

Eagle Feather NEWS

FREE

Dubois is an entrepreneur with style

Jennifer Dubois has realized her dream and wants to welcome you to the Miyosiwin Salon and Spa in Regina.

(Photo by Mike Dubois)



By Merelda Fiddler
For Eagle Feather News

REGINA – Professional grade hair dryers line one wall, another is home to a bank of hair sinks. Fresh drywall tape notes recent changes to the space, paint cans are stacked in the corner, and salon furniture is covered with plastic drop clothes in the middle of the room.

It may not look like it at the moment, but in the middle of the chaos is a vision about to be born.

That vision is now a reality for owner, Jennifer Dubois.

“It’s been with me for a while,” says Dubois as she smiles the knowing smile an entrepreneur about to reach her goal. “I’ve always wanted to be a business owner.”

Miyosiwin Salon Spa has now opened to the public. Miyosiwin is a Cree word that means beauty. It also guides the philosophy of the burgeoning business itself.

Dubois is a professionally trained stylist and has worked as a hairdresser for years. But after working in the industry, she knew she wanted more. So she went back to school to take business classes.

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INSIDE



COMMITTED EDUCATOR

Rosalina Smith's life has been devoted to education. She's working hard to help students in her community.

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POLICE WORK

Darlene Brander has accepted the job of chair the Saskatoon Police Commission for a second term.

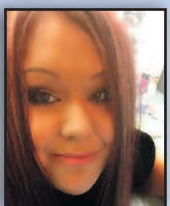
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DOCTOR IS INSPIRING

Lucy Nickel's entry into the medical profession was a long journey, and it is also inspirational for other women.

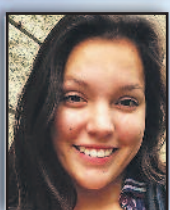
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RECONCILIATION ART

Norther artist Donna Langorne is inspired by some traditional teachings in her latest work.

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GETTING SET FOR NAIG

Volleyball player Leslee Bear is getting ready for her second NAIG, this time in Toronto.

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Women's Edition

Coming In April - Arts & Entertainment Issue

CPMA #40027204

Achieving decade old dream took some sacrifices

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"I enrolled at the First Nations University of Canada," says Dubois. "And it's an amazing school, I love that place and that's where I developed the concept. All of our projects in school had to revolve around First Nation communities. So, when we were doing our projects that's what I would focus on."

While there, Dubois realized that there was a real gap in the hair industry, one she was uniquely qualified to fill.

Throughout her studies, Dubois also continued to keep her hairdressing skills sharp. She worked out of her home, doing hair in her free time. This allowed her to maintain and build her client base while she studied.

"The majority of my clients are First Nations clients," says Dubois. "So I wanted to bring the concept of catering the services I provide to First Nation clients and to the culture, following the

protocol and tradition of our First Nation culture."

First Nation clients seek her out, because they trust her and know she understands the sacredness of hair. For instance, some clients may only cut their hair on a full moon and want to be able to take their hair with them. This is just one of the services she offers.

Dubois also wants to create a salon where other First Nations stylists can learn.

"I wanted to offer those jobs to those First Nations stylists, where they can come in and learn their culture," explains Dubois. "Because I didn't know my culture until I met my husband and his family."

Dubois says helping others make

that connection to their culture is something she really wants to do in her salon. She also wants it to be a place where other non-First Nation stylists and clients can learn and feel welcome. For Dubois, everyone can benefit from these services.

"We understand the sacredness of hair, and we only want to offer good quality products for your hair and your bodies," says Dubois.

After more than ten years, Dubois says her vision is finally taking shape. It's not without some sacrifice. She left a

full-time job to pursue her passion.

"Taking that risk is very scary," says Dubois. "But I just think back to my classes at FNUniv, you can only be an entrepreneur if you do what you say you're going to do. Actions speak louder than words."

And so, as Dubois says, she's ready for it.

The Miyosiwin Salon Spa celebrated with a grand opening on Feb. 28. The spa is located in downtown Regina, at 1751 Broad Street.



From left, stylists Genalle Sparvier, Jen Dubois, Naomi McArthur and Angel Pelletier make Miyosiwin Salon Spa a special place. (Photo by Mike Dubois)

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Smith committed to improving her community's education levels

**By Julie Ann Writson
For Eagle Feather News**

PINEHOUSE – Education is often a major contributor to opportunity. For Rosalena Smith, it has become a life-long passion. This year will mark her twenty-sixth year in education, with 19 as an educator, consultant, vice-principal and the principal of Minahik Waskahigan School.

After seven years, Smith had reached the top of what she could do with the position that she held. She applied to Saskatchewan Urban Native Teacher Education Program (SUNTEP) to pursue her post-secondary education.

She moved to Prince Albert. Having never lived away from her home community of Pinehouse she faced a number of challenges.

to be in a lecture. I was surrounded by an amazing group of people who inspired me to keep going. I was set up to succeed.”

Access to traditional food was another aspect that she didn't anticipate to be an issue.

“I needed to continue to nourish myself and my children with traditional food. It wasn't just about wanting the comfort of something from home, but also about cost savings. I was very fortunate to have family who would send me food from home.”

After graduation, Smith was immediately offered a position in Prince Albert. But that wasn't where her heart was.

“I knew I could only give my very best in my own community, it would have been a disconnect for me to try to work somewhere else.”

While working, Smith has continued to add to her education. In 2010 she completed her Masters Degree in Curriculum and In-

struction. She is currently working on her second Masters in Northern Governance.

“My goal is to compile research on graduation rates for Aboriginal students. I want to know why people drop out of the system. What can we do to improve our outcomes to ensure that students get their grade twelve?”

“The kids in our community are highly intelligent, they deserve the best possible chance to succeed.”

When thinking about what it takes to be successful, Smith offers this advice, “Don't be afraid to take risks, never, ever be afraid. Choosing to sit at home and not take that risk is going to create failure. Be persistent. It's not an easy road, it can be a difficult process.

“Persistence and commitment is what will make it or break it for you. Maturity is key. When I think about myself, and my life, I think about my commitment to learning, to myself.”



Principal Rosalena Smith selfies up with a proud graduating class from Minahik Waskahigan School in the Northern Village of Pinehouse.

“We have so many challenges living in the North. A lot of those challenges come from the breakdown of family. Residential School experiences, loss of trust, issues with alcohol and drugs, the rapid advancement of technology all create changes in the family dynamic that need to be looked at carefully by educators and the system of education.”

At the age of 19 she started working at the local high school as a home and school coordinator. She worked directly with youth, families and teachers offering programs, and attendance support.

“I would often make home visits, I had no car, and it wouldn't matter how cold it was outside, I would walk from house to house to make those visits.”

It wasn't easy to make ends meet living in a two bedroom log cabin with no power or indoor plumbing raising two small children.

“It was a difficult road. It takes time.”

“I had no knowledge of city systems, how they function. I didn't know how to drive in the city. I really had to overcome that. I had one route by the river where it was not busy and I would drive there back and forth. It was the only road I felt safe on, and could still get myself to school.”

In the middle of her studies, Smith had a daughter.

“I had Angela right when I was supposed to intern. I had no daycare, no pre-school. My mom and my sister would catch rides every other week from Pinehouse so I could attend University. Without their support I never would have completed.”

Having attended SUNTEP, Smith was lucky to have encountered a very different structure from a standard educational institution.

“I was allowed to take my newborn to class with me. The faculty would support me and look after my baby when I needed



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I'm going to miss my buddy

My favourite memory of my buddy was of sitting across from him in a teepee on the hill at Wanuskewin.

We were there as Fire Keepers for the Walking With Our Sisters exhibit. There was a nice haze and warm glow and my buddy was telling stories about woman. Iskewew.

He was speaking to me and my son Riel, Conrad Naytawow and a Catholic priest who had come to offer tobacco. He moved back and forth from Cree to English. Explaining to us what he had just said in his language. He was captivating in his knowledge, manner, voice and appearance.

He talked about women and how they were the home. He talked about the tragedy of the women represented by the moccasin vamps on display inside the gallery. And he talked about our role as men. Fire Keepers and our responsibility to iskewew.

It was hypnotizing and I will remember it most fondly of the dozens of times I saw buddy speak. My then-13-year-old son nailed it when, as we were driving out of Wanuskewin Heritage Park after our shift. "Your buddy telling that story was awesome."

"I know," I said. We lost buddy last month to cancer but that time will always be with me. The story. The impact on my son. The message.

It was actually his storytelling that brought him to me. He approached me during the early days of Eagle Feather News about doing a column about Elders. He had hundreds of hours of reel to reel tapes of Elder interviews passed down to him by his father. His goal was to have those stories heard. He called his column Mekwanuk 'Eagle Feathers' he told me.

And he became a monthly fixture in our paper and in our offices when he always stopped in to visit.

During those visits he discussed his work with the First Nations Accountability Coalition, where he

tried to make Chief and Councils more transparent and accountable to regular community members.

He talked about preserving the Cree culture and language. He talked about dance troupes and powwows and making regalia and horses and hunting. All things, I eventually learned, he was master at.



Whether it was coordinating a cultural event, a political rally or a hunt, my buddy always found a way to have fun and crack a joke.

Our paths would always cross. I am fortunate to be able to go to Wanuskewin quite often for work and that always included a visit to buddy's office where he had treasures and tapes, and leather and culture all around him.

He did amazing things there and in the community, giving presentations on Cree language and culture to countless school groups, organizations and businesses.

We were fortunate to work together on a big project for

SaskCulture where we did community consultations all over Saskatchewan to help get community input into arts and culture programming.

We drove countless miles and met hundreds of people. One night, when buddy was driving us home from North Battleford he got pulled over for speeding. After the officer took his

license back to the car he turned to me and cocked his right eyebrow.

"What?" I said. And in his wonderful deep voice he wondered aloud if he had any warrants. We laughed. Turned out he didn't.

He was an actor, too. Played Poundmaker in Big Bear and appeared in other movies. He was on Corner Gas! He was often used as a voice actor. He had talent. Even earned a Lieutenant Governor's Award for the Arts. Pretty impressive.



Impressive, as well, was his work with the FSIN Gathering Our Nations Powwow. His stage design and work on the committee and throughout the event were an integral element to the event each year since its inception.

He also introduced me to his mother-in-law Bernelda Wheeler who became a columnist with us for several years. After Bernelda passed her daughter, buddy's wife, Winona Wheeler, took her spot. He knew their voices should be heard. Iskewew.

Once the diagnosis was made, I saw my buddy a few times. The most memorable visit was again in a teepee but this time out on his ranch where some friends had gathered for a giveaway. Buddy had wanted to thank people who had helped him out.

Sick as he was, he worked hard that day, moving gifts, hauling food. The time in the teepee was comforting. There were prayers. Lots of laughs. And lots of gratitude all around. It felt right. He made it four more months and passed on a full moon. Fitting he would go out in style.

Buddy was a real renaissance man who was an artist, actor, cultural knowledge keeper, activist and a politician ... a politician who never ran for office. He was a leader. The community will truly miss him.

I will too, and of all the wonderful things I learned from him, I will hold on to buddy's message that he gave my son and me that night in the teepee at Wanuskewin. Iskewew.

Women are the home.
Thanks buddy.

(Family protocol dictates that we don't use the name of the deceased or publish images of their faces. I think you all know who I am talking about)



Box 924 Saskatoon, Sk S7K 3M4
306-978-8118, 1-866-323-NEWS (6397)

PUBLISHER/EDITOR: John Lagimodiere, John@eaglefeathernews.com
ASSOCIATE EDITOR: Warren Gouling, news@chemainusvalleycourrier.ca
FEATURE EDITOR: JulieAnn Wriston, JulieAnn@eaglefeathernews.com
NEWS EDITOR: Jeanelle Mandes, Jeanelle@eaglefeathernews.com
WEB EDITOR: Darla Read, Darla@eaglefeathernews.com
MARKETING & SALES: JulieAnn Wriston, JulieAnn@eaglefeathernews.com

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Strong women made the greatest contributions in our history

Miswayta iskwew kisikah anooch.

My written Cree leaves something to be desired, but hello all you Eagle Feather people. I hope you all had a Happy Woman's Day celebrating your kohkoms, mama's, sisters and cousins, as well as all the amazing women in our communities and country.

On days like that I feel so blessed and fortunate, not just as an Indigenous person, but also in my personal life. If it were not for these women I am afraid to think of where we all would be and how different our lives might have been.

Recently, in doing some research, I came across an article that quoted a Jesuit missionary who, in the mid 1700s, wrote, "these women (Indigenous women) have entirely too much power and authority."

Well, thank goodness for that, because when we look at the history of Indigenous peoples since contact, it has been that power and authority that has been our strength and it was certainly not from a lack of trying to destroy it by those missionaries and the men who came to plunder our land and take our resources.

I never grew up hearing that Indigenous women had power and authority, so I do thank that long ago Jesuit for recording that. I also never heard praise

heaped on women,

I don't even remember anyone ever saying 'thank you to our moms or our aunties and nohkoms for all the work they did to keep family and community healthy and strong.

Our nohkoms did midwifery and looked after the dying, they picked and dried medicines to doctor their families as well as the neighbor's, who often came to them for help.

Our mom's hauled barrels of water from nearby gravel pits, sloughs and lakes to wash their clothes on a scrub board. In the winter they hauled bags of snow and melted it on the stove.

