

# RECREATION PEI



NEWSLETTER - Summer 2010  
Issue No. 29

*good for us all*



[WWW.GOPEI.CA](http://WWW.GOPEI.CA)

Story inside on Pages 3-4

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# Recreation PEI PRESIDENT'S REPORT

## *Summer 2010*

We now begin our second year as an amalgamated organization promoting recreation and physical activity on Prince Edward Island. In May a very successful AGM and Conference was held featuring a series of professional development workshops. These sessions provided our members the opportunity to increase their knowledge and to share best lessons with fellow professionals.

For 2010-2011 we are delighted to have Rachel Arsenault (Past-President), Kim Meunier, Nancy McMin, Dale McIsaac and James Sullivan returning to the Board of Management and welcome new members Angela Marchbank, Josh Whitty, Paul Molyneaux, David Morgan, Janice Robertson and Paula Sark. The new board has a great cross section of talented and experienced people who will work to further the mission of Recreation PEI Inc.

The focus of our work is to promote the increase of recreation and physical activity among islanders. Recreation PEI Inc. is the public voice for issues important to recreation and physical activity; is a resource to communities; and should be a catalyst for improved programming and facility operation. We offer a menu of resources that can help communities improve quality assurance, and thus reduce risk, for all of their programs. This is accomplished by continually increasing the professional development and certification of staff, the safety of facilities,

and the effective operation of facilities. Quality leadership in quality facilities attracts the young and old to the quality programs.

In keeping with our mission, Rec. PEI is managing the new province wide go!PEI program that Minister of Health Carolyn Bertram announced in May. The program is a partnership between Recreation PEI, Inc., the Sport, Recreation and Wellness division of the Department of Health, PHAC (Public Health Agency of Canada), 15 island wide communities or regions, the Healthy Eating Alliance, Island Trails, Cycling PEI and PEI Roadrunners. The campaign is designed to encourage islanders of all ages to increase their physical activity in simple, free activities available everywhere. The project is jointly funded by the Province of PEI division of Sport, Recreation and Wellness and PHAC.

Thank you to the Dept of Health & Wellness for their support of Recreation PEI.

As we move forward as an association we also must explore all obvious opportunities to promote increased activity and participation. For school age youngsters this could be after school time while for adults this might be the workplace.

We look forward to all of the challenges.

Barb Mullaly, President, Recreation PEI Inc.



## Local Level Partners





Recreation PEI in partnership with the Provincial Sport and Recreation Division are working collaboratively on a physical activity initiative designed to promote and provide programs on encouraging Islanders to become more physically active and choose healthier food choices. This initiative is go! pei and is built on the following seven principles:

1. Activities that are low cost or no cost
2. Activities that have readily available infrastructure across the Province
3. Activities that require limited equipment
4. Activities that do not have time constraints
5. Activities that can be done as an individual or as part of a group
6. Activities that can be done by any age group
7. Activities that can be done year round

The development of the program has been done with these seven principles in mind to allow this initiative to be delivered across the entire province and allow any Islander who wishes to become involved to do so. The program includes two main components with the first being the general promotion of walking, running, cycling and hiking as great activities to do to increase the physical activity levels of Islanders. This will be done Province-wide by our



local partners and the community level.

The second component includes an education and program piece that will be delivered at the local level by groups and organizations that will be contracted to deliver this initiative. The education and program piece includes the following activities:

**a. Go! 101** – Is a six session course for Islanders interested in being part of a group to make the necessary lifestyle changes to incorporate physical activity and healthy eating as part of their daily schedules.

**b. Learning to Run/Using your Bike** – The creation of resources and programs to assist those Islanders wishing to add some more vigorous activity to their schedule by learning to run or for those Islanders who would like to start or continue using their bicycles in safe and effective manner.

**c. Coordinated Calendar of Events** – During specific times throughout the year, there will be special activities for Islanders to encourage them to think about being physically active in ways they may not necessarily have been before.

**d. Speakers Bureau** – Recreation PEI will manage a service that will allow any group, workplace or organization wishing to receive a presentation on physical activity to simply call a number and they will arrange for the presenter.

