

## Department Highlight of the Month

- Sipekne'katik Fitness & Recreation Department offers a variety of fitness, sport, recreation and healthy lifestyle programs for our Community Members.

This includes After The Bell, Evening Recreation, Get Fit Challenges, various tournaments, holiday events, and more.

Their department oversees the Fitness Centre, sport-skills development programs and the Sports Assistance Program.

## Fitness & Recreation



## Meet the Team



### Glen Knockwood

Director of Recreation/Youth/Wellness

### Rita Sack

Recreation & Sports Coordinator

### Keetra Jones

Fitness Support Worker

### Logan Gehue

Fitness & Recreation Manager

### Mitchell Busby

Fitness Support Worker

### Miguel Julian

Youth Support Worker

### Erica Busby

Youth Program Manager

### Kateryn Sack

Fitness Support Worker

### Riley Howe

Youth Support Worker

## Services & Groups

### AFTER THE BELL

LSK Mondays & Wednesdays

SDE Tuesdays & Thursdays

### EVENING RECREATION

Monday-Thursday

6:00PM-10:00PM

### PICKLEBALL

Sundays

5:00PM-10:00PM

### ICE TIME

Senior Mondays at 10:00PM

Family Skate First Saturday of the Month

Hockey Skills Saturdays at 2:00PM

### GET FIT CHALLENGE · WEIGH IN DATES

March 11th · March 25th

April 8th · April 22nd

May 6th · May 20th · May 27th

## Menstrual Hygiene Initiative

Sipekne'katik Fitness & Recreation Department, Sipekne'katik Youth Centre, and Sipekne'katik Family Well Being Program have partnered to start a Menstrual Hygiene Initiative.

A variety of tampons and pads are available to all Sipekne'katik Community Members for pick up at the Recreation and Youth office, located in Sipekne'katik Administrative building.

## Available Sport & Recreation Funding

### Sipekne'katik Youth Sport Education Assistance

Individuals are eligible for up to a maximum of \$500 per fiscal year. This can be used towards: registration fees, travel assistance, meal assistance and away games. This can be payable to the organization directly or reimbursed to the guardian with proper proof of payment.

### Sipekne'katik Sport & Recreation Education Scholarship Program

SSRESP funding is available for Elite Youth (21 years of age and under) who continuously excel within sport and recreation activities and are enrolled in an educational institutes. The amount of funding is dependent on what level of sport they are competing in.

*These documents can be found online by visiting [www.sipeknekatik.ca/sport-applications](http://www.sipeknekatik.ca/sport-applications).*

*Paper copies are available on the following page or for pickup at the Sipekne'katik Fitness & Recreation office located in the Sipekne'katik Administrative Building.*

## Fitness & Recreation Schedule

March 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h3>Sipekne'katik Fitness Centre Hours of Operation</h3> <p><b>Monday-Friday</b> 6:00AM-10:00PM <b>Saturday &amp; Sunday</b> 10:00AM-5:00PM</p>					<p><b>6:00AM-9:00AM</b> Walking Club <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball</p>	<p><b>2:00PM-3:00PM</b> Family Skate</p>
<p><b>6:00AM-9:00AM</b> Walking Club <b>5:00PM-10:00PM</b> Pickleball</p>	<p><b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>6:00PM-10:00PM</b> Evening Recreation - Basketball <b>10:00PM</b> Senior Ice Time</p>	<p><b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Ball Hockey</p>	<p><b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball</p>	<p><b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Badminton</p>	<p><b>6:00AM-9:00AM</b> Walking Club <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball</p>	<p><b>2:00PM-3:00PM</b> Hockey Skills <i>Please note this is the final day for Hockey Skills.</i></p>
<p><b>6:00AM-9:00AM</b> Walking Club <b>5:00PM-10:00PM</b> Pickleball</p>	<p><b>6:00AM-8:00AM</b> Walking Club <b>8:00AM-3:30PM</b> March Break Camp <b>6:00PM-10:00PM</b> Evening Recreation - Basketball</p>	<p><b>6:00AM-8:00AM</b> Walking Club <b>8:00AM-3:30PM</b> March Break Camp <b>6:00PM-10:00PM</b> Evening Recreation - Ball Hockey <b>9:00PM</b> Senior Ice Time</p>	<p><b>6:00AM-8:00AM</b> Walking Club <b>8:00AM-3:30PM</b> March Break Camp <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball</p>	<p><b>6:00AM-8:00AM</b> Walking Club <b>8:00AM-3:30PM</b> March Break Camp <b>6:00PM-10:00PM</b> Evening Recreation - Badminton</p>	<p><b>6:00AM-8:00AM</b> Walking Club <b>8:00AM-3:30PM</b> March Break Camp <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball</p>	<p><b>6:00AM-9:00AM</b> Walking Club <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball</p>
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<p><b>CLOSED</b> Easter Sunday</p>	<p><b>Notes</b>  <b>March 11th-March 15th</b> Please note there is no After The Bell Programming during March Break.  <b>March Break Camp</b> More information about March Break Camp 2024 can be found on page ____.  <b>Get Fit Challenge Weigh In Dates</b> Weigh ins take place bi-weekly. These weigh ins are encouraged but not mandatory. For every Weigh In attended you will be entered into a draw for a chance to win a 1 Month Membership credit for Sipekne'katik Fitness Centre. *Membership credits are non-transferable.</p>					

