

Eagle Feather NEWS

Free

Program stresses benefits of exercise for diabetics

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Sports23

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Eagle Feather News
Health & Wellness

Next Month - Aboriginal Women



These hardy folks go snow shoeing every weekend to help deal with diabetes and to improve their health. From left to right, Karen Edwardson participant and diabetes peer leader, Tristan Etcheverry (exercise therapist from the Saskatoon Heath Region), Evelyn Linklater (Program Elder), Taylor Lambert, Trace Shotbothsides, Amanda Shotbothsides, Don Bear (Diabetes Outreach Coordinator for the program), Joshua Bear and Susan Merasty (Diabetes peer leader and program participant).

(Photos by John Lagimodiere)

Wake-up call for Aboriginal diabetics

Every Saturday afternoon in the middle of Saskatoon, a group of diabetics gather to snowshoe for their health. Snowshoe! In the city! It does sound a little crazy but it is true. This intrepid band of diabetics head on down to the river and the beautiful Victoria Park and snowshoe for an hour each Saturday, one part of their commitment to managing their diabetes with the help of the Fitness, Food, Fun Program.

BY JOHN LAGIMODIERE

The Saskatoon Community Clinic runs the program to address a serious need, a culturally relevant response to the unique needs of urban Aboriginal people.

“Aboriginal people are three to five times more likely to develop diabetes,” says Don Bear, Diabetes Outreach Coordinator with the program.

“Access to recreation, appropriate physical activity programming, transportation, child care, culturally-appropriate services and help with chronic disease management are all too hard to come by for many of our program participants.

“What better way to feel good about yourself than to come snowshoe with these youth, and Elders. We received eight pairs of snowshoes. We wanted part of this program to be outdoors and the donation has done wonders for the program.”

• Continued on Page Seven



Susan Merasty has noticed that her health has improved significantly after taking up snowshoeing.

Seasonal feeds keep spirit of Amber Redman alive

BY CHELSEA JONES

Dana McNabb sat in a circle of people praying and listening to the pounding drum. She was thinking of Amber Redman, the young woman who went missing from Standing Buffalo First Nation three years ago. McNabb is Amber's cousin, and her best friend.

Every season on Standing Buffalo First Nation, a feed is held for Amber. This winter, the feed was special because it was held on January 30, Amber's twenty-second birthday. Roughly 50 people gathered to feed Amber's spirit at the Standing Buffalo Community Centre that day.

Like McNabb, each person in the circle came with a memory of Amber, who was named Red Star Woman. McNabb held on tight to her 14-month old daughter, Patience, who was given Amber's middle name. As she ate and listened to people speak, McNabb remembered how she used to celebrate each birthday with her cousin, and wondered where she could be now. McNabb said she was looking forward to the future – perhaps Amber could be home to celebrate her next birthday.

"We just want her to come home for her birthday, just because then we can celebrate the physical, her being here, not only the spiritual," she said.

Joseph (Sam) Machiskinic, Amber's uncle, served soups, bannock, sweets, and other food to the circle. He said he couldn't watch a slideshow of photographs of Amber for fear that he might cry, so he ate his meal instead.

"It was a very sad feeling for me," he said, "But this was a big day for us ... but it was a sad day because she wasn't here celebrating her birthday, but it was close because all her friends were here."

As for next year, Machiskinic said he's trying to be optimistic.

"It will probably be the same," he said, "But I'm hoping she'll be here with us."

Amber's mother, Gwenda Yuzicappi, said events like these give her strength because she has an appetite to

spread the word about her daughter, and she feels the feeds give her life a purpose – to keep trying to find Amber.

Lately, Yuzicappi has had new stories to tell about her search for Amber.

"It's unexplainable, but I feel like her spirit is alive and certain things have been happening letting me know she's around," she said. "I know it's coming soon that we're gonna find out where she is."

Yuzicappi spoke to the circle and talked about Amber as a proud, Lakota woman with a quiet side, and a good sense of humour. She hasn't thought about the celebration of Amber's next birthday, yet.

"I don't prepare for it," she said, "Because I always have that thinking of what if we find her this afternoon? What if we get that call?"

Seasonal feeds will be held until Amber is located, Yuz-



Gwenda Yuzicappi feels that her missing daughter Amber's spirit is still alive. Amber's uncle, Sam Machiskinic serves soup at a feed.

She tells a story of a person coming to her home and saying that during the night, Amber's spirit sleeps in her room.

icappi said.

"This is our way of celebrating her birth in spirit," she said, "And we know her spirit is still alive."

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Muskoday signs TLE agreement

Chief Austin Bear of the Muskoday First Nation recently welcomed Chuck Strahl, Minister of Indian Affairs and Northern Development and Federal Interlocutor for Métis and Non-Status Indians, and Saskatchewan First Nations and Métis Relations Minister June Draude to his territory to participate in a ceremony celebrating the signing of a Treaty Land Entitlement (TLE) Settlement Agreement.

"This is a historic time in our history with Canada and the Province of Saskatchewan where the three levels of government have successfully negotiated and ratified this long outstanding Muskoday First Nation Treaty Land Entitlement Settlement Agreement," Chief Bear said.

"Canada has now met her legal obligations with respect to Treaty 6 land provisions owed to the people of the Muskoday First Nation. With the additional treaty land and compensation we have the opportunity to further create economic development opportunities now and in the future."

TLE claims are intended to settle the land shortfall owed to those First Nations, such as the Muskoday First Nation, which did not receive the amount of land to which they were entitled under the historical treaties.

Canada, Saskatchewan and the Muskoday First Nation agreed that the terms of the 1992 Saskatchewan Treaty Land Entitlement (TLE) Framework Agreement would form the basis for the settlement of the claim.

"This land claim settlement shows how tangible and measurable results are possible when we work together and negotiate," said Strahl.

"This settlement will bring economic benefits to the Muskoday First Nation and the local communities, as well as provide certainty for government, industry and all Canadians."

Following three years of tripartite negotiations and a



Muskoday First Nation Chief Austin Bear with the Honourable June Draude, Minister of First Nations and Métis Relations signing the ceremonial TLE settlement agreement.

successful First Nation ratification vote, the agreement provides Muskoday First Nation with a settlement of approximately \$10.2 million for an outstanding TLE shortfall as well as \$542,828 for negotiation, ratification and acquisition costs.

In addition, the First Nation is entitled to purchase up to 38,014 acres (15,384 hectares) of land, on a willing seller/willing buyer basis, anywhere in Saskatchewan. These lands may then be converted to reserve status.

"The Government of Saskatchewan is committed to honouring the Treaties and we are pleased to help fulfill this Treaty promise made to the people of Muskoday First Nation more than one hundred years ago," Minister Draude said.

"This settlement throws

open doors to economic and social development opportunities which will strengthen Muskoday First Nation and in turn, the rest of Saskatchewan."

The membership of the Muskoday First Nation ratified the agreement on May 23, 2007. Sixty-two per cent of all eligible voters voted to accept the settlement.

The Muskoday First Nation is located approximately 19 kilometres southeast of Prince Albert, Saskatchewan and has over 1,500 registered members.



Federation of Saskatchewan Indian Nations Chief Lawrence Joseph, the Honourable Chuck Strahl, Minister of Indian Affairs and Northern Development and Federal Interlocutor for Métis and Non-Status Indians and the Honourable June Draude, Minister of First Nations and Métis Relations wearing the star-blankets that were presented to each by Chief Austin Bear on behalf of Muskoday First Nation.

As of February 1, 2008, the Federal constituency office for the electoral district of Desnethé-Missinippi-Churchill River will be moving to the following location:

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Media needs to show respect and sensitivity

There is nothing more heart wrenching than the deaths of youngsters, particularly in circumstances such as occurred on Yellow Quill First Nation recently.

When these tragedies occur the media often finds itself in a precarious and very uncomfortable situation... particularly when it is mainstream media people attempting to cover a story that is taking place on unfamiliar territory.

Warren Goulding, our associate editor and the author of *Just Another Indian: A Serial Killer and Canada's Indifference*, found himself in similar situations on more than one occasion as a reporter for the Saskatoon StarPhoenix.

He recalls the day – almost 20 years ago – when Chief Rick Gamble ordered Goulding and other journalists off the Beardy's and Okemasis reserve following the sudden death of a young man from Beardy's.

"He was angry and I understood his point," says Goulding. "He was upset that the media only showed up when something terrible had happened. Where were we the rest of the time?"

Goulding says he has thought about that experience many times over the years and has a different perspective now.

"I know it seems like the media is insensitive and only looking for a juicy story, but there's something else to think about. What if we didn't show interest in the tragedies that seem to happen far too often? What if the media was indifferent when these things happen?"

"Obviously that wouldn't be right."

Goulding adds that the important thing is that the media approach these situations with respect, sensitivity

and use all the training and skills they have to ensure that the story is told accurately and fairly.

And really, who would be outraged or surprised if the Chief, his council or members of the family refused to talk to the media at this time, and even to stop the media from entering the community.

Editorial

Like their grandmother said, what we can do now is not let the little girls' deaths happen in vain. It is time to start the healing.

We here at Eagle Feather News send our deepest condolences and prayers to the family of Kaydance and Santana Pauchay and the community of Yellow Quill First Nation in this most difficult of times.

Taking the wrong side of healing herbally

According to a report in the Saskatoon StarPhoenix, it looks like Chief Kit-chi O-Stew Ka-Nee-Ka-Na-Go-Shiek Oigimow-Wacon Ka-Nee-Ka-

Neet...AKA Lawrence Agecutay, one of six men charged with running a multi million dollar marijuana grow op on Pasqua First Nation, believes he is innocent of the charges because the Creator told him to grow the plants for medicine.

Agecutay wanted to pay the Creator so much respect that they planted and nourished a 6,000-plant crop before they were finally busted; a crop that, once processed, could be worth over \$2 million on the streets. The Creator would have been pleased.