They canned hundreds of jars of vegetables from the big gardens they tended all summer and the wild berries they picked on the land.

They tanned hides for the nohkom's who were too old to do it for themselves but who could sit and sew all the beautiful beaded moccasins and jackets that were sold to summer tourists for money that supplemented the grocery bills and paid for school clothes and all of the extra things that were needed to help us to survive.

They hooked rag rugs and did embroidery, which they sold to neighboring farmers and to town people.

And on top of all that they held all kinds of socials and dances to raise money for the meetings that were held to bring changes in education, in health and in trying to secure land for our people.

They were the force behind changes to the Indian Act, the organizing to fight for land claims, to protest logging and mining, which would destroy their children's inheritance.

They fought for language preservation, changes to the educational system and to make it possible for their children to go to universities. They went to universities themselves, got degrees and struggled to make changes within the academy and they continue still to do that work every single day.

They became lawyers and doctors, historians and dentists. Teachers and nurses. They organized and continue to lead demonstrations to bring justice for their people.

They publish books, do beautiful

art, produce films and documentaries, they write poetry and sing songs celebrating their people. They make quilts, do beading workshops, baby-sit grandchildren and stand strong to protect the water.

There is not one single thing that has benefited our people throughout our history and continues to benefit them that does not have the imprint of a strong woman or women.

Yeah, Sophie Gregoire Trudeau can hold the hand of her very privileged, powerful husband and tell Canadian women to celebrate their men and son's on International Women's Day, but sorry Sohpie, as much as I love my sons and brothers, it is the women in my family and community that I celebrate on this one very special day.

These women are the strength of our people. They are the revolutionaries and the revolution!

Aiy hi, merci, thank you Zoë, Anna, Winona, Roxanne, Verna, Cindy, Bailey, Samantha, Karon, Tanice, Sheila, Marie, Rose and Rose, Tasha and Tasha, Priscilla, Cheryl, Glenda, Louise, Raven, Omeoso, Christine, Marilyn, Marjorie, Donna, Ruth, Celeste, Sylvia, Janet, Brenda, Laurie, Boots, TJ, Theresa, Amanda, Twyla, Angela, the list goes on and on ...



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Bishop's COV debut will pack a wallop

By Andréa Ledding
For Eagle Feather News

SASKATOON – Jennifer Bishop is not pulling any punches when her play “Iskotew” debuts at Gordon Tootoosis Nikaniwin Theatre.

She is exploring the journey of a female Mixed Martial Arts (MMA) fighter with gusto.

“I don’t take credit for coming up with the idea for this play,” says the ever-modest Bishop.

“Our previous artistic director, Curtis Peeteetuce, had talked about the idea for the next Circle of Voices (COV) program, and I was wowed by it and thought that would be a great idea and something that’s never been done before.



Playwright Jennifer Bishop.

“Of course, at the time, I didn’t know he was going to ask me if I wanted to write it.”

So when Peeteetuce suggested she be the one to write the play, she didn’t answer him right away.

“I wanted to think on it. COV has always meant a lot to me and I was afraid I wouldn’t be able to do it justice.”

Bishop has been the Circle coordinator before, but never the resident playwright. And she’s written plays before, but never one about a female MMA fighter.



Iskotew cast include from left Cory Standing, Allana Dorion, AaronMarie Neepoose, Velma Eashappie, Aiyanna Glenister, Terrence Bird and Delano James Kennedy.
(Photo by Andrea Ledding)

“After saying yes to being the next playwright for the 2016/2017 program, I went into research mode on my themes.”

She didn’t have a lot of personal experience when it came to MMA fighting, so she began to ask around.

“I did some research to see if there were any local UFC fighters that I could sit down and talk with just for inspiration and such. That’s when I came across Charmaine ‘Not so Sweet’ Tweet. I got real lucky with the fact that she lived in Regina and I was going to be there for four months while doing the Globe Theatre Conservatory Program.”

Bishop says she got lucky again when Charmaine immediately responded to her and they set up a meeting.

“After the coffee date with her, I started my first draft for what would become “Iskotew,”” notes Bishop. “I also had the opportunity to talk with another UFC fighter, Shana Pasapa, who took time out of her schedule to share her experience with me, and it really helped with knowing that my play was heading in the right direction.”

The play stars Circle of Voices participants Terrence Bird, Aiyanna Glenister, Delano James Kennedy, Cory Dallas Standing, AaronMarie Neepoose, Velma Eashappie, Allana Dorion, and Ethan Sutherland-Scott, and is an exploration of a young Indigenous female MMA fighter facing challenges at home and in the ring. It is directed by Louise Seidel.

The play promises to be high-energy: the female actor playing the title role has prior fight training experience and was demonstrating moves for the camera.

Bishop is looking forward to seeing the show debut on March 10, running until the following Friday, March 17.

“It’s been an interesting journey working on this play, I’m so thankful for the people involved in the production and for the COV participants and their bravery for taking on my story.”

Tickets can be purchased at Persephone Box Office in advance.

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Clarence Campeau CEO continues to set lofty goals

By Julie Ann Writson
For Eagle Feather News

SASKATOON – What could sound more magical than growing up spending time playing, fishing and tobogganing on the banks and trails of the North Saskatchewan River?

For Pam Larson, this was childhood. She was raised in Prince Albert Saskatchewan and spent much of her time at her grandparent's home at St. Laurent.

Both of Larson's parents came from large Métis families who instilled in her a strong work ethic along with the sense of gratitude in being happy with the lives that they had. Her grandmother was an entrepreneur who handmade mitts, mocasins and other crafts to sell at the gift shop at the National Batoche site. She remembers accompanying her on visits to many community members and friends picking up various crafts along the way.

"Family was really important, we spent a lot of time together."

More often than not, Larson's family and extended family would gather at her grandparent's home to spend time, and just be together.

"I really don't know how my grandmother did it. At times we would have 30 people in a home that had no running water, and a wood stove for heat."

It was this upbringing that grounded Larson to value a simpler way of life.

"I appreciate what it means to live

in a remote setting, away from some of the amenities that we all take for granted in our daily lives."

After graduation from St. Mary's in Prince Albert at the young age of 17, she made the move to Saskatoon to attend the University of Saskatchewan College Of Commerce. Renting a room from her aunt, Larson embarked on her education journey while learning to face the many changes that came along with it.

"My first year of accounting was quite a shock for me. I remember just bombing a test, and the reality check that you really have to apply yourself at this level of learning. When you fail, pick yourself up, learn from your mistakes."

Shortly after beginning her post-secondary education, Larson became a mom. At 19 she made the decision to move back home for eight months to be closer to her family support system. The added responsibility of motherhood didn't slow her down, though.

"I was determined to complete my four-year degree on time."

Larson took as many classes as she could in Prince Albert while making a weekly trek to Saskatoon for her history class.

"I would bring my son, feed him on the trip in. My dad worked shift work, so he would take the baby while I was in class, and then I would feed him on the way home."

Larson attributes her successful completion to the support of her family.

"Surround yourself with good people, there will be ups and downs along the way."

In 1996, Larson began her job search.

"It was hard, I received quite a few rejection letters because I didn't have any relevant work experience."

She persisted, and eventually landed a job as a bookkeeper for a local jewelry store in Saskatoon. Over the next ten years, Larson took a position with the University of Saskatchewan, had her daughter and completed a two year Certified Management Accounting Program.

Larson was approached by the Clarence Campeau Development Fund in 2010.

"At that time the fund was growing. I looked at this as an opportunity to work for a Métis organization and support the credibility and accountability of the organization."

Gaining a depth of knowledge about the organization over seven years, Larson has recently advanced to take on the role of the CEO.

"Ultimately I am focused on continuing to grow the fund. A new Métis Community Capacity Strategy Program was launched last month. It is an exciting opportunity to help Métis communities open new businesses that provide opportunities for their people."



Pam Larson's determination has carried her to the top job at the Clarence Campeau Development Fund.

Beyond the hard work of running a \$30 million dollar organization, Larson sees an advantage in bringing a female perspective to the National Aboriginal Capital Corporations Association (NACCA), and other Aboriginal Financial Institutions (AFIs) who are primarily overseen by men.

"Step out of your comfort zone. This is how you grow and develop."

Her advice to women is to "set your goals high. With determination, passion and drive, you can achieve them."

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Brander remains at helm of Saskatoon Police Commission

By Julie Ann Wriston
Of Eagle Feather News

SASKATOON – Darlene Brander has been named chair of the Saskatoon Police Commission for a second term – the second Indigenous female in that role.

“You probably notice that our board has gotten more diverse as time goes on,” noted Brander.

“We just added City Councillor Mairin Loewen. Of our five members, three are women and two men.

“With our board we bring in the gender perspective as well as the community perspective.”

make sure they have a representative work force.”

Brander also advocates personally for an overall increase in female leadership in society.

“I feel it’s important for Indigenous women’s voices to be at the table whether it be at the board table or the corporate level.”

She notes that when she takes off her Commissioner hat, she still sees a gender imbalance at other boards and executive organizations.

“With a balanced board, better decisions are made that effect bottom lines in a positive manner.”

She adds that women still have to do battle with old stereotypes: gender stereotyping in communities and workplaces and society

at large.

“So in order to work toward dispelling that, you have to get women on the board, and work towards them gaining that experience and trust and background,” she explained.

Aside from leading by example as chair of the Commission, Brander has a personal mandate to network and advocate for young women, and women of all ages, to advise them of different opportunities and give them a voice. And the more that women populate the boards and executive tables to balance the genders, the better it is for companies too.

“I let them know about board openings or positions. I think it’s helping elevate the community in a very conscious way and everybody has a role to play in that.”



Darlene Brander is now entering her second year as Chair of the Saskatoon Board of Police Commissioners.

Right now there is a motion before city council to add two more board members.

“That is a decision that is solely in the hands of city council, we’re going to have a meeting and they’re going to ask us what our experience has been on the board and then make a decision on whether to support that or not to bring it up to seven. What I would hope is that the positions are of interest to people within our community.”

She has been on the board since 2005 and is impressed by the commitment of her fellow Commissioners on dealing with the many issues, as they act as a conduit between the public and the police force, bringing to the police services what the community is asking for, and passing on messages from the police force to the public. They are also pleased to have launched a website, www.saskatoonpolicecommission.com.

There are many hot-button issues, such as police interactions with the public, murdered and missing Indigenous women and girls, and increased crime rates.

“Our job as a board is to give direction and to ensure that policies are in place – that the organization has the budget to run effectively and efficiently,” she explained, adding the Commission does not oversee day to day operations but rather provides direction.

“A good example is we want the police services to

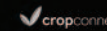
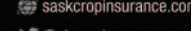
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Hearts a reminder of sad story of murdered women

By Linda Mikolayenko
For Eagle Feather News

LA RONGE – It is Valentine's Day, not Remembrance Day, but the scene on the Kiskinwuhumatowin Urban Reserve facing Lac La Ronge evokes images of Flanders Fields.

Instead of crosses, 1,181 red hearts planted in rows in the snow honour the memory of Canada's murdered and missing Indigenous women and girls.

Many communities hold memorial marches on Feb. 14, but the Piwapin Women's Centre chose to create this display for its visual impact, says Executive Director Karen Sanderson.

The number of hearts is significant, as an RCMP report released in 2014 stated that at least 1181 Indigenous women and girls were murdered or went missing between 1980 and 2012.

Staff, clients, participants in the Centre's outreach program, and community members all

pitched in to make the hearts and attach them to wooden stakes.

"We're just really in awe of all the support that we received – all the help that came in when we

Some of the hearts included names, while others also included photographs of the murdered and missing women and girls.

"It made it more real," says Sanderson.

Reality is close to home. Among those being remembered is Jodi Roberts of nearby Sucker River, who was murdered in late 2013.

The location of the display is also significant. The urban reserve is the site of the former All Saints Residential School.

"We wanted to put it in a place that has some historical meaning for the community," explains Sanderson.

Those who walked through the display in the 36 hours it was up, and those who viewed it through thousands of Facebook shares of photos and videos, were reminded of "generations of women lost; girls lost," says Sanderson, her voice



A tragically powerful visual display of 1181 hearts honours the memory of murdered and missing Indigenous women and girls in La Ronge on Valentine's Day.

(Photo by Linda Mikolayenko)

started this project, and we're very, very grateful that people have received it so well," says Sanderson.

laden with emotion.

"For me, personally, it is to show they're not forgotten."

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Danette Burden
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Dr. Nickel an inspiration for Indigenous women

By Julie Ann Writson
For Eagle Feather News

SASKATOON – The medical profession is one that takes a special kind of personality to master. To be an effective practitioner, you become an integral part of people's families and lives.

Dr. Lucy Nickel has dedicated her career to delivering health care to her patients through her own practice over the past fifteen years.

She completed her first year at SUNTEP, living at home with her tuition funded. During this time, she became a mother. She spent one year at the University of Saskatchewan in the nursing college, which is where she decided a career in the medical field was her best fit. After her partner accepted a job in Regina, Nickel attended SIFC (now First Nations University) and while in pre-med completed her first degree in

never really worried that I wouldn't be successful. I knew I had the work ethic to persevere."

This is the fifteenth year anniversary of the medical clinic with five physicians (four of whom are First Nations) practicing under Nickel's direction. The clinic is a wonderfully diverse addition to the medical profession in Saskatoon.

