

JANUARY-APRIL 2017

SIMFC Newsletter, upcoming events and Winter Programming

Winter Newsletter



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SIMFC

168 Wall Street

Saskatoon, SK S7K 1N4

www.simfc.ca

306-244-0174

SIMFC Hours of Operation

Office: Monday to Friday
8:30 a.m. -4:30 p.m.

Lobby: Monday to Friday
8:30 a.m. -9 p.m.

Saturday
9-4 p.m.

Sunday
12-7 p.m.

*Weekend hours subject to change

Message from SIMFC's Executive Director

To: All My Relations!

I hope you and your family had a Merry Christmas and I would like to wish you a happy New Year! As you will find throughout this newsletter there are a great deal of opportunities for you to come down to the centre and get involved in culture, recreation, sports and educational activities. Be sure to update your calendars and phone reminders to come out, have fun, make new friends, and make the SIMFC your "Home Fire Away From Home".

Over the fall we had a number of our communities Elders pass away, it is with great sadness that we mourn their loss. We realize that we will not always have our Elders to guide and lead us and that we are now the carriers of the stories and teachings that they had so diligently shared. In addition to these community Elders we had our National Association of Friendship Centres President Nelson Mayer Pass away over the Christmas Break. Nelson was a part of the Friendship Centre Movement for 45 years and his dedication to leadership within our grassroots movement will not be forgotten.

It is also with great sadness, yet hope for a bright future that I will be ending my time as Executive Director at the SIMFC by the end of February. My Family and I have made the hard decision to move out of province and I know already that I will miss all our community gatherings, friends and the great staff. I am not gone yet though, so I look forward to joining you in our upcoming community gatherings, workshops, and events.

In friendship, Bill Mintram



Messages from:

SIMFC Family Worker

2016 was a busy year!

The Family Worker is the first program for SIMFC and is still going strong.

Our goal is to raise the standard of life for our clients by helping improve their mental and spiritual state, instilling the desire to achieve self-sufficiency and to help them take pride in themselves and their community.

SIMFC Family Worker Program:

Provides guidance and counselling to clients

Initiates contact and maintains an information system with other organizations and agencies.

Enhances cultural and community awareness of the issues facing Aboriginal people in an urban environment.

Advocacy: We assist with systems navigation for Social Services and advocate on behalf of those who request support in whatever area we are able to serve them.

Sincerely,

Jacque Bouvier, SIMFC Family Worker



*“Over this year, I have lost 75 pounds, and I am really half the man I used to be”
~Vernon Linklater*

Family Violence Program

Hello community members of the Saskatoon Indian and Metis Friendship Centre. My name is Vernon Linklater, I work with the men in the Family Violence Program here at SIMFC. The Family Violence Program that I run for the men are one of the few places where we have community men's circles which is held at St. Paul's hospital.

I was the four-time Canadian Boxing Champion in the super heavy weight division. I went on to earn a bronze medal in the 1990 common wealth games in New Zealand. I fought for a bronze medal for Canada in what was then called Bombay, India.

I am an Elder's helper, a position I earned while learning from the Elders, and I continue to learn from local Elders to this day.

I am a trustee for The Saskatoon Public School Board in Ward 2. I am the first Indigenous man to be elected on the Public School Board, second overall and am also the longest serving elected Indigenous man in Saskatoon.

Over this year, I have lost 75 pounds, and I really am half the man I used to be!



Program Department

This year has been a busy year for me at SIMFC! I changed from being executive assistant into programs manager all in one year. It will be going on 5 years since I started working at SIMFC, and I still love working here! I have been keeping busy with follow up reports, grants, the newsletter, a lot of admin work, etc. My position is a very busy one, and there is always lots of work to be done!

We have a lot of programming coming up in the new year, and I hope you have a great new year!

Sincerely,

Melanie St. Juste,
SIMFC Programs Manager

Community Programs Coordinator

Hello everyone. My name is Sanford Strongarm Jr. I worked with the Saskatoon Indian and Metis Friendship Centre for 6 years and every year we try our best to meet the needs of the community. I love to serve the community and provide programs, workshops and events for families and youth. This year we have tons of cultural, educational, and physical activities provided at no cost to the participants. I hope to see you there, and I wish you and yours a Merry Christmas and a Safe New Year.

