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Lac La Ronge Indian Band

Hope in Motion

The LLRIB Scoop for the week February 6 to February 10, 2017 with a look at the new look at JRMCC. This newsletter highlights LLRIB community events and stories

Please share!

Current Developments

- ¥ **Lac La Ronge Indian Band Health Services and Health Canada:** Mental health therapists from Health Canada continue to work with LLRIB Health Services and providing support in all LLRIB communities. Those who need mental health services may call Prevention and Recovery at 425-9109. LLRIB Health is coordinating and continuing to provide services through the Youth Support Workers and the Red Cross.
- ¥ **ICFS:** Child and Family Services Agency Inc. services include Child Protection Services 306-425-5511; The Family Services Unit provides a number of mandatory services to parents to establish a plan for the care of children, childcare services, aids to parents and the voluntary surrender of guardianship. 306-425-1055; Foster care 306-425-5511; and the Prevention Services Unit is a community based Family Support Program, which places emphasis on establishing community resources that support families through preventative measures. 306-425-5509.
- ¥ **Youth Support Workers** have been hired in most of the communities and they have been planning and hosting events in their communities. If you would like to contact a Youth Support Worker in your community for more information please contact your local band office.
- ¥ **LLRIB General Election 2017:** Last working day for Chief and Council: Tuesday, Feb. 28. Notice of Nomination Date: Wednesday, March 1. Nomination Day (all electoral sections). Wednesday, March 22: Advance Poles (all polling stations).

Friday, March 31: Election Day (all polling stations). Monday, April 3: Swearing in Ceremonies/First day of Office.

Anyone wishing to run for Chief or Council must be 18 years of age or over.

Milton Burns is the Chief Electoral Officer for the 2017 General Election. He can be contacted at 306-425-2183 (w), 1-306-222-1478.

Online programming

¥ **REPORT BULLYING SK** Information available at www.iamstronger.ca

¥ **WEMATTERCAMPAIGN:** information available by email

info@wemattercampaign.org or Facebook page fb.me/WeMatterCampaign; or online to wemattercampaign.org

Ongoing Programming

¥ **Little Kohkum's Club:** at Piwapan Outreach Centre (former Java Shack) Tuesdays and Thursdays. Wednesdays: Little Moshum's Club. For info call 306-425-3910.

¥ **Elders Tea and Social:** Thursdays beginning Thursday, Feb. 9 at the Kikinahk Friendship Centre. For info call 306-425-2051.

¥ Parent Support and other Groups:

¥ **La Ronge:** at the Brown building in Fairchild (123 Royal Street) on Wednesdays with transportation available both ways. Regular programming begins Wednesday, Jan. 3. For the first time the PPP Teen Parenting program started Wednesday, Jan. 11 and will continue for eight weeks. For information call Susan or Wendy at 306-425-5509.

¥ **Senator Myles Venne School (SMVS):** Mondays: Yoga Club and Gr. 5/6 Basketball. Tuesdays: Resume/Job Search Workshop. Tuesdays and Thursdays: Archery, Jr. Basketball and (plus Saturday) Open Gym Nights. Wednesdays: Homework Club, Computer Club and Family Literacy Night. New Clubs: Boys Club, Youth events, Post-Secondary Tour, Aboriginal Shield. Driver Training starts in April. For transportation or information call 306-425-2478.

¥ **Poker Rally at SMVS to support school activities:** Saturday, Feb. 11 between 10 a.m. and 4:30 p.m. For info call 306-425-2478 or 306-425-9220.

¥ **Bell's Point Elementary School (BPES):** After school programming at 3:30 p.m., 6 p.m. and 7:30 p.m.: Monday Feb. 6: Computers, Lego Building and Blind Volleyball. Tuesday, Feb. 7: Skiing (weather permitting), Open Gym and Basketball. Wednesday, Feb. 8: Floor Hockey, Volleyball and Open Gym. Thursday, Feb. 9: Kids can Bake, Dodgeball and Volleyball. Friday, Feb. 10: Snowshoeing (weather permitting), Blind Volleyball and Volleyball. Monday, Feb. 13: Basketball, Open Gym and Dodgeball. Tuesday Feb 14 through Thursday Feb. 16: No programs. Friday, Feb. 17: Snowshoeing (weather permitting), Basketball and Volleyball. Monday Feb. 20: Holiday. Tuesday, Feb. 21 through Friday, Feb. 24: Programming between noon and 4 p.m. Monday, Feb. 27: Open Gym, Basketball and Volleyball. Tuesday, Feb. 28: Skiing (weather permitting), Volleyball and Open Gym. For information call 306-425-5600.

- ¥ **Hall Lake:** First Wednesday of each month presentations are provided on various topics at Sally Ross School. Every Thursday: Cooking and Parenting at the ICFS trailer. For info call 306-425-3536.
- ¥ **Sally Ross School Gym schedule:** Monday to Thursday Basketball, Monday and Wednesday: Kids Gym, Badminton and Volleyball. Tuesday: Kickball and Floor Hockey. Thursday: Dodgeball and Floor Hockey. Friday: Kids' Soccer, Archery for 14 and up and Basketball. For info call 306-425-5041.

