



2022 NWTRPA CONFERENCE & AGM

FORT SMITH, NT | SALT RIVER FIRST NATION CONFERENCE CENTRE | OCTOBER 4 - 6



THE NWT'S PREMIERE TRAINING GATHERING FOR RECREATION LEADERS, HEALTH CARE STAFF, STUDENTS, YOUTH, ELDER, YOUTH CENTRE STAFF, AND VOLUNTEERS.

Recreation for Life!



nwtrpa.org T: (867) 669-8375



**NWT
RECREATION
& PARKS
ASSOCIATION**



DEAR MEMBERS

The NWTRPA Annual Conference is an opportunity for recreation leaders, on the land leaders, health care staff, students, youth, Elders, youth centre staff, and volunteers from across the NWT to examine trends and issues affecting the recreation field and offer learning sessions in three areas: **Elders in Motion**, **Recreation Leadership**, and **On the Land**.

In 2020, our conference shifted to a virtual format due to the pandemic. The 2021 conference took a training approach to the program and had limited capacity as a result of public health gathering restrictions. For 2022 we are excited to be hosting the conference in person in Tthebacha/Fort Smith.

We are happy to say that Bright Spots will again be a part of this conference. Some of our 2021 Bright Spots included the Rádeyîlîkóé Moose Hide Camp, the Qmunity Camp NWT, and the Soaring Eagle Friendship Centre Sharing Circle. These programs showed their strength and resilience during a challenging time in which recreation is vital to people's health and wellbeing.

The NWT comprises many close-knit communities providing extraordinary support and motivation to everyone, paired with amazing on the Land and recreation opportunities. We enjoy hearing about and seeing all the programs, individuals, and events taking off with great success now that Covid-19 has settled down. You can watch our social media pages to see what recreational events are taking place throughout the year.

This year, our conference focuses on Recreation and Recovery, and we are pleased to have many valuable community members speaking on this topic. We are planning a program that includes inspiring, educational, and fun keynotes, plenaries, and activities. We will have four sessions in each of the three streams: **Elders in Motion**, **Recreation Leadership**, and **On the Land**.

We hope that the 2022 conference is a space of learning, growth, and personal connection for you. Thank you for joining us this year, as we all continue to display our strength in moving towards the future.

Sincerely,
The Conference Committee

*COVER: Lorna Storr, Kassandra Spoelder, and Wendy Lahey at the 2021 NWTRPA Conference.
Photos by Angela Gzowski.*

KEYNOTE SPEAKERS



The Three C's and "I Double Dogrib Dare You!" with Tłıchǫ author Richard Van Camp

In this inspiring and hilarious keynote, Richard will talk about how pop culture and the recreation around the magic of Uncle Gabe's Friendship Centre supported his dream to become a writer and to have a life filled with Culture, Connection and Community. Richard is the author of 26 books in just about every genre and he could not have done any of what he was doing had it not been for the joy and pride of growing up in Fort Smith, NWT.

Recreation and Recovery - What does the Land say? With knowledge holders Chloe Dragon Smith & Robert Grandjambe

Chloe Dragon Smith and Robert Grandjambe live full time on the Land. In this keynote, they will examine the themes of the conference through their Land based Indigenous lens, sharing their perspectives on healthy recovery and the concept of recreation and its relationship with the land.



TUESDAY, OCTOBER 4TH, 2022

8:30AM-9:00AM - BREAKFAST

9:00AM-10:00AM - OPENING PRAYER & WELCOME

10:00AM-12:00PM - KEYNOTE

THE THREE C'S AND "I DOUBLE DOGRIB DARE YOU!" RICHARD VAN CAMP

In this inspiring and hilarious keynote, Richard will talk about how pop culture and the recreation around the magic of Uncle Gabe's Friendship Centre supported his dream to become a writer and to have a life filled with Culture, Connection and Community. Richard is the author of 26 books in just about every genre and he could not have done any of what he was doing had it not been for the joy and pride of growing up in Fort Smith, NWT.

1:00PM-2:15PM - BREAKOUT SESSION:

ELDERS IN MOTION: TRADITIONAL GAMES FOR ANY AGE

Learn activities that help promote cultural pride and understanding, while also having physical benefits. In this hands-on session, Cheyenne Lafferty and Colinda Blondin, will lead delegates through a series of traditional games suitable for older adults.

