

# MUSKWA JOURNAL October 2019

## GREETINGS FROM ADMINISTRATION

Hello to everyone, it is time too dig out all our winter woollies and get our houses and vehicles winterized. Snow is around the corner already reaching -7 degrees. It seems to be colder so we need to get used to the cold weather I guess.

## REMINDERS

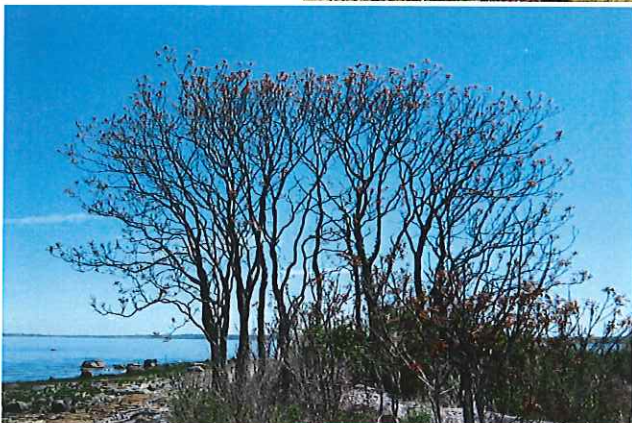
We have our membership meeting scheduled here on Saturday October 5th, 2019 which will be starting at 10:00am. It is supposed to be a warm weekend so hope to see a good turn out.

## HOUSING INFORMATION

The insurance adjuster was here to do an assessment of all the damages to our houses. Now they are doing a cost estimate on it and they should be here sometime this month to do the repairs. We will send out notices as soon as we hear what time they will be here

## HOUSKEEPING ITEMS

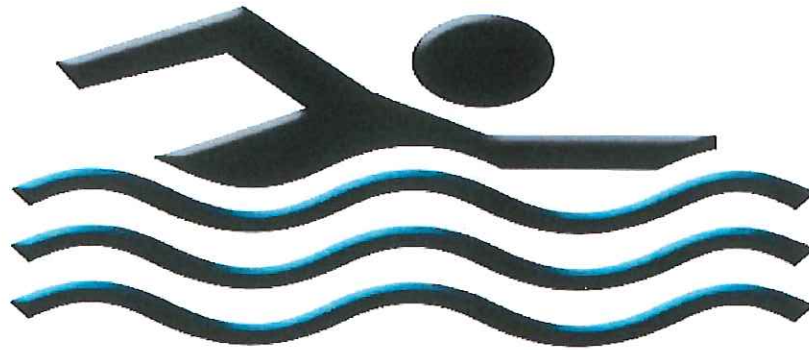
We have been getting complaints again of dogs roaming around and people are afraid of them therefore if your dog is one of these running loose please tie them up and/or fence them in.



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# SWIMMING FORMS NOW AVAILABLE!!



Please pick up an authorization form from the Health Centre for you and your family to enjoy swimming at the High Prairie Aquatic Centre. Kapawe'no families can now have a family outing at the swimming pool, all we need is one family member to come on over to the health centre and fill out the form, we authorize it, and you hand it over to the aquatic centre, then enjoy yourself at the pool! 😊

Swimming passes are limited to budget availability.

Available to Kapawe'no residents only.



# Health Centre NNADAP

Hello community members, first of all I would like to thank those of you that came to see me at the health centre, and also approached me when you see me around and congratulated on my new position.

I also would like to thank those who gave me a few great ideas and said that they would like to see these things happen in our community. I will try my best to get these different things happening, all I can ask is that, I will need our community to volunteer when ever they can cause with our community's involvement, we can all make positive changes for our community.

Once again, I look forward to hearing more from you all for more great ideas. Also feel free to stop by and come have a coffee and have a chat.

## MEDICAL TRANSPORTATION

When utilizing the Medical Transportation Services, Edmonton referral needs the following requirements before we can make any necessary arrangements:

- For out of town specialist appointment, you need to submit a copy of the referral letter.
- The referral letter must state the doctor who referred you and it must also include the date, time, and location of the appointment.
- Confirmation of the appointment is also a requirement.
- If you require an escort, it needs to state why you require the escort
- When having information faxed to the Health Centre it is the clients' responsibility to call to ensure it has been received and inform the medical transportation coordinator how you plan to attend the appoint. Eg: medical van or private mileage
- There is **NO GUARENTEE** that paperwork has been processed if you do not phone the health centre 24 hours **BEFORE** your appointment to confirm that papers was received
- all medical appointment papers and confirmations need to be brought to the health centre
- you take a risk of arrangements not being made by leaving them at the band office

The following information is taken from Health Canadas regulations NIHB 101 SECTION:

### **NO SHOW/NO LOADS – CANCELLATIONS**

#### **NO LOAD FOR PICKUP/NO SHOW AT APPOINTMENT**

If the medical van driver was dispatched to pickup client it is considered as services provided

- The client is not where they were supposed to be and are at another location, leaving the driver to wait, they are considered no load.
- The client came out and stated they do not need a ride and going on their own, they are considered no load
- The client chooses to go on their own, they are not reimbursed with gas support, but the medical van was available they are considered no load
- The client came out and stated they rescheduled the appointment an hour ago, they are considered no load

#### **MEDICAL VANS TRIPS NOTES NO SHOW/NO LOADS – CANCELLATIONS**

- When a no show/no load occurs, it must be noted that community services were allocated on behalf of the client. The drivers time/salary was used, MT Van gas was used, a seat was booked for this client and those resources have not been utilized properly
- With the client cancelling last minute, or, not being at their destination of pickup, it must be noted that another client could've used the seat and that resources have not been utilized properly
- When a no show/no load appointment occurs, it is reported to MTS and entered in their computer system and no future appointments can be made until the no show status is removed. In order to have the no show status removed the client **MUST** do a make-up appointment at their own expense

# HEY YOU!! Yeah YOU!!

- Is your house overcrowded?
- Do you have elders 65 years or older living with you?
- Do you have anyone in your home who has/is:

|          |                                    |
|----------|------------------------------------|
| Diabetes | Pregnant/child under 6 months      |
| Cancers  | Heart Problems/Hypertension        |
| Dialysis | On home oxygen                     |
| COPD     | Addiction issues                   |
| HIV      | Chronic Bronchitis/Chest Infection |
| RSV      | Previous TB infection              |
| Asthma   | Obesity                            |
| Immobile | On CPAP Machine                    |

If you do, you should get your **FLU SHOT!!! - WHY?**

- \* To protect your unborn child
- \* To protect children under 6 months of age
- \* To protect others in your home who do not want the flu vaccine
- \* To protect family members who are at risk

**DID YOU KNOW 4,000 CANADIANS DIE FROM THE FLU EACH YEAR?**

**DID YOU KNOW 20,000 PEOPLE ARE HOSPITALIZED EACH YEAR DUE TO INFLUENZA?**

THE FLU IS A COMMUNICABLE DISEASE - YOU CAN SPREAD IT TO ANYONE!!!

