

Northern Links

Recreation Edition
Manitoba Aboriginal and Northern Affairs

2007 Spring Workshop Succeeds

Building on the success of the annual workshop in Clear Lake every fall, Manitoba Aboriginal and Northern Affairs (ANA) opted to offer a second Northern Links Workshop this spring in the Northern Region (Thompson). The spring workshop offered many of the same elements of the fall workshop including practical sessions, take home value, small numbers, building community networks, meeting partners and resource people, learning new games and activities and of course... having fun.

On April 2 and 3, 2007, nine participants from six communities gathered at the recreation center in Thompson to take part in this workshop.

Tim Matheson, a Sherridon community councillor for 12 years, attended the workshop. "We don't have a recreation director right now," said Matheson, "so we need someone to access and gather information for our community."

During the workshop, Matheson gathered information about different grants, programs, and training opportunities

available for recreation programs and added to his network of community recreation experts. "I would definitely attend another Northern Links workshop," he said.

Florence Blacksmith, recreation director from Cross Lake, also attended the workshop. She's currently enrolled in the 18 month UCN Recreation Leadership Program at the Cross Lake Campus. Florence will finish her training, earning a Recreation Leadership Certificate in the spring of 2008. She is eager to attend recreation program training events.

Florence says physical inactivity among all ages is a big issue in her community and that it leads to chronic diseases such as diabetes and heart conditions. "I have learned about different grants, new fun games, meeting new contacts and knowing more about the Swim to Survive program," said Blacksmith. She is planning to attend the Northern Links workshop scheduled for September 17 to 21, 2007 at camp Wannakumbac in Clear Lake.

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The training was also attended by Darlene Cook and Janet Genaille from Pelican Rapids, Jason Mandes from Flin Flon Friendship Centre, Robbie Lapensee and John Cook from Brochet, and Terry Linklater and Ron McDonald from Nelson House Cree Nation.

The sessions and activities included:

- roles of the recreation director and other partners
- program planning
- grants and proposals
- best practices

Presenters included Manitoba Culture Heritage and Tourism, Manitoba Aboriginal Sport and Recreation Council, The Lifesaving Society, Sport Manitoba and the Northern Manitoba Recreation Association (NORMRA)

ANA thanks Jeanne Zwiép and Marcel Fecteau for providing the facility, as well as Carl Shier, Darryl Bauer and Rick Lambert for travelling from Winnipeg. Special acknowledgement goes to Wayne Huckaluk from The Pas who helped plan, promote and deliver a great session.

The Northern Links workshop preceded the inaugural Northern Physical Education Teachers Workshop held at Thompson High School and six Northern Links participants attended that workshop, too. Feedback from participants was very good as they participated in a variety of different sessions.

Plans are to make the spring Northern Links workshop an annual event. For more information on these workshops or the ANA recreation directors program please contact:

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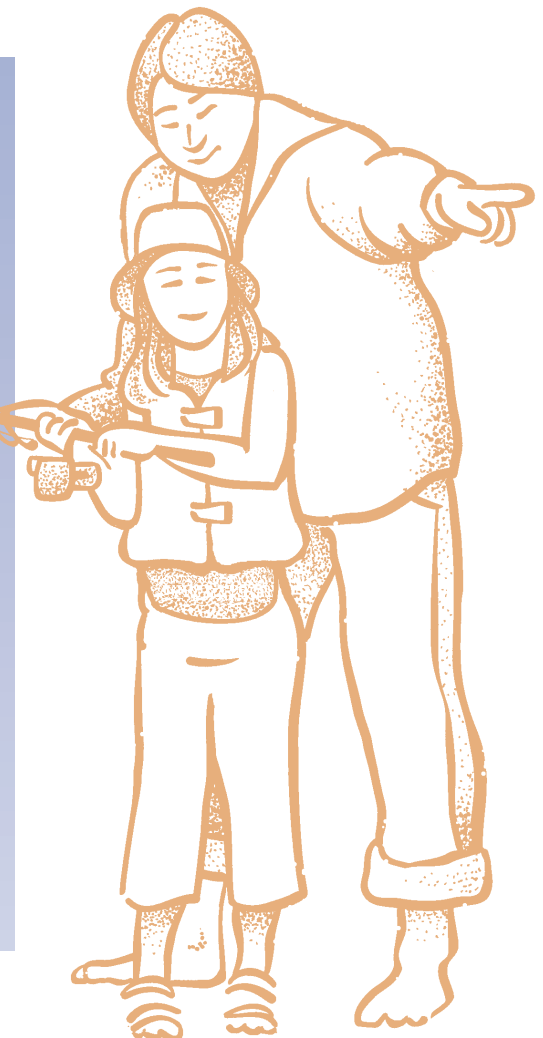
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Community Loan PFD Program Continues

Manitoba Healthy Living and the Manitoba Coalition for Safer Waters are again working in partnership to reduce drowning by offering personal floatation devices (PFDs) to northern communities close to water. The program supplies PFDs to communities who commit to setting up a system for loaning them out to residents for water-related activities such as swimming, boating, fishing and hunting. Communities take ownership of the PFDs and are expected to account for them and replace them if they are lost or become unserviceable.

