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*JUNE 2010*

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## **WHAT'S IN THIS NEWSLETTER??**

Check out:

- **Special Event Play Leader**
- **Volunteer Recognition**
- **SWDCRS Annual General Meeting**
- **Summer Play Patrol Program**
- **Play Leader Workshop**

## **SPECIAL EVENT YOUTH PLAY LEADER**

Does your community have a special event coming up that would be enhanced by offering a children's play program during the event? A trained play leader could plan, organize and deliver a quality safe program in your community. SWDCRS will provide one certified play leader for up to 4 hours, per member community per event. The host community would be responsible to provide additional support if the numbers of children requires it, the facility and a meal or snack & refreshments for the children and leader. Contact Marian at 694-1314 or [m.campbell.swdcrs@sasktel.net](mailto:m.campbell.swdcrs@sasktel.net) if you would like further information about this opportunity to make your great community event even more fun for your children.

## **PLAY LEADER WORKSHOP**

The 2010 Play Leader workshop will be held June 19-20 in Mossbank. The workshop will also include training on High Five, a program promoting the Principles of Healthy Child Development, as well as Developmental Asset Building. Anyone 15 or older as of July 1<sup>st</sup> who is interested in working with children is invited to register. The \$50 fee includes all resources, meals, nutrition breaks and accommodation. Please contact Marian for more info or to register, at 694-1314 or [m.campbell.swdcrs@sasktel.net](mailto:m.campbell.swdcrs@sasktel.net).

## **SWDCRS ANNUAL MEETING**

The SWDCRS AGM is set for June 10 in Swift Current. All SWDCRS members are invited to attend and find out you're your organization has done in the past year and what the plans are for next year, as well as make your suggestions. Elections will be held – consider becoming a Director! The Annual Volunteer Recognition Awards will be announced and presented that night. Get involved in your organization to make sure we fit your needs. Contact Deb at 268-2064 or at [d.ashby.swdcrs@sasktel.net](mailto:d.ashby.swdcrs@sasktel.net) for more info or to register.

## **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](http://www.swdcrs.ca).

**SUPPORTED BY:**



## **FUNDING OPPORTUNITY**

### **Saskatchewan Parks & Recreation Association**

Check the SPRA weblink on our website [www.swdcrs.ca](http://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](http://www.sogoactive.com).



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](mailto:kthompson@spra.sk.ca). Deadline to apply is mid-June.

## **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](http://www.swdcrs.ca).

## **HAVING A GRAD PARTY?**

As a social host, you don't have the same legal responsibilities as someone who runs a bar or tavern. But that's not the whole story. If you allow an alcohol-related event to be held on your property, if you host an alcohol-related event on or off your property, or if you provide the alcohol to others, you may have more legal responsibilities than you thought.

Most people know that it's not wise to serve alcohol to someone who is obviously drunk. But many aren't aware that they may be sued and held liable (legally responsible) when they provide alcohol to guests who are intoxicated and who injure themselves or others – either at the event or on the way home. (Providing alcohol involves serving, giving or making alcohol available) You are more likely to be held legally responsible when underage youth are involved. You must be at least 19 years old to drink alcohol in Saskatchewan. If you allow an underage BYOB event to be held on your property, you may be held liable for injuries suffered or caused by a guest who is intoxicated. This is true whether the injuries occurred at the event or after the guest leaves. The courts are likely to be even more critical of actions of those who bought or provided the alcohol for the underage event. If an alcohol-related injury results from any of the following situations, you could be liable:

- You organize an alcohol-related function, such as a graduation in a facility, and fail to take reasonable steps to ensure the safety of individuals while they are on the property.
- You or you knowingly permit your underage child to host a drinking party in your home or elsewhere on your property.

For more info, contact your local Saskatchewan Liquor Board Store.

## **June is Recreation & Parks Month!**

Let the celebrations begin! Spring is in the air and with it comes the planning of summer programs. Draw attention to the benefits leisure and park services provide by the declaration of *June is Recreation & Parks Month (JRPM)*.

Whether you are a not-for-profit agency, municipal employee, elected official, volunteer or community, your support is welcomed. Those delivering parks and recreation services recognize the many benefits they provide, whether it be personal, social, environmental or economic... but, does the rest of your network, community or the Province know?

