



*Our Vision*

TO HAVE ALL RESIDENTS OF RIVERS WEST DISTRICT LIVE HEALTHY, ACTIVE LIFESTYLES THROUGH COMMUNITY ACCESS TO AND PARTICIPATION IN DIVERSE SPORT, CULTURE AND RECREATION OPPORTUNITIES.

## RIVERS WEST DISTRICT E-NEWS

October 2023



# in this issue

- **Upcoming Workshops**
- **Visit Our New Website!!!**
- **Events Calendar**
- **SPRA - Fall Member Grants Available Now**
- **SPRA - Register for AGM**
- **SaskMilk SaskFit Conference**
- **2024 Saskatchewan Summer Games**
- **2024 SSG - Get Involved!**
- **Former NHL player at Flying Dust FN**
- **Funding Opportunity - Aboriginal Arts & Culture Leadership Grant**
- **Funding Opportunity - School Health Grant for Youth**
- **Saskatchewan Sport Awards**
- **Saskatchewan Library Week - Oct 15-21, 2023**
- **District Dream Broker - October 2023 Update**
- **SSFA Rivers West District 55+ Games**
- **SSFA Cell Phone Workshops - They were Great!**
- **Become a Mental Health First Aider**
- **MAS Community Chat**
- **MAS Courses & Programs**
- **Office of Treaty Commissioner Upcoming Events**
- **Grant & Funding Opportunities**
- **Sask Lotteries**
- **Facebook Photo Album**



## Upcoming Workshops



[Oct 14th Board Governance at Springwater Hall - Click for Details](#)

[Oct 18th Self Massage & the Athlete - Click for Details](#)

[Oct 21st Grant Writing at Springwater Hall - Click for Details](#)

[Nov 2nd Why Become a Registered Non-Profit? - Click for Details](#)

[Nov 22nd Introduction to Risk Management in Rec - Click for Details](#)



Visit Our  
Brand New  
Website!





## Events Calendar

[click here](#)



**Saskatchewan  
Parks and Recreation  
Association**

## Fall Member Grants Available Now

Recreation plays a vital role in the life of every person in Saskatchewan and should be accessible to all.

Four grants are available now to help fund recreation and make a positive impact in your community. The grants include:

First Nation Recreation Development Grant  
Forever...in *motion* Grant  
Métis Recreation Development Grant  
Community Cultural Diversity Inclusion Grant

[Apply by Nov. 15, 2023.](#)



## Register for Our Annual General Meeting

Join us online for the 2023 SPRA Annual General Meeting (AGM) on Tuesday, Oct. 24, 2023 from 1 - 3 p.m.

[Click here](#) to view the meeting documents and to register.

Attend the AGM and exercise your right to vote on measures that will impact the future of our organization and Saskatchewan's recreation industry.

---

## Register for the SaskMilk SaskFit Conference!

The fitness industry is constantly evolving and whether you are a fitness leader or inspiring active living in your community, we'd love for you to attend the SaskMilk SaskFit Conference happening virtually on November 4, 2023.

You'll engage with informative and positive sessions from local and national fitness professionals that will leave you feeling motivated, inspired and eager to influence change in your home communities.

[Register Today!](#)



In the summer of 2024, more than 1,800 athletes, coaches and officials will gather in the Border City to share in the thrill of competition and camaraderie on the provincial stage. Upwards of 1,000 community volunteers will be recruited to help welcome thousands of visitors to Lloydminster during the seven days of Games competition.

The Saskatchewan Games Council looks forward to partnering with the City of Lloydminster and the 2024 Saskatchewan Summer Games Host Society to stage an incredible celebration of sport, volunteerism, and community.

Keep an eye out for more information in the lead-up to summer 2024.

**1,800 participants**  
**1,000 volunteers**  
**15 sports**  
**9 District Teams**  
**7 days**  
**1 incredible experience!**

---

# Get Involved!

## Coach. Cheer. Compete. Volunteer.

If you're interested in participating in the 2024 Saskatchewan Summer Games in Lloydminster as an athlete, coach, manager, official, mission staff, or volunteer, **you're in the right place!**

Navigate this section to learn more about how to participate as an **athlete, coach or manager, official, mission staff, or volunteer**. Please note that more information will be added to each page as the Games get closer, with detailed participation information available in early 2024.

