

COMMUNITY *News* SPRING 2020



“It was such a unique program to be able to see the younger and older generations coming together in a safe place. The laughter and smiles shared between the group warmed the heart. This is what it was all about — positive social inclusion and support.”

– Indigenous Fitness & Wellness Program, p. 3

Indigenous Fitness & Wellness Program

It is easy to become socially isolated when the weather keeps you inside during the tough Saskatchewan winter months. It is especially difficult when you are an older person with very limited access to resources, transportation and have other socio-economic barriers.

Seniors that face socio-economic risk factors face a greater likelihood of social isolation. Because the occurrence of risk factors is high for Indigenous seniors, it is critical to create awareness of social isolation and find creative ways to protect against it. The World Health Organization acknowledged that social support and good social relations are important to overall health — an assertion that is supported by many studies that have found a link between socio-economic status and health, well-being and longevity. “To foster positive social inclusion and support, it is important to reach out to Indigenous Elders.”^[1]

Saskatoon’s Department of Recreation and Community Development partnered with the Running Wild Athletics

(RWA) Club to include a program targeting Indigenous Elders into their winter track and field practices. Indigenous youth met at the Saskatoon Field House to train for the annual Aboriginal Track and Field Championships which sees more than 500 indigenous youth representing their home communities from around the province.

The program was designed by a team of Indigenous professionals that understand the cultural and community needs of Indigenous peoples. Indigenous Elders and youth met at the Field House three times a week and trained together. The Field House also provided a social space for Indigenous Elders to gather, visit, have coffee, tea and maybe join a chair yoga class.

At the end of the 10-week program the participants were invited to compete in the Aboriginal Track and Field Championships on March 27th and 28th. Unfortunately, due to COVID-19 and the closure of all facilities, the championships were cancelled. We thank all the participants, volunteers, and partners for making this program a success.

The City of Saskatoon is committed to support Truth and Reconciliation initiatives. This unique partnership also answered the Truth and Reconciliation Commissions Calls to Action #88 and #90:

Call to Action #88 – We call upon all levels of government to take action to ensure long-term Aboriginal athlete development and growth...

Call to Action #90 – We call upon the federal government to ensure that national sports policies, programs, and initiatives are inclusive of Aboriginal peoples...

“It was such a unique program to be able to see the younger and older generations coming together in a safe place. The laughter and smiles shared between the group warmed the heart. This is what it was all about — positive social inclusion and support.”

— Tracey Bert



For more information about the Indigenous Fitness & Wellness Program, contact Tracey Bert at 306-986-3093.



^[1] <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/social-isolation-indigenous.html>

City of Saskatoon Reconciliation Ambassadors



It was an honour to host the Pathway to Reconciliation Ambassador ceremony on February 12, 2020. The event recognizes City employees who have completed the Pathway to Reconciliation Program and have become Reconciliation Ambassadors.

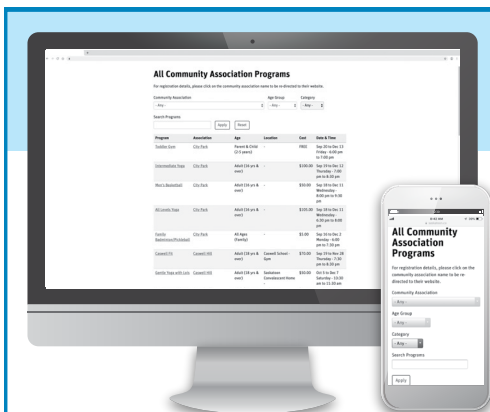
Congratulations to Community Development employees David Godwin, Heidi Estrada and Kathy Allen on becoming Reconciliation Ambassadors. Mayor Charlie Clark, Celene Anger, Dan Willems and Therese Bruyere congratulated graduates on behalf of the City of Saskatoon's leadership.

Elder Florence Highway brought greetings and shared her journey with City employees. She congratulated the new ambassadors by gifting them with beaded Reconciliation Saskatoon pins. Thank you, Florence, for this beautiful gift and for sharing your story with us. Nanaskomon.

