



● **LAND ACKNOWLEDGEMENT**

The Lakeland District for Sport, Culture and Recreation would like to acknowledge that we live and work on Treaty 5 and Treaty 6 territory and the homeland of the Metis. We reflect on the importance of creating positive relationships with Indigenous peoples and we will strive to respect and support Indigenous rights. We are committed to reconciliation, partnership, enhanced understanding and accept our responsibility to honour Indigenous heritage.

● **MISSION**

To facilitate capacity building that sustains sport, culture and recreation and enhances the quality of life of people within our communities.

● **VISION**

Everyone lives active, creative, healthy lifestyles through engagement in accessible sport, culture and recreation.

● **VALUES**

Equity

Recognizing diversity, providing resources everyone needs to be successful, and creating accessible and inclusive communities.

Accountability

Creating trust, transparency and confidence in the operation of the organization and the services that we provide.

Community

Supporting communities, partnerships, volunteers and organizations in providing sport, culture and recreation.

Engagement

Utilizing effective communication, diverse boards, volunteers, education, capacity building and programs and services for all.

Leadership

That supports best practices, professional development and further develops the community.

Wellness

Promoting physical, mental, spiritual, emotional, holistic, social and environmental well-being.

Reconciliation

Recognizing the role of Treaty implementation and creating a new, shared future for our communities.





A Message from Our Chairperson:

Greetings. Since March 2020, the Covid pandemic has caused changes and impacted the Lakeland District for Sport, Culture and Recreation (LDSCR) and the communities within our boundaries in ways that were incomprehensible prior to that time. How we live, work and play all changed, and some of those ways have now become 'this is just how we do it'.

Who knew that hybrid and virtual meetings, workshops, education sessions and gatherings would become common place. While in-person contact cannot be replaced at times, given the size of our District and province, the flexibility of virtual interaction provides reduced cost and time factors that are a huge benefit.

The 2023 Saskatchewan Winter Games took place in Regina from February 19 – 25. Congratulations to the 153 Team Lakeland Athletes, Coaches, Managers and Mission Staff. LDSCR staff Crystal Clarke and Helen Meekins served as Mission staff, in addition to Phillip Smith, Lisa Braun, Vanessa Atkins, Chantal Bourassa, and Tonya McEachern. Lyle Campbell, who has attended approximately 17 different Games, decided to take a year off. However, he made surprise appearances (or at least his photo did) on many occasions as it was stated 'it just wouldn't be the same without him'.

The Canada Games took place in Prince Edward Island from February 18 - March 5. Team Sask included 23 athletes, coaches, managers and support staff from the Lakeland District, including Board member Guylaine Green who served on the Mission Staff team.

Thanks to the athletes and many volunteers from our District for their participation and support of both the Saskatchewan Winter Games and Canada Games.

In April, the Board and Staff will engage in a strategic planning process, to update the current 2020-2023 strategic plan. An update on the progress and outcome will be provided at the Annual General Meeting on June 22. Please mark that date on your calendar as you can attend either in person or virtually.

Our thanks to our staff, volunteers, community supporters, and global partners – Saskatchewan Parks & Recreation Association, SaskCulture and Sask Sport. As we have learned in facing the challenges and changes over the past few years, the creativity and innovation shown by LDSCR staff, board and volunteers have been instrumental in supporting our communities.

On behalf of the LDSCR Board of Directors
Cheryl Bauer Hyde, Chairperson



A Message from Our Executive Director:

The 2022 – 2023 year once again posed a variety of challenges not only for the LDSCR, but also for all of our communities and member organizations. We all continued to find our way through the various Covid-19 restrictions and rules, but due to our adaptability, resiliency and creativity we somehow made it work. It must also be mentioned that the various Recreation Practitioners within our District have once again continued to support one another throughout the year. We really have progressed from colleagues to friends.