## Sipekne'katik Youth Sport Education Assistance Request Form

Each individual is eligible to apply for up to a **MAXIMUM OF \$500.00 per fiscal year**. This assistance may be used towards the following; registration fees; travel assistance; meal assistance; away games. This can be payable to the organization directly OR reimbursement issued to parent/guardian with proper proof of payment.

I \_\_\_\_\_, am seeking assistance for the child/youth listed below.

(Parent/Guardian/Youth 18+ Name)

Assistance Amount Requested \$ \_\_\_\_\_

Payable to (direct payment or reimbursement) \_\_\_\_\_

For (circle which applies)      **Registration Fees**      **Travel Assistance**      **Meal Assistance**      **Away Game**

Youth/Childs Full Name			
Name of Organized sport			
Season/date of tournament			
Date of Birth		Age	
Band Registered with		On Reserve	Yes    No
Band Number		Gender *Circle which applies*	Male    Female    Other
School Currently Attending		Current Grade	
Mother/Guardians Name		Phone Number	
Band Registered with		Band Number	
Father/Guardians Name		Phone Number	
Band Registered with		Band Number	

By signing below, I do hereby understand and agree that once the amount of \$500.00 is reached my child is no longer eligible to obtain any further assistance from the Sipekne'katik Youth Sport Assistance Program throughout the remainder of the year of the assistance requested (April 1st, to March 31).

\_\_\_\_\_  
(Parent/Guardian/Youth 18+ Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Recreation Coordinator Signature)

\_\_\_\_\_  
(Date)

**Month at A Glance**

\*Please be aware that events, dates, and times may be subject to change. Events may be added after the publication of this newsletter or may be cancelled due to reasons beyond our control. The best way to stay up to date on all things Sipekne'katik is downloading the Sipekne'katik Smoke Signals app.

