



**KNOWLES CENTRE INC.**

Helping Individuals Find Their Path: Yesterday, Today, and Tomorrow

# INSIGHTS

Volume 25 • Number 2 • Winter 2017-18

An inside look at the programs and services of Knowles Centre Inc.

## Youth exploring community *WITH ART*



Knowles Centre clients in the Group Care and Day Treatment programs have begun a creative collaboration with local artist Becky Thiessen. The partnership was possible with a grant from the Winnipeg Arts Council's WITH ART program that helps match artists with community groups to collaborate on projects based on community goals. Exploration and the art-making process are central to the program.

Knowles Centre's Recreation Coordinator Pam Jansen worked with the WAC to interview and select Becky Thiessen, a local multi-media artist. Over a one-year term, Becky will collaborate with the youth to identify community identity,

local issues, and shared goals through the development of an art project. Pam and RETSD's John G. Stewart teacher Dan will continue to be involved, as well.

Currently the group is in the first phase of the project to determine their goals and develop the project more fully. We are excited to see where the project goes and look forward to artwork being celebrated in a public launch, say Pam.

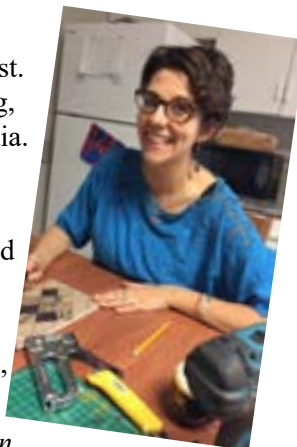
Welcome to Knowles Becky and we look forward to creating beautiful messes together!

### About Becky...

Becky Thiessen is a Winnipeg-based, multimedia artist. She experiments and challenges herself through painting, drawing, textiles, assemblage, sculpture and digital media.

Becky's inspiration comes from the excited minds of children and youth, their willingness to try, and their spontaneity, which gives her opportunity to see the world differently.

She has over 15 years of community arts facilitation and education where she has gained a wealth of training, knowledge and experience.



*Contributed by Pam Jansen*

## Proud to lend a hand



Culinary Arts chef and teacher Paul Lemire and SY (*pictured above*) from Knowles Centre were proud to be a part of the northern Manitoba forest fire relief effort early this fall. The two volunteered to assist with food preparation and service for almost 1,000 evacuees who found refuge in the RBC Convention Centre for a few days beginning August 31.

Paul and SY are familiar with the expansive commercial kitchen, having worked there several times as part of the RETSD/Knowles Centre Culinary Arts program.

## Tradition adapts to prairie winters

# Knowles Centre Sweat Lodge protected from elements

Knowles Centre's *Biimautaziwin* Cultural Program completed its new sweat lodge shelter just in time to stave off the winter winds and cold.

The shelter does not replace the sweat lodge, stressed *Biimautaziwin* Cultural Coordinator Troy Fontaine; the existing Sweat Lodge is inside sitting directly atop of Mother Earth, as is tradition. Knowles Centre is not unlike many other respected Aboriginal groups or communities that have enclosed their Sweat Lodges to make them practical for year-round use.

Troy says that the youth are more apt to take part in a ceremony when

they don't have to wait outside in frigid temperatures while the grandfather rocks warm the sweat lodge, or exit directly to the snowy yard following the ceremony.

A sweat is a traditional purification ceremony of First Nations peoples, and continues to be an important part of healing for many. The sweat lodge represents the womb of Mother Earth. By entering, participants are spiritually taken back to their own beginning, a time when all are pure and closest to the Great Spirit.

The sweat lodge ceremony helps to unlock memories of the heart so that each can better find his or her true identity, personal gifts and capabilities, and true purpose in life.

The 16 x 24' shelter is a commercial building made of sturdy corrugated steel and secured on a concrete footing. Currently, Troy is working with Knowles Centre's



recreation program and a community artist to design a mural that will be painted on the front wall of the shelter in Spring 2018.

Knowles Centre gratefully acknowledges the Graham C. Lount Family Foundation and The Winnipeg Foundation for their financial support of this project.

*Miigwetch.*



## SAIL client wins Aboriginal Youth Achievement Award

The Supported Advancement to Independent Living (SAIL) Program at Knowles Centre is excited to join the Manitoba Aboriginal Youth Achievement Awards in celebrating the accomplishments of 16 youth, including SAIL client Jamie\*, who were recognized at the MAYAA ceremony on Nov. 23.

The Manitoba Aboriginal Youth Achievement Awards is held every year to recognize the accomplishments of youth in the fields of culture, employment, traditional lifestyle, business, and academic excellence.

Jamie was awarded a traditional star blanket, a commemorative plaque, and \$1,000.