PRESENTER: *Cheyenne Lafferty and Colinda Blondin*

ON THE LAND: RECLAIMING OUR FAMILIES MEDICINES

In this workshop that supports Culture, Community and Connection, Richard will host a hilarious workshop that will be welcoming and fun. Whether you are reclaiming names, recipes and techniques in looming, darning, sewing, fishing, hunting, gardening, writing, storytelling, singing, digitizing photos, home movies and audio clips--wherever you are at in your gathering of family medicines, Richard will share his tips and ask for more techniques from our group to support you in your reclaiming.

PRESENTER: *Richard Van Camp*

RECREATION LEADERSHIP: LOCAL FOOD SOURCES: BUILDING COMMUNITY GARDEN BOXES TO BUILD COMMUNITIES

Garden boxes provide many opportunities for individual or group recreation. We look at what goes into making them, and we'll go and make them! Bring warm clothes and work gloves as we will work at the local elementary school to build and plant community garden boxes with the help of a class of children.

PRESENTERS: *Zain Ali and Carl Yakeleya Jr.*



2:30PM-3:45PM - BREAKOUT SESSION:

ELDERS IN MOTION: HEALTHY BODY HEALTHY MIND

Description: You only get one brain, and it is never too late to take care of it. A healthy mind is a significant factor in aging well with a healthy body. As we age, some may face what is commonly referred to as dementia. Come learn about dementia, a broad term used to describe someone facing impairment regarding memory, thinking, and making daily decisions. By moving your body regularly, you can improve brain functions like memory and your mental health!

PRESENTER: *Shashi Gurung*

ON THE LAND: WALKING IN OUR ANCESTOR'S FOOTSTEPS - THE LAND BEFORE TIME

Norman has been guiding youth in the Mackenzie Mountains for years, following the advice of his late grandmother Harriet Gladue who understood the power of the mountains for teaching the Dene way of life. The Canol Trail Youth Leadership Hike was developed by Norman and three other hikers from the region (Joe Handley, Garth Wallbridge, Myles Erb). It aims to give youth from across the five Sahtú communities leadership and on-the-land skills as they become young adults. In this session, delegates will learn how the program, has enriched the lives of Sahtú youth and has prepared them to be future leaders.

PRESENTER: *Norman Yakeleya and Myles Erb*

RECREATION LEADERSHIP - VOLUNTEER RECOVERY: HOW TO BUILD VOLUNTEER TEAMS AND KEEP THEM HAPPY

Most of us have restarted recreation activities in a way we were used to, and most of us find we are again on the lookout for volunteers to help with our programs. It has always been a challenge to find new volunteers and keep them engaged. This session focusses on some of the strategies that have worked for us in the past, so you can use them in the future. When volunteers look forward to being part of your program, you are doing something right! You'll take away thoughts for recruitment, and ideas to get your volunteers to say: "when can we do this again!"

PRESENTERS: *Janna Jaque and Erin MacDonald*

7:00PM-9:00PM

MOVIE NIGHT - OPTIONAL AND OPEN TO COMMUNITY

Come to the Salt River First Nation Business and Conference Center for a screening of: *In the Footsteps of our Ancestors*, directed by Trails in Tandem and executive produced by Norman Yakeleya.