If you are thinking "This could be a lot of work", the answer is "Not really, you're already doing it!". What is needed is your recognition that June is, in fact, *Recreation & Parks Month*. Straight forward options include:

- Dedicating an existing event as a supporting activity of JRPM.
- Signing a proclamation acknowledging JRPM and the value of your services.
- Applying the JRPM logo and supporting resources to your website, community bulletins, or promotional materials.
- Registering as an Ambassador of the program. It's easy and you will be entered for a chance to win a piece of play equipment from Henderson Recreation Equipment!

The list of ways to show your support can go on and on...

SPRA has a number of resources which are available online to assist you in recognizing *June is Recreation & Parks Month*. Resources include toolkits, merchandise, logos, proclamations, public service announcements and much more!

For additional information on *June is Recreation & Parks Month* and these opportunities, contact John Firnesz, SPRA Consultant – Parks and Open Spaces, by phone at (306) 780-9262, or by [email](#).

Don't miss out... June only happens once a year!



## **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](http://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](mailto: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](http://www.swdcrs.ca).

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## **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*

### **Inspirational Quote**

*Try not to become a person of success but a person of value.*

**Albert Einstein**

## **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.

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!

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

## **SUMMER SPORT CAMPS**

- ✓ Briercrest College in Caronport is offering summer camps for skill development at a high level. Camps are offered for hockey, soccer, baseball, softball, football, basketball and volleyball. Check out their website at [www.briercrest.ca](http://www.briercrest.ca) or contact Joy at [jforeman@briercrest.ca](mailto:jforeman@briercrest.ca).
- ✓ Millar College in Pambrun offers summer camps in volleyball, basketball, track & field & conditioning camps. Check their website [www.millarcollege.ca](http://www.millarcollege.ca).

## **Water Sport Coaching Clinic June 2010**

Annual Water Sport Coaching Clinic sponsored by Water Ski and Wakeboard Saskatchewan. Clinic is June 12 & 13, 2010 Saskatoon, SK. This is the only course of its kind offered in Saskatchewan. This is an NCCP course for which there is no prerequisite. For info or to register contact Sheri at [sheri@wswsask.com](mailto:sheri@wswsask.com) or call 1-866-5-BD-N-SKI or 306-931-2901.

## **40 DEVELOPMENTAL ASSETS**

One person truly can have an impact on a child. Many of the 40 Developmental Assets are easy to nourish. If you are a neighbour, a member of a congregation, a volunteer, a parent, aunt or grandfather, you have asset-building power. Within the community, there are innumerable, visible ways for business owners, elected officials, teachers and community leaders to “walk the talk” – to articulate the importance and value of young people participating in community life. Learning one’s role and responsibility as a contributing member of the community starts when our kids are respected and valued as kids today. We can help our children know what it means to grow into self-sufficient, productive and civically engaged adults by being positive adult role models who are willing to listen and help youth put those values into practice. Adults are needed as individuals and in groups to stand shoulder to shoulder with our children to make the community one in which we all serve and we all thrive. For more information on the 40 Developmental Assets and how you, your group and your community can help kids thrive, call Marian at 694-1314 or Anne at 662-3242.

**Leadership, Creativity  
and  
Active Living**

## **GETTING ACTIVE IN SASKATCHEWAN**

Did you know that only 10% of Saskatchewan children are active enough for optimal growth and development? *Saskatchewan in motion* continues to urge families and community programmers to include physical activity as part of children’s activities. In their new publication, *Backyard and Beyond*, produced in partnership with Tourism Saskatchewan, the Saskatchewan Ministry of Tourism, Parks, Culture and Sport, and Saskatchewan Parks Service, *Saskatchewan in motion* covers many different activities available right here in Saskatchewan, that will help increase physical activity levels. For a copy of the booklet, call 1-866-888-3648 or visit their web site at <http://www.saskatchewaninmotion.ca>.

## **SUMMER SPORT EXPOSURE CLINICS**

Sport Exposure Clinics are free of charge 2-3 hour introductory clinics designed to expose youth to non-traditional sports not already offered in their geographic area. Suggested sports include tennis, triathlon, archery and water polo. Contact Colette at 629-3217 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](http://www.swdcrs.ca).

## **When Lightning Strikes! The 30-30 Rule**

Does your recreation or sport organization have a lightning safety policy?

Environment Canada and Sport Information Resource Centre (SIRC) has developed wallet-sized business cards featuring the 30-30 rule: When you can count 30 seconds or less between lightning and thunder, head for safe shelter and remain sheltered for 30 minutes after the last clap of thunder!

