



DAKOTA OJIBWAY POLICE SERVICE

"A Commitment to First Nations"

Vol. 2 Issue 6
April 2011

Welcome to our Newsletter!

Message from the Chief of Police

SPRING has finally arrived, and I am sure we are all glad to finally experience some warmer weather and sunshine.

We continue to work towards our strategic goals and objectives which include the expansion of the Police service, enhanced community programs and crime prevention initiatives and expanded enforcement capacity. Another priority for 2011 will be staffing and recruit field training. Staffing has been a challenge recently, but we are pleased to have recruits scheduled to start in the field later this spring.

With support for from Manitoba Crime Prevention, we have been able to expand our youth program to Sandy Bay Ojibway First Nation with the Sandy Bay Youth Corps. This is an exciting project and we look forward to providing positive experiences for the kids and the community.

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With the much anticipated warmer weather, comes the threat of flooding. Significant flooding is predicted for both Roseau River and Sioux Valley and as a result, D.O.P.S. Members in those locations are working closely with the local flood management groups on flood preparation. We would like to remind Community members of the dangers associated with high and unpredictable flood waters especially where young children are involved.

Meegwetch / Wopida!

D.A. (Doug) Palson
Chief of Police

OVERLAND FLOODING—SIOUX VALLEY & ROSEAU RIVER

RIVER AND STREAMS are beginning to flow in low lying areas and many areas are faced with overland flooding. This will threaten many homes and property owners.

The residents of Roseau River Anishinabé First Nation and Sioux Valley Dakota Nation are keeping a watchful eye on the river in case of a potential rise of the river. The Community battled with flooding conditions last year. The thawing of the river is expected to rise significantly this year as compared to last year.

Roseau River and Sioux Valley communities are two of the DOTC communities that are working diligently to avoid any major catastrophes caused from flooding.

Sioux Valley Dakota Nation is situated with the Assiniboine River running through the

community and meets up with the Oak River in the northern part of the Community. Oak River flows into the Assiniboine River causing this area to flood. This area is often referred to as the "Flats" by the Community members. Homes and property in this area have been affected with the flood.

Roseau River Anishinabé Nation is situated at the junction of the Red and Roseau Rivers. With many tributaries running into the Red River, this makes the river a highly volatile area for flooding.

Emergency operations plans as it relates to flooding have been put in place to keep the communities safe. All teams are working together and closely monitoring the rivers. The Province has issued flood bulletins to all areas affected.

MISSION

STATEMENT

"Strive to ensure the safety, security, trust and protection of the First Nation Communities: Birdtail Sioux, Canupawakpa Dakota Nation, Roseau River, Sandy Bay and Sioux Valley. Uphold the highest standards of professionalism and to honor the cultures, beliefs and traditions of the First Nations families and communities of which the Department services."

"The Creator designed a very simple set of Laws for us to follow. If we follow these simple things, we'll be happy. If we don't follow these simple things, our lives become complicated. For example:

- *Respect Mother Earth*
- *Love one another*
- *Be truthful*
- *Give to your brother and sisters*
- *Be gentle with each other*
- *Be Happy*

Following these simple Laws will have great rewards.

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Dakota Ojibway Police Service

Employee Profile

April McKenzie has been an employee with Dakota Ojibway Police Service for 9 years, she works as the detachment clerk in the Birdtail Sioux First Nation community. Throughout the years April has assisted other communities like Sioux Valley and Canupawakpa when there were staff shortages.



April Alice McKenzie

For the past two years April has become a medical emergency technician and a volunteer for the Miniota Fire department. Between working with Dakota Ojibway Police Service, being a mom and a EMT this keeps her very busy throughout the year. April has two small children at home and she enjoys watching them play hockey in the winter and ball in the summer.

“Working with DOPS has brought challenges and rewards daily to my life both personally and professionally and I owe this to the community and my co-workers. I have been in Birdtail for many years and have seen many different faces



but I believe that the goal has always been the same, to protect and provide for the communities. I strive to educate myself everyday to understand and better provide for my family by the choices that are made each day. Education for our children is most important; as parents we can teach our children how to become the best they can be by using every ounce of their potential.”

*April McKenzie
Dakota Ojibway Police Service
Birdtail Sioux Detachment*

WHAT IS DIABETES?

Diabetes happens when your body does not make or use insulin the right way. Insulin is important for your body to turn sugar from food into energy. There are three types of diabetes:

- **Type 1** diabetes happens when the body doesn't make insulin;
- **Type 2** diabetes happens when the body has trouble using the insulin it makes;
- **Gestational diabetes** happens where the body can't use insulin during pregnancy.

Most people are more likely to get type 2 diabetes—the most common kind—than other Canadians. Younger people are

developing type 2 diabetes more than before.

Managing diabetes—through lifestyle and possibly medication — is a helpful way to slow or stop damage to your kidneys, prevent poor circulation, heart disease or eye diseases.

Diabetes was not always a health issue for First Nation people. When First Nation people had a traditional lifestyle with lots of physical activity and traditional foods, fewer people had diabetes.

Living a healthier lifestyle can give First Nation people a way to prevent and delay diabetes, and can help those who have diabetes live healthier lives.



EATING WELL is one of life's greatest pleasures. Fortunately, having diabetes does not prevent you from enjoying a wide variety of foods. People with diabetes have the same nutritional needs as anyone else. Learn to eat well-balanced meals in the correct amounts, stay fit, and take your prescribed medications, and you can thrive with diabetes.



