

nuna



the on the land leaders network newsletter

first snowflakes

After a belated start to the season, across the territory, snow is finally falling, lakes and rivers are freezing, and the animals are donning their white coats. Winter is here.

As I noted in the last issue, the newsletter now has a name: land. In order to recognize the diversity of languages and cultures in the NWT, each issue will feature a different language. The last issue, dè, was in Tłı̨chǫ. This issue is named in Inuvialuktun.

The last issue reported on different events that happened in the summer and fall. This issue is all about upcoming events. There are lots of different opportunities for professional development and to celebrate the land!

I am always looking for things to include in the newsletter. Events, workshops, cool programs, or beautiful photographs of land-based activities. Be in touch!

Jess (NWTRPA On the Land Programs Consultant)

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A PECHAKUCHA NIGHT**

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PROGRAMS WORKSHOP**

LovetheLand

Museum
Auditorium
Dec 8
7pm

Welcome to
Edelzheh
Trails of our
Ancestors

Respect
the land
Please take
your garbage
with you
when you
leave

POWERED BY

PechaKucha

20 X 20
IMAGES SECONDS

PechaKucha.org

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KLEIN DYTHAM ARCHITECTURE



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ASSOCIATION



Prince of Wales
Northern Heritage Centre

#lovetheland

the fourth and final PechaKucha night
will explore our connection to the land

Join the NWT Recreation and Parks Association (NWTRPA), the NWT Chapter of the Canadian Parks and Wilderness Society (CPAWS), and the Prince of Wales Northern Heritage Centre (PWNHC) in the Museum Auditorium in Yellowknife on **Thursday, December 8, 2016**, at **7.00pm** for the fourth and final PechaKucha Night: #LovetheLand!

The evening will feature presentations about the different kinds of relationships that people in the NWT have with the land. We will be showcasing a wide variety of land users, including harvesters, hide tanners, dog mushers, artists, and guardians. We will also have photographs of land-based activities from local artists.

A PechaKucha Night is a fun, laid-back gathering where people present and talk about a common topic using a digital slideshow presentation. 20 slides are displayed for 20 seconds each, resulting in a concise, fast-paced presentation with an emphasis on storytelling.

We hope to see you on Thursday!



research note

land-based practice for indigenous health and wellness in the north

Earlier this year, Jennifer Redvers completed a Masters of Environmental Design at the University of Calgary. The subject of her thesis was land-based practice and its effect on Indigenous health and wellbeing in the three territories. As part of her research, Jenn interviewed 11 practitioners from Inuit, First Nations, and Métis communities.

While these land-based experts came from different cultures, Jenn noted a number of common themes in their conversations. For example, the interviewees noted similar benefits that flow from land-based activities, including increased cultural understanding through the transmission of language, practices,

and traditional knowledge; the development of positive social relationships; improved physical health; and community development and capacity building.

Jenn identified a number of promising practices in existing land-based programs. The best programs, she noticed, were community driven and directed; they engaged youth, Elders, and healthy resource people; they addressed safety in various forms including spiritual, physical, and emotional; and they were flexible.

Land-based programs are not without their challenges. In the case of Jenn's study, these included funding, which impeded the

sustainability of programs; logistics including the necessary materials and an appropriate location; safety considerations; and staff capacity. A more intangible, but no less important challenge was the effects of colonialism on knowledge transmission.

Jenn concluded her study with these words: "We have something special here, something that has so much promise and potential to heal and positively influence our communities, and to make space for greater resilience in the face of rapid change."

For more information about her research, contact Jenn (jredvers9@gmail.com).



The NWT On The Land collaborative Fund



**Applications Due:
December 9, 2016**

If you are planning to apply for a 2017 grant from the NWT On The Land Collaborative Fund, don't miss the deadline of **December 9, 2016**. Applications are to be submitted to the Community Advisor for your region.

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We had three interesting and well-attended Lunch and Learns this fall on the broad subject of Community Health and Wellbeing. The Lunch and Learns are a partnership between the Institute for Circumpolar Health Research, the NWT Recreation and Parks Association, and the On the Land Leaders Network.

Every other Tuesday, researchers and practitioners came together to explore different aspects of community-based wellness work from on the land activities to health programs to active living initiatives.

