

North of 54

Northern Saskatchewan's Sport, Culture & Recreation

News

Northerner's Compete in 2007 Canada Winter Games

Four athletes from northern Saskatchewan represented the province at the 2007 Canada Winter Games in Whitehorse as part of Team Saskatchewan: Jonovan Kokan of La Loche competed in the sport of Archery in the male recurve events - Individual event: Jonovan ended up with 499 points in the preliminaries round (placing him 9th); in the playoff round he lost 104 (NB) -101 (SK); ending tied for 9th place overall. Team event: Jonovan & Justin Grimsrud (Estevan) combined in the team event defeating BC in the bronze medal final 102-98 to win BRONZE MEDAL. Gaelan Patterson formerly of La Ronge was a member of the Mens' Hockey team that finished in 6th place overall. Gaelan finished 29th in scoring with 2 goals and 5 assist for 7 points. Haley Robinson and Keewetin Trottier of La Ronge both skied in the Cross Country Skiing event at the Winter Games. Haley's finishes were: 45th out of 53 in 7.5km; 45th out of 53 in 1200m Sprint & 46th out of 50 in 10km; and Keewetin's results were: 31st out of 48 in 10km; 42nd out of 51 in 1200m Sprint; 29th out of 45 in 15km; part of Team Saskatchewan 4X5km Relay team that finished 6th place overall.



Jonovan Kokan, 2007 Canada Winter Games

1st NSCRD Newsletter Published!

Welcome to the first issue of the Northern Sport Culture & Recreation Quarterly Newsletter, *North of 54 News*. As you may or may not be aware, in August 2006 the five Regional Recreation Associations (Athabasca, Beaver River, Clearwater, Neyanun, and Sagastew) amalgamated with the Northern Recreation Coordinating Committee (NRCC) to better serve the sport, culture and recreation needs of northern communities through one organization known as the **Northern Sport, Culture & Recreation District (NSCRD)**. This newsletter is just one of many communication tools NSCRD will use to distribute information about programs, services, resources and best practices in Northern Saskatchewan. READ ON...

NSCRD Board of Director Nominations

The Northern Sport, Culture and Recreation District is accepting nominations for four (4) Board of Director positions as follows:

- General Member Area Director - Neyanun Area, June 2007-2009*
- General Member Area Director - Sagastew Area, June 2007-2009*
- Northern Program Area Director - Sport, June 2007-2009*
- Northern Program Area Director - Recreation, June 2007-2009*

For further information or a nomination package, please contact Michelle Hewison, General Manager of the Northern Sport, Culture and Recreation District at (306) 425-3127, Ext. #1.

Nominations close at 12:00 midnight on Tuesday May 15th, 2007



Athabasca Youth Curling Bonspiel
*Uranium City
March 2 - 4th, 2007
Team UCity: Doug Preikschat, Tristan Murphy, Shalyn Larocque, Hannah Preikschat*

**Northern Sport, Culture & Recreation District (NSCRD)
ANNUAL GENERAL MEETING
June 15, 2007
La Ronge, SK**

Issue #1

1

May 2007

NSCRD News

2007 Northern Physical Activity Roundtable Keeps Northerners Moving

On Tuesday, March 20, 2007 physical activity leaders participated in the 2007 Northern Physical Activity Roundtable at the Marlboro Inn in Prince Albert.

Highlights of the morning portion of the roundtable included an update on Saskatchewan *in motion* strategies for 2006-2008; a “walk” through the Northern Physical Activity Action Plan and its initiatives to date and up to December 2007, as well as feedback from participants for next year. Keynote presenter, Dr. James Irvine (Medical Health Officer for the 3 northern health authorities) in his session, When “Just Do It” is not enough: the latest on physical activity and health, provided updated research and statistics reminding us of the importance of physical activity and its value to health and disease prevention. The second keynote was Jason Loutitt (Marathon and Mountain Runner), “Chased by a Bear – becoming a fitness messenger” challenged us to find our inspiration, embrace our culture, and inspire others through physical activity. The morning closed with exceptional physical activity success stories from three northern communities, Creighton, Wollaston Lake and Air Ronge, demonstrating the great initiatives and partnerships in our northern communities.