**e. Healthy Eating Opportunities** – Local level groups will have some resources to address some healthy eating information sessions or programs for residents of their region.





**f. Islanders Make The Pledge** – Islanders will be encouraged to make a pledge to become more physically active and as a result will have the opportunity to receive a regular healthy living newsletter.

The greatest strength we have in the delivery of this program is our Community and Programming partners. We believe the obvious partners are those who already are involved in the promotion of physical activity and healthy living and who have a great understanding of the residents in their area. We provide funding, program resources and a support staff to assist local partners in becoming involved in this campaign.

We have developed these partnerships with community recreation departments, regional sport councils and other NGO's with a mandate for promoting physical activity to offer and deliver the go! pei initiative in their communities/regions.

There are currently go! pei programs running all over the Island and literally 1000's of Islanders have taken their pledge to live a more healthy life! For more information of the program check out [www.gopei.ca](http://www.gopei.ca)



www.gopei.ca

# PEI, let's go! for a walk.

Go running. Ride a bike. Talk a walk. Go on a hike. Start eating healthier today.  
Feeling stronger. Living longer. Now you're on your way.  
There's a community go! activity near you.  
Find out more at [www.gopei.ca](http://www.gopei.ca) or call 892-5323

good for us all

go! pei



# Free Playground Inspection Program



## Background:

Playground facilities are the most common and widely used recreation facilities that exist in our Island communities. They provide countless hours of enjoyment for our children. As owners and operators of these facilities you have a responsibility to ensure that we are providing the safest possible play environment for our children. The purpose of the playground safety program is to reduce the number of playground injuries by providing education and information to owners and operators of playgrounds in Prince Edward Island.

## About the Program:

The Playground Safety Program involves a site visit by a trained consultant certified through the National Playground Safety Institute. The consultant will guide the owner / operator through an inspection process to identify any potential risks to it's users. Following the inspection, the owner/operator will receive a report detailing any recommended changes or maintenance practices that should be followed. Recommendations will be based on national playspace and equipment guidelines as outlined by the Canadian Standards Association [CSA].

Please note that this program is designed to assist and support operators to improve the level of safety in their playgrounds. While recommendations will be provided, owners/operators will continue to determine what changes shall be made to their facilities. Future upgrades shall be the responsibility of the owner/operator and not the Playground Safety Program.

This program is being offered at no charge to communities, day care operators, and other publicly operated facilities.

## Sponsoring Organizations:

The Playground Safety Program is being administered through Recreation PEI. Recreation PEI is a provincial non-profit organization that is committed to the provision of quality recreation programs and facilities across the province.

The program is sponsored/supported by the Sport and Recreation Division of the Dept. of Communities and Cultural Affairs and labour and the Healthy Child Development Strategy.

## Workshop Sessions:

Recreation PEI is available to conduct presentations/ workshops to interested community groups and organizations on the issue of playground safety. Please contact our office.

## How To Apply:

Please note that this program is being administered on a first come first serve basis. Our ability to complete consultations will be based on demand. It may be a period of weeks before your consultation can be completed

## Contact Information:

For more information on the Playground Safety Program or to request a consultation please contact us at:

### Recreation PEI

Ph [902] 892-6445

Fax[902] 368-4548

Email:info@recreationpei.ca

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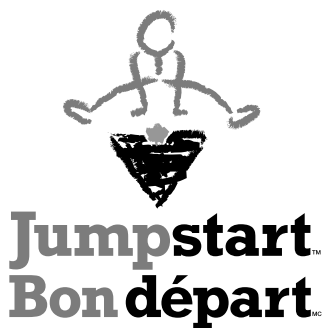
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*Canadian Tire JumpStart is a charitable program created by the Canadian Tire JumpStart Foundation to help kids in financial need participate in organized sports and recreation. National in scope but local in its focus, Canadian Tire JumpStart helps kids in need get active by providing funds to help offset the cost of registration fees, equipment and transportation.*

The P.E.I. Local Chapter is made up of community leaders from KidSport™ P.E.I., Recreation PEI and Canadian Tire Associate Dealers. These organizations help to deliver the program effectively and identify kids who would benefit from the program.

