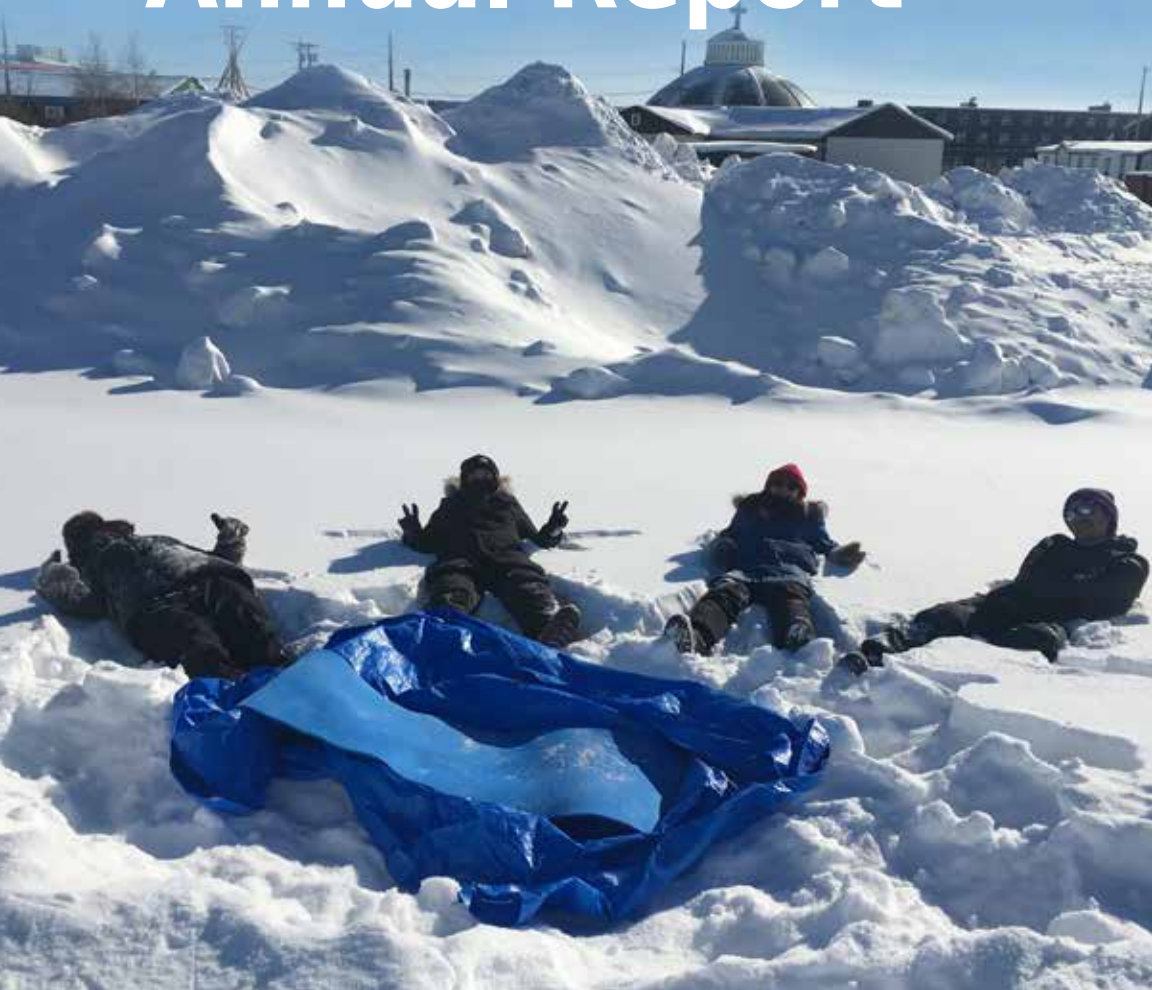




NWT
RECREATION
& PARKS
ASSOCIATION

2021-2022

Annual Report



The NWT Recreation & Parks Association was established in 1989 to promote the benefits of recreation. Today, the NWTRPA promotes recreation by supporting leaders, communities, and partners through training, advocacy, and networking.



Participating in the NWTRPA Walking Challenge in Tuktoyaaqtuuq/Tuktoyaktuk.
Photo by Annie Steen.

Goal #5 More NWT residents of all ages are able to choose active ways of living because of improvements in the accessibility, diversity, and quality of community-based recreation programs.

