

2015—2016 Oasis 23rd Annual Report

On behalf of the Nipawin Oasis Board of Directors we would like to welcome you to the Nipawin Oasis Community Centre and thank you for attending our 24th Annual General Meeting.

On behalf of the Nipawin Board of Directors, I would like to thank Joy Hanson , Executive director, and the employees for another successful year. As a result of your hard work and dedication, the Nipawin Oasis has become a sustainable non profit organization recognized by federal, provincial and municipal agencies. The Nipawin Oasis is becoming the hub for the Northeast due to your dedication and hard work and we thank you for this.

I would also like to thank the Board of Directors for their support, dedication and their time they gave out of their busy schedules towards the success of the Nipawin Oasis Community Centre. Due to your dedication and support you have given, the Oasis Centre has become well recognized.

We would like to thank the participants, funders, volunteers, members, supporters, and donors that provided support this year. Programs that are being offered through the Nipawin Oasis have provided positive results for program participants.

The Oasis this year is operating programs in the areas of Culture, prevention, mental health, family support, housing support, family literacy, nutrition, community inclusion, drop in support and youth programming.

We are thankful for the funding , financial and volunteer support we received during this fiscal year. 2015-2016 we received capital funding for major upgrades for replacing windows and a van. Support dollars are coming from federal, provincial and municipal governments which is very appreciated by the Nipawin Oasis Board of Directors.

Garry Schenstead
Nipawin Oasis Board President

I would like to thank everyone for their support, participation, hard work, coaching, mentoring, volunteering and funding this year. Thank you to Gary and the board for continuing to provide the support and stability that is needed for the organization. I want to especially thank Stacie who has looked after the financial end of the Oasis for many years. You did a terrific job and will be missed! We have a dedicated and hardworking team at the Oasis, who give it their all! Thankyou for being such a pleasure to work with :) We have many volunteers and support workers that are so supportive of the work we do and we couldn't do it without their support, guidance and involvement. Thankyou for being there :)

Joy Hanson
Nipawin Oasis Executive Director

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If you would like more information please email nipoasis1@sasktel.net or call 306-862-5551. we also have a website www.nipawinoasis.com.

Please like us on
Facebook :) Always looking
for donations and volun-





WHAT IS THE OASIS COMMUNITY CENTRE?

The Nipawin Oasis is a community resource centre that provides cultural, prevention, educational, and intervention programming, services, support and employment opportunities to the community of Nipawin and area in Northeast Saskatchewan. Approximately 150 individuals use the centre weekly.

The Centre operates its activities and conducts its affairs under the Co-operatives, 1996 Act and is registered with the Saskatchewan Ministry of Justice with the Corporation Branch. The Community Centre is also registered with the Government of Canada with the Canada Revenue Agency as a registered charity. There are no dividends or interest on share capital to the members or patrons and no part of the surplus is to benefit the members or patrons.

The Board of Directors serve in a solely volunteer capacity of the Co-operative and are elected from the membership. The board meets monthly along with the advisory committee to review the



Co-operative's financials, mission and objectives while identifying potential risks and opportunities in consultation with stakeholders. The direction determined guides the operations of programs and services in the development of plans and annual goals.

The Nipawin Oasis Community Centre Co-operative Limited was incorporated in 1992.

BOARD OF DIRECTORS 2015/16

President

Garry Schenstead

Vice—President

Senator Philip Head

Treasurer

Shannon Kormos

Directors:

Diane Berge

Arnold Schellenberg

Ron Saretzky

Tom Weegar

Sharon Meyer

Noreen Moore

Riley Umpherville

ADVISORY COMMITTEE

Vice Chief Robert Whitecap—Red Earth

Chief Carlton Bear—Shoal Lake

Kelly Baron—Social Services

Ray Serak—Town of Nipawin

EMPLOYEES (2015/16) (CURRENT)

Joy Hanson

—Executive Director

Charlene Flett

- Executive Assistant

Stacie Simon

– Accounts Controller (part time)

Harriet Burns/Lorraine Gidilewich

—Cultural Leader (part time)

Vickie Lake

- Family Support Program Coordinator

Sonya Charles

—Family Support Specialist

Patricia McGillivray

– Family Support Specialist

Doug Lowe

– Mental Health Program Co-ordinator

Kayla Bear

—Youth Program Coordinator

Heidi Folster

—Youth Program Leader

Keith Bartram & Trish Smoke

- Homelessness Support Workers

Jillian Carriere

— Summer Student

Bonita Cook

—Summer Student

Debbie Cramer/Terry Snider/

Phyllis Snider – Janitorial (part time)

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

Support Staff – Summer students, Cultural Advisors, Youth workers, Odd jobs, building maintenance

VISION AND MISSION

Our Vision:

Our Centre will be a place where people care, belong, and get involved. Our Vision is to be one of the leaders in building an inclusive, supportive, safe and healthy community.

Our Mission:

We are a Community Resource Co-operative Centre that provides cultural, prevention, educational, and intervention programming, services, support and employment opportunities to the community of Nipawin and area in Northeast Saskatchewan.



We strive to provide opportunities and **CHOICES** along with the values of:

Caring, supportive, non-judgemental, and respectful, using a

Holistic approach that promotes wellness and that provides

Opportunities and uses as its guides

Integrity which is accountable, transparent and responsible valuing a

Community that works together and that is

Effective in meeting the needs of the community and provides

Security within a safe, respectful, supportive environment.

Our programming focus is on **CRAFTS** which also serves as a strong foundation for the cultural, personal and leadership development of the youth, individuals and families

Caring and Culture

Relationships

Action

Food and Fun

Teamwork and Time

Safety and Security

The Oasis was conceived as an umbrella that promotes sharing between user groups. The ownership, financial support, and responsibility for programs is shared by the local community (through the Board, volunteers, and local fundraising), local, regional and provincial agencies.



Where people can come together in an environment where they feel secure enough through care to belong and connect to themselves, peers, and mentors and given ample opportunity to succeed both in and out of the group. The groups provides a life-long learning opportunity and the freedom to excel and build strong leadership skills for themselves, families, and community as a whole.



2015—2016 OASIS PROGRAMS AND SUPPORTS

Family Support Program—Northeast Region

Family Literacy Programming & Resources—Northeast Region

Youth Nutrition, Literacy, Culture Program—after school (grades 1-12) (Mon.—Thurs.)

