

# Advisor

SUMMER 2023

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Wish Others Knew*

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**Pow-Wow Trail**

*Vertical Gardens*



**SASKATCHEWAN  
FOSTER FAMILIES**

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# Advisor

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## OUR MISSION

The Saskatchewan Foster Families Association exists to support and encourage Foster families through education and advocacy, helping create healthy homes, positive environments, and brighter futures for children and youth across the province.

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# BUILDING A WOUNDED CONSCIENCE

by Lynn Hanthorn, Foster Caregiver

## **The first year of a child's life is the most important.**

The year a person can never remember or ever recall...yet, what a parent does in that year will stay with the child...maybe forever.

## **As Foster Parents, we have children in our homes whose first years of life have likely been rocky and traumatic.**

Even a child removed from its mother at birth and placed in a loving stable home, experiences loss and trauma of some degree. Many of these children struggle to know right from wrong and foster parents are left with trying to figure out how to teach and heal the destructive behaviours now displayed from the angry hurting child.

## **Why is the first year of life so important?**

The first year of life is for building trust. It is a time for "enthroning a child"... the newborn is Queen or King in their world.

When a baby cries for help...a loving, stable parent "jumps" to those cries, meets the needs of the baby with touch, smiles, eye contact, rocking movements or sweet milk. The mom and dad have a heart attitude of ... your wish is my command!!"

When a parent does this they are not just meeting the babies physical needs, but more importantly, they are building trust with their baby and a secure bond.

The basic trust...laid down with sleepless nights, endless feedings, constant cuddles... is what begins the development of a child's conscience.

Conscience is what helps us choose right over wrong, to care about someone else's feelings, stops us from hurting people, and many other wrongs.

## **So how do we as foster parents help foster kids develop this very much needed conscience?**

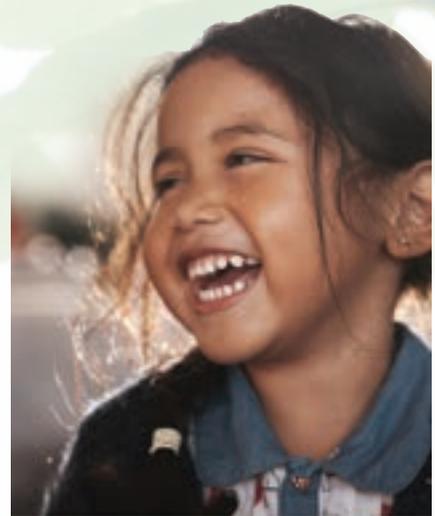
What is happening in that first year of life that impacts conscience development, is cause and effect thinking. Baby cries... mom comes...things get fixed.

Because our foster kids didn't consistently get that, as foster parents we can recreate this by saying yes to all their needs and no to all their wants. Oh yes... this will create a huge ruckus and frequent tantrums but that also is necessary for healing

When I was parenting my birth kids I would try to say "yes" to their requests as much as possible. I tried to be reasonable and accommodating.

But with kids who do not have a fully developed conscience, along with a huge need to be in charge and an uncanny way of controlling all circumstances, that type of parenting does not work.

When a child is willing to accept no, with no arguing and pushing back, they are ready to be given more choice. Until then, parents who want to see their child's conscience heal are encouraged to



give lots of limits high structure along with frequent, intentional nurturing. When the child sees that their whining, arguing, or flipping out doesn't work with you, they will begin to trust your leadership and heal their wounds.

So what does it look like? Have your child's day planned. You guide them through the steps of what happens. When they ask, may I watch TV, the answer is no. All day long you guide them and tell them, come with me, play with this, eat this, sit and read this. However anytime they ask for a drink or a snack or a hug or to use the washroom...all needs... you respond with yes.

This may seem like too much structure and too much control, but these at risk kids have the deepest need to be in control and if that is not removed from them by a loving yet strong parent, they may just continue to manipulate, lie, steal, harm others and control everyone in their path.

*(Thoughts adapted, personalized and used with permission from Nancy Thomas, Therapeutic Parenting)*



# What Foster Parents Wish Others Knew...

If you are a foster parent or have been one in the past, you'll understand that with the responsibility of caring for a child also comes a great deal of questioning from family, friends and work colleagues. A lack of common knowledge of how fostering operates and a natural curiosity of how it comes to influence everyday family life drives an interest, but when you've got the accountability of helping a new child settle in, sometimes you wish the questions would wait.

Covering some of the most commonly asked questions, listed here are issues foster parents wish others knew.

Why not share this with your family and friends as a way to provide them with a more complete view of the foster parenting experience. Who knows it might even inspire them to consider giving foster parenting a try too!

Source: [https://www.nfa.co.uk/story/story\\_category/what-foster-parents-wish-others-knew/](https://www.nfa.co.uk/story/story_category/what-foster-parents-wish-others-knew/)

## ■ We're not just babysitters

Children may be placed in our care for a short period of time as a support system, and others may stay forever. What matters the most is that we care about each and every one of them and we most certainly look at it more than just a job. While they are part of the family they're our children; we treat them no different than if they were our own.

