

ATTENTION!

Rivers West District Has New Email Addresses!

If you haven't already done so, please update your contact list to reflect our new email addresses.

Our old addresses will be gradually phased out over the coming months.

You can find the updated email addresses at the bottom of this newsletter.



Thank you for your help during this transition!



Mental Health First Aid Training

Help young people navigate mental health challenges
with understanding and support.

November 28th & 29th, 2025

8:30 am to 4:30 pm

New Horizons

117 - 3rd Ave West, Biggar, SK

Facilitators: Jennifer Blais and Breanna Vidal

\$20 fee per participant
Cash , Cheque or E-transfer
to ed@riverswestdistrict.ca

Lunch, snacks & coffee/tea
will be provided.

Register by scanning QR Code or
Contact Bonnie @
cdclloyd@riverswestdistrict.ca
or 306-344-7473



This course was developed with input from educators, caregivers, and mental health experts to meet the unique needs of youth aged 12-24. It offers practical tools to help adults recognize when a young person may be struggling and provides guidance on how to offer meaningful support. By focusing on the challenges and pressures faced by youth today, the program empowers participants to foster understanding, build trust, and promote resilience in the young people they care for



MENTAL HEALTH
COMMISSION
OF CANADA



With support from:



[Register for Mental Health First Aid Training](#)

Leadership Development & Inclusive Communities Workshop Series



FUNDED BY
 SASK LOTTERIES

 SOUTH EAST DISTRICT

 LAKELAND DISTRICT
for Sport, Culture & Recreation

 parkland valley DISTRICT

 Rivers West
South, Culture & Recreation

 PRAIRIE CENTRAL
CULTURE • SPORTS • RECREATION

Sponsorship & Advertising off the Corner of your Desk with Coralie Bueckert Virtual Event - December 3rd, 2025

In many small municipalities and organizations, staff wear multiple hats—and responsibilities like sponsorship and advertising often get added “off the corner of your desk.” This practical course is designed to help you build the skills and confidence to manage these tasks effectively, even if it’s not your primary role.

Participants will leave with simple practical strategies, tools, and a clear framework they can immediately apply to their own work—making sponsorship and advertising less daunting, and more impactful for their community.

[Register for December 3rd Event](#)

Language & Approach: Respectable Approaches to Including People with Disabilities Virtual Event - December 10th, 2025

Including people of all backgrounds and abilities is important for creating inclusive and caring communities. Canadians with disabilities often face barriers to inclusion within society, including employment, financial security and social inclusion.

Discrimination isn't always intended, but it can come from a place of not knowing how to reach out to people experiencing disability or come from a place of anxiety about saying or doing something that will be offensive.

This webinar is about working towards making our communities inclusive and accessible, starting with the language around disability and then the next steps, creating the ask. Some of your greatest resources in your community may remain untapped because they weren't asked.

[Register for December 10th Event](#)

**Best Practices for Disability Inclusion in Recreation with Taryn Barry
Virtual Event - January 14th, 2026**

People living with disabilities are less likely to meet physical activity guidelines than people without disabilities. Yet even low levels of physical activity have significant positive health effects. Moreover, best practices are not readily available for municipalities across Canada to refer to when developing nonstructured and structured physical activity and recreation opportunities for persons with disabilities and their caregivers. Therefore, the Active Living Alliance for Canadians with a Disability and the Canadian Disability Participation Project 2.0 consulted with municipal leaders, persons with disabilities, caregivers, researchers, and reviewed academic and grey literature to identify and develop eight best practice areas.

This webinar will provide an overview of the best practices and 'how-to' strategies. Linkages to the Municipal Guide to Promising and Best Practices for Disability Inclusion in Recreation and Physical Activity will be provided.