Community Student Engagement

Tansi,

My name is Ryan Jimmy and since September of 2016, I have been working as Community Student Engagement Coordinator along with Rhiannon Wong who joined me in late October of this year. The project is a partnership with SaskPolytechnic Indigenous Students Centre. The aim is to support the Indigenous students by connecting them with professional development opportunities and community resources.

This term we have built relationships with 10 different community organizations in Saskatoon and invited them to take part in our lunch and learn series. SIMFC provided students with a free weekly lunch and students had an opportunity to learn about the different types of community services that are available to them in Saskatoon. In addition, SIMFC also provided students with Food Safety level 1 training along with CPR and First Aid. Our community student engagement team also provided support to the Aboriginal Student Nursing Program and sponsored 4 tutoring lessons for the students.

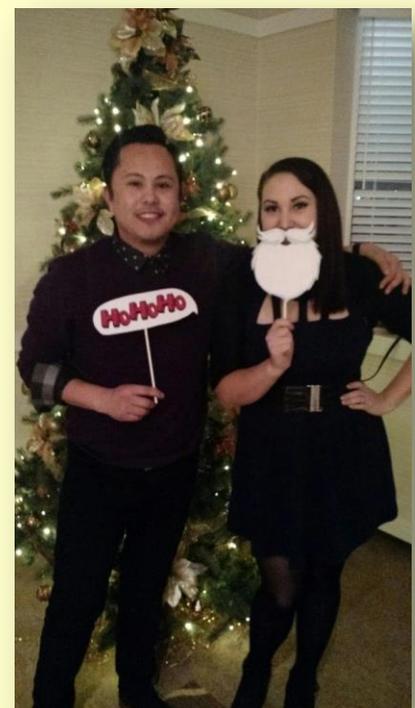
The term has flown by and we had a great time getting to the students. We are looking forward to the next term and are grateful for the Indigenous services team and students for welcoming us into their space.

Season's greetings and happy holidays.

Ryan Jimmy and Rhiannon Wong



Come check out our
website at www.simfc.ca



HIV Coordinator

Hi my name is Jen Peterson. I am the HIV Coordinator and have been working at SIMFC for just over a year now. I provided HIV prevention education to students, local community service providers and the public. As well as support and host HIV initiatives in the community. I am grateful to be part of the SIMFC staff and am excited to see what the new year brings! Happy holidays to all and stay safe this winter!



Resolution Health Support Workers

Our program has been busy with the Regalia Making and Beading Evening Classes here at the Centre. We will be continuing these into the New Year. They have been well attended and we've had great Instructors. We will continue to present the Kairos Blanket Exercise to different institutions. We also will be working with the Missing and Murdered Indigenous Women Inquiry and the 60's Scoop Survivors. We are also waiting on the decisions regarding the Timber Bay Residential School and the Day Scholars Settlement. We will be offering IRS IAP Info Sessions in the Saskatoon area in the next few months with the IRS Adjudication Secretariat Office. We will be out and about in the community speaking to IRS Survivors. Following are the dates for the IRS Info Sessions: Thursdays at 10:00 am. Jan. 12, Jan. 26, Feb. 9, Feb. 23, and March 9/2017. Please mark these dates on your calendars!!!

Sincerely,

Maryann Napope and Grace Aisaican
SIMFC Resolution Health Support Workers



Youth Works Program

My name is Dustin Strongarm and I am the coordinator of the Youth Works Restitution Program.

I would also like to introduce Cheyenne Lemaigre and Marchand Dudley to the SIMFC membership as the two new Youth Works Crew Supervisors.

Youth Works has been very busy over the year. We have been working with youth who have been keeping busy by cleaning up Elder's yards, alleyways, etc. These youth work in different jobs everyday, ranging from graffiti removal to helping serve at the SIMFC supper program. We at Youth Works try our best to steer the youth in the right direction one youth at a time.

I would like to say thanks to everyone that supports our program, and would like to wish everyone a safe and happy new year!