Some safety tips when it comes to lightning:

- If you feel your hair stand on end, lightning may be about to hit you.
- Crouch on the ground immediately with feet together, placing your hands on your knees and bending forward.
- Do not lie flat.
- Keep a safe distance from tall objects such as trees, hilltops and telephone poles.
- Stay away from objects that conduct electricity such as metal.
- If you are in a group in the open, spread out keeping people several meters apart.

For more information call 1-800-665-6413.

## AN ACTIVE OPPORTUNITY from Saskatchewan *in motion*

May 31 - June 6, 2010 take part in **Pin it for the Planet!** World Wildlife Fund - Canada is encouraging Canadians to give their cars a rest and get their bodies moving. The WWF is asking citizens to be creative with car-free ways of living everyday life. At Saskatchewan *in motion* we recognize this as another great opportunity to be physically active.

The idea is to pin your car key to your lapel for a week in support of the planet and by extension physical activity! This is your chance to make a private act visible to the public and share your commitment to the environment and to physical activity.

With any luck, the questions about why you have keys pinned onto your lapel will spark a conversation. This gives you the perfect chance to be an advocate for change, along with the chance to help educate someone else.

WWF is focusing this campaign on transportation because it is such a huge source of greenhouse gas emissions impacting the climate. Saskatchewan *in motion* focuses on transportation because it is a great way to get your daily recommended physical activity. Whatever your motivation for participating, sustainable transportation reduces stress and saves money. So take this opportunity to help the environment and help yourself.



Saskatchewan *in motion* at [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca).

Check the WWF website at [www.wwf.ca](http://www.wwf.ca) for toolkits and more information. Or check



## SEPAK TAKRAW

'Sepak Raga' was the name of an ancient game played in the Malay states and in the neighboring countries of Singapore and Brunei.

'Sepak' is Malay for "kick" and 'Raga' is the "rattan ball" used in the game, which involved players standing in a circle keeping the 'Raga' in the air for as long as possible without using their hands. Variations of this were played in other Southeast Asian countries too; in Thailand it was called "Takraw", in the Philippines, "Sepa Sepa", in Myanmar, "Ching Loong", in Indonesia, "Rago" and in Laos, "Kator".

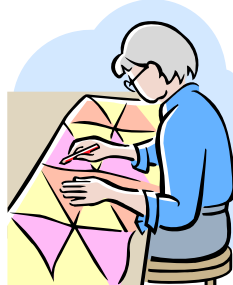
Modern Sepak Takraw, or Takraw for short (also known as Kick Volleyball), began in Malaysia and is now their national sport. It combines elements of Soccer, Footbag, Volleyball, Baseball, Badminton, Gymnastics and the ancient sport of Sepak Raga. Balls woven of rattan stems have primarily been replaced by woven synthetic balls, which are much safer and more durable.

Sepak Takraw Saskatchewan Inc. (STAS) offers funding to schools and groups who want to bring the sport of TAKraw to their community. Check the website at [www.takrawcanada.com](http://www.takrawcanada.com) for more info about the sport, clinics and funding.

SWDCRS has some Sepak Takraw equipment available for loan. If you would like to try out this fun new sport, give Marian a call at 694-1314.

## Local Artist wins Award of Excellence

A Moose Jaw area artist is celebrating after winning a prestigious award at the Canadian Grand National Quilt Show in Kitchener, Ontario. Anna Hergert, of Sand Point Beach, won the Award of Excellence with her piece called Icebergs and Cool Breezes. To read more, go to



<http://www.mjtimes.sk.ca/Arts/Festivals-%26amp%3B-events/2010-05-13/article-1088906/Local-artist-wins-national-award/1>.

### **PLAY EQUIPMENT FOR LOAN!**

SWDCRS is pleased to offer to member communities some play equipment that can be borrowed for community special events and programs. We have an inflatable Jolly Jump, which is a jumping castle to be used with a maximum of 3 children at a time, to a combined maximum of 400 lbs. 3 parachutes are available – 12', 24' & 30', as well as Jumbo Speed Stacks, that come with directions for a bunch of fun games. Contact either the Moose Jaw office at 694-1314, [m.campbell.swdcrcs@sasktel.net](mailto:m.campbell.swdcrcs@sasktel.net) or the Maple Creek office at 662-3242, [a.weisgerber.swdcrcs@sasktel.net](mailto:a.weisgerber.swdcrcs@sasktel.net).