Our own John Cuthand brought "the Grand Chief of Turtle Island" or "the one who always walks first" to the attention of our readers awhile ago, pointing out his website. On the site, you could be adopted into the Anishinabe Nation for a fee. One of his co-accused paid \$10,500 to be adopted. And to think the federal government was giving Indian babies away free in the '60s and '70s, they could have made a killing.

As much as access to medical marijuana should be guaranteed to anyone who wants it, you should not be able to get away with growing 6,000 plants without any sort of government compliance and partnership; Turtle Island claims and all. It is obvious that Mr. Agecutay and his friends have some explaining to do.

If they would have set up that same greenhouse and grew English cucumbers and tomatoes even, they could have created jobs, profits and good food for the people in their area. They might not have made \$2 million, but it would be better than jail.

What's coming up in Eagle Feather News

We love March. As it comes begrudgingly from behind another miserable February, things start to brighten, the days lengthen and warm and the outdoors beckon as minus 30 becomes a memory. You can almost feel the boat under you as you cross the lake for the first time.

March is also our women's issue. Our favourite edition, always paying

homage to women and their importance in our family and community. We will profile women in sport, business, education and politics examining their challenges and their triumphs. And, of course, the usual folk who come by every month to inform. Oh yeah, next month will be our "official" tenth birthday. Ten full years. Cool.

Lastly, we have a new addition on

the Eagle Feather News team. Our regular contributor and arts guru Michael Gosselin and his partner Courtney welcomed Luka Riel Gosselin to their family on Jan. 29. He is a whopping 9 lbs, 5 oz and 20 3/4 inches long. The trooper is the spitting image of his pop, complete with a big ol' bison head!

Good job team!



Eagle Feather NEWS

Publisher/Editor

John Lagimodiere
651-1772
johnl@eaglefeathernews.com

Associate Editor

Warren Goulding
warrengoulding@yahoo.ca

Advertising Sales

Faith McLean
651-1776
mclean-f@shaw.ca

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Canadian Addresses to:
Circulation Dept.
P.O. Box 924
Saskatoon, Saskatchewan
S7K 3M4

johnl@eaglefeathernews.com

Contributing Writers

Michael Gosselin
Sandra Ahensakew
Winona Wheeler
John Cuthand
Deirdre Badger
Blue Pelletier
Chelsea Jones
Daria Read
David Shield
Andrea Leckling

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Tel: (306) 978-8118 1-866-323-NEWS (6397)
Email: johnl@eaglefeathernews.com

Fax: (306) 978-8117
Web: www.eaglefeathernews.com

Elders lament loss of sense of community

For many of us who do research for a living, it's not "just a job" when we are working for our own people. This is especially true when the research includes working with Elders and interviewing them about their personal and community histories. When we do research we are students constantly learning and we are doing something useful for our people.

Among the research work I've been doing over the last few years is a community history book project with a First Nation in the Manitoba Interlake region. A number of Elders are advising the project and over the last few years we met regularly to ensure that the book reflects the history of the community from the perspective of the Elders.

During our first meeting and again at our last meeting, I asked the Elders: "if there is one message you want this book to get across to young people, what would that message be?"

The answer they gave was unanimous – what they wanted to convey to the young people is that our communities need to regain their community spirit.

They are concerned that our sense of community, the way we behave and interact with each other, is not what it used to be. And that much of our problems today can be fixed if we pull together like they did in the old days.

A community with a lot of community spirit reflects a healthy community.

These Old People told stories from their pasts that conveyed what community meant to them. When someone lost a house to fire, everyone pitched in supplies and worked together to build a new one. They had community work bees to help families in need, to

build community buildings, to raise money, to help each other out. Every year they had Flower Day when everyone would gather at the cemetery to clean the graves and have a picnic where they shared their food and ate together.

Hunters shared their meat with the old people and families in need. Young men chopped wood and delivered it to the old people.

for their services so midwives, carpenters, babysitters, wood cutters and others often received in-kind payment – meat, potatoes, blankets, canned goods, or help in return.

Clothes and moccasins were made for bachelors who helped dig a well or a root cellar or rebuild a barn.

Old people along with single parents (abandoned or widowed) had the least resources at hand to trade with but their needs were not ignored. People accepted what was offered knowing that "what comes around goes around," and that the favor would be returned someday, perhaps by a grown child or by someone else who would help them when they were in need.

People did not fear going hungry because they had community. They did not fear being homeless because a relative or neighbor would take them in.

So I asked: "What would it take to bring that community spirit back?" All it would take, they said, was to start doing things together and sharing what we have with each other again.

Instead of only a handful of people trying to do all the work, we would get so much more accomplished if we all pitched in. Instead of sitting there complaining about something not being done, get up and do it.

One by one, if we all start pitching in, we'll get our community spirit back. As one of the Elders proclaimed, "Healthy people make healthy communities."

"It's not something the government can give you. It's something we have to take back for ourselves."

Introspection

Winona Wheeler



Christmas and New Year's celebrations were community events and everyone came out to school activities.

These elderly people talked about how difficult it is now for everyone because people generally do not do anything anymore without being paid for it. Instead of raising money and chipping in out of their own pockets to make something happen, they run to the Band Office for money.

Today, they declared, people live in their own homes and only look after themselves. In the old days they used to have many community activities and people traded and shared what they had.

Often people did not have cash to pay someone

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Heavy-handed politics cripples progress

When the worst of Indian and Métis politics flourish, chaos and dysfunction soon follow. In Saskatchewan it's becoming more than embarrassing. Heavy-handed politics is actually crippling progress.

It's more than ironic Wanuskewin, the place of "seeking harmony" should be anything but harmonious. Wanuskewin in Cree may also be interpreted as "without direction" as in lost upon the prairie without landmarks. This latter interpretation may be a better description of the institution's current sad state of affairs.

Oyate and Four Directions were both shut down for a time because the first rule of residential care – do no harm – was broken. In Oyate's case, the failed safe home for young high risk prostitutes, was permanently shut down. The Department of Community Resources (Social Services) was equally implicated in Oyate's demise and was also singled out for searing criticism from the Children's Advocate.

Four Directions was shut down. Its staff was retrained and the Muskowegan First Nation based youth facility eventually reopened.

Then there is the drawn out and agonizing David Ahenakew hate trial. Ahenakew, the ex-national Chief and past Chief of the Federation of Saskatchewan Indian Nations saw his legacy back broken on a reef of racism and contempt for the Jewish people.

He once described them as a "disease" and expressed support for Nazi Germany's extermination of six million Jews. Such views are indefensible and repugnant in the extreme.

Ahenakew still persists years later guns blazing as he slowly and surely sinks beneath the waves. His legal battles doggedly continue but he has truly lost even if he should somehow eventually win his hate crimes trial.

The FSIN, to its credit, distanced themselves from the former Chief's distasteful rant and condemned his actions.

The Metis Society is still rebounding from self-inflicted wounds. Only the walking

agenda to, instead, speak to the students' goals and aspirations FNUC may yet emerge as a true University.

Elders should provide persuasive wisdom and not be recycled Chiefs who demand and enforce policy. First Nation power politics and spirituality are truly an unhealthy mix.

Two bright beacons, at the very least, pierce the current gloom. These are the two

communities is much less known.

The Gabriel Dumont Institute has shown flashes of greatness and has the potential to become the nation's leading Metis cultural institution.

The Saskatchewan Indian Institute of Technologies is another leading institution.

It wasn't so long ago Indian Affairs was trying to make Indian women into Safeway cashiers. School buses picked up First Nations people to hoe sugar beets in southern Alberta and pick apples in Yakima Washington. Low pay stoop labour is no longer acceptable.

Today SIIT, for example, is producing fully accredited First Nations aircraft technicians for Boeing Aircraft of Seattle. SIIT pursues high demand leading edge technologies. They are an institution that is making a real difference.

Joan Greeyes and her successor Ray Ahenakew deserve a lot of credit for making the possible happen.

The First Nations casinos have become an engine of employment especially for new entrants to the workforce. First Nations businesses are growing and the over all provincial economy is booming. A growing prosperity, the rise of an independent middle class and the benefits of a sound education, are paying big dividends now and in the future.

Despite appearances, there is a great deal of hope for the future. Chaos and dysfunction may yet prove to be a painful step in the decolonisation process. Believe in the people and the people will rise to success.

In contrast, believe in politicians – any politicians – at your peril.

Common Ground

John Cuthand



wounded remain.

An endangered First Nations University of Canada faces imminent loss of its membership standing in the Association of Universities and Colleges of Canada. There are those who refer to the AUCC as "Always Under Colonial Control" but the reality is much more significant. Without AUCC membership FNUC credibility is seriously compromised and it in effect becomes a university in name only.

Unless the FSIN controlled board changes its position AUCC membership will not continue. All of this is rapidly approaching.

If the Chiefs can see beyond a narrow

northern Tribal Councils: The Meadow Lake Tribal Council and The Prince Albert Grand Council.

They have been successful over the years because they hire the best people and their political leaders hold back from the day-to-day running of their institutions. It is impossible for a manager to answer to multiple bosses.

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Don't let diabetes control you: Evelyn Linklater

• Continued from Page One

The snowshoes were donated by Dr. Bruce Reeder, a local professor and epidemiologist, and provided at cost by Eb's Source for Adventure.

The group meets three times weekly for exercise, blood testing and, of course, the snowshoeing.

Susan Merasty is a peer leader and participant and has been with the program trying to control her diabetes through exercise.

"My sugar is right down right now," said Merasty at the end of their workout.

"Exercise is a key. I feel great. The exercise helps control your sugar level. We are so lucky to have these shoes. I

love it," she laughed adding that in the summer she would take up running again.

Evelyn Linklater is the Elder on the team, and also a diabetic.

"This program means a lot to me and I am serious about controlling my diabetes. We warm up walking from the White Buffalo to here, snowshoe, then walk back to cool down," said Linklater.

"When I exercise I feel healthy in spirit, good in my body. Good all around. It is really helping me."

So far Evelyn has received lots of help from her friends in the group.

"They help pick me up when I fall," she laughed.

And she enjoys the camaraderie.