The City of Saskatoon Pathway to Reconciliation Ambassador program is a series of workshops dedicated to understanding the history of the Indian Residential Schools and the intergenerational impacts. This training is to further value diversity in the workplace by seeking out and supporting Reconciliation Ambassadors who will champion and inspire action and innovation within the City of Saskatoon so that we can better serve all citizens.

The Pathway to Reconciliation Ambassador Program includes the following courses: Indigenous Awareness, Blanket Exercise, Understanding Racism, Fundamentals of Cultural Competency and Resolving Conflict.

— Warren Isbister-Bear



New! Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's new search tool at saskatoon.ca/communityassociations to find the best neighbourhood programs for your interests, age and location.



A New Approach to Community Engagement

In March 2020, the world was changed by the COVID-19 pandemic. This changed our world, including the way community associations did business in the City of Saskatoon. On March 13, the Public and Catholic School Boards announced that school rentals would be suspended until April 19, (later changed to June 30). Sport fields, outdoor special events and playgrounds were among the long list of and closings and cancellations, creating even more challenges for programming space for community associations. These cancellations raised the question "How will volunteers stay engaged with their community members?"

Social media and websites became more important than ever in the lives of these volunteers. Social media platforms were used to post initiatives like window walks, sidewalk chalk activities, neighbourhood-wide scavenger hunts, to name a few. Many community associations became creative in their efforts to connect. Some program instructors offered workout plans so their participants could stay active and complete classes at home while others hosted virtual classes online.

– Heidi Estrada

Brevoort Park Offers Assistance to Community Members in Need

Brevoort Park Community Association has found a way to support some of the most vulnerable in their community. They were made aware of several families who use the Child Hunger Education Program (CHEP) through the community's public school. When the schools were closed and this resource became unavailable, Brevoort Park volunteers stepped in to assist. Three families have accepted the offer of support, and a motion was passed to spend \$500 on grocery items to support these families for an initial six-week period. There has been an overwhelming response from board members, their

extended circles of family and friends and the school principal. Together, they have donated food, grocery money, baking, crafts, Easter treats and board games for these families. The total of donations is over \$800 to date, in addition to the funding approved by the community association.

After consultation with the families regarding the number and ages of family members, food sensitivities and specific diets, arrangements were made to provide weekly grocery drops on their doorstep. These include fresh fruit and vegetables, eggs, bread and milk, staples such as flour, sugar, breakfast items, freezer items. The community association maintains a list of each week's deliveries so an assortment of items can be provided over time.

Brevoort Park Community Association is happy to be providing some much needed food security in these uncertain times.

– Lorraine Fowler (President, Brevoort Park Community Association)

Thank You, Karen!

On April 1, 2020 we said "see ya later" to our colleague and friend, Karen Farmer as she began a year sabbatical where she plans to explore and continue to do volunteer work. After this year is complete, Karen will be returning to the City of Saskatoon as the Crime-Free Housing Coordinator with Saskatoon Police. Karen has worked as a Community Consultant for many years. Her passion for enhancing community spirit and for gardening will be missed. Thank you Karen, we wish you all the best in your new adventures.



Public Art

Even without the era of social distancing, getting outside and enjoying the wonderful art pieces in the vibrant City of Saskatoon is always a good idea. This can be done in rain or snow, whether it is sunny or cloudy. The City has several interactive maps on their website which include Community Association outdoor rink information, construction updates and even one that allows you to report potholes.

There are also two art-focused iMaps. One includes the Placemaker Program art pieces. This program encourages temporary public art to add significance to civic spaces within business improvement districts.

The other Art iMap shows the City's permanent public art, which includes a picture and artist information on 56 different pieces.

Public art inspires and provides us with a unique opportunity to experience our city in new ways. Located in three different districts, you can see This Coming Spring, Land of Berries and The Founders. These artworks will connect you to the many stories of our community.

A list is provided on the following pages. Why not see how many pieces you can find?



Visit saskatoon.ca/maps to view the interactive Art Collections & Appreciation Maps.