[Register for January 14th Event](#)

**Volunteer Leduc: A Case Study of Volunteer
Impact on theCommunity with Elana Hansen
Virtual Event - March 3rd, 2026**

Using Volunteer Leduc as a case study, this webinar explores programs and services developed through the Volunteer Leduc Strategy, offering practical ideas and tools for your own community. Volunteerism is vital to our social fabric—connecting people, supporting services, and shaping society. We'll focus on four key principles: telling our story, creating connection, building capacity, and empowering volunteers.

Highlights include the Newcomers Mixer, corporate volunteering initiatives, and VolunteerFest, a celebration of community engagement.

[Register for March 3rd Event](#)

EXPRESSION OF



Discover the workshops and training Rivers West has to offer, and let us help you bring one to your organization or community!

[Click Here to see our *Updated* Expression of Interest](#)



2025-2026 Rivers West District Membership

A membership with Rivers West District offers numerous benefits for you, your organization, and your community!
We're excited to announce that the membership fee remains only \$20 for the entire year—a rare find in today's world where prices keep rising!

Click Here to get the 2025-2026 Membership Form

NEW MAILING ADDRESS

Please send the completed form along with your \$20 payment to:

**Rivers West District Office
Box 822
North Battleford, SK S9A 2Z3**

or can E-transfer your payment to ed@riverswestdistrict.ca



Our Grant Forms have been refreshed!

Check out our [Funding Page](#) to learn more about the funding options you can access now and

in the near future.

PARTNER *Workshops*

Check out what other workshops are being offered by our amazing partners!



[Sport for Life Workshops](#)

[Coaching Association of Canada - Anti-Racism in Coaching Training](#)

[NCCP Multi-Sport Training Modules](#)

[Respect in Sport](#)

[Sport for Life Education Program](#)



We've refreshed our Rivers West District one-pager and wanted to share it with you as a reminder of all the ways we support your community!

If you would like a PDF version that has clickable links to various pages

[Click Here](#)

Rivers West District for Sport, Culture & Recreation Inc.

Who we are...

Rivers West District for Sport, Culture & Recreation Inc. (Rivers West DSCR) is a non-profit serving west-central Saskatchewan. Formed in 2009 through the merger of four local recreation groups, it is governed by a volunteer Board of Directors.

Rivers West DSCR is one of nine provincial Sport, Culture & Recreation Districts created through the Building Better Communities initiative. Funded primarily through Saskatchewan Lotteries, it supports local programs, events, and over 12,000 sport, culture, and recreation groups, helping communities thrive across the region.



Membership

Becoming a member of Rivers West gives you access to a range of valuable benefits, including information on grants and funding assistance, program support, direct delivery programs, networking opportunities, a communication directory, partnership opportunities, and connections to provincial organizations such as SaskSport, SaskCulture, and Saskatchewan Parks and Recreation.

Learn more about our [Annual Membership](#) and how to join!

Stay Connected

Stay connected to the world of sport, culture, and recreation!

- [Subscribe to our Newsletter](#) for the latest updates from our District.
- [Follow us on Facebook](#) for daily news and updates.
- [Explore our Links](#) to other recreation programs, events, and organizations to stay in the loop.

News & Events

In partnership with communities and organizations across the District, Rivers West helps support and promote many exciting events throughout the year, including news and happenings. [Share your events with us](#), and we'll feature them on our website and Facebook to help spread the word!

Programs

We offer a variety of programs designed to support and celebrate your community and its people.

- Connect with other recreation leaders through [Community Visitations](#).
- Explore opportunities with our [District Dream Broker Program](#).
- Learn how you can support local athletes through the [Saskatchewan Games Program](#).
- Nominate a volunteer for our [Volunteer Recognition Program](#) and help us celebrate their story!

Grants & Funding

We are here to support and champion your efforts to inspire community well-being to provide you with or direct you to [Funding](#) opportunities that help bring your initiatives to life.

Workshops

We partner with communities to meet your unique needs through workshops, training events, and opportunities to showcase your community:

- [Rivers West District Workshops](#)
- [Partner Workshops](#)
- Host a Workshop: Fill out our [Expression of Interest](#) form to bring a variety of workshops or training initiatives to your community.