At New Youth House #342B: Boy's Support Group on Tuesdays; Girl's Support Group on Thursdays; and Cooking and Baking on Wednesdays. For information call 306-425-8075.
- ¥ **Stanley Mission:** evening programming is ongoing: Monday: Healing, Sharing Circles at the Clinic; Tuesday to Friday: Exercise Night at the (Home Care office); Tuesday: Health Nutritional Cooking Classes at the (Home Care Office) and Men's at 325 B McLeod Street; Wednesday: AA Meeting in Clinic Board Room; Thursday: Sewing Club at the (Old Drop in) and Women's Programming at 325 B McLeod Street. For information call the Clinic at 1-306-635-2090.
- ¥ **Stanley Mission Youth Centre:** Bowling Alley: Closed Mondays. Open Tuesday through Sunday.
- ¥ **Youth Cross Country Snowmobile Adventure:** Stanley Mission to Brabant Lake (200 kms round trip) on Saturday, Feb. 11. For info call 306-635-2115 or 306-635-7017.
- ¥ **Youth Centre:** Sunday and Tuesday: Baking and Cooking; Monday and Wednesday: Crafts; Thursday: Movie Night; Friday and Saturday: Unspecified activities. For info call the Youth Workers at 306-635-2222.
- ¥ **Sucker River:** Monday: Gym Night. Tuesday: Cooking Class for Youth. Wednesday: Youth Night at EMMC. Thursday: Traditional Teachings and snacks at SR. For information call 306-425-5590.
- ¥ **Grandmother's Bay:** Monday: square dancing, boys Group for Grades 3/4/5, Badminton, computers/homework. Tuesday: Skiing for 8/9 year olds, Div. Creative Dancing group, Div. 3 Line Dancing, boys Group Grades 3/4/5, Badminton, Open rink. Wednesday: Div. 3 Creative group, Movie Club, Archery, Volleyball Co-ed Gr. 7/8/9. Thursday: Div. 2 Creative Group Dancing, Girl's Club, Badminton, open rink. Friday: High School student's Gym Use. The Gym is open nightly to the community. For information call 306-635-2276.
- ¥ **Little Red River:** Wednesday: Parent Support Group; Monday: Girl's Group; Tuesday: Youth Therapeutic Art Group and Circle Talk, lunch and refreshments; Youth Drop In including wellness presentations for G.E.D. students. All programs at the ICFS trailer. For information call the Prevention Service Worker at 306-982-2314. Monday through Saturday: Gym Nights at the school. For information call the school at 306-982-4433.
- ¥ **Sewing:** The Youth Support workers continue with sewing classes for youth on Friday afternoons. The group completed Moss Bag and are working on moccasins at the Little Red River Health Centre.

¥ **1ST La Ronge Girl Guides** – three active units – Sparks for girls 5 and 6 (K and Gr.1) meet at the Pre-Cam School library. Brownies for girls 7 and 8 (Gr. 2 and 3), meet Wednesdays at the Gordon Denny Community School library. Girl Guides for girls 9 to 11 (Gr. 4 to 6) meet on Wednesday in the Pre-Cam Community School library. For info email Nikki Beaudin at nikkibeaudin@nlsd113.ca

Upcoming events

- **Valentine's Day Dance:** Tuesday, Feb. 14 at the JRMCC between 6 p.m. and 9 p.m. \$2 cover charge with proceeds going to the Scattered-Site Outreach Program. For info call Cole Cook at 306-420-8146.
- **6th Annual Jimmy Roberts Memorial Hockey Tournament:** at the JRMCC between Friday, Feb. 24 and Sunday, Feb. 26. For info call Kevin Roberts at 306-425-4852 (w) or 306-420-7529.
- **Student First Anti-Bullying Forum:** "Our School Includes Everyone", was launched Feb. 6. It is an Anti-Bullying Forum for all Saskatchewan school students Grade 6 and up. Teachers are encouraged to schedule activities between Feb. 6 and 17 to lead up to Red Cross Pink Day (Feb. 22). The program is offered through SaskTel's *I am Stronger* campaign. Information on the website iamstronger.ca is available under the Resource/Educator tab.
- **We Matter Campaign** founders, Tunchai and Kelvin Redvers, will be in Lac La Ronge March 15 to 18 and Stanley Mission March 20 to 23.
- **Kisewatotatowin (Loving, Caring, Sharing, Respect):** Aboriginal Parenting 7-week Program beginning Tuesday, Feb. 14 at 10 a.m. to 4 p.m. at the Josephine Halkett Centre Little Red River. For info call 306-982-2511.
- **SMVS Winter Carnival:** Friday, Feb. 17. For info call 306-425-2478.
- **La Ronge:** 2017 Lac La Ronge Trapper's Winter Festival Feb. 17 to 26. A calendar of events is available at the Jonas Roberts Memorial Community Centre or online at www.jrmcc.ca or call 306-425-4852.
- **Pink Shirt Day:** Wednesday, Feb. 22. Participants in the Youth Employment Program plan activities with a focus on Bullying Prevention in the Workplace and will conclude with a Bullying Prevention Walk in the community on Friday, February 24th. For more info call 306-425-1757.
- **Hall Lake Talent Show:** Saturday, Feb. 25 between 1 p.m. and 6 p.m.
- **Polly Halkett Memorial Fish Derby:** Sunday, Feb. 26 10 a.m. to 5 p.m. For info call Donald Halkett at 306-425-2734, Yvonne Roberts at 306-425-2008, Ken or Nora at 306-425-5377.
- **Girls Club:** at Churchill Community High School started Wednesday, Feb. 1 and continues on Wednesdays between 3:30 p.m. and 4:30 p.m. For info call Joni Menz at 306-425-2255.
- **Mental Health First Aid – A First Nation perspective:** March 1, 2 and 3rd, 2017. For more info or to register call Karen Sanderson at 306-425-3910, or email exedir.piwapan@sasktel.net.
- **Saskaloppet:** Kapesewin (overnight) ski and camp on Friday, March 3 and races on Saturday, March 4. For info or to volunteer call Dorothy Looyestein at 306-425-7328.

