



# THE GABRIEL DUMONT INSTITUTE COMMUNICATOR



Photo submitted by Bonnie Novotny



*The GDI Communicator is an internal newsletter intended to increase communication between management and staff of the Gabriel Dumont Institute of Native Studies and Applied Research*

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## LET'S GET SOCIAL



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## CELEBRATING TOMORROW'S LEADERS

**By Bonnie Novotny, Program Head, SUNTEP Prince Albert**

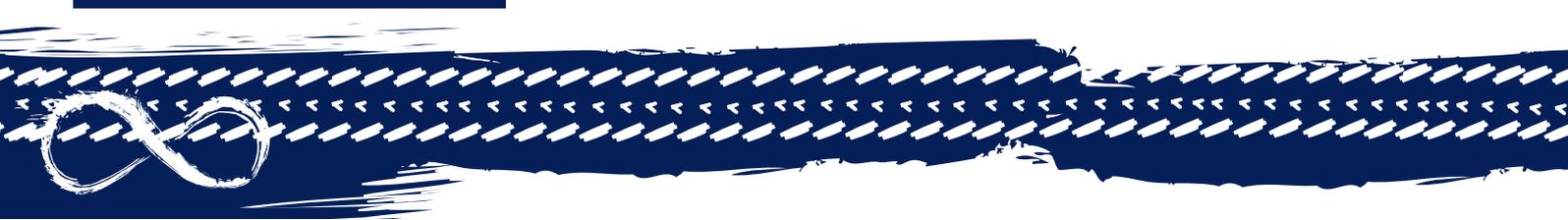
Over 500 post-secondary and high school students from Prince Albert and other northern communities, as well as Saskatchewan Urban Native Teacher Education Program (SUNTEP) students and staff, filled the seats at the Prince Albert Rawlinson Center of the Arts on January 18, 2023 for 'Saskatchewan's Next Generation of Leaders Workshop'.

The key topics covered in this workshop were the art of self-expression, the importance of mental health, language, and the power of resilience. Topics were identified by a student advisory committee and woven into each presentation throughout the day. "The workshop aims to help and thank post-secondary students," said June Anonson, Chair of the University of Saskatchewan Prince Albert Campus.

The workshop included presenter Chief Cadmus Delorme of Cowessess First Nation. Through story and "helium humor" Cadmus connected and entertained the audience while sharing messages of the importance of education and identity.

The workshop concluded with three-time Juno Winner Susan Aglukark performing through story and song. Aglukark's shared pictures and songs of celebration and family. Her message inspires hope and connection. The celebration song that she closed with was the song SUNTEP staff and faculty used in our SUNTEP survivors' banquet in 1995 when we celebrated the completion of our cohort's first year of university. My sister and I were the first of our family to attend

**Story continues on page 4**





# MICHIF WORD OF THE MONTH

# MIYOOAYAAN

WELLNESS

## BELL LET'S TALK - MENTAL HEALTH SUPPORT FOR STUDENTS AND STAFF

By Karissa Johnson, GDI Research & Communications Coordinator

Bell Let's Talk day is a campaign to promote conversations around mental health, with a goal of reducing stigma around mental illness. Reducing stigma, along with self-judgment or shame, can help people feel more empowered to seek support.

Mental health is the ability to think clearly and make good decisions. Tending to your mental health might look like talking through concerns with a professional. Mental health, along with emotional, physical, and spiritual health, contribute to wellbeing. Emotional health refers to awareness of feelings and being able to express them. Taking care of your emotional health might look like journaling about what is going well for you. Physical health includes taking care of your body and might look like going for a walk a few times a week. Finally, spiritual health refers to your sense of purpose and connection to life. Taking care of your spiritual health might look like spending more time outdoors. Interestingly, all of these facets are all intertwined; when you take care of one, you take care of the others. The most important thing is to take care of yourself in a way that works for you.

Guard Me to provide 24/7 access to online mental health services to GDI students through keep.meSAFE. In addition, GDI staff have access to Employee & Family Assistance program, through LifeWorks. If you could use support, the complimentary programs are available through web links or through their respective apps (scan the QR code on the left to download).