Permanent Art

- ☐ *A School of Fish*
River Landing
- ☐ *Antelope*
Saskatoon Forestry Farm Park and Zoo (Heritage Garden)
- ☐ *Cascadence*
22nd Street Northeast
- ☐ *Chief Whitecap*
Chief Whitecap Park
- ☐ *Child's Play*
Kinsmen Park
- ☐ *Contrapuntal Jazz*
20th Street & Avenue C
- ☐ *Cougar*
10th Street & 1st Avenue (onramp)
- ☐ *Cut out of Time*
River Landing
- ☐ *Denny Carr Jogging*
Spadina Crescent & 25th Street
- ☐ *Dream Maker*
20th Street & 1st Avenue
- ☐ *Dream Walker*
Central Avenue Southwest & 109th Street

- ☐ *Egg Money*
19th Street West & Avenue B South
- ☐ *Firefighter Memorial*
Taylor Street (Fire Hall 6)
- ☐ *Five Altar Pieces*
25th Street & Spadina Crescent
- ☐ *Five Corners*
Broadway Avenue & 12th Street
- ☐ *Founders*
2nd Avenue North (Drinkle Building wall)
- ☐ *Fred Mitchell*
Fred Mitchell Memorial Gardens
- ☐ *Gabriel Dumont*
Friendship Park



Nipi Mina Kiski (River and Sky)

- ☐ *Gathercole Arches*
2nd Avenue South
- ☐ *Hugh Cairns V.C.D.C.M.*
Kinsmen Park (Spadina Crescent)
- ☐ *The Right Hon. John Hnatyshyn*
Kiwans Park (24th Street)
- ☐ *Land of Berries*
Remai Arts Center
- ☐ *Launch Time*
River Landing
- ☐ *Sir Wilfrid Laurier and Master John Diefenbaker*
21st Street & 1st Avenue
- ☐ *Mahatma Gandhi*
21st Street & 2nd Avenue
- ☐ *Market Plaque Pavers*
Market Square
- ☐ *Moose Jaw Trail*
Patricia Roe Park
- ☐ *Musk Ox*
20th Street & Avenue C
- ☐ *Nipi Mina Kiski (River and Sky)*
813 Broadway Avenue (Saskatchewan Craft Council north wall)

Seasonal Fun!

- ❑ *Open Book*
33rd Street & Avenue F North
- ❑ *Pamana Mural*
3rd Avenue South
- ❑ *Piano Forte*
Albert Community Center
- ❑ *Portail de la Promesse*
Meewasin Park North
- ❑ *Prairie Wind*
River Landing
- ❑ *Pronghorn (antelope)*
Saskatoon Forestry Farm Park and Zoo (Heritage Garden)
- ❑ *Rainmaker (fountain)*
City Hall (plaza)
- ❑ *Raven*
In storage
- ❑ *RL Tree grates*
River Landing
- ❑ *Soaring*
Saskatoon Forestry Farm Park & Zoo
- ❑ *Soul of the Land*
21st Street & Spadina Crescent (bus concession)
- ❑ *Spheres of Confluence*
Central Avenue & 112th Street
- ❑ *Spiral Stack*
Saskatoon Forestry Farm Park and Zoo (Heritage Garden)
- ❑ *Spirit of Alliance*
River Landing & Southeast Farmers Market
- ❑ *Story Telling Chairs*
Market Square
- ❑ *The Coming Spring*
Victoria Park
- ❑ *The Founders - Lake and Whitecap*
River Landing
- ❑ *This Land*
Gabriel Dumont Park

- ❑ *Tribute to Youth*
Kiwanis Park (23rd Street)
- ❑ *Unfurled*
25th Street & Spadina Crescent
- ❑ *Untitled, Concrete sculpture*
Saskatoon Forestry Farm Park and Zoo (Heritage Garden)
- ❑ *Visionaries*
21st Street & 2nd Avenue
- ❑ *Western Peace Wall*
Victoria School
- ❑ *Wicani Duta Win*
25th Street East (Saskatoon Police Service Headquarters)