"But we walk and we talk and share because that is part of our culture too. By the time we got way far over there, you do not even notice the time. The fresh air is nice and crisp."

The fact that simple exercise can help your health immeasurably still has to be communicated to the people who get diagnosed with diabetes. Many people just give up. To counter that attitude and draw people in, the program uses culturally relevant things like snowshoes, visiting, teamwork and helps removes barriers like transportation.

This has attracted over 155 participants since 2006 and the follow-up

shows that many have adopted a healthier lifestyle after the Fitness, Food, Fun Program.

Team Elder Evelyn Linklater saw the devastation that diabetes had on her family. People losing limbs, their sight, sometimes their lives and she didn't want that happening to her.

She passes her words of wisdom to anyone who has been diagnosed with diabetes.

"Exercise, eat well, sleep well and try and come out and exercise," said Evelyn. "Don't be depressed because you get diabetes."

"Don't let the disease control you, you have the right to control it."

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H E A L T H

SWITCH program a health model worth emulating

BY ANDREA LEDDING

Student Wellness Initiative Toward Community Health (SWITCH) has operated out of the West Side Community Clinic in Saskatoon since the fall of 2005, and in that short time has already been recognized with a federal award and, the most sincere form of flattery, imitation.

"The College of Medicine and the cultural community felt there was a need to do a pilot project, delivering health care on the Westside in a more integrated way," explained Flo Lavallie, who is one of the volunteer health care providers in a number of alternative modalities including Reiki, iridology and sclerology.

"And in only a year and a half, it has been recognized as a very successful initiative."

It is an initiative which is going to be adopted in medical universities throughout Canada, according to Lavallie. The federal award SWITCH received, named after former Saskatchewan Premier Tommy Douglas for his leadership in the development of Medicare, is given out to interdisciplinary groups doing innovative work in a publicly funded health care setting.

SWITCH is a student driven project that delivers after-hours care to residents of Saskatoon's inner core neighbourhoods in a way which benefits both recipients and caregivers.

"We all begin with a smudge before the program – there is cultural familiarity and the participants do a smudge and circle in the waiting room while the students and practitioners do one together in the office," noted Lavallie.

She credits this with creating a "good spiritual space, where the medical students learn about the Aboriginal culture as well."

Lavallie also appreciates that this acknowledgment of tradition brings richness to many of the urban First Nations, struggling with the loss of traditional ways.

"It brings both cultures together and creates a good bridge between the two cultures," she added. "The whole program is really enhancing for everyone."

Dr. Kris Lehnhardt, co-chair of the New Health Professionals Network which presented the Tommy Douglas Celebration of Medicare Award to SWITCH, commented on how innovative the project was.

"One of the best things about it is that it focuses on prevention and wellness," said Lehnhardt.

"In trying to preserve our publicly funded health care system, prevention and wellness are essential."

SWITCH has also been commended for the collaborative process – the Colleges of medicine, nursing, dentistry, pharmacy, kinesiology, nutrition, psychology, and physiotherapy are some of the providers of the students that run the programs Wednesday evenings and Saturday afternoons, and attempt to respond to needs presented. Professionals from their respective disciplines serve as mentors to the students

Saskatoon Health Region President and Chief Executive Officer Maura Davies noted how diverse health science students learn from each other, their clients, and from volunteer professional mentors, while also providing health care in a culturally sensitive manner.

In its first year of operation, SWITCH benefited from

the participation of more than 200 student volunteers and 85 volunteer mentors, while logging over 3,500 client visits.

Among the programs offered are a dental clinic, a pediatric clinic, a needle exchange and women's health services. Lavallie listed programs such as Yoga for beginners, traditional beading classes suggested by the Cultural Advisor as part of therapy, a community kitchens program; and the "triple f" program for diabetics – fitness, food, fun. Of particular success is a women's pampering night.

"It started small – but now over 200 women come," noted Lavallie, explaining that salons and department stores in the community have been generous in providing supplies, door prizes, and services for the women.

Lavallie is also very pleased with the inclusion of alternative medicine approaches, as they are often more compatible with First Nations values and traditions. "Sclerology is a native American modality involving the examination of the white parts of peoples eyes to see the psycho-emotional cor-

relation to disease," explained Lavallie, who has training in this discipline as well as several others.

SWITCH has established partnerships with the University of Saskatchewan, First Nations University of Canada, SIAST and the White Buffalo Youth Lodge.



FLO LAVALLIE

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HEALTH

Critical Illness Insurance prepares you for the inevitable

Few of us want to contemplate the reality of being told we have a serious illness. Even fewer of us have likely given any thought to how we'd cope financially, if faced with such a diagnosis.

And although the odds of surviving a critical illness are better than ever thanks to medical advances, you may want to consider these statistics: heart attacks strike 70,000 Canadians each year, strokes hit 50,000 Canadians each year, and an estimated 2,865 Canadians are diagnosed with cancer every week.

You can't predict the future, but you can be prepared for it!

Living with a critical illness can be a huge challenge – not only physically and emotionally – but also financially. Numerous people survive a critical illness, but are unable to continue working and have difficulty paying the bills. Government health plans and employee benefits are limited to basic medical and hospital care, and disability insurance pays a monthly benefit only when unable to work.

This is where critical illness insurance differs, in that it pays out a lump sum of cash even if you are able to go back to work. Think about it. What is your greatest asset? What is your most valuable asset? What is your most precious asset? I had to think about it when I was diagnosed with cancer in 2000. I found my health and my ability to earn income to be my greatest assets.

There are wide ranges of Canadian insurance companies who offer a critical illness policy. The

terms and conditions will vary from company to



Sandee Sez

Sandra Ahenakew

company, but the following ailments are insurable by virtually all insurers (base coverage): heart attack, coronary bypass surgery, prostate cancer, stroke, breast cancer and other life-threatening cancer.

As not all critical illness policies are the same, it is important to seek out professional advice and guidance in choosing your policy. Everyone has a friend or family member who has suffered a critical illness. Yet, we continue to believe it won't strike us.

Today, people are living longer, and many are living with one or more critical illnesses. It is insurance that pays the face amount of the policy to the insured in a lump sum. The money can be used without restrictions, and it is paid upon the diagnosis of the specific illnesses. The question isn't whether you will get a critical illness, but how will you handle it when you do?

You might ask yourself, why do I need Critical Illness Insurance? Getting sick isn't something any of us like to think about. But it is a reality. If it does

happen to you, thanks to medical science, there is a good chance you will survive and get on with your life.

But there is a cost involved in getting better. Treating and coping with illness can mean significant and often unexpected costs. No matter your situation (single parent, family, independent business owner, contract worker, or whatever) a serious illness could dramatically change both your life and your family's life.

Women, think about this. Women are the first people to look after others and the last to look after themselves. Therefore, because of their unique role in life, Critical Illness insurance is even more critical for women. Does it matter whether you are the primary income earner or the so-called secondary income earner in the family? Not in today's world where most households depend on two incomes.

And what if you're a single mom? You can't afford to have a critical illness without a Critical Illness insurance plan. You can't buy the insurance once you have been diagnosed with a critical illness so talk with an insurance broker and find out what option is best for you and your family.

Thank you for the emails and letters, it's great hearing from the readers.

Send your comments and questions to Eagle Feather News c/o Sandee Sez PO Box 924 Station Main, Saskatoon, SK S7K 3M4 or email s.ahenakew@yahoo.ca



An important roundtable conference on the duty to consult and accommodate that will help shape future economic development in Saskatchewan will be held in Saskatoon on May 12-13, 2008.

Representatives from First Nations organizations, Métis groups, industry, business and municipalities will be invited. The discussion will help the Government create a new policy based on the duty to consult and accommodate, to advance First Nations and Métis as true partners in Saskatchewan's economy and future.

The Provincial Government is looking forward to the roundtable and what it will mean to the continuing economic growth of the Province.

Honourable June Draude
Minister of First Nations and Métis Relations



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NEW & USED

H E A L T H

Change, challenge impact mental health, addictions

The last few years have seen remarkable changes in the strategies used to treat addictions. As well, new and more dangerous drugs have emerged on the scene. Eagle Feather columnist John Cuthand has been working in this field for many years and provided this analysis.

BY JOHN CUTHAND

It wasn't so long ago clients entering addiction treatment centers were required to discontinue mood altering medications. Clients were vigorously confronted about their behaviour and addiction models were based on alcohol treatment alone.

A lot has changed. Best practice now recognizes 60 to 90 per cent of clients entering treatment also have mental health disorders. Current therapeutic approaches build on positives and the skills of other professionals are now included in the treatment process. The time tested Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) Twelve Step programs remain invaluable.

The old catch phrase: "a drug is a drug" whether self-medicating or doctor prescribed is no longer true. More has been found out about how the brain works in the past ten years than has been known in all of the years before.

A new generation of prescribed medication actually restores the mind from such crippling conditions as clinical depression and bi-polar disorder.

New discoveries and promising medications are revolutionizing mental health and addictions. It is now generally understood an addictions client can no more be expected to discontinue mental health medication than a diabetic can be expected to stop using insulin.

Nurses, doctors, psychologists and psychiatrists are now regarded as essential addiction team members.

Alcoholism and its effects on the mind, body and spirit are fairly well understood. The effects of other addictive substances are less well known.

Alcohol leaves the body over four days. Other substances take longer. Marijuana takes on average 25 days. Other substances may take weeks and

even months to detoxify

Solvents contain a witch's brew of chemicals each with its own destructive imprint. The solvent mix, however, creates a multitude of other often little understood and dangerous toxins. Chronic solvent abuse causes brain damage.

Strangely enough even heroin addicts look down on 'sniffers'.

This shame is so strong addicts will admit to other addictions before they will admit to solvent abuse.

Ketamine or 'Special K' is most commonly utilized by veterinarians as a horse tranquilizer. It produces euphoria among humans while slowing both breathing and heart rate.

Ketamine overdose results in death by suffocation and/or heart failure.

A decade past, crack cocaine was seen as the worst drug. Crack cocaine's fearsome reputation has been largely

replaced by methamphetamine, another highly addictive, readily accessible, cheap and deadly drug.