EXERCISE is part of a healthy lifestyle for everyone, and it's especially important for people with diabetes. But exercise doesn't necessarily mean running a marathon or bench-pressing 300 pounds. The goal is to get active and stay active by doing things you enjoy, from gardening to playing tennis to walking with friends.

Dakota Ojibway Police Service



Sandy Bay D.O.P.S.—Youth Cadet Corps

SANDY BAY D.O.P.S. Youth Corps was developed and modeled from the successful Sioux Valley Cadet Corps. The Sandy Bay Youth Corps started in February 2011 in partnership with Isaac Beaulieu Memorial School. The Sandy Bay Youth Corps is an after-school program that makes is convenient for youth to participate.



WHAT WILL I LEARN

- Police Studies
- Cultural & Traditional Activities
- Recreational Sports
- Leadership
- Community Service
- Personal Fitness & Health Living



Sandy Bay Youth Corp—Lacrosse Clinic

This Youth Development program includes activities that are specifically tailored to the needs and concerns of youth 12-17 years of age with emphasis on culture/traditional activities, sports, education and healthy living. Two youth leaders were hired to assist in the activities and mentor the youth. Our goal is to provide a safe environment of positive activities for our youth.

Sioux Valley D.O.P.S.—Youth Cadet Corps

SIOUX VALLEY D.O.P.S. Youth Cadet Corps is progressing well with the new year. The program has been going strong right from the beginning. The Cadet Corps meet every Wednesday night from 6:30—9:00 pm.



The Sioux Valley Cadets' field trip to the Armories in Brandon to practice drills.

CRIME PREVENTION SUMMER STUDENT PROGRAM

THE SUMMER STUDENT PROGRAM will have a strong crime prevention focus. The goals and objectives of the summer student program:

- To provide our First Nations youth an opportunity to work in a policing environment with the DOPS community/crime prevention program.
- To provide an opportunity for youth to gain summer employment within a police service.
- For students to prepare and present crime prevention programs to the youth of the DOTC communities.

SUMMER STUDENT EMPLOYMENT 2011

Watch for Job Postings in your community for the D.O.P.S. Community Crime Prevention Summer Student Program.



Summer Student Orientation 2010



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Sioux Valley Detachment
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Manitoba First Nation Police Association newly elected Executive for 2011/12:

President: Darren Hamm

Vice-President:
Justin Linklater

Secretary/Treasurer:
Evelina Taylor

D.O.P.S. Workplace, Health & Safety Committee reps:

BT/CD: Justin Linklater
RR: Derek Smoke
SB: Aldyne Stevenson
SV: Darren Hamm

The following is a list of safety tips to help prepare for and stay safe during a flood.

- 1. Preparation:** Seal your basement windows and ground-level doors. Install a zero reverse flow valve in the basement drains. Keep important documents on higher floors to protect them from flood damage.
- 2. Anticipation:** Turn basement furnaces and gas valves off. Safeguard heating equipment. Move furniture and electrical appliances above ground level. Get toxic substances away from flood area to prevent pollution. Plug toilet connections with a wooden stopper.
- 3. During:** Stay aware of what roads are safe, where to go and what to do if the local emergency team asked you to evacuate.
- 4. After:** Don't return home until authorities have advised that it's safe to do so. Have an electrician clean, dry and test the main electrical panel. Make sure the

building is structurally safe. Look for buckled walls or floors. Minimize contact with floodwater. Keep children away from contaminated areas while cleaning.

Prepare an emergency kit. You kit should include:

1. Water—2 litres of water per person per day. Have water in small bottles for portability in case of evacuation.
2. Food—that won't spoil, i.e. canned food, energy bars and dried food (replace the food and water once a year).
3. Manual can opener.
4. Flashlight and batteries.
5. Battery powered radio (extra batteries).
6. First aid kit.
7. Special items—prescription medications, infant formula or equipment for people with disabilities.
8. Extra keys for you car and house.
9. Cash—small bills such as \$10 bills and change for payphones.

WORKPLACE HEALTH AND SAFETY

Office Ergonomics

What is ergonomics?

Ergonomics - (er-guh-NOM-iks) is the kind of work you do, the environment you work in, and the tools you use to do your job. The goal of office ergonomics is to set up your office work space so that it fits you and the job you are doing. When your workstations is set up right, you may:

- Be less likely to have problems such as headaches or eyestrain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

Why should your work area be ergonomic?

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. In one study, more than half of the workers who used computers for at least 15 hours a week had joint problems in the first year of a new job. Most on-the-job injuries are caused by:

- Falls.
- Repetitive movements.
- The way you sit or stand (posture).
- Bending over, lifting heavy objects, or using pressure or force.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks. It focus on how things are set up in your office work space, such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise and temperature.

What kinds of injuries happen at work?

Most injuries are caused by physical stress and strain, such as sitting in the same position for a long time, making repetitive movements, and overuse. These injuries can cause stress and strain on your muscles, nerves, tendon, joints, blood vessels, and spine. Symptoms can include back pain your:

- Back.
- Hand, wrist, or arms.
- Neck and shoulders.

You could also be at risk for problems such tendinopathy and bursitis. These are caused by overuse and repetitive movements. They can cause long-term health problems and use up your sick time.

So please be healthy and be ergonomic safe.