<b>1</b> <b>BABY &amp; ME/TINY TOTS</b> 10:00AM-12:00PM ASHOR Building	<b>6</b> <b>MI'KMAQ CLASSES</b> 6:00PM-9:00PM Sipekne'katik Administrative Building	<b>15</b> <b>BABY &amp; ME/TINY TOTS</b> 10:00AM-12:00PM ASHOR Building
<b>2</b> <b>PEAKED CAP WORKSHOP</b> 9:00AM-4:00PM Sipekne'katik Administrative Building Pre registration required.	<b>7</b> <b>GED CLASSES</b> 9:00AM-12:00PM Sipekne'katik Administrative Building	<b>18</b> <b>GED CLASSES</b> 9:00AM-12:00PM Sipekne'katik Administrative Building
<b>3</b> <b>PEAKED CAP WORKSHOP</b> 9:00AM-4:00PM Sipekne'katik Administrative Building	<b>8</b> <b>BABY &amp; ME/TINY TOTS</b> 10:00AM-12:00PM ASHOR Building	<b>18</b> <b>MI'KMAQ CLASSES</b> 6:00PM-9:00PM Sipekne'katik Administrative Building
<b>4</b> <b>GED CLASSES</b> 9:00AM-12:00PM Sipekne'katik Administrative Building	<b>9</b> <b>PEAKED CAP WORKSHOP</b> 9:00AM-4:00PM Sipekne'katik Administrative Building	<b>19</b> <b>BEADING GROUP</b> 6:00PM-9:00PM Sipekne'katik Administrative Building
<b>4</b> <b>YOUTH QUILLBOX WORKSHOP</b> 4:00PM-8:00PM Sipekne'katik Administrative Building	<b>9</b> <b>LEATHER POUCH WORKSHOP</b> 9:00AM-4:00PM Treaty Truckhouse - Halifax Waterfront	<b>20</b> <b>ELDERS GROUP</b> 11:30PM-1:00PM Sipekne'katik Health Centre
<b>4</b> <b>MI'KMAQ CLASSES</b> 6:00PM-9:00PM Sipekne'katik Administrative Building	<b>11</b> <b>GED CLASSES</b> 9:00AM-12:00PM Sipekne'katik Administrative Building	<b>20</b> <b>MI'KMAQ CLASSES</b> 6:00PM-9:00PM Sipekne'katik Administrative Building
<b>5</b> <b>TODDLER WELLNESS DAY</b> By appointment only. Little Eagles Daycare	<b>11</b> <b>MI'KMAQ CLASSES</b> 6:00PM-9:00PM Sipekne'katik Administrative Building	<b>21</b> <b>GED CLASSES</b> 9:00AM-12:00PM Sipekne'katik Administrative Building
<b>5</b> <b>DEFENSIVE DRIVING COURSE</b> 9:00AM-3:30PM Sipekne'katik Administrative Building	<b>12</b> <b>BEADING GROUP</b> 6:00PM-9:00PM Sipekne'katik Administrative Building	<b>21</b> <b>GED TESTING</b> 9:00AM-5:00PM Sipekne'katik Administrative Building
<b>5</b> <b>YOUTH QUILLBOX WORKSHOP</b> 4:00PM-8:00PM Sipekne'katik Administrative Building	<b>13</b> <b>MI'KMAQ CLASSES</b> 6:00PM-9:00PM Sipekne'katik Administrative Building	<b>22</b> <b>GED TESTING</b> 9:00AM-5:00PM Sipekne'katik Administrative Building
<b>5</b> <b>BEADING GROUP</b> 6:00PM-9:00PM Sipekne'katik Administrative Building	<b>13</b> <b>ELDERS GROUP</b> 11:30PM-1:00PM Sipekne'katik Health Centre	<b>22</b> <b>BABY &amp; ME/TINY TOTS</b> 10:00AM-12:00PM ASHOR Building
<b>6</b> <b>ELDERS GROUP</b> 11:30PM-1:00PM Sipekne'katik Health Centre	<b>14</b> <b>GED CLASSES</b> 9:00AM-12:00PM Sipekne'katik Administrative Building	<b>24</b> <b>EASTER EGG HUNT</b> Starting at 11:00AM Sipekne'katik Cultural Trail

**Contact Us**

If you have any questions or concerns about the events listed above, please contact the respective Department.

**HEALTH**

**RESIDENTIAL SCHOOL SUPPORT**

**EDUCATION**

**EMPLOYMENT & TRAINING**

**YOUTH**

902-758-2063

902-919-8074

902-236-3022

902-758-3372

902-817-5908



# Month at A Glance

**25 GED CLASSES**  
 9:00AM-12:00PM  
 Sipekne'katik Administrative Building

**25 EASTER PLAYDIUM PARTY**  
 for Ages 9-12  
 4:00PM-9:00PM  
 Bus Departs Community Centre at 4:15pm

**25 MI'KMAQ CLASSES**  
 6:00PM-9:00PM  
 Sipekne'katik Administrative Building

**26 EASTER PLAYDIUM PARTY**  
 for Ages 13-18  
 4:00PM-9:00PM  
 Bus Departs Community Centre at 4:15pm

**26 BEADING GROUP**  
 6:00PM-9:00PM  
 Sipekne'katik Administrative Building

**27 ELDERS GROUP**  
 11:30PM-1:00PM  
 Sipekne'katik Health Centre


**27 MI'KMAQ CLASSES**  
 6:00PM-9:00PM  
 Sipekne'katik Administrative Building

**28 GED CLASSES**  
 9:00AM-12:00PM  
 Sipekne'katik Administrative Building

**28 SIPEKNE'KATIK FAMILY WELL BEING PROGRAM LOGO DESIGN CONTEST DEADLINE**

**29 BABY & ME/TINY TOTS**  
 10:00AM-12:00PM  
 ASHOR Building

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## GED TESTING

**THURSDAY, MARCH 21ST, 2024**  
**FRIDAY, MARCH 22ND, 2024**

**9:00AM-5:00PM**  
**SIPEKNE'KATIK**  
**ADMINISTRATIVE BUILDING**

**DON'T FORGET!**  
**GED CLASSES**  
**EVERY MONDAY & THURSDAY**  
**FROM 9:00AM UNTIL 12:00PM AT**  
**SIPEKNE'KATIK ADMINISTRATIVE**  
**BUILDING**