#### *Guidelines for funding:*

- ages 4 to 18
- up to \$200 per child.
- it is meant to fund a physical activity that is held over a season (6 months)
- available to members of the same family in the same season.
- funding will be used for registration fees and equipment.

*Eligibility for Funding: Based on financial need.*

### **TO APPLY FOR THIS PROGRAM CONTACT THE APPROPRIATE ORGANIZATION:**

#### **FOR ORGANIZED SPORTS:**

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#### **FOR RECREATIONAL ACTIVITIES:**

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*(Community Recreation Department Programs, Dance, Some Gym or Walking Track Memberships, a Package of Passes to Go Swimming, Yoga, Pilates, Aquafitness, Aerobics, Bowling, Activities for those that are Physically and Intellectually Ilneged, Golf, Cycling Clubs, X-country Skiing, etc.)*

## **Celebrate Seniors,**

### ***Month by Nominating an Older Adult for the PEI Senior Islanders of the Year Award***

Community Services, Seniors and Labour

Community groups, organizations and the general public are being asked to nominate seniors in their community for the 2010 Prince Edward Island Senior Islanders of the Year Award, announced Honourable Janice Sherry, Minister of Community Services, Seniors and Labour.

The award is intended to recognize the significant contributions of Island seniors in many areas of community life including: volunteerism, artistic achievement, fundraising, community participation, career achievements, fitness/recreation and other activities.

"The PEI Senior Islanders of the Year Award highlights the unique and varied role that Island seniors play in enhancing community and family life," said Minister Sherry. "These awards are a wonderful opportunity to celebrate the contributions of older adults and recognize the unsung heroes in our communities and I encourage everyone to consider nominating an older adult they know who deserves recognition."

The deadline for nominations for the 2010 PEI Senior Islanders of the Year Award is August 1. Nominations will be assessed by members of the Prince Edward Island Seniors' Secretariat.

To be eligible for an award, nominees must be:

- a current resident of Prince Edward Island;
- 65 years of age or older; and
- willing to be nominated and agree to participate in award promotions.

Those wishing to nominate someone for the PEI Senior Islanders of the Year Award can find the nomination form online at [www.gov.pe.ca/ss](http://www.gov.pe.ca/ss) or by calling 1-866-770-0588.



### **"New" HIGH FIVE® Principles of Healthy Child Development Training**

HIGH FIVE® National, a division of Parks and Recreation Ontario, is pleased to announce the launch of the new Principles of Healthy Child Development (PHCD).

The best way to play™ HIGH FIVE® is Canada's only comprehensive quality standard for organizations providing recreation and sport programs to children aged 6 to 12. Recreation and sport activities make a significant contribution to how children develop – both physically and mentally. HIGH FIVE® is based on the belief that all children deserve to have sport and recreation experiences that support their healthy development.

PHCD training is a component of HIGH FIVE® which has been delivered for the past 10 years to front line sport and recreation leaders to provide them with the vital skills and tools needed to ensure that children have positive experiences in sport. As the leader in providing child development expertise in sport and recreation, HIGH FIVE® has updated the PHCD to ensure that the training meets the emerging needs and growing diversity of its stakeholders and includes the most recent research on healthy child development.



# **UPEI Alumni Canada Games Place:**

## **Charlottetown, s newest sporting venue**



As you drive along University Avenue, UPEI Alumni Canada Games Place (ACGP) is hard to miss. A grass berm several storeys high surrounds a rust-red track and grass infield, while the Canada, PEI, Charlottetown, and UPEI flags blow merrily above.

When the track first opened, Charlottetown's runners hopped the chain-link fence to try it out. Now full-time students and members of the Chi-Wan Young Sports Centre and the Community Walking Club use the 400-metre track on a regular basis. Says one city runner, "Athletes call it a fast track. Everyone loves to run on it because you feel like you're running so much faster."

