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Lac La Ronge Indian Band

Hope in Motion

The LLRIB Scoop for the week March 13 to March 17, 2017 with a look at the We Matter Campaign and other happenings in the communities. This newsletter highlights LLRIB community events and stories.

Please Print, 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 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:** SMVS on St. Patrick's Day March 17. For info call 306-425-2478.
- ¥ **March Movie Night:** SMVS 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:** Times: 3:30 p.m., 4:30 p.m. and 7 p. Monday to Thursday: Basketball; Friday: Kid's Soccer; Monday and Wednesday: Kid's Gym; Tuesday: Kid's Kickball; Thursday: Kid's Dodgeball; Friday: Archery 14+; Monday and Wednesday: Volleyball; Tuesday and Thursday: Floor Hockey; and Friday: Basketball. For info call 306-425-5041.

Sally Ross School students bring home 18 medals from the Saskatchewan Badminton Association tournament in North Battleford. Simon Ross (U-19): Gold in Doubles; Gold in Mixed Doubles and Silver in Singles. Zachary Halkett (U-17): Gold in Doubles. Allen Smith (U-15): Bronze in Mixed Doubles. Iesha Smith (U-15): Gold in Doubles, Bronze in Mixed Doubles. Ashley Ballantyne (U-17): Bronze in Doubles, Bronze in Singles. Megan Halkett (U-17): Bronze in Doubles. Evelyn Venne (U-19): Silver in Mixed Doubles, Silver in Singles. Lillian Halkett (U-19): Gold in Singles, Bronze in Doubles. Jasmine Halkett-Ross (U-17): Gold in Singles, Bronze in Doubles.

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 Anglican Church): info call 306-982-2511.

• 4 Hour Family Fish Derby (Anglican Church): Saturday, March 18 at Kitsaki Island

• **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:** We Matter Campaign is a “national campaign connecting messages of HOPE and CULTURE with Indigenous youth when experiencing hard times.” 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 at JRMCC 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. There will be a Youth Workshop – Creating Youth Action Plan on Saturday, March 18 between 12 p.m. and 5 p.m. at SMVS.

• **Spring Rolls and Readings:** Monday March 21 celebrate 25th Anniversary of the Wild Rice Writing Groups and First Day of Spring at Woodlands and Waterways Visitor Centre.

• **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

- **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; Pee wee: 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.
- **Traditional Knowledge workshop:** Wednesday, March 29 at the Legion. Lunch, snacks are provided and transportation is available. For info call Health Services Prevention and Recovery May Roberts or Carol Charles at 306-425-9109.
- **Youth Resiliency and Empowerment Workshop with Carl Bird:** Wednesday, March 29 and Thursday, March 30 at the Prevention and Recovery Office (former SARCAN building in Morin’s Hill). Snacks and lunch will be provided and transportation is available. For information call May Roberts or Carol Charles at 306-425-9109.
- **19th Annual Woman’s Fish Derby:** Saturday, April 8, at Peter Ross Bay in Stanley Mission. For information call 306-635-7332, 306-635-7227 or 306-635-7291.
- **2017 FSIN Youth Hockey Championships:** April 17 to 20 at Onion Lake/Lloydminster, AB. For information call 306-344-7567.
- 19th Annual Woman’s Fish Derby: Saturday, April 8 at Peter Ross Bay
- **2017 Treaty Annuity Payment Schedule:** Monday, May 8: Hall Lake, School Gym; Tuesday, May 9, Morning: Sucker River Band Hall; Afternoon: Grandmother’s Bay Nihithow Awasis School; Wednesday, May 10: Stanley Mission, Community Hall; Thursday, May 11 and Friday, May 12: La Ronge, Jonas Roberts Memorial Community Centre (JRMCC) and Friday, June 9: Little Red River. For information call 306-425-2183.

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.

Candidates for Chief

Robert Angus Ballantyne	1957	Bruce F. McKenzie	1920
Tammy Cook-Searson	2598	Henry H.M. Sanderson	3771
Alex (Al) Halkett	2083		

Candidates for Councillor

Electoral Section One - Little Red River Reserve #106C and #106D

Mary L. Bighead	4370	Angus R. J. Mirasty	2981
David P. Charles	1433	Blanche Mirasty	1595
Tracey L. Halkett	5025	Keith Mirasty	1866

Electoral Section Two - Grandmother's Bay Reserve #219

Leon Jerry Charles	2986	Gerald Robin McKenzie	1997
Clifford B. McKenzie	1658		

Electoral Section Three - Morin Lake Reserve #217

Adam John Charles	1880	Normal Paul Ross	2085
James Moses Charles	5085	Yvonne Priscilla Roberts	1221
John Terry Ratt	2013		

Electoral Section Four - Nemeiben River Reserve #156C

Larry H. McKenzie	2937	Kenny Ratt	2176
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Electoral Section Five - Stanley Mission Reserve #157

Larry C. Charles	2163	Bernice Roberts	1392
Linda H. Charles	3057	John Patrick Roberts	1559
John W.L. McKenzie	4128	Joyce Roberts	1303
Angus G.J. McLeod	2680	Lester G. Roberts	1403

Electoral Section Six - Lac La Ronge Reserve #156 and Kitsaki #156B

Adele E. Bell	2593	Percy Mirasty	1742
Eldon E. Bird	2044	Stewart Mirasty	1282
Michael J. Bird	1616	Joan Olsen	1516
Nina A.J. Bird	3216	Gary R. Parada	2862
Krystal K. Charles	7390	Ann R. Ratt	2422
Cole T. Cook	4586	Sam H. Roberts	2385
Jimmy Halkett	2946	Dennis B. Sanderson	2373
Irwin Hennie	3670	Ruth Thompson	1511
Leonard H. Isbister	3553		