A bleak and popular myth is that a meth addict in treatment has only a six per cent chance of recovery. A more hopeful and accurate figure states meth addicts will experience a 40 per cent recovery rate for first treatment stay followed by a 60 per cent recovery rate for their second treatment stay.

There are many other addictive drugs each with its own signature. These include but are not limited to heroin, morphine, talwin, ritalin, Oxycontin, and tobacco.

The new Saskatchewan government has promised to create an additional 100 treatment beds in the province. This expanded resource coupled with improved treatment practices offers hope in response to a most grim reality.

Saskatchewan has the highest incidence of intravenous drug use in Canada. There is now more cocaine available in Saskatchewan than marijuana.

Prescription drug abuse is rampant and even isolated villages in the North are experiencing addictions issues above and beyond alcohol.

A minimum of 65 per cent of treatment clients in Saskatchewan are of First Nations descent. This figure, however, may be as high as 85 per cent.



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Comment on Saskatchewan's Proposed Labour Legislation

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- *The Trade Union Amendment Act, 2007*

The proposed legislation aims to balance the rights of workers with the need to ensure public safety during labour disputes. It also helps to ensure that democracy and freedom of information are present in Saskatchewan workplaces. We welcome your feedback.

Email to: legislationfeedback@lab.gov.sk.ca

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The Honourable Rob Norris
Minister of Advanced Education,
Employment and Labour
Re: Legislation Feedback
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Preston Lacaine, Cory Generoux, and Keon Francis are the trio behind the Bionic Bannock Boys. You can watch them in the documentary Last Bannock Standing on CBC Newsworld on February 23 at 9:00 as they try to find a fourth member for the dynamic comedy troupe.

Bionic Bannock Boys swell to four members

BY JOHN LAGIMODIERE

The Bionic Bannock Boys are Saskatchewan's funniest Indians. Their press release even describes them as the "the biggest thing to hit Aboriginal comedy on the prairies since the signing of the treaties."

Cory Generoux, Preston Lacaine and Keon Francis are the trio that makes the group tick.

During their seven years of improv and sketch comedy poking fun at white people and Indians alike, the Boys have had a few members come and go. Now that they are down to three, they felt the need to add a new person to the group, so immediately they sent out the audition call for "The funniest Indian out there."

"We really spread the word about the auditions through friends, the internet ... everywhere, and we wound up with ten really good people trying out," said Preston Lacaine.

"They each had about five minutes and we saw improv, standup, lots of variety and lots of laughs. As performers, it

was nice to sit back and have the shoe on their foot trying to impress us for a change. We had a great time watching them go all out. Unfortunately we could only pick one person. That was the hardest part."

Fortunately the entire experience was taped and turned into a documentary entitled Last Bannock Standing. The documentary will run on CBC Newsworld, giving national exposure to this unique comedy troupe.

Could these guys be the Cree Kids in the Hall? According to Lacaine they are aiming higher.

"We will be bigger," he laughed, "but that is a good question."

Their struggle now is to get to the next stage in their comedy careers, and they pin their hopes a new fourth member. But the story doesn't end quite the way they planned. Last Bannock Standing was produced for CBC Television in Saskatchewan by Paul Dederick. Aldo Columpsi was the videographer and Brad LeClair was the editor.

Check it out on CBC Newsworld on Saturday, February 23 at 9:00 p.m. (CST)



Saskatoon Public Schools recently received the Premier's Board of Education Award for Innovation and Excellence in Education for its Okitoyapi Partnership. The Partnership, with the Saskatoon Tribal Council and Central Urban Métis Federation Inc. (CUMFI), promotes, strengthens and facilitates First Nations, Inuit and Métis education in Saskatoon Public and Saskatoon Tribal Council schools. Pictured above are Roy Morrison, Chair of the Board of Education for Saskatoon Public Schools, Shirley Ibbister, President of CUMFI, and Joe Quewzance, Tribal Chief of the Saskatoon Tribal Council.

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Masters (40+) - Aboriginal	4	\$900	\$1,500	\$600	\$400
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Melissa Vermette is involved in the Co-op's publication, Word On The Street.

Youth Co-op meeting needs

BY JOHN LAGIMODIERE

The Core Neighbourhood Youth Co-op, also known as CNYC, held an open house this month to show off their building, programs and most importantly, their youth. The CNYC is housed in the nicest building on Saskatoon's 20th Street. It has fresh colourful paint and clean sidewalks and always a group of eager youth to help out.

The open house was well attended by community partners that include Affinity Credit Union, social services organizations and the Catholic School Board. The youth took visitors through the building showing off the schoolroom and its bank of computers and, of course, the woodworking centre where they create top-notch furniture.

Ryland Kayseas was busy sanding a piece of a future dresser.

"I love coming here and working the wood, building bookcases, using the tools and taking some classes," he said.

Kayseas has had some troubles with the law and also with staying in school. The Youth Co-op offers work and classes with credits that are transferable in a setting that is non traditional and supportive.

"No high schools will take me right now, but here they are helping me gear up to getting back in the school. But I love it here.

"You don't have the cliques, there are fewer kids, I live really close and everyone is here for the same reason. We like it here, but we want to get out of here if you know what I mean," he says candidly.

"They actually pay you to come. I want to do what I want to do. Who gets paid to go to school and get credits? But you have to try."

Melissa Vermette also had to leave her school and has been at the Co-op for six months. She is involved in their publication, Word on the Street.

"We have a bunch of kids working on it. I do articles and interviews," she said.

"Working on this gives you a sense of pride. Your work is going out there and people are reading it. We publish poetry, some of mine even and it is a good way to express ourselves."

Melissa came to the Co-op on a referral from her brother and has excelled in the programs through the shop, the greenhouse and the newsletter and is president of the youth advisory.

"The people are awesome. We have had so many people that change your life," she said. "She was my role model. The staff, the youth, we all become a family, my family."

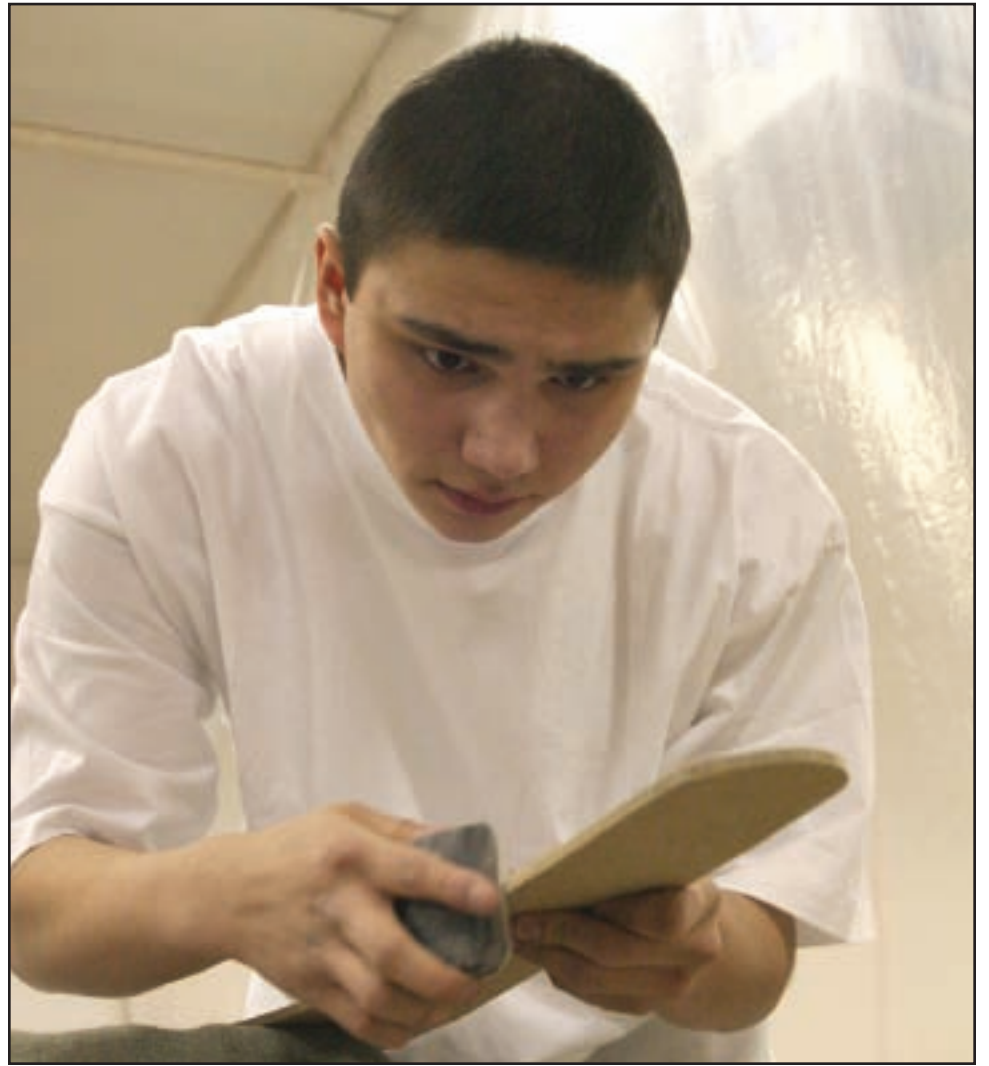
Anita Verlangen is the executive director who welcomes all different youth to their centre.

"We get the youth that are not making it in the regular schools," said Verlangen.

"One of our hooks is that we pay the youth a training honourarium and then provide services that help them move forward, whether it be housing needs or counseling. We also help them set goals with the ultimate end being getting them back into regular school. We are the last safety net."

Many of these youth come from situations of poverty and are often homeless or couch surfing.

"There are lots of issues these youth face," said Verlangen. "We want them to dream and not see themselves as stuck. There are other ways of being besides an addict or a criminal."



Ryland Kayseas enjoys building furniture at the Youth Co-op.