**PLEASE CONTACT**  
**SIPEKNE'KATIK EMPLOYMENT**  
**& TRAINING OFFICE FOR MORE**  
**INFORMATION**  
**902-758-3372**

**A VALID GOVERNMENT ID & MYGED ACCOUNT REQUIRED**

THE INFORMATION ON YOUR ID MUST MATCH THE INFORMATION ON YOUR MYGED ACCOUNT

**SUPPORTS & ACCOMMODATIONS AVAILABLE DURING TESTING**

**SNACKS & REFRESHMENTS PROVIDED**

**LIMITED SPACES AVAILABLE**





# LEATHER POUCH WORKSHOP

**SATURDAY, MARCH 9TH, 2024**

FIRST SESSION | 1:00PM-2:00PM  
 SECOND SESSION | 3:00PM-4:00PM  
 10 SEATS AVAILABLE PER SESSION  
**\$20 PER SEAT**

\$10 DEPOSIT REQUIRED AT TIME OF REGISTRATION  
**TO REGISTER PLEASE EMAIL TRUCKHOUSE@SIPEKNEKATIK.CA**

SIPEKNE'KATIK TREATY TRUCKHOUSE, HALIFAX WATERFRONT

# MARCHBREAK

THESE CAMPS ARE FOR SIPEKNE'KATIK YOUTH/CHILDREN AGES 5-18.  
ATTENDEES SHOULD BE DROPPED OFF AT 8:00AM, AND PICKED UP BY 3:00PM.  
STUDENTS WITH DIVERSE NEEDS AND/OR SENSORY SENSITIVITIES WILL  
REQUIRE ONE PARENT/GUARDIAN TO ATTEND CAMP WITH THEM.

**MONDAY  
MARCH  
11TH**

## **BOWLING AT SUPERBOWL SACKVILLE**

ARRIVE AT CAMP AT 8:00AM

BREAKFAST SERVED

**BUS DEPARTS FOR BOWLING AT 8:15AM**

BOWLING FROM 9:00AM UNTIL 11:00AM

**BUS DEPARTS TO RETURN HOME AT 11:10AM**

RETURN TO COMMUNITY CENTRE AT 12:00PM

LUNCH SERVED

**TUESDAY  
MARCH  
12TH**

## **IN COMMUNITY STEM CAMP**

ARRIVE AT CAMP AT 8:00AM

BREAKFAST SERVED

**STEMCAMP HOSTED BY SUPERNOVA FROM DALHOUSIE  
UNIVERSITY**

SCIENCE, TECHNOLOGY, ENGINEERING, MATH ACTIVITIES

LUNCH SERVED

**WEDNESDAY  
MARCH  
13TH**

## **MOVIE TRIP - KUNG FU PANDA**

ARRIVE AT CAMP AT 8:00AM

BUS DEPARTS COMMUNITY CENTRE AT 10:20AM

**EACH CHILD WILL BE PROVIDED WITH A KID'S  
PACK**

BUS RETURNS TO COMMUNITY AT 2:00PM

**THURSDAY  
MARCH  
14TH**

## **DISCOVERY CENTRE**

ARRIVE AT CAMP AT 8:00AM

BREAKFAST SERVED

**BUS DEPARTS COMMUNITY CENTRE AT 9:00AM**

EXPLORE DISCOVERY CENTRE 10:00AM-12:00PM

**BUS DEPARTS TO RETURN HOME 12:10PM**

RETURN TO COMMUNITY CENTRE 1:00PM

LUNCH SERVED



# CAMP 2024

## ADDITIONAL ACTIVITIES

FRIDAY, MARCH 15TH, 2024

### BEYOND INDOOR PLAY

9:00AM-12:00PM

FOR AGES 8 AND UNDER

A PARENT OR GUARDIAN MUST ATTEND WITH CHILD  
TRANSPORTATION AND SNACKS WILL BE PROVIDED

BUS WILL DEPART THE COMMUNITY CENTRE AT 9:00AM

BUS WILL RETURN TO THE COMMUNITY CENTRE AT 12:00PM

### GET AIR AFTER DARK

6:00PM-10:00PM

FOR AGES 12-18

STAFF WILL BE CHAPERONING THIS EVENT.