 **MAKE THE RIGHT CHOICE**   
**PROTECT YOURSELF AND THE ONES YOU LOVE**

| DATE (S)   | FLU SHOT CLINICS | TIMES (S) |
|--|------------------|-----------|
| October  | 21 <sup>st</sup> | 1pm - 8pm |
| GIFT CARDS WILL BE GIVEN TO EVERYONE WHO GETS A NEEDLE |                  |           |

☺☺☺



## Public Health & Home Care Program Activities

- **October 8<sup>th</sup>:** Foot care clinic 10-3:30 call to book an appointment.
- **October 16<sup>th</sup>:** Immunization clinic 10-3:30 call to book appointment.
- **October 21<sup>st</sup>:** Flu clinic 1-8 pm
- **October 23<sup>rd</sup>:** Elders luncheon 12-1:30
- **October 30<sup>th</sup>:** Moms & Tots 1:30-3 for babes up to 12 months, call Laura at the health centre with any questions.
- We have the nutrition program available for any prenatal women in the community, Contact Laura at the health centre and sign up. There are prenatal classes available to anyone who wants to participate.
- We continue to have 'brown bags' available at the Health Centre in the reception area, They have condoms and sexual health information in each bag, Please come and get one if you need some.

# Retinal Screening

## October 9<sup>th</sup> 2019

### at the Band Hall

If you are **diabetic** and would like your eyes screened by the retinal photographer, call the health centre and make an appointment.

This screening is not intended for anyone who hasn't been diagnosed with diabetes.

The purpose of the screening is to examine the health of your eyes if you are diabetic.

Call the health centre and speak with Laura if you have any questions.

# KAPAWE'NO CONSULTATION OFFICE

## KAPAWE'NO FIRST NATION



### Special points of interest:

- Community Feast
- New Staff
- Operations update

### CONTACT INFORMATION:

Michelle Knibb

FIRST NATION LIAISON

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Grouard, Alberta T0G1C0

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Shayla Anderson

ADMIN. SUPPORT Level 2

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Grouard, Alberta T0G1C0

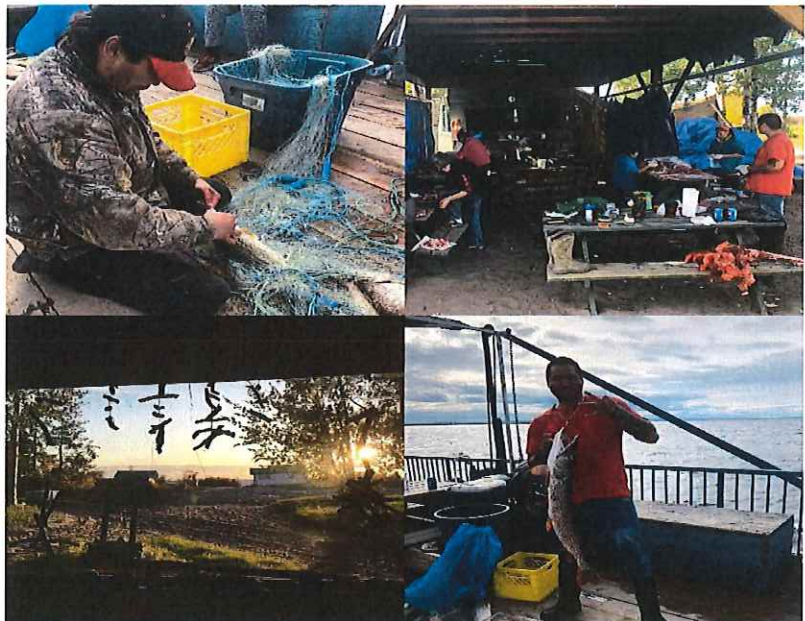
Phone: 780-751-3714

Email:

[giskapaweno@gmail.com](mailto:giskapaweno@gmail.com)

## OCTOBER 2019

Kapaweno Consultation has some exciting news for our members and family. We delivered flyers back in September looking for traditional knowledge holders. With expressed interest, Consultation staff took a few elders and harvesters to narrows for a weekend to do some gathering. We set a fishing net, cut up moose meat and picked rat root. Thank you to all who participated and helped! We are having a feast for our First Nation on October 12<sup>th</sup>, more information on the following page.



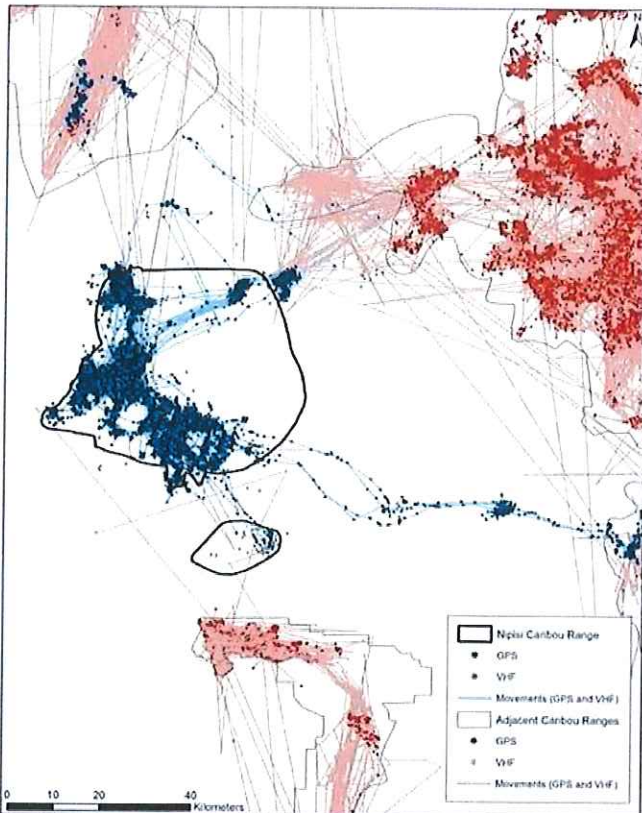
Hope you can make it to the feast, there is lots going on that day! We will also have the gathered goods available for give away if you want or need any.