## ■ We miss them once they're gone

Sometimes people in your life go away, that doesn't stop them from being important to you. They were part of our lives and they will be missed. Let us talk about the children that have left our care and how much we miss them. There may be another child coming into our care soon but that doesn't mean we think foster children are interchangeable.

## ■ They aren't our child...yet

Assumptions are made that you foster in order to have a child of your own, but often this isn't the case. Many foster children will go home or to other family members. If we do decide to adopt a child we have been fostering, it can take a long time to go through the adoption process. We appreciate your interest but please don't keep asking.

## ■ Sometimes we need a helping hand

Even if our foster child is older, it can be as exhausting and stressful as having a new baby. A helping hand with everyday necessities such as cleaning or looking after the other children in the family will always be welcome, the support of family and friends is invaluable.

## ■ A book shouldn't be judged by its cover

Some people may have preconceived ideas about looked after children, please don't make assumptions and don't be judgmental. Be careful about what you say in front of our foster children. Put yourself in the child's position; it would be horrible for them to hear people they don't know or trust speculate about their families and future.

# COURT APPEARANCES and the Importance of Documentation for Foster Parents

Foster parents are sometimes required to testify in court. Depending on the facts of the case and on the judge, foster parents might make multiple appearances in court, or attend hearings. Foster parents' observations are valuable, and they should expect to be involved in representing their own interests, as well as those of their foster children.

Try to keep a good record of important events in your foster children's life. It is important to write EVERYTHING down. No matter how silly it might seem at the time, having a record of how your foster child acted after returning from visitations, when he started having nightmares, what birthday presents he did (or didn't) receive from his father, and how often you took him to visit his grandmother outside of the pre-arranged visits could all come in handy later.

Every scrap of paper that has anything to do with the foster children: medical records, school papers, and reports from

therapists, could be invaluable. In the case of foster children, it's better to have too much information than not enough.

**“ An important part of being a foster parent is advocating for the child.”**

It's been many foster parents experience that the court is less interested in their opinions about the child, than in having them report provable facts. For example:

- *Were my foster daughter's immunizations up to date when she was placed in my home?*
- *How often does my foster son attend speech therapy and what kind of progress has he made since being placed in care?*
- *How do the children act after returning home from a visitation with their biological mother?*

The more information you have written down or filed, the easier it is to answer any questions.

For the foster parent, court hearings may be opportunities to gain new information. Case managers get busy and might not remember to tell the foster parents every new development in the child's case. The case manager might omit mentioning something not out of neglect but because it simply doesn't seem important.

An important part of being a foster parent is advocating for the child. Foster children need their best interests represented not only at school or at the doctor's office, but in the courtroom, as well.

Keeping good records for foster children and being willing to testify about that information, is an essential part of what you can do as a foster parent.

*Partially reprinted from the Spring 2017 Advisor Issue.*



# A Foster Mom I Could Love

She ran her house with a lot of rules and guidelines—a new experience for me. She showed that she really cared about the kids; foster parenting wasn't just some job to her. She showed me love on my first visit. I was so happy to find a foster parent who I actually got along with and who respected my feelings. I came to care about her during a time when I didn't care about anyone except myself.

This loving lady adopted me six years ago when I was 12. I call her "Mom" now, and she refers to

me as her daughter and not just some adopted child. I love her so much for being here for me when I needed a parent the most. She loves me unconditionally, and my love for her is the same. She protects me from my past, provides for me, and lets me know that there is hope for the future. My mom is more than a parent; she is my hero because she stepped in and played a role in my life that she didn't have to play. She became a mother and role model to a child that she barely knew. I hated foster care but without it, I wouldn't have



the mother I have now. So I am thankful for it all: the bad and the good!

– Anonymous

*In our "FOSTER CORNER" we would like to highlight anything from foster inspired stories to artwork submitted by foster parents on behalf of children in their homes. If you have a foster story, poem, artwork or some other foster related experience or information to share with our readers, please send it in! All communication or submissions for "Foster Corner" can be sent by email to [taylor@sffa.sk.ca](mailto:taylor@sffa.sk.ca)*

## What is National Indigenous Peoples Day?

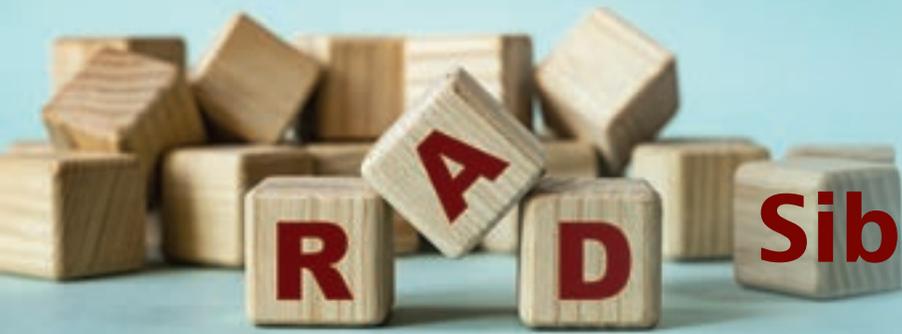


June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples.

Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.

In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.

Source: <https://www.rcaanc-cirnac.gc.ca/eng/1100100013718/1534874583157>



# Sibling Support

by Monica Badgley

“ ‘m fine.” But how could she be? Sitting, waiting, with her jersey and cleats on, she had missed her last soccer game ever.

Her sister with reactive attachment disorder (RAD) had locked herself in the bathroom, screaming obscenities, and refusing to come out. Once the game had begun and there was no way to make it in time, her sister unlocked the door and calmly came out. No apology, no remorse...just a smile.

This wasn't the first time her sister with RAD had caused her to miss something important to her. In fact, it had become clear ...her sister determined the family schedule and controlled when and where they could go.

She's not alone. Healthy siblings of children with RAD are hurting. They are on the front lines of the RAD battle, witnessing the destructive behaviors threatening their family. While everyone is caught up with the needs of their sibling, they are left to cope with the chaos and meet their needs themselves. Many healthy siblings also suffer trauma at the hands of the traumatized child with RAD. They may, along with their parents, show signs of PTSD.

These healthy siblings need support through community, validation, and awareness. From parent resources to 'Sib Spots' for Kids and Teens/Young Adults, you can find podcasts, articles, music and more, providing relief and support for siblings of children with RAD, online at [www.radsibs.org](http://www.radsibs.org).





# DAMAGE COMPENSATION

When a child in care causes damage to a Foster Parent's property, compensation may be provided by the Ministry when the Foster Family is not eligible for compensation through their personal insurance or the Saskatchewan Foster Families Association (SFFA) insurance rider.

Compensation may be provided for actual loss or to cover the Foster Home's cost of insurance deductibles or increased insurance premiums as a result of making a claim on their personal insurance policy.

It is mandatory that Foster Parents carry sufficient insurance to cover the value of their property such as home insurance or tenant insurance. On home insurance foster children are covered under unnamed insurers. Yet, on many home insurance policies it is mandatory to self disclose that the damages were caused by a foster child.





### **FOLLOWING STEPS NEEDED TO INITIATE A DAMAGE CLAIM:**

1. Inform your Child and Caregiver Support worker and/or Childcare worker when damages occur in the home
2. Call the SFFA to complete an intake form and provide:
  - Dates damages occurred
  - Description of the damages
  - Name(s) and number of foster children in the home
  - Name of your Child and Caregiver Support Worker and the Childcare Worker
  - Copy of your home insurance
  - Pictures of the damages
  - Two quotes for repair and installation costs

### **IMPORTANT NOTES:**

Submitting multiple damages in one claim makes it more difficult to process, such as submitting damages that have accumulated throughout the years. Therefore, when damage happens notify an MSS worker and start an intake form with SFFA as soon as you are able. This is also important as compensation requests must be submitted within two years from the date the damage was incurred or acknowledged. If electronics are damaged do not throw them away, the serial number will be needed, and the item will be recovered.

# Staying safe in, on, and around the water



It is a sunny summer day and you have the day off work. You have decided to take the kids to the beach. After parking the car, you and the kids head down to the beach to look for the “perfect spot” to enjoy the day. “Stay close, kids!”, you say, as you take a blanket out of your beach bag to lay on the sand. At the same time, you hear a text notification on your cell phone. It’s your spouse asking if they should order pizza for supper. “Yes, great idea. No pineapple on mine, please” you text back in response. You then turn and look up to see one of your children adjusting their goggles and waiting for you to finish preparing your “spot” so that you can all go in the water. You take a quick look around, but don’t see your second child. Your look up toward the path leading to the car thinking that maybe they forgotten something. You then look toward the public bathrooms but still see no sign of your child. Then, with a sense of dread, you look towards the water...

This is a nightmare scenario for any parent, guardian, or care giver. It only takes seconds for the worst to happen. However, becoming educated on the dangers of water and, what to do to stay safe around water, can prevent this scenario from occurring.

“*When around water with your children, it is important to remain alert and vigilant.*”

The Lifesaving Society’s latest drowning report shows that most age categories in Saskatchewan, the most common risk factors in a drowning are not wearing a PFD or lifejacket, following by alcohol consumption. For the 6 and under age category, lack of adult supervision accounts for 100% of the drowning fatalities. Lack of supervision could be as a result of several scenarios: losing track

of the child at the beach, leaving the child in or near the bathtub for a moment to answer the phone or grab a towel, the child wandering out of the yard toward the dugout, the child deciding to jump into the pool or hot tub alone, etc.