Dr. Lucy mentors others by way of being involved in the entrance program with the U of S College of Medicine, and also by accepting students and residents, which she really enjoys as she can see a lot of growth in the people she supports.

As a woman Nickel sees the steady rise of women in the medical profession mentioning that over half of those graduating as physicians are women.

"This will require looking at the industry in a different way going forward."

Her advice to young

people is "find what you love, find your passion. All goals are achievable if you work hard enough and set your mind to it."



Dr. Lucy Nickel is celebrating the fifteenth anniversary of the Packham Avenue Medical Clinic. (Photo by Julie Writson)

Nickel comes from a tradition of healing. Her kookum, who she lived with as a young girl, was a healer in her home community of Star Blanket First Nation.

Grace Adam, Nickel's mother, moved her and her three sisters to a one room teacherage on Pasqua First Nation to pursue a teaching job. Her mother always heavily encouraged education as a means to provide a secure future to her girls.

"As a young girl, I wanted to be a doctor, but I remember thinking that I wasn't as smart as other kids, because I grew up on a reserve."

This just wasn't the case, and Nickel and her sisters have proven otherwise. As a result of their mother's work ethic and encouragement, three of the four girls have degrees and one runs a highly successful business in Manitoba.

"Attitude is everything" she comments about what it takes to find your own success path.

After graduating high school, Nickel started University with her sights set on a phys ed degree.

"I wasn't really loving it, and decided that I would quit university and become a hairdresser."

But, her mom wouldn't have it. She gathered up all the information she needed to enroll Nickel, even forged her signature on the applications. How could she not go?

Indian Studies with high distinction.

"It was a long path", taking a total of 12 years of schooling, and residency, all the while being a mother of two, and losing her own mother in that period of time.

"For me, it was really important to have a good partner. There were times that I needed to study from early in the morning until late at night. He took care of everything so I could do that."

Relying on a support system was key. Nickel was fortunate to find a mentor in Veronica McKinney who was there for her during times when she needed extra support and encouragement.

"I wasn't sure if I should take a specialization, having had a lot of opportunity to practice obstetrics in residency. I decided that rather than specializing, I could do more as a family physician."

After graduating in 2002 Dr. Nickel went straight to work, opening Packham Avenue Medical Clinic in Saskatoon with the help of her husband. She recalls one of the biggest challenges was finding answers when she had questions about running her practice.

"The first year of any career is a steep climb. I didn't have anyone to ask those questions of. Today, young physician have so many more tools at their fingertips."

When asked how she stayed motivated to succeed, her comment is, "I

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Unforgettable visit to Standing Rock

STANDING ROCK – I spent my winter break covering the remaining days of the camps in Standing Rock in North Dakota – an unforgettable experience. Reading and watching about Standing Rock in the news the past six months is not the same as experiencing it in person.

I left for Standing Rock on Feb. 20 with two friends from Regina. When we arrived, we checked into our hotel, called the Prairie Knights Casino in Fort Yates, which is a 10-minute drive from the camps in Standing Rock. Inside the hotel there were police officers in almost every corner of the lobby. The panic did not set in yet.

We drove towards the Oceti Sakowin (Oyate) camp but came to a halt at a police barricade. They questioned our intentions and inspected the vehicle with a flashlight and gave us the go-ahead nod. As soon as we found a parking spot, we changed into warmer clothing and rubber boots as the camp was in inches of mud.

The Oceti Sakowin camp is like being inside a petri dish with bright lights all around the hills with law enforcement vehicles everywhere – heavily monitoring inward. There were campfires everywhere with drumming and singing, war cries and water protectors chanting Mni Wiconi which means Water Is Life in the Lakota language.

My first night there I decided not to do any interviews but to observe and become familiar with the water protectors and other media inside the camp. We were welcomed into the 7th Generation Warriors Kitchen inside the camp. There were dozens of water protectors eating, mingling and watching a few guys perform some songs.



I met Myron Dewey, owner of Digital Smoke Signals, who is well-known for his in-depth coverage of Standing Rock since it began. Earlier that day, he made a call-out on his Facebook page for Indigenous media to document the Last Stand of Standing Rock.

After I introduced myself and told him my intentions of gathering stories he

told me, “Be prepared to be arrested.”

I was speechless and terrified. I was given a pamphlet on knowing my rights if I were to get arrested. I stepped back to regroup my thoughts and observed the water protectors inside the kitchen.

There were smiles all around as the music kept everyone happy and their minds off eviction day. Eviction day was also known as the Last Stand in Standing Rock on Feb. 22 where law enforcement was ordered to raid the Oceti Sakowin camp starting at 2 p.m.

I stepped outside the kitchen and I recall that gut-wrenching feeling of fear I had, wondering if I made the right decision on attending. At that moment, the loneliness for my daughter set in.

The next morning we left the hotel and made our way back to camp. I walked around introducing myself to different water protectors. Many were indecisive if they were staying or leaving for eviction day. I gathered different stories and took pictures of everything possible. After spending the whole day inside the camp, we went back to the hotel to get an early sleep for the following day.

That morning we made our way towards the Oceti Sakowin camp and we were halted at the police barricade and barred from entering. We waited at the Cannonball Pit Stop on the right side of the barricade with other water protectors.

Two hours later the police chased everyone out of the pit stop so we made our way to the Sacred Stone camp which is a few hills behind the Oceti Sakowin camp.

My friend Chasity and I climbed a huge hill to witness the Oceti camp raid. We headed back to the hotel and inside were many water protectors waiting for rooms to become available.

A wave of sadness filled the atmosphere. Tensions raised in the lobby after police tasered a veteran/water protector. It was disheartening that it happened at a place where water protectors thought they were safe.

The next morning Oceti Sakowin camp was completely cleared out and law enforcement made their way to raid the Rosebud camp. We fled at perfect timing. It was hard leaving Standing Rock knowing more raids were taking place.

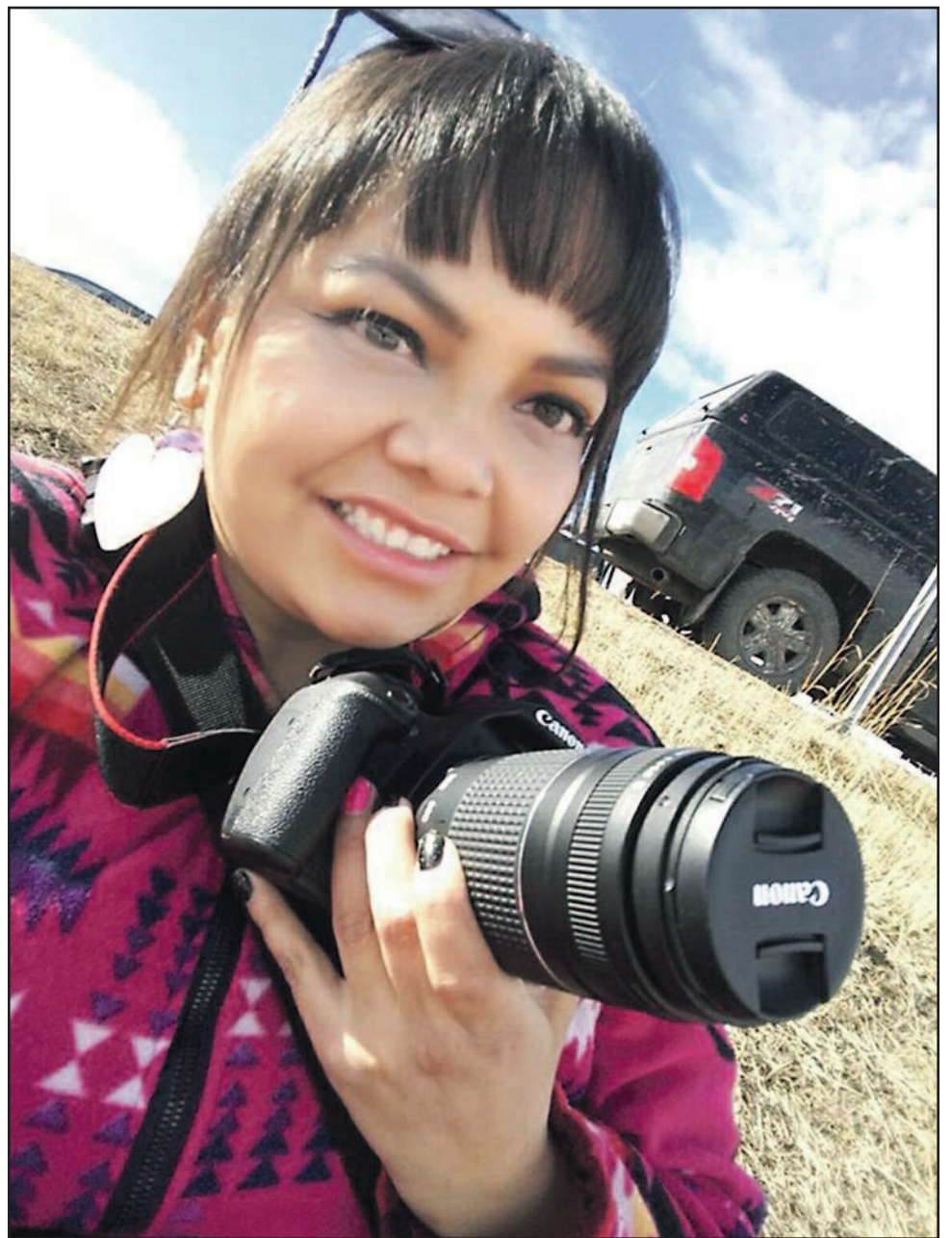
Many water protectors were homeless and leaving with PTSD. I’ve kept in touch with some water protectors on social media and one posted she felt lost in society and was having a hard time reintegrating.

The Sacred Stone camp and the Black Hoop camp were cleared on March 2 which forced many water protectors to leave back home while others were welcomed into the Cheyenne River Sioux Tribe prayer camp – the only camp left.

This experience taught me the No DAPL protest was more than a fight for clean water; it was a time of unity of all nations, bond building, a sense of a family-oriented community and belonging.

They were all unarmed water protectors that used prayers and ceremonies as their only protection.

Standing Rock camps will never be forgotten by the water protectors and Mni Wiconi will forever be embedded in their hearts.



Eagle Feather News writer Jeanelle Mandes got a close-up view of the controversial Standing Rock protest.

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Toddler right at home on sandy beaches of Mexico

After that last blast of cold weather that made mere breathing painful, I suggested a trip to Mexico to my partner.

My boyfriend was reluctant because a Mexican resort isn't "off-the-beaten-track" enough for him. (This is in direct opposition to my mom who equates Mexico with Mad Max Beyond Thunderdome brutality.)

My partner was also worried about Mexican hospitals if our baby got sick. I assured him that Mexico has the best healthcare in the southern hemisphere. A statement which a Google search proved to be false – it's actually Cuba. Also Mexico is not in the southern hemisphere.

But I reminded my boyfriend that this is the last time that our toddler can fly for free ...

We bought the tickets.

I enjoy spending time in Mexico, a country full of brown people – it's exactly like being on my reserve if we had soft sand, an ocean and sunshine. Or maybe Canada some day if Native people keep up our birth rates and climate change continues its dark magic.

I was worried about our travel day as the plane ride is about five hours long and toddlers – well, they ain't known for their patience. But other than being crammed into a plane so crowded that it would make clowns nervous, our trip down was uneventful.

Our son came close to losing it on the plane but saved his actual breakdown for when we were at Mexican customs. While I held him, he alternated between yelling, struggling to get out of my arms and eating my hair. Yes, eating my hair.

Unlike 90 per cent of dating profiles, the resort was exactly what the pictures had portrayed. Lovely

palm trees, an open air lobby and the ocean waves visible from the check-in desk.

But before I could enjoy, I had to fight my way through a sales pitch with a timeshare salesperson. "Would you like a timeshare?" "No." "Want to sit through our sales meeting tomorrow morning?" "No." "How about if we offer you \$50 to attend?" "Okay."



We went for a swim, then dinner and then hung out on the beach until the sun went down. I fell asleep to the sound of the waves hitting the beach and my last thought was, "What happens if there's a tsunami?"

When we booked the trip, we did wonder if there would be enough things for the toddler to do while at the resort. It turns out that our toddler only needs one thing to have a good time: sand. He rolls in it, makes sand angels, kicks it in our faces – really the possibilities are endless. He would also take the sand and throw it at the ocean. Though quite far from the ocean as our son had a healthy fear of it.

This made sense because the ocean was out of control. I walked into the waves and felt like I was being physically assaulted by them. I got tossed around like the ocean was trying to rob me – of my shorts.

There were other moments that reminded me of home. I kept seeing pick up trucks with families sitting in the back. It was like pictures I've seen of all my cousins and me piled into trucks, seatbelts be damned.

Baby proofing had not been a priority at our hotel. The toddler quickly found out that the bathroom door wouldn't lock which meant that privacy was a joke. He kept barging in whenever one of us was inside – just to make sure we weren't doing anything fun or that involved candy.

Our toddler also learned to open the hotel room door. My partner discovered this while I was out of the room and the toddler opened the door and ran out. His dad rushed out behind him, wearing only his gitch as the hotel door locked shut behind him.

When I went shopping, I had an experience that really made me feel at home. I wandered into a store that was like a Mexican Costco which sold a fashion line of booty cut jean shorts designed by Jennifer Lopez (which, of course, I had to have.)