Lunch hour included time for viewing the “Walk of Fame” poster presentations provided, gathering information at the resource table, and an overview of the Building Communities Program, a \$2 million dollar infrastructure program for recreation (including sport, culture and physical activity) facilities for Northern Saskatchewan as well as the provincial program (larger projects).

The afternoon included an informative panel presentation with the following topics: Traditional Physical Activity and Health Prevention; Nutrition and the “Drop the Pop” initiative; Quality Daily Physical Education; Sport Development; Workplace initiatives at Areva McClean Lake Mine, and Active Transportation and Physical Environments. The panel was followed by some time for area or regional discussion groups focused on building on the successes and addressing barriers to physical activity in our northern communities. Participants were then asked to set their own personal action plans which will be mailed back to them as a reminder and continued encouragement near the end of April.

Celebrating our successes, the roundtable closed with a recognition program. Seven northern physical activity champions or initiatives were recognized for their notable efforts to increase physical activity in their communities.



ACT Co-Chair, Joaleen Szeles, presents certificate of recognition to Betty Ann Natomagan of Pinehouse for their outstanding efforts in building the capacity of their community and people through physical activity and other health promotion initiatives, and making their community a healthier place to live, work, and play.

2007 First Nation Summer Games

The two northern Tribal Councils are preparing their teams that will compete in the 2007 Saskatchewan First Nation Summer Games at Red Pheasant First Nation. These games will be held from July 22 to 26, 2007. For information on the Meadow Lake Tribal Council (MLTC) team selections please contact Terrance Sylvestre at 236-5654. For information on the Prince Albert Grand Council (PAGC) & Woodland Cree team selections please contact Mel Mercredi at 953-7234.



The Life Saving Society in partnership with the Sagastew Area is hosting a swim instructors course this summer. If you are 16 years of age or older, hold a current bronze cross, and are interested in becoming a Life Saving Society Swim instructor, please call Joaleen @ 425 3127 ext.4 for more information and/or to register. Dates to be announced.

5th Annual Northern Physical Activity Week (NPAW) Northern Saskatchewan On The Move May 7th to 13th, 2007

A walk (and chat) with a relative or friend, cleaning up the yard or house, and actively playing with children/grand-children are all examples of things you can do to be active your way, on your time! You can also choose to reduce the amount of time you spend being inactive (e.g., watching television, surfing the Internet, playing video games)!

PARTICIPATING ORGANIZATIONS CAN WIN A TREADMILL AND PARTICIPANTS CAN EARN PERSONAL REWARDS!

Program Coordinator Packages (everything you need to organize a week of physical activity events) were mailed early April and are also available online at www.nscrd.com (you can find participant packages there too) or by contacting **Sheila Keefe-Sampson, NPAW Coordinator**, at **306-425-2940** or e-mail sheilamkeefe@yahoo.ca

The NPAW is proudly hosted by the Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP)



Row Row Row your boat....

What, you don't have a canoe??? You can always borrow a canoe from the Sagastew Equipment Loaner Program. Not interested in a canoe? Well we do have other equipment to borrow as well. All equipment is available for rental free of charge, based on a first come first serve basis. For more information on equipment available or to book equipment please call Joaleen @ 425.3127 ext.4.

Work'n On Your Fitness!

The SPRA Group Fitness Leadership Certification Workshop for Northern Saskatchewan came and went.... with Part 2 held April 21st and 22nd in La Ronge, 6 participants competed the course. The course covered: group dynamics, leadership, basic fitness components, intro to choreography, cueing and teaching combinations, monitoring exercise intensities, post cardio cool downs, stretching and relaxation, muscle sculpting, circuit training, and lesson planning. For more information on this course, or other fitness courses please check out the SPRA Fitness Division website at www.spra.sk.ca.

National Aboriginal Hockey Championships...

