



Indus Ringette Association, Monthly Board Meeting

Monday, January 5th, 2026 at 6:30pm at Indus Rec Centre

Topic: January 2026 IRA Board Meeting

Time: January 5th, 2026 06:30 PM MST

Where: Indus Rec Centre, Meeting Room

1. Welcome & Introductions

2. Approval of Previous Meeting Minutes

- Cindy Medernach motioned accept the minutes as presented and Sara Roth seconded.

3. Athlete and Community Grief Resources

- Counsellors:
 - o Tara Rhodes – Social worker at ACH – where can association members go to support; group grief counselling for teams (No group counselling through AHS)
 - o Children’s grief clinic, Distress Centre, Synergy, Summit (24/7)
 - o RVS teams in Chestermere and Langdon going to them in the next couple of weeks
 - o What to watch for the coming weeks, months, year: iRA will put it the resources together
 - o It is important that the resources would be readily available – not just sift through emails – bag tags, key chain, text a picture and save it on the phone
 - o Kids Help line – they can text and talk anytime
 - o Link for all the resources will be on IRA website and social media
 - o IRA Website – can be also for support for healthy eating etc.
 - o Employee Assistance Programs, Calgary Counselling Centre
- RAB does not have any grief resources
- Kristin will work with Chelsea to make a key chain or bag tag
- Psychosomatic – headaches, stomach aches, lethargy - different ages and different things to look out for

4. Support for the family

- There is a Google sign up sheet – meal train – full till January 17
- Committee to monitor and coordinate the support for the family – Holly Turner, Jaime Rainey, McHattie, school vice principal from Langdon; Jarrett will talk to Trevor about setting up the email, Kaycee
 - o This committee will coordinate all the support for the family
 - o Committee can draft an email that can be send to the other associations
 - o
- There is an email for monetary donations through e-transfer shared on social media
- Stickers – U19A team has a design for the stickers and ordered them through the team – 80 stickers (first through U19A and U16A); then later it will be opened to the other teams. Also key

tags, car stickers. The logo has been created into a jpg.

- There is an independently set up Go Fund Me page to help the family
- Email – do not go rogue; ask for approval from the committee; out of respect for the family
- Fees –. Danny Skene proposed a motion for the family to be reimbursed for the fees for both of their players. Jarrett Browne seconded, all in favor. Motion was carried.
- The email with resources can be sent to Chinook League
- Junior Coach of the Year – might can be changed to Taya
- Scholarship or Bursary – could be done through the school
- Before first game 13s of silence – up to each team (U16A and U19A – will need to deal with things differently) – Veronika will send an email to the team managers
- Orange tape on sticks to show support

5. Timelines

- Association wide email send the email with the graphic with the phone numbers and have it on the website – within 24 hours; so teams can have the conversation at next practice; and then we can print something
- Preference for the top 3 numbers – one that we can text (Distress Centre, Summit, Kids Help Phone, could also have QR code – with link to our website with all the resources),
- Kristin will work with Brittany Clarke– to design something with the resources
- Bag tag – one side the logo that Addison designed
- U12 and up – all RISE 116 – all should receive the key chains, or something like driver’s license
- All information must be shared with SMRA

6. Critical deadlines

- **U12B regionals** (March 27 weekend)
 - o ice is secured through Edge Schools, every team must be included (12 teams); 7-8k just ice; CRL – they collect all registration money and then CRL will pay back, we will still need sponsorship, raffle table,
 - o We need to fill positions for the regionals; right now Cindy will work on schedule and volunteer lists
 - o Medal games – volunteers for minor officials will be needed;
 - o Cindy will get volunteer lists – also could work with Strathmore (reciprocity for volunteer hours); Grievance coordinator – could be Danny
 - o Pre-order hoodie for the regionals
- **Year end party**
 - o Combined party of all SMRA and IRA teams
 - o Coaches game – style year end better in Strathmore – refreshments at the food kiosk upstairs in the Strathmore arena
 - o Awards in between periods – on the ice (carpet)
 - o Who is the kick off party organizer?
- **CRL** – U14 and up pooling the teams – U12A Medicine Hat to U12B, U12B Foothills moving to A – U12 actively pooling the teams as well.

Adjourned at 8:29pm