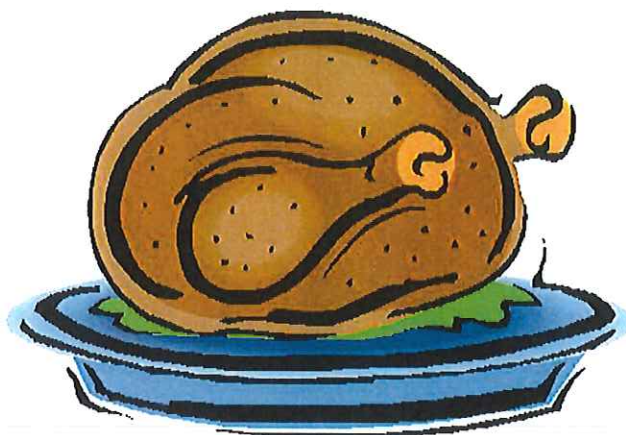
We would also like to welcome Shayla Anderson back. She is filling the Level 2 Administration position. Congratulations, we look forward to working with you again!  
Shayla has already begun to explore opportunities and is looking forward to hosting more community events. This month, she has initiated a coloring contest for the youth. Please see attached poster for more information.

Please stop by the office (or make an appointment) if you are interested in providing feedback on proposed oil and gas developments, various government initiatives such as the Species at Risk (the current ones are Caribou and Grizzly Bear Management Plan), or forestry developments.



Caribou Ranges East of Slave Lake

# Please join us for a Thanksgiving Feast



**When: October 12<sup>th</sup>, 2019**

**Where: Kapawe'no Band Hall**

**Supper provided by KFN Consultation ☺**

**For all Kapawe'no Members**

**Booths open at 2:00 pm and dinner is at 5:00 pm**

There will be learning booths about dry meat making, fish scale art, bannock making, fish nets & hides; followed by a turkey dinner with moose roast, moose stew, and smoked fish.

This event is a great learning opportunity and to enjoy a good meal with good company! Hope you can join us!

If you have any questions, feel free to contact our consultation staff @ (780)-751-3714



## BIRTHDAY GREETINGS

**October 23**

**Happy Birthday Claudia  
Lordy Lordy she's  
turning 40!!  
Love your family**



**October 12**

**Happy 24th Birthday Kaylee  
From your wild and crazy  
crew. We love you.  
Love Mom, David, Keenan,  
Nikosis and Kayson**



**September 27**

**Happy Birthday to Legend and  
Wyatt!!  
Love Jarett, Juanita  
and kids**



**October 14**

**Happy 29th Birthday  
Devin  
Love from sister, brothers,  
mom and Flower**

**October 20**

**Happy Birthday Jayden  
Much love from  
your family**

**October 31**

**Happy Birthday Josh  
Love Mom, sister,  
brothers and Flower**



**Every Child Matters  
In recognition of support of  
Residential School Survivors**



A decorative border of colored pencils surrounds the text. The pencils are arranged in a row at the top and bottom, and vertically on the left and right sides. The colors include blue, red, yellow, green, grey, blue, brown, pink, orange, and dark blue. The pencils are sharpened and point towards the center of the page.

**Homework evening**

**Tuesday October 15**

**4:30—6:30**

**Parents/Guardians please pick up  
children by 6:30 who are NOT  
attending Family night**

**Tuesday October 22**

**Tuesday October 29**





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## Kapawe'no'First Nation Education Department

### School is Back IN!!!

A truly amazing great start to our School Year. Parents, Kookum/Mooshum and all involved in settling in the children... a Great big 'shout out' for your Role in their BACK TO SCHOOL. Its always a fresh beginning for everyone.

I would like to acknowledge the Health Centre staff for the best Kick Off fun and celebration along with all the Goodies provided. Thank You Health Centre Staff!!!

Just a Note / Observation ... Our Bus scheduling ran smoothly regarding pick ups and drop offs. Thank you to our Bus Drivers for 'getting it all figured out' and especially to you, the parents for being so diligent to the Start of the year. I think 'we have it' figured out.

Just a Reminder:

SOME STUDENTS were UP AND ABOUT WHILE THE BUS WAS IN MOTION ON THE HIGHWAY.... Please inform the children that it is seriously important to REMAIN SEATED throughout the whole trip, for their own SAFETY.

I rode the Bus one day and the noise was so loud, I noted that to be a SAFETY concern. Remind the Children that it is okay to use normal 'inside' voices while riding the bus. No need to Yell or Scream.

Vivian has her own Bus Cell Number (780) 523-7356 for you to call or text her any time (other than the DRIVING TIMES of 7:15 a.m. to 8:30 a.m. AND 3:15 p.m. to 4:30 p.m. which she cannot touch that cell phone.) Please feel free to call her. She cannot take direction from a child if you call or text message your child, as she cannot prove that is your message ....while she is Driving. So just call or text 780-523-7356 only.

We require A written note to Viv if your child is staying in town after school. If your child should have a friend coming to your home on our bus we need a note from that parent giving permission to allow their child to be transported to and back. Thank you for those already using the NOTE method. Text Messages will not apply.

I've attached to our Newsletter a copy of the Bus Rules and the Student / Parent Responsibilities for your Review

I extend my invitation to you, Our Community Members, to pop in for a visit to our Department. My door is always open for any interests you may have; any concerns that may arise; and maybe ideas for our school children and their successes.... I am open to hearing your views. And good chatting with you to those who have already visited my Office.

\*\*Tag ..... Your IT\*\* :)

### STUDENT'S RESPONSIBILITY

1. Students are expected to be at the road at their designated stop prior to the arrival of the bus.
2. Stay off the traveled roadway at all times while waiting for the bus.
3. Watch your step and use the hand rail when getting on and off the bus.
4. If you live on the opposite side of the road, cross only in front of the bus and at least fifteen feet ahead when exiting the bus. Cross only when safe to do so and under the guidance of the driver.
5. Be seated promptly in your regular seat.
6. Remain seated during the entire trip.
7. You must not hang any object or part of your body out the bus window.
8. Smoking or the use of vulgar language is not permitted on the bus.
9. Noise on the bus shall be kept to a minimum. You may talk quietly to the person beside you. Loud noises, and shouting are dangerously distracting to the driver.
10. Any student who insists on misbehaving shall be suspended in accordance with the school's discipline policy.
11. The bus driver is in full charge of the bus and students must obey his or her directions.