For local resources, The Saskatchewan Health Authority offers a handful of free counselling resources (visit <https://www.counsellingconnectsask.ca/#BookaSession>). Major cities, (i.e., Saskatoon, Prince Albert, Regina, and Broadview) have designated healing centers at their major hospitals (<https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/indigenous-health/first-nations-and-metis-health-services>). The Métis Nation—Saskatchewan also provides Métis culturally-specific support for adults, youth, and families, virtually or in-person. Their toll-free crisis line is 24/7 and is reachable at 1-855-671-5638.

As students and staff, wellbeing is important to prioritize to ensure you are showing up to your potential as often as possible. Everyone deserves to feel good, and that starts with taking care of oneself. 🌍

There can be challenges to accessing mental health resources, such as cost. Fortunately, the Gabriel Dumont Institute (GDI) is partnered with

## STORY TELLING: A MÉTIS WAY OF VISITING

By Karon Shmon, Director, GDI Culture & Heritage

Long before a bureaucrat suggested February become Storytelling Month annually, the Métis were telling stories. All cultures were oral cultures to begin with so everything was shared through stories. After

written communication became an option, many peoples continued to share via what some call the “oral tradition,” a fancy term for sharing

**Story continues on page 3**



**LifeWorks**  
Formerly Morneau Shepell

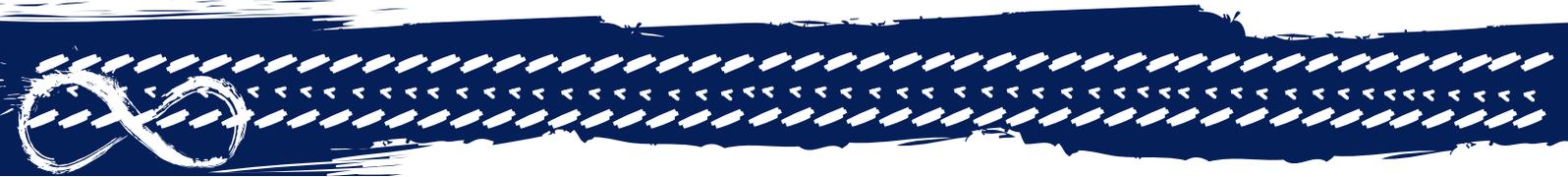
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**MY SSP** Student Support Program

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## UPCOMING PROGRAM DEADLINES

### DUMONT TECHNICAL INSTITUTE



**Office Administration**  
Regina  
**Feb 15**



**Continuing Care Assistant**  
Saskatoon  
Regina  
Île-à-la-Crosse  
**Feb 15**



**Heavy Equipment & Truck & Transport Technician Program**  
Prince Albert  
**Feb 15**

### GABRIEL DUMONT COLLEGE



**Indigenous Community-Based Master of Education**  
Prince Albert  
**Mar 15**



**Northern Saskatchewan Indigenous Teacher Education Program**  
La Ronge  
NSI TEP  
**May 30**

### SASKATCHEWAN URBAN NATIVE TEACHER EDUCATION PROGRAM



**SUNTEP**  
Prince Albert  
Regina  
Saskatoon  
**Mar 30**

For a full listing of all current programs and to apply online visit

[WWW.GDINS.ORG/PROGRAMS](http://WWW.GDINS.ORG/PROGRAMS)

## STORY TELLING: A MÉTIS WAY OF VISITING

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the use of our voices for the telling, and our ears and minds for the listening.

All cultures also experience seasonal changes and, in the lands where there is a stark difference between summer and winter, the weather dictates when and what we will be harvesting as well as the kinds of risk we may face as we do so. Canadian prairie dwellers knew the winters could be harsh, so a lot of effort went into food preparation and preservation, collecting wood to provide fuel for heat, and making sure our attire was suited to the climate changes. This was a labour-intensive work and our lives depended on it.

The need to stay out of the cold, coupled with the challenges nature brought with the seasonal change, including shorter days, meant people were indoors more. This provided the time for stories to be shared, a welcomed form of entertainment for many. The stories could vary in length and in purpose. Those with traditional beliefs would share sacred stories, such as those about creation, only “when the frogs were in the mud” or “when the snow was on the ground” as conditions that

preceded the sharing of these stories.

