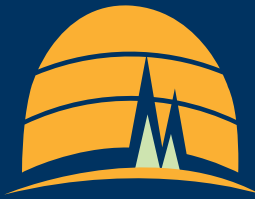


2024 CONFERENCE & AGM



NWTRPA
CONFERENCE
& AGM

2024 NWTRPA CONFERENCE & AGM

SOMBA K'E/YELLOWKNIFE, NT | OCTOBER 22-24

THE NWT'S PREMIERE TRAINING GATHERING FOR
RECREATION LEADERS, HEALTH CARE STAFF, STUDENTS,
YOUTH, ELDERS, VOLUNTEERS, AND PARTNERS



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NWT
RECREATION
& PARKS
ASSOCIATION



DEAR MEMBERS

The NWTRPA Annual Conference is a valuable opportunity for recreation leaders, on the land leaders, healthcare staff, students, youth, Elders, youth centre staff, and volunteers from across the NWT to come together and explore trends and issues shaping the recreation field. This year's event offers learning sessions across three key areas: **Elders in Motion**, **Recreation Leadership**, and **On the Land** programming.

The 2023 wildfire season disrupted and ultimately postponed our conference. Due in part to that experience, this year's event will focus on the theme of **Resilience in Recreation**. We will explore the value and benefits of personal, community, and organizational resilience, the role of recreation in building that resilience, and how we can create recreation opportunities that withstand challenges and disruptions.

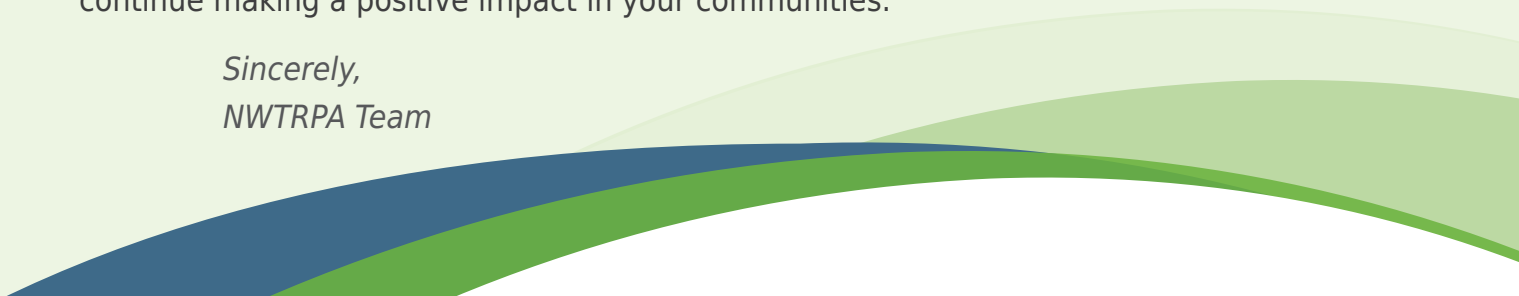
This year's program is packed with a diverse range of sessions designed to inspire, inform, and empower you in your role as a recreation leader. Our keynote presentations, including the impactful How I Survived keynote and podcast launch, will set the stage by exploring resilience and the transformative power of recreation. On Thursday, we are thrilled to welcome Chris Koch, who will share his journey and insights on the value of resilience and positive thinking.

Throughout the conference, you'll have the chance to participate in streamed breakout sessions focused on Recreation Leadership, On the Land programming, and Elders in Motion, each providing valuable insights and practical skills. Additionally, our open breakout sessions will offer hands-on learning opportunities, including an Indigenous Games Showcase, workshops on audio recording and podcast creation, and guided tours of the museum archives. Whether you want to enhance your leadership abilities, gain new programming perspectives, or connect with peers across the territory, this conference has something for everyone.

We also invite you to attend the NWTRPA Annual General Meeting (AGM), a critical part of the conference where you can help shape the future of the NWTRPA. Your participation is essential in ensuring that our organization continues to represent and advocate for the needs of recreation professionals across the Northwest Territories.

Thank you for joining us at the 2024 NWTRPA Conference and AGM. We hope you enjoy every moment, make valuable connections, and leave feeling inspired and energized to continue making a positive impact in your communities.