### PARENT'S RESPONSIBILITY

1. Be certain that your children are at the bus stop on time.
2. Provide the necessary protection of your children when going to and from the bus stop.
3. Accept responsibility for the proper conduct of your children prior to boarding a bus, during the daily trips and upon discharge.
4. Make certain that your children are properly dressed in case of emergencies during cold weather or wet weather.
5. Parents will be responsible for any damage to the bus incurred by their children.
6. Encourage children to obey all traffic rules and school bus regulations.
7. Make arrangements for the early arrival of your children when buses arrive ahead of schedule due to inclement weather.
8. Notify the driver in writing if your children are not to be picked up or dropped off according to the regular schedule. *RE: TEXTING*
9. Make reasonable effort to understand and cooperate with those responsible for student transportation.

**Student Signature:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_



**Kapawe'no First Nation**  
**SCHOOL BUS RULES**

1. FOLLOW THE INSTRUCTIONS OF THE BUS DRIVER AT ALL TIMES
2. REMAIN SEATED AT ALL TIMES
3. NO FIGHTING, BULLYING, OR TEASING
4. NO SUNFLOWER SEEDS OR GUM on bus at all.
5. ALL GARBAGE MUST BE THROWN AWAY WHEN EXITING THE BUS
6. HEADS, HANDS, ARMS, ETC. MUST REMAIN INSIDE THE BUS AT ALL TIMES
7. DUE TO PRIVACY ACT, NO TAKING PICTURES ON THE BUS OR POSTING BUSSING INFORMATION/PICTURES ON SOCIAL MEDIA
8. NO YELLING, SCREAMING, OR UNNECESSARY NOISE; NO SWEARING
9. IF LISTENING TO MUSIC, PLAYING GAMES, ETC HEADPHONES MUST BE WORN
10. STUDENTS ARE ENCOURAGED TO REMOVE THEIR PERSONAL ITEMS FROM THE BUS, ITEMS LEFT ON BUS ARE NOT THE RESPONSIBILITY OF THE DRIVER OR KAPAWE'NO FIRST NATION
11. THE FOLLOWING ITEMS ARE NOT PERMITTED ON THE BUS DURING OPERATION OF REGULAR SCHOOL RUN
  - ANIMALS; FIREARMS/KNIVES/SCISSORS; LIGHTERS/MATCHES, EXPLOSIVES, COMBUSTIBLES, FLAMMABLE LIQUIDS
12. THE FOLLOWING ITEMS WILL BE PERMITTED, PROVIDED THESE CONDITIONS ARE MET:
  - SKATEBOARDS ATTACHED TO BACKPACK OR ENCLOSED IN A CANVAS BAG
  - SKATES MUST HAVE SKATE GUARDS OR BE ENCLOSED IN A BACKPACK OR CANVAS BAG.
  - HOCKEY STICKS AND SNOWBOARDS AT THE DISCRETION OF THE DRIVER
13. STUDENT WHO APPEARS TO BE UNDER THE INFLUENCE OR SMELLS OF ALCOHOL WILL NOT BE ALLOWED ON THE BUS; NO SMOKING.

**Important Information to Parents:**

**IF there is a Snow Day with bus not running and you decide to drive your child to school it will be your Responsibility to pick up your own child. As well, Snow Days will be announced on Radio REAL COUNTRY 93.5 FM.**

**IF your child is not requiring bus to be picked up at usual pick up in the morning or not riding home from school, please let the Bus Driver know by calling or texting during **\*\*Non- Driving hours at 780-523-7356****

**Driving hours: 7:15 a.m. – 8:30 a.m. AND 3:15 p.m. – 4:30 p.m. Bus Driver will not accept calls or text during these times.**

**Driver will not drop off any student at any other location UNLESS Driver is notified by Legal parent or Guardian during **\*\*Non-Driving times****

***As per Policy 8-0 (Student Transportation) 'Kapawe'no First Nation students on the Nominal Roll are eligible for bus Transportation'.***

### ***Policy Procedure – Suspension(s) and or Expulsion from Bus***

- 1. Verbal warning from Bus Driver to Student, followed by a phone call to Parents and KFN Education Director.***
  
- 2. Written warning from Bus Driver to Student, followed by a phone call to Parents and KFN Education Director. A copy of the written warning will be submitted to the Parents and the KFN Education Director. At this point Suspensions will follow as:***
  - Minor Offence - One Day Suspension. Minor Offences include: Talking back to Bus Driver, jumping around while bus is in motion, not listening or causing a distraction.***
  
  - Major Offence – Two Day suspension. Major Offences include: Bullying, Fighting, swearing at Bus driver or Students, threaten violence. AND IF ALL ELSE FAILS, STUDENT STILL IS NOT ABIDING BY RULES, POINT 3 WILL COME INTO EFFECT.***

***Bus Driver contacts KFN Education Director, provides all documentation of incidents and warnings. A meeting will be established with Parents/Student/Bus Driver and Education Director. A contract will be agreed to by the Parents/Student/Bus Driver and Education Director. If contract is breached by the Student then the Parents will be contacted, once written documentation has been provided by the Bus Driver of the breach, by the Education Director and the Parents will be notified that their Child(ren) will be expelled from the KFN Bus for the remainder of the school year. In this case, it will be the Parents responsibility to transport their children to and from school, at their own cost.***

**Kapawe'no First Nation  
Education Department**



## EDUCATION 2018—2019

### NORTHLAND SCHOOL RECOGNITION AWARDS

Belcourt-Goulet, Marcus  
Courtorielle, Savaya  
Gladue-Halcrow, Abbygail  
Gladue-Halcrow, Kallen  
Gladue-Halcrow, Kaylor  
Halcrow, Melissa  
L'Hirondelle, Meagan  
McLeod, Desimus

