



South West District for Culture,
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WHAT'S IN THIS NEWSLETTER??

Check out the information regarding all sorts of upcoming events, activities and programs that you and your community can take advantage of, such as:

- **Volunteer Recognition**
- **SWDCRS Annual General Meeting**
- **Coaching Certification courses**
- **Summer Play Patrol Program**
- **Community Initiated Partnership Program funding**
- **Wellness Wagon Program funding**
- **SWDCRS Membership Fees Due**
- **Play Leader Workshop Bid To Host**
- **Free Placemats for Community Events**

SUMMER PLAY PATROL PROGRAM

SWDCRS is accepting applications for member communities to host the Summer Play Patrol Program. You can request funding for either a 60 hour program (\$560) or a 30-hour program (\$280). The play leader you hire must be paid \$11/hour. Your play leader will receive assistance in program planning and organizing, as well as training. Your community may also receive up to \$150 worth of active play equipment that will remain in your community. Check it out – what a great way to be able to offer the children in your community some active, supervised, fun time this summer. Full details are available in the brochure included with this newsletter or online at www.swdcrs.ca.



WAY TO GO TEAM SOUTH WEST

Congratulations to all the members of **Team South West** for a great showing in the Saskatchewan Winter Games. All our athletes showed great sportsmanship, and worked very hard. While Team South West did not come away with the most points, we did improve our performance from the 2006 Winter Games by an impressive 17.6%, and were runner-ups for the Joe Griffith trophy. Thanks to all the athletes, coaches, managers and mission staff that represented the South West – you were our ambassadors and you did us proud.

Volunteer Recognition Program

The SWDCRS Volunteer Recognition Program recognizes dedicated volunteers whose work in the fields of recreation, culture & sport helps make our District a great place to live and play. Each member community is invited to submit 3 names for consideration, one in each of the following categories:

- ✓ Youth (under 21)
- ✓ Senior (+55)
- ✓ Individual – general community service in the areas of sport, culture & recreation

More information on how to nominate someone can be found in the brochure included with this newsletter, by calling the SWDCRS office near you or on our website www.swdcrs.ca.





YOUTH WELLNESS DAY

Are you between the ages of 10-18 and live in the southwest? Come to Swift Current Stockade on April 17 and take part in the Youth Wellness Day. This is an opportunity to take part in various fun

recreational activities, some of which you may never had a chance to try! Lots of educational sessions – body building, nutrition, sport, etc. Complete the Sportfit assessment, designed to show which physical activities you might be good at and enjoy, based on your body skills, likes & dislikes. Everything is FREE and there are tons of door prizes to be won. One lucky youth will win a brand new cell phone or iPod touch! Registration info is include with this newsletter, or available online at www.swiftcurrent.ca. Come and join the fun!



in motion Community Subsidy

Developing a strategy that will increase physical activity levels in your community? Check out the Saskatchewan *in motion* Community Subsidy Program. Funds are available to help *in motion* community action teams develop and implement long-term, sustainable physical activity strategies. Eligible projects include:

- Hiring a community *in motion* facilitator
- Conducting a community needs assessment
- Subsidizing professional development for *in motion* champions
- Planning and delivering community special events, education workshop or challenges
- Developing and implementing a community communication plan
- Providing new physical activity programming opportunities
- Implementing projects that address identified barriers to physical activity.

For more information about this program, visit the Leaders section of www.saskatchewaninmotion.ca. Sign in under the Leaders section of the website: ID (saskinmotion) and password SIM2006leader

Canadian Playground Inspector Certification Education Program

The Canadian Playground Safety Institute, in association with the Saskatchewan Parks and Recreation Association, is offering a four-day course for participants who wish to complete playground inspector certification training.

The theory component of the course will take place May 10 – 11, 2010, and the practical component will take place May 12 – 13, 2010 in Regina. Please note: The theory course is a pre-requisite for the practical course.

This training is designed for owner/operators, health inspectors, daycare staff, maintenance/public works staff for schools, municipalities, housing complexes and other areas that contain public playspaces, private inspectors and contractors, manufacturers, installers, parks staff, insurance agents, etc.