The 2007 National Aboriginal Hockey Championships were held in Prince Albert from April 28th to May 6th. On the Midget Male team for Saskatchewan were northern hockey players: Josh Cardinal (La Ronge); Floyd Cook (Stanley Mission); Warren Beatty (Deschambault Lake); Teddi Hood (Beauval) and from Canoe Lake - Jordan Iron, Dennis Iron Jr. & Craig McCallum. Also on this team is Jeremy Laviolette of Saskatoon formerly from La Ronge. On Saskatchewan's female team we had northern representation from: Samantha D'Jonaire & Jaydon Campbell (both from English River), Leah Roberts (Stanley Mission), Tami McKenzie (La Ronge) and Carol Naytowhow & Chelsea Naytowhow (both from Montreal Lake).

RESULTS:

Male Gold Medal Game

Manitoba 3 Team Eastern Door & the North 4 (OT)

Female Gold Medal Game

Ontario South 6 Ontario North 0

Male Bronze Medal Game

Saskatchewan 8 Ontario North 2

Female Bronze Medal Game

Saskatchewan 6 Eastern Door & the North 3

CONTRATULATIONS

TEAM SASKATCHEWAN (Male & Female) on your BRONZE MEDALS!!!

Did you know?

Among young people, high levels of fitness are associated with decline in smoking and drinking behaviour, healthier eating habits and with increased self-esteem. (Guzman, 1992)

Northern Community & School Recreation Coordinator Program (NC&SRCP)

This program is managed by the Northern Sport, Culture and Recreation District and it is operated in partnership with Northern Municipal Communities, First Nations Communities, Community Sport, Culture and Recreation Organizations, and Northern Education Divisions and First Nations Education Authorities.

Twenty five sites across Northern Saskatchewan currently participate in this program. Funding to support the program is provided by Saskatchewan Lotteries and an Anonymous Donor.

The purpose of the Northern Community & School Recreation Coordinator Program (NC&SRCP) is to enhance the quality of life for northerners through the provision of community based sport, culture and recreation programs after school, in the evenings, on weekends and at community and school special events. Community & School Recreation Coordinators (CSRC's) are employed to facilitate the delivery of sport, culture and recreation programs, using the school as a major asset of the community and in partnership with other community based organizations providing sport, culture and recreation programs, services and facilities.

The objectives of the program are as follows:

1. To increase participation opportunities by providing sport, culture and recreation programs after school, in the evenings and on weekends, school holidays and at community and school special events;
2. To ensure community direction and support through the development of a community based steering committee;
3. To establish partnerships by sharing information and resources between schools and community organizations who share the mandate to provide community sport, culture and recreation programs;
4. To recruit, retain and support the community & school recreation coordinator through the provision of a positive work environment coupled with ongoing supervision, training and education support;
5. To increase the number of volunteers that assist with the management and coordination of sport, culture and recreation programs and services;
6. To increase community capacity by providing skill development and leadership development opportunities to members of the community;
7. To promote sport, culture and recreation programs as a positive wellness alternative and an important foundation for quality family life and community spirit.

Northern Schools Awarded...

The Saskatchewan Physical Education Association (SPEA) hosted its Quality Daily Physical Education (QDPE) Awards Breakfast on May 3, 2007 at the Delta Hotel in Regina. The following Northern Schools and Individuals received recognition:

Local Initiative Award (Region 9):

Keenan Eyahpaise, Hall Lake

Secondary School Winners:

Sally Ross School, Hall Lake

Senator Miles Venne School, LLIB

Twin Lake Community School, Buffalo Narrows

Elementary School Winners:

Gordon Denny Community School, Air Ronge

Keethanow School, Stanley Mission

Pre Cam Community School, La Ronge

NSCRD COMMUNITY TOOLS

The Northern Sport, Culture & Recreation District has a variety of tools and resources available for Community Recreation Leaders and Professionals. Here is a small sample of some of the tools and resources you may access through the District:

Program Planning Guide / Workshop

A step-by-step planning guide for planning and delivering successful recreation programs. Communities can access the Guide alone or a Workshop can be facilitated by your Area Coordinator.