The following public education messages from the Lifesaving Society will assist you in keeping you and your children safe in, on, or around the water this summer.

**Stay Within Arm’s Reach:** If you’re not within arm’s reach of your preschooler, you’ve gone too far. Maintaining a close distance to your children so that you can reach out and grab them if they fall under water is vital in drowning prevention. For older children, maintain vigilant and continuous supervision and keep them within site.

**Stay Alert:** It is easy to become distracted by phone notifications, other children, other adults, pets, and more. When around water

with your children, it is important to remain alert and vigilant. To assist in this, be sure you are staying hydrated, wearing a hat, and wearing good sunglasses to limit fatigue on your body which can reduce your ability to be vigilant.

### **Always Wear a PFD or**

**Lifejacket:** Anyone can drown, even good swimmers, which is why it is so important to wear a PFD or Lifejacket approved by Transport Canada. A small child wearing a PFD is much safer than one wearing inflatable water wings. A pfd provides a bit more support for the child in the water but do remember that the child still needs to be within arm's reach and within site.

If you're planning to visit one of the provincial parks this summer and you've forgotten your lifejackets/pfds at home or simply don't own any, you can borrow one (or more) for the day at the Lifejacket Loaner Station. In partnership with the Lifesaving Society, the Saskatchewan Ministry of Sport, Culture, and Recreation have installed Lifejacket Loaner Stations at many of the provincial parks.

### **Lifejacket Loaner Stations can be found at the following Provincial Parks:**

- Regina Beach Recreational Site
- Echo Valley Provincial Park
- Great Blue Heron Provincial Park
- Pike Lake Provincial Park
- Katepwa Point Provincial Park
- Danielson Provincial Park
- The Battlefords Provincial Park
- Moose Mountain Provincial Park
- Buffalo Pound Provincial Park
- Good Spirit Lake Provincial Park

Each Lifejacket Loaner Station contains various sizes of lifejackets for members of the public to borrow completely free of charge! Anyone can borrow the lifejackets for any aquatic activity such as swimming or boating, and then return it to the station when they are finished.

**Swim with a Buddy:** A major risk factor for drowning is being alone in or around water. You should always have someone with you to either help or seek help in a situation.

**Learn to Swim:** The Lifesaving Society believes that swimming is an essential skill, and everyone can and should learn how to swim. Check with your local pool to find out more about swimming lesson options for you and your children.

**Check the Ice:** Winter offers many ways to experience our beautiful waterways in Saskatchewan. The danger is that the ice maybe not as safe as you had originally thought. All thicknesses for safe activity are based on new clear ice and later in the season even though the ice maybe thick it is not nearly as strong. Springs and current can also change the strength of the ice in different parts. Always check the ice before you head out by asking others such as on a Facebook group and then checking it again once you get out.

**Swim to Survive Standard:** The Swim to Survive Standard is a set of three essential skills that the Lifesaving Society has identified as the minimum level of swimming ability everyone should possess.

If your child was to fall into the water unexpectedly, could they survive?

These are the three skills that are needed at a minimum to survive an unexpected fall into water:

**Roll into deep water:** You roll into the water from the edge to simulate the experience of an unexpected fall into water such as from a backyard pool side. This shows you can right yourself in the water.

**Tread Water or Surface Support for 1 Minute:** Being able to tread water and/or support one's self at the surface to orientate and catch your breath before swimming to safety.

**Swim 50 Meters:** The majority of victims drown within 50 metres or less of safety. Having the ability to swim a distance of 50 metres by any means necessary (dog paddle, floating on back, etc.) to a point of safety is an important goal for survival.

**How to learn the Swim to Survive Standard:** The swim to survive standard is blended into traditional swimming lessons. In addition, some pools and camps offer a shorter lesson version that focuses only on the swim to survive standard. Ask you local pool about options.



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

# Embedding Sensory Strategies in the Home

Throughout the year we offer a variety of different informational sessions virtually to our membership. In the last months we have hosted David Ambrose from Theraplay who presented information on Sensory Processing in April and an additional session in June focusing on Self Regulation. Further, we hosted the Saskatoon Police ICE unit who presented information about internet safety.

**Please see the following resources and sensory processing tips from David Ambrose:**



Many students benefit from having a visual schedule for their body break. Can included:

- a series of photos that show the order of planned
- a visual time, like an egg timer, "time timer", or hourglass – on phone or in person

## Theraplay Pediatric Services Resources

Interested readers are referred to the following resources on sensory integration:

- *Sensory Integration and the Child*, by A. Jean Ayres
- *The Out of Sync Child* 2005 Revision, by Carol Stock Kranowitz
- *Sensational Kids: Hope and Help for Children with Sensory Processing Disorders (SPD)* 2014 Revision, by Lucy Jane Miller
- *Raising a Sensory Smart Child*, by Lindsey Biel and Nancy Peske
- *Calm, Alert and Learning*, by Stuart Shanker

Resources specific to self regulation:

- *How Does Your Engine Run? A Leader's Guide to the Alert Program for Self-Regulation*, by Williams & Shellenberger
- *Learning Through the Senses Resource Manual: The Impact of Sensory Processing in the Classroom*, by Northern Territory Department of Health and Community Services
- *The Zones of Regulation a curriculum designed to foster self-regulation and emotional control*, by Leah Kuypers

# Hiking with kids

a great way to get them connected to the outdoors

Part of preserving wilderness for future generations is teaching youth to appreciate and enjoy nature. Here are ten tips to help:

- 1. Keep it easy and feature-friendly.** Select a hike that isn't too long or too strenuous – remember that for kids, the hike is about the experience. Picking a trail that has some features – be it a lake, stream, waterfall or something else, will keep kids occupied and give them a goal to reach. And remember, it's about the journey not the destination.
- 2. Time is your friend – so plan for lots of it.** Kids are natural explorers and want to pick up and touch everything. This is one of the greatest things about hiking – there's so much of the natural world for kids to discover and examine – make sure they have time to get their wilderness fill.
- 3. Prepare for anything.** This pretty much goes for any hike, regardless of whether or not a child is involved. Always make sure to pack some essentials such as wet wipes or tissues; lip balm; binoculars; magnifying glass; field guides, camera; and safety whistles.
- 4. Dress for success** – layers, layers, layers. Make sure your kids have adequate footwear depending on terrain. Always pack a change of clothes for each child and leave them in the car for your return from the trail – in case your children get wet or muddy!
- 5. Plan frequent energy stops.** Keep your child happy and motivated by taking numerous small breaks for fluid and food. You can also use energy breaks as a way to keep your child moving by saying, "at that footbridge, we'll take a break and have a snack." Chances are, by the time they have had that snack, they will be eager to continue.
- 6. Pick a leader.** Kids love feeling like they are in charge. Having the children take turns leading the hiking group can help the kids feel empowered – just make sure that the leadership rotates to avoid arguments. By allowing the kids to lead, you can also make sure that the pace is slow enough so they can keep up.
- 7. Make it fun!** Create games that you and your children can play out on the trail. Have them look for signs of wildlife (scat, bird holes in trees, fur) or count wildflower species. Organize a scavenger hunt and have them find things are bumpy, smelly, small, big, living, wet...the list goes on!
- 8. Believe in the power of positive reinforcement.** When hiking, tell your child how well they are doing – even if they aren't. Kids sometimes need to be encouraged, especially if it's their first time out on the trail.
- 9. Leave no trace.** Kids are future stewards of our public lands, so we might as well begin teaching them how to take care of those spectacular wild places at a young age. When out on a hike, make sure that all of your trash is collected - taking a plastic bag always works well for this. To further reinforce this idea, you could have the kids pick up any litter they see on the way back to the car.
- 10. Start a family tradition** of going hiking on a regular basis. Kids love the sense of adventure and doing something new. With kids spending a good chunk of their time indoors, hiking is a perfect way to get them outside – be it an urban park or wilderness area trail.

Source: <https://www.wilderness.org>



# My Summer on the Pow-wow Trail

**H**i, my name is Jesse and I'm from Saskatchewan. I'd like to tell you about how my family spends summer vacation each year.

Summer is one of my favourite times of the year, because it means that my family heads out on the pow-wow trail. As soon as school is out, we pack our trailer with food, clothes and our dancing regalia, and we spend the summer travelling from one pow-wow to another in Canada and the United States. My sister and mom and I compete in dances; my grandma sells her beaded moccasins and earrings from a folding table that she sets up along the edge of the dancing circle; and my dad is a judge for the dance competitions.

Pow-wows are important to many First Nations people, because they give us a chance to get together to share our cultures and meet new and old friends. They take place in just about every province in Canada and every state in the United States, mostly in the summer months. They usually feature dance competitions, with prize money for the best dancers.



Some people say that the drum makes the sound of a heartbeat. In a way, the drum is the heart of the pow-wow.



**“Pow-wows are important to many First Nations people, because they give us a chance to get together to share our cultures and meet new and old friends.”**

There's so much that happens at a powwow! Let's start with the Grand Entry. This is the first dance that takes place. Everyone who is going to compete or is involved in the pow-wow in any way takes part in this opening dance. It's important that the participants enter the pow-wow field or arena in the right order. The flag bearers enter first. They are often war veterans, and they carry the flags of the country, the host nation and other visiting First Nations groups. The chiefs, Elders and tribal leaders come second, followed by the Aboriginal war veterans. If there are any princesses or warriors who

have been elected to represent a community, they enter next. Then the dancers enter the arena—the men first, followed by the women and, finally, the children. Everyone circles the arena several times, while the drummers and singers play a Grand Entry song. It's an amazing sight to see, with everyone dressed in his or her finest regalia, dancing proudly around the arena to the beat of the host drum.