This playground safety education program helps individuals thoroughly understand the Canadian playspace safety standard from CAN/CSA Z614 “Children’s Playspaces and Equipment”, and teaches participants how to conduct a hands-on inspection/audit of a playspace.

For additional information, contact Kelly Skotnitsky SPRA Consultant – Recreation Facilities, by phone (306) 780-9324 or by email kskotnitsky@spra.sk.ca.

Play Leader Workshop Bid To Host

SWDCRS is accepting applications to host the 2010 Regional Play Leadership Workshops. SWDCRS will provide \$500 to the applicant that best meets the workshop needs. Deadline for applying to host is April 30. See the application form included with this newsletter, contact Marian Campbell at 694-1314 for more info, or check our website at www.swdcrs.ca.

SWDCRS MEMBERSHIP FEES DUE

For only \$30 per year, your community or organization can be a member of SWDCRS. Benefits are numerous, and include many opportunities to access funding and resources. If you did not get a membership form and would like to become a member or want more info, call the SWDCRS office in Bengough at 268-2064 or check our website at www.swdcrs.ca.

Community Initiated Partnership Program

SWDCRS is offering our Community Initiated partnership Program again this year. Funding is available to member communities for the following priority areas: Arts/Culture, Physical Activity/Wellness, Sport Development, Capacity Building/Volunteer Education, Aboriginal Participation, and Seniors Participation. Initiatives must be developmental or educational in nature. Programs or projects may be funded to a maximum of two \$400 initiatives per community per fiscal year. Funding can support instructor expenses and mileage, facility rent, advertising and some program supplies. If you have an idea for a program to offer in your community, give Deb a call at 268-2064 or email her at d.ashby.swdcrs@sasktel.net and run the idea by her! Included with this newsletter is an application form and more info, or check out our website at www.swdcrs.ca.

SWDCRS Annual General Meeting

June 10 is the date scheduled for the SWDCRS AGM. The AGM is combined with our Annual Volunteer Recognition Banquet. Mark the date on your calendar and watch for more information.

SUPPORTED BY:



COACHING CERTIFICATION

SWDCRS is sponsoring 2 National Coaching Certification Programs, and invites anyone at least 16 years of age and interested in coaching to attend.

✓ Part A – May 1-2 – reg deadline Apr 23

✓ Part B – May 8-9 – reg deadline Apr 30

Both courses will be held in Swift Current at the Friendship Centre at 830 N. Railway St. E. Cost is \$75. Please see the brochures included with this newsletter or check out our website at www.swdcrs.ca for more info.

Wellness Wagon Program

Would you like to learn something or try a new activity? The Wellness Wagon program is a way that you can pay a local person to teach an activity that others would like to learn. SWDCRS will cover up to \$25 for the program instructor and \$10 for someone to coordinate the activity. Check out the brochure included with this newsletter for ideas, or check our website www.swdcrs.ca.

FREE SWDCRS PLACEMATS

All SWDCRS members are eligible to receive up to 250 placemats to use for community events, such as sport days, rodeos, community celebrations, fall suppers, etc. The placemats are available from any of the four SWDCRS offices – Bengough, Maple Creek, Moose Jaw & Morse. Call now and make arrangements to pick up some for your community's use.

FUNDING OPPORTUNITIES

Saskatchewan Parks & Recreation Association

Check the SPRA weblink on our website www.swdcrs.ca for grant information. Call any SWDCRS office if you would like assistance for any of the grants available there.

\$500.00 SPRA Youth Group Grant

Are you looking for new and innovative ideas to get youth in your community more active? Do you know of a youth group that requires additional assistance to facilitate their physical activity initiatives? If so, you may be eligible to receive a \$500 Sogo Active Youth Group Grant from SPRA.

Sogo Active is a national program to inspire youth ages 13-19 to get physically active. Sogo Active puts power in the hands of youth to take charge of their own lives, and to inspire their peers to get active and get moving. Youth can register in this program through the [Sogo Active website](#).