Temporary Art

- ❑ *Bison*
Central Avenue Community Centre
- ❑ *Forging the Future*
Avenue A & Sonnenschein Way
- ❑ *Habitual Synthesis*
2nd Avenue North (Drinkle Building south side)
- ❑ *Harvest Collector*
33rd Street & Avenue E
- ❑ *Priscilla Queen of the Prairies*
Broadway Avenue & 10th Street
- ❑ *Quantum Dot*
414 33rd Street
- ❑ *The Jam*
Broadway Avenue & 11th Street (back lane)
- ❑ *The Winds of Change are upon us*
TCU place
- ❑ *Traffic Cabinets*
Various Locations
- ❑ *Beavers Building a Historic Home*
20th Street & Avenue D
- ❑ *Untitled*
20th Street & Avenue B

- ❑ *Untitled*
20th Street & Avenue F
- ❑ *Yu Long Bian Hua*
20th Street & Avenue C

Loan from Saskatchewan Arts Board

- ❑ *Jump*
23rd Street (Frances Morrison Library)
- ❑ *Stonehouse Bench*
25th Street East (Saskatoon Police Service Headquarters)
- ❑ *Youth Gates*
23rd Street & 4th Avenue



*Photo Credit: 2016 Tourism Saskatoon/CONCEPTS Photography

Hyde Park Public Art Project

In the 1960s a number of artists in Britain, the United States and Canada revolutionized the medium of sculpture by moving away from modelled, figurative works cast in bronze or carved in marble. Artists instead created large, abstract sculptures made of prefabricated steel and aluminum. British sculptor Anthony Caro (1924-2013) was the innovator in this way of working. Caro's influence was strongly felt in Canada, especially on the prairies, where his approach to sculpture was popular with young artists who saw potential in rusty old equipment found in farmers' fields.

The Remai Modern Art Gallery collection contains a number of excellent examples of modernist sculpture by Canadian and international artists. Now, four sculptures, three by Edmonton artist Peter Hide and one by Saskatoon artist Douglas Bentham, are on exhibit in Hyde Park's western portion in the Lakewood Suburban Centre. This viewing opportunity is possible thanks to a partnership between the Remai Modern,



the Public Art Advisory Committee and the Parks and Community Development Divisions.

The sculptures will be on exhibit until September 2024.

The Hyde Park Public Art project is but one example of enhancing public space and building community through arts and culture. Community associations interested in learning more about public art or arts programming are encouraged to ask their community consultant.

– Kevin Kitchen

Saskatoon Roller Derby League

The Sport Projects Grant was created in 2019 to build capacity within the Saskatoon's sports sector for the well-being of the community. Funding is available to Saskatoon-based sports organizations for equipment purchases, facility upgrades, governance reviews, strategic planning, feasibility studies, website development or market research aimed at



refocusing development. The fund is administered by the community development department.

The Saskatoon Roller Derby League (SRDL) achieved full membership status in the Women's Flat Track Derby Association (WFTDA) in 2018, allowing them to compete in international games and tournaments. Participation in WFTDA-sanctioned bouts requires mandatory equipment: regulation jerseys, patches and compliant helmet covers.

The SRDL received a \$5,265 Sports Project Grant in 2019 to assist them with the purchase of this necessary equipment.

In their very first Women's Flat Track Derby Association sanctioned tournament, the SRDL Mindfox team were the only team representing Canada. They entered the 2019 Otter Bowl as sixth out of eight teams, played extremely well and took home the silver medal.

The SRDL continued to work hard all year and climbed the worldwide rankings from #295 to #165. The teams could not have completed in the international bouts that made this new ranking possible without the WFTDA-compliant uniforms and the support of the City of Saskatoon.

– Kathy Allen

2020 Family Day Skate

The City of Saskatoon works to provide accessible, low cost physical activity for Saskatoon youth and families. Statistics show that children who come from families that are active together go on to maintain healthy lifestyles. The ultimate goal is to help build physical literacy skills and encourage physical activity for life.