It would be pretty hard to have a pow-wow without a drum. The drum is the beat that all the dancers move to. Some people say that the drum makes the sound of a heartbeat. In a way, the drum is the heart of the powwow. The host drum is usually made up of a group of about eight men. They sit around a very large drum that is about one and a half metres in diameter. The drum is made out of deer, buffalo or cow hide, and each person has a leather mallet that they beat in unison on the drum. Each pow-wow has a host drum, and usually several guest drums. Men are the traditional drummers at pow-wows, but women often take part by singing the songs with the drummers.

Pow-wow songs are usually sung in the traditional language of the drummers, such as Lakota, Ojibway or Cree. Some songs are centuries old, while others were written more recently. There are also songs that use sounds, called vocables, instead of words. The drummers sing sounds like "Ah Hey Yah Ho," which makes it possible for everyone to join in.

Before the start of the pow-wow each day, women, men and children dress in their regalia and apply their face paint.

Mothers braid their daughters' hair, and young children run around excitedly as they wait for the signal to head to the pow-wow circle. I like to watch my uncle get ready for the men's Fancy Dance competition. He is an expert at putting on his regalia, fastening on his bustles and painting his face. You can feel the energy rising in the campground the hour before the pow-wow begins, as everyone is getting prepared for the Grand Entry.

Throughout the pow-wow, which usually lasts two or three days, there are many dance competitions. I compete in the Junior Men's Traditional and Fancy Dance. My mom competes in the Women's

Traditional and the Fancy Shawl Dance. My little sister has a jingle dress, and she is learning to do that dance. In the winter, when there are not very many pow-wows, we make new regalia and repair things like belts, aprons and bustles.

My mom wins a lot of dances, but I am just getting started. I watch the older dancers carefully and practice a lot because I want to be the best dancer that I can be.

The best part of the pow-wow is when they have the Intertribal Dance. That's when everyone—Aboriginal and non-Aboriginal—comes into the arena and dances together. My mom says it makes her feel good that people are learning about Aboriginal culture and people, and that they have the chance to dance to our songs and drums. I guess that's just one of the things that makes our summer vacations so much fun.



The best part of the pow-wow is when they have the Intertribal Dance. That's when everyone – Aboriginal and non-Aboriginal – comes into the arena and dances together.

### **Pow-wow Dances**

Dance has always been an important part of Aboriginal cultures. Long ago, men would perform dances before they went on a hunt or into battle. When Aboriginal people started living on reservations in the 19th century, families or tribes (especially those who lived on the plains or plateau regions of North America) would hold gatherings that included dancing. Pow-wows evolved out of these community gatherings. Below are descriptions of a few well-known pow-wow dances.

## ***Men's Traditional***

The Men's Traditional is one of the oldest dances that you will see at a pow-wow. It originated from the traditional dances that were used in hunting and war hundreds of years ago. Today, it is a very important spiritual dance, as it tells stories about the dancers' ancestors. Dancers portray different characters, such as hunters sneaking up on an animal, or warriors approaching an enemy. The regalia used in this dance might include a breastplate made from animal bones or shells, a neck choker, a bustle attached to the lower back, bells or animal hooves attached to the ankles, or a hide shield decorated with tribal symbols. Dancers usually perform with a large wing fan and a dance staff with feathers attached to it.

## ***Men's Grass Dance***

The Grass Dance is another dance that has a long history. Some people believe its beginnings were when scouts would dance on fields of grass to flatten a place where they could set up a camp. Later, the Grass Dance was performed at pow-wows and involves dancers stomping their feet in a way

**“The Fancy Shawl Dance is an exciting, high-spirited dance that shows off a woman's grace, endurance and athletic abilities.”**



that looks like they are flattening out the grass on the field. Dancers wear regalia with fringes of yarn or fabric on their aprons, capes and leggings. By dancing in a very smooth, fluid motion, the fringe on the dancers' outfits looks like grass swaying.

## ***Men's Fancy Dance***

The Men's Fancy Dance is a blur of speed and colour. Dancers must be in excellent physical condition because they are constantly jumping, twirling and performing fancy footwork. This dance was created in the 1920s in Oklahoma as a form of entertainment for people visiting Aboriginal reservations. Today, it is one of the flashiest of the pow-wow dances, and is usually performed by younger men. The regalia used for this dance includes beaded headbands, beaded and fringed aprons, and multicoloured feather bustles tied to the arms, neck and back. The headgear consists of a bristly head cap known as a roach, and a rocker spreader, with two eagle feathers that are decorated with colourful tape and plumes.

## ***Women's Fancy Shawl Dance***

The Fancy Shawl Dance is an exciting, high-spirited dance that shows off a woman's grace, endurance and athletic abilities. It is a newcomer to pow-wow dancing, having originated in the 1950s as a competition dance. The dancer wears a beautiful decorated shawl with long ribbons or fringe. On her feet are high beaded moccasins, or short moccasins with colourful leggings. The dance involves kicks, spins and fast movement, while the dancer holds the end of her shawl out so that it looks like she has butterfly wings.