I handed over some cash but the cash register didn't have enough money for change so the clerk called out to her manager. He checked his own wallet for the required change. He didn't have it so a junior employee brought out his wallet. Between the three of them, they found the pesos.

I looked around to see if I was on camera as I accepted the cash from someone's pocket.

Out of all the places I've visited, Mexico feels the most like home. In fact, I think my band should buy some TLE land down there – for a small fee, I'll even find the land for them.



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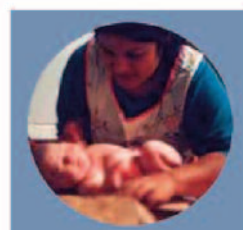
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Talented Eekwol leads by example

By Julie Ann Writson
For Eagle Feather News

SASKATOON – Leadership comes in many forms. Creating an environment of inclusion and creativity, where people are free to find ways to express their stories is just one of the many gifts shared over a 20-year career by award-winning hip hop performing artist Eekwol (Lindsay Knight).

Originally from Muskoday First Nation, Eekwol never imagined that she would turn her passion into a profession.

“At the time I wasn’t really thinking ahead, I was just looking to keep life as fun as possible.”

Commitment, motivation and determination contributed to building on her role in the hip hop community.

“This has been a lot of hard work that goes beyond creating dynamic unique sound. You have to know about business, promotion, the industry. You have to have the dedication to practice your music over and over and over again.

“Performing is just one small part of the work that is involved.”

Through her original sound she displays her activist roots by living and creating as a supporter of both Hip Hop and Indigenous culture and rights. She has successfully completed her Indigenous Music focused Master’s Degree at University of Saskatchewan, which she has taken along with her many years of dedication to hip hop and created something unique and astounding to give back to the community.

“I love Hip Hop. I didn’t actively look to being an “Aboriginal” artist. That was just always a part of me.

“I was interested in telling stories about urban life over a beat in a way that brings that culture to life. It was, and is, about how the music makes me feel.”

Along with music and academic work, Eekwol frequently works with young people across the country as a mentor and helper. She achieves this through performances, workshops, speaking events, conferences and programs.

“I have been really fortunate to travel around the

province speaking to kids. Northern communities are the best places to be. People there aren’t as jaded, they are still capable of appreciation of the simple things in life. They help each other, live as a true community.”

Eekwol is promoting her fifth full-length album titled, Good Kill. She uses her music and words to spread messages of resistance, revolution and keeping the language, land and culture alive for the next generations.

On March 11, at The Underground Café, Eekwol is being honoured as a fellow of the Northside Hip Hop (NSHH) archive.

In 2016, the NSHH started the “I Was There” project, a community activation project honouring the work of various hip hop culture pioneers in four cities across Canada. NSHH is a digital collection of Canadian hip hop history and culture.

The site is home to a collection of artefacts and multimedia memorabilia which showcases a diversity of items from Canadian hip hop history, such as the first vinyl recordings, art, performances and literature from across the country. It is a ‘living archive’, capturing and documenting Canadian hip hop culture, past and present.

“It is an honour on so many levels. To be thought of as a pioneer, being an indigenous woman, I hope to share my role and do my best as a fellow.”

Eekwol will be adding her history to the archive by sharing old articles, shows, posters, picture, mixed tapes. She will be creating a blog of written lyrics and working to create an interactive website that tells a story and provides a glimpse into the history of the industry.

The website will be accessible as an educational tool to engage youth in learning and expression through a unique format.

When thinking about challenges she has faced being a woman in the Hip Hop industry Eekwol says the biggest one she has had to overcome is misogyny.

“In this industry in particular, women are often objectified, looked upon as a side piece to men. I have always been up against attitudes of those who want to challenge me for not fitting the stereotype of the scantily



Eekwol has turned her passion into a profession, parlaying her love of telling stories into a successful hip hop career.

ily clad woman.”

Eekwol has been up to that challenge however. She has surrounded herself with positive role models, a lot of whom are women and family.

“I freed myself from feeling like I had to work twice as hard to prove myself or gain respect/validity from men in the industry. When we do that, it takes away from our own talents and gifts.”

Eekwol’s message to other women who are looking to turn their passion into a profession: “Be persistent, work hard and never forget your roots.”

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Witchekan exchanges gang lifestyle for motherhood

By Jeanelle Mandes
Of Eagle Feather News

SASKATOON – Alyssa Witchekan is proving to everyone that change is possible.

From living a high-risk lifestyle, involved in a Saskatoon gang, she turned her life around knowing that her children were more important. With help from a few organizations in the city, Witchekan was able to transition out of the gang life and her addiction to drugs.

She didn't grow up in those surroundings until she moved from the reserve life to the urban life.

"The kind of life I was living was nothing like I had growing up. I don't know where I picked that (lifestyle) up," she says.

"I never looked at gang life as a real thing, it just looked fake to me (until) I moved here in Saskatoon and I got involved in it so bad."

Witchekan was in a relationship with a guy who was a high-ranking gang member. They both struggled to try living in two worlds – gang and non-gang lifestyle but they couldn't.

The 33-year-old mother of six had her children apprehended five years ago when she was caught deep into the spiral of a hard lifestyle and an abusive relationship.

"At that time I was an addict (and

I told myself I could live that lifestyle and be a parent," she says.

It was a year later that she decided to leave that life behind. She attended her ex-partner's court hearing and she handed a letter to the judge before a decision was made. It was a letter stating that she chose to go for full custody of her children alone and that she no longer wanted to be a part of a life that she tried desperately to escape.

Her ex-partner questioned her actions and although she knew it was the hardest decision she ever made, she knew it was for the best.

"I said (to my ex-partner) I'm sorry and I love you but I have to think about myself and my children. This is what matters. They are always going to need me no matter what," she says.

"I've been separated from him for four years now and it was the hardest thing I've ever did to make that choice. As much as I wanted a family with a mom,

dad and the kids together, living that lifestyle was never going to mix well."

It wasn't long after that she had a scary life-changing moment to leave this high-risk lifestyle. Witchekan recalls a time at 3 o'clock in the morning right in the core neighbourhood, she spotted someone in a vehicle in the nearby parking lot.

"I went to go stand out on the balcony and (someone) shot towards me with a gun. That's what

changed everything," she says. "It was extremely scary ... that morning I knew my life was truly unmanageable not knowing when and if I'd live to see tomorrow."

Witchekan made that choice to leave a life of addiction, violence, abuse and gangs behind but it wasn't an easy transition for her to make. She had the help of EGADZ and Str8-Up – non-profit organizations in Saskatoon that help

foster the well-being of youth in Saskatoon.

Witchekan also took parenting classes and workshops in order to get her children back. She often reflects on the life she lived compared to where she is now. She looks at her life experiences as stepping stones which made her the stronger mother that she is today.

"It keeps getting better for me and my kids. You got to work towards happiness," she says. "Everyday I try to think of where I was and how bad it was (and) that's what helps me."

Witchekan graduated through a program at EGADZ called Baby Steps where parents build on their parenting skills and mothers who work on their individual issues with in-house and community supports. Witchekan is the first person from that program who left the high-risk gang lifestyle and since then it has opened doors for women who are leaving jail, addictions and gang life.

Her advice for those who are struggling to leave a high-risk lifestyle behind is to never give up and surround yourself with a strong support system.

"My dad was always there me. No matter how bad it was and how late at night it was, I always had my dad there," she says. "It's crazy how many supports are out there. Reach out and don't ever be afraid to ask for help. Never give up on yourself."



It took someone shooting at her to make Alyssa Witchekan turn her life around.



Mentorship Program CALL FOR VISUAL ARTISTS

We are seeking visual artists to participate as mentors and mentees in our annual mentorship program. The program provides structure and support for experienced professional artists to work with developing artists. Traditional art forms are welcome. Eight artists and mentors will be selected to work one-on-one for the ten month program. Mentees are expected to commit additional time to the production and development of their art practice. Mentees cannot be students. All artists must be Saskatchewan residents. The program runs from September 2017 through June 2018.

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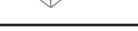
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Amber Cappo has traded her addictions for a life style of sobriety and modelling.

From addict to model, it can be done

By Jeanelle Mandes
Of Eagle Feather News

REGINA – She was a drug addict; now she’s a model.

Amber Cappo changed her life around with her newfound passion. Cappo’s personal story proves to many that change is possible.

It all started when Cappo was 15-years-old and she started drinking and smoking marijuana. Before long, the addiction progressed into something bigger.

“I started getting into heavier drugs, prescription drugs, cocaine and eventually crystal meth,” she says. “My life revolved around this drug.”

The 21-year-old model is originally from Muscowpetung First Nation but currently resides in Regina. In October, Cappo signed with a Regina-based modeling company called Infinity Models that works with almost 100 models who range in all shapes, sizes, ages, gender, ethnicity backgrounds and experience levels, according to their social media page.

Trading in her addiction lifestyle for sobriety, Cappo said she won’t miss living in that everyday constant fear when she used.

“I feel so relieved that I never have to worry about getting my next bowl or hook up,” she admits. “Or stress the fact if I’m going to eat or get high today. I definitely will never miss that.”

When I did get job opportunities for modeling, I was still using. I realized that I had to give up one or the other. I decided I have a good

opportunity here and I better not let it slip away so I chose to stay clean and now I’m doing much better.”

Cappo dropped out of high school when she was 16 but returned to school to receive her GED in 2015. Growing up she was always told that she should pursue a career in modeling. That stuck in her mind with her throughout the years, even through her worst times. She met her current model agent Tennesa Wild who offered Cappo an opportunity to model with Infinity Models.

“It gave me a new perspective, like if you find what you love and you love what you’re doing, you can have a new hope to best something,” she says. “It encouraged and helped me to stay clean.”

Cappo has been busy doing photo shoots and fashion shows but wants to take it to the next level. She applied for a beauty pageant called Miss Power Woman and hopes to get the title to represent Canada.

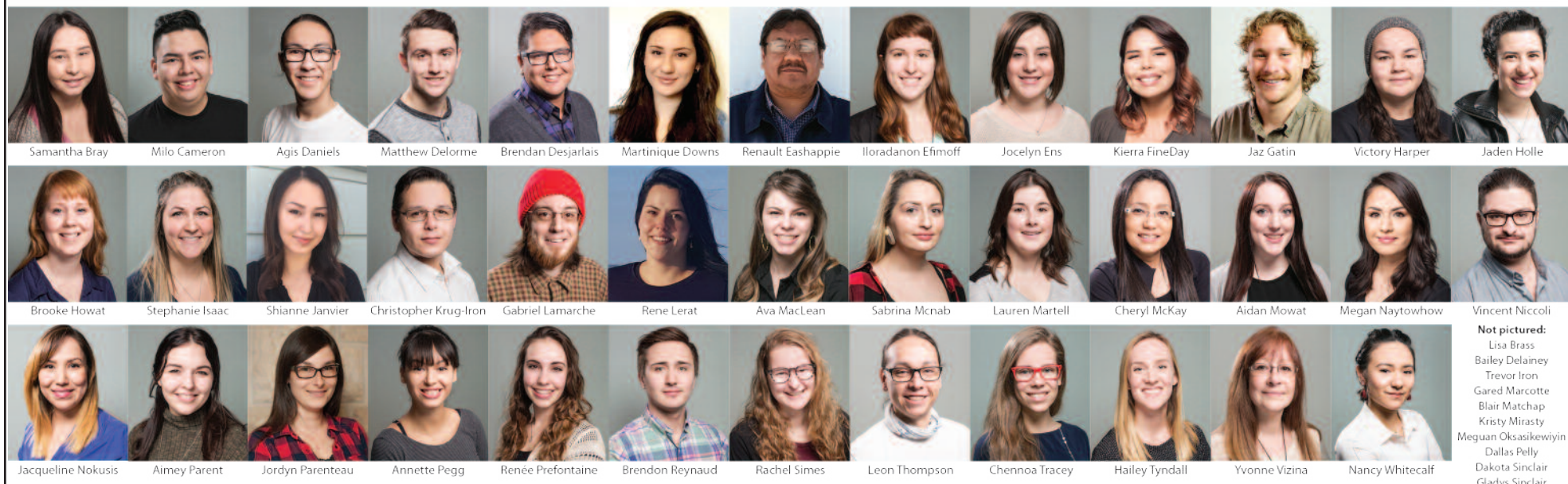
The advice she shares with those who are currently struggling is to keep pulling through no matter what battle you are facing.

“Just because it’s your current situation, don’t let it become your future,” she adds. “Don’t give up hope because there is a better way and you can overcome it. It’s never too late. You might just make history by telling your story.”

Cappo will find out soon about the results of the Miss Power Woman 2017 beauty pageant.

Celebrate Aboriginal Achievement

During our Aboriginal Achievement week—February 28 to March 3—48 Aboriginal students will receive awards for their academic, leadership and community outreach accomplishments. Congratulations everyone and thank you for all that you do!



Not pictured:
Lisa Brass
Bailey Delainey
Trevor Iron
Gared Marcotte
Blair Matchap
Kristy Mirasty
Meguan Oksasikewiyin
Dallas Pelly
Dakota Sinclair
Gladys Sinclair

aboriginal.usask.ca



UNIVERSITY OF
SASKATCHEWAN

Northern artist painting a picture of reconciliation

By Linda Mikolayenko
For Eagle Feather News

AIR RONGE – Donna Langhorne says she has been drawing ever since she could hold a pencil, but her current art project is her most ambitious yet. It has taken her into new territory and presented significant challenges, but is already making an impact.