Women and Girls Beadwork Program— weekly

Traditional Time—weekly—Northeast Region

Healing Circle—bi-weekly—Northeast Region

Men's Breakfast Group—weekly

Youth Community Inclusion Program—Bridge youth to Girl Guides/Air Cadets

Women & Girls Exploring Trades Program—”Try a Tool” —Northeast Region

Mental Health Support Program - COPE (Mon. & Thurs)

Mental Health Provincial Summer Camp

Homelessness & Drop in Support Services/Opportunities—phone, fax, photo-copy, computer, internet, resume, portfolio, life skills, gardening, yard work, volunteer, fundraising, nutrition, emergent needs, housing and home support, giveaway shed, literacy, tutoring, community hours, alternative measures support, community events and inclusion, transportation, employment and personal support.

Community Christmas Concert with funds going to the Oasis. Thanks to Hughene Day for organizing and to the Seniors Centre for donating the space :)



STATISTICS 2015_16

# participating in literacy events	1235	# of participants (individuals) accessing services and supports	394
# participating in cultural programming	1531	# of Adults	249
# of Meals and snacks served in CNDP/CIF (youth & families)	5445	# of Children	29
# participating 2015_16 in CNDP/ CIF (youth and families)	3167	# of Youth	124
# “Try a Tool” Project	2215	# of Families	97



“ In growing up, a child should know some joy in each day, and look forward to some joyous event for the morrow.” (Hobbs 1982)

SIGNIFICANT EVENTS/OUTCOMES 2015-2016

Youth:

Air Cadet camps—winter and summer survival
Girl Guide camp—Heritage Lake
Golf program - Rolling Pines Golf Course
Older Sister Program (4 wk) —partnership with Arborfield school —Munden Coates
Air Cadets—youth on the Air Cadet marksmanship team—won provincials
Constant Reminder—attended 2 concerts and they came and talked to the youth at the Oasis
Tobin Lake Craft Sale

Family Literacy & Professional Development

Family Literacy/Parent & Tot Kitchens (monthly)—partnership with KTHR—Rhonda Teichrob—
Harold Johnson—author—lunch and learn
Regular posting to Facebook groups—Oasis recipe, parenting, literacy, cultural groups
Purchased several literacy books and cultural resources
Developed literacy activity bags
Hosted 2—Introduction to Family Literacy Sessions
Attended Family Literacy Facilitator training in Saskatoon (3)
Hosted—Come Read With Me training at the Oasis
Partnered with Nechapanuk for Oasis families to take the Parent Mentor-
ing program
Started the weekly Men's Breakfast Club
Family Activities & Outings —swimming, bowling, Regional Park, cooking,
Financial Literacy—Train the Trainer course Saskatoon (2)
Financial Literacy Workshops at the Oasis—5 sessions
Women's Support Group
“Try A tool” program—2215 youth participated

Prevention/Health/Wellness:

Lunch and Learns
Living with Chronic Illness workshop at Oasis (4 sessions)
Healing Circle
Mental Health Support Group
Oasis garden
Christmas Party with PA Mental Health support group
Mental Health Provincial Camp
ASSIST training course at the Oasis
Mental Health First Aid—2 day course— at the Oasis
Anger Management—Tame the Tiger—Train the Trainer—Prince Albert

Culture Activities:

National Aboriginal Day Celebration—June 21
Culture Days—Cree Culture and Language Celebration —Sept. 25
Red Earth Wild Meat Distribution—at the Oasis
Weekly Traditional Time—Wed 10-3—Beadwork, Moccasins, Moss bags,
Bonnets,
Red Earth Culture Camp—Red Earth
Stanley Head Memorial Dinner
Medicine Wheel teachings
Women and Girls Beadwork weekly program
Shoal Lake Health Fair
Cree Singing workshops
James Smith PowWow



FAMILY SUPPORT PROGRAM

The Family Support Program has been funded for a second year by the Ministry of Social Services under two contracts, mandated and diversion. Mandate is to provide support and education to families drawing from resources such as the *Triple P-Positive Parenting Program*, the *Nechapanuk Parenting Program*, *Your Journey Together*; as well as supplemental resources such as the Financial Literacy Program and the *Taming The Tiger* Anger Management Program.

The Family Support Program staff members are: Victoria Lake, BSW RSW (SK), as the Family Support Co-ordinator/Specialist, Patricia McGillivray as a Family Support Specialist, Sonya Charles, BSW, as a Family Support Specialist, and Barb Isbister as a Family Support Specialist providing assistance in the healthy development of families and children in the Northeast area.

The Family Support Program goals are:

To maintain the family unit and well-being of the child or children

To enhance family wellness

To empower families

To ease reunification between children in care and their families

Some quotes from families:

Oasis is a safe and welcoming environment.

The Oasis staff members have helped me get back on a good path.

I enjoy Traditional Time because I learned how to make buns. I can't wait to make these at home.

I know they are there when I need them.

Oasis helped me to stay positive even when things were not going good in my life.



FAMILY SUPPORT PROGRAM CONTINUED

Under the mandated contract, the objective of the program is to provide in home support and education to parents whose children are at risk of coming into the care or who are in the care of the Ministry and where there is an established reunification plan to return them to the care of their parents. The mandated service program outcomes include:

Parents have increased knowledge of healthy parenting

Parents have increased community ties

Parents exhibit healthier parenting behavior

More children are returned to parents

Fewer children of the parents are placed in out-of-home care at a later date

Under the diversion contract, the objective of the program is to provide direct support services to individuals and families by providing assistance in accessing community resources that will divert them from the need for intervention and protection services through the Ministry's Child and Family Services Program. The diversion service program outcomes include:

Families have knowledge of their strengths, skills, stress, and risk areas

Parents have increased knowledge of child development, positive parenting skills and strategies

Parents can identify and use formal or informal community resources

Parents have established and are using a support system that relies less on intensive services from the Ministry and other human services

Children who are at risk of coming into the care of the Ministry are able to reside in the family home



FAMILY LITERACY PROGRAMMING

The Nipawin Oasis has become the 11th Family Literacy Hub Service provider serving the northeast of the province with funding from the Ministry of Education— Provincial Library and Literacy Office.

The primary objective is to ensure that North-east families have access to family literacy programs, services and supports to strengthen literacy development at home and in their community.