By sewing several hundred jingles on a cloth, velvet or leather dress, the dancer makes a wonderful jingling sound as she dances.

## ***Women's Jingle Dress***

The Jingle Dress Dance originated in northern Minnesota and was popularized by Ojibway dancers. The story behind it is that a medicine man's granddaughter was very ill and one night he had a dream about a spirit who was wearing a jingle dress. The spirit told the grandfather to make his granddaughter such a dress and that she would be cured if she danced in it. When he woke up, he made the dress according to the spirit's directions, and had his granddaughter dance in it at the community hall.

By the time she had danced around the room four times, her sickness was gone.

Today, jingle dresses are made by hand using the lids of snuff cans molded into triangular shapes. By sewing several hundred jingles on a cloth, velvet or leather dress, the dancer makes a wonderful jingling sound as she dances.

### **Pow-wow Terms**

A vocable is a phrase, usually made up of vowels, that is used in the place of lyrics in a pow-wow song. It is a non-language sound, such as "Ah Hey Yah Ho," which can be used as the words in a song, so that everyone can join in.



**Moccasins** are the traditional footwear of Aboriginal people. They look like slippers, and are made by hand using soft deer or moose hide. Moccasins are often decorated with beads and porcupine quills.



A **dance staff** is a long stick that dancers hold in one hand while they dance. Dance staffs can be decorated with feathers, beads and coloured tape.



Men fancy dancers wear **bustles**, which are arrangements of feathers worn on the head or body. Bustles are made of turkey, hawk or eagle feathers.

Source: <https://www.rcaanc-cirnac.gc.ca/eng/1303138515580/1534960654974>

# SASKATCHEWAN

## 2023 Pow-Wow Trail

June 23rd-25th:	Kahkewistahaw
June 30th-July 2nd:	George Gordon
July 1st-2nd:	Muskeg Lake
July 1st-2nd:	One Arrow
July 4th-6th:	Red Pheasant
July 7th-9th:	Zagime
July 14th-16th:	Onion Lake
July 21st-23rd:	Peepeekisis
July 21st-23rd:	Thunderchild
July 21st-23rd:	Carry the Kettle
July 21st-23rd:	Sturgeon Lake
August 1st-3rd:	Poundmaker
August 3rd-6th:	Mosquito Grizzly Bears Head Lead Man
August 4th-6th:	Pheasant Rump
August 8th-10th:	Little Pine
August 8th-11th:	Cultural Camp Buffalo Pound Provincial Park
August 9th-10th:	Pasqua
August 11th-13th:	Waterhen Lake
August 11th-13th:	Standing Buffalo
August 15th-17th:	Cowessess
August 18th-20th:	Piapot
August 18th-20th:	Big River
September 1st-3rd:	Flying Dust



# 52

# Green TIPS

If you're choosing to be more environmentally friendly, here are 52 ideas that can make a big difference.



## FOR YOUR HOME

1. Create a bee-friendly garden in your backyard or on your balcony.
2. Participate in a community garden.
3. Do your best to repair more things, whether it is a toaster or a piece of clothing.
4. Find sustainable alternatives for all your favourite items and brands.
5. Do your own repairs to broken items in your home to avoid waste.
6. Switch to reusable batteries in things like your remotes or cameras.
7. Cut the trash. Break down your garbage as best as you can.
8. Switch your home to greener energy.
9. Collect and use rain water.

## FOR YOUR KITCHEN

10. Cook more from scratch.
11. Eat more organic food.
12. Skip the meat and have fun finding alternatives for protein.
13. Grow your own food.
14. Cut down on food waste and compost where you can.
15. Find fair trade products for the exotic types of food, such as coffee and tea.
16. Use seasonal foods in your cooking.
17. Buy from your local farmers where possible.

## FOR THE KIDS

18. Try out DIY projects out of things you have at home.
19. Cut phantom energy from your home. Have the kids help shut off lights and unplug electronics that could be taking energy when not in use.
20. Get your family outside to learn about their local NatureHood.
21. Build a backyard habitat for local animals, like bird houses.
22. Create cloth bees wax paper to use in lunches.
23. Use old crayon's wax in crafts such as making candles.

## FOR THE WORKPLACE

24. Switch to LED lights and cut the phantom energy.
25. Go paperless.
26. Purchase recycled paper or seed paper.
27. Talk to your company about greener solutions around the office such as recycling or composting.

## FOR SHOPPING

28. Bring your own shopping bags and entirely skip the single use plastic.
29. Avoid fast fashion.
30. Create a capsule wardrobe with only the classics out fits you will need.
31. Get thrifting.
32. Donate old clothing or use old t-shirts for cloths for household cleaning.
33. Host clothing swaps.
34. Try your hand at sewing.