The free Family Day Skate was a very successful event with more than 200 people enjoying the fun and cultural experiences. This year, the event was held at Cosmo Civic Centre with public skating in the rink while arts and crafts, Indigenous traditional games and fireside Indigenous winter storytelling were offered in the gym, combative room and outside in a tipi.

The event started as a joint partnership with In Motion in 2010 as a way to promote and encourage families to be physically active together. It began at the Clarence Downey Skating Oval and has evolved into the celebration of community, culture and activity that we enjoy today.

– Alicia Worm



For more information about Family Day Skate contact Alicia Worm at 306-975-8486.



Volunteers Make it Happen – Thank You!

From April 19-25, 2020 organizations across Canada celebrated National Volunteer Week. Unfortunately due to the Covid-19 pandemic, Community Consultant's were unable to provide the individual volunteer appreciation activities that were planned. Here in Community Development, we would like to applaud all of our hard working Community Association volunteers. Even through these difficult times, the volunteers work tirelessly to provide the people in their neighbourhoods with affordable sport, culture and recreation activities. They provide a listening ear when people in the community are voicing concerns with traffic, safety, their parks and a list of other concerns. Rink Coordinators and all of their helpers are

out at the neighbourhood rink at all hours of the night flooding, shovelling and ensuring the ice is the highest quality for those who use it. Special events are planned to the last detail and on the day of the event the entire board of directors and other helpers from the neighbourhood pull together to make the event a reality.

In good times and in bad, the citizens of Saskatoon know their neighbourhood Community Association is working for them to enhance their quality of life and create a welcoming community spirit. For this, we are grateful and we applaud YOU!



Wîcihitowin Indigenous Engagement Conference

The sixth Wîcihitowin Indigenous Engagement Conference invites community members, organizations, governments and businesses to learn about inclusive representation of Indigenous people as employees, volunteers and decision-makers. If you are working towards respectful Indigenous engagement and inclusion in a community-based setting within the context of the Truth and Reconciliation Commission's Calls to Action, this conference is for you. Join us on the Path to Reconciliation.

Please visit wicihitowin.ca for more information.

Community Champion Series

The "Becoming a Community Champion" series aims to provide community associations with practical ways they can engage diverse populations in their neighbourhoods. Populations that tend to be under-engaged include Indigenous, newcomer, senior and LGBTQ2. People can get engaged with their community association in several ways, including:

- volunteer board member;
- extra helper (for special events, the rink, coach or newsletter delivery); and
- participant at special events or in children and adult programs.

This series helps fulfill an important goal of Saskatoon's Recreation Master Plan – which is echoed by community associations – social inclusion through recreation.

On November 7, 2019, the Community Champion Series for Community Association volunteers began with a session from John Lagimodiere called "Engaging the Indigenous Community." This session included a brief history of Canada's Indigenous peoples and touched on how to elevate conversations by being forward-looking, respectful and using fact-based reasoning. Volunteers said they found the session informative and helpful.

The next step of this series was to feature a guest speaker from the City of Calgary on April 22. Jeny Mathews-Thusoo, Program Lead with Resilience & Infrastructure Calgary, leads a workshop called "Inclusion Starts by Knowing Yourself." Participants were to engage in fun and interactive activities to show that self-awareness is a necessary first step to be comfortable working and communicating with diverse communities and colleagues. Participants would have also had the opportunity to examine assumptions, recognize blind spots and biases and learn how to understand their own internal barriers to participation. Unfortunately, due to the COVID-19 pandemic, this workshop was postponed. We are hoping to still have Jeny come and do this excellent workshop.

At the end of this training series, we will have practical examples of ways volunteers can create more welcoming and inclusive environments, both with the programs they offer and with various volunteer opportunities.

We are excited to continue to offer these opportunities soon.

Make it Happen!
VOLUNTEER

There are many ways you can volunteer for your Community Association:

- coach soccer
- clean up your park
- help organize special events
- help coordinate recreation programs
- write a newsletter article
- take meeting minutes
- flood the outdoor rink

...and more!


City of
Saskatoon

saskatoon.ca/volunteer



For information on upcoming training opportunities, please contact your Community Consultant.



