

YTC NEWSLETTER

FALL 2015

ISSUE NO. 3

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- Expand YTC Health Programs and Services in light of FNIHB's realignment (devolution) process.
- Pursue multi-disciplinary health programming and integrated health service delivery.
- Enhance the focus on healthy living, wellness and the use of traditional medicine through the delivery of preventative programs and services blended with conventional treatments.

Current Activities

- Implementation of the Health Operations Plan
- Devolution Process-ongoing discussions around the takeover of the following programs and services: Nursing, Treaty 6 Wellness Consultant, Dental Services, Non-Insured Health Benefits, Environmental Health and Drug Distribution Centre.

Current Staff

- **Arleen Thomas**, Health Director
- **Vera Kahlina** – Rehabilitation Program Coordinator
- **Sarah Juchli** – Dietitian
- **Susan Budnick** – Mental Wellness Team Coordinator
- **Rhonda Kootenay**, Administrative Assistant (Temporary)

If you have questions about the YTC Health Program, please do not hesitate to call (587) 524-0180.

HEALTH AND WELLNESS

The YTC Health Program remains committed to serving the four communities and enhancing program and service delivery. In January 2014 the Health Team along with the YTC Health Directors participated in a strategic planning session and developed Strategic Priorities and Directions. The health team is currently working in partnership with the YTC Member First Nations on accomplishing the following strategic priorities and direction:

Strategic Direction

- Develop and implement a strategy to secure additional funding and resources for YTC Health Program.

NUTRITION

With the holidays ahead and Halloween just behind us, there are treat foods all around. Eating healthy doesn't but also for pleasure. Make room in your diet for some treats from time to time. Here are some tips to enjoy less healthy foods as part of your healthy diet:

- Before you eat something, ask "am I hungry?" We eat for lots of reasons besides hunger. Being bored, tired, sad, lonely, happy, or angry can trigger us to eat.

- Take the time to enjoy the foods you eat. Really taste your food and appreciate how good those treats are!
- Turn off the T.V. and put down your phone when you eat. It is easy to get distracted and eat too much!
- Don't feel bad if you overdo it. We all do sometimes. Feeling bad about it won't change anything! Think about why you overate, and how you can change next time

INDIAN RESIDENTIAL SCHOOLS

Over 6 years, the TRC collected 6,740 witness statements and recorded 1,355 hours of testimony. If you are interested, please go to the following website: www.trc.ca

RHSW – Resolution Health Support Workers
The Resolution Health Support Worker position was developed for the Indian Residential School Survivor's. The Indian Residential School was one of the largest class action settlement in Canada. Over 86,000 former IRS Students nationally in Canada included First Nations,

Metis, Inuit, Non-Status and non-Aboriginals. This settlement came into effect September 2007. Resolution Health Support program is a program that supports the Settlement Agreement. Provides emotional health and wellness support to former Indian Residential School Students and their Families as well as part time Cultural Support is provided. Professional Counselling is also available to former students. In Alberta there is 43 Resolution Health Support Workers (RHSW) also 28 full time Cultural Support providers within 26 organizations all in Alberta Region.

Yellowhead Tribal Council RHSW – Residential Health Support Workers

Alexander First Nation
Gordon Burnstick
grdnburnstick@yahoo.ca
780.217.0061

Alexis Nakota Sioux Nation
Howard Mustus Jr.
howardmustusjr@hotmail.com
780.920.4187

O'Chiese First Nation & Sunchild
First Nation
Theresa Frencheater
theresafresh@yahoo.ca
780.445.4373

YTCCS – YELLOWHEAD TRIBAL COMMUNITY CORRECTIONS SOCIETY

YTCCS was established to deliver culturally sensitive justice programs to the YTC Communities of Alexander, Alexis, Sunchild, and O'Chiese. Judicial services and programs available and provided for the Communities are Courtworker, Probation, Fine Option, Alternative Measures Program (AMP), and Extrajudicial Sanctions (EXJS). For more information on available programs and services provided by YTCCS please contact:

Edmonton Main office:
Room 300, 17304-105 Ave T5S 1G4

Telephone: 780.483.9404
Fax: 780.481.4952

Alexis Justice Building:
Telephone: 780.967.3975
Fax: 780.967.5881

Sunchild & O'Chiese Justice Building:
Telephone: 403.989.2550
Fax: 780.989.2524

Rupert Arcand – Director
Carrie Mills – Office Manager
Alexandra Arcand – Administrative Assistant/Project Research
Adrienne Yellowdirt – Court Worker
Rachel Clark – Probation Officer: Alexander First Nation & Enoch Cree Nation

April Cardinal – Probation Officer: Alexis Nakota Sioux Nation
Priscilla Sharpe – Probation Officer: O’Chiese First Nation
Irvin Frank – Probation Officer: Sunchild First Nation
Shirley Eashapple – Courtworker

HOUSING

My name is Kathleen Griffin and my position at the Tribal Council is as the Housing Inspector/Advisor. My educational background includes a structural drafting diploma from BCIT and Building technology diploma also from BCIT. I currently have a Class 1 Building Official License. Therefore it allows me to inspect residential Part 9 buildings. I am also a Native Inspection Service Initiative (NISI) Inspector and I’m a member of First Nations National Building Official Association (FNNBOA), Saskatchewan Building Officials Association (SBOA) and Safety Codes Council member. I started with Yellowhead Tribal Council in the summer of 2006.

Code Compliance for CMHC housing programs
The On-Reserve Non Profit Housing Program (Sec 95) currently requires First Nations to complete a declaration to confirm that all units which are constructed are in conformity with the current National Building Code (NBC), this will also include the specifications and plans.
Effective April 1, 2014 all new commitments signed will require the First Nation to submit a Certificate of Building Code Compliance to CMHC at different stages of construction.

This certificate is to be completed and signed by the qualified inspector who conducted the code compliance

inspection. This will be in addition to the standard declaration form and the goal is to ensure houses are constructed to code.

The code compliance inspections must occur, at a minimum, at the following stages of construction:

1. Pre-backfill inspection (foundation)
2. Pre-drywall inspections (framing, rough-in and insulation/vapour barrier)
3. Final inspection

A qualified inspector must have qualifications or certification to perform building code inspections from a recognized professional industry organization. Band must ensure that their original package contains inspection fees in their estimates. The First Nation is responsible for paying all code related inspections. The plans and specifications must be reviewed and approved prior to start of construction. Yellowhead Tribal Council is reviewing the error and omission insurance we carry.

Technical service inspections are for progress reviews to support loan advances for CMHC only. These inspections will continue to occur as before.

YELLOWHEAD TRIBAL COLLEGE

Season Greetings!

On behalf of the College, I wish you the gifts of love and peace this Christmas season. May Christmas with your loved ones, and the New Year bring you renewal, health and prosperity so you may thrive spiritually, mentally, physically and emotionally.

I have always loved the bringing in of the “new year” because it is an opportunity to start over, to begin anew. My wish for you is a rebirth of all that is vital to you and fresh energy to embrace the beauty of your life, the love of your family and whatever dreams you are striving to fulfill. All the best!

For college news, events, and class information, don't forget to visit www.ytced.ca!

Seaneen

FIRST NATION STUDENT SUCCESS PROGRAM

The FNSSP team has worked steadily through the summer to help schools with improving their literacy, numeracy and student retention efforts in the 2015-16 school year. Yellowhead Tribal College provides this support for Alexander's Kipohtakaw School, Alexis Nakota Sioux Nation's School, O'Chiese First Nation School and Sunchild First Nation School. We began our school year with school staff orientations to update all schools of any changes to the program. In addition as part of our school retention initiatives we hosted a junior high and then a senior high culture training session in Jasper National Park.

The culture camp comprised of canoeing, exploring the traditional area first-hand through mountain biking, traditional teachings with Elders, land-based teachings, and Sage picking. FNSSP would like to thank the Elders, teachers, staff, and leadership who came out and worked together for an influential culture camp.



We will be continuing our work in Balanced Literacy, Leveled Literacy Intervention programs, math assessments, and supporting existing culture and language programs. This year we are pleased to announce a new project in Native Education under the guidance of a Native language expert in curriculum development and designing language program framework – Mary Cardinal-Collins. Mary's expertise involves designing language and culture based curriculum for First Nations schools. It is a pleasure to have her join the FNSSP professional team to ensure student excellence in both language and culture. Overall, the FNSSP team is confident that this school term will be a competent step towards improving literacy, numeracy, student retention, and



Native education in all four schools.