Physical Activity Resources

A variety of resources including information on all initiatives included in the Northern Physical Activity Action Plan,

Community Needs Assessment

Samples and working documents to assist in identifying the sport, culture and recreation needs of your community.

Volunteer On-Line Training

Sponsored by Sask Sport, this web-based training program is offered FREE to all Saskatchewan residents involved in the volunteer sector. Visit www.ovtc.sk.ca



Beaver River Upcoming Events

Co-Ed Soccer League
Co-Ed Slo-Pitch League
Lacrosse League
Youth Conference - South Bay
Coaches Clinic - Ile a la Crosse, May 11 & 12th
Umpire Clinic (Softball) - TBD
For more information Contact Beaver River Area Coordinator, Louis Gardiner @ 833-2204

West Side Hockey Story...

Highway 155 Minor Hockey League Playoffs wrapped up and the following teams came out on top as league champions:
Female (12+under) - Beauval
Female (13-19) - Buffalo Narrows
Novice - Buffalo Narrows
Atoms - Buffalo Narrows
Pee Wees - Ile a la Crosse
Bantams - Buffalo Narrows
Westside High School Hockey League Champions - La Loche

SPECIAL OLYMPICS in Pinehouse...

Congratulations to the northern community of Pinehouse for becoming the first community in the north to accredit with Special Olympics Saskatchewan. Members of the Pinehouse Committee are working closely with staff from Special Olympics Saskatchewan to set up programs in their community!

WATCH FOR...



Voices of the North, in partnership with the Northern Sport, Culture & Recreation District, are working towards a creative youth workshop in September called **Northern**

Spirits. The purpose of the program is to find a committed group of northern youth with creative talent who would possibly be a part of a showcase within the Aboriginal Music and Arts Festival, October 2007 in Prince Albert. Details on this program will be available to communities and schools before the end of June.

2007 NORTHERN EXPOSURE RECREATION SYMPOSIUM

The Saskatchewan Parks and Recreation Association (S.P.R.A.) along with the Northern Sport, Culture & Recreation District (NSCRD) and Saskatchewan *in motion* are pleased to host the 2007 Northern Exposure Symposium. This year's event will be held at the La Ronge Hotel and Suites, La Ronge, Saskatchewan on May 25 - 27, 2007.

Community Leaders, Recreation Directors, Facility Managers, Volunteers and Youth will benefit from the education, training and knowledge offered through the Symposium.

The 2007 Northern Exposure Symposium will offer five (6) courses:

Community Development, Play Leadership, Arena Operator Level One, Standard First Aid, Orientation to Physical Activity/Introduction to Strength Training

There will also be Keynote addresses, a beach BBQ and entertainment provided by 'Voices of the North'.

Benefits of Attending

- Learn from certified instructors
- Become recognized across the Province by becoming a certified Facility Operator or Play Leader
- Enhance skills and knowledge in topics relevant to your career
- Meet and interact with colleagues to share experiences

The Symposium provides recreation facility practitioners, community leaders, youth and fitness professionals an opportunity to develop and enhance their skills and knowledge in areas that will benefit themselves, their employers and the community that they serve.

REGISTRATION DEADLINE: Friday, May 18th, 2007

We look forward to seeing you at the 2007 Northern Exposure Symposium. If you have any questions, visit the S.P.R.A. website at www.spra.sk.ca, or contact Nancy Porter or Tami Denomie - S.P.R.A. Recreation Consultants, by phone at (800)563-2555, or by email at office@spra.sk.ca. You can also contact Brandy Smart at the NSCRD office at 1-877-777-6722 ext.3 toll free or (306) 425-3127 ext.3.

Upcoming Grant Deadlines

Government of Saskatchewan Prevention & Support

Grant Deadline: June 1, 2007

Contact: Karen Eckhart , Northern Human Services Partnership at (306) 425-6640

Community Initiatives Fund (CIF) Community Grant Program

Deadline: June 1, 2007

Contact: Karen Eckhart , Northern Human Services Partnership at (306) 425-6640

Mamawetan Churchill River Regional Health Authority (MCRRA) Wellness Grants (includes the Athabasca Health Authority) OR Keewatin Yatthé Regional Health Authority (KYRHA) Wellness Grants.