Current Literacy programs offered at the Oasis are:

Parent and Tot Day - Second Tuesday of every month 11—1

Youth Literacy—after school Mon.—Thurs.

Traditional Time—Family Literacy—Every Wed from 10—3

“Try a Tool” program—April—June (scheduled dates)

Summer Literacy camp—July & August

Family Literacy Weeks— Dec. Winter Break, Feb. Winter Break and Spring Break

Jan. 27 - Family Literacy Day Celebration

June 21—National Aboriginal Day and Intergenerational learning

Sept. 25—Culture Days—Intergenerational learning

Computer & Internet usage—public use

Library Resources - includes Cultural resources and Red Earth History

Community Literacy Events, Resources, and education



Facebook:

Nipawin Oasis Parenting group— <https://www.facebook.com/groups/1456353187932702/>

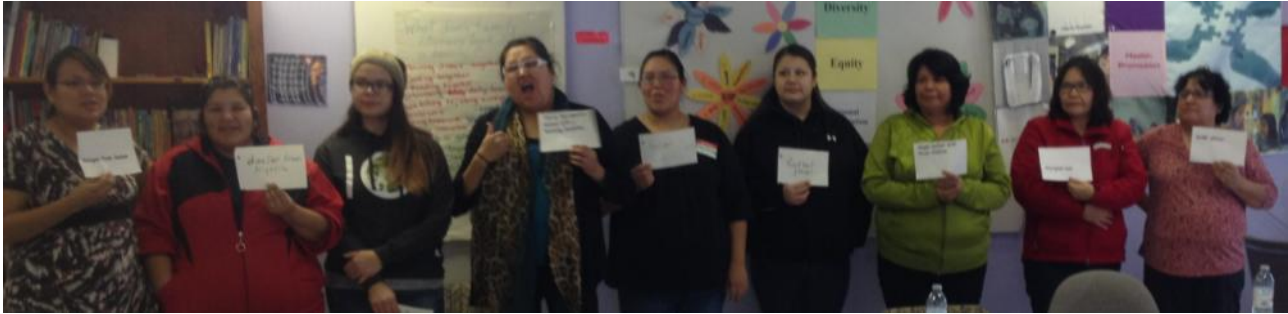
Nipawin Oasis Cultural group—<https://www.facebook.com/groups/1435786793328133/>

Nipawin Oasis Recipe group—<https://www.facebook.com/groups/388745721263475/>

Nipawin Oasis Craft group—<https://www.facebook.com/groups/1487451708143078/>

Nipawin Oasis Literacy Group—<https://www.facebook.com/groups/349294951927436/>

FAMILY LITERACY PROGRAMMING CONTINUED



We offered several literacy opportunities this year they were:

1. May 22 – Introduction to Family Literacy - SLN- 12 participants
2. Oct. 22,23, 4 – Financial Literacy training with Read Saskatoon (2 attended)
3. Oct. 27 & 28 – Family Literacy training in Saskatoon (3 attended)
4. Nov. 16 – Intro to Family Literacy (18 participants) SLN
5. Nov. 17 & 18 – Come Read With Me training SLN (15 participants)
6. Parenting program with Nechapanuk – 6 months – 2 days a month – Oct. – March 2016
7. Weekly evening Women & Girls Beadwork program at the Oasis (avg 10-15 a week)
8. Weekly Traditional Time 10-3 at the Oasis (avg 20-40 a week)
9. Weekly Men's Breakfast Club – started in Sept.2015- March 2016 (avg 10-15 a week)

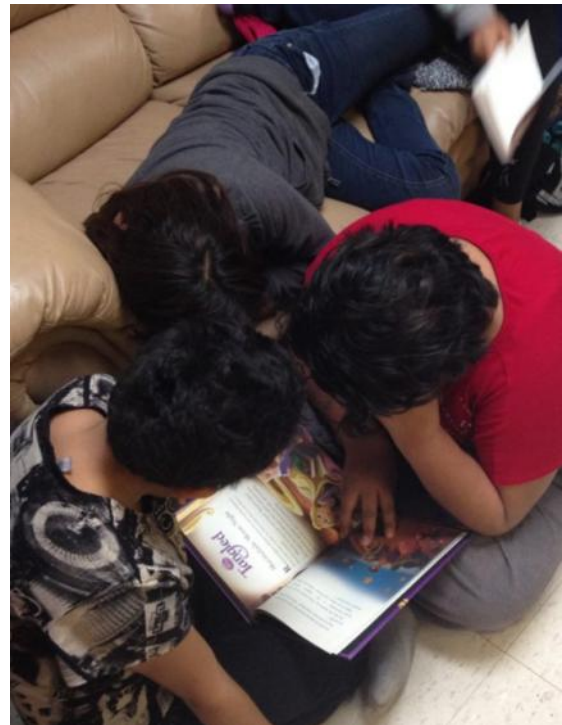
Literacy Circles at the Oasis – youth and family

Monthly Parent & Tot Kitchens at the Oasis (avg 10-20 a month)

12. Oasis Cultural Leader Harriet Burns providing cultural and parenting workshops at schools in the area
13. April 18 – Harold Johnson – author did a reading and workshop at the Oasis
14. Book Giveaways from donations and First Book Canada



FAMILY LITERACY PROGRAMMING CONTINUED



15. Cree Singing Sessions with Red Earth Cree Nation

16. ASSIST Training – Aug

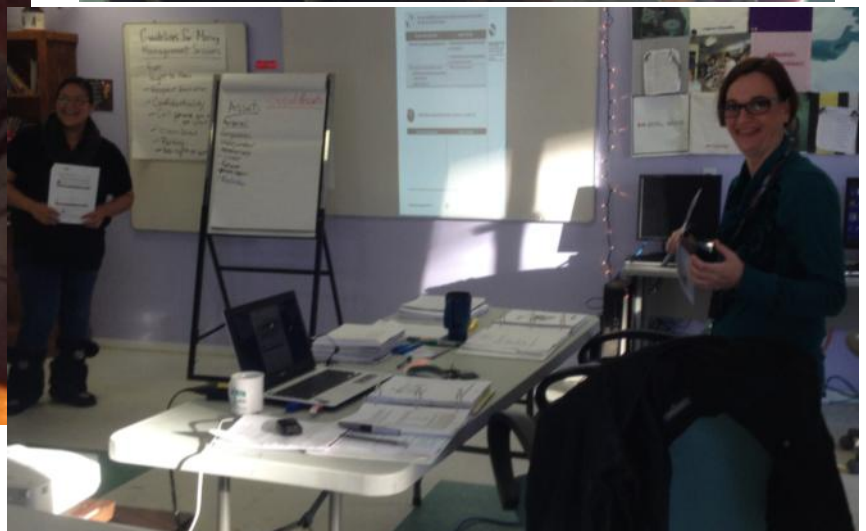
17. Culture Camps/Winter Festival at Red Earth and Shoal Lake

