

Hope in Motion

The LLRIB Scoop for the week March 6 to March 10, 2017 takes a look at the We Matter Campaign. 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: Four new polling stations** have been added to the original six for the first time for this Election. The new polling stations are in Brabant Lake, Pinehouse Lake, Prince Albert and Saskatoon. The location of the polling stations within the four communities has yet to be determined.

The Polling stations will be at the following sites: Electoral Section One (1): Little Red River reserve #106C and #106D; Electoral Section Two (2): Grandmother's Bay Reserve #219; Electoral Section Three (3): Morin Lake Reserve #217; Electoral Section Four (4): Nemeiben River Reserve #156C; Electoral Section Five (5): Stanley Mission Reserve #157; Electoral Section Six (6): Lac La Ronge Reserve #156 and Kitsaki reserve #156B; the community of Pinehouse Lake at Village Hall; the community of Brabant Lake at Village Hall; the urban centre of Prince Albert at Salon A, Prince Albert Inn, and the urban centre of Saskatoon in the Saskatchewan Room of the Ramada Inn.

Anyone wishing to run for Chief or Councillor positions must be: on the Lac La Ronge Indian Band member list, 18 years of age or over and have a clear Criminal Record Check.

Milton Burns is the Chief Electoral Officer for the 2017 General Election. He can be reached at 306-425-2183, 1-306-222-1478 (C) or email: elections@llrib.ca

Last working day for Chief and Council: Tuesday, Feb. 28. **Notice of Nomination Day:** Wednesday, March 1. **Nomination Day (all six original electoral sections):** Friday, March 10. **Advance Polls (all 10 polling stations):** Wednesday, March 22. **Election Day (all 10 polling stations):** Friday, March 31: **Swearing in Ceremonies/First Day of Office:** Monday, April 3.

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 throughout March at the Kikinahk Friendship Centre. For info call 306-425-2051.

¥ **Caregivers and Tots Open Gym Time:** Tuesdays between 1:30 p.m. and 3 p.m. 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. 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 Craft Club. Tuesdays: Brighter Future Club. Tuesdays and Thursdays: Archery, Jr. Basketball and (plus Saturday) Open Gym Nights. Wednesdays: Yoga and Craft Club. Thursdays: Archery Club and Brighter Futures Club. Gym Nights Monday to Thursday, Friday and Saturday. Basketball schedule: Jr. Girls and Hall Lake March 16; Jr. Boys (SMVS vs La Ronge) March 17; Sr. Girls and Montreal Lake, March 22; Sr. Boys and Montreal Lake March 23. Broomball: Midget Girls and James Smith March 21; Jr. Girls and Deschambault Lake March 30 and Sr. Girls and Pelican Narrows March 24. **New clubs starting at SMVS:** Resume and Job Search (Tuesdays), Aboriginal Shield, Wrestling, Competitive Badminton and Craft Club Mondays. Driver Training starts in April. For transportation or information call 306-425-2478.
- ¥ ¶ **Family Literacy Nights at SMVS:** Wednesday evenings. Rides available. For a ride or information call 306-425-2478.
- ¥ **Much Music Dance:** on St. Patrick's Day March 17. For info call 306-425-2478.
- ¥ **March Movie Night:** Thursday, March 30 (tentative).
- ¥ **Career Fair at SMVS:** Thursday, March 23.
- ¥ **Bell's Point Elementary School (BPES):** After school programming at 3:30 p.m., 6 p.m. and 7:30 p.m.: Monday March 6: Open Gym, Bound Ball and Basketball. Tuesday, March 7: D.I.Y. Projects, Moccasin Making (Tuesdays and Thursdays throughout March 6 p.m. to 8 p.m.) and Volleyball. Wednesday, March 8: Basketball, Blind Volleyball and Open Gym. Thursday March 9: Computers and Lego Building, Moccasin making and Bound Ball. Friday, March 10: Snowshoeing (weather permitting), Volleyball and Basketball. Monday March 13: Floor Hockey, Open Gym and Volleyball. Tuesday, March 14: D.I.Y. Projects, Bound Ball, Blind Volleyball. No Programming Thursday, March 15. Friday, March 17: Crafts, Basketball and Open Gym. Monday March 20: Badminton, Volleyball and Basketball. Tuesday, March 21: D.I.Y. Projects, Moccasin making, Floor Hockey. Wednesday, March 22: Basketball, Badminton and Bound Ball. Thursday, March 24: Skiing (weather permitting), Open Gym and Basketball. Monday, March 27: Volleyball, Badminton and Basketball. Tuesday March 28: D.I.Y. Projects, Moccasin Making, and Blind Volleyball. Wednesday, March 29: Open Gym, Volleyball and Floor Hockey. Thursday, March 30: Computers and Lego Building, Moccasin Making and Volleyball. Friday, March 31: Snowshoeing (weather permitting), Open Gym and Basketball. For information call 306-420-5730.
- ¥ **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: Elder's Bingo (Monday, Wednesday and Friday), Activities at the RHM Library Gr. 3 to 9 (Monday and Tuesday), Men's Counselling at Elders Centre, Women's Fit at Sub Office (Monday through Thursday), Men's Fit at Sub Office (Monday through Thursday), Women's Volleyball at KES (Monday and Wednesday) and Men's Night at RHM Gym; Tuesday: Women's Counselling at the Elder's Centre, Boot Camp at the Gym (Tuesday and Thursday), Co-ed Night at the RHM Gym. Wednesday: Parenting at ICFS Building (Wednesday and Thursday), AA Meeting at the Clinic. Thursday: Youth programming at the ICFS Building, Adult Sewing at Elder's Enter (Thursday and Friday). For information call the Clinic at 1-306-635-2090.