- Successfully trained five leaders from five communities as Elders in Motion Active Living Exercise Program facilitators.
- Offered Elders in Motion mentorship opportunities in Uluksaqtuuq/ Ulukhaktok.
- Continued to work with recreation leaders in Łíídlıı Kúę First Nation, Cole Crook Fiddle Association (Hay River), Hamlet of Uluksaqtuuq/Ulukhaktok, and the Whatı Community Government to support intergenerational recreation programs during the pandemic.
- Participated on the leadership team for the Collaborating for the Inclusion of Older Adults programs.
- Worked with the NWT Seniors' Society in the creation of a communications strategy to increase awareness and capacity in communities to access resources for older adults.
- Worked to translate some Elders in Motion training materials into Indigenous Languages.
- Established an advisory committee and initiated work to adjust the fitness training program to develop a curriculum that focuses on increasing accessibility of movement and wellness options.
- Distributed 2 water safety and 5 Swim to Survive® grants
- 3,200 people from 25 NWT communities and beyond participated in the NWTRPA 2022 Walking Challenge with a total of 311 teams walking 391,366 kilometers.
- 2,567 people took part in 81 Winter Active, Resilient, Connected (ARC) events across 15 NWT communities.

Goal #6 The NWTRPA is the leading recreation training organization in the NWT.

- Delivered 4 in-person Recreation North learning events with 54 participants from 13 communities and delivered 21 online Recreation North Learning Events with 58 NWT participants.
- Hosted an in-person small-scale conference due to COVID-19 restrictions with 25 participants from 13 communities.
- Delivered 3 virtual Recreation for Mental Health training sessions with a total of 19 participants and 1 in-person training session at the 2022 Conference with 20 participants from 9 communities.
- Delivered a virtual Community Leaders Retreat in partnership with Dene Najho for 15 participants. Delegates learned about Dene leadership principles, the importance of Land spirituality in the decision-making process and understanding of colonialism and the history of Denendeh.
- Offered 3 HIGH FIVE® virtual events and two in-person training sessions with 111 participants from 15 communities.
- Managed the Canadian Recreation and Parks Association Green Jobs and Youth Employment Experience (YEE) wage subsidy programs for all three Territories. Supported five positions through YEE and 27 positions through Green Jobs in three communities in 2021.
- Attracted over 700 visitors to our Jobs webpage on [nwtrpa.org](https://www.nwtrpa.org).

2021 - 2022 Highlights

Recreation for Mental Health

The NWTRPA is pleased to offer Recreation for Mental Health (R4MH) Training. Recreation can play a pivotal role in the mental health recovery process and is important for better mental wellness for all people.

This interactive training session introduces recreation leaders to evidence-based guidelines and actions that will help them make their programs, places and spaces more welcoming and accessible to people experiencing mental health challenges.

Despite public health restrictions limiting gathering, the 4-hour training sessions have been very well received, both virtually and in-person. Participants recognize and value the benefits of learning how to create recreation environments for people who need mental wellness or mental illness considerations. People who take part in the R4MH training regularly express appreciation that conversations about mental health and wellness are becoming part of public discourse, not just in recreation, but in our communities as a whole. The NWTRPA is proud to help lead the recreation sector in delivering Recreation for Mental Health training across the NWT.



Photos courtesy of Supporting Wellbeing

Supporting Wellbeing

In 2018, on the land leaders and mental health professionals gathered to discuss challenges in delivering land-based programming. The group agreed that creating a made-in-NWT training program to enhance the capacity of land-based programmers to respond to these situations was critical. Supporting Wellbeing was created to address this need.

Since 2018, the NWTRPA worked to develop a training program that aims to provide tools, tips, and resources to people who deliver land-based programming that will better prepare them to mitigate and respond to mental health challenges on the land. This training, entitled Supporting Wellbeing, was designed for people who have some level of experience in planning and delivering on the land programs, but who have little-to-no formal or clinical training in mental health service provision.

Supporting Wellbeing has thrived since its inception, and a flexible, four-day curriculum has been developed. Post-pilot training evaluations and interviews taken at the Program Review Gathering held in December of 2021 found that participants drew useful skills they could apply to their own programs and passed those skills on to those around them.

As the Supporting Wellbeing Project continued to grow, the Steering Committee made the recommendation to the NWTRPA Board of Directors that the administrative host be changed and that Supporting Wellbeing become its own project on the MakeWay's shared platform to allow for more autonomy and agency.

As the program leaves the NWTRPA and transitions to its own MakeWay Project, Supporting Wellbeing also looks to expand into Nunavut and the Yukon.

In March, Supporting Wellbeing was honoured to receive an Arctic Inspiration prize for the \$500,000 category.

