



2017-2018

# Saskatchewan Report Back to the Community

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# Message from the Vice-President



It was another busy year of disaster responses for the Canadian Red Cross in Saskatchewan and across the country.

It began with an ice storm in New Brunswick early last spring followed by record-setting floods in Ontario and Quebec. Then, fires started in British Columbia, causing over 50,000 people to register for assistance with the Red Cross. Significant wildfires followed in Alberta, Saskatchewan and Manitoba that forced thousands more from their homes. At the same time, hundreds of people sought asylum in Canada by crossing the border at La Colle, Quebec.

We sent many of our staff and volunteers in the province to assist in those responses.

Most recently, on April 6, a horrific bus crash involving the Humboldt Broncos claimed the lives of 16 people and injured many others both physically and psychologically. The Red Cross immediately deployed its Safety and Well-being team to the community to provide a listening ear and to meet the needs of grieving friends and family. We also provided the new Red Cross Psychological First Aid course to SJHL players, families, billets and staff to help themselves and support those around them. We remain committed to supporting the community as it moves forward.

The Red Cross was also busy providing bullying prevention education, first aid training and water safety and swimming lessons to over 160,000 people across our great province.

Every day I have the privilege of seeing the difference we are making for those who need it most. And we certainly couldn't make that difference without your generous support.

Thank you.

A handwritten signature in black ink that reads 'Cindy Fuchs'.

**CINDY FUCHS**

Vice-President, Canadian Red Cross  
Saskatchewan

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# Message from the Cabinet Chair



I have been humbled to be part of both the Red Cross Executive Cabinet and the Red Cross as a whole over these past years. I have had a front row seat to the strong, compassionate and caring work that the Red Cross does across the province. It is hard to believe the scope of work that is carried out, from an apartment fire to an evacuation of a community as a result of wildfires. I'm impressed by both the skill and love of those who serve those that are lost and in pain.

I would also like to thank the many organizations across the province that play such a big part in helping people when they are in need. I attended several presentations about preventing bullying that were delivered through a partnership between the Saskatchewan Roughriders and the Red Cross. This partnership helps reach students across northern Saskatchewan, and the positive impact was evident on the faces of many students who realized that they are not alone.

In closing, I would like to thank the Executive Cabinet for the support they provide to Cindy Fuchs, the staff and the many volunteers that provide so much to the people of this great province. To Cindy, your dedication and that of your staff is humbling. In each and every interaction I have witnessed, your respect for fellow human beings shines through.

**RICHARD AHENEKEW**

Executive Cabinet Chair, Canadian Red Cross  
Saskatchewan




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# Red Cross is there because of amazing volunteers

The flexibility and commitment of volunteers is critical to the work of the Red Cross. Whether it's keeping disaster supplies organized, waking up in the middle of the night to help families affected by house fires, providing a listening ear to support those affected by emotional crises, answering phones at our front desks or performing data entry, they are the reason that the Red Cross can be there to support families when they need us most.

We are working to expand our team to meet the growing demands of an increasing number of disaster responses. The Red Cross in Saskatchewan currently has over 450 active volunteers with plans to grow the team's size to 700 volunteers who are trained and ready to respond whenever they are needed. If you, or someone you know is interested in helping families affected by disasters, please visit us at [redcross.ca/volunteer](http://redcross.ca/volunteer).

A man wearing a red and black Red Cross vest is blowing bubbles with a green ring. He is smiling and looking towards a group of children who are sitting at a table. The background is a bright, indoor setting, possibly a community center or school. The man is wearing a watch on his left wrist and a blue wristband on his right. The children are looking at him with interest.

“I feel like I am playing my part.”

Ross Pratt, Red Cross volunteer



“When you can help a young family or a family in need... that’s really the most fulfilling part.”

Bill Green, Red Cross volunteer





# Red Cross is there when a fire destroys a home at Christmas

“The fact that someone was dedicating their own time to help us was so meaningful and it really touched us.”

**Carmen Plaunte**, house fire victim



**The Plaunte family**

House fires usually happen during the cold, winter months. The day after Christmas this past year one of our volunteers, Hyuna Bae, took time away from her own family to help the Plaunte family in Prince Albert. It was -35 C and the family had started a fire in their fireplace to warm up. They didn't know that a squirrel had been hoarding pinecones in their chimney. Their living room quickly filled with smoke and soon the roof of their old home was in flames.

Bae organized a hotel room and food for the Plauntes for that night, as well as an additional two days, and met them at the hotel to see how they were doing and if they needed anything else.

“It was really nice in those few days when we didn't know what was happening or what would happen that we were able to at least not worry about food and shelter and our baby having diapers,” said Carmen Plaunte.

## READY TO RESPOND WHEN DISASTER STRIKES



117

DISASTERS RESPONDED TO  
IN SASKATCHEWAN  
(**2,977** IN CANADA)



3,637

ASSISTED IN  
SASKATCHEWAN  
(**132,472** IN CANADA)



470

ENGAGED VOLUNTEERS  
IN SASKATCHEWAN  
(**6,000** IN CANADA)



The Red Cross, on behalf of the Government of Saskatchewan, assisted 2,628 people affected by forest fires around Pelican Narrows. Most of the evacuees were out of their homes for over two weeks before it was deemed safe to return home.





# Red Cross is there to help kids dealing with bullying

Since 2010, several Saskatchewan Roughrider players trained by the Red Cross have spent their off-seasons delivering bullying prevention messages to youth. Sharing personal experiences, the players speak to students about the importance of fostering healthy relationships, and how to prevent and stop bullying when they see it happening.