¥ **Stanley Mission Youth Centre:** Bowling Alley: Closed Mondays. Open Tuesday through Sunday.

¥ **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 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 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

• **Teen Girls Wellness Group:** Registration between March 27 and 31 at the JRMCC for girls in Gr. 6 to 8. For information call 306-425-8161.

Upcoming events:

- **Kisewatotatowin (Loving, Caring, Sharing, Respect):** Aboriginal Parenting 7-week Program began 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.
- **Senator Myles Venne School 4 Hour Fish Derby Any Species:** Saturday, March 11 between 11 a.m. to 3 p.m. at Bigstone Lake. Registration 9a.m. to 11 a.m. For information to early registration call 306-425-2478.
- **Girls Club:** at Churchill Community High School Wednesdays between 3:30 p.m. and 4:30 p.m. For info call Joni Menz at 306-425-2255.
- **We Matter Campaign creators visit:** Tunchai and Kelvin Redvers, will be in Lac La Ronge March 15 to 18 and Stanley Mission March 20 to 23. Community events in Lac La Ronge and Stanley Mission: Lac La Ronge at JRMCC Wednesday, March 15 and Stanley Mission on Tuesday, March 21. Most of the time will be spent at the schools. At Senator Myles Venne School the Main Presentation will be held Wednesday, March 15 during the first two segments of the day. The first three days will be split into three segments in the morning and three in the afternoon. There will be time after school to meet with students individually and to work with youth leaders to create a youth community action plan. The third day will consist of visits to the classrooms about creating messages, time for individual messages, a “BIG school We Matter message” and a Final Wrap-Up.
- **Science Centre visiting SMVS:** Wednesday, March 2 to put on workshops for Gr. 5 to 9 about light, electricity, robots, technology and more.
- **ASIST Training:** March 29 and 30 in the Board Room at the JRMCC. People are asked to register by Thursday, March 16. There is no cost for the training and participants must complete the two full days of training to receive certification. For information or to register call Josy Roske at 306-420-6466
- **Amachewespimawin Stanley Mission 37th Annual Winter Festival 2017:** 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.
- **Sucker River Winter Festival:** March 22 to 26.
- **Team LLRIB Tryouts, for the FSIN Youth Hockey Championships:** March 26 at the JRMCC. For information call 306-425-4852 or 306-425-7260.
- **FSIN Youth Hockey Championships – Team LLRIB Evaluation and Selection Camps:** Novice: Monday, March 20, 6:45 On-ice Individual Skill Evaluation; Wednesday, March 22 – On-ice, Inter-squad game evaluation. Atom: Sunday, March 12 On-ice Individual Skill Evaluation; Tuesday, March 14 On-Ice Individual Skill Evaluation; Peewee: Monday, March 20 On-ice

Individual Skill Evaluation; Wednesday, March 22 On-ice Inter-squad game Evaluation; Bantam and Midget team times to be announced. Team Woodland will organize the Bantam/Midget Female Team. NB: parents and players are advised of the JRMCC Recreation Policy, which requires players to be currently enrolled in school in order to participate.