LIBRARY

The Library has a new chat service for students who need library assistance while they are off campus. Students can chat on the library website OR Text: 587.400.2275

We have also held many information and digital literacy sessions for students. Any instructors wishing to book a workshop can contact us at library@ytced.ab.ca

Email Overdues are here! We will now be sending you friendly reminders to return your items by email.

The library presents the Elder Speaker Series: Providing opportunities for our Elders to speak to students about important topics. The first event will be November 18 with Tony Arcand.

The Library offers Traditional Beading classes every Thursday at lunch. All materials are provided, stop by and learn a new skill, or practice an old one! We also provide free Yoga classes Tuesdays at lunch. Perfect for all levels, and mats are provided.



STUDENT SERVICES

Welcome to the new school year of 2015-2016. The new faces and the returning faces, welcome!

Student Services offers an array of services to our students. Services include: Elders support, smudging, Student council, Support groups, food bank, bus tickets, tutoring, and the list can go on. Our annual orientation was held September 2-4 at host community Alexis Nakota Sioux Nation. Huge shout out to Alexis for your hospitality! Ish-Nish! We offered cultural teachings from many wonderful knowledge keepers whose knowledge will have an impact on our educational journey as we move forward. YTC provided transportation and meals to all. We held evaluations from our students and there was positive feedback.

We continue to hold monthly student assemblies to keep students informed, and we invite our Elders to begin with smudge and prayers. We organized and facilitated various workshops on topics such as personal finance (money mentors), residential schools, stress relief, etc. Finally, we hosted a Halloween breakfast for our students. Thanks to all the students and staff who attended and participated. Your support made the event a huge success.

We have an events calendar on the YTC website, so keep an eye out in the months ahead for our upcoming events held at the college. All the best in the days ahead!

Student Services Coordinator: **Clauditta Beaverbone**
Student Counsellor: **Rita Arcand**

FOUR DIRECTIONS LITERACY & ESSENTIAL SKILLS PROGRAM

Starting mid-January 2016. The Four Directions Literacy and Essential Skills Program assists students in developing the skills necessary for learning and work. The program builds on a foundation of aboriginal culture, traditional knowledge, and language. Students are supported by the wide array of services the

college provides to help them on their learning path including tutoring, counselling and career exploration.

For more information contact Clauditta Beaverbone, Coordinator:
clauditta.beaverbone@ytced.ab.ca

SOCIAL WORK

September 2013-June 2015 Maskwacis/YTC Indigenous Social Work Diploma Program

Maskwacis Cultural College held its 41st Annual Graduation Ceremonies at the Howard Buffalo Memorial Centre on September 26, 2015. Seventeen YTC students graduated and received diplomas from the MCC Chair, President and YTC representatives for the successful completion of the Social Work program. One student also received an award for academic excellence.

Many of the graduates have already gained employment with various Indigenous social services agencies, which include: Poundmaker Treatment

Centre, Paul Band Health Centre, Catholic Social Services, Native Counselling, Yellowhead Community Correction Society, Footprints Healing Centre, Alexis Elders Centre, and Alberta Family and Children Services. Others are continuing their studies to qualify for entry into the Bachelor of Social Work program through the U of C or other degree granting Universities.

We congratulate the following grandaunts and wish them the best in their future careers:

Alexis, Edna
Arcand, Alexandra
Auigbelle, Tracy
Brisson, Robert
Bruno, Sandra
Courterille, Alanna
Fleury, Juanita
Guilbault, Eric
Lamouche, Marilyn
Murphy, Barry
Paul, Mindy
Petawaysin, Betty Angel
Poorman, Marie Ange
Rabbit, Chanel
Vachon, Yvette
Ward, Veronica
White, Adam



September 2015 – June 2017 Blue Quills/YTC Indigenous Social Work Diploma Program

The Blue Quills First Nation College-brokered 2 year Indigenous Social Work Diploma Program is in its third month of delivery and has 24 full-time students. Students are taking courses in Cree Studies, Native

Studies, Introduction to Social Work, Interpersonal Communication and English. The program runs for 10 months and students will be doing a block field placement in the spring.