Storytelling is a means of cultural transmission, a way of passing down our histories and cultures. But not all stories have to be so purposeful, or contain deep meaning. For many families, the stories are more personal. This is a way to share family history; milestones that are celebratory or sorrowful. It is a way to make people feel they belong to a family and a community and to remember those who have gone before us. The stories can be about any stage of life, childhood, youth, adulthood, and so on. Traditionally, stories could tell a lesson, be humorous, and sometimes they were just entertaining. Often, stories were embellished, allowing a more fulsome expression of the imagination and phrasing of the storyteller.

The Métis never need a formally designated time to tell stories. Every time we visit with one another we are sharing our stories. So if you haven’t thought of yourself as a storyteller before now, you are invited to see yourself differently, as one who will contribute to your personal legacy, your family legacy, and our legacy as the Métis. The stories are endless. Enjoy! 🌐

## HEALTHY CAMPUS SASKATCHEWAN HIGHLIGHTS GROWTH AT DTI

**By Darcie DeBruyne, DTI Program Support Facilitator**

The Healthy Campus Saskatchewan initiative was born out of a desire for post-secondary institutions to be able to collaborate, and support the health and wellbeing of all students. It includes 19 post-secondary institutes and various community organizations throughout the province. Their vision is to create healthy, resilient campus

communities, where students feel safe and supported, and have the knowledge, tools, and resources they need to achieve their personal, academic, and future career goals.

With becoming a partner in the initiative, Dumont Technical Institute

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Photo submitted by Bonnie Novotny



## CELEBRATING TOMORROW'S LEADERS

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university so that song brings back some strong emotions of resilience. I played the song just this week for the SUNTEP student body to start the morning!

“We received so much positive feedback from both staff and students towards the Leaders of the Future event! We were truly moved by all the speakers.

Chief Cadmus Delorme really resonated with our students and they all felt privileged to hear his message. It was a great collection of speakers and messages” Ashley Grimard, SUNTEP faculty member.

Overall, the workshop was well received by the SUNTEP community leaving everyone feeling empowered to start a new term. 🌍

Photo submitted by Darcie DeBruyne



## HEALTHY CAMPUS SASKATCHEWAN HIGHLIGHTS GROWTH AT DTI

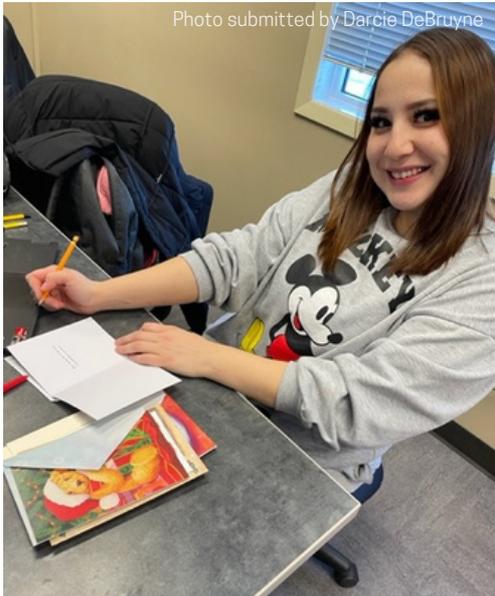
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(DTI) created a Peer Health Outreach Support Group. Over the last few years, DTI’s Peer Health Outreach has had some amazing student volunteers that have created and delivered presentations on topics such as healthy relationships, mental health, and wellness. The group has also invited in special guests, such as “The Comeback Society”, who shared about their podcast on Indigenous excellence in communities, and a local tattoo artist, who presented on self-harm and recovery. The most recent project was a “Kindness Project for Seniors,” where all the Healthy Campus Saskatchewan programs challenged each other to hold a Christmas card writing party, and distribute the cards to senior centres.

gaining self-confidence and valuable skills, and learning throughout the process.