### **RURAL ASSET TICKETING**

R.A.T. on your neighbour, friend or coworker or any do-gooder in your town, village or community. Rural Asset Ticketing is a great way to promote Asset Development in your community. SWDCRS will work with your community group to create a method of recognition for deeds done on a pay it forward system. Interested member community groups can contact for details:

Marian Campbell  
Community Development Coordinator  
[m.campbell.swdcrcs@sasktel.net](mailto:m.campbell.swdcrcs@sasktel.net)  
phone 694-1314 or cell 631-9284

### **DATES TO KEEP IN MIND:**

#### **55 Plus Provincial Games**

July 6 – 8, 2010 Regina, SK  
For more information contact Margaret Gailing  
306-842-4807 or [www.ssfa.ca](http://www.ssfa.ca)

#### **Saskatchewan Parks & Recreation Association Annual Conference & AGM**

October 14-16, 2010 Regina For more information, got to [www.spra.ca](http://www.spra.ca)

#### **SaskCulture 2010 Gathering & AGM**

October 29 & 30, 2010 Gathering held in Saskatoon. For more information, go to <http://www.saskculture.sk.ca>.

#### **Sask Sport Inc. AGM**

Saturday, June 19 at the Conexus Arts Centre in Regina. Check the Sask Sport website at [www.sassport.ca](http://www.sassport.ca) for more info.

### **ABORINGINAL COMMUNITY SPORT GRANT**

The purpose of the Aboriginal Community Sport Grant Program (ACSGP) is to provide greater sport participation and development opportunities for Aboriginal youth in Saskatchewan. The program will assist and support the implementation of organized community sport programs to increase sport opportunities for youth in the Aboriginal community, specifically in urban, rural, on-reserve, isolated and northern communities.

The Aboriginal Community Sport Development grant will focus on communities and building their capacity to offer quality, organized sport programs for Aboriginal youth.

Recipients are permitted to apply for more than one community sport initiative; however, a separate application per initiative is required. If an organization or community is submitting more than one application, consideration will be given to the second or subsequent application(s) after all other community submissions have been reviewed.

The maximum eligible amount a community can receive per initiative is \$5,000 per year. The minimum application amount to be considered is \$1,000 per initiative, per year. For approved sport initiatives, grant recipients will be eligible to apply for additional funding support in subsequent years. Initiatives can be funded for up to three years but the maximum eligible amount a grant recipient can receive is \$10,000 per initiative, over the three years.

For more information or to receive your application form/workbook, please contact: Colette at 629-3217 or [c.heschel.swdcrcs@sasktel.net](mailto:c.heschel.swdcrcs@sasktel.net).

The Aboriginal Community Sport Grant Program is jointly funded through Sport Canada's Aboriginal Participation Bilateral, the Province of Saskatchewan, and the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation.



## **SWDCRS WELCOMES SUMMER STAFF**

SWDCRS would like to extend a warm welcome to Chris Marsh and Jenna Reimer, who are our Summer Play Mentors this year. Here are their introductions in their own words:

To everyone,

First of all I would like to thank Marian for giving me the opportunity to work with you all for the summer. I am greatly looking forward to it. I will be working out of Marian's office in Moose Jaw, focusing on the east side of the District.

My name is Chris Marsh and I am entering my 3rd year of Bachelor of Education program at the University of Regina. I am focusing on Primary school. I have been teaching ESL for 7 years overseas in Asia... China mostly... and decided to come back to Canada to obtain my degree in education. I am originally from Kelowna, BC, before my family moved to Saskatchewan. I hope that I will get a chance to meet many of you and enjoy a fantastic summer.  
Chris Marsh

Hello all,  
I was born and raised in Swift Current and have been involved in sports for many years. I am currently attending the University of Lethbridge. I will be starting my second year of my Masters of Arts specializing in Sport Psychology. This is my second summer as the summer play patrol coordinator. I am excited for this summer and all the fun that this program brings to children. I will be visiting the communities that participate in the play patrol program and assisting them in any way that I can to help their program be successful. I will also be offering a mobile playground option as well as play leader for special events. I will be working out of Anne's office in Maple Creek, focusing on the west side of the District. Looking forward to the summer!  
Jenna Reimer