In her studio in Air Ronge, Langhorne is working on Reconciliation, a series of seven large paintings based on the seven sacred teachings: love, respect, courage, honesty, wisdom, humility and truth.

Using the Woodland art style and the corresponding animal symbols to represent these teachings, she incorporates her unique perspective on contemporary themes. She has already completed two pieces – one dealing with the topic of murdered and missing Indigenous women, and the other, the experience of residential schools.

“I want to bring those issues to light,” says Langhorne, a member of the Fishing Lake First Nation who was adopted as an infant.

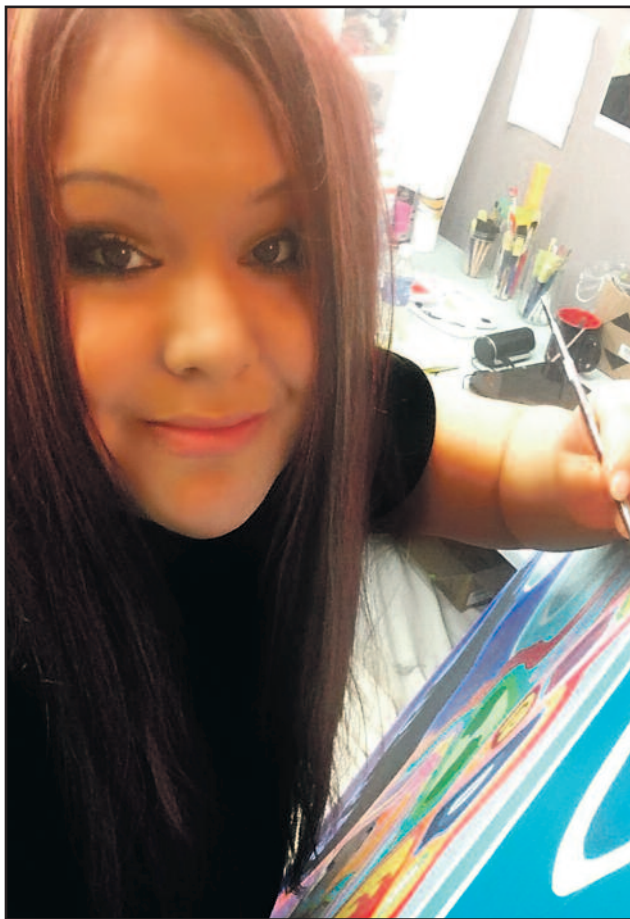
“My birth mother is a residential school survivor,” she says.

Although it was a hard subject for her to face, Langhorne says creating the painting was a way of healing.

“It helped a lot. Hopefully, it will for others, too.”

In order to adequately explore these themes, Langhorne felt she needed a big canvas. Each of the paintings are four feet by five feet; some will be horizontal, others vertical.

The large size, however, means more expenses. Each canvas costs \$500, and requires more paint than she anticipated.



Artist Donna Langhorne works on the third painting in her Reconciliation series, using the symbol of the wolf to illustrate the teaching of humility, as she explores the idea of overcoming the loss of heritage (Submitted photo by Bill Langhorne)

The project received only partial support from the Saskatchewan Arts Board, so Langhorne set up a Go-

FundMe campaign to try to make up the shortfall.

For the 28-year-old mother of three young children, not being able to pay for childcare has meant delays in completing the project. Several galleries have already expressed interest in showing the work when it is done, so Langhorne is keeping a positive attitude. She keeps in touch with her fans via her Facebook page, Donna the Strange's Artwork, and at the beginning of the year she shared, “Painting has always gotten me through the worst times.”

To get lost in that paint and forget the world for a little while is PURE paradise.”

After years of sketching and cartooning, Langhorne taught herself to paint about five years ago, initially creating abstracts, horror art and celebrity pop art.

When she came across an image of the art of the late Norval Morrisseau a couple of years ago, it resonated with her. As she explored this art style, she turned to other Woodland artists, including Mark Anthony Jacobson, who knew Morrisseau.

“I just really encouraged her to explore her cultural roots,” says Jacobson, who is impressed with Langhorne's passion and energy.

“Norval would be absolutely proud; no doubt about it. She's the genuine article ... she's got a really good spirit about her.”

“This is completely new to me,” says Langhorne as she connects with her Anishinaabe heritage, “but it's exciting. I wasn't ready when I was younger to learn more about it, but I am now ... I'm more than ready.”

For the website, you may wish to include the link to GoFundMe campaign: <https://www.gofundme.com/donnalanghorne>



CANDIDATE NOMINATION PAPERS

for the 2017 Saskatchewan Métis elections
to be held on May 27, 2017 are now available.

Download from the official election website
www.mnselection.ca

NOTICE:
MÉTIS NATION -
SASKATCHEWAN
CITIZENS

Nomination Papers for
2017 Election Available

All candidates in the 2017 Saskatchewan Métis election must complete and file Nomination Papers with the Chief Electoral Officer or with one of the 12 Regional Returning Officers (once appointed).

This includes candidates running for one of the 4 Executive positions, as well as candidates running for one of the 12 Regional Representative positions on the Provincial Métis Council.

Nomination Papers can be filed starting on Saturday April 22, 2017. The deadline for filing is 2:00 p.m. Thursday April 27, 2017.

A list of nominated candidates will be posted on the election website www.mnselection.ca as Nomination Papers are filed and accepted.

2017 Metis Nation - Saskatchewan Election toll free phone: 1-844-615-2017

Security worker presented with Gold Lifesaving Award

Maggy Nagus was on duty with Athabasca Basin Security at Cameco's Cigar Lake mine when she heard a noise and turned to witness an unprovoked wolf attack on a contractor who had been working at site.

She immediately ran for her security vehicle and used it to chase the wolf away, then returned to the scene, called for help and began to render first aid until the Emergency Response Team could arrive.

For those heroic actions, Nagus was presented with the St. John Ambulance (SJA) Gold Lifesaving Award in December. The presentation was made at Government House in Regina as part of the St. John Ambulance Saskatchewan Council Awards Presentations.

Presented by Lt.-Gov Vaughn Solomon Schofield, the SJA Gold Lifesaving Award recognizes individuals, or groups of individuals, who have saved or attempted to save a life through the administration of first aid knowledge and skills, where a degree of risk to life exists.

Nagus, who was born and raised in Wollaston Lake and is currently in her eleventh year as an Industrial Security Officer with Athabasca Basin Security, was one of only two people in Saskatchewan in 2016 to be recognized at the Gold Lifesaving Award level.

The attack, which occurred shortly after midnight on August 30, 2016, left a 26-year-old contractor severely injured.

He was later airlifted to a Saskatoon hospital for further treatment of his injuries. Cameco Emergency Response Team member, Brandon Zarazun who responded to Maggy's call for assistance stated, "During the response, we noticed that the attacking wolf was still within close distance of the scene with the obvious intention of wanting to come back."



From left the Honourable Vaughn Solomon Schofield, DStJ, SOM, SVM, the Lieutenant Governor of Saskatchewan and Vice Prior, Maggy Nagus, Mr. Philip Clarke Chancellor for the Most Venerable Order of the Hospital of St. John of Jerusalem for the Priory of Canada, KStJ, CA,CIRP, and Dr. Jim Coucill, SBStJ, President for St. John Ambulance, Saskatchewan Council. (Photo supplied)

"It is certain, that if Maggy had not rushed into the scene with her vehicle, the victim would not have survived."

A quiet, soft-spoken Nagus remains very humble about the events of that night, saying that as "the mother of four boys, I just wanted to protect him."

"Working in close-proximity to where large carnivores live is something that our staff deal with on an ongoing basis," says Ron Hyggen, CEO of Athabasca Basin Security.

"I am extremely proud of Maggie for her heroism and level-headed thinking in this stressful situation. Her actions and those of the site nurse and the Emergency Response Team came together and demonstrated why there is a great deal of effort put into practicing emergency protocols at site."

"The management and staff at Athabasca Basin Security are extremely grateful and appreciative of the team effort that took place that evening."

— Story courtesy ABD

Be yourself and soar with us

Your individuality is an asset

Be distinct. Be original. Be yourself.

Recognize March 21 as the International Day for the Elimination of Racial Discrimination.

fcc.ca/Careers



ENBRIDGE PIPELINES INC. Line 3 Pipeline Replacement Program

Notice of Proposed Detailed Route Pursuant to Paragraph 34(1)(b) of the *National Energy Board Act*

In the matter of the *National Energy Board Act* and the Regulations made thereunder.

And in the matter of the Certificate of Public Convenience and Necessity No. OC-063 approving the general route of the Line 3 Pipeline Replacement.

And in the matter of an application by Enbridge Pipelines Inc. (Enbridge), respecting the determination and approval of the detailed route for the construction of the Line 3 Replacement Pipeline, approximately 1,097 kilometres in length, beginning at Enbridge's existing Hardisty Terminal, near Hardisty, AB and terminating at the existing Gretna Terminal, in the town of Gretna, MB as shown on the above Route Map.

If you anticipate that your lands may be adversely affected by the proposed detailed route of the Line 3 Pipeline Replacement, you may oppose the proposed detailed route, including the method and timing of construction of the pipeline, by filing a written statement of opposition with the Board within thirty (30) days of the publication of this notice. The written statement of opposition must set out the nature of your interest in the proposed detailed route and the grounds for your opposition to that route. A copy of any written statement of opposition to this detailed route must be sent to the following addresses:

National Energy Board
Suite 210, 517 – 10 Avenue SW
Calgary AB T2R 0A8
Attention: Sheri Young,
Secretary of the Board
Toll Free Fax: 1-877-288-8803
Email: info@neb-one.gc.ca

And to:

Enbridge Pipelines Inc.
200, 425 – 1st Street SW
Calgary, AB T2P 3L8
Attention: Robert Bourne,
Regulatory Counsel
Fax: (403) 767-3863
Email: robert.bourne@enbridge.com

Where a written statement of opposition is filed with the Board within thirty (30) days following the publication of this notice, the Board shall forthwith order, subject to certain exceptions as noted below, that a public hearing be conducted with respect to any grounds of opposition set out in the statement, in relation to any section or part of the pipeline affected by the concerns disclosed in the written statement. The Board is not required to give any notice, hold any hearing or take any other action with respect to any written statement of opposition filed with the Board and may at any time disregard any such written statement if the person who filed the statement files a notice of withdrawal, or if it appears to the Board that the statement is frivolous, vexatious or is not made in good faith.

If the Board determines it appropriate to hold a public hearing, the Board will fix a suitable time and place for the hearing and will publish a notice of the hearing in at least one issue of a publication in general circulation within the area in which the lands acquired or proposed to be acquired are situated. The Board will also send a notice of the public hearing to each person who has filed a written statement of opposition with the Board. The public hearing will be held near to where the lands to which the statement relates are situated. The Board, or a person authorized by the Board, may make such inspection of the lands acquired or proposed to be acquired, or affected by, construction of the Line 3 Pipeline Replacement, as deemed necessary by the Board.

At the public hearing, the Board will permit each person who filed a written statement of opposition to make representations and may allow any other interested person to make representations before it as the Board deems proper. The Board will take into account all written statements of opposition and all representations made at the public hearing to determine the best possible detailed route for the Line 3 Replacement Pipeline, and to determine the most appropriate methods and timing of construction. The Board may impose in any approval, such terms and conditions as it considers proper. Where the Board has held a public hearing in respect of any section or part of the Line 3 Pipeline Replacement, and has approved or refused to approve the plan, profile

and book of reference respecting that section or part, it will forward a copy of its decision and reasons to each person who made representations to the Board at the public hearing.

The Board may fix such amount as it deems reasonable in respect of the actual costs reasonably incurred by any person who makes representations to the Board at such a public hearing, and the amount so fixed will be paid forthwith to the person by Enbridge.

Copies of the plan, profile and book of reference for the detailed route of the Line 3 Replacement Pipeline is available for inspection at the following locations:

National Energy Board
Suite 210, 517 – 10 Avenue SW
Calgary, AB

Enbridge Pipelines Inc.
200, 425 – 1st Street SW
Calgary, AB

Copies of the plan, profile and book of reference is also available in your region at the following Municipal Office locations:

Rural Municipality of Craik
600 Front Street
Craik, SK
306-734-2242

Rural Municipality of Dufferin
507 Main Street
Bethune, SK
306-638-3112

Rural Municipality of Pense
324 Elder Street
Pense, SK
306-345-2303

Rural Municipality of Sherwood
4400 Campbell Street
Regina, SK
306-525-5237

Rural Municipality of Edenwold
100 Queen Street
Balgonie, SK
306-771-2522

Rural Municipality of Lajord
4 Railway Avenue
Lajord, SK
306-781-2744

Rural Municipality of Francis
127 Main Street
Francis, SK
306-245-3256

Rural Municipality of Montmartre
136 Central Avenue
Montmartre, SK
306-424-2040

Rural Municipality of Chester
104 Main Street
Glenavon, SK
306-429-2110

Rural Municipality of Kingsley No. 124
215 Railway Street
Kipling, SK
306-736-2272

Rural Municipality of Silverwood
721 Lalonde Street
Whitewood, SK
306-735-2500

Rural Municipality of Wawken and the Rural Municipality of Walpole
308 Railway Avenue
Wawota, SK
306-739-2332
306-739-2545

Rural Municipality of Maryfield
602 Assiniboia Avenue
Maryfield, SK
306-646-2033

Should you have any questions concerning this notice, the proposed detailed route, or the Board's detailed route procedures, please contact Enbridge at 1-888-967-3899 and an Enbridge representative will return your call. You may also contact the National Energy Board offices at 1-800-899-1265.



