



KNOWLES CENTRE INC.

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

INSIGHTS

Volume 25 • Number 1 • Spring 2017

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

Building confidence through sport

Hook, jab, bob and weave, and uppercut are just a few new skills we learnt the last two months as six female youth participated in a boxing program run through a partnership with Knowles Centre and the United Boxing Club.

Every Tuesday in March and April we met with our trainer Marco to learn the basics of boxing. After a warm up of skipping, lunges, push-ups, planks, and the dreaded burpees

we would get on our gloves (after wiping the sweat from our brow) and proceed to learn some boxing stances, punches and tips as we made our way into the ring.

“Watching and working out with the girls was very inspiring. They are fearless, strong, and so motivated to be here at this program,” says Pam Jansen, Knowles Centre’s recreation supervisor. “Boxing training stimulates all the muscle groups

and provides both aerobic and anaerobic exercise. Self-confidence is another benefit of boxing training for girls; getting through boxing training is a major accomplishment for any person. High five’s with boxing gloves on (and did I mention the sweat!) is pretty awesome!”

FH, a youth participant, appreciated the program because it gave her a safe place to be to release anger and stress. “Sometimes at school we need more time in the gym to get rid of frustrations,” says FH. “Coming and training with Marco was great. It gave me a new place to experience and I



The Board of Directors of



KNOWLES CENTRE INC.

Invites you to attend our
Annual General Meeting

Wednesday, June 14, 2017
at 12:00 noon

John G. Stewart School
2069 Henderson Hwy
Winnipeg, MB

All guests are invited to stay for a lunch prepared by the Culinary Arts Students following the meeting at Knowles Centre.

RSVP by June 9th
(204) 339-1951
info@knowlescentre.org

learnt new ways to release my stress in good way. I feel good, I feel strong, I feel happy.”

Thank you to Healthy Together Now for the grant that made this program possible.

Contributed by FH and Pam Jansen

Reconnecting with traditional culture

The *Ogijida* Ceremony at The Turtle Lodge

The *Ogijida* Ceremony, or vision quest as it is often called in English, is a journey of self discovery. It usually includes guidance from elders and support from the community. It is used to help a young man prepare for a significant life transition. It can mark the change from childhood to adulthood, entrance into or out of an important relationship, a greater understanding of the Spirit or Mother Earth, or a celebration of positive change and growth in a person's life. The *Ogijida* often involves a trip into nature, away from the stresses of modern life. Participants often fast, examine what their life has been like up to this point, and discover how to live a more peaceful and productive existence.

JB, a youth in our Group Care Treatment Program, attended the *Ogijida* Ceremony at The Turtle Lodge in Sagkeeng, MB with Troy Fontaine, Knowles Centre's *Biimautaziwin* Cultural Coordinator. JB shared his experience with our recreation coordinator Pam Jansen.

PJ Tell me a little bit about your experience at this ceremony at Turtle Lodge.

JB I went out with Troy on Wed., May 10th and stayed at The Turtle Lodge for four days and nights. I fasted for three days and slept in a tent.

PJ Did you find fasting that long hard?

JB At first yes. But you got used to it. We were only allowed a little bit of water when we did the sweat lodge. That feast at the end was pretty delicious.

PJ What did you do during the day?

JB I slept sometimes during the day. We had a ceremony each evening from 7:30 to 11:30 where we danced, had fires and participated in drumming. I also had a shift every night from 11 p.m. to 2 a.m. to keep the sacred fire going.

PJ What were some things that you learnt or were positive for you?

JB I met some great people and learnt new things about the culture like the sacred fires. I think the best thing though is that I received my Aboriginal Spirit name which is *Zoongie* (strong) *Mackwha* (Bear).

PJ Would you encourage other youth to attend a ceremony like this? Why?

JP I would. It was an eye opening experience of how the world should be and how people should treat each other; how we should all be a little more kind, caring, respectful and loving.