Our Team

We are here to support you in your sport, culture and recreation needs. Reach out to us to learn more [about us](#) or to connect with us!

Antje Rongve, Executive Director

E-Mail: ed@riverswestdistrict.ca

Cheryl Clarke, Administrative Associate

E-Mail: admin@riverswestdistrict.ca

Bonnie Mills Midgley, Community Development Coordinator

E-Mail: cdclloyd@riverswestdistrict.ca

Phone: 306-344-7473

Bobbi Hebron, Community Development Coordinator

E-Mail: cdcrossetown@riverswestdistrict.ca

Phone: 306-494-7771



Our Sponsors:





Four new OSAC Visual Arts exhibitions available for booking

These exhibitions are curated, impactful, and come with **ready-to-go education packages and workshop ideas** designed to deepen engagement in your community.

Here's a summary of the exhibitions and how they can work for your venue/community — followed by how to book, and how to build in education/workshop activities to maximise impact.

[Here is a video that includes more images and information on each exhibition.](#)

The Exhibitions

1. **Keep Going by sharai mustatia**

Themes: healing, intergenerational trauma, identity, belonging (Métis/Romanian background).

Education/Workshop Idea: Consider pairing with a **photo-based workshop** (analogue or 35 mm) exploring family stories, roots, reclaiming identity. Invite participants to create their own “handed-down” imagery.

2. **Nisto (curated by Melanie Monique Rose)**

Themes: three-strand braid metaphor of mind/body/spirit, Indigenous roots (Cree word “nisto = three”), diaspora, land/water/ancestry.

Education/Workshop Idea: Hold a **community weaving or fibre-arts workshop**, linking the idea of “three strands” to local themes—physical/mind/spirit or land/water/sky. Plan a guided tour of the exhibition with curator Melanie Monique Rose.

3. **Wóknaga by Dave Pelletier**

Themes: Indigenous knowledge, woodland school style, storytelling through animals and figures.

Education/Workshop Idea: Offer a **story-art workshop**: invite participants to bring their own story (or a family/ancestral story) and render it visually in a stylised form inspired by the Woodland School. Incorporate an artist-led “meaning of symbols” session.

4. **Invisible Winds: Stories You Can Not See – Journeys Toward Wholeness** (various Saskatchewan artists)
Themes: mental health, grief, trauma, visibility/invisibility of experience, healing through narrative.
Education/Workshop Idea: Host a **creative-writing + art-making workshop**: participants respond to the theme of “invisible winds” (what we don’t see but feel) through mixed-media pieces. Could collaborate with mental-health services or local wellness networks for community talk. Plan a guided tour of the exhibition with curator/artist Dean Bauche.

For more information [CLICK HERE](#).



The 2026 Saskatchewan Winter Games are coming to Flying Dust First Nation and the City of Meadow Lake!

You can get involved! Check out open [Coach/Manager Applications](#) or register for open [Athlete Tryouts](#).

You can help make the Games a reality: [register to volunteer today!](#)

Do you want to be the first to know how you can get involved as an athlete, coach, or volunteer? [Submit your info here!](#)

Click on link below to see the Approved Sports and age classifications that will competing next year!

[2026 Sport Calendar](#)

We are continuously updating our website with important information for athletes, coaches, parents, and volunteers.

As soon as we know—so will you!

[RWD Website Sask Games Page](#)



 **JOB** 
OPPORTUNITY



ARE YOU AWESOME?