18. Mental Health First Aid – Dec. 8 & 9 at Oasis

19. Tame the Tiger Training – Dec. 9 & 10

20. Financial Literacy Workshops – 5 sessions (5-6 participants each session)

21. Living with Chronic Illness—6 sessions in Winter held at the Oasis and lead by Doug Lowe



FAMILY SUPPORT/LITERACY PROGRAMMING—PARENT & TOT

This program is offered once a month and is facilitated by Rhonda Teichreb, KTHR Early Childhood Development Coordinator with activities and support from the Oasis Family Support Employees. The aim is to bring parents with infants and toddlers together to increase their knowledge



literacy, solid foods for infants and healthy eating.



in various child health and development topics, while having fun and socializing with other parents. Topics covered so far are, infant stimulation, songs and rhymes, family



HAROLD JOHNSON—CREE AUTHOR



On Saturday April 18th we were honoured to have author Harold Johnson at the Oasis. There were 50 in attendance and enjoyed by all. He talked about his life and since there was snow on the ground he told a story. He also did a reading from his book *Charlie Muskrat*. Harold is an author of 4 books *Charlie*



Muskrat, The Cast Stone, Billy Tinker, Two Families—Treaties and Government, and Back Track.



He will be

launching his latest book in the fall and we are hoping that he will be able to come to the Oasis again. Harold was born and raised in Northern Saskatchewan, he has a Master of Law degree from Harvard University. He has served in the Canadian Navy, and worked in mining and logging. Two of his books have won Saskatchewan book awards—*Two Families Treaties and Government* and *The Cast Stone*. Johnson practices law in La Ronge, Saskatchewan and balances this with operating his family's traditional trap line. The evening followed with a dinner and sharing.

CHILD NUTRITION DEVELOPMENT PROGRAM

This program is funded by Ministry of Education and the Community Initiatives Fund,

This program teaches good nutrition practices for children, youth and families, and helps develop independent living skills for children and their families including new ways to prepare food, budgeting, shopping, safe food handling, preserving, Cree culture, literacy and outdoor activities. The youth are picked up at school and driven home after the program.



The after school nutrition program runs from Sept to June, for three hours each day from Mondays—Thursdays. During the summer months we ran a youth nutrition and literacy program for teens due to the increasing need and aging out of the regular after school program. This year we will be operating a family and youth summer literacy and nutri-

tion program as requested by the youth and families. There is also additional programming for Parent and Tot programming, Family kitchens, special events, weekends, and includes bridging to community programs and activities.

Since the program began youth have been learning kitchen safety and how to cook using simple yet healthy recipes by working together. Other activities : Cree language and culture, nature walks/hikes, learning about various local plants and animals, outdoor scavenger hunt, visiting Regional Park,



literacy, sliding, swimming, Christmas party with parents, carpentry, various arts and crafts, try a tool activities, skiing, fundraising, various games to increase social skills, community events, leadership skills, and self esteem building.

Youth Program Leaders are Kayla Bear and Heidi Folster with support from Cultural Leaders, parents and volunteers.

SUMMER PROGRAM

The Nipawin Oasis youth and family culture, nutrition and literacy summer project followed a holistic approach working with youth and families that are vulnerable and at risk. It included after school youth and evening programming, bridging youth to existing community programs, leadership development, youth exploring trades & technology program, family



ing and other activities.

Project was successful. Increased level of interest and engagement of families and youth in the Oasis programming throughout the summer months. La-Ronge evacuee Michelle Hopper was able to help with the group (teacher) cultural teachings and literacy. Programming involved summer student employees – developing programs, research and delivery—Raquel Chaboyer & Kayla Bear and Hilda Roberts youth program leader.



literacy, Cree culture and language, physical activity, nutrition, community inclusion, health and wellness, social skills, family support, and professional development of employees and volunteers. It also included physical activity through golf program, swimming, ball, camping, and outdoor cook-



SUMMER PROGRAM CONTINUED



As a result of the high level of participation of teens in the program and developing leadership skills – 6 of the teens will now be junior leaders for the afterschool Oasis youth programming. Also opportunities for fundraising activities (bake sales and craft sales - 4 and community volunteerism for fair cleanup. Also able to bridge youth to



attend cultural camps and other community camps. Youth also participated in cultural teachings of moss bags, cradle boards, sewing, bonnets and beadwork. Golfing partnership with Rolling Pines Golf Course allowed – 8 days of golfing with 90 golfers. Volunteer carpenter did some work with the youth on building a workshop area and shelving in the shed.

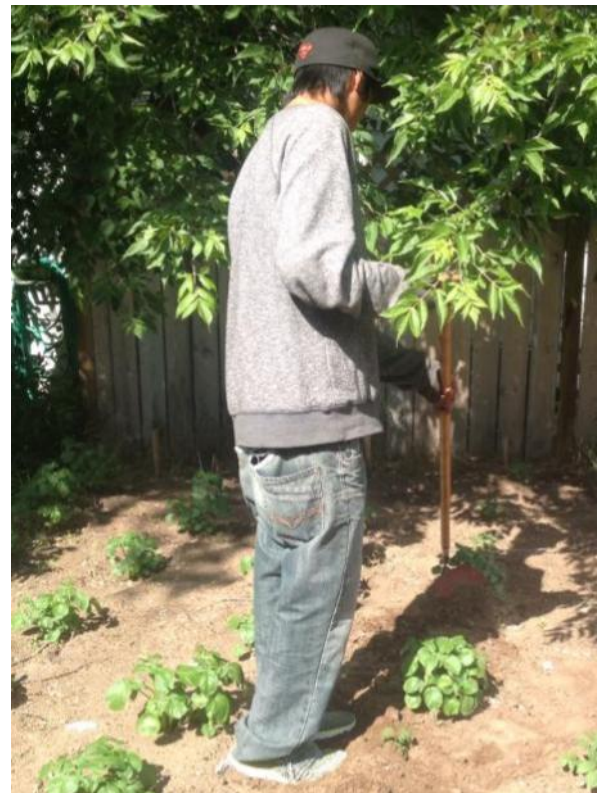


OASIS GARDEN

This is the second year for the garden and thanks to Stacie Simon for leading this project :) Enjoying all the fresh vegetables while the youth and other participants are enjoying learning how to weed, water, prepare and preserve the produce. Yum Yum! The interest was so high



that this year we are adding an additional garden spot to the program at Codette.