Sincerely,
NWTRPA Team



KEYNOTE SPEAKER



How I Survived: “Gathering, Preserving, and Sharing Survivor Stories about Recreation at Northern Residential and Day Schools” with the How I Survived Project Team

How I Survived was initiated in 2018 by the NWT Recreation and Parks Association (NWTRPA) and Gwichyà Gwich’in historian Dr. Crystal Gail Fraser (University of Alberta) to gather and preserve Survivors’ stories of recreation at northern residential and day schools. This year, the project team is launching a podcast to share these stories with a wider audience.



Chris Koch: “If I Can...”

Chris Koch was born and raised in Nanton, Alberta, a small farming and ranching community. Despite being born without arms and legs, Chris’s family never allowed his disability to be seen as a tragedy. Their dry and quirky sense of humor, especially his grandmother’s reaction at his birth, set the tone for a life without pity or sympathy. Growing up, Chris was determined to be just like any other small-town kid, participating in activities like road hockey and helping out on his grandpa’s farm. After pursuing post-secondary education and working with The War Amps of Canada, Chris returned to southern Alberta, where he continues to work in farming and ranching. Today, Chris is a motivational speaker, sharing his story through his “If I Can...” message, inspiring others to live life to its fullest potential.



TUESDAY, OCT 22, 2024

0830-0900 - Arrival and Registration

0900-1015 - Welcome and Opening Remarks

1030-1200 - Keynote Address: How I Survived: “Gathering, Preserving, and Sharing Survivor Stories about Recreation at Northern Residential and Day Schools” with the How I Survived Project Team

The “How I Survived” project, launched in 2018 by the NWTRPA and Gwichyà Gwich’in historian Dr. Crystal Gail Fraser (University of Alberta), honors the strength, resilience, creativity, and spirit of Survivors of northern residential and day schools. This initiative gathers and preserves stories from Survivors, with a particular focus on their experiences with recreation. By sharing these narratives, the project aims to deepen public understanding of the history and legacy of residential and day schooling in the North while fostering forward-looking dialogue.

1200-1300 - Lunch

Join us as we recognize the success and achievements of a few individuals who have made an outstanding contribution to recreation in the NT.

1300-1415 - Streamed Breakout Sessions (Session 1 of 4)

RECREATION LEADERSHIP STREAM: ABORIGINAL COACHING MODULES

Facilitator: Lori Rutherford-Simon, Aboriginal Sports Circle NWT

The Aboriginal Sport Circle (ASC) has prioritized the professional development of Aboriginal coaches through NCCP certification by introducing the Aboriginal Coaching Modules (ACM). These modules offer supplemental training that reflects the unique cultures, values, and lifestyles of Aboriginal peoples. Designed as a professional development tool for both Aboriginal and non-Aboriginal coaches working with Aboriginal athletes, the ACM covers key learning objectives such as understanding the role of sport in Aboriginal communities, coaching the whole person, addressing racism in sport, and promoting healthy lifestyle choices. This session will highlight the value of the Aboriginal Coaching Modules and provide an overview of their content and application.

ON THE LAND STREAM: THE VALUE OF RISK

Facilitator: Wendy Lahey, Bushkids NWT

This session will explore the importance of incorporating risky play into land-based programs for children and youth, emphasizing how such experiences support their development. By engaging in managed-risk activities like climbing, exploring, or using tools, children learn to assess challenges, build confidence, and develop resilience. Strategies for balancing safety with the benefits of risk will be discussed, ensuring youth enjoy exploration while remaining protected. This is the first half of a double session, so participants should also attend the following session on “A New Approach to Risk Management.”

ACTIVE COMMUNITIES/ELDERS IN MOTION STREAM: FITNESS FOR FALL PREVENTION TRAINING SESSION 1 OF 5

Facilitator: Wanda Roberts, Aurora College

All four 75-minute streamed breakout sessions plus an additional three hours on Wednesday afternoon will be allocated to a workshop on “Fitness for Fall Prevention”. These sessions promote the philosophy of physical activity as an important part of healthy aging, help us assess older adults for a fitness programs, and develop instructional skills for functional fitness and mobility programming for older adults. Participants must attend all five sessions of Fitness for Fall Protection to complete this training.