TRANSPORTATION AND SNACKS WILL BE PROVIDED

BUS WILL DEPART THE COMMUNITY CENTRE AT 6:00PM

BUS WILL DEPART GET AIR AT 10:00PM

IF YOU HAVE QUESTIONS  
REGARDING MARCH BREAK  
CAMP PLEASE CONTACT  
SIPEKNE'KATIK RECREATION  
DEPARTMENT AT  
902-236-3020





Sipekne'katik Education Department, Sipekne'katik Family Well Being Program, Sipekne'katik Youth Centre & Sipekne'katik REC Department

PRESENTS



# EASTER EGG HUNT

**24** MARCH | STARTS AT  
2022 | **11:00 AM**

**Sipekne'katik Cultural Trail**

Prizes, Food and Fun after the egg hunt at the Sipekne'katik Community Centre from 2-5pm.





Sipekne'katik Youth  
Centre & Sipekne'katik  
Sports & Recreation  
Present

# EASTER



## PLAYDIUM PARTY

4pm - 9pm

**Transportation & Meal Provided**

AGES 9-12

**Mar 25**



AGES 13-18

**Mar 26**

**Bus leaving the Community  
Centre at 4:15pm**

Sponsored by the Sipekne'katik Education  
Department & Sipekne'katik Family Well  
Being Program

## Housing Announcement

On February 8th, 2024 Sipekne'katik Chief & Council made this announcement:

Sipekne'katik Chief & Council are excited to announce that 15 Three Bedroom homes were ordered in July 2023 and are being delivered to our community today.

You will see a number of units being stored in community. These homes are split into two, and will be assembled once the foundations for them are prepared. These foundations are scheduled to be completed in the coming months.

## Congratulations

Congratulations to Trinity Maloney who was recently elected to sit on the Mi'kmaq Maliseet Atlantic Youth Council. We look forward hearing about the valuable knowledge and opportunities you gain during this experience.



## Shrove Tuesday

On February 13, 2024 the Sipekne'katik Education Department along with community volunteers served up over 400 delicious Shrove Tuesday meals for our community members. Thank you to all involved in providing the meal.

## Youth Ice Fishing Trip

During the week of February 19th, 2024 the Sipekne'katik Fisheries Department along with volunteer chaperones took Sipekne'katik Youth on an Ice Fishing Trip. During this trip the youth gained valuable knowledge and skills. Thank you to those that made the trip possible.



## Beyond Beauty

Congratulations to Celia Jones who recently graduated from The Academy of Cosmetology in Dartmouth, Nova Scotia. To support Celia you can book with her by contacting her business profiles.

Instagram: [\\_estheticsbycelia](#) Facebook: [Esthetics by Celia](#)

She will be working at Beyond Beauty, an Indigenous owned beauty boutique located in Truro, Nova Scotia.

Instagram: [beyondbeautytruro](#) Facebook: [Beyond Beauty](#)





## Youth on the Move

From February 23rd to 26th, 2024 Ulnoweeg Indigenous Communities & 3 Things Consulting brought together 20 Indigenous youth in Ottawa, Ontario. Five aspiring youth from the Sipekne'katik First Nation were chosen to attend this weekend long event of inspiration, connection and impactful conversation. These youth were: Charlize Francis, Cadence Davidson, Mia Syliboy, Sydney Mason, and Kaicee Sack.