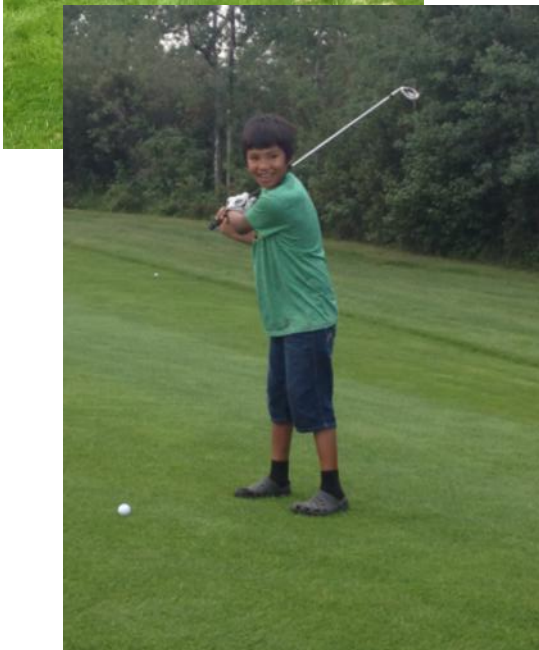


YOUTH GOLFING PROGRAM AT ROLLING PINES



We are very thankful to Debbie Arnst of the Rolling Pines golf course for their support and applying for the MAPP grant which allows the program to be partially funded. Also many thanks to the volunteers that took the youth golfing with them. This enables the Oasis youth to

experience the pleasure of learning and playing the game of golf. Superb lessons as always were given by Derrick Tallon. To practice the youth enjoyed the Nipawin Golf Course driving range as well with thanks to Derrick for supplying the range balls :) This will be continuing in 2016 as well.



CULTURE AND COMMUNITY INCLUSION PROGRAM

This program includes Cree culture and language, literacy, community events, outdoor and physical activities. The Oasis also provides support and trans-



portation for the youth to attend Girl Guides and the Nipawin Air Cadet program.

Yearly activities have included beadwork, outdoor cooking, bannock making, sledding, skating, storytelling, scavenger hunts, camping, skiing, shopping, swimming—Melfort and Nipawin, bowling, outings at the Regional Park, nature walks, cultural teachings, jigging, traditional cultural teachings, and time with Elders and Cultural Advisors.

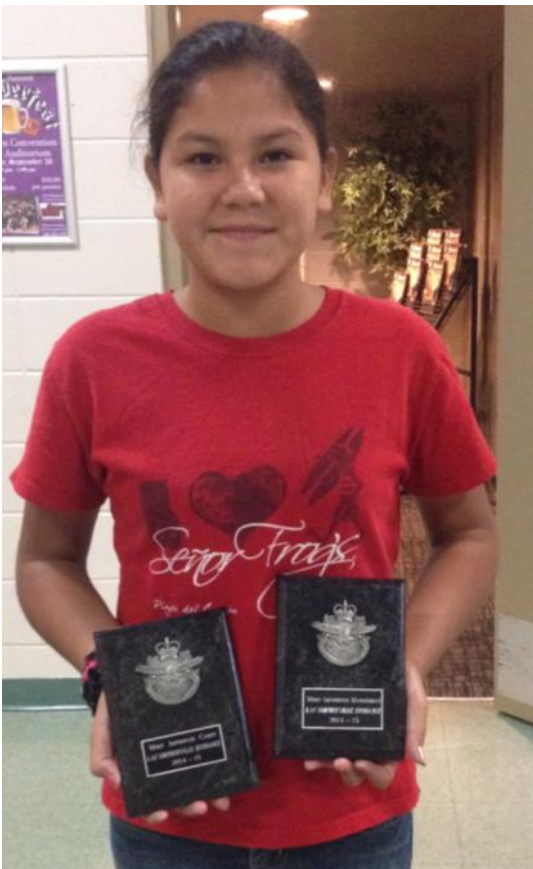
This program was led by Harriet Burns and other cultural leaders and volunteers. Funded by SaskCulture, , Community Initiatives Fund, and the TIP community grant.



CULTURE AND COMMUNITY INCLUSION PROGRAM

My name is Sundance and I am an Air Cadet who got involved in marksmanship. I did well so I went to Provincial's Marksmanship in Regina. I went there with my team made up of 5 Air cadets. We placed 1st overall in Regina and moved onto Nationals where we placed 8th. We wouldn't have made it this far if we hadn't

practiced. Every week on Tuesday evening 6-8 we practice at the Nipawin Fish & Game hall. Oasis always provided a ride for me. The Oasis always encouraged me to go to all the practices, they supported me, told me how good I am and how I can be better. They also told me to stick it to till the end.



I'm Mattea and last year along with my fellow room mates we competed and won provincial marksmanship. We competed in Regina where we placed 1st in provincials and 8th in Nationals . This is one of my most proudest achievements. It took a long year of practise and determination to make it this far but I couldn't of done it by myself. I was always encouraged by my captain and the Oasis to do my best at every practice. Thanks to the Oasis I was able to attend practices regularly as they provided transportation for me. The Oasis pushed me to shoot to the best of my ability in which I have no doubt helped me become a better shooter. Thanks to the Oasis and Air cadets I had the opportunity to discover my

new passion of marksmanship.