CONFERENCE-AT-A-GLANCE | TTHEBACHA / FORT SMITH | OCTOBER 4 - 6, 2022

	OCTOBER 3	TUESDAY, OCTOBER 4	WEDNESDAY, OCTOBER 5	THURSDAY, OCTOBER 6
8:30 - 9:00		<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
9:00 - 10:30	WELCOME	Opening Prayer, Welcome and Introductions <i>SRFN Community Hall</i>	Keynote: Recreation and Recovery - What does the Land say? Chloe Dragon Smith and Robert Grandjambe <i>SRFN Community Hall</i>	Breakout Session: <ul style="list-style-type: none"> Elders in Motion: Traditional Food and Facebook Live - <i>SRFN Community Hall</i> On the Land: Families on the Land - Gathering for fun and for life - <i>Museum Large Gallery</i> Recreation Leadership: Cold Water Survival: A Community-Based Approach - <i>SRFN Cultural Room</i>
10:30 - 10:45		<i>Nutrition Break</i>	<i>Nutrition Break</i>	<i>Nutrition Break</i>
10:45 - Noon		Keynote: (10:00 - Noon) The Three C's and "I Double Dogrib Dare You!" with Tłı̄ch̄o author Richard Van Camp <i>SRFN Community Hall</i>	Breakout Session: <ul style="list-style-type: none"> Elders in Motion: Knowledge Exchange - <i>SRFN Community Hall</i> On the Land: Living with the Land - <i>Museum Large Gallery</i> Recreation Leadership: What you ought to know about the NWTRPA, and what is recreation? - <i>SRFN Cultural Room</i> 	Bright Spot Presentations <i>SRFN Community Hall</i>
Noon - 1:00		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
1:00 - 2:15		Breakout Session: <ul style="list-style-type: none"> Elders in Motion: Traditional Games for Any Age - <i>SRFN Cultural Room</i> On the Land: Reclaiming our Families Medicines - <i>SRFN Community Hall</i> Recreation Leadership: Local Food Sources: Building community garden boxes to build communities - <i>JBT Elementary School</i> 	Activities: <ul style="list-style-type: none"> Salt Plains Walk Craft Making - <i>Museum Small Gallery</i> Storytelling Circle with host Richard Van Camp - <i>Museum Cultural Area Tipi</i> 	NWTRPA AGM <i>SRFN Community Hall</i>
2:15 - 2:30		<i>Nutrition Break</i>	<i>Nutrition Break</i>	<i>Nutrition Break</i>
2:30 - 3:45		Breakout Session: <ul style="list-style-type: none"> Elders in Motion: Healthy Body Healthy Mind - <i>SRFN Cultural Room</i> On the Land: Walking in our Ancestor's Footsteps - The Land Before Time - <i>SRFN Community Hall</i> Recreation Leadership: Volunteer Recovery - How to rebuild Volunteer teams and keep them happy - <i>Museum Large Gallery</i> 	Activities Continued: <ul style="list-style-type: none"> Salt Plains Walk Craft Making - <i>Museum Small Gallery</i> Storytelling Circle with host Richard Van Camp - <i>Museum Cultural Area Tipi</i> 	Wrap-Up, Prizes, and Closing Prayer <i>SRFN Community Hall</i>
Evening		Meet & Greet Check-In at the Legion (7:00- 9:00PM)	Movie Night at the Salt River Frist Nation Business and Conference Centre: <i>In the Footsteps of our Ancestors (7:00PM)</i>	Live Music at the Museum (7:00PM)

WEDNESDAY, OCTOBER 5TH, 2022

9:00AM-10:30AM - KEYNOTE:

RECREATION AND RECOVERY - WHAT DOES THE LAND SAY? CHLOE DRAGON SMITH AND ROBERT GRANDJAMBE

Chloe Dragon Smith and Robert Grandjambe live full time on the Land. In this keynote, they will examine the themes of the conference through their Land based Indigenous lens, sharing their perspectives on healthy recovery and the concept of recreation.

10:45AM-12:00PM - BREAKOUT SESSION:

ELDERS IN MOTION: KNOWLEDGE EXCHANGE

Description: Did the pandemic spark some creative thinking? Or did you crave opportunities to share, network, and learn from others? This is your chance to share your successes and challenges over the last two years! This facilitated session will allow delegates to discuss lessons learned from the previous two years about aging well and how communities stayed connected despite social distance restrictions

FACILITATOR: *NWTRPA Staff*

ON THE LAND: LIVING WITH THE LAND

Chloe Dragon Smith and Robert Grandjambe of Beb(a)ski – for the Land Consulting and Services share about their life and values living with the Land in Wood Buffalo National Park. Each participant will get a hands-on opportunity to clean a wild grouse, cook, and eat together.

PRESENTERS: *Chloe Dragon Smith and Robert Grandjambe*

RECREATION LEADERSHIP: WHAT YOU OUGHT TO KNOW ABOUT THE NWTRPA AND WHAT IS RECREATION?

The NWTRPA is continually evolving and updating initiatives to better reflect the needs of Northerners. During this session we'll explain what the NWTRPA has to offer including On the Land support, Elders in Motion, and Recreation North training. We also hope to hear from you. We want to know what you think about our work to develop a northern and NWT-focused definition of recreation. Help shape this work and you might even win a draw prize!

PRESENTER: *Sheena Tremblay*





2021 NWTRPA Conference Participants during the Ethical Space workshop hosted by Bushkids. Photo by Angela Gzowski.

1:00-4:00PM - ACTIVITIES:

Salt Plains Walk

The Salt Plains are in Wood Buffalo National Park, 25km west of Fort Smith. The flat salt-covered landscape covers 370 square kilometres. You can even find Salt mounds as tall as one metre. They form from salt-saturated water rising and evaporating as it reaches the surface leaving behind layers of salt.