UPEI Alumni Canada Games Place officially opened last July, just in time for the 2009 Canada Games, where it was the site for Athletics. Soccer games were played on the adjacent artificial turf field. Canada Games athletes were ecstatic to be among the first to use the venue, and gave it and its pristine equipment the thumbs-up.

Now UPEI's ACGP is home to the UPEI Panther rugby teams. This spring, PEI's Zones 3 and 4 and the Provincial Track and Field Championships are being held there. From July 12 to 18, 272 track-and-field athletes from Great Britain, Senegal, South Africa, Switzerland, and Germany will use the facility — and UPEI's residences and food services — for a training camp before heading over to the 2010 World Junior Championships in Moncton, joining athletes from 170 nations. And in August, the venue will be the site of the Atlantic Track and Field Championship.

Two events happening later in the year take full advantage of the proximity of the two fields. Says Mike Redmond, coach of the UPEI Panther Women's Soccer and "B" National Coach, "There's a lot synergy that comes from combining the artificial and natural turf fields, particularly for soccer." For a week in October, then, the facility will play host to 450 athletes at the Canadian Soccer Association's Senior Men's and Women's Championships. From November 11 to 14, Canadian Interuniversity Sport (CIS) will hold the Women's Soccer Championship

here.

With seating for approximately 2,400 in the ACGP alone, the combined facility boasts a clubhouse with four dressing rooms, a physio room, a referees' room and canteen; a VIP building; officials building; and a building for storage.

"In fact," says Ron Annear, UPEI Athletics Director, "this world-class facility can host any national or international event except for the Olympic Games. These upcoming events are major opportunities to showcase what our facility is capable of on the world stage." Annear and his team are actively pursuing other opportunities for the venue.

"And plans are now in the works to develop and grow Athletics on PEI," says Annear. "We're partnering to hire a technical director, with support from several community partners — UPEI, Athletics PEI, PEI Health and Wellness, and Canadian Sport Centre Atlantic, which is the regional body that oversees sport in the region — particularly performance sport. Over the next few years we hope to see more national-calibre track-and-field athletes following in the footsteps of athletes like Jared Connaughton and Eli MacEachern. This facility will play a major role in making that happen."

If groups are interested in using UPEI Alumni Canada Games Place, please contact Ron Annear at (902) 566-0715 or [annear@upe.ca](mailto:annear@upe.ca). For turf field bookings, please contact Frank Quinn with the City of Charlottetown at (902) 629-4028. To get a membership to the Sports Centre or the Walking Club, visit the Chi-Wan Young Sports Centre front desk.

## **Fast Facts: UPEI Alumni Canada Games Place**

### **FACILITY**

- Class 2 eight-lane running track (certification pending)
- rugby field
- hammer throw area
- discus circles
- steeple chase pit
- D square for high jump
- triple jump pits
- javelin toss lanes

SIZE: 14 acres

SPECTATOR SEATING: 1,335

RESERVED SEATING: 235

VIP BUILDING SEATING: 100 (washrooms and service outlets)

### **EQUIPMENT**

- timing and announcing equipment at Announcer building on the start/finish line
- storage building





#### **PARKING**

- in the MacLauchlan Arena parking lot nearby

#### **OTHER FEATURES**

- practice areas, including hammer throw cage and discus circles, as well as warm areas
- green space, walking paths, and areas for event tents
- fully accessible (including handicapped parking)
- turf field soccer complex next door (including washrooms, change rooms, and concession stand)
- wireless Internet

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# ZUMBA CRAZE HITS PEI

Zumba® fitness has become a very popular and fun way to burn calories says Certified Zumba® Instructor Rita Sark. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!



Rita Sark (left) and her Zumba Team of Patti Garcia, Teri-lynn Campbell and Julie Whitlock.

Sark became a certified fitness instructor in 1999. She offers a variety of classes including early morning outdoor bootcamps, yoga, and now Zumba®. She has extensive knowledge as a fitness instructor and brings an energetic enthusiasm to every single one of her classes. Sark had the opportunity to meet and train with Zumba® founder Beto Perez in the Summer of 2009. The Zumba® routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

The summer schedule for Sark's classes are:

Zumba®: beginning Tuesday July 6, Zumba® classes will be every Tuesday & Thursday from 6:30 p.m. to 7:30 p.m. at the APM center in Cornwall until the end of August.