MCRRA – contact Kathy Chisholm at (306)425-4837

KYRHA – contact or Rebecca Ratt at (306) 833-5512

Sasktel Community Investment Program

Contact: Sasktel Community Relations Rachel Littlecrow at (306) 777-5236 or www.sasktel.com

Northern Lights Community Development Corporation

Contact Eddie Head (Manager) at (306) 953-7200

Saskatchewan Lotteries Community Grant Program

Deadline: April 1 & October 1st, 2007

Contact: NSCRD, 425-3127

For a copy of the complete Northern Saskatchewan Grant Listing visit our website at www.nscrd.com

CGP Grant Writing Workshop

Saskatchewan Lotteries Community Grant Writing Workshop was held in the Clearwater Area, March 27, 2007 in Buffalo Narrows. Three community representatives attended to receive guidance in completing their 2006-07 Follow Up and 2007-08 Application Form. If your community has questions on how to complete these forms, contact your Area Coordinator for assistance.

Saskatchewan Native Theatre Company in Athabasca



The Performers Playhouse Mobile Performing Arts Camp

is an exciting touring camp that brings dynamic performing arts and cultural workshops into your community! The camp provides an opportunity for up to 25 participants between the ages of 8 and 15 years to be immersed in theatrical games, cultural workshops, and creative activities that develop their interests in the performing arts and Aboriginal culture. The workshops utilize positive role models and mentors to inspire and encourage participants. This unique cultural/ theatrical experience includes team building exercises, cooperative games, self-awareness and cultural activities that build confidence and strengthens self-esteem, self-concept and identity.

Activities: Campers work collaboratively with their facilitator to develop a staged presentation complete with costumes, props, and set pieces.

Other activities include acting games, voice and movement exercises, contemporary/traditional singing and dancing, drumming, theatrical face painting, costuming, and team building. Camp hours are from 10am to 4pm daily from Monday to Friday.



The Northern Sport, Culture & Recreation District, is sponsoring one camp in an Athabasca Area community/school this summer. Contact Brandy @ NSCRD for more information.

Camp Dates:

August 13 to 17th, 2007

Deadline for Bid to Host Application:

May 18th, 2007

Recreation Directors...

New Recreation Directors were hired for both Ile a la Crosse and Pinehouse. Welcome to the recreation world, Bobby Bouvier and Belinda Ratt.



Athabasca Local Track & Field Meet Resource Package

To assist in developing the sport of Athletics (Track & Field) NSCRD & PAGC Athabasca are encouraging Athabasca Communities to run local Track & Field Meets. In order to do this we have put together a package of resources for communities/schools to choose from. If this type of program already occurs through your school or recreation department...GREAT! Hopefully the resources can either enhance your already existing program or inspire you to run one for the first time. We would also encourage you to consider finding additional resources to bring in certified instructors from Saskatchewan Athletics to enhance your athlete's skill development (ie: Run, Jump, Throw Program) and/or train local coaches and officials in the sport.

Contact Brandy (NSCRD) @ 425-3127 ext.3 or Joe (Smy) (PAGC) @ 953-7234 for more information on the resources available.

Sports Equipment for Athabasca



1989 JEUX CANADA GAMES FOUNDATION INC.

The 1989 Jeux Canada Games Foundation Inc. recently granted funding for sports equipment in several Athabasca Communities. The grant was applied for based on the development of three grassroots and individual sports identified by communities in 2006-07. These sports included: Table Tennis, Archery and Wrestling. Athabasca communities that hosted clubs/clinics this past year will be assisted through an equipment grant to further develop the sports in their community.

Coaching Certification Programs

There will be a NCCP Introduction to Competition Part A Coach Clinic in Ile a la Crosse at Rossignol School. The registration fee is \$75; and registration deadline was May 7, 2007.