### Here is what some of the youth had to say about their experience:

*"Being chosen to travel to Ottawa for the 3Things Youth Gathering 2024 was an honour. I will never feel the same way about life after such an incredible event. We were all bound as a group through our discussions on difficult and serious subjects. I will miss each and every one I met on the trip; it was like having a family away from home. My trip was made memorable not just by all the people I met and the meaningful talks, but also by the lessons I learned. I gained so much knowledge over the weekend that I never would have if I hadn't applied. I am so grateful to be chosen for this opportunity and meet all these amazing you who are changing the world".*

• Kaicee Sack

*"The trip was so amazing and I feel like I learned so much like stories and prayers from Elders, the history of Ottawa, and about my peers. I also shared so much through our groups and having a way to come together as a group of Indigenous youth was so amazing. There was so much diversity through the group. I could not have asked for anything different! I had so much fun living in Ottawa and experiencing the 3Things Youth Gathering 2024"*

• Mia Syliboy

*"I carry great gratitude and respect for everyone involved (in our gathering in Ottawa). The opportunity to be a part of the change that Indigenous youth have been needing heals my spirit. The progression of storytelling, being gifted Elders prayers and having new experiences really made the gathering ten times more worth it. Knowing the work we did and the community of Indigenous youth we made out of the gathering guaranteed our success".*

• Cadence Davidson

*Getting the chance to go to Ottawa was literally one of the best experiences I've had. The people and conversations are what made it so great. We had very heavy conversations that everyone took seriously and openly. And when it came to time to have fun, we all got along like we'd been friends for years. I learned so much everyone there, so many perspectives to add to my knowledge of the world. We talked about substance abuse, education, mental health and more. After speaking about the issues we tried finding recommendations to alleviate the problems on in the given topic. I feel I am lucky to learn everything I did and bring it back to my community."*

• Sydney Mason

**IF YOU HAVE AN EVENT OR MILESTONE YOU WOULD LIKE HIGHLIGHTED IN THE APRIL ISSUE OF THE SIPEKNE'KATIK SPOTLIGHT PLEASE CONTACT SIPEKNE'KATIK COMMUNICATIONS**  
[communications@sipeknekatik.ca](mailto:communications@sipeknekatik.ca)

## Register for Sipekne'katik Smoke Signals app.

Unregistered users can only view the 25 most recent listings on the application. This means you may be missing listings.

To register click on the profile icon on the bottom right hand side of the app and sign up using an email address.

We do not use the information given for any purpose aside from you having an account. There are no unsolicited emails issued. The application developers may reach out via email if you contact them for technical support.

# NEVER MISS AN UPDATE

News & Events | Documents | Job Postings



## DOWNLOAD NOW



- 1 Scan the QR code above or visit the App Store or Google Play Store and Search 'Sipekne'katik Smoke Signals'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link sent to your email inbox



# Sipekne'katik Family Well Being Program

The Sipekne'katik Family Well Being Program will work proactively and collaboratively with our families and community. We recognize that by administering our own programs we can have greater support for our community and families in Sipekne'katik.

## VISION

We believe we need to keep our families intact and thriving within their circle of support and cultural connections by creating a Family Well Being program that will work "for us, by us".

We will walk alongside our families as they navigate through challenges and help develop their own healthy family traditions by learning more about their culture for our future generations to come.

We will offer proactive programming to children, youth, family, and community which will preserve and enhance cultural awareness, activities, and provide ongoing needed support.

## GOALS

To keep families together and use preventative measures to ensure that our children, youth, and families are safe, well, and healthy.

To offer families programming that empowers and supports them to become more resilient, independent, and self-supporting.

To strengthen culture and inclusion by developing positive self-identity, strengthen family and community relations.

To work in creating and working with existing community resources to ensure a team approach is developed to help address family challenges and needs of our community.

# Sipekne'katik Family Well Being Program

## LOGO DESIGN CONTEST

**WE NEED YOUR HELP!**

We are seeking submissions for a logo design for our new Sipekne'katik Family Well Being Program.

This contest is open to Sipekne'katik community members of all ages.

Please use the provided template and the information shared about our program to create a logo you would like to see represent the program.

Templates are available online or for pickup at Sipekne'katik Band Office.

Your artwork submitted can be hand drawn or digital.

Submissions will be open until: Thursday, March 28th, 2024

Submissions can be sent digitally via email to [bobbiejobernard@sipeknekatik.ca](mailto:bobbiejobernard@sipeknekatik.ca) or printed/paper submissions can be dropped off at Sipekne'katik Band Office.