Partnerships are so crucial and essential to the work that we do. The LDSCR continues to collaborate and partner with a number of different organizations to offer a wide variety of initiatives, webinars and training/educational opportunities. While we continue to host a number of these initiatives virtually, we are once again beginning to host in-person events. It has really been so satisfying to meet with our peers, members and stakeholders face-to-face once again. That is not to say that we will eventually get rid of all virtual events, I think they have definitely proven their worth and I can foresee meetings and workshops continuing in this manner.

We continue to support and provide capacity building services to the various Recreation Practitioners, communities and organizations within our District. Our staff have been able to adapt to changing circumstances and are committed to working with our stakeholders and partners in order to help create a very strong and sustainable sport, culture and recreation delivery system. There are certainly challenges that remain and this has meant that we continue to adjust to a new way of doing things. Due to our very creative and innovative staff, I believe that we have done this quite successfully this past year.

Many of our communities and stakeholders continue to face a number of challenges and issues, particularly in respect to staffing levels, volunteers and in some cases funding. We remain committed to help support, build capacity, and provide consultative services to you in the most effective and efficient manner possible. I am still amazed by your resiliency and creativity in providing the best possible recreation programs and services to the citizens of your communities. Well done!

I would like to extend a big thank you to our Global partners; Sask Sport, SaskCulture and SPRA. Your support and encouragement continues to be greatly appreciated and we truly value these relationships.

Thank you to the LDSCR Board of Directors for your continued support and leadership. This past year saw you take on the monumental task of revising and reviewing our various governing policies. This was no small feat, and I congratulate and thank you for your efforts. Your professionalism and commitment to the LDSCR helps to create a very forward thinking organization and supports a positive work environment.

Finally, a huge thank you to Crystal Clarke and Helen Meekins, the LDSCR staff. This team of Recreation Professionals is very dedicated, creative and enthusiastic. Your ability to adapt to changing environments and circumstances help to make our organization a leader in the industry and ensures that we are having a very positive impact throughout the District. It is a pleasure to work with you!

Respectfully Submitted
Lyle Campbell – Executive Director

2022 - 2023 Board of Directors



Cheryl Bauer Hyde
Chairperson
Emma Lake



Miranda Blaber
Carrot River



Guylaine Green
Rosthern



Curtis Olsen
Vice Chairperson
Shellbrook



Chelsea Corrigan
Nipawin



Erin Standish
Wakaw



Ken Trofimuk
Prince Albert



Carla Hipkins
Porcupine Plain

LDSCR Staff



Lyle Campbell
Executive Director
Prince Albert



Crystal Clarke
Community Consultant
Prince Albert



Helen Meekins
Community Consultant
Naicam

Building Healthy, Active Communities Through Sport, Culture and Recreation

The LDSCR supports our communities by providing and facilitating access to a wide variety of sport, culture and recreation programs and services. This includes provincially based programs and services, capacity building initiatives, leadership training, board development, and reducing barriers to participation. Our staff works with communities and community organizations to support the work that they do, identify community needs and priorities and help to develop strategies to meet these needs.



Access and Participation

Increased community capacity for enhanced accessibility and participation in sport, culture and recreation opportunities.

Indigenous Community Sport Development Grant Program

Under the guidance of LDSCR staff, the ICSDGP Adjudication Committee provides funding assistance for sustainable sport development within our Indigenous communities. The purpose of the ICSDGP is to provide greater sport participation and development opportunities for Aboriginal youth in Saskatchewan, especially youth living in urban, rural, on-reserve, isolated and northern communities.

3

Communities

1. Duck Lake
2. Mistawasis
3. Sturgeon Lake

7

Sports

1. Snowboarding
2. Hockey
3. Downhill Skiing
4. Basketball
5. Cross Country Skiing
6. Archery
7. Soccer



22,000

IN FUNDING ALLOCATED



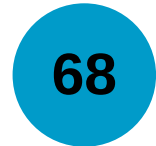
LDSCR Creative Kids Committee



The LDSCR Creative Kids Committee provides funding assistance to remove financial barriers and support youth to become involved in art, drama, music, dance and cultural activities within the District.



applications



applications
funded



in funding
assistance

Community Support & Engagement

The LDSCR staff utilize our Community Engagement Strategy to provide support and outreach services to communities and organizations within our District. We assess community sport, culture and recreation needs, share information, create linkages, network, and facilitate training opportunities. The LDSCR Community Consultants also promote and help to administer the Saskatchewan Lotteries Trust Fund - Community Grant Program within the Lakeland District. We utilize a combination of virtual and in-person consultations to accomplish these goals.