JOIN OUR TEAM

WELCOME OUTDOORS FACILITATOR
FOUR CONTRACT POSITIONS
NORTH BATTLEFORD, PRINCE ALBERT, MOOSE JAW & SWIFT CURRENT



**SASK
OUTDOORS**
SASKATCHEWAN OUTDOOR ENVIRONMENTAL EDUCATION ASSOCIATION

**Deliver
newcomer-
focused outdoor
programs in your
community!**

4 CONTRACT POSITIONS: North Battleford, Prince Albert, Moose Jaw & Swift Current

TERM: January–May 2026

CONTRACT: 95 hours · \$30/hour (~15 sessions)

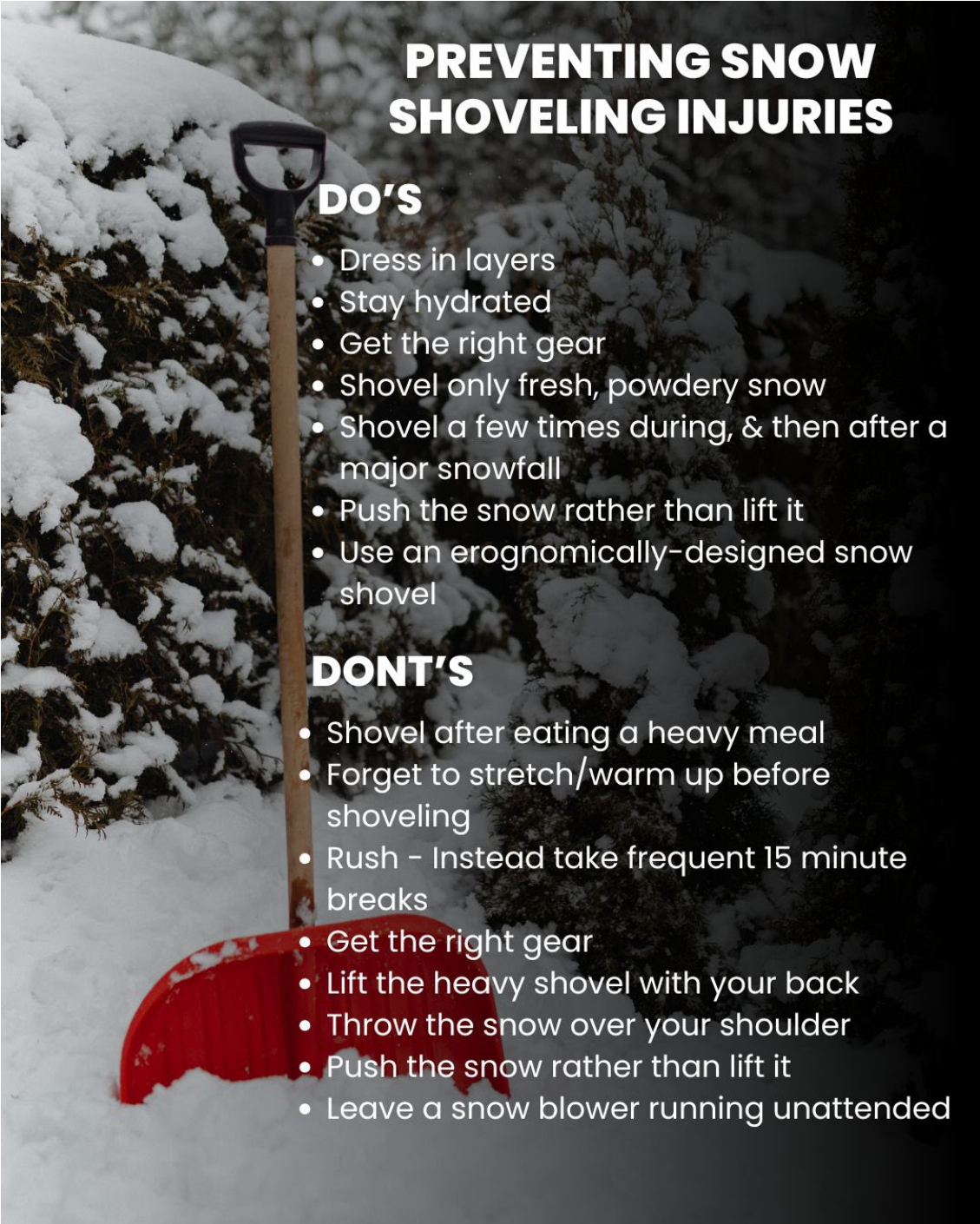
APPLICATION DEADLINE: November 7, 2025

REQUIREMENTS:

- ✓ Experience leading outdoor or community programs
- ✓ First Aid/CPR & Vulnerable Sector Check
- ✉ Apply by sending your cover letter & resume to: info@saskoutdoors.org

Full Description at www.saskoutdoors.org





PREVENTING SNOW SHOVELING INJURIES

DO'S

- Dress in layers
- Stay hydrated
- Get the right gear
- Shovel only fresh, powdery snow
- Shovel a few times during, & then after a major snowfall
- Push the snow rather than lift it
- Use an ergonomically-designed snow shovel

DONT'S

- Shovel after eating a heavy meal
- Forget to stretch/warm up before shoveling
- Rush - Instead take frequent 15 minute breaks
- Get the right gear
- Lift the heavy shovel with your back
- Throw the snow over your shoulder
- Push the snow rather than lift it
- Leave a snow blower running unattended





JUNIOR CURLING PROGRAMMING 2025-2026

~ Learn To Curl Programming ~

Session 1: Nov 17th to Dec 15, 2025 / Session 2: Jan 5th to Feb 9th, 2026
Monday's 5:15-6pm & Wednesday's 6-6:45p.m.

~ Competitive Team Programming~

Beginning November 3rd running all season after school Monday's & Wednesday's

- Grades 4-12 welcome (ages 9-18)
- Brooms & Sliders can be provided if needed
- You must bring clean indoor running shoes for on-ice, appropriate athletic wear & a water bottle
- Helmets are not mandatory but are encouraged

***Huge thank you to the West Central Oilmen's Association for
sponsoring the Learn to Curl Program!***



*For registration package please email Lexie Adamson at lexieadamson@hotmail.com
Registration is limited - deadline Oct 27th, 25*

**The following links are to events happening at the
Unity Curling Club Nov. 22 and 23/2025.**

Saturday Nov. 22, we will be training club coaches. This workshop build your capacity to help new and experiences curlers to learn & improve their skills.

<https://sk.curling.io/en/products/9947-club-coach-unity>

Sunday Nov. 23, we will host a youth curling camp. Kids with any experience level are welcome. And, the new club coaches can put their training into action with help from a facilitator.

<https://sk.curling.io/en/products/9965-bunge-prairieland-camp-series-unity>

Please let your clubs know of these exciting events in our district.

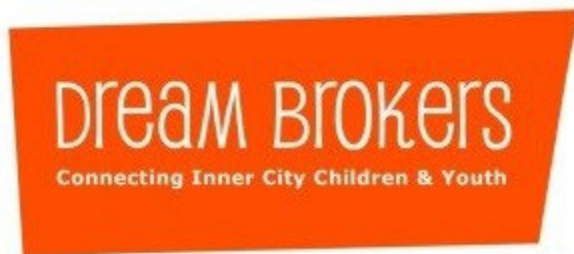
For more information, contact Unity Curling Club, CurlSask or me.

Brian Champion, District Coordinator

CurlSask Rivers West District

306-831-8558

champbw@sasktel.net



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.

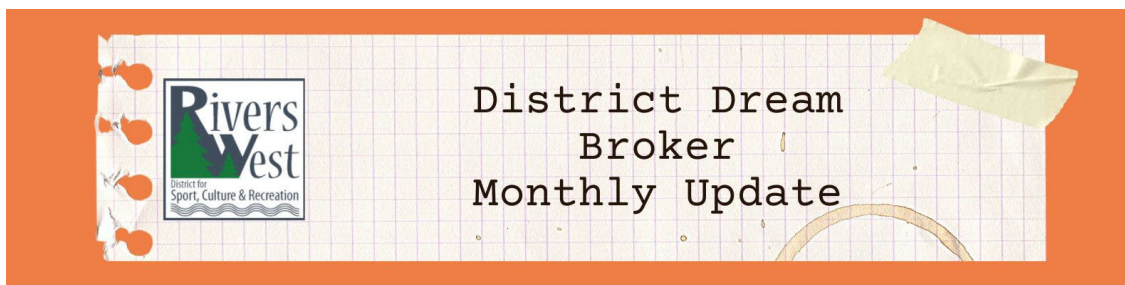
Please let Chelsey know if you're interested in more information.