The NWTRPA would like to congratulate Supporting Wellbeing and wishes the project team great success. We will continue our relationship with Supporting Wellbeing and look forward to having our On the Land Programs Consultant attend upcoming training.

2021 NWTRPA Conference

The NWTRPA conference faced many hurdles in planning, as COVID-19 restrictions and community outbreaks across the NWT caused the conference dates to be shifted twice to have an in-person gathering for the first time in two years, finally landing on December 1 - 3, 2021 in Sòmba K'e/Yellowknife.

To minimize the potential impact of COVID-19, and to remain within Public Health guidelines for gatherings, the conference had a very small daily maximum of participants. Further decisions were agreed upon to limit guest speakers in the effort to minimize risk. As such, plenary sessions and keynote addresses were not part of the 2021 Conference. The NWTRPA AGM did not occur during the conference as it occurred virtually earlier in the fall.

The format chosen for the conference was one day of training for the typical conference stream of sessions: Professional Development, Elders in Motions and On the Land Programs.

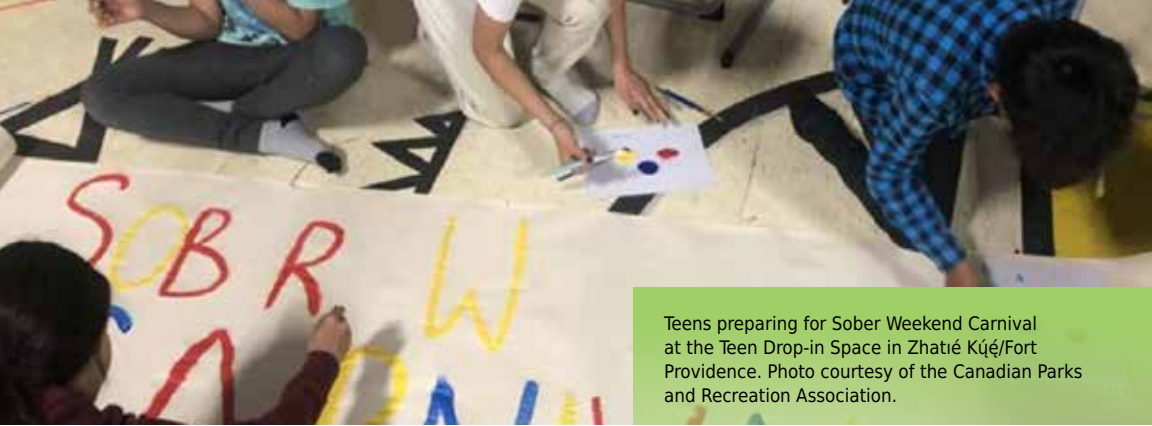
Highlights from the first day of the Conference included HIGH FIVE® Principles of Healthy Child Development and Recreation for Mental Health (R4MH) training. These sessions focused on creating the highest quality programming for children in recreation programs and creating welcoming, inclusive spaces for people of all ages who may be facing poor mental wellness.

The second day of the Conference hosted sessions that shared methods for elder and adult leadership in recreation. Elders in Motion Facilitators took part in the Active Living Exercise Program (ALEP) centred around high-quality elder mobility and movement training that was filled with laughter and learning.

The third and final day of the Conference was led by the NWTRPA's On the Land Program Support staff and leaders. Mande McDonald opened the day with a presentation on evaluation principles from Indigenous stories. Participants then spent an afternoon on the land with Bushkids for a workshop on Ethical Space. The afternoon included small group discussions, sharing circles, and some of the ways of honouring the land and nature. Despite the chilly weather, participants were left with a deep sense of thoughtfulness at the end of the session.

Lorna Storr presents during the Active Living Exercise Program training at the 2021 NWTRPA Conference.





Teens preparing for Sober Weekend Carnival at the Teen Drop-in Space in Zhatié Kúé/Fort Providence. Photo courtesy of the Canadian Parks and Recreation Association.

CPRA Youth Employment Experience

Since 2018 the NWTRPA has partnered with The Canadian Parks and Recreation Association (CPRA) and Parks Canada to fund jobs for youth in Northern Canada. This funding has come through two programs, the Green jobs Program which funds “green jobs” for youth and the Youth Employment Experience Program (YEE), which supports job placements for youth, particularly those facing barriers to employment.

This program has proven to be popular in the North, which is no surprise given the number of youth underemployed in Northern communities. 40 youth in 20 communities were hired with YEE funding in 2021 and 2022. 99 youth in 30 communities were hired with Green Jobs funding in 2018, 2019, and 2021.