[Click Here](#) for Expression of Interest form. Submit your information and you'll be contacted closer to the Games with more information on how you can take part!

### AROUND THE DISTRICT



A former NHL player is starting a new chapter in his life with the Flying Dust First Nation.

Meadow Lake's Dwight King is the new Recreation Coordinator for the First Nation, officially starting the job on Monday.

He joked he's been in the community so much over the years that it's hard to find someone who doesn't know him or about his time in the NHL.

"I think I've been around Meadow Lake for so long...I pretty much know (everyone),

---

Most will remember him from his time playing for the LA Kings where he ended up scoring 52 goals and adding 56 points across 348 games. He also played for the Montreal Canadiens before playing three seasons in Europe.

Now that his professional hockey career is over, King is hoping to help others, young and old, find something they can feel passionate about.

“(The Meadow Lake area) has always been home to my family... this just gives me the opportunity to give back to the community,” he said.

King mentioned he’s also working on becoming a member of the Flying Dust First Nation as the community and its people make the place feel like a second home.

maybe not the young, young faces but a lot of faces are familiar,” he said.

King added he may be able to encourage some of his old teammates to come up and visit.

“We’re all getting a little older and some are still playing, but you never know. Life gets busy for everyone, but we’ll see what the future holds.”

Meanwhile, King doesn’t have any information to share about exactly what activities or events he has planned for the community.

His first five days were mainly used to properly get situated and introduce himself to those who may not know him or didn’t realize he had become the new rec coordinator.

(Article from paNow)

## FUNDING OPPORTUNITY



### Aboriginal Arts and Culture Leadership Grant

The Aboriginal Arts and Culture Leadership Grant (AACL) supports the sharing of cultural skills and knowledge to young people through participatory cultural activity with First Nations or Métis arts and culture leaders.

Deadline: October 31, 2023

## FUNDING OPPORTUNITY





### Grant opportunity for youth

- Apply now for the School Health Grant for Youth.
- \$1500, \$2500, \$3500

Are you...

- A Canadian youth aged 13-19?
- A student in grades 9-12 (Secondary 3-6 in Quebec)?
- Passionate about healthy living?

Youth-led projects must focus on one or more of the following:

- Reducing substance-related harms
- Healthy eating and nutrition
- Positive mental health and well-being
- Physical activity

Application deadline is **Wednesday, October 25, 2023 (12:00 pm EDT)**.

Interested in applying?

- Check out our website: [Canada.ca/youth-school-grant](https://Canada.ca/youth-school-grant)
- For more information [Click Here](#)



SASKATCHEWAN  
SPORT AWARDS

---

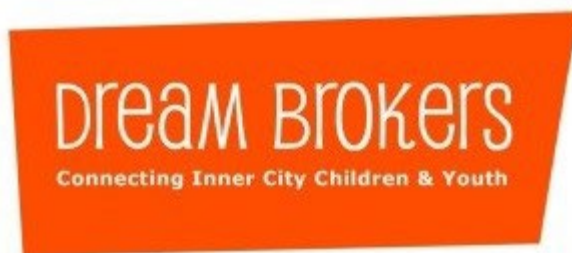
Do you know an outstanding volunteer, coach, official or athlete in the province that deserves more recognition? Consider nominating them for the Saskatchewan Sport Awards.

The Saskatchewan Sport Awards celebrate the outstanding achievements of individuals and teams in the province's amateur sport community in two categories: Excellence and Recognition.

Since 1984, the Excellence Awards have acknowledged the top performances and results for athletes, coaches and teams in the province. The Recognition Awards honour long-time service as a volunteer or coach and share stories of courage and determination.

Learn more about the Saskatchewan Sport Awards by going to the [Sask Sport website](#)





**What is Dream Broker all about? . . .** The Dream Broker connects inner-city youth and their families with a sport, recreational or cultural activity. She can support participation in various sport, culture or recreation activities by helping with registration costs, transportation, equipment or just by being a cheerleader on the sidelines when a family member is unable to attend.

Please let Chelsey know if you're interested in more information.

---

Email [rwdscri.yc@sasktel.net](mailto:rwdscri.yc@sasktel.net) or call/text 306-480-9875

If you are interested or need any information,  
please contact Chelsey 306-480-9875 or on her FB page

District Dream Broker  
Chelsey Gladue

### **October 2023 Update:**

I hope October finds you all well.