Boot Camp: Monday & Wednesday: 6 a.m. -7 a.m. at Fort Amherst National Park Tuesday & Thursday: 6 a.m.- 7 a.m. Westwood School Parking lot in Cornwall.

Yoga/Core training: beginning Friday July 9, in Cornwall. Classes will be every Friday at 9 a.m. at Westwood School Parking lot.

For more information about Zumba® and Zumba® classes near you, please visit Zumba.com. For more information about Zumba® classes with Rita Sark, please visit the Zumba ~With Rita Sark~ Facebook group.

## Recreational Cycling Schedule 2010

Island Trails recreational cycling events are free and are open to all ages & cycling abilities. All rides are accompanied by volunteer trail officers. Weekly summer rides will be held in many Confederation Trail communities. Come out and enjoy the trail and enjoy the healthy outdoors and meet new cyclists, some of whom haven't been on a bike for many years. For

information contact Grace 583-2412, Phil 628-1813 or Frank at 658-2801.

### July

Saturday July 3rd 10 am 6pm Mt Stewart

Tuesday July 6th 6pm Montague

Thursday July 15th 6pm Murray Harbour

Wednesday July 21st 6pm Summerside

Tuesday July 27th 6pm Wellington

### August

Tuesday August 3rd 6pm St Peters

Wednesday August 11th 6pm Hunter River

Thursday August 19th 6pm Souris

Tuesday August 24th 6pm Tignish

### September

Wednesday Sept 1st 6pm Morell

Tuesday Sept 7th 6pm Georgetown

Wednesday September 15th 6pm Kensington

Tuesday September 21st 6pm O'Leary

Island East Fall Cycling Weekend Event

### October 1,2 &3,2010

A scenic social cycling event on PEI's beautiful Confederation Trail for all ages.

Day #1 Friday October 1st 5pm Registration/reception at 4pm

Brackley Commons to Mt Stewart Community Centre 26km

Day#2 Saturday October 2nd 11:00 am Registration/reception 10am

Mt t Stewart Community Centre to Montague 40 km

Day#3 Sunday October 3rd 11am Registration/reception 10am

Murray Harbour Community Centre to Wood Islands 22km

All Island Trails events are accompanied by Trail Officer volunteers.

\*overnight bicycle storage for Day #1 will be provided for participants in Mt Stewart

Event cost: \$25.00 for all 3 days or \$10.00 per day.

Participants are encouraged to register by September 15th to be eligible for early draws.

For information contact Grace 902-583-2412, Frank 902-658-2801 or Phil 902-628-1813 for information visit [www.islandtrails.ca](http://www.islandtrails.ca)



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# PEI Tobacco Free Outdoor Recreation Facilities Movement

Back row from left: Barb Mullaly, President Recreation PEI; Tylan Robinson, O'Leary; Krista Locke-Ellis, West Prince Sports Council; Mayor David MacDonald, Souris; Wayne Crouse, Morell; and Mike Connolly, Crapaud. Front row from left: David Gallant, Rustico; Joanne Weir, Stratford; Mayor Richard Collins, Montague; Sue Hendricken, Charlottetown; Kim Meunier, Cornwall; Cory Thomas, Summerside; and Minister Robert Vessey.

Recreation PEI is pleased to announce that fifteen communities across Prince Edward Island have adopted Tobacco Free Outdoor Recreation Facility policy. The fifteen communities include: Alberton, Borden-Carlton, Cardigan, Cavendish Farms Wellness Center - Montague, Charlottetown, Cornwall, Crapaud, Morell, North Rustico, O'Leary, Souris, Stratford, Summerside, Tignish and Eastern Kings Rotary Soccer Complex. Minister Robert Vessey, representing the Government of Prince Edward Island, recently presented these communities with certificates signed by the acting Minister of Health and Wellness and President of Recreation PEI.