The first presenter was Norma Heslep-Davis. Norma is one of a handful of volunteers who teach yoga and meditation at the North Slave Correctional Facility as part of the Freeing the Human Spirit Project. Inmates report less stress, improved sleep, and a greater capacity to control their anger.

Michael McCarthy, a clinician at Trailcross in Fort Smith, spoke at the second Lunch and Learn about the possibilities of land-based treatment programs for youth. Trailcross has been experimenting with family-oriented programs with great success. Not only do these programs link youth and their families with the land, but they also promote personal healing and healing in their relationships with one another.

Our final fall presenter, Sheena Tremblay, spoke about keeping elders active. The NWT, like the rest of Canada, has an aging population. Regular physical activity is important for keeping the elders in our communities happy and healthy. Sheena explained how the Elders in Motion program is doing just that.

fall lunch and learns a success



We will be returning in January for the winter edition of the Lunch and Learns. We're looking for presenters. Do you know of someone who would be a good fit? Send a message to jdunkin@nwtrpa.org!

Save the Date

The Reel Paddling Film Festival is coming to the NWT:
Fort Smith - January 27 Inuvik - February 4
Yellowknife - February 11



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East Three Canoe Club



paddling film festival coming to the nwt

The NWTRPA, in conjunction with Western Arctic Moving Pictures, Fort Smith Paddling Club, and East Three Canoe Club, are bringing the Reel Paddling Film Festival to the NWT this winter. The festival, which features paddling films from around the world, will visit Fort Smith on January 27, Inuvik on February 4, and Yellowknife on February 11.

Proceeds from the events will benefit paddling clubs in the respective communities. In Yellowknife, proceeds will also help to support the canoeing program at Camp Connections.

Contact jdunkin@nwtrpa.org for more information.

Do you lead or coordinate land-based programs? Are you looking to improve your program content and delivery? Are you in need of better ways to communicate the positive outcomes of your programs to funders and government?

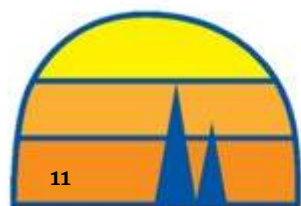
The NWT Recreation and Parks Association and the NWT On The Land Collaborative Fund are co-hosting a two-day workshop on evaluating land-based programs at the Yellowknife Ski Club on February 7-8, 2017.

Evaluating Land-Based Programs will provide foundational training in monitoring and evaluation, showing how it can be used for program planning and modification, as well as reporting. The focus of the workshop will be on using values- and evidenced-based evaluation for land-based programs. The training will be targeted to the needs and interests of the participants. The training will also be interactive, using a case-based and learning-by-doing approach. Participants will conduct their own evaluation sketches during the training.

The workshop will be delivered by William Trousdale, President of EcoPlan International, with assistance by Katy Pollock, Senior Planning and Performance Analyst with GNWT Department of Health and Social Services. William is a globally-recognized and award-winning planner, economist, decision analyst, and tourism expert. He is an adjunct professor in the School of Community and Regional Planning at UBC and in the School of Resource and Environmental Management at SFU.

Admission to the workshop is by application. Please contact Jess Dunkin at the NWTRPA for an application (jdunkin@nwtrpa.org | 867.669.8376). The deadline to apply is January 5, 2017. Please send your application to Jess by email (jdunkin@nwtrpa.org) or fax (867.669.6791).

The cost of the workshop is \$500. Bursaries are available. There are also some funds available to assist workshop participants with travel costs. Government of Canada and GNWT employees are not eligible for bursaries and travel funds.



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northwest territories
ON THE LAND
collaborative fund

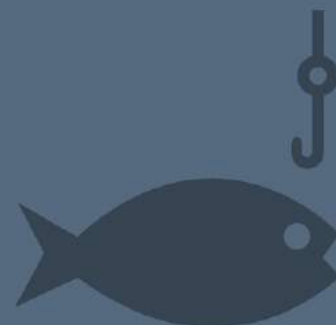
EVALUATING LAND-BASED PROGRAMS

A WORKSHOP WITH
WILLIAM TROUSDALE

FEBRUARY 7-8, 2017
YELLOWKNIFE SKI CLUB

FOR MORE INFORMATION AND TO APPLY,
CONTACT JESS DUNKIN (867.669.8376
OR JDUNKIN@NWTRPA.ORG).

APPLICATION DEADLINE: JANUARY 5, 2017



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