Chelsey has had a busy September getting back into the schools registering students for soccer, hockey, and dance.

Chelsey is now getting ready to start after school programs with both schools.

Judo has started at Connaught with 24 students enrolled for the year. The program has changed a bit and now runs twice a week from September to May.

Arts and Crafts are starting up end of October with both schools. Students will be able to use their creative skills to create some motivational art.

Dance program is also coming to Connaught in mid October. It will run for 6 weeks and is aimed for students in kindergarten to grade three.

It is looking like it is going to be a great year with plenty of after school opportunities!

*“Step with care and great tact, and remember that Life’s a great balancing act!”*  
*Dr. Seuss*



## SSFA Rivers West District 55+ Games

---

[2023 GAMES POSTER Rosetown](#)

[2023 GAMES POSTER Denzil](#)

The SSFA Rivers West District is looking for sponsorship for the 2024 – 2026 55+ District Provincial National Games. [Find out More...](#)

### **SSFA CELL PHONE WORKSHOPS - They were Great!**

SSFA Rivers West District partnered with schools and students to deliver Cell Phone Workshops to all populations of older adults in the district communities, fulfilling an intergenerational gap. The students were the teachers and the older adults were the students. It was such a great way for interaction! The program took the older adults to the classroom, a place they had not seen in many years – so they saw that blackboards do not exist anymore!

## Become A Mental Health First Aider

---

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.



## BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course, you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.  
If I have a panic attack, chances are you won't.*

**Mental Health First Aid** is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

**Register now to become a Mental Health First Aider:**

**COURSE NAME:** Mental Health First Aid Basic

**DESCRIPTION:** This training is being held in a scent sensitive environment. Please refrain from using scented personal products, including scented laundry products. Lunch will be on your own. The facility is accessible. Free parking.

**DATE AND TIMES:** October 24 and 25, 2023. 9:00 to 5:00 both days

**VENUE AND ADDRESS:** Meadow Lake Alliance Church Fellowship Room  
805-5th Street West, Corner of 5th Street and 9th Avenue West

**COST:** \$60.00 (cost includes manual). Please make cheques payable to: SHA-PNRHA

**TO REGISTER, CONTACT:** Anne Duriez  
Phone- 306-236-1542  
Fax 306-236-4409

### What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.



[See What's Coming Up in MAS Community Chat](#)



MUSEUMS  
ASSOCIATION OF  
SASKATCHEWAN  
MUSEUMS ARE MORE...

[See What's Coming Up for MAS Courses & Programs](#)



Office of the  
Treaty Commissioner

Upcoming Events

[\*\*CLICK HERE\*\*](#)

---

## **Grant & Funding Opportunities**

### **Upcoming**

[Indigenous Peoples Art and Artists](#)- Oct 15, 2023

[SaskFestivals- Project](#) - Oct. 15, 2023

[CPRA - Jays Care Foundation Initiative](#) - Oct 20, 2023

[Indigenous Community Sport Development Grant Program](#) - Oct. 30, 2023

[Aboriginal Arts and Culture Leadership Grant](#) - Oct. 31, 2023

[Museum Grant Program](#) - Nov 1, 2023 (Stream 2 & 3) and Dec 1, 2023 (Stream 1)

### **Ongoing**

[Canada Community Revitalization Fund](#) - ongoing

[Canada Council for the Arts | Bringing the arts to life](#) - varying deadlines

[Canada Cultural Spaces Fund](#) - ongoing

[Canada Saskatchewan Jobs Grant](#) - ongoing

[Canadian Tire Jumpstart](#) - Receive funding for registration fees, equipment, travel, etc.

[Coaches Association of Saskatchewan - Coach Development Grant](#) - ongoing

[Coaches Association of Saskatchewan - Coach Visitation Program](#) - ongoing

[Coaches Association of Saskatchewan - High Performance Coach Development Grant](#) - ongoing

[Community Support, Multiculturalism & Anti-Racism Initiatives Project](#) - ongoing

[Co-op Communities in Full Color](#) - ongoing

[Creative Sask](#) - Our grants help creative producers pursue commercial success.