(Photos by John Lagimodiere)

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Duty to consult will have big impact in Saskatchewan

Premier Brad Wall recently announced that a two-day roundtable conference in May will help form a new policy to ensure Saskatchewan First Nations and Métis people become true partners in Saskatchewan's economy and future.

"We made a promise during the election to show leadership on duty to consult and we're keeping it," Wall said. "I want it to be made clear that First Nations and Métis people are a very important part of this government's plan for the future. Industries and businesses looking to invest in this province need to know that First Nations and Métis people are our partners and need to be respected and involved in Saskatchewan's economy."

The new policy will protect the rights and interests of First Nations and Métis people and result in increased economic development opportunities that will benefit all Saskatchewan residents.

The two-day roundtable conference on May 12 and 13, 2008 in Saskatoon, will involve First Nations, Métis, indus-

try and other key interest groups. The goal will be to find common ground that will provide the framework of the new policy. First Nations and Métis groups will be involved in developing the conference agenda.

"I am very pleased that the new Government of Saskatchewan is following through on its commitment to review its duty to consult with First Nations people, and that it is seeking input from all Saskatchewan First Nations," Federation of Saskatchewan Indian Nations Chief Lawrence Joseph said.

"We have a number of concerns and suggestions and we look forward to the opportunity to ensure that those are addressed as a new government First Nations consultation plan is developed."

The President of the Métis Nation-Saskatchewan, Robert Doucette is also pleased. "I'm looking forward to getting Métis input into the Aboriginal consultation policy," Doucette said.

"The government's duty to consult and accommodate is also applicable to Métis people and we want to ensure our concerns and interests are also addressed

as we move into the future."

"I believe our relationship with First Nations and Métis people must be built on mutual respect and consensus building," First Nations and Métis Relations Minister June Draude said.

"I am looking forward to working to develop our new approach together. The

goal of our government is to work with First Nations and Métis people to resolve a variety of common issues."

Governments have a legal requirement to consult with First Nations and Métis people when its decisions or activities could potentially impact Treaty or Aboriginal rights.



Metis Nation-Saskatchewan Treasurer Gabe Lafond and Vice-President Alan Morin have been meeting with area directors and Local presidents regarding the impact of the Duty To Consult legislation. (Photo by John Lagimdoiere)



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Programs not the answer in convincing gang members to turn their back on lifestyle

BY DARLA READ

Two young men captivated an audience of around 300 people during a gang strategy forum held last month.

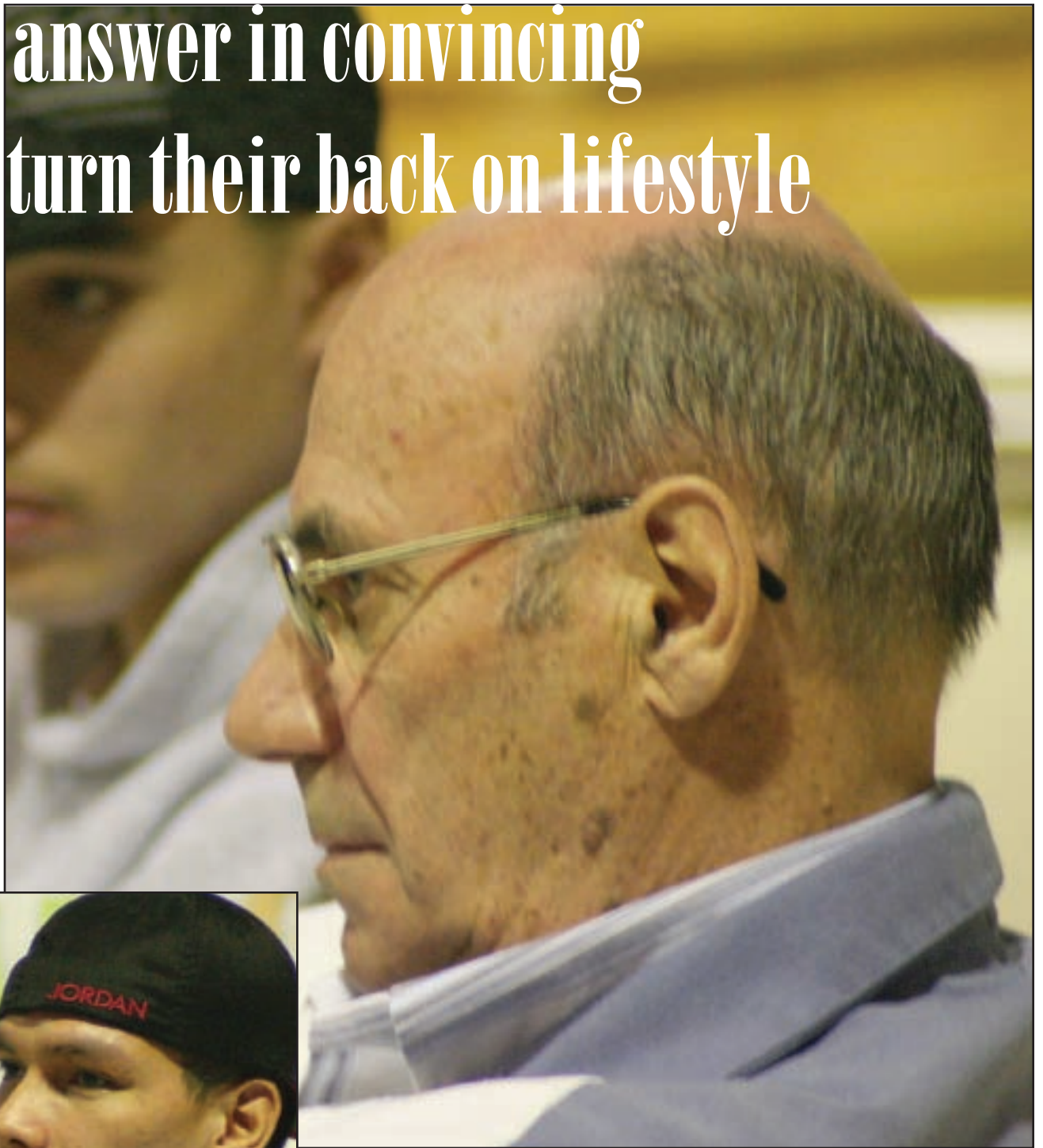
Rodney Nataucappo and Matthew Tobac are former gang members who managed to jump out of the lifestyle with the help of Father Andre Poilievre. The three men spoke at the forum that was attended by various community organizations from Saskatoon.

As Nataucappo paced the stage in front of the audience, he told the story of a life growing up surrounded by drugs, alcohol, abuse, and crime. He says he began getting into trouble with the law when he was 10 years old.

“The day I turned 12, I was in jail,” he remembered.

Nataucappo joined the Indian Posse about nine years ago. He didn't want to go into details, but says he did a lot of awful things to other people.

“One day I just started to realize I didn't have to get up each day hating myself and hating other people.”



“One day I just started to realize I didn't have to get up each day hating myself and hating other people.”
 – Rodney Nataucappo

Fr. Andre Poilievre (top right) has befriended many young men and women who are trying to get out of gangs. Matthew Tobac and Rodney Nataucappo told a gang strategy forum about their experiences as gang members. (Photos by John Lagimodiere)

Nataucappo turned to Poilievre, who is known around the city as Father Andre. He helps many young men and women get out of gangs simply by being their friend. He only works with them if they stop hanging around known gang members and stop doing drugs and alcohol. Father Andre receives no funding and says he works out of his truck.

Many people attending wanted to know how their organizations could reach out to people like Nataucappo and Tobac. Father Andre says the answer isn't a simple one.

“My experience is if you wait for the kids to come to you, you're going to wait a long time ... my belief very strongly is that kids need to know that this person or this organization is a place where it's safe. This person is a trustworthy person.

“Programs are not going to do it. I'm afraid not. Programs are important, essential, and necessary in the healing process, the wellness process, but I don't think they are going to initiate it.”

Both Nataucappo and Tobac said they didn't turn to an organization when they wanted to get out of the gang; they said they wouldn't be comfortable doing that.

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CAREERS / BUSINESS

SIIT board appoints Randell Morris as new president

BY JOHN LAGIMODIERE

New year, new President. Randell Morris recently assumed the helm of the Saskatchewan Indian Institute of Technologies. Over the 16 years that he has been at SIIT, Morris has been everything from a curriculum developer and program manager to more recently a Senior Vice-President and Chief Operating Officer.

Now he is tasked with replacing Ray Ahenakew, a master at First Nations economic development and an organizational expert who stepped down from the position of Acting President on December 31, 2007.

The talents that Morris possess and his personality will make for a smooth transition for SIIT. Always affable and very approachable, Morris is excited about the future.

"Our staff is great with many veterans that have been here 20 years plus and they are very good," said Morris.

"This tells us we are doing a good job retaining our staff, which can be difficult, but this puts us in a good situation. And it is good for our students. I have some big shoes to fill after what Ray has done for us. I have an open door policy and intend to build on the excellent foundation we have here."

Under Ahenakew, SIIT institutional development has been advanced through new investments by the provincial government and large aerospace companies such as Boeing, Rockwell Collins and Lockheed Martin. They have invested

significant resources, recognizing that inclusion of First Nation youth is critical to building the workforce.

"There will be an even greater push to bring private-public partnerships together to help finance and support training programs, fostering a greater connection between training, the growth of the economy and building critical relationships so that more First Nation individuals can prosper will be a central goal of the Institute," Morris said of his view of the future.

He expects the Institute will continue to focus on its strategic priorities of sector development and building a strong provincial economy inclusive of First Nations.

"I have been very fortunate in my time at SIIT that I have seen the demographics right in front of my eyes. I see the First Nation population growth happening exponentially.

"This is very exciting because I see lots of opportunity for our people. We get calls almost daily from industries that need people, not next month, but yesterday. We can be part of the solution. First Nation people have been overlooked and



RANDELL MORRIS

we can help grow the economy. Our people stay in Saskatchewan and we here at SIIT need to link with industry and business and help the students connect once they graduate."