CONSTANT REMINDER



The youth held bake sales to fundraise to be able to attend two of their concerts. Constant Reminder surprised the youth with a visit and positive message about education and played a few songs for the youth at the Oasis :)



WOMEN & GIRLS EXPLORING TRADES PROGRAM

Program is to identify and provide opportunities to prepare First Nation and Métis girls, youth and women from Nipawin and surrounding First Nation communities for technology and trades careers. Program includes the “Try a Tool” project, house repairs, painting and dry walling.

This program is funded by Ministry of Education—Literacy Office and Sask-Power.



4 Week Older Sister Program with Arborfield School led by Munden Coates.

This was a partnership with the Nipawin Oasis, Arborfield school and instructor Munden Coates along with role models from the

Arborfield school. The girls from the Oasis traveled to Arborfield where they had a meal together and did a variety of activities such as fun photography, carpentry, gymnastics, games, and crafts.



“TRY A TOOL” PROGRAM

This is a continuation of a project that began in 2013 with 23 hands on activities that engaged youth towards utilizing tools that would encourage them to consider trades as a possible career. Due to the success of the project it has been expanded and enhanced this year to over 40 hands on activities involving Cree language and culture, math, science, mechanical, processes, various trades skills, and electrical activities. This project is funded by SaskPower.

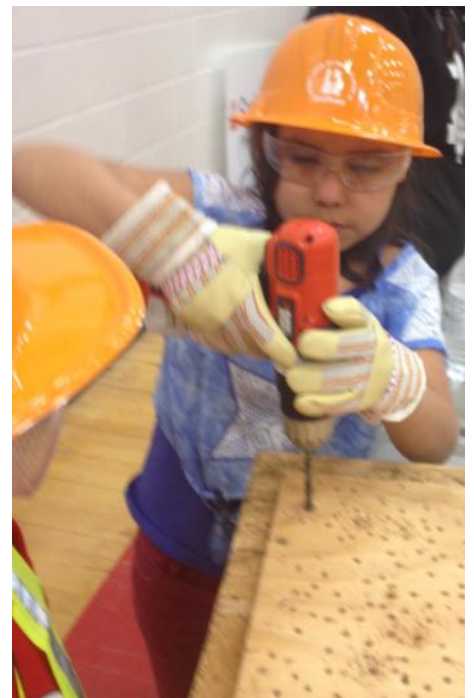
This year we went to the following schools in the spring and again in the fall (over 2000 students) —Shoal Lake Cree Nation, James Smith Cree Nation, Red Earth Cree Nation, Village of Cumberland House, Cumberland House Cree Nation, Kinisten Sauteaux Nation, and Whitefox School. Role models are from the Nipawin Oasis carpentry program.



morning and talked with high school students about the project and the various careers at SaskPower and in the trades, the importance of math's and sciences, electrical safety, power conservation and environmental protection. We then worked with some of the high school students "Train the trainer" so that they could assist with the delivery of the activities to the students from k—6 in the afternoon. We are continually adding new activities for the youth. Interest in the project has been high from the students and the teachers as well as other schools have heard about the project and would like us to go to their school.



We went
into the
schools
in the



HEALING CIRCLE



Healing Circle with Elders Evelyn and Riley Burns from the James Smith Cree Nation and Marguerite Riel Centre every two weeks where support for the survivors of residential schools and their families have a place to share their stories and find support for trauma that continue to affect families today.

The healing circle is a First Nations healing model with the intention of specifically addressing or healing an individual or individuals with traumas and addictions from effects such as the Residential Schools.

The Healing Circle involves a group of people that come together to create an atmosphere in which everyone feels free to share stories about personal barriers or trauma's. Different topics are discussed that include Indian Residential School trauma, marriage and relationships, domestic violence, alcohol and drug addictions, parenting and other family issues etc. Participants of this support program choose the topics for each week. At the end of each session an Elder shares their knowledge and provides words of encouragement. We would like to thank Marguerite Riel Centre for their support of providing Elders for the healing circle.

MEN'S BREAKFAST PROGRAM

The Men's Breakfast Group meets each Tuesday morning beginning with planning out our meal and then shopping for ingredients.

The Group decides who will do what towards cooking the meal (with myself involved as well) while the rest of the Group get to know one another visiting and drinking coffee. Clean up is on a voluntary basis.

We try to pray before each meal and usually someone can do the blessing in Cree, then English. The Group shows great respect for this and it seems it is still a tradition at any gathering. After the meal, we have some group discussions on a variety of subjects.

The Group is slowly increasing in numbers by word of mouth and we are getting several coming back week after week. This group is lead by Doug Lowe with support from Cultural Leaders.

MENTAL HEALTH SUPPORT

The COPE Group continues working towards helping clients build self-esteem and self-confidence. The COPE Group provides Clients with something to look forward to as well as something to do two days each week at a safe place where everyone is treated with respect and are all considered equal – the Oasis Centre!

The COPE Group is slowly breaking down the barriers that people with mental illness face. The Clients experience two noon meals per month provided through the COPE Group.

Because of the COPE Group our Clients are experiencing considerably fewer trips to the Prince Albert or Saskatoon hospitals with some folks celebrating well over 10 years of not being hospitalized. This equates to a great service to our Clients and a huge monetary savings in Hospital costs (i.e. taxpayers)

The COPE Group is also a great help to our Mental Health Nurse, Christina Reimer, as she can meet with the Group and address any concerns they may be experiencing at the time and also gives her the opportunity to observe how the Clients are doing.

We meet every Monday and Thursday of the week. In addition to our regular meetings, I also provide trips to the bank, post office, store, medical appointments in Nipawin as well as in Prince Albert and Saskatoon. There are trips for coffee, visiting (especially if someone is feeling down). I answer phone calls from any one of the group day or night when they just need someone to listen. We help fill out forms, explain letters that aren't understood, advocate at medical appointments, interviews, help finding housing, and help people to stay in their current dwelling by assisting them to meet the conditions of their rent.

Some of our activities during the year:

5 day joint KTHR & PA Health Region Camp at Christopher Lake which I coordinate

Picnic at the Park where we hosted the Tisdale Group

House boat cruise & Lunch

Speakers from Nipawin Legion

Speakers from Nipawin RCMP

Joint Christmas Social with Melfort & Tisdale (hosted by Tisdale)

Valentine Party in Prince Albert at The Nest (lunch, activities, prizes)

Private Movie showing of new Star Wars Movie at Falcon Theatre in Tisdale, along with groups from Nipawin HandiWorks

COPE members volunteered at the Nipawin Exhibition (set up & take down)

COPE members volunteered to set up and take down chairs, also clean up at Country Music Concert

COPE members helped a Group member get ready to move & then moved her into Cedar Manor.

