



E-Update – March 2013

Welcome to the Northern Sport, Culture & Recreation's monthly Member E-Update. This electronic bulletin is sent out to all our member communities, partners, etc. and includes information on NSCRD programs and services and upcoming sport, culture and recreation events, as well as grant information and sharing successes.

Northern Sport, Culture and Recreation District receive funding from the Saskatchewan Lotteries.

Our Vision: Healthy individuals and communities through increased capacity to deliver sport, culture and recreation.

What's inside...?

- **Sport:**

- Saskatchewan Amateur Wrestling Association
 - Westside Coed 17 & Under Broomball League

- **Culture:**

- Northern Drama Project 2013
 - Points Athabasca Northern Spirits Showcase 2013
 - Artist Tender 2012/13

- **Recreation:**

- Register Today for the 2013 Communities in Bloom Program
 - SPRA First Nation Member's Recreation Grant
 - The SPRA Métis Recreation Development Grant

- **Physical Activity**

- **Northern Community & School Recreation Coordinator Program:**

- NC&SRCP WINTER CONFERENCE
 - HALF WAY POINT!

- **Grants**

- **Upcoming Events**

- **Congratulations**

- **Volunteer Recognition**

- **Community Successes**

- **40 Development Assets**

- ASSET 9: SERVICE TO OTHERS

- **Sport**

Saskatchewan Amateur Wrestling Association

2013 Freshie – Bantam Provincial Championships - March 22 – 23, 2013
806 5th St. W. Carpenter High School, Meadow Lake, SK

Eligibility Bantam Athlete (born 1999 – 2000)
Pee Wee Athlete (born 2001 – 2002)
Novice Athlete (born 2003 – 2004)
Freshie Athlete (born 2005 or later)

For schedule of events or more information contact:

510 Cynthia Street, Saskatoon SK S7L 7K7
Phone: (306) 975-0822 Fax: (306) 242-8007
sk.wrestling@shaw.ca
www.saskwrestling.com

Westside Coed 17 & Under Broomball League

The Westside Coed 17 & under Broomball League came to an end this past weekend; the playoffs were hosted by Green Lake on Sunday, March 10, 2013.

There were 7 teams in the league this first year. The teams were from La Loche, Turnor Lake, Buffalo Narrows, Pinehouse, Ile-a-la-Crosse, Canoe Lake and Green Lake.

Pinehouse has won the league champs for 2013!!! Coming in second place was Turnor Lake, and third Green Lake.

- **Culture**

5th Annual Northern Drama Project

Northern Drama Project - Apr 26-27, 2013 in Ile-a-la-Crosse at the Rossignol High School.

Registration deadline: March 18, 2013

The NSCRD is again partnering with the Saskatchewan Drama Association and six northern communities on the 5th annual Northern Drama Project and Festival from October 2012 – May 2013.

There are six community school drama groups taking place in the Northern Drama Workshops and Festival this year:

- Charlebois Community School in Cumberland House,
- Rossignol High School in Ile-a-la-Crosse,
- Minahik Waskahigan School in Pinehouse and
- Twin Lakes School in Buffalo Narrows.
- St. Pascal Community School in Green Lake and
- Hector Thiboutot Community School in Sandy Bay.

Points Athabasca Northern Spirits Showcase 2013

NORTHERN SUPERSTARS - 2013 POINTS ATHABASCA NORTHERN SPIRITS SHOWCASE
FOR IMMEDIATE RELEASE March 20, 2013

PRINCE ALBERT- SK, On Saturday, February 16, forty youth from Twenty-two northern communities performed at the Northern Spirits Showcase in front of a proud audience of over 400 family, friends,

supporters, and music enthusiasts. Northern Spirits is music, arts and personal development program for northern youth. [To see more details and a list of participating youth click here.](#)

NORTHERN ARTISTS PART OF 2ND NSCRD ART TENDER

MEDIA RELEASE 20, 2013

Twelve northern artists and craftspeople were part of the 2012-13 art tender by the Northern Sport, Culture and Recreation District (NSCRD). [To view the media release click here.](#)

• Recreation

Register Today for the 2013 *Communities in Bloom* Program

Registration deadline: April 15, 2013

Let *Communities in Bloom* build your Community in 2013 by registering today for the 2013 program. [Click here](#) for more information or contact **Jessica Lynn, Field Consultant** 306-425-3127 phone extension 5 or e-mail jlynn@nscrd.com.

SPRA First Nation Member's Recreation Grant

Application deadline: April 1, 2013

[The SPRA First Nation Member's Recreation Grant](#) assists First Nation members to develop recreation opportunities within First Nation communities in Saskatchewan. Up to a maximum of \$2,000 is available to Active members of SPRA.

SPRA Métis Recreation Development Grant

Application deadline: April 1, 2013

[The SPRA Métis Recreation Development Grant](#) program assists Métis members of SPRA to develop recreation programs in their communities. Up to a maximum of \$2,000 is available to Active members of SPRA.

• Physical Activity

• Northern Community & School Recreation Coordinator Program

NC&SRCP WINTER CONFERENCE

The NSCRD hosted the NC&SRCP Winter Conference, March 6th and 7th, at the Travelodge Hotel in Prince Albert.

Over one-hundred participants attended!!!