Community Engagement Resources

We once again developed and distributed a variety of sport, culture and recreation resources to communities throughout the District. Previously called Activity Kits, the purpose of these resources was to help our members facilitate and sustain sport, culture and recreation opportunities for families and youth within their communities. These resources and equipment helped to support communities by providing activity options and entertainment to their residents.

Community Engagement Resources

1. Connecting People & Nature
2. Kids Fitness
3. Family Outdoor Play

16

COMMUNITIES

9

OUTDOOR POOLS

7

REGIONAL LIBRARIES

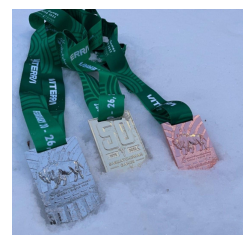
“Thank you again for all the kid’s activity resources you so kindly delivered to our Library. Since you brought them to us, we’ve had two kids day camps with a total of 21 participants using the resources.”

“We displayed the games on the front table and had a sign out sheet with a one week loan period.”

“We have a high number of families enter the area in the summer months who appreciate family games for the lake.”

2023 Saskatchewan Winter Games

After initially being postponed for a year, the 2023 Saskatchewan Winter Games were held in Regina from February 19 to 25. These Games were also a celebration of the 50th Anniversary of the Saskatchewan Games program. Team Lakeland was able to field a compliment of 154 athletes, coaches, managers and Mission Staff. While one of our smallest teams in recent memory, Team Lakeland represented our District very well with a 6th place finish in the medal count and 5th place in games Flag Points!



Leadership Capacity

Increased community capacity to support and develop leaders in sport, culture and recreation.

Webinars

The LDSCR continued to host a wide variety of educational workshops this past year. This series of webinars dealt with a number of different issues and topics. This method of providing workshops prove to be very popular as people do not need to travel and the participation rates were much higher than if these were held in-person. Many of these webinars and educational opportunities were in cooperation and partnership with the other Sport, Culture and Recreation Districts.

1. MCoS Recognizing and Rejecting Racism
2. Land Acknowledgement
3. Aquatics Talk – Staying Afloat
4. Communities in Bloom 101
5. Rethinking and Reactivating Greenspaces
6. Playground Safety Information
7. Connecting with Regional Parks
8. Re-Engaging Volunteers Post Covid
9. Succession Planning and Managing Burn-Out
10. Be a Family Friendly Place to Volunteer
11. Non-Profit Governance 101
12. Financial Management Basics

An Additional 8 workshops in the Women in Leadership series were also hosted:

1. Effective Communication
2. Effective Networking
3. Women on Boards
4. Conflict Management
5. Leading the Way
6. Influencing Change
7. Leading With Confidence
8. Life Balance



200+
Total Attendance



Sport Medicine and Science

The Districts for Sport, Culture and Recreation once again partnered with the Sport Medicine and Science Council of Saskatchewan to host a series of virtual workshops.

1. Team Building and Group Dynamics
2. How to Effectively Incorporate Mental Performance Strategies Into Practice
3. Self-Massage and the Athlete
4. Sleep and Performance
5. Nutrient Timing for Optimal Performance
6. Concussion Education
7. Mental Performance and Imagery



Youth Leadership Development

The LDSCR once again provided training for community Playleaders. The following workshops were facilitated:

1. 2 HIGH FIVE Principles of Healthy Childhood Development
2. 2 SPRA Play Leadership workshops
3. 1 Take the Lead workshop

49

Participants

7

Different Communities

"A very helpful program for all ages and groups"

"The more students work together, the better interactions become"

"I would like to apply student leadership in our already adapted programs"

Volunteer Development

Increased support for the essential role and development of community sport, culture and recreation volunteers.