1430-1545 - Streamed Breakout Sessions (Session 2 of 4)

RECREATION LEADERSHIP STREAM: RECREATION LEADERS’ ROUNDTABLE

Facilitator: Adam Woogh, NWTRPA

This session invites participants to share wisdom, experiences, and successes regarding the planning and delivery of recreation programs to allow each other to learn, adopt, and adapt best practices, approaches, and strategies. Guided by session facilitators, participants will select topics of common interest, explore varied perspectives, and take away ideas, inspiration, and tools to further improve their own recreation-related endeavors.

ON THE LAND STREAM: A NEW APPROACH TO RISK MANAGEMENT

Facilitator: Wendy Lahey, Bushkids NWT

Building on the previous OTL session regarding the value of risk, this session will challenge participants to consider new strategies and tools for assessing risk in land-based programs and considering the positive outcomes that can arise as part of the risk management process. This is the second half of a double session, so participants should also attend the preceding session on “The Value of Risk.”

ACTIVE COMMUNITIES/ELDERS IN MOTION STREAM: FITNESS FOR FALL PREVENTION TRAINING SESSION 2 OF 5

Facilitator: Wanda Roberts, Aurora College

1900-2030 - “How I Survived” Podcast Launch

Join us for the launch of the “How I Survived” podcast, a powerful project celebrating the strength, resilience, and creativity of residential and day school Survivors in the North. This podcast shares the stories of former students and explores the role that recreation played in their experiences. Project team members will discuss the journey and stories behind the podcast.



CONFERENCE-AT-A-GLANCE | OCTOBER 22-24

	TUESDAY, OCTOBER 22	WEDNESDAY, OCTOBER 23	THURSDAY, OCTOBER 24
0830-0900	Registration		
0900-1030	0900-1015 Opening, Welcome and Introductions - Katimavik AB	Recreation Bright Spots Winners - Katimavik AB	Guest Speaker - Chris Koch, "If I Can..." - Katimavik AB
1030-1045	Nutrition Break	Nutrition Break	Nutrition Break
1045-1200	Keynote Address "How I Survived" - Katimavik AB	Streamed Breakout Sessions: Active Communities/Elders in Motion Stream: Fitness for Fall Prevention Training - Katimavik DE (session 3 of 5) On the Land Stream: Supporting Wellbeing - Mitigating and Responding to Mental Health Challenges on the land - Katimavik A Recreation Leadership Stream: Adaptive Leadership Styles - Katimavik B	Streamed Breakout Sessions: Active Communities/Elders in Motion Stream: Fitness for Fall Prevention Training - Katimavik DE (session 5 of 5) On the Land Stream: On the Land, of the Land - Katimavik A Recreation Leadership Stream: Gender Equity in Recreation - Katimavik B
1200-1300	Lunch - Award Presentations - Katimavik AB	Lunch - Katimavik AB	Lunch - Katimavik AB
1300-1415	Streamed Breakout Sessions: Active Communities/Elders in Motion Stream: Fitness for Fall Prevention Training - Katimavik DE (session 1 of 5) On the Land Stream: The Value of Risk - Bushkids Site in Yellowknife (bus shuttle departs at 12:45). Participants selecting this session must also attend the 1430-1545 On the Land Session. Recreation Leadership Stream: Aboriginal Coaching Modules - Katimavik A	Open Breakout Activities: Storytelling for Radio and Podcast - Katimavik A Museum Archives Tour - Prine of Wales Northern Heritage Centre (shuttle departing at 12:55, 13:55, and 14:55) Indigenous Games Showcase - Aboriginal Sport Circle Facility (shuttle departing at 12:45) Active Communities/Elders in Motion Stream: Fitness for Fall Prevention Training - Katimavik DE (session 4 of 5)	NWTRPA AGM - Katimavik AB
1415-1430	Nutrition Break	Nutrition Break	Nutrition Break
1430-1545	Streamed Breakout Sessions: Active Communities/Elders in Motion Stream: Fitness for Fall Prevention Training - Katimavik DE (session 2 of 5) On the Land Stream: A New Approach to Risk Management - Bushkids Site in Yellowknife. Participants selecting this session must also attend the 1300-1415 On the Land Session. Recreation Leadership Stream: Recreation Leader Roundtable - Katimavik A	(Open Breakout Activities Continued)	Closing, Door Prizes - Katimavik AB
Evening	1900-2030 - "How I Survived" Podcast Launch - Katimavik AB	1930-2100 Totally Arctic Wrestling (Tickets sold separately) - Katimavik ABCD	