LEGAL LAND DESCRIPTIONS

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LEGAL LAND DESCRIPTIONS

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SW 22-14-9 W2M
LSD 3 22-14-9 W2M
SE 22-14-9 W2M
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SW 6-14-6 W2M
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Ptn. NE 32-13-6 W2M
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Ptn. SW 34-13-6 W2M
SE 34-13-6 W2M
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LSD 2 3-13-3 W2M
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SW 6-12-33 W1M
NW 31-11-33 W1M
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NW 1-11-32 W1M
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NW 35-10-32 W1M
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NW 36-10-32 W1M
NE 36-10-32 W1M
NW 31-10-31 W1M
NE 31-10-31 W1M
SE 31-10-31 W1M
SW 32-10-31 W1M
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NE 29-10-31 W1M
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SE 27-10-31 W1M
NE 22-10-31 W1M
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SW 24-10-31 W1M
SE 24-10-31 W1M
SW 19-10-30 W1M
SE 19-10-30 W1M
NE 18-10-30 W1M
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SW 16-10-30 W1M
SE 16-10-30 W1M
SW 15-10-30 W1M
NW 10-10-30 W1M
NE 10-10-30 W1M
NW 11-10-30 W1M
SW 11-10-30 W1M
SE 11-10-30 W1M
SW 12-10-30 W1M
SE 12-10-30 W1M
NE 1-10-30 W1M

Should you have any questions concerning this notice, the proposed detailed route, or the Board’s detailed route procedures, please contact Enbridge at **1-888-967-3899** and an Enbridge representative will return your call. You may also contact the National Energy Board offices at **1-800-899-1265**.

The following Enbridge public notice will address affected land parcels located throughout the rest of Saskatchewan.





ENBRIDGE PIPELINES INC.
Line 3 Pipeline Replacement Program

**Notice of Proposed Detailed Route Pursuant to
Paragraph 34(1)(b) of the *National Energy Board Act***

In the matter of the National Energy Board Act and the Regulations made thereunder.

And in the matter of the Certificate of Public Convenience and Necessity No. OC-063 approving the general route of the Line 3 Pipeline Replacement.

And in the matter of an application by Enbridge Pipelines Inc. (Enbridge), respecting the determination and approval of the detailed route for the construction of the Line 3 Replacement Pipeline, approximately 1,097 kilometres in length, beginning at Enbridge's existing Hardisty Terminal, near Hardisty, AB and terminating at the existing Gretna Terminal, in the town of Gretna, MB as shown on the above Route Map.

If you anticipate that your lands may be adversely affected by the proposed detailed route of the Line 3 Pipeline Replacement, you may oppose the proposed detailed route, including the method and timing of construction of the pipeline, by filing a written statement of opposition with the Board within thirty (30) days of the publication of this notice. The written statement of opposition must set out the nature of your interest in the proposed detailed route and the grounds for your opposition to that route. A copy of any written statement of opposition to this detailed route must be sent to the following addresses:

National Energy Board
Suite 210, 517 – 10 Avenue SW
Calgary AB T2R 0A8
Attention: Sheri Young,
Secretary of the Board
Toll Free Fax: 1-877-288-8803
Email: info@neb-one.gc.ca

And to:

Enbridge Pipelines Inc.
200, 425 – 1st Street SW
Calgary, AB T2P 3L8
Attention: Robert Bourne,
Regulatory Counsel
Fax: (403) 767-3863
Email: robert.bourne@enbridge.com

Where a written statement of opposition is filed with the Board within thirty (30) days following the publication of this notice, the Board shall forthwith order, subject to certain exceptions as noted below, that a public hearing be conducted with respect to any grounds of opposition set out in the statement, in relation to any section or part of the pipeline affected by the concerns disclosed in the written statement. The Board is not required to give any notice, hold any hearing or take any other action with respect to any written statement of opposition filed with the Board and may at any time disregard any such written statement if the person who filed the statement files a notice of withdrawal, or if it appears to the Board that the statement is frivolous, vexatious or is not made in good faith.

If the Board determines it appropriate to hold a public hearing, the Board will fix a suitable time and place for the hearing and will publish a notice of the hearing in at least one issue of a publication in general circulation within the area in which the lands acquired or proposed to be acquired are situated. The Board will also send a notice of the public hearing to each person who has filed a written statement of opposition with the Board. The public hearing will be held near to where the lands to which the statement relates are situated. The Board, or a person authorized by the Board, may make such inspection of the lands acquired or proposed to be acquired, or affected by, construction of the Line 3 Pipeline Replacement, as deemed necessary by the Board.

At the public hearing, the Board will permit each person who filed a written statement of opposition to make representations and may allow any other interested person to make representations before it as the Board deems proper. The Board will take into account all written statements of opposition and all representations made at the public hearing to determine the best possible detailed route for the Line 3 Replacement Pipeline, and to determine the most appropriate methods and timing of construction. The Board may impose in any approval, such terms and conditions as it considers proper. Where the Board has held a public hearing in respect of any section or part of the Line 3 Pipeline

Replacement, and has approved or refused to approve the plan, profile and book of reference respecting that section or part, it will forward a copy of its decision and reasons to each person who made representations to the Board at the public hearing.

The Board may fix such amount as it deems reasonable in respect of the actual costs reasonably incurred by any person who makes representations to the Board at such a public hearing, and the amount so fixed will be paid forthwith to the person by Enbridge.

Copies of the plan, profile and book of reference for the detailed route of the Line 3 Replacement Pipeline is available for inspection at the following locations:

National Energy Board
Suite 210, 517 – 10 Avenue SW
Calgary AB

Enbridge Pipelines Inc.
200, 425 – 1st Street SW
Calgary, AB

Copies of the plan, profile and book of reference is also available in your region at the following Municipal Office locations:

Rural Municipality of Eye Hill
4502 Industrial Park Drive
Macklin, SK
306-753-2075

Rural Municipality of Heart's Hill
200 Strathcona Street
Luseland, SK
306-372-4224

Rural Municipality of Progress
503 Grand Avenue
Luseland, SK
306-372-4322

Rural Municipality of Mariposa
603 Atlantic Avenue
Kerrobert, SK
306-834-5037

Rural Municipality of Oakdale
200 Main Street
Coleville, SK
306-965-2281

Rural Municipality of Winslow
135 – 2 Avenue
Dodsland, SK
306-356-2106

Rural Municipality of Mountain View
100 Veteran Avenue
Herschel, SK
306-377-2144

Rural Municipality of Marriott
207 Highway 4 North
Rosetown, SK
306-882-4030

Rural Municipality of St. Andrews
700 – 6 Avenue East
Rosetown, SK
306-882-2314

Rural Municipality of Milden
Centre Street
Milden, SK
306-935-2181

Rural Municipality of Fertile Valley
316 Railway Avenue
Conquest, SK
306-856-2037

Rural Municipality of Loreburn
562 Main Street
Loreburn, SK
306-644-2022

Rural Municipality of Huron
123 Ogema Street
Tugaske, SK
306-759-2211

Rural Municipality of Craik
600 Front Street
Craik, SK
306-734-2242

Should you have any questions concerning this notice, the proposed detailed route, or the Board's detailed route procedures, please contact Enbridge at **1-888-967-3899** and an Enbridge representative will return your call. You may also contact the National Energy Board offices at **1-800-899-1265**.



LEGAL LAND DESCRIPTIONS

NE 25-37-29 W3M	SE 6-36-25 W3M	SE 12-34-23 W3M	SW 26-32-20 W3M
NE 25-37-29 W3M	NE 31-35-25 W3M	SW 7-34-22 W3M	SE 26-32-20 W3M
SE 25-37-29 W3M	NW 32-35-25 W3M	SE 7-34-22 W3M	SW 25-32-20 W3M
SW 30-37-28 W3M	NE 32-35-25 W3M	NE 6-34-22 W3M	NW 24-32-20 W3M
SE 30-37-28 W3M	SE 32-35-25 W3M	NW 5-34-22 W3M	NE 24-32-20 W3M
NE 19-37-28 W3M	SW 33-35-25 W3M	SE 5-34-22 W3M	NW 19-32-19 W3M
NW 20-37-28 W3M	SE 33-35-25 W3M	SW 5-34-22 W3M	SW 19-32-19 W3M
NE 20-37-28 W3M	NE 28-35-25 W3M	SW 5-34-22 W3M	SE 19-32-19 W3M
SE 20-37-28 W3M	NW 27-35-25 W3M	SE 5-34-22 W3M	SW 20-32-19 W3M
SW 21-37-28 W3M	NE 27-35-25 W3M	SE 5-34-22 W3M	SE 20-32-19 W3M
SE 21-37-28 W3M	SE 27-35-25 W3M	SE 5-34-22 W3M	NE 17-32-19 W3M
NE 16-37-28 W3M	SW 26-35-25 W3M	SW 4-34-22 W3M	NW 16-32-19 W3M
SW 15-37-28 W3M	SE 26-35-25 W3M	SW 33-33-22 W3M	NE 16-32-19 W3M
NW 15-37-28 W3M	NE 23-35-25 W3M	NW 33-33-22 W3M	SE 16-32-19 W3M
NE 15-37-28 W3M	NW 24-35-25 W3M	NE 33-33-22 W3M	SW 15-32-19 W3M
SE 15-37-28 W3M	NE 24-35-25 W3M	SE 33-33-22 W3M	SE 15-32-19 W3M
SW 14-37-28 W3M	SE 24-35-25 W3M	SW 34-33-22 W3M	SW 14-32-19 W3M
NW 11-37-28 W3M	SW 19-35-24 W3M	SW 35-33-22 W3M	NW 11-32-19 W3M
NE 11-37-28 W3M	SE 19-35-24 W3M	SW 26-33-22 W3M	NE 11-32-19 W3M
NW 12-37-28 W3M	NW 18-35-24 W3M	NW 26-33-22 W3M	NW 12-32-19 W3M
SW 12-37-28 W3M	NE 18-35-24 W3M	NE 26-33-22 W3M	NE 12-32-19 W3M
NE 1-37-28 W3M	NW 17-35-24 W3M	SE 26-33-22 W3M	SE 12-32-19 W3M
SW 7-37-27 W3M	SW 17-35-24 W3M	SW 25-33-22 W3M	SW 7-32-18 W3M
SE 12-37-28 W3M	SE 17-35-24 W3M	NW 24-33-22 W3M	SE 7-32-18 W3M
NW 6-37-27 W3M	SW 16-35-24 W3M	SE 25-33-22 W3M	SW 8-32-18 W3M
NE 6-37-27 W3M	NW 9-35-24 W3M	NE 24-33-22 W3M	NW 5-32-18 W3M
SE 6-37-27 W3M	NE 9-35-24 W3M	NW 19-33-21 W3M	NE 5-32-18 W3M
SW 5-37-27 W3M	SE 9-35-24 W3M	SW 19-33-21 W3M	NW 4-32-18 W3M
SE 5-37-27 W3M	SW 10-35-24 W3M	SE 19-33-21 W3M	NE 4-32-18 W3M
NE 32-36-27 W3M	SE 10-35-24 W3M	SW 20-33-21 W3M	NE 4-32-18 W3M
NW 33-36-27 W3M	NE 3-35-24 W3M	NW 17-33-21 W3M	NE 4-32-18 W3M
NE 33-36-27 W3M	NW 2-35-24 W3M	SE 17-33-21 W3M	NE 4-32-18 W3M
SE 33-36-27 W3M	SW 2-35-24 W3M	NE 17-33-21 W3M	SE 4-32-18 W3M
SW 34-36-27 W3M	SE 2-35-24 W3M	NE 16-33-21 W3M	SE 4-32-18 W3M
SE 34-36-27 W3M	SW 1-35-24 W3M	NW 16-33-21 W3M	SW 3-32-18 W3M
NE 27-36-27 W3M	NW 35-34-24 W3M	SW 16-33-21 W3M	SE 3-32-18 W3M
NW 26-36-27 W3M	NE 35-34-24 W3M	SE 16-33-21 W3M	SW 2-32-18 W3M
SW 26-36-27 W3M	NW 36-34-24 W3M	NE 9-33-21 W3M	SE 2-32-18 W3M
SE 26-36-27 W3M	SW 36-34-24 W3M	NW 10-33-21 W3M	NE 35-31-18 W3M
SW 25-36-27 W3M	SE 36-34-24 W3M	NE 10-33-21 W3M	NW 36-31-18 W3M
NW 24-36-27 W3M	SW 31-34-23 W3M	SE 10-33-21 W3M	SW 36-31-18 W3M
NE 24-36-27 W3M	SE 31-34-23 W3M	SW 11-33-21 W3M	SE 36-31-18 W3M
NW 19-36-26 W3M	NE 30-34-23 W3M	SE 11-33-21 W3M	SW 31-31-17 W3M
SW 19-36-26 W3M	SE 30-34-23 W3M	NE 2-33-21 W3M	SE 31-31-17 W3M
SE 19-36-26 W3M	SW 29-34-23 W3M	NE 2-33-21 W3M	NE 30-31-17 W3M
SW 20-36-26 W3M	NW 29-34-23 W3M	NE 2-33-21 W3M	NW 29-31-17 W3M
NW 17-36-26 W3M	SE 29-34-23 W3M	NE 2-33-21 W3M	SE 29-31-17 W3M
NE 17-36-26 W3M	NE 20-34-23 W3M	NW 1-33-21 W3M	NE 29-31-17 W3M
NW 16-36-26 W3M	NW 21-34-23 W3M	SW 1-33-21 W3M	SW 28-31-17 W3M
SW 16-36-26 W3M	NW 21-34-23 W3M	SE 1-33-21 W3M	NE 21-31-17 W3M
SE 16-36-26 W3M	NW 21-34-23 W3M	SW 6-33-20 W3M	SE 28-31-17 W3M
SW 15-36-26 W3M	NE 21-34-23 W3M	SW 6-33-20 W3M	NW 22-31-17 W3M
NW 10-36-26 W3M	SE 21-34-23 W3M	NW 31-32-20 W3M	NE 22-31-17 W3M
NE 10-36-26 W3M	SW 22-34-23 W3M	NE 31-32-20 W3M	NW 23-31-17 W3M
NE 10-36-26 W3M	NW 15-34-23 W3M	NE 31-32-20 W3M	SE 23-31-17 W3M
NE 10-36-26 W3M	NE 15-34-23 W3M	NW 32-32-20 W3M	NE 23-31-17 W3M
NW 11-36-26 W3M	NW 14-34-23 W3M	NE 32-32-20 W3M	SW 24-31-17 W3M
SW 11-36-26 W3M	SW 14-34-23 W3M	SE 32-32-20 W3M	SE 24-31-17 W3M
SE 11-36-26 W3M	NW 11-34-23 W3M	SW 33-32-20 W3M	NE 13-31-17 W3M
SW 12-36-26 W3M	NE 11-34-23 W3M	SE 33-32-20 W3M	NW 18-31-16 W3M
NW 1-36-26 W3M	SE 11-34-23 W3M	NE 28-32-20 W3M	NE 18-31-16 W3M
NE 1-36-26 W3M	SW 12-34-23 W3M	NW 27-32-20 W3M	NW 17-31-16 W3M
NW 6-36-25 W3M	SW 12-34-23 W3M	NE 27-32-20 W3M	SW 17-31-16 W3M
SW 6-36-25 W3M	SW 12-34-23 W3M	SE 27-32-20 W3M	SE 17-31-16 W3M