The Saskatchewan Indian Institute of Technologies has been an institute of choice for many First Nation youth for the past 32 years. Approximately 1,800 students attend SIIT programs held

across the province and the institution employs 180 staff. SIIT is one of the province's four post-secondary institutions with the authority to confer diplomas and certificates as well as transfer post-secondary credits to other colleges, universities and professional organizations.

The history and size of SIIT make it a desirable place to study and prepare for a career.

"Because we are relatively small, we can offer comfortable, smaller class sizes, transferability of credits, and more attention to detail and to students success through our student support department," said Morris.

"The students are our main stake-

holders. We need to cater to them and you know many have history here. Their parents may have been students, their relatives."

SIIT's size is also an asset when it comes to responding to industry.

"I liken SIIT to a tug boat. There are many big ships out there," said Morris. "But they are hard to turn around. We can go out and attract opportunities, and like a little tugboat, reel in business and be responsive in days ... literally. Unlike big institutions we can respond immediately to business and industry if they need training. That is one of our biggest strengths."

Born and raised in Swift Current, Morris, like his father was, is a proud member of Gordon's First Nation. He has a BA in Sociology, a Social Work Degree and an MBA from the University of Saskatchewan in 2000. Outside of work he likes to spend time with his family.

"My daughter Alexandra is 13 going on 20 ... sometimes going on 10 and I love to be involved in her extra curricular activities," said Morris.

"I also love to camp and travel in Saskatchewan and this year maybe I will get better at golf."

Soon he will be celebrating his 18th wedding anniversary with his wife Gayle on February 14.

"Anniversary and Valentine's Day, and only one gift ... now that's smart," joked Morris.

For information on SIIT and its courses, go to www.siit.ca or call 1-800-667-9704

Wanuskeewin hoping for peace under new leadership

BY DARLA READ

While Wanuskewin Heritage Park's name means 'seeking peace of mind' in Cree, this past month has been anything but peaceful. A scathing report to the board of directors was leaked to the media, the Chief Executive Officer was fired, and now there is an interim temporary CEO ... all while renovations are taking place in the building.

The report was done by independent council commissioned by the board of directors to look into internal problems at the park. The lawyer's report painted a picture of internal strife including lack of board oversight of the CEO, pay disparities between Aboriginal and non-Aboriginal employees, and a relationship between the CEO and the Elders' cultural advisory board that she said had suffered irreparable damage.

A board meeting was held, and the board decided to fire CEO Sheila Gamble. The board later publicly apologized to Gamble because it said she found out about her termination through media reports first. Board chair Jack Hillson says the board is in negotiations with her lawyer.

The board voted unanimously to replace Gamble temporarily with Saskatoon city councillor Pat Lorje. Lorje previously served in the position when Gamble was on medical leave.

The intention is to have Lorje in the position for about three months while the board searches for a suitable candidate – preferably an Aboriginal person



or someone who is culturally sensitive and has experience with Aboriginal people, the board says.

Although Lorje's position is temporary, she is not sitting idly.

"We have to take a look at the whole issue of the Park's finances, and look at how we are going to handle the issue of the moving of the kitchen and the new restaurant facility. There are obviously major staff implications there. We have to deal with the

whole question of board governance issues, board training, and staff training as well."

Lorje met with the staff on her first day on the job. She says she imagines staff are feeling angry, insecure, and have some anxiety with all that's been happening, and that as a manager, she wants to empower her employees to speak out.

"To ensure that they are listened to, treated with respect, and that their legitimate concerns are acted on. I think that is the way I will handle it. As I've said, we've already had one staff meeting; we will continue to have staff meetings on a daily basis if necessary. My office door is always open."

That is something welcomed by staff at the park, who say it's been frustrating working through the turmoil. And the frustration continues for many. Sanford Strongarm was in charge of cultural resources at the park and had been at the park for five years. He resigned at the end of January

"Seems like our voices are never heard here at the park, and this has gotta change. This has gotta change, you know I was saying part of our staff don't even know who our board members are," said Strongarm.

"That's how isolated I guess we were here at the Park.

"I hope and it is my dream that this place will come alive again."

Push on to improve Aboriginal literacy

BY CHELSEA JONES

Urban-Aboriginal people in Saskatchewan are scoring lower on literacy tests than non-Aboriginal city dwellers and Métis people says Statistics Canada.

About 60 per cent of the urban-Aboriginal population scored below level three in prose after taking the federal government's International Adult Literacy Skills Survey.

Yet, in level three people would feel comfortable working in today's society, said Carol Vandale, Executive Directors of the Saskatchewan Aboriginal Literacy Network.

"People under that level are not illiterate," she said. "These are people who aren't at the best level...at all the categories they're tested in."

The International Adult Literacy Skills Survey focuses on understanding prose, documents, problem solving and math.

Vandale says there are a series of potential explanations for the results of the study.

"It is a complex situation," she said. "I think it goes back to first contact, residential schools and the loss of language."

Rod Allen, the principal of Scott Collegiate High School in Regina, attributes the slightly lower literacy levels to poverty. He said the statistic could transcend generations and ap-



The staff of the Saskatchewan Aboriginal Literacy Network is shown here at their new offices in Saskatoon. From left are Kari Arcand, Northern Literacy Coordinator, Florence Carrier who is an Elder on the board, Carol Vandale who is the Executive Director and Jacob Roesler who is the Literacy Program Coordinator.

ply to teens as well because poverty has a negative impact on learning.

Allen estimates about 98 per cent of the students he sees everyday are urban-Aboriginal. All have the potential and talent to be successful, he said, but it can be difficult if they go home to poor living conditions.

"It is important for people to understand that our kids are just like everyone else," said Allen.

For adults, Vandale said going back to the classroom is daunting for some people who have had negative experiences in residential schools, so improving literacy levels is difficult. For youth, she said having material relevant to Aboriginal culture in classrooms is one way to encourage literacy.

"If we start to respect those things, people will have reason to want to learn more," she said.

Vandale also said studying Aboriginal languages as a second language in high school would promote an interest in literacy.

"Aboriginal communities need more formal classes, research, and inclusion of first language awareness and culture," she said.

Scott Collegiate is incorporating more reading material with Aboriginal content into their curriculum this year.

"Reading material with Aboriginal content is a little more relevant," said Allen, "and it is critical to their success to deal with real life and something they relate to."

Métis people in the province fared well in the studies, 56 per cent scoring within Levels one and two. Vandale attributes this to advanced literacy education from Métis organizations.

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CAREERS / BUSINESS

Dakota Dunes CDC opens for business

Even bone-numbing, frigid temperatures couldn't keep people away when it came to hearing good news.

Wilma Isbister, general manager for Dakota Dunes Casino's Community Development Corporation, addressed more than 200 people who braved the freezing cold to hear how their organizations can tap into the profits of the Dakota Dunes Casino.

Isbister says the casino expects to make a profit between \$4 and \$6 million this year, which is available for community organizations that are based within a 75-kilometre radius of the Whitecap Dakota First Nation.

Isbister says there are a number of different categories under which organizations can apply for funding, including economic and social development, justice initiatives, recreation facilities and development, infrastructure, education, cultural development, and health.

Isbister was overwhelmed by the number of people who came to the meeting, and says it sends a real message to funders that there just isn't enough money available.

Isbister admits it may be difficult to meet the needs of all the organizations who apply, but she hopes to help as many as possible.

Anyone wishing to apply for funding for their organization needs to apply to the CDC by mid-April, and the cheques will be delivered in June.



Wilma Isbister (left) expects the Dakota Dunes Casino to make more than \$4 million available to community organizations this year.



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Saskatoon Regional Economic Development Authority (SREDA)

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Saskatchewan is home to world leaders in potash and uranium mining. The mining industry is the province's third largest industry and is a significant contributor to the provincial economy, spending approximately \$2.5 billion annually on wages, goods and services.

The Saskatchewan mining industry employs about 21,000 people throughout the province. Mining salaries are usually 50 percent above the average Canadian salary. In Saskatchewan, the average mining employee, with benefits, earns more than \$60,000 annually. It is important to note that more than half of all jobs in the mining industry require post-secondary education.

The future of mining in Saskatchewan looks bright, as do the prospects for work placement within this industry. Beyond employment directly linked to mine-site activity, the mining industry also impacts the manufacturing industry by supplying specialized machines and equipment necessary for mining processes.

SREDA works with many mining companies in the Saskatoon region, including PotashCorp, which mines potash; and AREVA Resources, which mines uranium.

If you would like to find out more about current employment opportunities being offered by these top mining companies, log onto their websites listed below. You can also contact Bernie Ness at SREDA to find out how you can connect your future to the mining industry.



Helping Nature Provide
www.potashcorp.com



www.avevaresources.com



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To find profiles of more mining and mining supply companies in the Saskatoon region, go to sreda.com.

Source: Saskatchewan Mining Association, Mining Industry Human Resources Council



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My hope is our children can avoid our past

My focus this month is on our children and what we can do for them so they can be all that they could be and more. We talk about healing ourselves for the betterment of our children, but yet our children are lost. It's because we are lost.

I wish I could change the way we think, so that we can stop blaming others. Can we really blame society or the government for all the things we go through today?

Or can we blame ourselves for not listening to the words of our ancestors? They say to always look after number one first.

To me number one is the Creator and all that He created, yet we take what's not to be taken, and we always take more than we should.

But when it comes to our Elders and our people, we don't take enough. I often wonder if our past chiefs are proud that they gave their lives for the lives we live now.

Judging from the many deaths of our previous leaders, they gave their word and fought to keep it.

Well, leadership today is not what

it's supposed to be. If it was, wouldn't we be moving forward? If it was, then why are we so broken and broke?

Why are we homeless, starving and so dependent on the government? Back in the day when the chief was poorer than his people, well that was kayas. People

give thanks to the Creator for the people and the things He gave us. Now we dance for recognition and money. We judge the steps and regalia of the dancers, and we cheer for them.

An Elder once told me that round dances long ago didn't involve us

talking to each other is free and it doesn't require a waiting list or a waiting room.

