulze, S.E.N.C.) on behalf of his client, a class member. Class Counsel is in the process of assessing the challenge.

What Does this Mean for Class Members

If not resolved in the next few weeks, this court challenge could delay the opening of the claims process for an unknown period of time. Until this matter is addressed, Class Members will not be able to apply for compensation.

What are the Next Steps

We recognize the frustration and concern that this update may cause Class Members. We want to assure you that Class Counsel is committed to pursuing all avenues to move the settlement forward as quickly as possible. We will keep you informed as matters progress. Please check this website for updates, and please feel free to call or email us if you have any questions.

Class Updates

The Federal Court has approved a nation-wide class settlement to compensate survivors for harms suffered while attending Federal Indian Day Schools and Federal Day Schools. The settlement includes compensation for eligible Survivor Class Members ranging from \$10,000 to \$200,000 based on the level of harm experienced as well as the creation of a Legacy Fund of \$200 million to support commemoration projects, health and wellness projects, and language and culture initiatives. To be eligible for direct compensation, a person must have attended at least one of the Federal Indian Day Schools or Federal Day Schools funded, managed and controlled by Canada, and listed on [Schedule K](#).

What's next?

Beginning August 19th, 2019, Class Members will have 90 days to opt-out of the Settlement by removing themselves from the Class. Opting out is a serious and permanent decision. Those choosing to opt-out of the Settlement will receive no compensation from this Settlement but will retain the right to bring an individual claim against Canada for harms suffered, if they wish to do so. Anyone choosing to opt-out must complete and submit the Opt-Out Form by November 4th, 2019.

| | | | | | | |
|--------------|----------------|-------------------------|----------------|-------------------|---|-----------------|
| Saskatchewan | Muskoday | John Smith Kindergarten | June 27, 1950 | September 1, 1979 | Smith/Muskoday Reserve (southern Saskatchewan). | Anglican Church |
| Saskatchewan | Nut Lake North | | August 1, 1957 | September 1, 1965 | North end of the Nut Lake Reserve | Anglican Church |
| Saskatchewan | Nut Lake South | Nut Lake Kindergarten | April 1, 1949 | September 1, 1988 | Nut Lake Indian Reserve No. 90 | Anglican Church |
| | | | | | Located on the Ochapowace Reserve No. | |



Yellow Quill Child and Family Prevention Services
Box 273 Yellow Quill, Sk.
306-327-1005
yqcfps@gmail.com



Prevention Services On-Call Weekly Schedule

Staff members available to assist community and clients during the weekends of **FEBRUARY 2020**

Feb 1 & 2 → Leonard Pasanipiness

Feb. 8 & 9 → Helene Johnson

Feb. 15 & 16 → Skylar Neapetung

Feb. 22 & 23 → Raj Hathiramani

Note: Schedule subject to change

Comprehensive Community Plan Department

CCP stands for; Comprehensive Community Plan. I am the Community Planner who is working with band members to develop the 5 to 10 years documented plan that will guide leaders in the future. It is band members having their say on what they think is important. Please participate by attending engagement sessions and filling out surveys, please.

We will be handing out and gathering surveys until February 28, 2020 for On-Reserve Members.

The ONLINE surveys will be closed on February 15, 2020.


Please take the time to fill out as we gather much needed info. All feedback will help to develop the YQFN CC Plan document. All feedback is ANONYMOUS; you will not be named. *This is very important. Please take part. It is up to each band member to ensure this is followed for the future years.*

Watch out for the CCP Team to come to your house. Much respect. Migwic. ---- Tia Stoney, Dennis Moose and Celina Quewezance.

IAP2 Spectrum of Public Participation



IAP2's Spectrum of Public Participation was designed to assist with the selection of the level of participation that defines the public's role in any public participation process. The Spectrum is used internationally, and it is found in public participation plans around the world.

| INCREASING IMPACT ON THE DECISION  | | | | | |
|---|--|--|---|---|--|
| | INFORM | CONSULT | INVOLVE | COLLABORATE | EMPOWER |
| PUBLIC PARTICIPATION GOAL | To provide the public with balanced and objective information to assist them in understanding the problem, alternatives, opportunities and/or solutions. | To obtain public feedback on analysis, alternatives and/or decisions. | To work directly with the public throughout the process to ensure that public concerns and aspirations are consistently understood and considered. | To partner with the public in each aspect of the decision including the development of alternatives and the identification of the preferred solution. | To place final decision making in the hands of the public. |
| PROMISE TO THE PUBLIC | We will keep you informed. | We will keep you informed, listen to and acknowledge concerns and aspirations, and provide feedback on how public input influenced the decision. | We will work with you to ensure that your concerns and aspirations are directly reflected in the alternatives developed and provide feedback on how public input influenced the decision. | We will look to you for advice and innovation in formulating solutions and incorporate your advice and recommendations into the decisions to the maximum extent possible. | We will implement what you decide. |