CLASSES OFFERED, WINTER 2016 TERM:

University Studies Diploma

ANTH 101: Introductory Anthropology
CREE 150: Introductory Cree cont'd
CREE 201: Cree Language and Culture
DRAM 149: Introduction to the Dramatic Process
EASC 101: The Dynamic Earth
ECON 100: Microeconomics
EDFX 200: Introduction to Teaching
EDIT 202: Information Technology for Teachers
ENGL 125: Aboriginal Literature
ENGL 214: Creative Writing
NTST 101: Native Studies

NTST 2XX: Cultural & Environmental Impact Assessment
NTST 3XX: Understanding our Interpretation of the Treaties
NTST 306: Introduction to Indigenous Health and Traditional Medicines
NTST 350: Comparative Studies in the History of the Indigenous Peoples of the Americas and the Pacific
PLAR 100: Interdisciplinary Studies: Developing a Learning Portfolio
PSYC 105: Individual and Social Behavior
PSYC 241: Social Psychology

For more information contact Trevor Duplessis, Coordinator: trevor.duplessis@ytced.ab.ca or visit www.ytced.ca.

Management Studies Diploma

ACCT 100: Introductory Accounting
ECON 100: Microeconomics
LAW 369: Contract Law
MATH 100: Business Mathematics cont'd
NTST 101: Native Studies

Diploma Year
BETH 200: Business Ethics
FNCE 301: Introduction to financial Management
LEAD 200: Leadership
SMDE 430: Entrepreneurial Development & Small Business

For more information contact Trevor Duplessis, Coordinator: trevor.duplessis@ytced.ab.ca, or visit www.ytced.ca

University and College Entrance Preparation

Aboriginal Studies 30
English 90 (30-1)
English 20-2
English 10-2
Math 10-C
Math 20-1
Math 90
Math 80
Math 10-3

Math 20-3
Math 30-3
Chemistry 20
Chemistry 90
Biology 20
Biology 90
Science 10
Social Studies 90

For more information contact MK Jardine, Coordinator: mary.jardine@ytced.ab.ca, or visit www.ytced.ca.

ORIENTATION

YTC Student Orientation was held September 2-4 at Alexis Nakota Sioux Nation. All incoming students met staff, and learned from esteemed elders, scholars, and community members.





◆ *Cara's Corner* ◆

**We Can Change the World
Let's start right now!**

If each one of us who is reading this article would practice getting in touch with the treasures within us on a daily basis, we could literally change the world. People living the truth change the world. For the truth of our being is that we are filled with unconditional love. We are filled with incredible joy. We are filled with serene peace. We are connected to infinite wisdom.

What we need to do is to know it and live it!

Today we are mentally preparing for tomorrow. The thoughts we think, the words we speak, the beliefs we accept, shape our tomorrows. Every morning, stand in front of a mirror and affirm to yourself:

I am filled with unconditional love, and I express it today.

I am filled with joy, and I express it today.

I am filled with peace, and I express it today.

I am filled with infinite wisdom, and I practice it today.

And this is the truth about me.

Now that is a powerful way to start your day! You can do it!

Remember, our spiritual connection does not need a middleman. We can pray and meditate quite easily by ourselves. It is important that we know that we all have a direct pipeline to the source of all of life. When we are consciously connect to this source, our life flows in wondrous ways.

Our souls are always seeking greater growth and integration, an opportunity to heal and express all that we are.

Sometimes it is very difficult to understand the methods our souls use to promote our growth. Our personalities, the part of us we assume in order to participate on the Earth plane, have certain expectations and needs. We become afraid, resistant, and sometimes angry when our expectations, such as material advancements, aren't immediately met. It is in these moments, more than any other, that we must hold fast to our faith that there is a higher power working in our lives and that if we are open and willing to grow and change, that things will work out for our highest good.

Often our most painful moments, the times that stretch our personality the furthest, are the moments that provide us with the greatest opportunity for growth. These become an occasion for you to develop great self-love and greater self-trust. It may or may not comfort you to know that many people are seemingly experiencing setbacks in their lives as well. We are at a place of accelerated growth on this planet. Now more than ever is the time to be extra loving and patient with yourself. Do not resist any opportunity for growth. In times of difficulty, it is important to practice gratitude and blessings as much as you are able.

Life is a learning process. We are here to learn and to grow.

Let's affirm: I make room for all the good that is waiting for me today.

Author: Louise Hay