The students work with the Healthy Campus Student Outreach Facilitator, Justin Mataverde. He provides them with an orientation, and ensures they are using credible information for their projects. As the Program Support Facilitator for the program, I follow up with the students to approve content, meet with Justin throughout the school year, and promote the program within DTI. The Peer Health Support program is one of the most important pieces in working towards promoting awareness about mental health and student wellbeing.

Photo submitted by Darcie DeBruyne



DTI’s Peer Support Outreach Program currently consists of three volunteer students. These students are the heart of the program; without them, it would not exist. It is incredible to see and hear the excitement in the student volunteers. The program provides an opportunity for them to support each other as they work together on projects. They are also

Our future goals are to see the Peer Support Outreach Program grow and expand throughout all of DTI, where student volunteers from each area work together to present on topics that are important to them. We would also like to have a designated platform for the program, where all the content and recordings can be viewed for all DTI students to access. 🌍

Photo submitted by Darcie DeBruyne





# SUNTEP REGINA INFORMATION SESSION

Friday, February 2, 2023

1:00 PM - 3:00 PM

Room 214, College West Building  
University of Regina  
3737 Wascana Parkway  
Regina SK

Register online at  
[gdins.org/about/events/suntep-regina-information-session/](https://gdins.org/about/events/suntep-regina-information-session/)

## ERP UPDATE

By Gary Kichula, Program Head, GDI Human Resources

The Phase 1 build of the new ERPx system is progressing with Carlton Trail College and North West College starting the final testing stage during the last week of January. The Phase 1 testing process is scheduled to run until March 1, 2023. Once this testing has completed, the Phase 1 colleges will move towards full implementation and Phase 2 of the build will commence with the Parkland College and Cumberland College system.

GDI is included in the Phase 3 component of this build together with Northlands College, Great Plains College and Southeast Regional College. The planned commencement date for Phase 3 is May 31, 2023. It is at this point Unit 4 will begin the GDI specific build. Testing of this build is scheduled to commence in July 2023 with an anticipated “go live” implementation date of November 2023. The GDI implementation team is currently

working on a data consolidation and verification process in readiness for the Phase 3 build. This process involves “cleaning up” older records in the current Great Plains system and preparing data for import to the ERPx system.

### GDI Bi-Weekly Info Meetings

Due to the nature of this build process, GDI has temporarily paused the internal bi-weekly ERP meetings but anticipate re-starting these sessions near the end of February once we have additional information to share with staff.

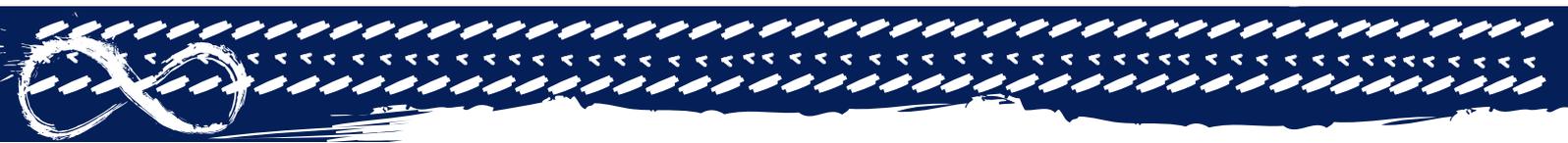
### GDI ERP Info Sharing Site

The GDI ERP info sharing site is still available, and accessible, for all staff who are interested. On this site the Institute has shared documentation and videos outlining the new ERP system. Documentation will continually be added as it becomes available. To access the site visit:  
<https://gabrieldumont.sharepoint.com/sites/ERPInfoSharing>