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Update from Sports and Recreation

Wednesday, we have skating in Rose Valley. Learn to skate 4pm-6pm. Public skating from 6pm-8pm. We have 20 youth that made Team STC in various sports. Practices are held every Sunday in Saskatoon. Table tennis tryouts haven't started yet.

A Melfort family swimming trip is being planned for sometime this month. Please keep a look out for poster soon to come.

On February 1, 2020 youth attended the Saskatoon Blade's Game, which was First Nations night. A night where they honor first nations people.

Aboriginal Track and Field is March 28-29, 2020 at the Saskatoon Field house.

Youth FSIN hockey Championships are on April 3-5, 2020 being held in Regina.

Adult FSIN hockey Championships are April 17-19, 2020 in Saskatoon.

Also the YQFN Sports and Rec has the Hockey tournament on February 21-23, 2020 in Rose Valley.

---- Shantel Poorman & Jason Pauchay

Greetings from Council Member Tyrone Peeace

In lands we did a scope of work on a farm plan to farm 2000 acres of land also to bring in a cattle or bison operation. Speaking of cattle, we also decided to sell the extra bales, to purchase a few heifers and to self-generate the cattle project.

Also, we been to a few engagements with the Anishinabek to bring our culture and language and traditional lands issues.

The hunting and wildlife with the ministry of Saskatchewan; the moose numbers dropping, too many moose tags sold in our home area, our own people selling animals and out of province hunters.

TLE and specific land claims saskatoon. We talked about traditional lands the resources they taken from traditional lands with-out compensation. The duties to consult on pbr pastures and wildlife lands. Also, why it takes long for the land claims. And that the cost of land is sky high today.

We been talking with the band lawyer and FSIN Chief on the proper procedures of holding the farmer accountable on the trees they pushed over and back into the reserve.

We been getting the members and committee's and youth involved in these engagements. I think it is important for us to educate the people in these areas of Lands traditional lands and what plans the provincial government are planning with our lands and people's. ----- Tyrone Peeace



Mental Health Services & Resources – Saskatchewan

A National Indian Residential School Crisis Line

Set up to provide support for former Residential School students. You can access emotional and crisis referral services. You can also get information on how to get other health supports from the Government of Canada.

Please call the Crisis Line at 1-866-925-4419 if you or someone you know is triggered.

First Nations and Inuit Hope for Wellness Help Line

If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away. Service is available in Cree, Ojibway, Inuktitut, English and French. Callers may ask about the availability of services in the language of their choice. Physical address not provided.

1-855-242-3310

1-855-242-3310 (Crisis Line)

Ages served: All ages

Languages served: English, Cree, Ojibway, Inuktitut

Fees: None

Area Served: Canada

First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310 or the online chat at hopeforwellness.ca open 24 hours a day, 7 days a week

Residential School Crisis Line in Saskatchewan: 1-866-250-1529

Emotional, Cultural and Professional Support Services are also available to Survivors and their families through the Indian Residential Schools Resolution Health Support Program. Services can be accessed on an individual, family or group basis.

<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/health-care-services/indian-residential-schools-health-supports/indian-residential-schools-resolution-health-support-program.html>

Regina Mobile Crisis: <http://www.mobilecrisis.ca/mental-health-and-crisis>

Saskatchewan Mental Health: <http://www.ementalhealth.ca/Saskatchewan/Crisis-Lines-including-Telephone-Online-and-Chat/index.php?m=heading&ID=21>



Learn to Skate

Please bring your children to learn to skate program:

Wednesday from 4:00 p.m.–6:00 p.m.

Public Skating

We are having public skating every

Wednesday from 6:00 p.m.–8:00 p.m.

Place: Rose Valley Arena

*You may contact Jason Pauchay 639.945.7112 or Shantel Poorman 639.998.8176 if you have any questions.



No skating December 25, and January 1st, 2020

YellowQuill Urban Services Inc.