WEDNESDAY, OCT 23, 2024

900-1030 - Bright Spots

Dez Loreen: As the founder of Totally Arctic Wrestling, Dez has built Canada's most northerly and only Inuvialuit-owned pro wrestling promotion. Featuring wrestlers from the Beaufort Delta and beyond, Dez has reimaged what recreation can look like, created new opportunities for participation, and thrilled audiences of all ages with their electrifying events. Totally Arctic Wrestling will also be presenting a live event, "**Carnage in the Capital**", in Yellowknife on the evening of Oct 23. If you don't already have tickets, speak to a NWTRPA staff member right away!

Twyla Edgi-Masuzumi: Twyla, a proud K'asho Got'ine Dene, was born and raised in Fort Good Hope, NWT. She has made significant contributions as the coordinator of the K'ahsho Got'ine Foundation (KGF) Guardians program, which she joined when it was established in 2021. Twyla's work as a KGF Guardian, a program that resonates deeply with her, involves planning and running on the land programs that connect youth and Elders to their cultural roots and the environment. Twyla humbly attributes the success of the program to her amazing team and is passionate about KGF's mission of preserving the land and teaching the next generation about their culture and identity.

Lisa Boisneault: Lisa Boisneault is the coordinator of the Communauté francophone accueillante (CFA) / Welcoming Francophone Community in Yellowknife, a community-based program funded by the Minister of Immigration, Refugees and Citizenship Canada. Arriving from France in Canada in 2020, she first settled in the Maritimes where she worked for the Regroupement féministe du Nouveau-Brunswick. Then, driven by her enthusiasm for the outdoors, she headed to the far North in the summer of 2022. With a master's degree in communications and marketing, this avid traveler and literature enthusiast is deeply passionate about community engagement and promoting awareness of Nordic culture. Lisa is excited to bring her experience in gender equality and social justice to support French-speaking immigration.

WEDNESDAY



1045-1200 - Streamed Breakout Sessions (Session 3 of 4)**RECREATION LEADERSHIP STREAM: ADAPTIVE LEADERSHIP STYLES**

Facilitator: Adam Woogh, NWTRPA

This interactive session will explore leadership styles through a facilitated discussion and dynamic group activity. Participants will assess their own leadership style, discuss its strengths and challenges, and explore how different approaches can impact their effectiveness. Through group discussions and interaction with others who lead differently, participants will gain insights into adapting their style to fit various situations. The session will focus on building self-awareness and developing strategies for leading more flexibly and effectively.

ON THE LAND STREAM: SUPPORTING WELLBEING

Facilitator: Rachel Cluderay, Supporting Wellbeing

Supporting Wellbeing (SWB) is an award-winning, Indigenous-led mental health training program that provides tools and resources for people who deliver land-based programming that will better prepare them to mitigate and respond to mental health challenges on the land. In this session, SWB will show how their work builds a network of informal helpers in communities, enabling participants to better support themselves, fellow staff, and program participants during land-based activities, while also benefiting the broader community. Attendees will have the opportunity to participate in a SWB learning activity about conflict resolution where they will learn their conflict style and when it is best to use each conflict style.