• **2017 FSIN Youth Hockey Championships:** April 17 to 20 at Onion Lake/Lloydminster, AB. For information call 306-344-7567.

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.

We Matter Campaign founders coming to Lac La Ronge and Stanley Mission

By Valerie G. Barnes-Connell



Kelvin and Tunchai Redvers, founders and creators of the We Matter Campaign, a video messaging initiative intended to connect and bring healing to indigenous youth.

A young brother and sister, Kelvin and Tunchai Redvers launched a video messaging initiative, the We Matter Campaign, to give Indigenous youth across Canada the opportunity to create online live video messages of support and positive reinforcement. They will be in Lac La Ronge March 15 to 18 and Stanley Mission March 20 to 23.

Growing up as First Nation, they are familiar with the lives of Aboriginal youth across the country.

"We've seen a lot of the issues that exist in our communities as well as aware of a lot of the statistics that exist across the country when it comes to higher rates of things like suicide, also depression and addiction and school drop outs," Kelvin said in an interview.

At the same time, they found a lack of positive Indigenous role models reflected in the media.

Kelvin and Tunchai also "knew there was so much strength in Indigenous communities."

They wondered if there was "a unique way we could connect positive messages to those who need it the most and that maybe we could make a difference in a way that we never had," he said.

They wanted to provide something that would bring support and cut through the isolation of many young people feeling alone or unsure of their own lives.

The We Matter Campaign is based on a similar initiative in the United States they found. The two began looking for partners to ensure the campaign had a solid base.

They found a legal firm in Toronto that offered pro-bono support and an accounting firm in Vancouver to get the project underway.

The next step was meeting with young people "to talk about what the campaign could be to them to get their sense of whether this would be beneficial to them," Kelvin said.

A web design firm built their website and they headed to Attawapiskat in Ontario and Ulukhaktok in the high Arctic to do workshops "to make sure we were on the right track."

The response was "overwhelming!" Tunchai said, adding there was one million hits in the first month after the launch Oct. 18, 2016. After just four months, with 100 videos online, they have 14,000 followers on Facebook.

"It's just incredible to be able to have created a platform that brings Indigenous voices together from across the country that are really focused on just the strength, positivity, culture and hope ... it's incredible to see the likes and comments and the shares and the amount of communities and individuals reaching out to us wanting to be involved in some way," she said.

Cameron Halkett, 10, a Lac La Ronge Indian Band member and student at Pre-Cam Community School, created one of the videos.

"A lot of people were really moved by her words. There's a lot of strength that she shared," Kelvin said. The project also includes a *Get Help* page for anyone needing "urgent help right away. There's a place they can go for direct actions or numbers, as well as a step-by-step guide. If you're feeling overwhelmed, it can help you," Kelvin said. In January Kelvin and Tunchai began offering general workshops across the country, then they received a Health Canada grant to work with the Lac La Ronge Indian Band (LLRIB) and Health Canada to start a USB Stick Pilot Project. While in La Ronge and Stanley Mission the two will spend much of the time in the schools working with youth sharing some of their own stories. Kelvin is a filmmaker and Tunchai has a background in social work. They plan to use photography and film, art and poetry throughout the workshops "as a way of healing and as a way of coping," Tunchai said. They will be on looking at and discussing issues such as addictions, suicide, bullying, but the real focus "is on the hope and inner strength that you have. So, we'll be talking about things like hope, positive identity ... and the inner strength of a young indigenous person," Tunchai said. One of the biggest goals is to "give young people the opportunity to be able to add their voices well ... it's their opportunity to become part of this big, national campaign, which is something that can be connected, not only within their own community, but for youth, where they are, to support youth from across the country," Kelvin said. Lesson plan materials will also be developed throughout the event, which will be left in the schools to assist teachers "to utilize the videos as a starting point for lessons on hope, healing and culture," Kelvin said. While in the communities, they will offer a presentation in each community geared to parents and adults to learn about the *We Matter Campaign*, what they've learned and "start some discussion on how we can create positive spaces," Kelvin said.

For information on events in your community contact:

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