LEGAL LAND DESCRIPTIONS

SW 16-31-16 W3M	SE 11-29-11 W3M	NW 35-26-6 W3M	NE 22-23-1 W3M
NW 9-31-16 W3M	NE 2-29-11 W3M	NE 35-26-6 W3M	NW 23-23-1 W3M
NE 9-31-16 W3M	NW 1-29-11 W3M	SE 35-26-6 W3M	SW 23-23-1 W3M
NW 10-31-16 W3M	NE 1-29-11 W3M	SW 36-26-6 W3M	SE 23-23-1 W3M
NE 10-31-16 W3M	SE 1-29-11 W3M	NW 25-26-6 W3M	SW 24-23-1 W3M
SE 10-31-16 W3M	SW 6-29-10 W3M	NE 25-26-6 W3M	NE 14-23-1 W3M
SW 11-31-16 W3M	SE 6-29-10 W3M	SE 25-26-6 W3M	NW 13-23-1 W3M
SE 11-31-16 W3M	NE 31-28-10 W3M	SW 30-26-5 W3M	NE 13-23-1 W3M
SW 12-31-16 W3M	NW 32-28-10 W3M	SE 30-26-5 W3M	NE 13-23-1 W3M
NW 1-31-16 W3M	SW 32-28-10 W3M	NE 19-26-5 W3M	SE 13-23-1 W3M
NE 1-31-16 W3M	NE 32-28-10 W3M	NW 20-26-5 W3M	SE 13-23-1 W3M
SE 6-31-15 W3M	SE 32-28-10 W3M	NW 20-26-5 W3M	SW 16-23-29 W2M
NW 6-31-15 W3M	NW 33-28-10 W3M	SW 20-26-5 W3M	NW 9-23-29 W2M
NE 6-31-15 W3M	SW 33-28-10 W3M	NE 20-26-5 W3M	NE 9-23-29 W2M
SW 6-31-15 W3M	SE 33-28-10 W3M	SE 20-26-5 W3M	NW 10-23-29 W2M
SW 5-31-15 W3M	SW 34-28-10 W3M	SW 21-26-5 W3M	SW 10-23-29 W2M
SE 5-31-15 W3M	NW 27-28-10 W3M	NW 16-26-5 W3M	SE 10-23-29 W2M
NW 32-30-15 W3M	NE 27-28-10 W3M	NE 16-26-5 W3M	NE 3-23-29 W2M
SE 32-30-15 W3M	NW 26-28-10 W3M	NW 15-26-5 W3M	NW 2-23-29 W2M
NE 32-30-15 W3M	SW 26-28-10 W3M	SW 15-26-5 W3M	NE 2-23-29 W2M
NW 33-30-15 W3M	SE 26-28-10 W3M	SE 15-26-5 W3M	SE 2-23-29 W2M
SW 33-30-15 W3M	SW 25-28-10 W3M	NW 10-26-5 W3M	SW 1-23-29 W2M
SE 33-30-15 W3M	SE 25-28-10 W3M	NW 11-26-5 W3M	SE 1-23-29 W2M
SW 34-30-15 W3M	NE 24-28-10 W3M	NW 11-26-5 W3M	NW 35-22-29 W2M
NW 27-30-15 W3M	NW 19-28-9 W3M	NW 11-26-5 W3M	NE 35-22-29 W2M
NE 27-30-15 W3M	NE 19-28-9 W3M	NE 11-26-5 W3M	SE 35-22-29 W2M
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SW 25-30-15 W3M	SW 21-28-9 W3M	NW 6-26-4 W3M	NW 30-22-28 W2M
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Should you have any questions concerning this notice, the proposed detailed route, or the Board's detailed route procedures, please contact Enbridge at **1-888-967-3899** and an Enbridge representative will return your call. You may also contact the National Energy Board offices at **1-800-899-1265**.



MN-S sets stage for May election

Loretta Metzger appointed Chief Electoral Officer

By Julie Ann Wriston
For Eagle Feather News

SASKATOON – A new Chief Electoral Officer has been appointed and an election date of May 27 has been set for the Métis Nation – Saskatchewan (MN-S).

After controversy, court injunctions and some false starts, the Métis Nation Legislative Assembly (MNLA) held a successful meeting in mid-February in Saskatoon.

The assembly was greeted with opening remarks from a number of dignitaries from the Métis National Council (MNC), Manitoba Métis Federation (MMF) and Indigenous and Northern Affairs Canada (INAC).

Ian Ketcheson, Director of Métis and Non-Status Relations of INAC expressed the concern from the federal government after the last MNLA took place in Yorkton in July 2016 that there wouldn't be a clear path forward the MN-S.

"Congratulations to the delegates for coming together united behind a common purpose to move the Métis Nation forward," Ketcheson said. "I am pleased to see how much progress is being made."

He also spoke to the opportunity facing the MN-S at this time in the history of Canada.

"Exciting times are ahead for the MN-S as the prime minister has made a commitment in December of 2016 to sit down and identify shared priorities and determine how the government can assist to ensure that the rights of the Métis are respected annually."

The message of partnership and inclusion is one demonstrates critical steps being taken towards reconciliation.

Loretta Metzger was approved by way of a motion passed by of the MNLA delegates as the new Chief Electoral Officer (CEO) to lead a fair and transparent election process. The CEO is an independent officer appointed by the MNLA, which is comprised of duly elected Local Presidents, Regional Directors, and Executive Members of the MN-S.

The role of the CEO is to be responsible for the neutral administration of the elections process as directed by the Métis Nation – Saskatchewan Elections Act.

Metzger grew up on a farm in southeast Saskatchewan, and has been an educator for the past 30 years. She has an extensive background in election administration contributing to the federal, and provincial elections, as well as administrating the recent Mee-wasin by-election held in Saskatoon.

"When I was approached to take on this role, I saw it as a good cause and I am quite confident that we can have an excellent, fair, transparent election."

The task will be a big one with challenges that must be dealt with attention and high ethical standards.

"The greatest concern (for this election) is reaching out to people in remote area to ensure that we give all the Métis people in Saskatchewan the chance to vote. The plan is to use technology to connect with the Locals to get the message out," said Metzger.

Changes to the Election Act were passed to work towards removing barriers for potential voters. Of those changes, a vouching system was put in place to aid the elderly and young people (persons 16 years of age are eligible to vote) in taking part in the voting process.

The vouching process will allow those who don't have traditional forms of identification to legally vote.

Further information about the vouching process can be accessed by contacting the elections office at mnselection.ca.

"The most important thing is to run a fair and transparent election. There are procedures in place now that will ensure that every Métis citizen can vote."

Northern Region 3 Regional Director Glenn McCallum is pleased to see that this MNLA has forward movement back on track.

"The strength of the Métis spirit is so strong. No matter what struggles we face, we prevail."

He shares the opinion that the majority of the delegates who attended the assembly "want what's best for our Nation. To hold an election and move forward will allow us to get back to the table and continue our Nation to Nation discussions about accessing capacity for strong programs in the areas of health, education, housing and so on."

Vice President Gerald Morin thanked those who attended the two day event, many of whom travelled long distances to be there.

"It is wonderful to see so many friends from throughout our Métis territory. Our future looks bright



Loretta Metzger was sworn in by Elder Mike Maurice as the new Chief Electoral Officer for the Métis Nation-Saskatchewan at an MNLA in February.
(Photo by Julie Wriston)

as we are in the best position we have ever been in in terms of recognition of our collective rights."

Much work will need to be done to prepare for the upcoming election. The first order of business will be to hire Regional Returning Officers and Assistance Returning Officers.

Information on how to qualify and apply can be found at mnselection.ca.

12TH ANNUAL



OSKANA CUP XII

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DIVISION	ALL FEES DEADLINE March 31, 2017	Cash or Awards	OMHDI Contacts
Recreation (8 teams)	\$1400	1ST \$6000 2ND \$3000 3RD \$2000	ALL ADULT DIVISIONS
Masters (40+ with 35+ Goalie) 4 teams	\$1400	1ST \$4000 2ND \$2500	Emery Lavallee 306-551-5349
Women (18+) 4 teams	\$1400	1ST \$4000 2ND \$2500	

Youth Divisions
Final Rosters Due April 10, 2017

DIVISION	ALL FEES DEADLINE March 31, 2017	Cash or Awards	OMHDI Contacts
Initiation (6 Teams)	\$1500	Trophies & Championship Banners	ALL YOUTH DIVISIONS
Novice (8 Teams)	\$1500	Trophies & Championship Banners	3 Game Guarantee
Atom (10 Teams)	\$1500	Trophies & Championship Banners	Shelley Lavallee OMHDI President 306-581-5903
Pee Wee (8 Teams)	\$1500	Trophies & Championship Banners	
Bantam (10 Teams)	\$1500	Trophies & Championship Banners	Texting preferred or call
Midget (10 Teams)	\$1500	Trophies & Championship Banners	





Financial advice you can take to the ... credit union

Standing at the cash register, entering my PIN number, I feel the anxiety build in the pit of my stomach.

Did that payment go through yet? Did I choose the account that has the available funds? Please don't decline, please don't decline. I like to call this "Debit Machine Roulette."

We've all been there. Just like everything in life, cash comes and goes. Sometimes we're high rollers tossing cash out to all our relations, and other times we are counting our pocket change to get over to toonie Tuesday. Many of us live paycheck to paycheck, it is a reality. Nothing to be ashamed of.

What we do with our money impacts our health just as much as how often we exercise, or what we choose to eat. Financial stress can be extremely impactful in our relationships, decision making and ultimately our basic living conditions. We aren't taught in school how to balance a household budget. Some of the biggest life experiences we encounter are purchasing a home, or a new vehicle, getting married, moving to a new place, or travelling. All of these things require access to cash.

No, money isn't "the be all end all" as they say, but struggling to manage cash isn't a fun experience. So how can we make this easier on ourselves? I've reached out to Jessie Usselman from Affinity Credit Union to get the skinny on how to handle your cash.

Q: So Jessie, what advice would you give someone who is looking to get a good handle on managing their finances?

A: The first thing you can do is figure out where you spend your money. With so many convenient ways to pay these days (credit cards, debit cards, automatic payments out of your account) it's easy to lose track of where your money is going and how much you're actually spending. And cash can be even harder to track!

#1 Make Saving a Habit

If you put \$100 a week towards an RRSP, your life savings could look something like this: Using an average rate of 3.5%, a 25-year old who contributes \$5,000 annually to his or her RRSP will wind up with \$412,079 at age 65. Yes, that's right. \$200,000 in lifetime contributions could turn into over \$400,000. Not bad, not bad at all. Don't worry though, you don't have to start with \$100 a week, start with \$25 or \$50 a month. The key is to start saving and keep saving.

