

Northern *Links*

Recreation Edition
Manitoba Aboriginal and Northern Affairs

Welcome to Northern Links!

Welcome to the first publication of *Northern Links* – *Recreation Edition*, a newsletter promoting healthy active living in northern Manitoba. The vision of *Northern Links* (NL) is to help improve quality of life and opportunities for Manitoba's Aboriginal and northern people. Writers working on NL hope to fulfill this mission by providing interesting and insightful stories about people and communities that promote physical and cultural activities. The newsletter will also feature people who excel in sports, participate in, and help establish and maintain recreational events in their community. We will also let you know what kinds of activities are taking place in various communities so that you may participate or, perhaps, hold similar activities in your own community. We hope you will find this publication timely and useful.



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Manitoba 
Building for the Future

Adventure into Recreation

Practical, Fun Learning for Aboriginal Communities

9th Annual Northern Links

Recreation and Wellness Workshop

September 18 to 22, 2006

What is Northern Links?

Northern Links is a week-long annual recreation workshop sponsored by Manitoba Aboriginal and Northern Affairs (ANA). The workshop is designed for people who work with recreation programs and activities in Aboriginal communities. Hands-on training sessions teach participants how to make a difference in their communities.

Who Should Attend?

People from Manitoba ANA communities, First Nations, Metis communities, friendship centres and tribal councils. Participants can be:

- ▶ recreation directors
- ▶ youth workers
- ▶ recreation programmers
- ▶ Brighter Futures Initiative (BFI) workers
- ▶ Building Healthy Communities (BHC) workers
- ▶ recreation supervisors
- ▶ band councilors in charge of the band's recreation portfolio

Where and When?

The workshop location is Camp Wannakumbac, less than an hour's drive south of Dauphin, in the beautiful foothills of Riding Mountain National Park. It takes place Monday, September 18 to Friday, September 22, 2006.

What is the cost?

The cost is \$300 per person and includes meals and accommodations for the week. You are responsible for your own travel.

Who will host workshops?

Sue Holloway, consultant and facilitator, has 16 years of experience designing, teaching and facilitating personal and professional development. She has worked with recreation and Aboriginal communities for the past nine years. Her background in experiential education will challenge you to get involved in exciting learning experiences.

Guest speaker, Don Starkell, Winnipeg-based author and explorer, earned a place in the Guinness Book of World Records when he and his son paddled a canoe from Winnipeg to the Amazon River in the early 1980s. Ten years later, he paddled a kayak across the Canadian Arctic from Churchill to Tuktoyaktuk. Don will share his remarkable stories of courage and determination and discuss values and benefits of the canoeing lifestyle.

Opening Night Activities – Gymblast will provide a jam-packed, fun-filled session that promotes teamwork and sportsmanship. Don't miss it! For more info on Gymblast go to www.gymblast.com

A variety of other recreation-related sessions include:

- ▶ leadership
- ▶ program planning
- ▶ partners trade show
- ▶ building partnerships
- ▶ grants and proposals

How do I register?

Contact Stew Sabiston at 201-622-2148 (Dauphin) or Faron Cook at 201-677-6805 (Thompson) or visit www.northernlinks.org for more information and to print the registration form.

Recreation Leadership Training in Northern Manitoba

If you like being active and involved in your community, the University College of the North (UCN) Recreation Leadership Certificate Program may be right for you.

Beginning in September 2006, UCN, Cross Lake Regional Centre, Norway House Regional Centre and Manitoba Aboriginal and Northern Affairs (ANA) will deliver the Recreation Leadership Certificate Program in Cross Lake and Norway House. Graduates of the program will be equipped to organize and administer community recreational systems and programs, plan activities, manage facilities and work with special populations.

Innovative program delivery will be of particular interest to those already employed in recreation and community leadership. Over an 18-month period, students will attend full-time classes one week per month. Classes will also alternate between Cross Lake and Norway House

locations, allowing students to return to their home communities and jobs during the intervening weeks. Successful students will graduate with a Recreation Leadership Certificate from UCN.

While the program will interest a broad range of participants, applicants should have completed Grade 12 to enter the training. Applicants without a Grade 12 diploma may be admitted as mature students if they are able to demonstrate the academic skills required for success in the program.

If you would like to find out more about the Recreation Leadership Program at Cross Lake and Norway House, please contact Peter Garrioch, UCN Training Consultant, at 204-676-3391 in Cross Lake.

Two New Programs Aim to Prevent Drowning

On June 9, 2006, Healthy Living Minister Theresa Oswald responded to recommendations from the report of the Healthy Kids, Healthy Futures Task Force by announcing two new initiatives to promote water safety and use of life jackets and personal floatation devices (PFDs) in Manitoba.

The first initiative, suggested to the task force by the Coalition for Safer Waters and the Manitoba Drowning Prevention Strategy, is a public education campaign to promote the use of life jackets and PFDs.