Traditional Craft: Sage Bear Talisman Making at the Museum

Join Barbara Lepine at the Northern Life Museum and be lead through a discussion of the history of the Sage Bear talisman as you make your talisman. Maximum 20 people

Storytelling Circle with host Richard Van Camp

Cousins! It has been too long since we sat around the fire and shared stories from our communities and our families. Please join us and bring your very best. Whether you want to share a story or just listen, we welcome you in a good way to our circle. It's time to catch up and inspire and renew each other with stories of hope.

7:00PM-9:00PM

MUSIC AT THE MUSEUM (OPTIONAL)

Music has the power to soothe, console, heal, reveal, celebrate, rejoice, and more!

Music is one of our universal languages. Come and join us for an evening of music with Tthebacha / Fort Smith artist Andrew Sheddon at the Northern Life Museum.



Delanie Vail, Emily Smith, and Rachel Cluderay cleaning ptarmigan with Robert Grandjambe during the Ethical Space workshop hosted by Bushkids at the NWTRPA Annual Conference. Photo by Angela Gzowski

THURSDAY, OCTOBER 6TH, 2022

9:00AM-10:30AM - BREAKOUT SESSION:

ELDERS IN MOTION: TRADITIONAL FOOD AND FACEBOOK LIVE

Technology can be a daunting concept to many, others rely on it and use it for everything, while it can also connect us when we can't be together. This session will share how different generations came together through Facebook Live Traditional Food Making events allowing people to connect, learn skills, and technology all during the pandemic.

PRESENTERS: *Rena Chapple and Helen Squirrel*

ON THE LAND: FAMILIES ON THE LAND - GATHERING FOR FUN AND FOR LIFE

Alex and Dylan Jones and their young family spend many hours on the land gathering for their family, and for Little Jar Salves—a traditional wellness product line made from locally harvested resources. Come find out how your organization can support family communities being more active!

PRESENTERS: *Alex and Dylan Jones*

RECREATION LEADERSHIP: COLD WATER SURVIVAL - A COMMUNITY-BASED APPROACH

This presentation will provide an overview of the process of co-developing a Transport Canada-funded cold water survival course with residents of the Inuvialuit Settlement Region. It will also share highlights of the course. Participants will come away with an understanding of community-based program development and applied knowledge about cold water survival.

PRESENTER: *Dr. Audrey Giles*

Join us at the NWTRPA AGM

Thursday, October 6th at 1:00 PM to learn about what the NWTRPA achieved over the last year. Members will elect new NWTRPA Board Members and vote on association business. If you would like to nominate yourself or someone else for an open position on the NWTRPA Board of Directors, contact admin@nwtrpa.org.

Deadline for Board nominations is October 5th at 1:00 PM

10:45AM-12:00PM

BRIGHT SPOT PRESENTATIONS

Bright Spots celebrate innovation and success in recreation programming in the NWT. Each year, we welcome four presenters from around the territory to tell us about their inspiring program or event.

1:00PM-2:15PM

NWTRPA AGM

Join us at the AGM to learn more about what the NWTRPA achieved over the last year. The AGM is also an opportunity for NWTRPA members to elect new board members and vote on association business. The registration fee for the NWTRPA Conference includes NWTRPA membership, meaning that registered delegates can participate in AGM elections and voting.

2:30PM-3:45PM

WRAP-UP, PRIZES, AND CLOSING PRAYER

Join us for this final session as we reflect on the Conference themes, talk about session highlights, and share our learnings. A variety of prizes will also be drawn

A NOTE ON NWTRPA MEMBERSHIP

What does it mean to be member of the NWTRPA? It means gaining access to tools and resources created specially to help you in your work. Many of these tools and resources, such as the recreation leader directory and training tracking, are available through the NWTRPA website, which also happens to host the Conference registration.

Being a member also means gaining the power of the collective voices of recreation leaders in the NWT. The NWTRPA is the primary advocate for recreation in the NWT, promoting the issues that are important to you. As a member, you decide what those issues are by electing new Directors to the Board and voting for policy changes at the Annual General Meeting.

More than anything, being a member means helping to build a stronger community of recreation leaders in the Territory. If you have questions about NWTRPA Membership or something else, email admin@nwtrpa.org or call **867-669-8375**.



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