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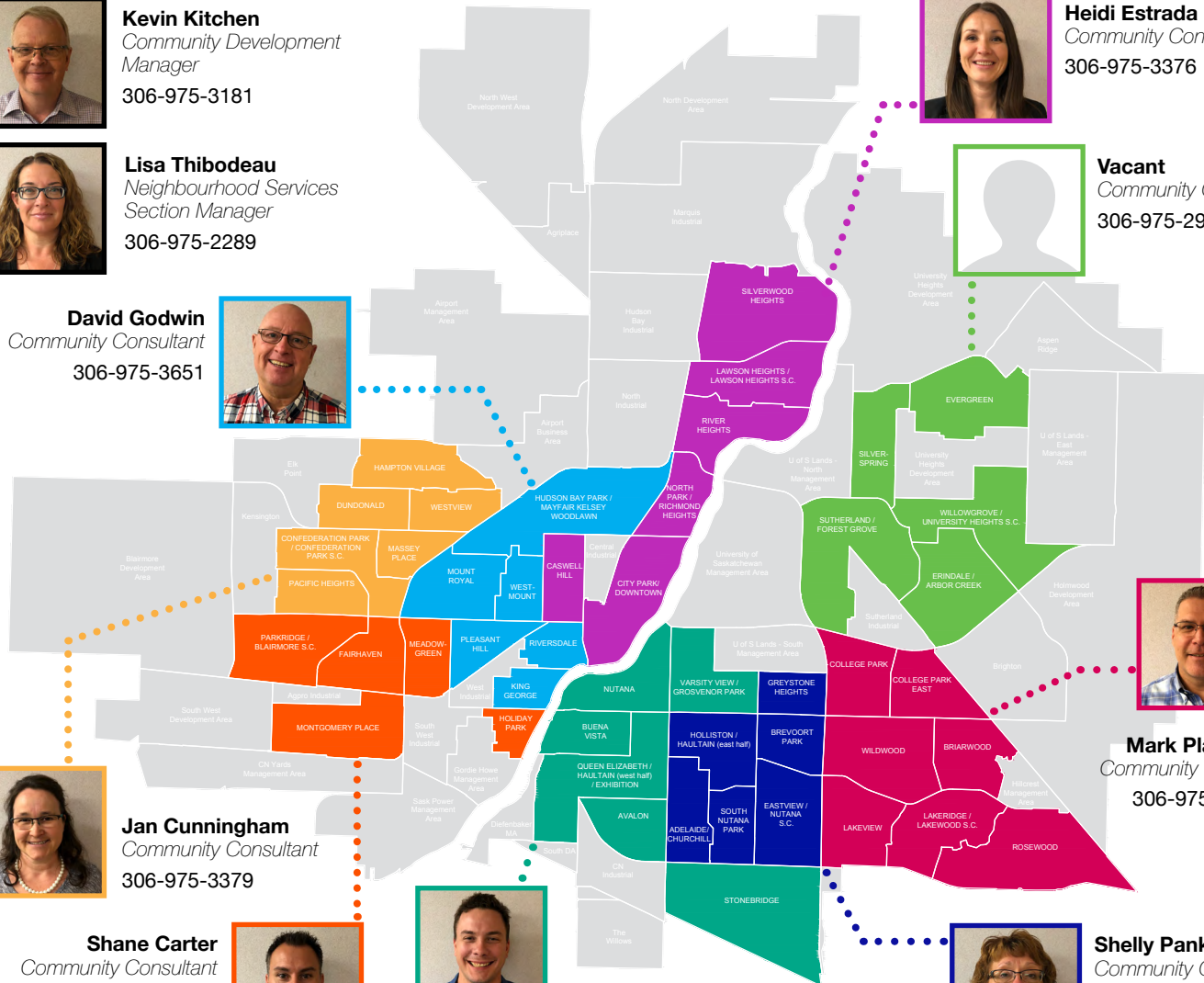
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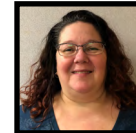
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