He Still Smiles

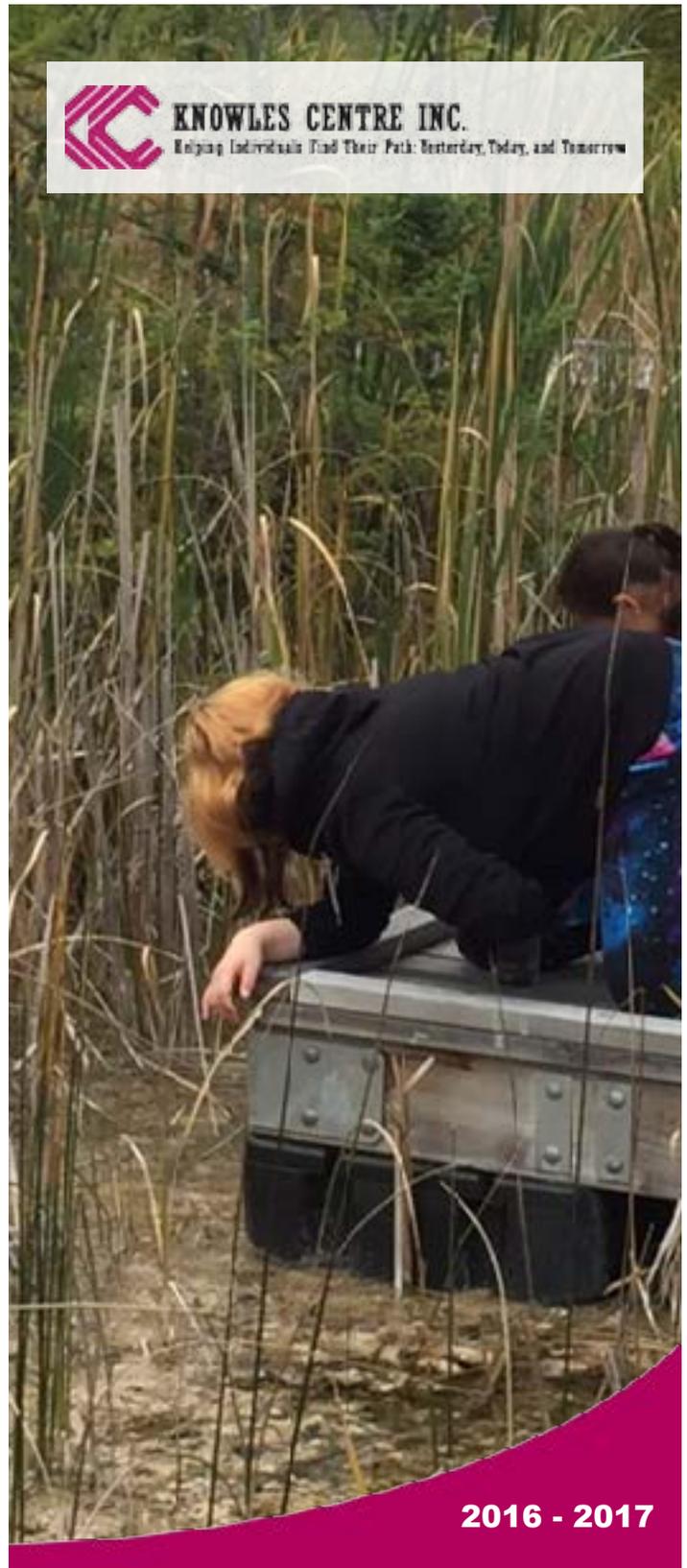
*The first thing I saw was fear.
And then came the loneliness.
Staring at the nothingness and feeling all the
emptiness.
Hiding a heart that has crumbled.
I saw the fragments and I tried to weave them back
together again.
In the midst of shattered dishes I saw broken
dreams.
I heard a boy say he is a man.
I heard him scream and yell like a child.
His emotions unstable, he fights with himself.
Battles endlessly for power but remains weak.
Vulnerability is the enemy.
I watch his face and see a world full of hurt behind
his eyes.
He feels alone and rejected.
Worthless and insecure.
Unwanted and unloved.
Hopelessness and despair take hold.
There will be no victory.
The darkness always wins.
The darkness is familiar, it's some kind of comfort.
The pain is the only real and steady thing.
The hurt becomes a craving.
The stars, they fall... and wishes don't come true.
The sun rises and it's a new day.
There's no time for regret.
I see him wake up with a smile.
I see him take on the day with no fear.
I see him try to stay positive.
I watch him play and laugh.
I watch him become frustrated and keep his cool.
I hear him apologize.
I hear him cry because of how he made someone
feel.
I'm amazed at everything he has overcome
And I wonder how he can still smile.
I watch him learn to be kid.*