Post Valentines Dry Dance

With band "Constant Reminder"

When:
Friday February 28, 2020
7:00 pm - 11:00 pm

Where:
St. Joseph Parish Hall
535 8th Street East
Saskatoon, SK
Corner of 8th Street and Broadway

Tickets:
\$25 Early Tickets
\$40 Couples
\$10 Kids

**50/50 Draw
Door Prizes
Merchandise Auction
Live Music
Concession**

**\$30 Door
\$45 Couples @ Door**

Alcohol and Drug Free Event
Call Office for more Info: (306) 979 6811



YELLOW QUILL HEALTH CENTRE FEBRUARY CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------------|--|---------------------------------|--|--|----------|
| | | | | | | 1 |
| 2 | 3 TRACK TESTING RESULTS | 4 SAULTEAUX LANGUAGE 1:00 SAULTEAUX LANGUAGE 3:30 | 5 | 6 DIABETES CLASS 10:30 HEALTH COMMITTEE MTG WELL BABY CLINIC | 7 CLINIC CLOSES AT 3:00 TODAY | 8 |
| 9 | 10 | 11 SAULTEAUX LANGUAGE 1:00 SAULTEAUX LANGUAGE 3:30 | 12 WOMENS' LUNCH 11:30 | 13 SEWING CLASS 1:00 MENS' LUNCH BAND HALL | 14 PRENATAL CLASS 11:00 SUGAR COOKIE MAKING 3:30 | 15 |
| 16 | 17 FAMILY DAY CLINIC CLOSED | 18 FIRST NATIONS GOVERNANCE DAY CLINIC CLOSED | 19 | 20 | 21 CLINIC CLOSES AT 3:00 TODAY | 22 |
| 23 | 24 | 25 SAULTEAUX LANGUAGE 1:00 SAULTEAUX LANGUAGE 3:30 | 26 ELDERS LUNCH 11:30 | 27 SEWING CLASS 1:00 | 28 | 29 |

ALL PROGRAMMING AT YQHC UNLESS OTHERWISE STATED

SEWING-ELIZABETH

DIABETES CLASS-DEBBIE

PRENATAL CLASS-ANTONIA & PAM

WOMENS' LUNCH- GILLIAN

MENS' LUNCH- RANDALL

SAULTEAUX CLASS- RANDALL





MY RECORDS MY CHOICE; please be notified...for survivors

If you made an IAP or ADR claim for compensation for residential school abuse, there are records of your claim. You now have the opportunity to choose what happens to those records after your claim is finished.

The choice is yours

- Your records from the Independent Assessment Process (IAP) or the Alternative Dispute Resolution process (ADR) are confidential.
- To keep them confidential, you don't need to do anything.
- If you do nothing, your records will be automatically destroyed on September 19, 2027.
- Until September 19, 2027 you can get a copy of your records for yourself or to share with anyone you choose.
- If you choose, you can preserve your records for history, education, and research at the National Centre for Truth and Reconciliation (NCTR).

Which records are being kept?

- Your application form
- The voice recording of your testimony
- The printed record (transcript) of your testimony
- The decision on your claim

Can I get a copy of my own records?

Yes. To get a copy of your application form, the transcript of your testimony, and your decision, call IAP Information toll free at **1-877-635-2648**. Or email IAPRecords_DocumentsSAPI@irsad-sapi.gc.ca.

Information that identifies other people will be blocked out, to protect their privacy.

It can take several months to receive a copy of your records.

Preserving the history of residential schools

The National Centre for Truth and Reconciliation (NCTR) has been created to preserve the history of Canada's residential school system. It is hosted at the University of Manitoba. It is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR invites those who made a claim in the IAP or ADR to add their records to its collection. These records will be available forever, to researchers and others who want to learn about the history and impact of Canada's Indian residential schools.

Information that identifies other people will be

blocked out, to respect everyone's privacy.

If you choose to preserve your records with the NCTR, send your completed consent form to the IAP Secretariat and your records will be securely sent to the NCTR.

To get a consent form, call IAP Information toll free at **1-877-635-2648** or download the form from www.MyRecordsMyChoice.ca.

How would my records be used at the NCTR?

If you choose to preserve your records at the NCTR you may choose either restricted access or open access. "Restricted" means that your name and other information that identifies you is kept confidential. "Open" means that you could be publicly identified.

Can I get help?

Yes. Resolution Health Support Workers (RHSWs) can answer your questions and help you with forms. To find an RHSW in your area, call one of the toll-free information lines below, or ask at your band office.