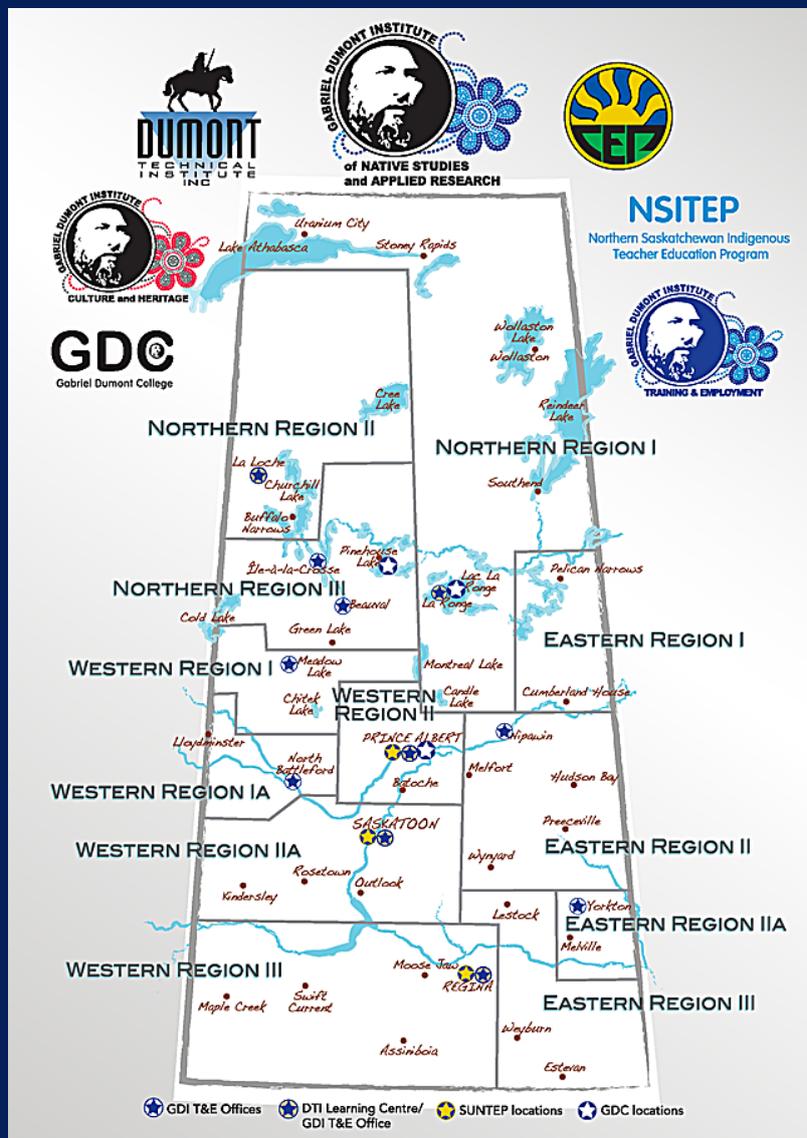
## FEBRUARY 2023 FINANCE & PAYROLL CUTOFF CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Accounts Payable Cheque/EFT Run	Cutoff @ 4:30 for Accounts Payable Invoices	
5	6	7	8	9	10	11
		Cutoff @ 3 pm for Stop Payments on Student Feb 10 Direct Deposits		A/P Cheque/EFT Run Cutoff @ 4:30 for Timesheets & Payroll Revisions for Feb 15 Payday	Student Payday Cutoff @ 4:30 for Accounts Payable Invoices	
12	13	14	15	16	17	18
			Staff Payday	Accounts Payable Cheque/EFT Run	Cutoff @ 4:30 for Accounts Payable Invoices	
19	20	21	22	23	24	25
	Family Day	Cutoff @ 3 pm for Stop Payments on Student Feb 24 Direct Deposits	Cutoff @ 4:30 for Timesheet & Payroll Revisions for Feb 28 Payday	Accounts Payable Cheque/EFT Run	Student Payday Cutoff @ 4:30 for Accounts Payable Invoices	
26	27	28				
		Staff Payday				

EMPLOYEE CONTRACTS DUE AT PAYROLL UPON JOB ACCEPTANCE. PAYROLL MUST RECEIVE CONTRACTS PRIOR TO PAYROLL CUTOFF DATE  
IF RECEIVED AFTER THE CUTOFF DATE, THE EMPLOYEE WILL BE PAID ON THE FOLLOWING PAY PERIOD MRTS DUE BY THE 15TH OF EVERY MONTH



# CONTACT US



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Previous issues of the *Communicator* can be found online at [www.metismuseum.ca](http://www.metismuseum.ca)

If you would like to submit an article for the *Communicator* please contact Karissa Johnson at [karissa.johnson@gdins.org](mailto:karissa.johnson@gdins.org)