**ACTIVE COMMUNITIES/ELDERS IN MOTION STREAM:
FITNESS FOR FALL PREVENTION TRAINING SESSION 3 OF 5**

Facilitator: Wanda Roberts, Aurora College

1200-1300 - Lunch**1300-1600 - Open Breakout Activities**

Storytelling for Radio and Podcast: This session will equip attendees with essential techniques for recording audio stories, focusing on both archival and podcasting purposes. Recognizing the importance of oral history to northern Indigenous peoples and the urgency of capturing the wisdom and stories of Elders, this workshop will provide practical, hands-on training in audio recording. Facilitated by the Northern Journalism Training Initiative, the session will cover the basics of using recording equipment, capturing high-quality sound, and organizing and preserving recordings for future use. Designed to be accessible to all participants regardless of their technical knowledge or experience, this session ensures that everyone leaves with the skills and confidence needed to document and share valuable oral histories, preserving cultural knowledge for generations to come.

Museum Archives Tour: Join us for a unique, behind-the-scenes tour of the Prince of Wales Northern Heritage Centre archives and explore remarkable images and artifacts from across the NT. Three groups, each with a maximum of 10 individuals, will receive a one-hour tour guided by museum staff. The tours will run from 1-2pm, 2-3pm, and 3-4pm.

1300-1600 - Open Breakout Activities *continued*

Indigenous Games Demonstration: This engaging session, presented by the Aboriginal Sport Circle, will showcase traditional northern and Dene games, offering participants a unique opportunity to experience these cultural activities firsthand. Attendees will enjoy demonstrations of various games, including archery, high kick, stick pull, and more, gaining insight into their cultural significance and historical roots. Participants will be encouraged to try their hand at these games, making for an interactive and memorable experience. A shuttle bus will transport participants from the Explorer Hotel to the ASC facility on Old Airport Road, ensuring easy access to this exciting session.

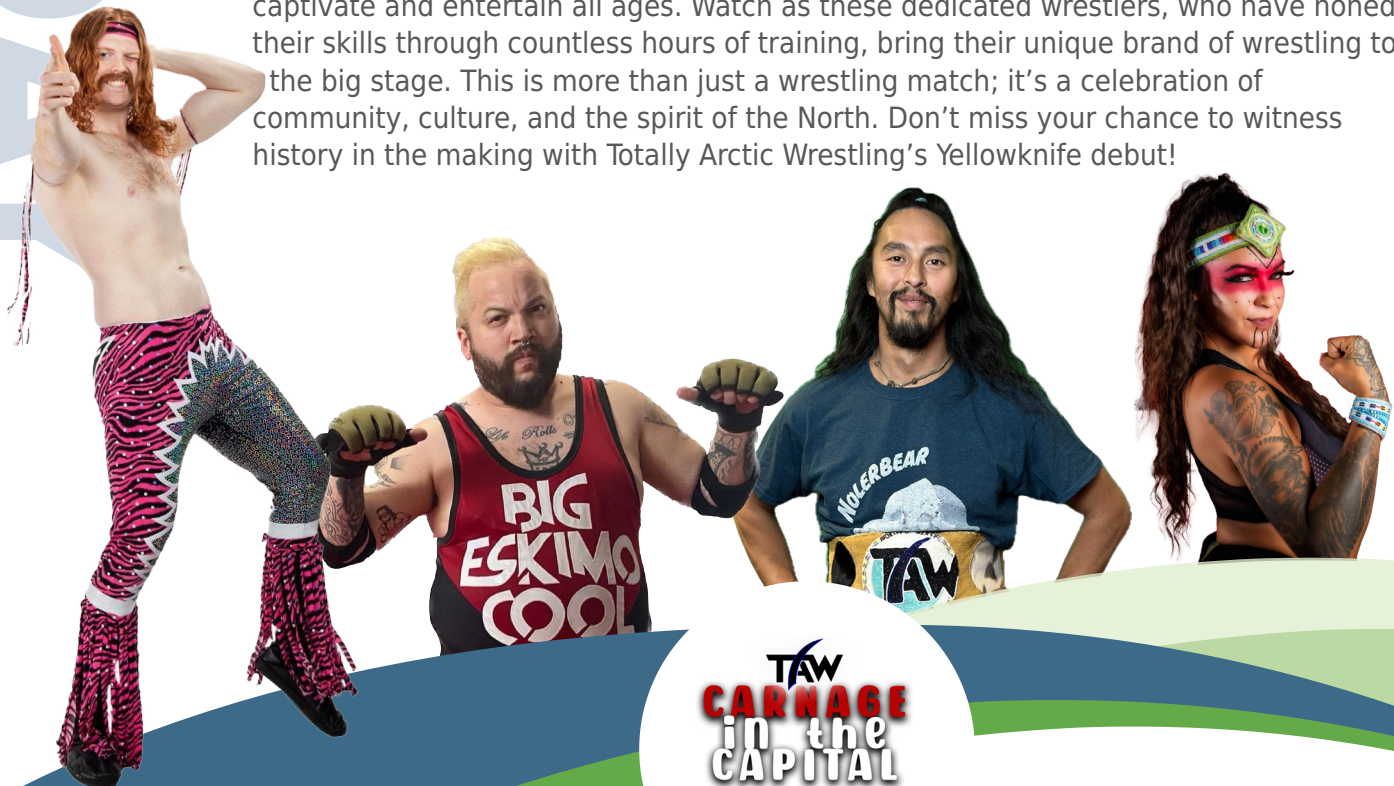
**ACTIVE COMMUNITIES/ELDERS IN MOTION STREAM:
FITNESS FOR FALL PREVENTION TRAINING SESSION 4 OF 5**