Last year, 20 communities applied for and received PFDs through this program. To find out more about the program and get a program application form for your community, visit www.hsc.mb.ca/impact and look for the Personal Floatation Device (PFD) Loaner Program link or call Wendy French at 204-787-1907.



Meadow Portage Exercise Program *Gets Active*

The community of Meadow Portage celebrated the official opening of their beautiful indoor skating arena and recreation centre last October. The centre stayed busy this past winter with youth and adults strapping on their blades and playing hockey, shinny or just skating during winter evenings.

Spring has come and the ice is long gone but that doesn't mean the doors are closed for the season. The local recreation committee and council raised funds and, with a grant from Manitoba In Motion, they purchased a variety of recreation and exercise equipment for public use inside the recreation centre.

Equipment includes a treadmill, a multi-use weight station, a stationary bike, an elliptical trainer, large yoga balls and variety of other pieces. Regional recreation director John Sabiston and part time recreation worker



Deanna Sliworsky organized an introductory exercise evening program on April 23, 2007 for interested community residents to attend.

David Bosiak, manager for the Parkland Regional Services Branch of Manitoba Culture, Heritage and Tourism, led the group through a two-hour session of interesting and fun activities. As an owner of a fitness club in Dauphin, David is also a recognized fitness guru in the region. He

discussed and showed the group proper warm-up techniques, stretching, use of the yoga balls, proper use of all the equipment and other important exercise information. Many in the group are now exercising on a regular basis.

For more information on the exercise program, call John Sabiston at 204-732-2268.



Parkland Regional Services Branch manager David Bosiak (lower left) teaches Meadow Portage residents (above and lower right) how to make good use of the exercise equipment housed in their new recreation centre.

Manitoba Aboriginal Sport and Recreation Council Inc.



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(MASRC) program supporters and participants help to improve the quality of life for Aboriginal children.

2007 Manitoba Indigenous Summer Games

Manitoba Keewatinowi Okimakinak, Keewatin Tribal Council and Awasis Agency will host the 2007 Manitoba Indigenous Summer Games (MISG) in Thompson from July 12 to 15.

The six sports featured in the games are athletics, archery, canoeing, golf, soccer and softball. Triathlon will be a demonstration sport open to all who wish to participate. Age categories in the games are bantam (born 1994-1995), midget (born 1992-1993), juvenile (born 1990-1991) and senior (born in 1989 and earlier). All competitors must qualify within their region. Each region can only send a certain number of athletes to the games. Athletes are encouraged to contact their regional chief about upcoming qualifiers. To become involved within your region, call Lee Green at 204-925-5608 or e-mail leegreen@sport.mb.ca. If you are interested in volunteering for the MISG, please contact Brandee Albert, at 204-677-1700 or toll free at 1-800-442-0488.

2008 North American Indigenous Games

The 2008 North American Indigenous Games (NAIG) will be held in Cowichan, British Columbia from August 2 to 10 next year. The Team Manitoba committee has been meeting on a monthly basis to fine tune Team Manitoba staff responsibilities, athlete selection criteria, team composition, qualifiers and more.

Team Manitoba will consist of 500 participants, including coaching staff, in 12 sports:

- athletics
- archery
- badminton
- baseball (male only)
- basketball
- canoe
- golf
- lacrosse (male only)
- soccer
- softball
- swimming
- volleyball

Participation age categories are determined by year of birth:

- bantam born in 1994 and 1995
- midget born in 1992 and 1993
- juvenile born in 1989 and 1991

MASRC is still confirming host communities for the selection camps and the Team Manitoba committee is still accepting applications from coaches interested in volunteering their time and joining Team Manitoba on their journey to the games. Aboriginal coaches who are interested in upgrading or becoming fully certified coaches are encouraged to apply now. Applications are available from www.masrc.com.

For answers to your questions, please call the MASRC office at 204-925-5622 or visit www.masrc.com.

Regional contacts for the MISG:

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

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