There will be an Aboriginal Coaches Manual workshop at Kikinahk Friendship Centre in La Ronge on May 12th. Please contact Rory Ballantyne at 425-2051 or Amy Smith at 975-0865 to register.

Contact Us!

Main Office:

Michelle Hewison, General Manager, ext.1
Kerry Bailey, Sport, ext.2
Brandy Smart, Athabasca Area, ext.3
Joaleen Szeles, Sagastew Area, ext.4
Judy MacLeod Campbell, SK *in motion*, ext.5
Box 1097, La Ronge, SK, S0J 1L0
Ph: 306.425.3127
Fax: 306.425.4036

Sattellite Offices:

Kathy McGrath, Neyanun Area
Box 580, Creighton, SK, S0P 0A0
Ph: 306.688.2122
Fax: 306.688.2123

Louis Gardiner, Beaver River Area
Box 159, Ile a la Crosse, SK S0M 1C0
Ph: 306.833.2204
Fax: 306.833.2207

Clearwater Area, Currently Vacant

Margaret & Rus Duncombe, C&SRCP Community Development Coordinators
19 Telfer Bay, Prince Albert, SK, S6X 1C4
Ph: 306.763.6390
Fax: 306.763.6490

or visit our website at www.nscrd.com

NSCRCD

Current Board of Directors

Neyanun - Cindy Davis, Creighton
Clearwater - Randy Janvier, La Loche
Beaver River - Robert Yew, Canoe Narrows
Sagastew - Roger Bird, Montreal Lake
Athabasca - Terri-Lynn Beavereye, Stony Rapids
New North - Doris MacDonald, Stony Rapids
SK School Board - Frank Durocher, Buffalo Narrows
Prince Albert Grand Council - Vacant
Meadow Lake Tribal Council - Chief Robert Sylvestre, Turnor Lake
Sport - Kevin Roberts, La Ronge
Culture - Linda Pedersen, Buffalo Narrows
Recreation - Lloyd Yew, Ile a la Crosse

NSCRD News

Northern Sport, Culture & Recreation District Service Area:



Athabasca
 Beaver River
 Clearwater
 Neyanun
 Sagastew

4th Annual Athabasca Youth Culture Camp Stony Rapids / Wapata Lake



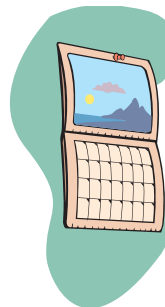
The 4th Annual Athabasca Youth Culture Gathering took place March 15th to 19th, 2007. Approximately fifty youth ages 10 to 14 years old, and thirty volunteers took part in the five-day program hosted by the school and community

of Stony Rapids. Youth from surrounding communities also attended including: Black Lake, Fond du Lac, Wollaston and Hatchet Lake. The host committee scheduled a variety of cultural activities for youth to participate in. During the 'in-town' portion of the camp participants enjoyed many indoor and outdoor carnival events, outdoor telescope viewing, archery, youth dance, astronomy program (dome), traditional arts & crafts, fiddling, sliding, Dene hand games, outdoor cooking (caribou, fish & bannock) and a movie night. On Saturday morning twenty five youth traveled by truck and snowmobile to the wilderness camp on Wapata Lake. Saskatchewan Environment assisted with the transportation of all participants and gear. John and Josephine Echodh of Black Lake hosted the wilderness portion of the camp. Activities included: fish net setting, snow shoeing, trap setting, beading, demonstrations of hide stretching/tanning, outdoor cooking, fish filleting, dry meat preparation, and indoor Dene games. Monday morning, participants packed up and headed back to their respective communities. This program was made possible through funding from Sask Culture Inc., Community Initiatives Fund, NSCRD and Prince Albert Grand Council - Athabasca.



Group Shot at Wapata Lake! 2007 Athabasca Youth Culture Camp

NSCRD Calendar of Events



The Northern Sport, Culture & Recreation District publishes a monthly Calendar of Events that is distributed across Northern Saskatchewan. If you would like your next community event included in the Calendar, send your submissions to your Area Coordinator, or Kerry Bailey, kbailey@nscrd.com or fax to 306.425.4036.