There are many examples from Northern Communities of Northern youth whose lives were positively impacted by these funding programs. One such example is 15-year-old Jeffrey Simba. Jeffery was hired by Northern Loco, an organization that, among other things, runs youth programs in Denínu Kúé/Fort Resolution.

With a plan to create a Teen Drop-in Space adjacent to the Youth Centre, Northern Loco received funding under the Youth Employment Experience program to hire a young person for the new position of Teen Space Facilitator. Jeffery seemed like the perfect fit.

Niroja Thiru, the Youth Engagement Coordinator for Northern Loco, had encouraged Jeffrey to apply for the position after he had asked her to help him create a resume and find a job. “...I saw how dedicated and hard-working he was, and I knew he would do well as Teen Space Facilitator,” she says.

“Jeffrey’s role involved setting up and maintaining the space, ensuring behavioural expectations are met for those using it, and coming up with fun programming ideas that youth actually want to do,” Niroja explains. Jeffery has organized game and movie nights, chess tournaments, weekend camping trips, and even a sober weekend carnival.

Another important element of the YEE program is that it also provides funding for a mentor to support the youth. As Jeffrey’s mentor, Niroja says she has worked to help him develop skills, including the fundamentals of project planning.

The NWTRPA is proud to be a facilitating partner in this initiative and is looking forward to hearing more positive stories like Jeffery’s.

2021 NWTRPA Elder Award Winner

For over 20 years, the NWTRPA Awards Program has been celebrating and recognizing recreation professionals and volunteers in northern communities for their efforts and achievements in promoting recreation and active living for all northerners.

In line with our Strategic Goal #1: The NWTRPA is working with intention to advance decolonization and reconciliation through its work, workplaces, and relationships. In 2020, we started a review of our awards program to align with this goal and so that the awards program can further be a tool to engage and build healthy communities.

The NWTRPA Elder Award recognizes an Elder that is sharing their knowledge in a good way with community members and supporting others to be healthy. The Elder has positive relationships with all generations, themselves, each other, and the Land.

The NWTRPA awarded Pat Martel as the 2021 winner of the Elder Award for being a leader in his community, engaging all generations in traditional lifestyles, and living a healthy and holistic lifestyle on the Land.

Pat Martel is currently a councillor for Kát'odeeche First Nation and has been a role model for his community for many years. He is recognized for his leadership and passing down his knowledge in culture, language, and on-the-land activities. He attends and helps with youth culture camps, community hunting with adults, and is on the Elder committee.

“He should be recognized for his leadership in our community, in ways of teaching cultural on the land knowledge. It is very important for our future generations to keep our traditional culture and language alive,” wrote Shania Pierre in her nomination form for Pat Martel to win the Elder Award.

On December 9th, Shania organized a celebration dinner for Pat with the Kát'odeeche First Nation's office staff.

“We had dinner at the band office with staff and family. The dinner started with Pat talking about how he didn't know anyone was watching nor recognizing him for what he does for the community in ways of sharing his traditional knowledge, participating in our on the land programs and his storytelling of growing up in Kát'odeeche. As we ate in the boardroom, there was a slideshow of pictures used for his nomination and he told us about those trips with his humorous moments. It was a very nice gathering where everyone enjoyed themselves and congratulated him.”

Congratulations, Pat!



NWTRPA Elder Award Winner Pat Martel, drumming in his community.
Photo by Aaron Tambour.



Dēneze Nakehk'o (left) presented a Creating Colonial Constellations session at the March 2022 NWTRPA Board Meeting. Board Members (left to right): Carly Gon, Liz Pope, Sophie Kirby, Derek Squirrel, Mike Scott, and Luisa Ospina.

Thank You!

We owe our successful year to the dedication of our Board of Directors, volunteers, staff, and our members. Thank you to our funders and sponsors who make our work possible. We look forward to another great year ahead!

2021-2022 Board of Directors

- **Derek Squirrel (Uluksaqtuuq)** – President
- **Mike Scott (Hay River)** – South Slave Regional Director
- **Liz Pope (Rádeyilíkkóé/Fort Good Hope)** – Director-at-Large
- **Hillary Deneron (Echaotri'ıı Kuę /Fort Liard)** – Dehcho Regional Director
- **Carly Gon (Behchokò)** – North Slave Regional Director
- **Sophie Kirby (Sòmba K'è/Yellowknife)** – Yellowknife Regional Director
- **Rena Chapple (Tulít'a)** – Sahtú Regional Director
- **Luisa Ospina (Inuvik)** – Beaufort/Delta Regional Director

2021-2022 Staff

- **Sheena Tremblay** – Executive Director
- **Tim Van Dam** – Director, Professional Development
- **Bri Kreowski** – Director, Active Communities
- **Rachel Cluderay & David Brinston** – On the Land Programs Consultant
- **Delanie Vail** – Active Communities Coordinator
- **Kaila Jefferd-Moore & Jeanne Yurris** – Membership & Communications Coordinator

The NWTRPA hosted **62** in-person and virtual events with a total of **810** participants from **28** communities.