Community Support/Board Development

Much of the work and support services that the LDSCR provides is based upon community identified needs. Through conversations, assessments and consultations we identify areas of need and concern and then develop strategies to address these issues. This past year was once again a challenge; however, we were able to facilitate two volunteer and board development opportunities.

HIGH FIVE Principles of Healthy Aging

The LDSCR hosted a PHA workshop in Hepburn in March of this year. A total of 10 individuals attended this training opportunity. This one day training provides insights into the unique needs of older adults when participating in recreation or leisure activities.



"The material challenged me to think outside of my own age group and biases!"

"I enjoyed the workshop. It was well presented. It presented a refresher to be more diligent in being engaged in community exercise, diet, etc"



Board Development Workshop Series

The LDSCR hosted 2 Board Development workshops. This was a virtual series and was facilitated by Shari Hildred of Valmore Consulting. The 2 workshops hosted were Non-Profit Governance: 101 For Grassroots Organizations and Financial Management Basics: Best Practices for Grassroots Groups. A total of 13 individuals from 9 different communities and organizations attended these workshops.

Network Coordination

Effective communication is essential to the work that the LDSCR performs. Keeping our members, partners and stakeholders aware of the district and provincial SCR network, the programs and services that are available and providing opportunities for information sharing is critical. Through these services, the LDSCR remains aware of the needs of our members, and we are able to provide much needed support services to communities, organizations and recreation practitioners within our District.



Awareness

Increased community awareness of sport, culture and recreation benefits, opportunities and capacity building resources available within the system.

Social Media

The LDSCR continues to use social media to help advance and promote the sport, culture and recreation industry. We have been very successful in utilizing our various social media platforms to promote and support District and Provincial initiatives for the benefit of our members, partners and stakeholders. This includes our website, electronic newsletter and Facebook.

500
E-News
Subscriptions



1.1K
Page
Followers



600+
Contacts



Network Extension

Increased collaboration and partnerships that extend the sport, culture and recreation system, and build ownership within communities.

Partnerships & Collaboration

Partnerships and collaborations are crucial to the work that the LDSCR does and contribute greatly toward our overall success. The LDSCR has helped to create and sustain partnerships with several organizations to help plan, support and facilitate a variety of events.

The majority of partnerships this past year were in the form of co-facilitation or collaboration in a variety of webinars and on-line learning sessions. A number of forward planning meetings were also held in preparation for re-opening the province and our operations.

1. Prince Albert Multicultural Council
2. City of Prince Albert
3. Districts for Sport, Culture and Recreation
4. Sport Medicine and Science Council of Sask.
5. Town of Hepburn
6. SPRA
7. Duck Lake Primary Health Care Team
8. P.A. Common Ground
9. Reconciliation Nipawin
10. Prairie Rivers Reconciliation Committee



Culture Days

The LDSCR staff continues to support and promote Culture Days throughout the District. We attend planning meetings and provide information as necessary.

FÊTE DE LA CULTURE DAYS



Recreation Practitioner Meetings

The LDSCR has continued to host Zoom Check-In meetings with the various Recreation Practitioners in our District throughout the year. These meetings provide a valuable opportunity to share information, discuss common issues and provide peer to peer support.

“Lakeland is a wonderful resource in so many ways”

“I learned a lot from communities during the round table”

21

Regular Recreation Practitioner Participants

5

Zoom Check-in Meetings

The LDSCR was also hosted one in person Recreation Practitioner meeting this past year. It was held in Melfort. There were a total of 16 people in attendance.



Facility Asset Management

The second phase of our Facility Asset Management initiative through XYST Canada was started this past year. We hosted one more Asset Management workshop that had 6 participants. The LDSCR Community Consultants then worked with XYST Canada to help support and guide 6 communities through this second phase of developing a facility asset management plan. The communities involved included Melfort, Carrot River, Porcupine Plain, Hepburn, Shellbrook and Big River First Nation. These communities are at various stages of development in this process.