Attendance 80% plus  
Northland School

L'Hirondelle, Meagan 82%  
McLeod, Desimus 85%

### HIGH PRAIRIE ELEMENTARY RECOGNITION AWARDS

Grandjambe, Sheldon  
Halcrow, Dominic  
Halcrow, Jayanna  
Halcrow, Ryder

80% PLUS ATTENDANCE  
HIGH PRAIRIE ELEMENTARY

Grandjambe, Sheldon 82%  
Halcrow, Dominic 85%  
Halcrow, Ryder 84%

### E. W. PRATT RECOGNITION AWARDS

Anderson, Shakyra  
Halcrow, Brittany 100%  
Halcrow, Jevin  
Halcrow, Warrion

80% PLUS ATTENDANCE  
E. W. PRATT

Halcrow, Brittany 100%  
Halcrow, Warrion 83%

## EDUCATION 2018—2019

### ST. ANDREWS ELEMENTARY RECOGNITION AWARDS

Anderson, Kohen  
Calliou, Chloe  
Cloutier-Knibb, Carter  
Cloutier-Knibb, Hailee  
Cloutier-Knibb, Jaryn  
Halcrow, Flower  
Halcrow, Hayden  
Halcrow, Isaiah  
Halcrow, Jaxsin  
Halcrow, Keanu  
Halcrow, Marylou  
Halcrow, Maybelle  
Houghton, Mya  
Johnson, Kylie  
Sutherland, Angelica  
Sutherland Keisha  
Tallman, MacKenna  
Thunder, Bryanna  
Thunder, Grayson

### ST. ANDREWS JUNIOR HIGH RECOGNITION AWARDS

Anderson, Deborah  
Grandjambe, Savannah  
Halcrow, Jaylen  
Halcrow, Trista  
Halcrow, Jaylee

### Attendance 80% plus ST. ANDREWS ELEMENTARY

Cloutier-Knibb, Carter 82%  
Cloutier-Knibb, Hailee 84%  
Cloutier-Knibb, Jaryn 89%  
Halcrow, Isaiah 86%  
Halcrow, Maybelle 84%  
Houghton, Mya 88%

### 80% PLUS ATTENDANCE ST. ANDREWS JUNIOR HIGH

Grandjambe, Savannah 89%  
Halcrow, Jaylen 83%

### HONORS ST. ANDREWS JUNIOR HIGH

Anderson, Deborah  
English 8  
Grandjambe, Savannah  
English 10-1

### TRADES

Halcrow, Dutton  
Sheet Metal  
Halcrow, Kenneth  
Journeyman Welder



## **Kapawe'no First Nation**

### **EMPLOYMENT OPPORTUNITY TUTOR required:**

#### **Kapawe'no First Nation Home Work Program 2019-2020**

#### **Position Description:**

Kapawe'no First Nation Homework Club is seeking a Part-time Tutor. This Position is a Contracted position up until the end of June 2020 with possibility of extension for next School term 2020-2021. Be able to deliver specialized teaching materials, compile and assess student 'at risk' needs working with the teaching staff of the 3 School Divisions, namely: Holy Family Regional School Division, High Prairie School Division, and Northland School Division. Responsible for the development of Program design to ensure effective outcome for student success.

#### **Duties:**

- Provide encouragement and support to students to achieve Academic goals
- Responsible for all aspects pertaining to the Homework Club for Kapawe'no First Nation students.
- Ensuring all supplies are available to support the program.
- Develop Individualized Work Plans for each student in Consultation with the parent/guardian if required. Ensure proper tracking for each file.
- Able to identify other potential resources will support student success (with parent/guardian).
- Utilize effective communication and influence effective rules and procedures that will provide safe learning environment.
- Able to provide one on one tutor support to student or arrange for other supports based on student needs.

#### **Requirements:**

- Knowledge of and sensitivity to indigenous (First Nations) traditions, cultures, and educational concerns is an asset.
- Grade 12 Education, Post-Secondary training that is relative to working with youth and Education.
- Must be able to work independently
- Must be proficient in computer knowledge.
- Must maintain positive life style
- Must be willing to abide by Professional Code of Conduct and consent to signing an Oath of Confidentiality Agreement.
- Reports to: Education Coordinator'

#### **Hours:**

6 hours per week during the Academic year; 3 hours per week – On Site with Students WITH 3 hours per week Preparation of Materials and /or lesson(s).

**Resumes can be submitted by October 2, 2019 4:30 p.m. to:**

Deb Chalifoux-Couturier, Coordinator for Kapawe'no Education  
P.O. Box 10  
Grouard, Alberta ToG 1Co

# Community Wellness October 2019

| Sun | Mon | Tue   | Wed   | Thu   | Fri | Sat |
|-----|-----|---|---|---|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9 Youth group /<br>board games and<br>talk about future<br>activities | 10  | 11  | 12  |
| 13  | 14  | 15 Family night/<br>painting for the those<br>that signed up<br>6:30 pm band hall | 16 good food<br>box   | 17 Elders<br>Night / turkey din-<br>ner and bingo | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30 Youth Group/<br>Baking   | 31  |     |     |



## RECIPES



### BANANA ZUCCHINI BREAD

- 1 c sugar
- 1/2 c veg oil
- 2 mashed ripe medium bananas
- 1 egg
- 2 tsp vanilla
- 1 1/2 c flour
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 cup shredded zucchini
- 1 c chopped walnuts

Preheat oven to 350F. Beat together oil and sugar. Add in banana, egg and vanilla. In a medium bowl whisk flour, cinnamon, baking powder, baking soda and salt. Add dry ingredients into wet and stir on low until just combined. Using a spoon fold in zucchini and nuts. Spray loaf pan with cooking spray and add batter. Bake 40-50 minutes or until toothpick comes out clean.



### CHOCOLATE OATMEAL NO BAKE COOKIES

- 1/2 c butter
- 2 c sugar
- 1/2 c milk
- 4 tbl cocoa
- 1/2 c peanut butter
- 3-3 1/2 c quick cooking oats
- 2 tsp vanilla

Add first four ingredients in a saucepan. Bring to a rolling boil and boil for 1 minute. Stir in the next 3 ingredients and drop onto wax/foil paper. Let cool until set.

### BEST HOMEMADE BREAD

- 2 c warm water
- 2/3 c sugar
- 1 1/2 tbl dry yeast
- 1 1/2 tsp salt
- 1/2 c oil
- 6 c flour

Place warm water and sugar in bowl stir until dissolved. Add yeast and allow to proof until foamy. Typically about 5 minutes. Stir in salt and oil. Now mix in flour, one cup at a time. Knead dough allowing dough to pull from sides and form a ball. Spray mixing bowl with non stick spray and turn dough once to coat. Cover with plastic wrap and towel allowing to double in size. Punch down and knead for 5 minutes. Divide in half and place in two bread pans. Let rise until over the edge (about 30 minutes). Bake 350F for 30 minutes.