SIMFC Receptionist

My name is Jacelyn Lerat-Nighttraveller. I have been with SIMFC for about 9 months now. My duties include answering phone, providing resource information and general office tasks. I have also enjoyed being part of the staff, working on community events and I look forward to many more. So come on by, warm up by having a good cup of coffee or tea.



Home Fire Housing Team

Happy holidays and Happy New Year as we move into 2017! We look forward to the coming year to improve our program to reduce homelessness in keeping with Saskatoon's overall plan to eliminate homelessness.

As part of this effort, an additional full-time Housing First manager has been authorized and SIMFC is currently in the process of having a new caseworker hired to begin in the New Year. This will increase the capacity to directly assist homeless people in getting (and staying in) safe and affordable housing.

The team has been engaged in continuing training and inservice with the entire team with up-to-date certification in ASIST (Applied Suicide Intervention Skills Training). Project manager (Tim Yee) and Youth Works Department Head (D. Strongarm) are now certified to deliver PART (Professional Assault Response Training) to the entire SIMFC staff. Planning for this inservice is underway in anticipation of the staff being trained and certified over the coming year. The team will continue in the new year to update their certifications in areas of CPR/First Aide, AED (there is an AED unit at SIMFC) and Occupational Health & Safety

The team is planning to be registered for CRA's volunteer tax preparation program (CVITP) that will allow us to assist program participants in getting their tax returns completed. This program is available in many communities throughout Canada and is restricted to very simple tax returns. The primary benefit for our program participants (and others that would possibly be accessing other programs of SIMFC) is people who file a return may become eligible for certain credits and or benefits such as GST/HST credit and the Canada Child Benefit (CCB). This would also take some of the pressure from existing CVITP programs that have been run by the Saskatoon Food Bank that help thousands of returns being filed. We continue to plan for securing non-HPS funding that can be used directly to support our Rapid ReHousing program participants. Having monies available for homeless persons at the right time and often not large amounts can be the difference in acquiring (and keeping) housing. Lastly, we have some optimism that our program, along with partner homelessness prevention initiatives in the city, will be able to discuss the needs and the opportunities with the new provincial Minister of Social Services to implement the community plan to end homelessness. We had been able to have a similar type of discussion with the new ADM of Social Services and some senior ministry staff in November and we were encouraged by the engagement by those ministry officials.



Upcoming Events, Programming and Workshops 2017

Cultural Programming

Powwow Song & Dance- on Wednesday in the gym at 6:30-8:30 p.m. starting January 18th until March 29th, 2017. SIMFC will be providing Powwow Song & Dance to the community. Learn how to play the drum, hoop dance, and traditional powwow dances.

Regalia Class- on Mondays in the Resource Room at 6:30-8:30 p.m. starting January 9th until March 27, 2017. Excluding Family Day(February 20th, 2017). SIMFC provides regalia classes to the community at no cost. Learn the basics of regalia making. Learn how to sew and make an outfit

Beading Class- on Tuesdays at 6:30-8:30 p.m. starting January 17th until March 28th, 2017. SIMFC provides beading class to the community at no cost. Learn the basic styles of beading in the form of flat stitch, brick stitch, etc. This class will teach you how to make earrings, lanyards, etc.

Round Dance- on Friday, February 17th. Feast starts 4:30, 5 p.m. Round dance to follow. The round dance is to celebrate the youth. Everyone welcome to attend.

Fiddling Lessons- on Fridays in the meeting room at 6:00-8:00 p.m. If anyone is interested in learning how to play the fiddle please register at 306-244-0174.

The following dates for these lessons are:

- January- 6th, 13th, 20th, 27th at 6-8 p.m.
- February 10th, 17th (in board room this day), 24th
- March 3rd, 10th, 17th, and 24th

Guitar Lessons- on Wednesdays in the meeting room starting at 6-8 p.m. on January 25th until March 29th, 2017-time to be announced. Learn the basics on how to play guitar. *Preregistration required. Please call 306-244-0174 to register.

Piano Lessons- Dates to be announced on website at www.simfc.ca at later date.