We know substance abuse is what we use as a solution to the problem. So why not help each other by going right to the problem and find different solutions?

Why wait till we're in jail or dead to ask what the problem was, what we needed and how you could have helped?

The thing that's helping me get over my addictions is sharing circles, a process that requires a number of individuals to share their stories while others listen. In the end I came to realize that all our stories were the same in one way or another.

I've learned that I needed to surround myself with healthier people and healthier teachings and that enabled me to feel better about myself.

Our children don't have that option, they take what they are given and they see what they are shown.

I hope we can give them what others couldn't give us, a beginning that doesn't involve our past.

dbadger17@hotmail.com

Dee's Words

Deidre Badger



don't run for the betterment of our people anymore, they run for the betterment of themselves and their people.

I am an individual that is willing to learn from those who know, but those who know, must be willing to teach.

I wish I could say that healing for me, means going through sweats, powwows and round dances, but it's not. Our culture isn't what it's supposed to be and that bothers me.

We used to dance for healing and to

holding hands. That was done so the spirits can come in and dance with us, but now we keep them out.

We claim to be a proud and strong people and I believe that we once were, but in some areas, it's hard for me to see and realize why we should be today. It hurts me to have to say that, but if I didn't have a reason too, I wouldn't have said it.

I think we waste money on programs that are related to drugs and alcohol when

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Beatty appointment irks some northerners

But Liberal Association President says intervention by leader perfectly legitimate

BY DAVID SHIELD

It's been a busy, conflict-filled couple of months in the northern riding of Desnethé-Missinippi-Churchill River.

Just before Christmas, federal Liberal Party leader Stéphane Dion appointed former provincial NDP cabinet minister Joan Beatty as the party's candidate in the riding. The move comes after former Desnethé MP and Prince Albert Grand Council Grand Chief Gary Merasty stepped down from his post in 2007.

Dion said Beatty's high profile, as well as her many years of political experience in the North helped him make the decision.

Dion also said he chose Beatty because she was a strong woman candidate. Dion's goal has always been to have women candidates representing the Liberals in at least one-third of all ridings across the country.

No problem, right?

Wrong.

A few days after the appointment, several Aboriginal leaders started protesting the appointment – including former Métis Nation-Saskatchewan President Jimmy Durocher and Shoal Lake First Nation Chief Marcel Head. While the leaders said they didn't have a problem with Beatty, they did have a problem with the way she was selected.

The leaders claimed the party should have held a nomination meeting to allow northerners to choose a new candidate. They called the process undemocratic, and said the decision smacked of paternalism.

They also said the system shut out two prospective candidates that had been organizing in the riding for months – Métis educator John Dorion and organic farmer/political activist David Orchard.

After negotiating unsuccessfully with the Liberal Party, the group of dissident leaders held several meetings to voice their displeasure, eventually holding a riding association annual general meeting for Desnethé and installing Chief Marcel Head as President.



Former NDP Cabinet Minister Joan Beatty was selected by federal Liberal leader Stéphane Dion to contest the seat formerly held by Gary Merasty.

Alex Maurice is the Mayor of Beauval and a member of the dissident group. He says the appointment was a slap in the face to northerners.

"The days have to be over when Big Brother in Ottawa or Regina, I don't care where, comes into the North and tells me, or tries to tell me who's good for me."

While the dissident Liberals are hopeful that they will be able to reverse the nomination process, Frank Proto says that's not likely to happen. President of the Saskatchewan Liberal Association, he says that it's perfectly legitimate for the leader of the party to make nominations.

As well, Proto says a riding executive doesn't have the power to make nominations. Only the national party can do that. As a result, he says Joan Beatty isn't going anywhere.

"It's not going to be reversed. A local executive does not have the ability to do that. I don't have the ability to do that. The fact is, it's not going to be reversed."

However, the dissidents remain undeterred. They're convinced they can convince the Liberal party to hold a nomination meeting, one way or another. Chief Head says the group plans on continuing forward – no matter what.

"We know what we're after and that's the nomination process that speaks towards people having a say in all this, and just going after a democratic that's literally been taken away from us through this appointment."

As far as she's concerned, Joan

Beatty sent out a press release saying that he now fully supports Beatty, calling the whole incident "a tempest in a teapot."

Having garnered support from many First Nations leaders in the North, Beatty says she's mainly focusing on the issue at hand – gaining support for the March 17 by-election.

"You know, I continue to talk to local people despite what's going on. That's the only thing you can do. Keep on going."

However, Beatty says she questions who's influencing the dissidents.

"Well, I wonder who these people are and where they're coming from. From the reports that I've heard, from even this meeting in P.A., who are they? Are they Liberals? I wonder about what's the issue there."

Ultimately, she says she wants to focus on the campaign.

"I don't want to get into that bickering back and forth. To me, our goal as northern people should be to ensure that we have somebody elected that is from the North, and who will be a voice for northern people. That's what I want to do."

As of press time, it looks like Beatty will face Conservative candidate RCMP Officer Rob Clarke.

The NDP had not yet nominated a candidate.

Beatty isn't worried about any of this. At the tail end of January, John Do-

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ARTS & ENTERTAINMENT

Podemski retains Saskatchewan connection after Moccasin Flats

BY MIKE GOSSELIN

With the booming film and TV industry in Saskatchewan, many people – yes even entertainment writers – develop friendships with others who are here for only a short period of time.

Actor, director, writer and producer Jennifer Podemski made Regina her temporary home for a couple of months over the course of three of four years, making countless friends and contacts while she was here.

Podemski was, of course, working as executive producer of *Moccasin Flats*, the dramatic series based on and shot in Regina's North Central neighbourhood. It's been over two years since Podemski called Regina home for a couple late summer months but her TV connection in Saskatchewan is still very strong.

"I (was able) to produce a great show called *Rabbit Fall* (shot in Saskatoon and Duck Lake). My friends and partners Bob Crowe and Wally Start of Angel Entertainment in Saskatoon just left Toronto, where we had our writers room for season two," she says from her office in Toronto.

"We are all very proud of season one, it is always the most difficult season, but I think we did a great job! I am really looking forward to making another season of this creepy supernatural crime drama for APTN."

Podemski's projects don't stop there. She has been developing the creative program for the 2008 National Aboriginal Achievement Awards since April 2007. The 15th annual NAAA take place March 7 at the Sony Center for Performing Arts in Toronto.

"I am so excited about this show and we have an amazing talent lineup and, of course, outstanding recipients. So many things happen everyday in relation to (NAAA). I have been developing the creative since last April and now I just can't believe that we are less than two months away. It has been a wonderful, challenging and rewarding experience."



JENNIFER PODEMSKI

In addition to her busy producing schedule, Podemski also makes time for her first love: performing. She recently guest starred on the new CBC series, *The Border*, an opportunity she feels lucky to receive.

"I am so grateful when work like that comes my way, seeing as my greatest passion is performing, I love it when opportunities like that come up!"

Rounding out her recent daytimer was a trip to New York City for the Native Theatre Festival, hosted by the world famous Public Theatre.

"The (festival) was a five-day event designed to provide a platform for Aboriginal storytellers and playwrights and forum for theatre professionals to brainstorm and create a plan of action for Native Theatre across the world."

Even with all the work coming her way, Podemski knows too well resting easy can spell disaster in the TV/film industry. She is currently developing a training program in the U.S. and recently pitched a new TV show to the Fox Network with her sister Tamara.

"It has been a busy, busy time and I'm doing my best to find balance. It is difficult in an industry where there is little to no stability. But I feel blessed and very, very lucky."

Other Interesting Tidbits

Local artist Ken Dalgarno's art exhibition will be at the Frances Morrison Library from February 6 – 29. Dalgarno is the winner of the 2007 Organization of Saskatchewan Arts Council - Showcase of the Arts. The award includes a cash reward of \$7,500 and provincial tour of his exhibition, which kicks off in April. In addition, his "Sculpted Landscapes" series has been chosen to tour North Dakota. Whether or not you consider yourself an art fan, community support is essential for our artists so do yourself a favor and get to the Library for the show.

Crystal Shawanda is an Objibwe country singer from Wikwemikong Reserve on Manitoulin Island in Ontario. Eagle Feather

World Headquarters recently learned things have heated up for the aspiring country superstar. Not only is she the first Aboriginal artist to be signed by a major record label in the United States, her journey to Nashville is being chronicled in the form of a six-part series called *Crystal: Living the Dream*, to premiere on Country Music Television (CMT) Tuesday, February 12 at 6:00 pm Central Time. Be sure to watch Canada's own Crystal Shawanda as she rises to stardom.

• • •
This year, 2008, marks the 60th anniversary of the Saskatchewan Arts Board. If you read last month, I promised to cover Louise Halfe's

new poetry book called *The Crooked Good*, complete with an interview with the esteemed writer.

As it turned out, my first child decided he wanted to be born just as I began to read the book – the nerve!

Luka Riel insists he'll allow me some time to finish it for next month!

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Arts Grants Application Deadlines

New Media Initiative Grants

Provides grants up to \$30,000 to artists using new media, and organizations or groups devoted to development of new media. This involves works of art that either: would not exist without the World Wide Web; utilize interactive digital technologies; involve robotics; or involve new communications technologies.

Application Deadline: Monday, March 3, 2008

Independent Artists Grants

Includes grants for established and emerging artists in support of creative projects and development, research, and travel to eligible events. Maximum funding levels vary.

Application Deadline: Monday, March 17, 2008

Project Assistance Grants

Project grants up to \$5,000 are available to assist organizations or groups presenting short-term activities or events. Individuals may be eligible for activities not supported through the Independent Artists Grant program.

Application Deadline: Monday, March 17, 2008

APPLICATIONS AND SUPPORT MATERIAL MUST BE RECEIVED BY 4:30 P.M. ON THE DEADLINE DATE.

Complete application forms and guidelines are available on our website: www.artsboard.sk.ca.