## RECIPES



### HOMEMADE CHICKEN SOUP

1 whole chicken, raw  
3 garlic cloves, minced  
1 large onion, chopped  
5 carrots, chopped  
3 celery stalks, chopped  
2 tsp basil  
2 tsp thyme  
2 tsp salt  
1 tsp ground black pepper  
1 quart chicken broth, low sodium  
4 c water  
Parsley, optional

Add a whole raw chicken to a large stock pot. Add all ingredients, cover and simmer on medium low until it boils. Once soup is boiling, turn down temperature to low and simmer for 2 hours. Remove the chicken to a pan. Cut the chicken meat into pieces and add back to the soup. Garnish with fresh parsley. Serve hot.



### TWO HOUR BUNS

4 c flour  
2 tbl yeast  
Mix in bowl  
2/3 c sugar  
1 tsp salt  
2 eggs, whipped  
1/2 c oil  
3 c hot tap water  
Mix together

Add 1st bowl to 2nd bowl. Add 4 c more flour. Knead well

Cover let rise 15 minutes. Punch down. Cover and let rise to double in size. Put in greased pans and let rise for 1 hour. Bake 350F for 15-20 minutes.



### PORK CHOPS THAT MELT IN YOUR MOUTH

8 pork chops or cube steak  
1/2 tsp each granulated garlic, onion, black pepper, paprika mixed together  
1 c flour  
1 c canola oil

Place just enough oil in skillet to barely cover bottom, heat to med high heat. In meantime season and lightly flour chops. Preheat oven to 375F. Lightly brown both side of chops, place on baking sheet and bake 35 minutes depending on thickness of chops. If thick bake longer.



## RECIPES

### PERFECT SWEET AND STICKY HOMEMADE CINNAMON BUNS

#### Dough

1 1/4 c milk  
1/3 c sugar  
1/3 c butter melted  
3/4 tsp salt  
1 egg  
3 1/2 c flour  
2 1/4 tsp yeast

#### Filling

1/3 c melted butter  
1 c brown sugar  
1/2–1 tbl cinnamon  
1/2 c maple syrup

#### Also needed

1 beaten egg with 1 tbl water for brushing before baking  
1-2 tsp veg oil for rolling out dough

#### Butter for greasing pan

In bowl mix flour and yeast. Melt butter in saucepan (not microwave as too hot and will kill yeast). Once it's melted and starts to bubble, remove from heat and stir in sugar and salt until begins to dissolve. Add milk slowly stirring constantly until slightly warm to the touch. Add egg and break up in mixture. Pour wet ingredients into dry ingredients and combine until dough starting to come together. Mix for about 5 minutes. The dough should be tacky to the touch but not so sticky that it's messy. Should pull away from the sides of the bowl easily and bowl should appear fairly clean. If dough appears too sticky, continue kneading and add flour one tbl at a time until dough reaches that tacky mixture. Cover with plastic wrap and move to warm place to rise for 2 hours. It should've doubled in size. Grease large rectangular pan 11" X 13" with butter. Pour syrup into the pan tilting pan to ensure syrup coats bottom completely.

Turn dough out on work surface that's lightly greased with vegetable oil. Using a rolling pin, roll out dough evenly until you have a rectangle approximately 18" X 12". Brush dough with melted butter.

In separate bowl, combine brown sugar and cinnamon (use less if you prefer a subtle taste). Spread evenly on dough. Roll up dough from the long side until a long roll. Cut in half, then in half again. Then cut each section into 3 pieces until you have 12 rolls trying to keep in an even thickness. Arrange rolls in pan over syrup. Cover pan and set aside to rise for 20 minutes. Pre-heat oven to 350F. Brush tops with egg wash (1 egg and 1 tbl water) and place in oven to bake for 40 minutes or until golden brown. Remove from oven and let cool in the pan for about 15 minutes before serving.





## RECIPES



### SLOW COOKER BBQ PORK CHOPS

- 6 pork chops
- 1 c apricot jam
- 1 c BBQ sauce
- Salt and pepper to taste

Season chops with salt and pepper. Mix jam and BBQ sauce together in medium bowl. Ad a little pepper if you prefer. Create a layer of pork chops in slow cooker and cover with sauce. Repeat until all chops are in the slow cooker. Make sure the final layers is sauce. Cook on low for 6-8 hours or high 4-5 hours

If you want a little extra glaze on each pork chop you can remove them from the slow cooker and set on baking sheet. Glaze them with BBQ sauce and brook for a couple minutes until the BBQ sauce is a little sticky and glossy.



### CHEESEBURGER MACARONI

- 1 lb lean ground beef
- 1 packet taco seasoning mix
- 1—10 oz can diced tomatoes with green chilies
- 2 c beef broth or water
- 1 c elbow macaroni
- Cheese sauce
- 2 tbl butter
- 2 tbl flour
- 3/4 c milk
- 1 c shredded cheddar cheese
- 1/2 tsp salt
- 1/2 tsp pepper

Brow ground beef and drain grease. Stir in taco seasoning, tomatoes, broth and macaroni and bring to a boil. Reduce heat and cover pan. Simmer 12-14 minutes until macaroni is tender.

Melt butter in a small saucepan. Whisk in flour and cook, whisking for 4-5 minutes until it becomes fragrant and starts to turn a light brown color. Whisk in the milk and bring to a boil. Whisk until smooth and mixture starts to thicken. Remove from heat and stir in shredded cheese until melted. Add salt and pepper to cheese sauce. Pour over the hamburger mixture. Stir gently to combine.



**ATTENTION ALL:**

KAPAWE'NO FIRST NATION RESIDENTS  
&  
KAPAWE'NO FIRST NATION STAFF

**ANYONE INTERESTED PLEASE HAVE YOUR**

**\$20.00 SUBMITTED TO THE BAND OFFICE BY:**

**Tuesday October 15<sup>th</sup> , 2019**

Shopping will be done and food distributed on:

**Wednesday October 16<sup>th</sup> , 2019**

**FOR ANY MORE INFORMATION PLEASE CONTACT**

**GAETANNE @ 780-751-3800 or ANITA @ 751-2284**

Please note: Groceries will have to be picked up 4:00 to  
4:15 Please bring marked boxes or bags **BEFORE**  
Wednesday.