Stanley Mission Winter Festival Results

Men's 19 to 39

1st Richard Charles
2nd Dalton Cook
3rd Norman McKenzie

Men's Masters

1st Gerald McKenzie
2nd Cameron Roberts
3rd Moe Roberts

Women's 19 to 39

1st Mavis Clarke
2nd Sylvia Remenda
3rd Margaret McLeod

Queen Masters

1st Sylvia McKenzie
2nd Nora Charles
3rd Sarah McKenzie



Views from the
Amachewespiwin
Stanley Mission 37th
Annual Winter
Festival 2017



An evening of hope - words of hope
By Valerie G. Barnes-Connell

On a cold winter's night, the Kikinahk Friendship Centre in La Ronge, decorated with beautiful images, filled with people come to spend An Evening of Hope, oozed warmth.

Brooke Graham, Family Services co-ordinator for the Friendship Centre, created the evening as an opportunity to celebrate the gifts and strengths of Indigenous women.

Bringing elders and youth together to support learning through life experiences and give youth the opportunity to explore their identity and learn about culture was an impetus for the evening, Brooke Graham said.

The evening began with traditional sacred drumming by members of the New Dawn Drum Group, Aleisha Charles, Margaret Bird and Ariel Charles. They are sisters and formed the group several years ago.

Margaret spoke about the challenges of her life including times spent in foster homes and the hope that came into her life when she came to live with her grandparents, Regina and Carson Poitras, and learn and practice the traditional ways. That's what continues to give her hope, she said.

Chief Tammy Cook-Searson shared her story and spoke about the importance of supporting families in hard times and not being afraid to speak out when hurting. Asks for help when needed; it's a strength to be able to ask for help.

Also, finding something give a person hope and to keep healthy, for example she runs, and it helps her in a wholistic way to have hope and keep healthy.

Cameron Halkett, 10, a Grade 5 student at Pre-Cam Community School read a poem she wrote, following the death of her friend, who took her own life in October.



Maria Campbell

Cameron went on to use the poem as a base for a video she made for the We Matter Campaign, "a national multi-media campaign designed to gather positive messages from people across the country, to offer support for Indigenous youth going through a hard time," quoted from We Matter literature.

Writer, artists and activist Maria Campbell shared her life experience.

She spoke about the trauma that Indigenous people in Canada live with and the importance of not allowing it to become normal.

"I think in many of our communities we get so used to all of the horrific trauma that we're face with all the time, we forget and it almost becomes normal for us ... we have to watch out more than anything that we don't treat it like it's normal and accept it as something normal."

Campbell spoke about the Settler people coming to Canada from many parts of the world and that it's important to remember they came from trauma.

"They didn't come to this country because everything was ok in their homeland. They came because things were really bad."

It's important for Settlers when they come here to remember and learn about their history.

"It's really important for us to remind non-native people that, if they want to help us, one of the things that they need to do is to understand their history as well."

She spoke about a hard time in her life when, at 15, the younger children in her family were taken away into foster care and many people in the community were feeling "broken and hurting."

What always gave her hope was the traditional teachings she learned from elders.

It was through those teachings she learned that children are the centre of the community.

Long ago they would think seven generations ahead whenever decisions were made.

"Everything we do is going to be inherited by those kids for seven generations ... if we think like that ... our decisions would be very different."

The times she spent growing up with her grandmother and great-grandmother enriched her life and that's where she learned about the importance of spirituality and culture. It's where she learned her language, the importance of a connection to the land and the ceremonies.

"If it hadn't been for those ceremonies and teachings I got from my grandmothers, I probably would have died a long time ago ... I needed to have that grounding in my own language, in my own land and with my own people."

Campbell spoke about the importance of the land to First Nation people.

"Much strength comes from our land. Our language comes from our land, the songs the girls (New Dawn Drum Group) were singing comes from the land. Those are the things that make us healthy and make and keep us strong ... when you think about all the things that have happened to our people, you know, we've heard all of that through the Residential School stories, that we've been able to live through that."

She also spoke about the important role artists have in the community. People who do beading, work with hides and birchbark, people who write and perform music.

It's important to bring the artists together with "our old people" and youth to work towards finding solutions.

"Talk to them and find out, what is it we can do? What's the medicine we can make to make us healthy and strong? ... So I just want to say that if there's any possible way in this community in the north that maybe over the summer, and it's a suggestion, but I hope you take it cause a lot of people in different parts of the country are doing that. Bring those artists together and those young people and talk about what are the things in our communities that are really strong and what can we do with them?"

And, speaking about First Nation people, Campbell said, "We're a kind people, there's not many people that are kinder than us. We're kind hearted. We have a really good sense of humour. There's nothing like a bunch of us sitting around and you hear people laughing all the time. We're gentle people. We're gentle with one another. And [I'm] reminding us to wake up and see those things about ourselves, cause that's our medicine."

Next week

We Matter Campaign organizers in Lac La Ronge March 18 and Stanley Mission March 20 through 23 and other stories.



*Another activities hosted
by the Lac La Ronge
Youth Support Workers in
the community*

For information on events in your community contact:

Valerie G. Barnes-Connell

306-420-8648

valerie.barnes-connell@lrib.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.