[Dreamcatcher Charitable Foundation Fund](#) - ongoing

[Emergency Community Support Fund](#) - varying deadlines

[First Nations and Métis Community Engagement Project Fund](#) - ongoing

[Indigenous Community Sport Development Grant](#) - ongoing

[KidSport Saskatchewan](#) - Contact your local Chapter

[Multi-sectoral Partnerships to Promote Healthy Living and Prevent Chronic Disease](#) - matched funds

[Municipalities of Saskatchewan \(suma.org\)](#) - find a grant

[Na-mi-quai-ni-mac Community Support Fund](#) - ongoing

[Sask Culture Grants](#) - find a grant

[Sask Lotteries Community Grant Program](#) - ongoing

[Sask Sport Deaf & Hard of Hearing Sport Accessibility Grant](#) - Apr 1 & Oct 1 annually

[Sask Sport Deaf & Hard of Hearing Athlete Assistance Grant](#) -- Apr 1 & Oct 1 annually

[SGI Community Grant](#) - deadlines Feb 28 and Oct 31 each year

[Six Rivers Fund](#) - Committee adjudicates in May and November

[Social Innovation Fund - Organizational Rebuilding](#) - ongoing

[Social Sciences and Humanities Research Council Grants](#) - ongoing

[Support for Workers in Live Arts and Music Sectors Fund](#) - ongoing

**[Click Here to go to Rivers West Funding Documents](#)**

---

### Sask Lotteries Subscription

Sask Lotteries funds over 12,000 sport, culture and recreation groups across Saskatchewan. Every time you purchase a lottery ticket in Saskatchewan, a portion of that revenue supports a wealth of organizations in our communities.

Subscriptions allow lottery players to play draw based games - including LOTTO MAX, LOTTO 6/49, WESTERN MAX, WESTERN 649, DAILY

GRAND and EXTRA - for up to a year in advance.

Subscriptions can be purchased by phone, by mail, or on the [Sask Lotteries website](#). Some additional [frequently asked questions about Subscriptions can be found here](#).



### **How do lottery proceeds benefit sport, culture and recreation groups in Saskatchewan?**

Sask Lotteries is a longstanding fundraiser that provides a real, honest chance at winning and a guarantee of supporting your community.

Through an agreement with the Government of Saskatchewan, proceeds from the sale of lottery products benefit more than 12,000 sport, culture and recreation groups across the province. These groups support a wide range of activities and promote opportunities for participants of all ages and abilities to play, create and grow. [Learn more](#)

## Sask Lotteries Beneficiary Stories

## Facebook Photo Album

### Connect with Us



[Twitter](#)



[Facebook](#)



[Website](#)

---

### **Our mailing address is:**

Rivers West Rosetown Office, P.O. Box 1480, #45 - 1005 Main Street, Rosetown & District Civic Centre,  
Rosetown, SK, S0L 2V0

**Donna Johnston-Genest**, Executive Director [rwdscr.donna@sasktel.net](mailto:rwdscr.donna@sasktel.net)

**Cheryl Clarke**, Administrative Associate [rwdscr.admin@sasktel.net](mailto:rwdscr.admin@sasktel.net)

Phone: 306-882-3030

Rivers West North Battleford Office, P.O. Box 822, #95 – 891 99<sup>th</sup> Street, Don Ross Centre,  
North Battleford, SK, S9A 2Z3

**Cynthia Tymoruski**, Community Development Coordinator [rwdscri.cynthiat@sasktel.net](mailto:rwdscri.cynthiat@sasktel.net)

**Chelsey Gladue/Antje Rongve**, District Dream Broker [rwdscri.yc@sasktel.net](mailto:rwdscri.yc@sasktel.net)

Phone: 306-446-6776

Rivers West St. Walburg Office, P.O. Box 717, St. Walburg, SK, S0M 2T0

**Bonnie Mills Midgley**, Community Development Coordinator [rwdscri.lloyd@sasktel.net](mailto:rwdscri.lloyd@sasktel.net)

Phone: 306-344-7473 (c)

*Copyright © 2018 Rivers West District for Sport, Culture & Recreation, All rights reserved.*

Want to change how you receive these emails?

[update your preferences](#) [unsubscribe from this list.](#)

---

This email was sent to [rwdscri.admin@sasktel.net](mailto:rwdscri.admin@sasktel.net)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Rivers West District for Sport, Culture & Recreation · P.O. Box 1480 · Rosetown, Sk S0L 2V0 · Canada