#2 Shop Sensibly

As enticing as it may be to let your credit and debit cards go crazy, you'll be doing yourself a huge favour if you shop sensibly and stay within your means. Yes, we know that doesn't sound like fun. But, it's a lot less fun to be overwhelmed by debt. Because when that happens, you won't just have to sell your cool stuff, you might also be forced to accept a job that you don't love, just to pay the bills. Not cool.

#3 Build a Good Credit History

Though you may still be a few years away from deciding what colour you'd like your new Benz to be, or whether you should buy your winter home in the Bahamas or South Beach, it's never too early to start building a good credit history. And you do this by regularly paying your bills, which include your student debt, credit card debt, car loans, and other financial obligations.

In less time than you think, your good credit history will allow you to apply for loans and even a mortgage at an attractive interest rate, which can springboard you ahead much farther on your journey.

#4 Talk to Someone

Your personal journey towards a strong financial future doesn't have to be long and difficult, and you definitely don't have to go it alone. Talk to your family, a trusted mentor or a financial advisor at your local financial institution for advice and tips on building a strong financial future. We have a great group of advisors at Affinity.

Q: Are there any tools out there that can help keep us on track?

A: Yes! There are a number of ways that you can keep record of where your money is going. If you're old school, you can find budget books or budget sheets online and print them off. For a budgeting tool, you can check out the Financial Literacy section on the Financial Consumer Agency of Canada website at fcac-acfc.gc.ca. And if you keep your cell phone closer than your wallet, check out a mobile app to help keep you on track.

Jessie Usselman is a Community Investment Specialist at Affinity Credit Union.

An engaged and passionate facilitator,

Jessie has valuable experience in community assessments that support public, private and educational sectors in relation to financial literacy



JESSIE USSELMAN



UNIVERSITY OF SASKATCHEWAN

University of Saskatchewan

Vice-Provost, Indigenous Engagement

The picturesque and historic University of Saskatchewan (U of S) campus is located in Saskatoon, Saskatchewan, Canada on Treaty Six territory and the traditional homeland of the Metis. The U of S strives to create an environment of collaboration, innovation and discovery and be recognized as a place where many peoples come together to engage in mutually respectful relations and dialogues. The University of Saskatchewan community includes over 23,000 students, 8,000 faculty and staff, and more than 150,000 alumni, supporters and partners throughout Canada and the world. Our vision is to be an outstanding institution of research, learning, knowledge-keeping, reconciliation, and inclusion with and by Indigenous peoples and communities.

The vice-provost, Indigenous engagement provides inspirational, transformational, and visionary leadership for the Indigenous academic portfolio at the University of Saskatchewan. In partnership with the provost and in concert with other members of the university's senior leadership team, the vice-provost, Indigenous engagement effectively involves faculty and staff to support the university's strategic directions and to ensure the successful implementation of the integrated plan. The vice-provost, Indigenous engagement will work with and through existing portfolios and structures and will lead the creation of new structures and processes to implement Indigenous initiatives, to build reconciliation, and to ensure accountability. Working through portfolios across the university, the vice-provost, Indigenous engagement provides strategic guidance to the constellation of people and units involved in Indigenous academic initiatives and serves as a key resource for senior leaders.

A primary purpose of this position is to engage Indigenous people in and outside of the academy in the academic mission of the university, broadly intersecting with such areas as teaching and learning, student experience, and community-based research. In addition, it is imperative that the vice-provost, Indigenous engagement provide the guidance and leadership necessary to engage students, faculty, and staff so that members of the university, as a whole, see themselves working towards and contributing to Indigenous goals set through the university's strategic directions.

As the ideal candidate you will possess an exemplary academic record as an educator and researcher. You will have demonstrated administrative experience with superior relationship building skills both inside and outside university settings. Known as a community builder, an individual that can navigate comfortably across cultures, peoples, and geographies, you are innovative in your approaches to building collaboration and engagement. The university is seeking an Indigenous candidate for this position, with a competency in an Indigenous language considered an asset.

To explore this exciting opportunity further, please contact 403-410-6700 or usask@boyden.com

The University of Saskatchewan is strongly committed to a diverse and inclusive workplace that empowers all employees to reach their full potential. All members of the university community share a responsibility for developing and maintaining an environment in which differences are valued and inclusiveness is practiced. The university welcomes applications from those who will contribute to the diversity of our community. All qualified candidates are encouraged to apply; however, in accordance with Canadian immigration requirements, Canadian citizens and permanent residents will be given priority.



Hardworking volleyball player nets a repeat appearance at 2017 NAIG

By Jeanelle Mandes
Of Eagle Feather News

KAHKEWISTAHAW FIRST NATION – Leslee Bear will be making her community of Ochapowace First Nation proud when she attends this year's North American Indigenous Games (NAIG) to compete in U19 Women's Volleyball.

The 18-year-old volleyball player has been playing the sports for about five years. She is currently in Grade 12 attending Chief Kahkewistahaw Community School. Bear is looking forward to another NAIG experience.

"I played in NAIG 2014 in Regina, it was one of my most memorable experiences because I met a lot of great people I've maintained friendships with up until now," she says.

"I am looking forward to going to a new place and playing the sport I love, I'm also ex-

cited for the opportunity to meet lots of new people as I am a social butterfly."

When asked who she looks up to, Bear says her father Les George is a huge role model in her life and she describes him as one the best First Nations fastball pitchers in Saskatchewan.

"I look up to him because of his determination. He trains all winter long to maintain his fitness while also being a councilor on my reserve, which isn't easy," she adds.

Bear first started playing volleyball in Regina, playing with Queen City Volleyball Club. As she went to practices she began to feel like the odd one on the team. Not knowing why, Bear continued to push through to finish off the season.

"After that I'd promised myself that I wouldn't let anyone make me feel like that anymore, and I kept that promise. From that point on I took on a role of leadership within each team I played and in the end, it shaped me into a more sportsmanlike athlete," she says.

Her advice to youth who want to pursue their passion in sports is if you really want something; go get it despite any challenges.

"It will take some work, sweat, and maybe some tears, but I assure you, it will be worth it. Self-gratitude is the best feeling in the world, but it isn't something given to you, it's something that's earned," she says.

The NAIG will be held in Toronto this summer during the week of July 16-23.



Leslee Bear is hoping to serve up a gold medal at NAIG in July in Toronto. (Photos supplied)



CREE BILINGUAL TEACHERS

Greater Saskatoon Catholic Schools is seeking qualified Cree speaking teachers. Successful candidates will be offered Permanent Full-Time Contracts for the kindergarten to grade eight Cree Bilingual program at St. Frances School.

There are also other opportunities in our core Cree language programming at the elementary and high school level.

Cree speaking teachers with a Class 'A' Teaching Certificate and knowledge of the "Y" Dialect are encouraged to submit an online application at: www.applitrack.com/gscs/onlineapp

For more information, please contact:

Gord Laliberte, Assistant Manager - Human Resource Services
Greater Saskatoon Catholic Schools
420 - 22nd Street East, Saskatoon, SK S7K 1X3
Phone: 306-659-7042 Email: glaliberte@gscs.sk.ca

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Thursday, May 4, 2017 at 7 p.m.
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McNally Robinson will be on hand to sell books by the authors.

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Lori McAuley helps start the canoe races at NAIG in Regina 2014. She is hoping her coaching will help row up Team Sask some medals in canoeing.

NAIG coach digs deep for her athletes

By Julie Ann Writson
For Eagle Feather News

The North American Indigenous Games (NAIG) is a highlight for many Saskatchewan athletes. With a strong placement year after year, our talent remains a force to be reckoned with heading into the 2017 competitions.

Strong teams and athletes require strong coaches. Lori McAuley is a coach who knows what it takes to prepare her team to compete.

Coming from a family of competitive canoers, McAuley continues in the tradition of teaching canoeing to youth. She grew up on an island in Cumberland House and learned to canoe at young age. It has always been a passion for her to help her family with coordination, coaching, and training.

"We do this for the kids who don't have the opportunity to do it for themselves. I would often go door to door to wake up kids to get them to training. As a result, a lot of them have gone on to win golds, silvers, and bronzes in previous NAIG competitions."

Canoeing is a tough sport. It takes the responsibility and dedication of the athletes to prepare.

"We work really hard to build endurance in our athletes. It's not just about strength, but also about nutrition and mental health too."

Currently McAuley has a team of 45 that will have to be paired down to 36 (three divisions of six).

"When we look at who will be chosen to represent Saskatchewan, we involve the community. In order to qualify, we of course take into consideration their strength and endurance, but we also look at things like attendance, academics, how they strive to be role models in their community," McAuley explains.

"In this way, we hope to give kids the opportunity to abstain from the peer pressures that can lead to problems with our youth."

Training camps are held throughout the year.

"As the kids move forward, they advance, you can see it. They grow so much in the areas of strength, attention to detail, leadership, and self-motivation."

Removing barriers is a big part of coaching a team.

"We really work hard to ensure that kids are able to participate. We apply for grants through SaskSport, and fundraise to try to make some dollars available to families who have to travel to attend our camps."

Kids come from all over the North, and there are even some that come from Regina and Onion Lake.

Going to NAIG can be a life changing experience for some kids. This might be the first time that they have had an opportunity to leave their home communities.

"Going as a team helps to develop closeness, build memories and lifelong friendships. It gives the kids a sense of security, that they are part of something. Seeing the sport move forward also gives the community a sense of pride."

"We get to be closer as families. We engage in the success of our kids and build trusting relationships."

As a female coach, McAuley considers how important the entire picture is in the lives of the kids she meets.

"It's not just about physical strength. It's about a balance of many factors."

All of the time that McAuley commits to the sport is volunteer. She has given up many summer vacations to coach, and will be spending her 35th wedding anniversary coaching NAIG 2017.

"Nothing really stops me. We do whatever we have to in order to support the kids."

That can also mean coming up with funds out of pocket to send their athletes to compete.

"In previous years it has been around \$500 per athlete to attend the games. This year it has increased to \$1,000 per kid. We are committed that all the kids who qualify will go, and we will do whatever it takes to get them there."

When thinking about barriers, McAuley encourages young Aboriginal women to "be true to yourself. Being from the North is something you can draw strength from. You are part of something."

She hopes that her granddaughters continue in the canoeing tradition. Her message to them is "Be consistent, be persistent."

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Questions & Inquiries: **Derek Rope** (306) 292-5277 **Jordyn Burnouf** (306) 420-7063 **Email:** info@saskatf.ca

www.saskatf.ca for registration & volunteer sign-up



TERRENCE SUNSHINE

Industrial Painter

"I ENJOY the change of scenery and change in the scope of work; they're always changing. It feels great to look at a finished product and see how you were a part of it."

Terrence Sunshine: *A career that's suitable for framing*

When Terrence Sunshine talks about the aspects of his job that he enjoys, it paints a pretty clear picture that he's on the right career path.

Sunshine is an industrial painter, a craftsperson who specializes in industrial surfaces. His work involves the preparation of surfaces, applying coating to surfaces, faux finishes and wall coverings (brush, roll and spraying applications).

"I enjoy my job because I get to travel to different job sites throughout the city, the province and now other provinces," said Sunshine, who was born on Fishing Lake First Nation and now resides in Winnipeg. "I enjoy the change of scenery and change in the scope of work; they're always changing. It feels great to look at a finished product and see how you were a part of it."

As he was growing up, Sunshine considered a number of different career options. He attended the First Nations University of Canada and spent a few years studying indigenous studies and political science. He then began working as an assistant for his brother, a foreman who had been painting for years. From the beginning, he fell in love with the trade.

While working on a job site in Manitoba, Sunshine met some painters who were part of the Interprovincial Standards Red Seal Program, meaning they can practise their trade anywhere in Canada where the trade is designated without having to write further examinations. They encouraged him to get involved in a union and become registered as an apprentice.

Sunshine joined the International Union of Painters and Allied Trades, Local 739 and attended Red River College in Winnipeg. He said that joining the union was one of the best work decisions he ever made.

"I really appreciated that they could help me further my training," Sunshine said. "Once your training is done, they do a great job in helping connect you with job opportunities. Of course, there are plenty of health and other benefits."

"It feels good to have the confidence of having a union behind you on a job site. Of course, just because I have a ticket it doesn't mean I know everything. I'm still learning after 10 years in the trades and I don't walk around like I know everything."

Sunshine has had the opportunity to work on some exciting projects. He was part of a large maintenance project at the Fort Garry Hotel in Winnipeg. He said the project involved a lot of colour matching, as every room was different, so it was a challenging but satisfying project. He's also done some work for K+S Potash, which involved some abrasive blasting (forcibly propelling a stream of abrasive material against a surface under high pressure to smooth, roughen or shape a surface or remove surface containments).

When he's not on a job site, you still might find Sunshine painting these days.

"Right now my wife and I are preparing for the birth of our first child," he said. "We're busy preparing and getting the nursery ready."



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"I REALLY APPRECIATED that they could help me further my training," Sunshine said. "Once your training is done, they do a great job in helping connect you with job opportunities. Of course, there are plenty of health and other benefits."



International Union of Painters
and Allied Trades, District Council 17
168 Higgins Avenue Winnipeg, MB R3B 0A8
TEL (204) 943-2497 FAX (204) 942-6872
EMAIL jsedor@dc17.ca

saskbuildingtrades.com