In order to qualify for funding, your youth-led group must meet the following criteria:

- Show involvement in physical activity for a minimum of 10 weeks
- Be linked to a registered Community Host
What can the youth group grant be used for?
- Purchasing equipment, such as volleyball nets, basketballs, GPS units for Geocaching, etc.
- Renting facility space to run programs
- Providing a fitness trainer an honorarium to lead weekly fitness classes for youth.
- Providing an incentive to get youth more active. For example, if youth commit and participate in the entire program, you can use the grant funding to celebrate this success! Take them skiing, go water sliding, bring in a motivational speaker, anything that celebrates them becoming more active!

The opportunities are endless! Be creative and get moving!

If you have any questions about this grant opportunity, contact Karen Thompson, SPRA Assistant Consultant – Physical Activity and Youth Leadership, by phone at (306) 780-9389 or kthompson@spra.sk.ca. Deadline to apply is mid-June.



Funding For Community Celebrations

Will your community be hosting a celebration next year? Are you looking for funding assistance (who isn't?) Check the following websites to see if the guidelines apply to your event:

PROVINCIAL - Building Pride Program

NEXT DEADLINE - APRIL 30/10

www.tpcs.gov.sk.ca/buildingpride

FEDERAL - www.pch.gc.ca/communities

NEXT DEADLINE - APRIL 30/10

There are 3 components:

Local Festivals

Festivals, events and activities that involve your whole community, give opportunities to local artists and artisans and/or celebrate local history and heritage.

Community Anniversaries

One-time commemoration through festivals or other activities that celebrates a major anniversary of a significant local person or event.

Legacy Fund

Awards for the creation of tangible, lasting capital projects which commemorate or celebrate a major anniversary of a significant local person or event.

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Culture Days in Saskatchewan September 24 - 26, 2010.

Culture Days is a collaborative pan-Canadian initiative that aims to raise the awareness, accessibility, participation and engagement by all Canadians in cultural activities in their communities. *Culture Days* includes all areas of culture: arts, heritage, multicultural, ethno-cultural, First Nations and Métis cultures, and creative industries.

During three days in September, participating cultural groups are encouraged to provide opportunities for the public to learn more about their particular cultural activity. Cultural groups, and/or individual cultural workers/artists, who want to attract new audiences or engage more participants, can open their doors for a few hours or more to provide free, interactive cultural experiences or demonstrations that are open to the public as part of this nationally promoted *Culture Days* initiative.

Cultural activities can be as simple as holding an open house for a few hours, providing demonstrations for school groups, offering opportunities to learn about a particular cultural heritage or having cultural worker's open up their studios. Others might want to give guided tours, hold a workshop or give a public performance. The opportunities to promote cultural activity in Saskatchewan are endless!

How do groups or individuals get involved?

- Identify an activity that you or your organization could promote to the public during *Culture Days*
- Ensure the activity is free, open to the public and provides an interactive engagement experience
- Register your event at www.culturedays.ca (beginning March 2010)

For additional information, contact Diane Ell by phone at (306) 780-9453, or visit www.saskculture.sk.ca.

Quote on Adversity:

Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings.

Ralph Blum

40 DEVELOPMENTAL ASSETS

In Search Institute terms, **assets** are key individual or environmental resources that enable and nurture young people to develop in healthy positive ways. They are the strengths that kids need to grow up healthy, competent and caring. Research tells us that youth with more assets experience more success in life and participate in fewer risk-taking behaviours. The 40 **assets** have been identified and described on the next page. Think about these assets, and consider:

- ✓ Who helped you develop your **assets** when you were young?
- ✓ How can you help a young person increase their **assets** today?

Leadership, Creativity
and
Active Living

MISSION, VISION AND VALUES

South West District of Culture, Recreation and Sport Inc. is a volunteer organization dedicated to promoting healthy communities and advancing culture, recreation and sport within the boundaries of the south west district.

Our vision is to have residents of South West Saskatchewan recognize and value the benefits of culture, recreation and sport, through participation, understanding and involvement.

The SWDCRS will support its vision with the following values:

- *Grassroots and Community Based*
- *Inclusiveness*
- *Fiscal integrity and transparency*
- *Partnerships and collaboration*
- *Ethical Behaviour*
- *Cultural awareness & Diversity*
- *Partnerships*
- *Volunteerism*
- *Professionalism*
- *Flexibility*