Participating communities in NWTRPA events in 2021-2022



Financial Statements

Audited financial statements prepared by Crowe McKay. No irregularities were found. These statements have been reviewed and approved by the NWTRPA Board of Directors.

Statement of Operations

	(Unaudited) Budget 2022	Actual 2022	Actual 2021
For the year ended March 31,			
Revenue			
Contributions			
Corporate contributions	\$ 44,208	\$ 51,330	\$ 46,476
GNWT-Education, Culture and Employment	-	-	20,000
GNWT-Health and Social Services	290,375	228,677	70,080
GNWT-Municipal and Community Affairs	150,000	150,000	209,017
NWT/NU Western Canada Lottery Program	800,000	821,000	821,000
NWT Seniors' Society	62,250	20,000	69,800
Canadian Heritage	-	-	40,000
Canada Parks and Recreation Association	78,584	97,129	24,227
Canada Emergency wage subsidy	-	-	8,250
Tłı̨chǫ Government	-	10,000	15,000
Fees	24,000	83,711	70,547
Membership income	5,000	389	5,111
Investment income	-	21,115	78,784
	1,454,417	1,483,351	1,478,292
Add: Transfer from deferred revenue - prior year	393,780	393,780	218,522
Less: Transfer to deferred revenue - current year	(22,407)	(427,268)	(393,780)
Less: Transfer to contributions repayable	-	(21,852)	-
	1,825,790	1,428,011	1,303,034
Expenses			
Accounting and legal	30,000	44,345	40,010
Advertising and promotion	104,862	64,889	120,233
Amortization	-	22,581	22,060
Bad debts	-	4,753	18,361
Conferences and workshops	190,491	126,532	64,025
Dues and fees	11,310	10,817	9,691
Grants and contributions	115,914	65,902	89,320
Insurance	8,000	8,856	4,989
Interest and bank charges	2,500	3,375	2,212
Office	7,388	7,467	4,463
Program contractors	222,138	152,295	132,778
Program materials and supplies	109,838	61,519	62,632
Rent	1,200	25,344	22,150
Telephone and internet	21,102	16,050	15,036
Travel and accommodation	259,588	121,131	49,877
Wages and benefits	743,459	647,031	576,673
	1,827,790	1,382,887	1,234,510
Excess revenue (expenses)	(2,000)	45,124	68,524
Transfers			
Transfer to tangible capital assets fund	-	(9,605)	(11,898)
Transfer from Rona Williams Tai Chi Fund	2,000	-	-
	2,000	(9,605)	(11,898)
Excess revenue after transfers	\$ -	\$ 35,519	\$ 56,627

Statement of Financial Position

For the year ended March 31,	2022	2021
Assets		
Current		
Cash	\$ 694,655	\$ 592,275
Accounts receivable	67,454	42,250
Prepaid expenses	1,028	5,741
	763,137	640,266
Restricted investments - Legacy and Contingency Funds	548,722	541,477
Tangible capital assets	132,133	145,109
	\$ 1,443,992	\$ 1,326,852
Liabilities		
Current		
Accounts payable and accrued liabilities	\$ 77,310	\$ 70,581
Payroll liabilities	42,602	32,525
Contributions repayable	21,852	-
Deferred revenue	427,268	393,780
	569,032	496,886
Fund Balances		
Unrestricted Net Assets	143,380	143,380
Internally Restricted Tangible Capital Assets Fund	132,133	145,109
Internally Restricted Legacy Fund	422,078	402,339
Endowment Rona Williams Tai Chi Fund	13,114	13,244
Internally Restricted Contingency Fund	164,255	125,894
	874,960	829,966
	\$ 1,443,992	\$ 1,326,852



The NWT Recreation and Parks Association's physical office is located in Sòmba K'è on Chief Drygeese Territory in Treaty 8, the traditional home of the Yellowknives Dene and the North Slave Métis, also known as Yellowknife, Northwest Territories.

NWT Recreation & Parks Association

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