

# CIF FEATURE STORY:

## Northern Spirits



March 2018

### Feature Story: *Northern Spirits, Northern Sport Culture and Recreation District*

Northern Spirits is a three-day music, arts, and culture workshop for approximately 75 youth ages 12-17 in northern Saskatchewan. During the workshop, youth are given the opportunity to demonstrate their musical abilities and learn valuable skills in leadership, performance, set design, stage management, and production. Every evening, youth have the chance to sing, dance, and/or play an instrument in front of their peers. This year, Northern Spirits had two guest speakers, LJ Kimbly, a local Prince Albert musician, and Marty Ballantyne, a northern musician, share their stories and journey into the music industry. They spoke about rising up from their situations and using their life experiences to create their work as musicians and song writers.

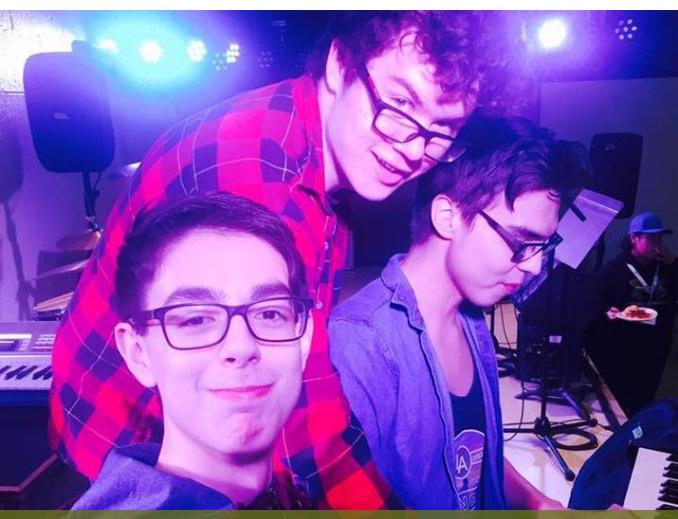
After the workshop, program mentors and leaders select youth to produce and perform in their own showcase in February, alongside the Voices of the North show at the Prince Albert Winter Festival. **"Youth who displayed the most passion, dedication, and determination are selected to participate in the showcase,"** shared Harmony Johnson-Harder, Program Manager for Culture and Community Development.

The annual Northern Spirits workshop allows youth from across the north to come to Prince Albert and return home with new confidence and experience. They learn how to speak in front of a group, sing to a crowd, and overall self-empowerment. **"Teachers and parents are excited to have youth participate in Northern Spirits. Youth who take part in the workshop go back to their own communities with greater confidence and self-esteem, ready to take on leadership roles in their schools and community,"** said Johnson-Harder.

**"The band 'Between Bridges' is a success story that resulted from youth who participated in Northern Spirits. Three youth from La Ronge, Timber Bay, and Prince Albert met at Northern Spirits and formed a solid friendship. Their band is now touring across Saskatchewan,"** shared Johnson-Harder. **"Living in isolated communities can make it difficult for youth to connect with others that have similar interests and passions. Youth who participate in Northern Spirits build friendships and support networks in the music and art community across northern Saskatchewan."**

“Since attending Northern Spirits, they can’t help but share their love for music and performing. They now pursue music with passion and a willingness to write, sing, and share their music.”

- A parent & support staff at a local school was thrilled to watch her two children grow their self-confidence.



The band 'Between Bridges' formed at the Northern Spirits workshop and joined this year's showcase as mentors and back-up band.



Between Bridges guitarist with youth participant performing at the Northern Spirits showcase.