COPE member took part in a Living With Chronic illness course (one day per week for 6 weeks) which I Co Lead.

Funded by the Kelsey Trail Health Region – the COPE program supports people diagnosed with schizophrenia, depression, bi-polar disorder and other chronic mental health problems.



MENTAL HEALTH SUPPORT

Some comments from the participants of Cope.

“At Cope group we have had various speakers including a lady who spoke about the parks. There was an RCMP officer who talked to us about froud. That was interesting. It was interesting to hear that we have 14 parks in Nipawin. There was a lady who spoke about Wounded Warriors and how they have helped seniors especiall ones with PTSD. We have been on a casual boat ride. We had a meeting at the park which was fun. As well we have travelled to PA a couple of times to meet others. That was good.

COPE helps me to cope.....

In June we go to camp for 4 days. This camp is fun. We get to see our friends that we haven't seen for a year. We also went for a boat ride down the Sask. River. We had pizza and pop. That was so much fun. Now back to Cope. We have meals twice a month. We also had a speaker. When we have time and the people we go to bowling. That is real fun. We also go to the park to have lunch. At Xmas time Doug took us to the park to see the lights. At Cope we play cards and sometimes Bingo. This Cope is a real nice place to come too. To me it means a lot.

We played Bing, visited, had meals and coffee in the fall and winter time. In Feb we went to PA and had a meal and dance that was nice. Spring and summer we will busy with camp. Its nice to come here and visit and see people I enjoy it. The houseboat ride, the Halloween party and Christmas party and to see the Christmas lights was fun.

Went to camp in June. We went on a houseboat ride, had pizza, chips, pop for snacks. We went on a picnic at the regional park. We had lunch on Monday and Thursday at Oasis on Cope group. We played bingo at Oasis cope group. We went to PA for valentine party. We went to Melfort for a Christmas party. We went to the bowling alley to bowl.

“What I like about going to the Oasis is there are people that have the same illness and we get together and have coffee, play cards, sit and talk. If we are down about something we have somebody to talk to. They take us to camp, on picnics and outings too. We have Halloween party, Christmas dinner and meet two times a week.”

CULTURE PROGRAMMING—TRADITIONAL TIME



Traditional Time is funded by SaskCulture and is lead by Harriet Burns and community cultural leaders. It is held every Wednesday from 10—3. The time is spent cooking traditional foods, sharing,

beadwork, making moccasins, having fun and supporting one another. Activities have in-

cluded singeing ducks, duck soup, goose that tastes like moose stew, bannock, “Indian cake”, participating in Wake service, Cree singing, Cree language, beadwork, moccasins, sewing, bonnets, moss bags, quilting, cultural teachings, outdoor cooking, and loom-



Several of the women have gone on to start their own businesses selling moccasin, moss bags, mukluks, canvas bags, bonnets, baby wrap arounds, dresses and other beadwork items. The women have also passed this onto their children and the girls are doing beadwork. Look for next years project of beaded doll program for women and girls.

Good night everyone. The day was awesome. Had a great time at the Oasis Center...lots of laughs with good friends.



Oasis celebrates National Aboriginal Day June 21

Sponsored by Canadian Heritage, SaskCulture and Community Initiatives Fund

On June 21st 2015 the Nipawin Oasis hosted its 3rd successful National Aboriginal Day Celebration with Elders, and Cultural Leaders. We had a high number of youth and families attend the weather was beautiful, lots of volunteers and the hands on activities were enjoyed by all. Activities including food were all at no cost. The Nipawin Journal wrote an article on the event. We had Elders and Cultural Leaders provide cultural teachings on cradle boards, beadwork, moss bags, bonnets and dresses. The children enjoyed the watermelon eating contest and the neck bones and traditional crafting.

National Aboriginal Day Serving Up Tradition—written by Jane Boehr—Nipawin Journal June 23, 2015



The Oasis Centre was a buzz with activity on National Aboriginal Day. Children were gathered for a hotdog and bannock lunch in a teepee set up in the front yard, while parents sat and watched as they sipped their Tim Horton's coffee. Women were gathered indoors making clothing for infants such as dresses, bonnets and laundry sachets. There were other young people doing detailed beadwork, each with his or

her own task. The fine beads strung together made up beautiful images of flowers. Over in the kitchen several young women were elbow deep in white flour as they prepared the Bannock, which is a traditional Aboriginal bread of sorts.

Annette Nawakayas and her friend Hilda Roberts were busy working away in the kitchen at the Oasis Centre. They each had large metal mixing bowls full of flour and baking powder. The combination wasn't precise but each lady knew how much was needed for the recipe. *Photos courtesy of Nipawin Journal*



Oasis celebrates National Aboriginal Day June 21

Sponsored by Canadian Heritage, SaskCulture and Community Initiatives Fund

With the flour up to the rim they mixed the bannock by hand. Roberts asked if we noticed there were no measuring cups. Here, the recipe and amount of each ingredient goes by feel and texture, more flour if it's too sticky, more water and oil when the mixture is too dry.

Roberts prepares a well in the middle of the flour mixture for water and oil. This is done in order to combine the two wet ingredients at the same time. It's almost like making bread.

"You can fry it or bake it", says Roberts, "We made some Indian cake [too]. I make it at home alot. Everybody I know [makes it], my sister, my mother and Rita makes it".



Roberts says her kids have learned how to make it too. Just one way to pass on the traditions of her heritage.

Several dozen had the chance to taste the freshly made bannock. This

annual event helps mark the presence of the Aboriginal people in the community and in the outlying areas. But it serves as a purpose in order to share the heritage, the culture, the language and the ways of the First peoples.

What was said in the last encounter with the Oasis Centre was echoed here on National Aboriginal Day. It's a chance to share a bit of history together. To meet and to be in fellowship with all the many cultures represented in the community.



Oasis celebrates Culture Days—Cree Language & Culture

Funded by SaskCulture and Community Initiatives Fund

What actually took place:

Sept. 23-25

Preparations ahead of time of obtaining moose meat, ducks, geese, picking chokecherries, sage picking, and then preparing the meat, smoking it, singeing ducks, and food for the day.