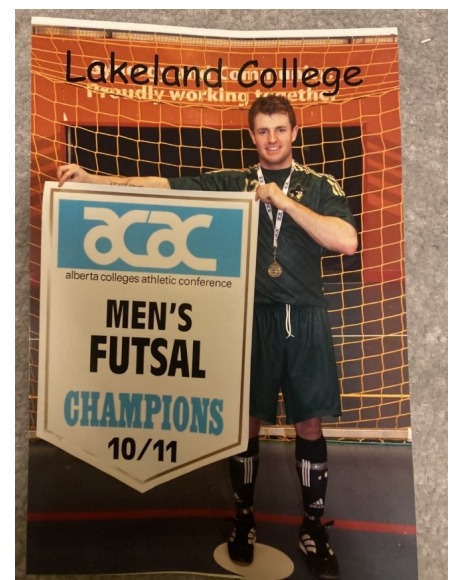
Diversity & Inclusion

The LDSCR continues to support and engage with a number of organizations to plan and promote a variety of Diversity and Inclusion initiatives. We strive to expand our reach and network and work to provide support to underrepresented populations. We also attempt to meet some of the Calls to Action as identified by the Truth and Reconciliation Commission of Canada. The following are some of our partners and stakeholders and a few of the initiatives we have hosted.

- Prince Albert Municipal Cultural Council
- Reconciliation Nipawin
- Communities Building Youth Futures (CBYF)
- Prairie Rivers Reconciliation Committee
- P.A. Common Ground Project
- Prince Albert Urban Indigenous Coalition

Educational Opportunities

- SaskCulture ECO Gathering
- MCos Anti-Racism Workshop
- Culture Days Planning and Support
- OTC Land Acknowledgement Workshop
- Reserve 107 - Reconciliation on the Prairies



Organizational Capacity

Increased District capacity to conduct organizational performance measurement and enhance accountability processes to members and funders.

In order to operate at a high level of efficiency, the LDSCR needs to have comprehensive governance processes and democratic controls in place. Through the development and continual monitoring of policies and procedures, the LDSCR has been able to ensure that good financial, administrative and management controls are in place and are effective.

Effective organizational leadership at both the Board and management level are critical to ensuring that the staff have the tools, skills and support necessary to achieve success and perform at optimum efficiencies. This also means that the LDSCR remains accountable to our members, partners, stakeholders and funders.

This past year the LDSCR Board of Directors completed the review and revision of our various governance policies and Constitution and Bylaws. This took a lot of work and in the end it was an excellent experience. The result is that we now have a very complete and comprehensive set of governance policies that will help to guide us through the next few years. The next step in this process is to review and revise the LDSCR Strategic Plan. A consultant has been hired and work has begun on the development of this planning initiative.

Staff and Board Support

The LDSCR remains committed to providing the LDSCR Board and staff with the opportunity for on-going professional development. We view this support as an investment in the health, growth and ultimate success of the LDSCR. The staff and Board have attended and participated in a number of different events over this past year.

SPRA AGM
SaskCulture AGM
Sask Sport AGM
S.A.R.P. – AGM



The LDSCR staff once again participate in a large number of professional and personal development opportunities through the course of the year. A few of these included:

- SPRA Symposium
- SUMA and SARM Conferences
- Asset Management
- Understanding and Protecting Against Cyber Risk
- Prioritization of Play
- Community Development Consultant Retreat
- Sask Culture ECO Gathering
- Sask Regional Parks Convention

- Sask Prevention Institute
- SARP Committee
- Youth Matter Conference
- CIF Review Committee

12+
Personal and Professional
Development Webinars

A graphic featuring a blue and green splatter background with the text '12+ Personal and Professional Development Webinars' in yellow and white.



Working with our provincial partners towards building healthy communities through sport, culture and recreation.



Saskatchewan
Parks and Recreation
Association



SASK SPORT



www.lakelanddistrict.ca