This initiative, presented by AGT Foods Ltd. and supported by the Saskatchewan Roughriders, reached over 134,000 students in the past seven years. It's not only the kids living in major centres that get to hear this important message from their sports heroes. Players visited remote northern communities like La Loche and Fond du Lac, and small towns like Nipawin, Foam Lake and Davidson.

"This year, Dan Clark, Spencer Moore, Jorgen Hus and Eddie Steele did 90 presentations in 57 communities, speaking to over 23,000 Saskatchewan kids," said Valerie Pearson, Respect Education Manager for the Red Cross in Saskatchewan.



Roughrider Dan Clark and students from Stony Rapids.



**On Feb. 28, 2018**, thousands of people across Saskatchewan participated in Red Cross Pink Day. This year's theme, Be Someone's Hero, encouraged people who witness bullying to speak up and help put a stop to the bullying behaviour. Thank you to presenting sponsor K+S Potash Canada!



# Red Cross is there to build youth leadership in Saskatchewan schools



**Red Cross Youth Facilitators** Carson Brown and Victoria Marmu.

Four years ago, the Red Cross in Saskatchewan started a campaign with the goal of reaching every student in the province with bullying prevention information and tools. To achieve this goal, the Red Cross has been training youth and adults to deliver bullying prevention presentations to their peers.

This year alone, 217 youth in Grades 7 to 12 completed this training and made the commitment to share this critical information with their peers and to model positive and respectful behaviour.

“Research shows that youth are more engaged when they hear a message from their peers than from an adult,” said Valerie Pearson, Respect Education Manager for the Red Cross in Saskatchewan. “This program is a great opportunity to build youth leaders in communities across the province.”

Carson and Victoria, from Holy Rosary High School in Lloydminster, are Red Cross Ambassadors in their school and recently took the training. “I’ve dealt with bullying growing up and it’s definitely been a big influence in my life and I really didn’t want to see kids go through that same situation,” said Carson.

Both students have already delivered several presentations and noted the usefulness of the training they received. “I went home (after the training) and I found myself already using the things I had learned. I’d already been thinking of them,” commented Victoria.

## PROMOTING HEALTHIER RELATIONSHIPS FOR YOUTH



88,000+

SASKATCHEWAN PEOPLE ATTENDED  
RESPECT EDUCATION WORKSHOPS  
(783,000 IN CANADA)



217+

SASKATCHEWAN YOUTH FACILITATORS  
TRAINED FOR RESPECT EDUCATION INITIATIVES  
(2,500 IN CANADA)

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# Red Cross is there to teach swimming to Indigenous communities



**Youth practicing** lifeguarding skills in a lake.

Canada's Indigenous population has a drowning rate 10 per cent higher than the national average and 15 per cent higher in children under the age of five. In order to help reduce these numbers, the Red Cross created the Indigenous Water Safety program in 2016.

The remote location of many First Nations and Métis communities and their close proximity to a large number of bodies of water contribute to the high rate of drowning. In addition, while many daily activities like hunting and fishing revolve around water, residents often lack access to water safety education.

The program includes swimming and water safety lessons, as well as Standard First Aid, babysitting courses, Stay Safe programs and a Youth Leader Workshop.

"It's one of the most exciting things for us," said Lesley Anne Morley, Swimming and Water Safety Representative for the Red Cross in Saskatchewan. "It takes us from simply providing lessons to developing leaders in the community so they can then be self-sufficient."



## **Tami Wall, Incoming Chair, Executive Cabinet** Canadian Red Cross, Saskatchewan

The Canadian Red Cross in Saskatchewan is thrilled to introduce Tami Wall as the Incoming Chair of the Executive Cabinet, an elite group of business and community leaders who provide high level fundraising support and strategic advice to the leadership team in Saskatchewan.

Wall's contributions as an original Executive Cabinet member has led to the development of the Tiffany Circle group, the expansion of the Respect Education program and the creation of the RED Gala, the pre-eminent fundraising event in the province.

In appreciation of her passion and deep commitment, the Canadian Red Cross Society recently welcomed her to the Order of Red Cross Member level.



# Red Cross is there to help Canadians face Mental Health Emergencies

When we see someone in physical distress we know to apply first aid, but how do we help someone in mental distress? In a 2016 poll Canadians expressed a strong desire to learn how to help someone exhibiting symptoms of depression or suicidal tendencies.

In order to help Canadians better respond to mental health emergencies the Canadian Red Cross created the Psychological First Aid course. Following the Humboldt bus crash, the online component of the course was offered to

teams in the Saskatchewan Junior Hockey League, with the Red Cross making the course public in the coming year.

The Psychological First Aid course has two components: an online component that includes a self-care module and a caring-for-others module, and an in-class component for hands-on practice scenarios to help trainees get comfortable with providing Psychological First Aid to someone in distress.

## PREVENTING INJURIES THROUGH WATER SAFETY AND FIRST AID



48,000+

PEOPLE IN SASKATCHEWAN ATTENDED  
RED CROSS SWIMMING & WATER SAFETY COURSES  
(1.4 MILLION IN CANADA)



24,000+

PEOPLE IN SASKATCHEWAN  
LEARNED FIRST AID  
(556,695 IN CANADA)

**Thank you to all of our Executive Cabinet volunteers for taking time and energy to help further the work of the Red Cross.**

Richard Ahenakew

Mo Bundon

Eric Cline

Lance Donison

Tim Loftsgard

Steve McLellan

Craig Reynolds

Dorothy Slawinski

Tami Wall

# Red Cross is there because of supporters like you.

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Thank you for supporting the Canadian Red Cross. You are making it possible for the Red Cross to provide life-saving and life-changing services to those in need in Saskatchewan.



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