Metis Flower Beadwork Class- on Thursdays at 6:30-9:00 p.m. starting January 19th until March 23rd, 2017. Excluding the date of March 16th. Instructor will teach participants how to bead Metis flower designs.

Jigging Lessons-Dates to be announced on our website at www.simfc.ca in early January.

Sports

Volleyball- on Mondays in the SIMFC gym at 6:30-8:30 p.m. starting January 6th until March 27, 2017. Excluding Family Day (February 20th, 2017). SIMFC provides drop in volleyball for the community.

-On Thursdays in the SIMFC gym at 6:30-8:30 p.m. starting January 12th until March 23rd, 2017. Excluding the following date: March 16th. These Thursdays are also drop in sessions where SIMFC partners with The City of Saskatoon where they provide volleyball to the community.

Basketball- on Tuesdays in the SIMFC gym at 6:30-8:30 p.m. starting January 10th until March 28th, 2017. SIMFC provides drop in basketball sessions for the community.



Cultural Workshops

Genealogy Workshops- drop in sessions on the following dates:

- Tuesday, January 31st at 6-8:30 p.m.
- Tuesday, February 7th at 6-8:30 p.m.
- Tuesday, February 14th at 6-8:30 p.m.
- Tuesday, February 28th at 6-8:30 p.m.
- Tuesday, March 7th at 6-8:30 p.m.
- Tuesday, March 14th at 6-8:30 p.m.

Sash Weaving- Drop in sessions starting on the following dates:

- Saturday, January 28th at 2-4 p.m.
- Saturday, March 4th at 2-4 p.m.

The instructor will teach participants how to make a proper sash and teach participants the stories of why and where the sash came from.

Jigging Workshop – Drop in sessions starting on the following dates:

- Saturday, January 28th at 2-4 p.m.
- Saturday, March 4th at 2-4 p.m.

The instructor will teach participants the basic steps and dance of the Metis culture.

Workshops

Two Spirited Workshops

- Saturday, February 11th at 2-4 p.m.
- Saturday, March 11th at 2-4 p.m.

Resume and Mock interview Workshop

- Saturday, February 25th at 2-4 p.m.
- Saturday, March 25th at 2-4 p.m.

IAP Information Sessions

Independent Assessment Process Sessions

- Thursday, January 12th at 10 a.m. -3 p.m
- Thursday, January 26th at 10 a.m. -3 p.m
- Thursday, February 9th at 10 a.m. -3 p.m.
- Thursday, February 23rd at 10 a.m. -3 p.m.

SIMFC's Resolution Health Support Workers will be hosting some IAP information sessions. These sessions are specifically for unresolved IAP claims. Anyone welcome to attend.

Networking Luncheons

Every other month SIMFC puts on a networking luncheon where we invite people from other organizations/agencies to come network with us over lunch. Networking luncheons offer SIMFC staff and other agencies/organizations and people to learn about various programming each agency/organization has to offer. Come on down, have lunch and network with us! Silver donations are accepted and appreciated. It's a fun and informative way to spend a lunch hour.

Our next networking luncheon will be held on:

- Thursday, January 19th at 12-1 p.m
- Thursday, March 16th at 12-1 p.m.

Elder's Easter Dinner

Thursday, April 13th at 12-1 p.m. at the Saskatoon Indian and Metis Friendship Centre. The Easter Dinner is a time for Elder's to come together and enjoy some entertainment and food served by the SIMFC staff.

Youth Centre

12-24 years of age

Mondays-	5:30-9 p.m.
Tuesdays-	4-7 p.m.
Wednesdays-	4-9 p.m
Thursdays-	4-7 p.m.
Fridays-	5-9 p.m.
Saturdays-	12:30-4 p.m.
Sundays-	12:30-4 p.m.



*Networking luncheon
photo courtesy of
Vernon Linklater.*

A Special Thank you goes out to our programming funders:

- Sask Culture
- Sask Lotteries
- Dakota Dunes Community Development Corp
- City of Saskatoon
- Community Initiatives Fund
- Saskatoon Community Foundation
- United Way of Saskatoon
- Aboriginal Friendship Centres of Saskatchewan