To learn more

- **IAP Information**
toll free: 1-877-635-2648
email: MyRecordsMyChoice@irsad-sapi.gc.ca
online: <http://www.MyRecordsMyChoice.ca>
- **Assembly of First Nations**
toll free: 1-833-212-2688
email: iapdesk@afn.ca
online: www.afn.ca
- **Inuit Representatives:**
Contact for the Inuvialuit:
phone: 1-867-777-7018
email: ggruben@inuvialuit.com
online: <http://www.irc.inuvialuit.com/>
Contact for Makivik:
toll free: 1-800-369-7052
electronic communications can be submitted at:
<http://www.makivik.org/contact/>
online: <http://www.makivik.org>
- **National Centre for Truth and Reconciliation (NCTR)**
toll free: 1-855-415-4534
email: NCTRrecords@umanitoba.ca
online: www.NCTR.ca



If you are feeling pain or distress because of your residential school experiences please call the free 24-hour **Residential Schools Crisis line: 1-866-925-4419**

NEWSLETTER FOR MARCH

**IF YOU HAVE SOMETHING TO ADD TO NEWSLETTERS GIVE INFO TO TIA, DENNIS OR CELINA.
DEADLINE IS FEBRUARY 28, 2020.**



Employment and Training

Greetings Community Members

My name is Darrell Natawcappo and I was recently selected as Interim-Employment and Training Coordinator. As interim, I look forward to working with the community leaders and administration to continue to provide services to the Pre-Employment Services and SA Pre-Employment and Training Clients.

Upcoming Programs

I would like to apologize in advance for any delays in programs during this transitional period. I will be posting updates on upcoming programs, such as the GED program, as more information becomes available. Keep an eye out for postings around the community.

PES/SAET Clients

Due to new Saskatchewan Indian Training Assessment Group (SITAG) guidelines, new case plan applications have been made for Pre-Employment Services and SA Pre-Employment and Training Services. This means that all clients must fill out these updated forms. You will need to bring in your Identification along with proof of Social Insurance number. SIN numbers must be included in these forms. Anything with your name and Social Insurance Number such as old tax forms, child tax forms, etc. will be accepted.

This will give clients and myself the opportunity to meet one on one to review, assess and update case/action plans as needed. Hours of Operation are Monday to Friday 8:30am to 4:30pm.

Please note that our office will be closed Monday February 17th and 18th, 2020 for Family Day and First Nations Governance Day.

If you have any questions or concerns please do not hesitate to stop by the Employment and Training office or give me a call (306) 322-2281. Thank you

Darrell Natawcappo, Interim-Employment and Training Coordinator
Yellow Quill First Nation – Employment and Training Services
Tel: (306) 322-2281
Email: yqfn.employment.training@gmail.com



Christmas 2019; Regina, Saskatoon and Yellow Quill





February-Migiziwi-Kizis 2020



Birthdays

Feb. 1-Brandell K.-18

Feb. 2-Lucious B.-15

Feb. 6-Kianah C.-16

Feb 7.-Parker N.-13

-Senipan P.-7

-Nyesha S.-18

Feb. 10-Mitchell N.-9

-Lily P.-10

Feb. 17-Khyleenah P.-12

Feb. 20-Havik D.-6

Feb. 21-Bentley M.-7

Feb. 22-McKenzie B.-19

Feb. 24-Gavyn R.-13

Feb. 25-Tanner B.-25

-Drew G.-13

Feb. 28-Keiran B.-12

-Patrick P.-15



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-------------------------------|--|--|---|-------|
| 2 | 3 Homework Club 3:30-4:30 Fitness 3:30-4:30 | 4 Game Night 3:30-4:30 | 5 Fitness 3:30-4:30 | 6 Arts & Crafts 3:30-4:30 Fitness 3:30-4:30 High School Report Cards & Parent/Teacher Interviews 4-6pm | 7 | 1 |
| 9 | 10 Homework Club 3:30-4:30 Fitness 3:30-4:30 | 11 Game Night 3:30-4:30 | 12 Fitness 3:30-4:30 Gr. 1-Hot Chocolate & Heart Cookie Sale | 13 Arts & Crafts 3:30-4:30 Fitness 3:30-4:30 | 14 Valentine's Day Gr. 8/9-Indian Taco Sale Gr. 4-Bake Sale | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 Homework Club 3:30-4:30 Fitness 3:30-4:30 Gr. 4-Chinese Food Sale | 25 Game Night 3:30-4:30 | 26 Fitness 3:30-4:30 | 27 Arts & Crafts 3:30-4:30 Fitness 3:30-4:30 | 28 | |

Winter Break