- 27 Community & School Recreation Coordinators
- 44 Steering Committee Members, Supervisors and Community Partners
- 27 Representatives from the provincial sport, culture & recreation sector attended to share information about their programs and services available to Northern Saskatchewan communities.
- 7 NSCRD Staff members

Here are some of the things that were said about the 2013 NC&SRCP Winter Conference:

"I now have the information to extend to our coordinator and other steering committee members."

"I wasn't quite aware of all the amazing programs out there for all ages."

"I was able to see what other communities are doing. It gave me some ideas to take home and try."

"An opportunity to re-charge and re-affirm why we are doing the things we do."

"Got information on some new, creative ways to incorporate sport with elders, gardening with kids, etc. I made tons of notes with people in mind!"

HALF WAY POINT!

Just a reminder for all NC&SRCP sites, that you have now passed the half-way point of the 2012-13 Program Year. Here are some things to consider and check off your 'to-do' list as you progress through the second half of the program.

- **Submit mid-term program statistics by March 15, 2013.** This should include data on all programs facilitated from September 1, 2012 to February 28, 2013. Please submit stats templates electronically to

your Community Relations Coordinator by the deadline. The data should be totaled and inserted into the right hand columns of your Annual Program Plan Template.

- **Review and evaluate the budget.** Now is a great time to pull out the budget, review what has been spent to-date and see if you are on target to expending the full amount by August 31, 2013. This is especially important for those communities who have experienced a change in CSRC, as salary budgets may have changed.
- **Submit Steering Committee Activity Forms.** Steering committees are required to meet regularly in order to feel confident that the programs delivered by the CSRC are in line with community needs and that the budget is being expended as planned. Submission of the Steering Committee Activity Forms helps us to track progress and assist in development of the program where needed.
- **Invite a Community Relations Coordinator (CRC) to your next Steering Committee Meeting.** NSCRD Staff are available to attend your meetings to provide support and information on upcoming events, programs and training opportunities.

- **Grants**

[To view Grants in Northern Saskatchewan click here.](#)

- **Upcoming Events**

[Click here to view electronic calendar of events.](#)

- **Congratulations to:**

- ❖ The three recipients of the 2012 “**Northern Spirits Scholarship Program**” , **Ryan Desjarlais** (Ile-a-la-Crosse), **Shantelle St. Pierre** (Wollaston Lake) and **Allenna Sha’Oulle** (Wollaston Lake).
- ❖ **Voices of the North 2013** show had 7 past Northern Spirits members in it! **Bernadette Wolfe, Janelle George, Dakota Favel, Tristan Randhile, Megan Cook, Nick Gardiner and Dan Lee Misponas.** These kids are emerging as great artists, great people!
- ❖ All **Saskaloppet 2013** participants!
- ❖ **Alwyne Piche** honored as the 2013 Canadian Collegiate Athletic Conference [Men’s Volleyball Player](#) of the Year.

- **Volunteer Recognition**

- **Community Successes:**

- ❖ The **2013 Northern Saskatchewan Sport, Culture & Recreation Festival** hosted in February by the communities of **La Ronge, Air Ronge** and **Lac La Ronge First Nation** has been a huge success. Please be patient for future e-updates regarding festival highlights.
- ❖ The Community of **Creighton** has won an award and has been picked in the province to do a video that CTV/CBC has already produced and to be airing soon. The Award was for "Random Acts of Kindness" and it will be used across Saskatchewan to promote Asset Building and the 40 Developmental Assets.

- **40 Development Assets**

ASSET 9: SERVICE TO OTHERS

By helping others, young people learn to help themselves:

To many young people, the world is small. It’s made up of their school, home, and neighborhood. They may assume all schools are like their school. And, when they’re very young, they may think the world revolves around them. But when young people start to reach out and help others, their world grows and so does their confidence. In fact, many young people report that when they give of their time and energy, they receive much in return. Serving others can help kids feel good about themselves and that they can make a difference in the

world. Service to Others is Asset 9 of Search Institute's 40 Developmental Assets, qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

Here are the facts:

Research shows that young people who serve others in the community for one or more hours a week are more apt to be respectful of others, helpful and kind, and patient. They also tend to value diversity. About 48 percent of young people, ages 11–18, serve in the community one hour or more a week, according to Search Institute surveys. Encourage all young people to recognize the value of helping others.

Tips for building this asset:

The best way to teach young people the value of helping others is to be a role model. Activities such as providing a meal to a new parent, driving a neighbor to an appointment, or babysitting can make a huge difference in someone's life. Look for service opportunities to do with a young person. Join organizations that involve—and provide leadership roles for—both young people and adults.

[For staff contact information click here](#)

[Find us on Facebook](#)

Visit our web site at: www.nscrd.com. We have a new look!

Northern Sport, Culture and Recreation District Next Electronic Member Update Monday April 1, 2013

The Northern Sport, Culture and Recreation District member e-news is sent electronically each Month to all NSCRD members in NSCRD's database. Recipients are encouraged to forward the e-news to other members.

The next member e-news will be Monday April 1, 2013. Please submit materials to the NSCRD La Ronge office by Tuesday, March 26, 2013.

For information about this e-news, contact Northern Sport, Culture and Recreation District directly at (306) 425-3127 or see our staff information at [Contact Us - Northern Sport, Culture & Recreation District](#).