## FOR YOUR CLEANING

35. Hang laundry to dry and skip the dryer.
36. Switch your washer to cold and cut the time down in your settings.
37. Clear out the chemicals from your home and use eco-friendly cleaners.
38. Reduce paper towel usage and use reusable cloths instead.
39. Cut stray water usage.

## FOR YOUR TRAVELS

40. Bring a reusable water bottle on trips.
41. Walk, bike and take public transit where possible.
42. Reduce gas use by driving electric or more fuel efficient car.
43. Try your best to carpool where possible.
44. Carry a reusable straw and utensils for eating fast food out.

## OTHER GREEN TIPS

45. Donate to a charity like Nature Canada that is helping the planet.
46. Become more aware of changes in our environment and the importance of biodiversity through reading or watching a documentary.
47. Reach out to your favourite brands to ask about how they can make their products more environmentally friendly.
48. Reach out to local government officials to encourage them in being part of the solution for a cleaner environment.
49. Volunteer for your local environmental charity.
50. Join your local park for clean up days or initiatives.
51. Advocate for better environmental protection through signing petitions or writing letters to your local editor.
52. Create or join a neighbourhood Facebook page where you can share, donate, swap or trade old and unused items.

Source: <https://naturecanada.ca/discover-nature/lifestyle/52-green-tips-for-the-new-year/>

# Create your own *vertical garden* with recycled plastic bottles

Choose plants that require similar sun exposure and grow at similar rates. Remember that your garden is vertical, so plant flexibility needs to be considered in terms of how they fall.

### Step 1: Collect your bottles

Plastic bottles come in a variety of sizes and colours. Select the bottles that suit you best. If you'd like a more structured and uniform look for your vertical garden, then stick to one colour and bottle type. If you'd prefer a more abstract style, then feel free to combine colours, shapes and sizes.

### Step 2: Cut and prepare your bottles

Be sure to rinse your bottles and remove all labels before starting. Then, using a sharp blade or stanley knife, cut out a piece wide enough to allow the plant to grow, but be sure to keep a deep base so the plant's roots are able to thrive in the soil. Finally, punch holes in the sides of the bottle and thread your string through. As you thread the string, be sure to tie a knot where needed, so the bottom of each bottle rests securely.

### Step 3: Fill your bottles

You could use a variety of plants to fill your vertical garden but there are a few things to keep in mind. Choose plants that require similar sun exposure and grow at similar rates. Remember that your garden is vertical, so plant flexibility needs to be considered in terms of how they fall. Vertical gardens can also become dry, like any potted plant, so using potting soil is a must. This will ensure your garden retains water and nutrients. Finally, if you have plants that require less water, you should plant them at the top of your vertical garden, since this area tends to dry more quickly.





# goodreads

## **Emancipating from the Care of Strangers: The Experiences, Insights and Recommendations of Ten Former Foster Kids**

by *Waln Brown (Author, Editor), John Seita (Editor)*

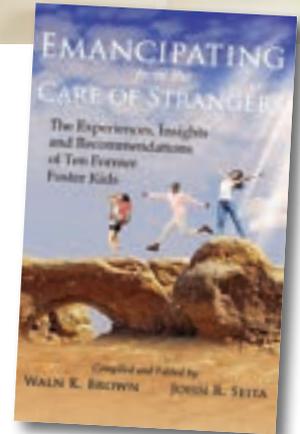
**A**ging out of foster care is a perilous event for foster youth. This is especially true for foster children whose experience in the foster care system included little or no preparation for leaving foster care and who emancipated directly from placement with little or no family support. Left to survive by their wits, this population of foster care kids would seem the most at-risk; yet, some former foster kids somehow manage to successfully navigate leaving foster care and go on to accomplish great things. Unlike most books about foster care and foster parent books, however, this book by foster children uses actual life experiences to present insider knowledge regarding what is required to prepare foster youth for life after foster care. The very personal setbacks, successes and life-lessons conveyed in these ten riveting and revealing foster care memoirs are the soul of this book.

What these talented authors learned in the process of writing their foster care stories is their self-revelation of how their individual foster care experiences affected their adjustment to life after foster care. Their insights and recommendations

provide the unique client perspective required for foster care workers, social work and child welfare professionals, as well as foster parents and families considering foster parenting, to grasp the significance of the crucial roles they play in preparing a foster child for life on her or his own. And, no less importantly, kids in foster care getting ready for life after foster care, as well as recently emancipated alumni who crave guidance from role-models, now have access to a detailed road map that illuminates the path to their self-actualization.

Discover what ten exemplary alumni role-models learned from writing their true stories about surviving foster care, their lives after foster care, transitioning from foster care and what is required to prepare emancipating foster youth for happy, healthy and successful adulthoods.

*Format:* **Kindle Edition**



### **PUBLICATIONS MAIL AGREEMENT NO. 41271051**

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:  
SASKATCHEWAN FOSTER FAMILIES ASSOCIATION  
231 Robin Crescent  
Saskatoon, Saskatchewan S7L 6M8