# HALLOWEEN SAFETY TIPS

## WHEN WALKING

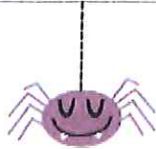
- CROSS THE STREET AT CORNERS**
- USE TRAFFIC SIGNALS AND CROSSWALKS**
- LOOK LEFT, RIGHT, AND THEN LEFT AGAIN BEFORE YOU CROSS**
- PUT YOUR PHONE DOWN AND HEAD UP WHEN CROSSING**
- HAVE CHILDREN LEARN TO MAKE EYE CONTACT WITH DRIVERS BEFORE CROSSING IN FRONT OF THEM**
- WALK ON SIDEWALKS, NOT THE STREET**
- KEEP A LOOKOUT FOR CARS THAT ARE TURNING OR BACKING UP**

## WHEN DRIVING

- DRIVE SLOWLY AND STAY ALERT**
- TAKE TIME TO LOOK FOR CHILDREN AT INTERSECTIONS, MEDIANS AND CURBS**
- BACK YOUR VEHICLE UP SLOWLY AND TRIPLE CHECK TO MAKE SURE NO ONE IS AROUND**
- ELIMINATE DISTRACTIONS**
- AROUND THE HOURS OF 5:30 TO 9:30 THERE WILL BE A LOT OF CHILDREN OUT. DRIVE EXTRA CAREFUL AT THESE HOURS**
- STOP FOR ALL CHILDREN AND ALLOW THEM TO CROSS IN FRONT OF YOU TO ELIMATE THE RISK OF THEM DARTING OUT**







# HALLOWEEN

## SAFETY TIPS

### FOR TRICK-OR-TREATING:

Plan your trick-or-treating route before you leave  
and show the kids where you'll be going

Double-check any costumes with masks  
to make sure kids can see clearly

Use reflective tape on dark costumes

Carry a flashlight or glow stick

Only visit houses with porch lights on

Make sure all kids know that under NO circumstances  
should they enter a home

If your child has an identification card  
(a school ID, etc), make sure to bring it along

Make sure an adult is with anyone under 16 (if older kids  
are going in a group, set a time for them to be home, or  
follow them at a safe, but not embarrassing distance)

Remind your kids to stay out of the street!



Be on the lookout for cars when crossing -  
sometimes, it's hard for drivers to see you!

Check ALL candy and treats before eating  
(bring some candy from home, so the kids can  
snack before you inspect)



cardstore | BLOG



# Family Halloween Party

November 1st, 2019

## *Agenda*

- 4:30 pm**      Doors open at band hall  
Bring your carved Pumpkin (contest) one pumpkin per house hold to enter contest  
Judging at 5:30
- 5:00 pm**      Costume Judging/ Kapawe'no community member's only
- 6:00 pm**      Supper
- 7:00 pm**      Sober Dance/ DJ and Karaoke  
Entertainment by Last Impressions
- 11:00 pm**    Dance closing

For more information please call the health center at (780) 751-2284

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**The month of October will focus on Distracted Driving. As of September 1, 2011, distracted driving became a ticketable offence. As of January 1, 2016, the fine for breaking the distracted driving law is a \$287 fine AND 3 demerit points.**

If a driver is exhibiting more risky behaviour, they can be charged with *driving carelessly* and receive a fine of \$402 and six demerit points.

While driving (including drive-thrus), it is illegal to:

- Use a hand-held phone while talking, texting and/or e-mailing
- Operate electronic devices like video players and laptops
- Manually program GPS units or portable audio players
- Read or write
- Engage in personal grooming

Drivers are allowed to use hands-free mobile devices that are activated by a single touch or voice activated, eat a snack, drink a beverage, smoke, or talk with a passenger while driving.

Please know that a pet occupying the front seat, or on the lap of a driver could be charged with distracted driving if the driver appears to be too involved with his/her pet. A driver could also be charged for a pet occupying the front seat of a vehicle such that the pet interferes with the driver's access to the vehicle controls and the safe operation of the vehicle. [TSA 115.2 (i)] A driver could also be charged if a pet obstructs the driver's clear vision in any direction. [TSA 115.2(j)]

**The public should *not* call 911 to report distracted drivers unless there is a significant risk and the driver is displaying erratic behaviour.** Members of the public can report a distracted driver to their local Police Detachment. The complainant must be able to identify the driver, vehicle and be willing to testify as a witness in court.

**There are some exceptions to this law:**

1. Emergency personnel such as fire rescue, EMS and police are exempt from using hand-held radio communications and electronic devices while performing their duties.
2. Calling 911 in an emergency, or to report an impaired driver while driving under the distracted driving law.

For more information on Distracted Driving please contact the Lakeshore Regional Police Service 1-855-299-0138 (Kristina Letendre, [kristina.letendre@lsrps.ca](mailto:kristina.letendre@lsrps.ca)), your local RCMP detachment or your Regional Traffic Safety Consultant Bev Littlechilds at [bev.littlechilds@gov.ab.ca](mailto:bev.littlechilds@gov.ab.ca) / 780-404-5206.



**Financial Crime Trend Bulletin:**  
**Phone Verification Authentication (PVA) Scam**  
**2019-09-16**

**FRAUD: Recognize it. Reject it. Report it.**

**#kNOwFRAUD**



## Purpose

This bulletin was prepared to provide information on the trending PVA Scam.

## Overview

Phone Verification Authentication or PVA is a tool used by online account providers (ie. social networks, classifieds websites, etc.). The process confirms the owner of a phone number before approving the creation of their new online account. It suggests that a real person owns the phone and the same person will operate the account.



Recent reporting to the CAFC indicates that fraudsters are overcoming this authentication process by registering online classified ads using other people's telephone number. The scam starts when you post an ad on a classifieds site (ie. Craigslists) and include your phone number in the contact information. The fraudster will contact you saying that they are interested in purchasing your item. However, they will mention that there are a lot of scammers on the site. They will claim to want to verify that you are a real person before sending you any money. The fraudster will send you a verification code and ask that you to send it back to them. Once the fraudster receives the verification code, they will enter it to prove that they own your phone number. Voilà! Your phone number is now linked to an account that will be used for spam or fraudulent activities.

## Warning Signs – How to Protect Yourself

- Do not send a verification code to anyone.
- You should not receive a verification code, if you have not requested one.
- Report and delete unsolicited text messages.

If you think you or someone you know has been a victim of fraud, please contact the Canadian Anti-Fraud Centre at 1-888-495-8501 or report online at [www.antifraudcentre.ca](http://www.antifraudcentre.ca).

