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Lac La Ronge Indian Band

Hope in Motion

The LLRIB Scoop for the week March 27 to March 31, 2017 with a look at the activities and events through stories and pictures. This newsletter highlights LLRIB community events and stories.

Please Print and 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.

¥ **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

• Gift of Language and Culture Website: An Aboriginal language site developed by the Lac La Ronge Indian Band's Curriculum Resource Unit (CRU), for Nursery to Gr. 9 students is available online at www.giftoflanguageandculture.ca

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:**

¥ **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: Broomball: Jr. Girls and Deschambeault 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.

¥ **Bell's Point Elementary School (BPES):** After school programming at 3:30 p.m., 6 p.m. and 7:30 p.m.: 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

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'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 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 March 31 at the JRMCC for girls in Gr. 6 to 8. For information call 306-425-8161.
- **The Milk Café:** You and your baby are invited on Wednesdays between 1:30 p.m. and 3:30 p.m. 808 La Ronge Avenue (former Java Shack). For information call 306-425-2051. The La Ronge Prenatal Care and Breastfeeding Support Committee. (You do not need to be breastfeeding to attend, open to all – pregnant, new parent, grandparent)
- **Fitness for Boxing:** Tuesdays and Thursdays 6 p.m. to 7:30 p.m. at the JRMCC. All you need is shoes and gym cloths (shorts or joggers and T-shirt). It's not a fighting lass; it's fun and it's free.
- **Knockerball available at JRMCC:** For information call 306-425-4851.

Upcoming events:

- **Swearing in Ceremonies/First Day of Office for Chief and Council:** Monday, April 3 at 10 a.m. at the JRMCC.
- **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.
- **Round Dance at Little Red, Honouring Our Lives for suicide survivors:** Saturday, April 1, Pipe Ceremony at 5 p.m. in the Red Hall. Midnight Lunch, Apple Dance, Friendship Dance, Give Away. For info contact Jessica S. Charles at 1-306-960-2534.
- **April Fool's Walleye Derby:** Saturday, April 1 at Peter Ross Bay Stanley Mission.
- **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, Stanley Mission. For information call Linda at 1-306-635-732, Christina at 1-306-635-7227 or Darlene at 1-306-635-7291.
- **Stanley Mission 4-hour any Species Fish Derby:** Saturday, April 22. For information call Jimmy Charles at 1-306-635-2115 or Andrew Roberts at 1-306-635-7801.
- **Healthy Families Conference:** Wednesday, April 26 at Senator Myles Venne School. For information call 306-425-5509.
- **Career Fair and Hands on Career Day:** Tuesday, May 2 between 9 a.m. and 3 p.m. at the JRMCC. For information email Brenda LaRocque-Hill at Brenda.hill@kcdc.ca or Cara Greyeyes at cara.greyeyes@kcdc.ca or call toll free 1-866-966-5232.
- **Special Olympics - La Ronge/Northern District Athletics Try it Camp & Bocce Tournament:** May 5 and 6 at Senator Myles Venne School. For information call 306-425-7581.
- **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.

- **Community Softball Coach Clinic:** May 27 and 28 at the JRMCC Sports Grounds. Participation is free to anyone of Aboriginal ancestry. For information email Kevin Roberts at kroberts@lrib.ca

- **JRMCC Calendar:** April 15: Open Broomball Tournament. April 21 to 23: Northern Saskatchewan Trapper's Association meeting. April 29: NORTEP Grad. May 2: La Ronge and Area Career Symposium and Job Fair. May 3: North Central Minor Hockey League AGM at Mel Hegland Arena. May 5: Night of Champions Sports and Minor Hockey banquet.



27 more people trained in ASIST Applied
Suicide Intervention Training.

***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.

A Community Medicine strategy
By Valerie G. Barnes-Connell

Although it was not the focus for the two-day event, Darien Thira, began his presentation to participants in the Prince Albert Grand Council's (PAGC) Community Medicine Strategy gathering about Colonization.

Thira spoke of his perspective that such elements as suicide, poverty, addictions, violence and mental health issues, has a "single source ... it is colonization," taken from background information provided by Thira for the gathering.

Colonization operates on "three fronts and continues to operate on the fourth," he wrote.

Relocation/reserves/settlement villages that isolate Aboriginal people from their Traditional territories and control their movements; theft of rights criminalization of their traditional cultural practices; the Residential school system; and how a "mental health industry" has been created, which continues.

The cure for colonization lies within the community, resilience and traditional values - the gifts of the people in their own community.

Using a Medicine Wheel tool, Thira presented a wholistic picture of two branches of Resilience - Self-esteem and a Well-Lived Life.

Self-esteem involves connection, empowerment, spirituality and culture, and meaningful family/community roles, while a Well-Lived Life involves care, respect, vision and a positive identity.

Three meaningful family and community roles for overcoming obstacles to living a Well-Lived Life involve - people who provide, protect and teach.

Youth in the community need meaningful roles, which involves changing the image of their role. An example would be a change from "delinquent" and replacing it with "volunteer for Elders," which would "assist them to better perform their positive roles."

A balance of Care and Respect are needed to build self-esteem. In his model, Care offers Connection, it involves the desire a community member has for another person family or the community as a whole. Self-esteem is a protection from addiction, violence and suicide.

Respect, Thira outlines, as "the believe that one person is separate from you - that they have a right to make their own decisions (even if you wish they'd make a different choice), the capacity to respond to their own problems and perspectives and values that are valid for them."



