



# LAND BASED WELLNESS CAMPS



Our fishing camp is located at beautiful Canoe Lake and our hunting camp is at a ranch just outside of Lloydminster.

**North Haven Lodge, Canoe Lake, SK**

*Experienced & Qualified to Lead our Youth*

# Land Based Education



At our camps we maximize time and have an efficient schedule that gives the youth a quality learning experience. All youth leave the camps with a renewed confidence and increased sense of pride from the many traditional skills learned on the trip.



It is important for First Nations youth to have positive social interaction and participate in land-based learning and healing as part of reclaiming and rebuilding their First Nation identity.





## **SKILLS & EDUCATION**

### ***Fishing Camp***

- morning group exercise • learning to fish • filleting fish
- cooking classes • First Nations language integrated into all activities • cultural teachings • starting a fire
- diabetes prevention • enhanced resilience
- wilderness survival skills • archery & target shooting



### ***Hunting Camp***

- big game hunting • learning to skin wild game
- First Nations language integrated into all activities
- butchering and packaging wild game
- cooking classes • cultural teachings • archery & target shooting
- diabetes prevention • enhanced resilience





# MEET OUR TEAM



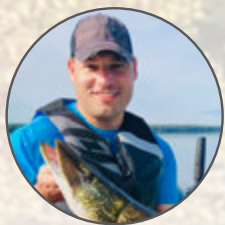
**Carlin Nordstrom**  
*Project Lead*

Carlin is a member of the Poundmaker First Nation. He attended Western Michigan where he studied Physical Fitness while playing NCAA Division 1 hockey. Carlin has been doing Sports, Fitness, Health & Wellness Camps for four years and has implemented programming with thousands of youth in Manitoba, Saskatchewan and Alberta. Carlin is a former pro hockey player who attended the Ottawa Senators camp in 1999, who played two games and had a four year professional hockey career.



**Marie Tootoosis**  
*Cree Elder*

Marie is a fluent Cree speaker, who teaches Cree in the Poundmaker and Little Pine First Nations schools.



**Tim Bayly**  
*Facilitator and Guide*

Tim is a member of Lac Seul First Nation. He spent four years with the Princess Patricia light infantry, and 20+ years with Saskatoon Police Services, where he served on the SWAT team, Emergency Response Team, and as an ERT sniper. He is currently a SGI special investigator, and has been working as a guide and facilitator for Kisik for the past year.



**Dr. Holly Graham (PhD)**  
*Mental Health Consultant*

Dr. Holly Graham is a member of the Thunderchild First Nation. She has worked as a Registered Nurse (RN) in a variety of northern communities, in addition to various other health care environments since 1985. Holly is an Assistant Professor in the College of Nursing, at the University of Saskatchewan. She maintains an active practice as a Registered Doctoral Psychologist, working primarily with individuals who have experienced trauma and symptoms of post traumatic stress disorder (PTSD). Holly's research is focused on Indigenous health, mental health, and well-being.



**Violet Janvier**  
*Dene Elder*

Violet Janvier teaches the traditional skills of making dried meat and fish and also preparing deer and moose hides.



**Phillip Kondra**  
*Chef and Facilitator*

Phillip is the chef who also facilitates daily cooking classes. He specializes in the preparation of wild game.



**Shawn Tallmudge**  
*Self-Defence Instructor*

Shawn is Métis from Meadow Lake Saskatchewan. He has been practicing karate for over 35 years, and teaching martial arts and self-defence for 20 years. He holds a second degree black belt in Shotokan Karate, Brazilian Ju-Jitsu, Krav Maga and Kali, and is a member/competitor for the Team Canada National Martial Arts Team, winning Gold and Bronze medals in the World Martial Arts Games in Regensburg, Germany. He has worked in corrections, public safety and policing.



**Ernie Loutitt**  
*Facilitator and Guide*

Ernie is a member of the Missanabie Cree Nation. He spent five years with the Princess Patricia light infantry attaining rank of Master Corporal. Ernie has retired from a 27 year career with the Saskatoon Police force. He is now an award winning author of two books that look back on his career with the Saskatoon Police force. He is also a public speaker who does motivational and leadership talks to First Nation communities throughout Saskatchewan.

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**Kisik Sports, Health & Wellness**



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