Email rwdscri.yc@sasktel.net 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



Chelsey has been busy delivering programs in all three schools and exploring new opportunities for students.

This month, Muay Thai classes kicked off with Cory Chambers from The Green Dojo, where students are learning basic self-defence techniques and thoroughly enjoying the experience.

She has also partnered with local Indigenous artist Brenda Gardiner to offer an after-school Paint Club. Students are developing new watercolour skills, and the program will wrap up with each student creating their own personalized Christmas cards.

Chelsey recently attended TACT Training through Rivers West—an excellent learning opportunity that allowed her to build new connections, including with Elder Jeannette. She looks forward to strengthening these relationships and finding meaningful ways to bring them into the school environment.

November is shaping up to be a busy month with Student-Led Conferences. Chelsey will be attending these to connect with families, share information about the Dream Broker program, and gather feedback on the types of programs families would like to see offered.



The Métis Roadshow: A Journey through History, Culture, Traditions and Lifestyles through the generations

Honour Louis Riel Day with the Multicultural Council of Saskatchewan! Join Métis knowledge keepers Shelley Belhumeur and Jennifer Lenny (they/them) for an interactive and inspiring

online journey through Métis history, culture, and identity. Experience storytelling, games, and meaningful conversation as we break stereotypes and honour the resilience and brilliance of the Métis people.

📅 Thursday, November 13, 2025

🕒 6:30–8:00 PM (Zoom)

🔗 Register here: <https://forms.office.com/r/w6DTTHxbu5>

What to Expect:

- 🌟 Warm welcomes & introductions: meet fellow participants
- 🗣️ Métis identity: Shelley and Jennifer's stories and reflections
- 📖 Why Louis Riel Day matters: honouring Métis leadership and legacy
- 🎮 Culture & traditions game: test your knowledge in a fun challenge
- 📚 Mini-history journey: explore Métis culture and resilience through time



Upcoming

[Step Up for Mental Health Fund](#) - Nov 14th

[Tree Canada - Greening Canada's School Grounds](#) - Dec 1st

[Community Buildings Retrofit Initiative](#) - Dec 19th

Ongoing

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

[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
[Creative Sask](#) - Our grants help creative producers pursue commercial success.
[Dreamcatcher Charitable Foundation Fund](#) - ongoing
[Indigenous Community Sport Development Grant](#) - ongoing
[KidSport Saskatchewan](#) - Contact your local Chapter
[McConnell Foundation \(Communities, Reconciliation & Climate\)](#) - ongoing
[Multi-sectoral Partnerships to Promote Healthy Living & 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 Sciences and Humanities Research Council Grants](#) - ongoing





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](#). Frequently asked questions 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](#)



Connect with Us



[Facebook](#)



[Website](#)

Our Mailing Address:

Rivers West North Battleford Office

P.O. Box 822, #95 – 891 99th Street, Don Ross Centre,
North Battleford, SK, S9A 2Z3

Antje Rongve, Executive Director ed@riverswestdistrict.ca

Bobbi Hebron, Community Development Coordinator cdcrosstown@riverswestdistrict.ca

Chelsey Gladue, District Dream Broker ddb@riverswestdistrict.ca

Phone: 306-446-6776

Rivers West St. Walburg Office

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

Bonnie Mills Midgley, Community Development Coordinator cdclloyd@riverswestdistrict.ca

Phone: 306-344-7473 (c)

Rivers West Remote Offices

Cheryl Clarke, Administrative Associate admin@riverswestdistrict.ca

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