• **ASIST Training:** at the JRMCC the last week of March. Dates TBA. Monday, March 6: Skate Disco (Arena); Tuesday, March 7: Youth Talent Show; Wednesday, March 8: Talent Show Band Hall (Grand Ole Opry); Thursday, March 9: Snow Machine Parade, Fireworks and fun events; Friday, March 10: Snowshoe Baseball, Band Staff Challenge and after bingo, Trapper Events and Darts; Saturday, March 11: Pancake Breakfast and continuation of Trapper events and at the Band Hall: Jigging Contest, Buckskin and Awards and Crowning of Festival King and Queen; Sunday, March 12: Fish Derby between 9 a.m. and 6 p.m.

***Kid's Help Line: 1-800-668-6868. Emergency: 911; Saskatchewan Health Line: 811
First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310.*** Counselling is available 24/7 in Cree and English.
Piwapan Crisis Line at 306-425-4090, which is located in La Ronge.

JRMCC – the new look
By Valerie G. Barnes-Connell

The Jonas Roberts Memorial Community Centre, better known as the JRMCC, took on a new look recently with the completion of a construction project and hiring of a Fitness Trainer. Travis Hegland spent 20 years in the Canadian Armed Forces much of the time training troops. His experience was a good fit for the expansion of the JRMCC Fitness Centre, Kevin Roberts, director of the JRMCC, said in an interview.

Hegland, is a Lac La Ronge Indian Band (LLRIB) member, who wanted to come back home to a position which would give him more time to spend with his young family.

“He trained troops. That was one of his key strengths he brought to the table ... and so it was a win-win situation for both of us.” While there has been fitness centres in the La Ronge area in the past, this is the first time there has been “somebody on site to do actual teaching or training and that is a big difference,” Roberts said.

Since arriving, Hegland operates and manages the Fitness Centre. He assembles new equipment, does maintenance, works with individuals and groups to enhance their fitness programs, in a centre with 95 per cent new equipment.

So far Hegland doing sports conditioning with hockey players and individual and small groups sessions.

He is working at transforming the former youth centre into a small gym for people who would rather exercise away from the larger centre.

“It’s just privacy or maybe a comfort issue there,” Roberts said.

And Hegland also works on his own fitness.

They are also in the recruitment process for a new proposal, Healthy Bodies: Healthy Minds program for youth under the Participation Teen Challenge.

“Basically it’s an initiative to get youth more active,” Roberts said, adding the JRMCC received a grant for the program so there is no cost for participants.

The program is open to youth in the area, on- and -off reserve. The program will run Monday and Wednesday for girls and Tuesday and Wednesday for boys.

The expansion project began in the fall of 2015 when carpenters moved into the Jonas Roberts Memorial Community Centre (JRMCC), got down to the business and created a new and enhanced environment. Today there is an expanded fitness centre with state-of-the-art equipment, a new score clock, a walking/running track, new seating for the arena, a boardroom and a bus garage at a cost of \$3.6



Travis Hegland, Lac La Ronge Band member and 20 year veteran of the Canadian Armed Forces now maintains and manages the JRMCC Fitness Centre along also offers sports conditioning, individual and small group training as the fitness trainer for the Centre.

Photo by Valerie G. Barnes-Connell

million funded through a bank loan over a 15-year period under their own department so no LLRIB programs are affected by the cost, Roberts said.

The JRMCC does receive some funding through the LLRIB budget.

Memberships sales have risen substantially since the opening of the new expansion, Roberts said.

“There’s been nothing but positive reviews on the new facility and the equipment from our users and new members. We’re quite pleased with it so far.”

Photo

Next week

Watch for upcoming events at the 17th Annual Lac La Ronge Trapper’s Winter Festival.

For information on events in your community contacts:

Valerie G. Barnes-Connell
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valerie.barnes-connell@llrib.ca

The REOC is an information-sharing hub where each community can easily access contacts for staffing support, expertise and resources from key partnering agencies.