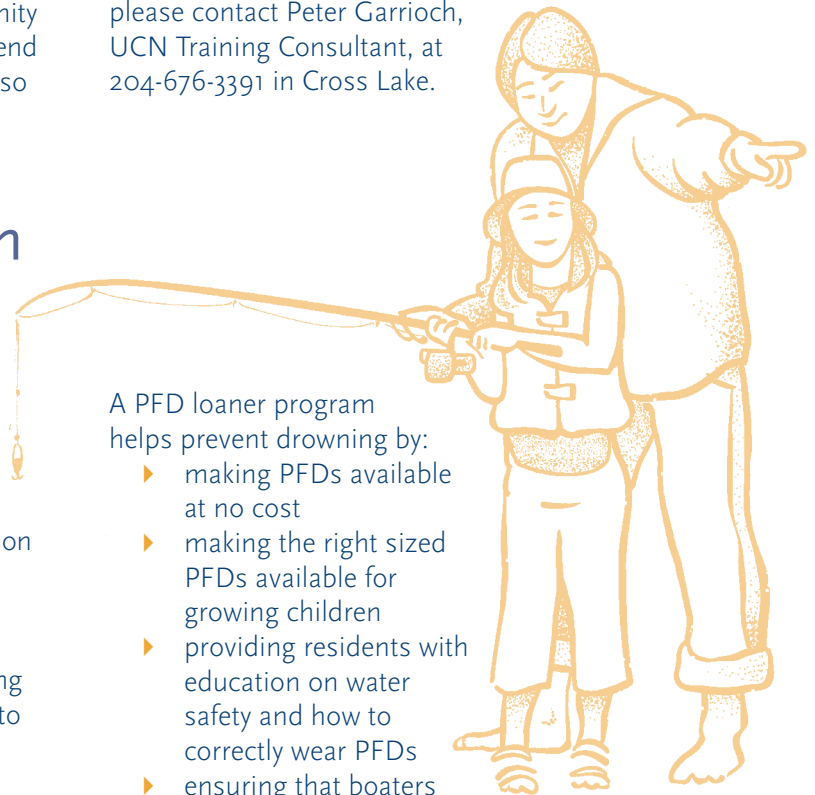
Of special interest to northern communities, the other initiative is a PFD loaner program for northern and remote communities. Eligible communities will receive a supply of PFDs, which local residents can borrow to use while on the water. The Coalition for Safer Waters will manage the program and will work with community recreation directors or other community employees.

A PFD loaner program helps prevent drowning by:

- ▶ making PFDs available at no cost
- ▶ making the right sized PFDs available for growing children
- ▶ providing residents with education on water safety and how to correctly wear PFDs
- ▶ ensuring that boaters can be recovered in a search and rescue operation
- ▶ promoting PFDs as an accepted, expected and natural water safety tradition

If your community is northern or remote and situated near a water body that represents a drowning hazard, this program may be for you. Participating communities will have to develop a loan system and identify a local organization to take responsibility for the program.

Interested communities can contact the **Coalition for Safer Waters** at 1-204-787-1873. For more information on the PFD program, go to the Coalition for Safer Waters website at www.hsc.mb.ca/jimpact/s_w_index.htm



Canada's New Long Term Athlete Development Guidelines

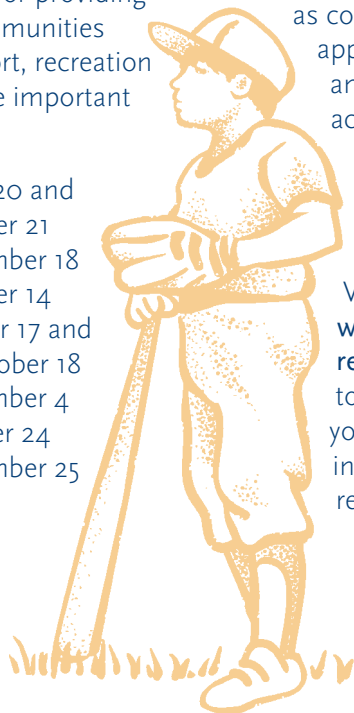
Sport Canada and most provincial sport authorities, including Sport Manitoba, are in the process of embracing a new long-term athlete development model (LTAD). Acceptance of the LTAD will require a change in thinking about sport in Canada. The eventual goal for LTAD is to link community-based sport with the best of our country's athletes and coaches.

LTAD stresses the importance of:

- ▶ skill development through proper training and practice before introducing young athletes to an overly competitive sport system
- ▶ giving children opportunities to benefit from a multi-sport experience rather than being channelled into a single, year-round activity

Sport Manitoba is providing a session on LTAD at each of seven regional sport conferences this fall. The theme of each conference is *The Sport You Want in Your Community*. Besides introducing LTAD to key community-based leaders in sport, physical education and recreation throughout Manitoba, the conferences will also provide information on how teams, and indeed entire communities, can join the true sport movement. Sport Manitoba will also outline plans for providing financial and planning support for communities interested in forming a community sport, recreation and school alliance. The dates for these important conferences are:

Central Region	— Friday, October 20 and Saturday, October 21
Eastman	— Saturday, November 18
Interlake	— Saturday, October 14
Norman	— Tuesday, October 17 and Wednesday, October 18
Parkland	— Saturday, November 4
Westman	— Friday, November 24
Winnipeg	— Saturday, November 25



Regional – Community Sport Development Grants Program:

Sport Manitoba's 2006/2007 Regional-Community Sport Development Grants Manual is available on our website www.sportmanitoba.ca under funding and downloads or by contacting your regional sport manager under about... regional offices.

All sport partners are eligible to apply for financial assistance in three major areas:

- ▶ hosting athletes, coaches and officials attending clinics, camps and regional championships
- ▶ community development initiatives including introduction of a new sport
- ▶ travel to provincial team tryouts, clinics and championships for athletes, teams, coaches or officials

In addition, Aboriginal people who attend courses to earn certification as coaches or officials may apply to have their registration and applicable travel/accommodation costs paid by Sport Manitoba through the Canada-Manitoba Sport Development Program.

Visit Sport Manitoba's website www.sportmanitoba.ca/about/regional_offices.php or call toll free 1-866-774-2220 to contact your regional manager for further information about grants and your regional sport conference.

*If you have any questions, comments, ideas or would like to make a submission for the next issue please contact:
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