# October 2019

| Sun | Mon   | Tue  | Wed                                  | Thu  | Fri  | Sat   |
|-----|---|--|--------------------------------------|--|--|---|
|     |   | 1  | 2                                    | 3  | 4  | 5<br>Community<br>Membership<br>Meeting 10:00 |
| 6   | 7<br>Hall booked 7-8  | 8<br>Hall Booked<br>12:00-4:30<br>Foot care clinic<br>10:00-3:30 | 9                                    | 10   | 11   | 12<br>Consultation<br>Community<br>Feast      |
| 13  | 14<br>Hall booked 7-8<br><i>Happy<br/>Thanksgiving</i><br> | 15   | 16<br>Immunization<br>Clinic 10-3:30 | 17   | 18   | 19  |
| 20  | 21<br>Federal<br>Elections<br>Flu Clinic<br>1:00-8:00   | 22   | 23<br>Elders Luncheon<br>12:00-1:30  | 24   | 25<br>Service<br>Canada<br>1:00-3:00<br>Career Fair<br>9:00-3:00 | 26  |
| 27  | 28<br>Hall booked 7-8<br>SA intake<br>morning only  | 29   | 30<br>Mom's & Tots<br>1:30-3:00      | 31<br><br><b>Halloween</b> | 1<br>Halloween<br>Party<br>Band Hall<br>4:30-11:00               |   |



# COLOURING CONTEST

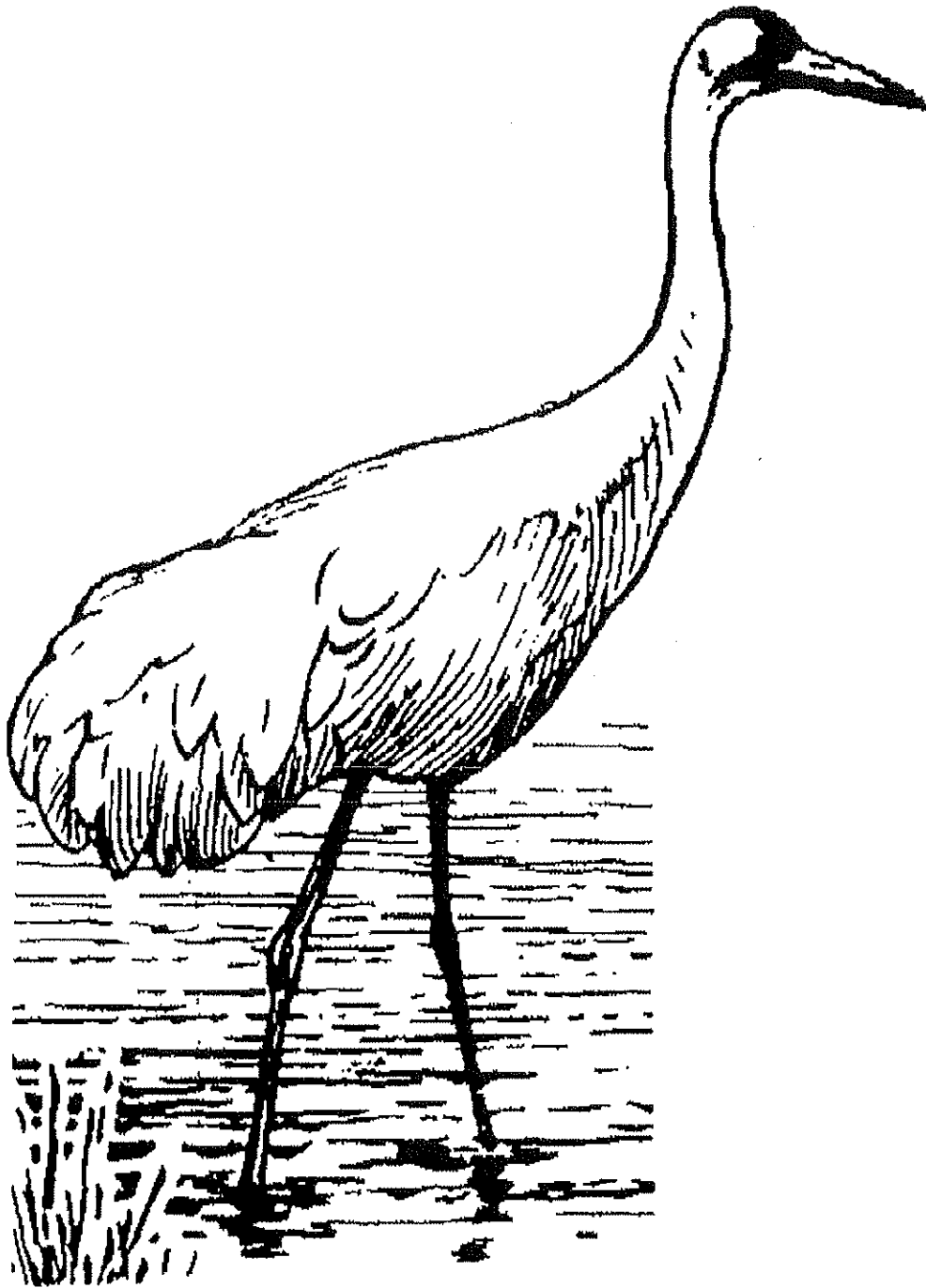
Kapawe'no Consultation Office will have a colouring sheet available to the K-12 students. The colouring sheets will be of endangered or threatened species of Alberta, to help raise awareness! Limit 1 colouring page submission per month, draw for a \$25 gift card will be done at the end of every month. If you require more colouring sheets for your children, please pick up at the Consultation office. If you have any questions, please contact Shayla @ (780)-751-3714. Octobers chosen species:

## The Whooping Crane- Endangered



The Whooping Crane is approximately 1.5 meters tall, making it the tallest bird in North America. The current 'natural' nesting grounds for this species are entirely within Canada in Wood Buffalo National Park, which straddles the Alberta-Northwest Territories border. Threats to the life of the Whooping Cranes are habitat quality, and subsequently, food resources, are the important factors controlling the species' numbers.

Source: [https://wildlife-species.canada.ca/species-risk-registry/species/speciesDetails\\_e.cfm?sid=34](https://wildlife-species.canada.ca/species-risk-registry/species/speciesDetails_e.cfm?sid=34)



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone number: \_\_\_\_\_

COLOURING SHEET DEADLINE: OCTOBER 25<sup>th</sup> 2019