### **P R I Z E S**

**FIRST PLACE - \$750**

**SECOND PLACE - \$500**

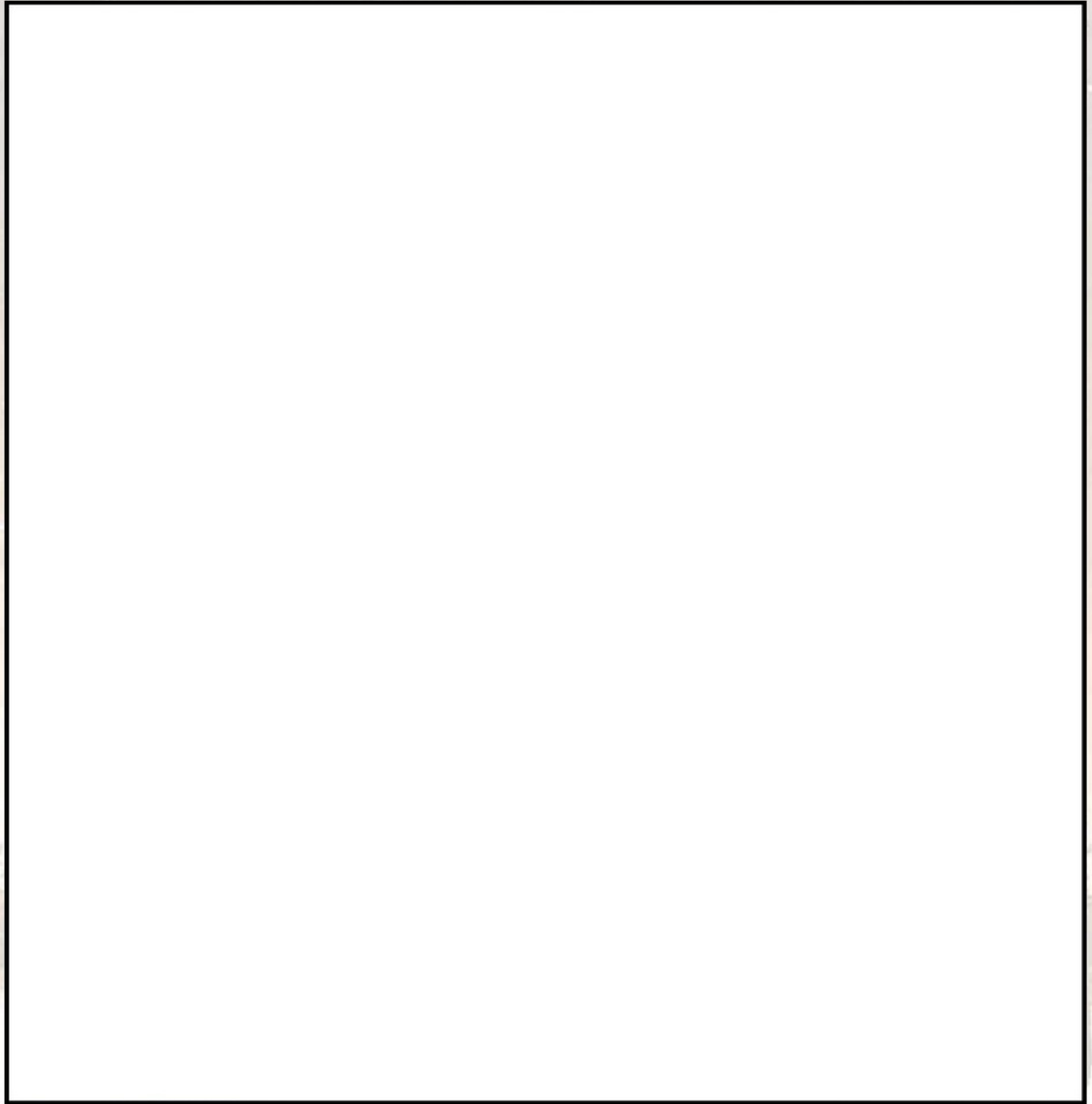
**THIRD PLACE - \$250**

If your design is selected we reserve the right to use the design in creation of materials (Print & Online) for the Sipekne'katik Family Well Program.



# Sipekne'katik Family Well Being Program LOGO DESIGN CONTEST

Please create a logo that fits into the rectangle space below. Your design can be created by hand on paper or digitally.



Digital submissions can be sent via email to [bobbiejobernard@sipeknekatik.ca](mailto:bobbiejobernard@sipeknekatik.ca).  
Paper/printed submissions can be dropped off at Sipekne'katik Band Office.

**SUBMISSION DEADLINE: Thursday, March 28th, 2024**