~ Poem written by Cynthia Giesbrecht
(a Knowles Centre Group Care staff member)



KNOWLES CENTRE INC.

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



2016 - 2017

Read our 2016-2017 annual report at
www.knowlescentre.org

Savings realized from producing an electronic annual report help fund camp, sports and recreation programming for our clients. To add your support, please contact us at 204-339-1951 or info@knowlescentre.org.

PUT THE FUN BACK IN FUNDRAISING!

Join the 2017 Knowles Centre Charity Croquet Classic

on Thursday, September 7 at the historic Fort Gibraltar

Enjoy an afternoon of croquet, a great dinner, and tons of FUN!

SPACE IS LIMITED. REGISTER NOW TO RESERVE YOUR SPOT.

Registration is only \$350 for a team of 4

Contact us at 204-339-1951 or croquet@knowlescentre.org



Sponsored by:



Staff News

Knowles Centre welcomed **Alex D'Aoust** as the new Day Treatment Program support worker in April. Alex is a recent graduate of RRC's Child & Youth Care program.

The Group Care Treatment Program welcomed several new full- and part-time youth care workers over the past few months, including: **Lindsay Cloutier**, **Abraham Duot**, **Nicole Masi**, **Ashley Parker**, and **Chelsea Welch**.

The SAIL Program also welcomed many new staff in the past few months, including **Hannah Guthrie** (support worker), **Bridget Johnson** (support worker), **Solomon Negash** (on-site worker), and **Kathleen Williamson** (case manager).

David Hayward joined the Treatment Foster Care team in June for a one-year term. David is looking forward to working with the families and getting to know all the staff.

Pam Freeth assumed the role of acting TFC Coordinator in May for a one-year term. Pam has been with the program for 6-1/2 years and is looking forward to this new challenge.

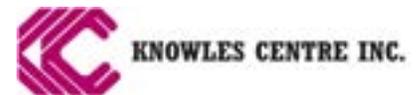
Liz Carlson left Knowles Centre in February after 5-1/2 years as a clinical therapist. During this time, Liz completed her PH.D. in social work. All wish Liz the best in her future endeavors.

Mary Matwayashing left in March after 1-1/2 years as a cultural advisor. Mary had a strong impact on our clients during her time at Knowles Centre and will be missed.

Congratulations to Knowles Centre Accountant **James Jeon** and his wife Looktan on the arrival of their son Jiho on April 1.

Congratulations to **Ecko Zimmer** and her partner Glen on the arrival of their son Demar on May 8.

Insights is published by:



2065 Henderson Highway
Winnipeg, Manitoba, Canada
R2G 1P7

Telephone: (204) 339-1951
Fax: (204) 334-4173
Email: info@knowlescentre.org
Web: www.knowlescentre.org

2016-2017 Board of Directors

Jim Hoddinott
President

Rik Skelton
Vice President

Andrea Sherry
Treasurer

Lisa Rowe
Secretary

Richard Petri
Past President

Richard Gooch

Mark Lubosch

Stacey Soldier

Julia Wilkins

Michael Burdz
Chief Executive Office

Maureen Britton
Editor, *Insights*

Comments, suggestions and inquiries are welcome.