Jamie, 17, is a full-time student who regularly earns high grades as well as the respect of fellow students and teachers alike. In fact, Jamie was nominated for the award by one of

the teachers. Following graduation, Jamie plans to attend post-secondary school.

But this is not the only success for Jamie. As a client in the SAIL program, Jamie is maintaining an apartment with support from SAIL staff, and working hard to build the skills needed to eventually live independently in the community – budgeting, household management, time management and organizational skills, consumer awareness, and much more!

\* Name has been changed.



# THANKS to the support from friends in the community who make life better for all the young people whose path in life includes a stop at Knowles Centre.

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## We could not do it without YOU!

Please consider making a donation to Knowles Centre this year. Your support goes to make life better for the young people in our programs.

Please send your donation today:  
 Knowles Centre  
 2065 Henderson Hwy  
 Winnipeg, MB R2G 1P7

<p><b>YES!</b> I want to make a difference in the lives of young people at Knowles Centre.</p> <p>Please use my gift to support:</p> <p><input type="radio"/> Area of Greatest Need      <input type="radio"/> Camp &amp; Recreation Programs</p> <p><input type="radio"/> Other _____</p> <p>I wish to give:</p> <p><input type="radio"/> \$35    <input type="radio"/> \$50    <input type="radio"/> \$100    <input type="radio"/> Other _____</p> <p>Name _____</p> <p>Address _____</p> <p>City _____ Province _____ Postal Code _____</p>		<p>I am paying by:</p> <p><input type="radio"/> Cheque or money order payable to Knowles Centre</p> <p><input type="radio"/>  <input type="radio"/> </p> <p>Card Number _____</p> <p>Expiry Date _____ Telephone _____</p> <p>Email _____</p> <p>Signature _____</p>
<p><i>A tax receipt will be promptly issued for gifts of \$15 and over. Our charitable number is: 11898 4624 RR0001</i></p>		

## Chef Paul elected president of CCFCC



Congratulations to Paul Lemire, RETSD's chef/teacher in residence at Knowles Centre, on being elected President of the Winnipeg Branch of the Canadian Culinary Federation. The CCFCC is the official professional organization representing chefs, cooks and hospitality suppliers in the Winnipeg area.

Paul advances the Federation's mandate of professional development by managing the joint Knowles Centre/RETSD culinary arts program. Each day Paul, with the support of Knowles Centre kitchen manager and Red Seal chef Jason Silk, leads students through hands-on learning that becomes meals for clients and staff alike.

Both Paul and Jason have years of experience working in a variety of high-end hospitality settings. This allows them to impart students with the kinds of practical skills – both culinary and employment-related – that help them succeed in their studies and future careers.

## Knowles Centre staff support United Way

Knowles Centre staff raised over \$12,000 in support of the United Way of Winnipeg through a raffle and personal donations this year.

Our annual campaign is an important part of the United Way's city-wide effort to bring together

people and resources to invest in the well-being of our city. The United Way uses the funds to support programs and services across the city, including Knowles Centre's own Sexual Abuse Treatment Program.



## Staff News

Knowles Centre welcomed **Emma Jeon**, Bus. Admin. cert., as our new Assistant Accountant in July.

**Carmella Caputo-Birori**, MSW, joined the Treatment Foster Care team as a Clinical Case manager in August.

**Jayde LaPlante** joined Knowles Centre as an Outreach Worker in September. Her position is made possible through a partnership with the Department of Families' StreetReach program.

**Liesel Ambalina**, MSW, joined the Clinical Services in October. Liesel is working with clients in the Group Care and Day Treatment Programs.

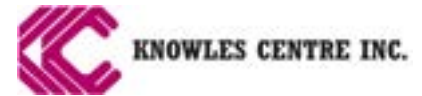
Knowles Centre's SAIL program welcomed several new staff over the past months as the number of clients served continues to grow. Welcome to:

- **Gregory Pusztay**, BA, Support Worker (June)

- **Marina Ibanez**, On-Site Worker (June)
  - **Bradley Gilbert**, HCA cert., On-Site Worker (July)
  - **Joshua Malyk**, CYC cert., On-Site/Caretaking (July)
  - **Joseph Le**, On-Site Worker (Nov.)
- Knowles Centre was also sad to bid farewell to staff who recently left:
- **Inna Landa** left the SAIL program in June after three years.
  - **Joy Koczka** left Clinical Services in September after almost five years of service.
  - **Melissa Santos** left the Treatment Foster Care Program in July after more than six years.

Congratulations to TFC's **Tiffany Krueger** and her husband Mike Giles on the safe arrival of their beautiful and healthy baby Ryan on July 31.

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