**1830-1915 - Carnage In the Capital Wrestling VIP Meet and Greet.
TICKETS SOLD SEPARATELY**

**1930-2100 - Carnage in the Capital Wrestling Event.
TICKETS SOLD SEPARATELY**

Get ready, Yellowknife! The excitement and spectacle of professional wrestling is coming to town, courtesy of Totally Arctic Wrestling (TAW) and Monster Pro Wrestling (MPW). Canada's most northern and only Inuvialuit-owned pro wrestling promotion, TAW is based in the remote community of Inuvik, NT, high above the arctic circle.

This incredible group of athletes and entertainers has been thrilling audiences in small northern communities for years, and now they're ready to make a big splash in Yellowknife. This event promises to be a high-energy, family-friendly spectacle that will captivate and entertain all ages. Watch as these dedicated wrestlers, who have honed their skills through countless hours of training, bring their unique brand of wrestling to the big stage. This is more than just a wrestling match; it's a celebration of community, culture, and the spirit of the North. Don't miss your chance to witness history in the making with Totally Arctic Wrestling's Yellowknife debut!



THURSDAY, OCT 24, 2024

900-1030 - Guest Speaker: Chris Koch “If I Can...”

See description under “Guest Speaker” at front of program.

1045-1200 - Streamed Breakout Sessions (Session 4 of 4)

RECREATION LEADERSHIP STREAM: GENDER EQUITY IN RECREATION

Facilitator: Kaylee Grant, Hockey Canada

This session on gender equity in recreation will explore the barriers and contributing factors within our communities that lead to lower participation rates among girls and non-binary individuals. Through collaborative discussions, participants will share experiences and insights to gain a deeper understanding of these challenges across the NWT. Together, we will develop actionable strategies to create more inclusive and supportive environments for all.

ON THE LAND STREAM: ON THE LAND, OF THE LAND

Facilitator: Steph Woodworth, Northern Youth Leadership

Across the Northwest Territories (NWT), Indigenous land-based programs have been developed and implemented by leaders, teachers, and learners for decades. This presentation will explore how land-based programs, like on the land camps, are important opportunities for building relationships between youth and the land. By sharing youth photographs and stories from several on the land camps in the NWT, Steph Woodworth will highlight the ways on the land camps create a space for youth to see themselves as part of the land.

ACTIVE COMMUNITIES/ELDERS IN MOTION STREAM: FITNESS FOR FALL PREVENTION TRAINING SESSION 5 OF 5

Facilitator: Wanda Roberts, Aurora College

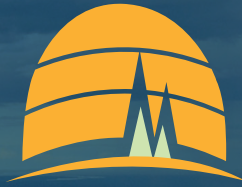
1200-1300 - Lunch

1300-1415 - NWTRPA AGM

Join us at the Annual General Meeting to learn more about the NWTRPA’s achievements over the last year and it’s priorities for the future. 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.

1430 - Closing, Door Prizes

THURSDAY



NWTRPA CONFERENCE & AGM

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