Darien Thira at the Community Medicine Strategy gathering.

He outlined the role of the Respected Elder in the Well-Lived Life model, as a person who is "not just an older person, but one who lives "in a good way." The qualities of a description of a Respected Elder, he's most often heard includes: "loving, care kind, and gentle; generous, heals others, contributes to the community; teaches and learns; humble and wise; patient, listens; genuine, present, non-judgemental, forgiving; funny and creative; spiritual, Traditional knowledge (e.g. medicines), practices ceremony; honest, 'walks the talk,' has integrity, refuses to gossip; strong, resilient and self-sufficient."

The two need to be balanced, he said.

The next step of the process involved Validation Action Two Steps. Validation is described as a care statement and action is a respect statement or question. An example of a validation statement, "you have shown a lot of courage to have come this far."

The second piece is a Call to Action, which involves a respectful encouragement of a person to pursue their own empowerment.

An example of a Validation (Care) statement, "I am here for you." And the Action (Respect), "When you are ready."

Throughout the gathering, Thira built on the foundational points and moved to how the process could be used in the whole community.

"The Community is the Medicine," which involves understanding our community "exists within us and the community is who we are." He wove the elements previously presented into relationship within the community.

Moving outside the box to the Circle model was one of the elements he presented, for example, looking at problems as opportunities. He outlined six parts of a community - self, family (or Clan), individual youth, individual adults, community, outside community and nature.

Thira provided examples of each element of community in terms of Connection, Empowerment, Identity and Vision. For example, under Youth and Connection, he listed, "connect with young friends, peer helpers, friend's children, youth in need." Under Youth Wmpowerment, "volunteer time with youth/children, participate in sports/activities/clubs." Under Youth Identity, "role model, team member, sober friend, mentor, helper/worker, teacher." And under Youth Vision he listed, "learn/perform Traditional songs/dances/ceremonies."

He provided a Community Resource Map, which involves the four aspects of the medicine wheel, Empowerment, Connection, Identity and Vision inside the Physical, Spiritual, Mental and Emotional.

In the final part of his presentation, Thira led participants through a Community Development process. The information could be used for community engagement.

The three elements of community engagement involved Stakeholders, Service Providers and Gate Keepers.

Stakeholders are those "who have a significant personal interest in community wellness." Service providers as "those who are working in the community or their family in the provision of wellness-related services or activities. And, the Gate Keepers are "those in a position of power in relation to relevant groups" such as Band Council members, service managers and the school principal.

The process involves: consulting community stakeholders including youth, parents/ adults and elders; consulting family stakeholders, children, youth, parents and grandparents; identifying community service providers; identifying family service providers; identifying community and family gatekeepers and establishing priorities based on "identified needs and solutions" and moves on to identifying successful and sustainable programs, community engagement obstacles and community engagement solutions.

Thira brought the process full circle by relating care and respect at the community level including the balance of Care and Respect, Self-esteem, Caregiver Values, Connection, Care, Empowerment and Respect.

Thira is a registered psychologist from British Columbia who offers workshops and clinical consultations in areas related to suicide pre-/inter-/post-vention, community wellness grief and trauma healing.

The PAGC Community Medicine strategy was held in Prince Albert Dec. 5 and 6. Those invited to the event were: member education staff, health and wellness workers and young adults. It was held in "response to the northern crisis.

"PAGC and FSIN invite communities to become better prepared to protect and promote LIFE through a process of healing and planning together."



"If we are to reach real peace in the world, we shall have to begin with the children."

Mahatma Gandhi



Indigenous Women and Girls:



scenes from LLRIB events

From Top Left: Diane Redsky, Red Cross training, Youth Support Workers, Grandmother's Bay Game Day, Pool shark in Stanley Mission, and Education Director Larry Ahenakew leads LLRIB Education Authority presentation.



An LLRIB snapshot.

By Valerie G. Barnes-Connell

The Scenes Collage below contains a snapshot of the past few months in the life of the Lac La Ronge Indian Band. Youth have been the focus.

In October the Lac La Ronge (LLRIB) contracted with the Red Cross to provide some services. LLRIB hired Youth Support Workers in all communities, two in each community and five in La Ronge.

The Red Cross provided training for youth, elders and community members in bullying prevention, healthy relationship and worked with communities to prepare safe community plans for each community.

The Youth Centre in Stanley Mission was kept busy. And Grandmother's Bay hired extra staff to work with youth in that community.

LLRIB hosted a youth wellness gathering at Senator Myles Venne School (SMVS) and students from the University of Saskatchewan hosted a Youth conference also at SMVS in October and November.

Entertainers included the Bighetty Puppets, Mathias and Marcel, from Pukatawagan, Man. and Magoo and Crew from Alberta, both groups entertained in several LLRIB communities. Diane Redsky, of Winnipeg, offered a one-day workshop on Human Trafficking offering many their first glimpse of what that means for LLRIB and other communities across the country. Human trafficking is closer to home than most participants realized. Redsky has been involved in researching and raising awareness about human trafficking for more than 20 years and received the Governor General's Award in Commemoration of the Person's Case for her work.

LLRIB Education Director, Larry Ahenakew, led two meetings in each community beginning the LLRIB process of looking at options to provide more equitable education opportunities for LLRIB youth. The process involves exploring the options and keeping an open mind and will involve seven meetings each of the LLRIB communities, except Little Red River, which has its own education authority.

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.