For more information or to discuss applications, contact:

SASKATCHEWAN ARTS BOARD

2135 Broad Street

Regina, Saskatchewan S4P 3V7

Phone: (306) 787-4056 (Regina), (306) 964-1155 (Saskatoon) or (800) 667-7526 (Saskatchewan)

Fax: (306) 787-4199

Email: grants@artsboard.sk.ca

Website: www.artsboard.sk.ca



Celebrating 60 years in 2008

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Can't miss music on



Half the population Aboriginal by 2050? Number crunchers can't agree on future growth

BY CHELSEA JONES

By 2050, Canada's Aboriginal population will grow by 50 per cent, researchers say. But not everyone agrees with this '50 by 50' claim.

Warren Weir, a professor and coordinator of Graduate Aboriginal Business Education at the University of Saskatchewan, is one of them.

Weir, along with two colleagues were commissioned to project Aboriginal populations for Saskatchewan Justice. Their highest projections are 349,000 Aboriginal people by 2050. That translates to about 33 per cent, depending on the size of the non-Aboriginal population. It's still a big jump compared to the 141,000 self-identified Aboriginal people declared in the 2006 census.

Glen Kobussen, a business professor at the U of S, did the number crunching for the group's study.

"I think there have been a lot of studies that over exaggerate and it's a bit of fear mongering," he said.

Weir and his team produced the numbers for The Commission on First Nations and Métis People and Justice Reform between 2003 and 2004. They made predictions based on the most recent census data, from the 2001 Census. They measured births and deaths to predict the population growth in each age range for First Nation, Métis, Intuits and non-Aboriginals.

The numbers fluctuate each year, Kobussen said, but don't add up to a 50 per cent increase.

"It's still significant, but other folks still continue to say that half the population will be First Nation and Métis, and based on our numbers, that's off," Weir said.

"I think there's going to be more, others think there will be less," said Eric Howe, an economist at the U of S.

"The numbers that are out there are all over the ball park."

Howe, who specializes in Aboriginal Social Policy Research and economic forecasting, sticks to the 50 by 50 number. He said the number of people self-identifying drives the statistical numbers. He predicts more people will self-identify in the next few decades. And, because the current Aboriginal population is young with a high fertility rate, he expects major growth.

"The 50 by 50 thing doesn't sur-

prise Aboriginal people ... it knocks the socks off non-Aboriginal people," he said.

But Weir said that even though recent census information seems to point to a fast-growing population, numbers could be deceiving.

Historically, First Nations people haven't always fully participated in the census. Since Bill C-31 passed, more people might be claiming status, he said. In other words, people have been added to the census information as if they were just born when, instead, they simply self-identified for the first time.

Also, Kobussen disputes the 50 by 50 idea because it reflects data from 1991 to 2006, when there was a boom in the Aboriginal population. During the same years, the non-Aboriginal population was shrinking. If those numbers were predicated the same way, based on history, he said, that non-Aboriginal population would disappear.

"To construct a growth rate based on a shrinking population, well, if you carry that on long enough there would be no non-Aboriginal people, which is just silly to say," he said.

Both populations will continue to grow at a moderate rate, he predicted.

The most important part of measuring population is looking at births, Weir said. With a new generation learning about how to protect themselves from accidental pregnancy, he said the province could expect to see smaller families rather than an increased birth rate.

"All of this has to be factored into the way we talk about demographic projections, it's not just one simple number," he said.

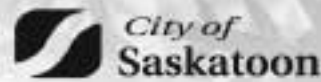
People need to look forward to economic growth, and a chance to strengthen political and economic systems as the population grows, Weir said.

"It is important to focus on population growth as an opportunity as long as the numbers are accurate," he said.

"It's about opening up the discussion and realizing that no formula is going to be perfect, so we need to get together and talk about our formulas so that we can better design our future."

Paying attention to accurate numbers will lead to accurate policies, Weir said.

"(Thirty-three per cent) is still huge, and it's still important, and there's still a lot to be done. So we need to start planning."



When Winter Hits

Changes to the City's Snow & Ice Program

Winter is a fact of life in Saskatoon, and the City has made important changes to the Snow & Ice program to help keep our streets and sidewalks clear and safe this winter.

Snow Route Temporary Parking Ban

Snow accumulation on high traffic Snow Route streets can be cleared more quickly and efficiently when parked vehicles are removed.

When a Snow Route Temporary Parking Ban is declared, **you have 8 hours to remove your parked vehicle from the Snow Route streets.** If your vehicle is not moved within that time, it will be ticketed and towed around the corner. When required, a Snow Route Temporary Parking Ban will be declared starting at 7:00 a.m. or at 4:00 p.m., and will be in effect for 72 hours.

Sidewalk Snow Clearing

Uncleared sidewalks not only limit mobility ... they can be dangerous.

Residential sidewalks must be cleared of snow and ice within 48 hours of a snowfall. Sidewalks in certain commercial/suburban areas must be cleared within 24 hours of a snowfall.

Be a Snow Angel. If your neighbour is elderly or has health/mobility restrictions, lend a hand by clearing their sidewalks.

For more information visit saskatoon.ca and look under "S" for Snow & Ice Program or call the Snow & Ice Hotline at 975-2491.

For updates on Snow Route Temporary Parking Bans or to report an unsafe winter sidewalk, call:

**Snow & Ice Hotline
975-2491**



2007/2008 Snow Routes



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White Buffalo Youth Lodge Youth Council and Saskatoon Public Library invite you to join us as we host the first annual provincial Round Dance. This Round Dance is being held to honour the special relationship between public libraries in our province and the Aboriginal communities.

Round Dance

Date: Friday, March 14

**Location: White Buffalo Youth Lodge
602 - 20th Street West, Saskatoon**

Time: Feast at 5 p.m., followed by the Round Dance

Masters of Ceremony: Donnie Speidel and Eric Tootosis

The event includes midnight lunch and 50/50 draws.

**Stickman - TBA
Whipman - TBA**

In the Aboriginal culture, a Round Dance is held during the winter months for memorials, and celebrations of birthdays, anniversaries and new relationships. It is a way of dealing with new endeavours, grieving, sickness, giving thanks, honouring people and making friends. A Round Dance is preceded by a feast and pipe ceremony. The pace is relaxed and although the process is serious, humour flows freely. The Round Dance is a time when people travel from all over to attend and to show support for one another.



*This event is free of charge and everyone is welcome.
For more information, call Nina at 787-4472,
Wendy at 777-6077 or Donna at 975-7571.*



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S P O R T S

Giants play David in slaying perfect Pats

They were a team of destiny. The Patriots were 12 point favorites going into the Super Bowl and had their name etched on the Vince Lombardi trophy already. Their run as one of the greatest teams of all time was about to culminate with a blowout over the New York Giants.

And that is why we play the game, people. With the whole world watching the Giants did what few thought they would do. They beat the Patriots 17-14 in what will go down as not only one of the biggest upsets in the history of sport, but also be remembered as a game for the ages.

Both teams came out strong, with the Giants scoring on their first possession of the game. The drive ate up well over six minutes of the first quarter, and despite settling for a field goal, they knew that they could move the football on the Patriots.

New England responded quickly, by scoring the first touchdown of the game. A Lawrence Mulroney one yard touchdown was supposed to be the beginning of the floodgates. The Patriots set so many offensive records this year, it was believed that if the Giants were to have a chance they would have to outscore them.

What happened for the next two quarters made the

game what it was. New York pressured Tom Brady into many hurried and inaccurate throws, often knocking him down and sacking him five times. The Patriots struggled to contain a Giants pass rush that came from all angles.

The Giants also did a great job of stopping the run and forcing New England to throw the ball. With no time and little help, Tom Brady simply could not move the chains and keep drives alive.

The Patriots defense was no slouch, holding the Giants scoreless until the final quarter.

In the fourth quarter

both teams had sustained drives, with each thinking they had the game won. It wasn't until Plaxico Burress

Sports

Blue Pelletier



North Vancouver College (in blue) won the 40th annual Bedford Road Invitational Tournament held in early January in Saskatoon. They defeated Regina's Sheldon Williams in the final.

caught a 12-yard pass from game MVP Eli Manning with 34 seconds left did it appear to be over.

The Patriots did get the ball back but couldn't do anything with the short amount time they had.

It was a perfect ending to a not so perfect season for one team. The Patriots, despite a 18-1 record were not the best team in the league. That honour went to the 14-6 Giants.

Random Thoughts

Bad news for Senior athletes across Saskatchewan, The Team Sask entry to this years NAIG in Cowichan will not include Senior Athletes ... booooooo!! The NHL All Star game has about as much relevance as old episodes of Degrassi, nobody cares anymore and even less are watching ... The 40th Brit Championship was won by North Vancouver College, they defeated Regina Sheldon Williams ... Try and get out to cheer on the Huskie men's basketball team if you can. The team is loaded with fifth year players who have helped build the program into a quality one ... I'm out like Kent Austin ...ouch!

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Saskatoon, Saskatchewan S7N 7H8
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Email: information@dakotadunescdc.com
Website: www.dakotadunescdc.com

Grant Funding Possibilities!!!

Looking forward to distributing funds through grants to eligible organizations and First Nation communities within a defined catchment area, the Dakota Dunes Community Development Corporation will soon be accepting applications for grant funding!

Eligible categories for grant funding include: economic development, social development, justice initiatives, educational development, recreational facilities operation and development, senior and youth programs, cultural development, community infrastructure development and maintenance, health initiatives and other charitable purposes.

As a first step, your organization must apply for a registration number from the Dakota Dunes Community Development Corporation prior to submitting an application for grant funding.

Upon being registered as an eligible organization with the Dakota Dunes Community Development Corporation, your organization may then submit an *Application for Grant Funding*.

Application for Grant Funding and Disbursement Timelines:

- Public call-out for applications will commence March 15, 2008 with a closing date of April 15, 2008
- Applications received beyond the closing date will not be considered and will be deferred until the next fiscal quarter
- Approved grant funding will be disbursed on or before June 30, 2008

Please visit our website at www.dakotadunescdc.com for more information or to download our *Application for Registration as an Eligible Organization (Form 100.a)* and or our *Application for Grant Funding (Form 100.b)*.

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