Sept. 25

8:00 volunteers and staff preparing for the day

10:00 Welcome, introductions, sharing

11 – 12 Teepee Raising and Teachings with Cultural Leader Harriet Burns

12 – 1 Traditional food – smoked moose soup, wild rice, duck soup, fried fish, goose that tastes like moose stew, bannock, Indian cake, chocolate zucchini and carrot cake, ducks and salad.

1-6 Activities were preparing ducks, goose, smoked moose meat, crushing chokecherries, moss bags, bonnet making, dress sewing, beaded headdresses and beadwork, cultural resources display and Red Earth History, sage and cedar smudge sticks, animal calling, jigging, singing, bobbing for apples, one legged race, egg on a spoon, teepee raising, and bannock making.

Impact/Benefit: This was the third time for the Nipawin Oasis to host culture days

- **Builds community and Cultural awareness** - It built bridges between aboriginal people and non aboriginal people. We had two newspapers covering the event – Nipawin Journal and the Parkland Review. We are seeing increased participation from the non-aboriginal community.

- **Hope/ Utilized local resources** - It gave people hope and excitement and have already talked about planning for next year's event. The Elders were very thankful for having this event and repeatedly commented on how this needs to keep happening. Participants at the Oasis took a lead role in organizing the events.

- **Passing on knowledge so it's not lost** – Elders sharing their knowledge to the youth.

- **Traditions continuing** – youth thoroughly enjoyed the hands on activities

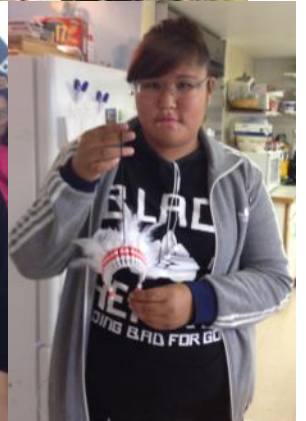
- **Strengthened partnerships** with the communities of Red Earth, Shoal Lake and Cumberland House



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[story_fbid=705203019579487&id=131390726960722](https://www.facebook.com/permalink.php?story_fbid=705203019579487&id=131390726960722)

<http://www.nipawinjournal.com/2015/09/29/culture-day-enjoyed-at-nipawin>



What difference has the Oasis made to you?

Oasis provides a lot of family support. It has helped me with getting my family back together and daily tasks.

I like coming her to learn new stuff and make new friends.



I like the fellowship and the space

I like that we can speak Cree here and its ok.



I like learning about my culture. I'm just learning it again and I am learning it here at the Oasis and I love it! I just love this place.

*I like coming to the Oasis because I get to eat here and play with toys.
Age 5*



It has helped me learn, get a house and helped me with my kids. I have been getting a lot of support from the Oasis which is nice. I learned how to make buns and cooking. It has also helped me with transportation.



I like coming to the Oasis because it is where I learned to bead and sew.

The Oasis has helped me with my resume and job skills I now have a job.

I am always learning something new at the Oasis.



I like coming to the Oasis because we have the Healing Circle here and it has helped me with grieving and other life problems that I have. I enjoy the Healing Circle I feel so much better when I have through the circle.

SPECIAL OLYMPICS OVER THE YEARS

Eugene and Terry long time employees at the Oasis did a presentation on all the competitions they have been to and the medals and awards that they have won in Special Olympics over the years.



STACIE SIMON—ACCOUNTS CONTROLLER



Stacie started with the Oasis in 2009 and has been an extremely dedicated and hard working employee. She took the lead role in building the financials program and looking after the accounts (very good at keeping us all accountable and responsible). She has done an excellent job and is a valuable asset to the organization. She will be missed! She is an avid hunter and excels at archery. She was the provincial champion a couple of times and broke the provincial record. She loves animals and chickens—there is usually a daily story on something that has happened with her animals :) She is an amazing woman! We wish her well in the next chapter of her life and keep in touch :) We love you Stacie :)



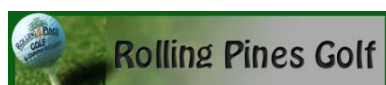
Our roof leaked but that didn't stop Stacie from working



THANKYOU :) FUNDERS, PARTNERS AND DONORS 2014-2015



Ministry of Social Services
Ministry of Education
Ministry of Education - Literacy Office
Status of Women Office



Canadian
Heritage

Patrimoine
canadien



2015—2016 Funders and Donors since April 1, 2015 (\$100 and over)

Youth Donations:

Glenda Dmyterko
Ken Hanson

COPE Donations:

Hughene Day

Oasis General Donations:

Alysham Memorial Church
United Way
Royal Purple
Margaret Anderson
Eleanor Rourke
Elsie Fairburn
Norman & Joanne Thomson
Ken Hanson
Fyrne Hanson
Donor's Choice
Nipawin Senior Citizens Association

We had several donations this year and we appreciate all that donated.

Total \$4,185.00 (receiptable donations)



we are so appreciative of this young man Staley who for his birthday requested donations for the oasis :) he donated \$200 plus other items of food and clothing. He has requested the money be used for food for families in the cooking program. Thank you Staley and your family and friends for thinking of us at the Oasis.

We would like to thank the Bargain Shop for the generous donations of food and gifts for the children for Christmas. It helped many families and was much appreciated! Thankyou :)

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Nipawin
asis
Community Centre Co-operative Ltd.

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Our Mission

We are a community resource co-operative centre that provides cultural, prevention, educational, and intervention programming, services, support and employment opportunities to the community of Nipawin and area in Northeast Saskatchewan.

Our Vision

Our Centre will be a place where people care, belong, and get involved. Our Vision is to be one of the leaders in building an inclusive, supportive, safe and healthy community.

Caring, supportive, non-judgemental and respectful, using a
Holistic approach that promotes wellness and that provides
Opportunities and uses as its guides
Integrity which is accountability, transparency and responsible while valuing a
Community that works together and that is
Effective in meeting the needs of the community and provides
Security within a safe, respectful, and supportive environment

*Our programming focus is on **CRAFTS** which also serves as a strong foundation for the cultural, personal and leadership development of the youth, individuals and families*

C Caring and Culture
R Relationships
A Action
F Food and Fun
T Teamwork and Time
S Safety and Security



*Providing Opportunities
for
Positive Choices*