Recreation PEI will be hosting Tobacco Free Recreation Facilities Training Sessions during this spring and summer to front line recreation facility workers, (coaches, staff, volunteers, etc., dealing with recreational properties), across PEI. The sessions will highlight ways to ensure your recreation facilities are and

stay tobacco free. The FREE presentation is titled: "Tobacco Free Recreational Properties: Making it Work". The agenda is flexible depending on community needs. Topics covered include: history, community assessment, tobacco reduction strategy, community feedback, signs, enforcement, community uniqueness, annual evaluation and community pride. The presentation takes from sixty to ninety minutes to deliver. Please call Frank Morrison at 902-672-2567 to book your free presentation.

Recreation PEI is dedicated to promoting safe facilities for all to enjoy.





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We are pleased to support the  
**Prince Edward Island Recreation & Facilities Association**  
and its members.



For additional information, visit our website at [www.dmaconsulting.com](http://www.dmaconsulting.com)

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## The Doug Moore Scholarship Fund

Jet Ice Limited, annually invites applicants for the Doug Moore Scholarship Fund, dedicated to the memory of Mr. Doug Moore. Doug, the founder of Jet Ice Limited, was the Chief Engineer at Maple Leaf Gardens in Toronto for 30 years. During his 40 years of service in our industry, Doug developed ice making concepts and theories that are recognized and accepted as standard in our facilities today. This Fund is based on his belief that any individual can achieve their goals with a little nudge of confidence and encouragement along the way.

This Scholarship is dedicated to providing opportunities within the ice making forum for those candidates who are in true need and may not otherwise be able to afford the associated academic costs.

The only criteria to apply for funding will be that the recipient work full time in the field of Recreation or be attending a post secondary institution in a related discipline. They must demonstrate commitment and desire to learn and to actively participate in their ongoing professional development within the ice making community. The courses should represent leading edge, industry-related learning opportunities that prepare practitioners for the ever changing world of professional ice making.

**Recreation PEI will allocate \$1000 for the Doug Moore Scholarship for 2009. Deadline for applications is March 1, 2010.**

*"The International Icemakers Society supports professional development within the ice making community and would like to assist candidates in achieving their personal and professional goals" says Deborah Wilcock, Jet Ice General Manager.*



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# The Canada Games Sports Centre

- Slemon Park

The Canada Games Sports Centre, a newly developed facility located at Slemon Park, Prince Edward Island is now open to the general public. This year round recreational facility welcomes all individuals, groups, sport teams, organizations and corporate team building events.

The gymnasium, which can be rented by the hour or a daily basis, is an ideal location for any and all training activities and special events. Short and long term programming dates can also be arranged.

## Hours of Operation:

- Sunday to Friday from 12:00pm-9:00pm.
- Saturday from 9:00am-9:00pm.
- Hours of operation also flexible to accommodate special events/tournaments.

## General Admission:

Daily Pass(all access)

- \$5.00 (applicable for all individuals who are employed or reside at Slemon Park)
- \$7.00 for general public
- Multi-User Pass (all access)
- \$40.00 (applicable for all individuals who are employed or reside at Slemon Park)
- \$56.00 for general public
- Provides ten (10) visits for the price of eight (8)

For further information on the Canada Games Sports Centre, please contact the undersigned at your convenience.

Thank you.



**Two (2) full sized basketball courts**  
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*good for us all* **go! pei**



# Strategic and Master Planning in Parks and Recreation Departments

Where are we going? What are we trying to accomplish? What shall we work on today? What programs and services would be great for the community? If you show up for work each day and these questions come to mind, you need a plan. To operate a truly effective department and provide recreation and leisure services that meet the needs and wants of your community, it is imperative that one considers the importance of an organizational plan.

**An essential first step in the development of a results-based accountability system is defined as the process of addressing the following questions:**

- Where are we?
- What do we have to work with?
- Where do we want to be?

Why develop a plan in a municipal parks and recreation department?

You would develop a plan to help guide the ultimate development of the park and recreation system within your community. A plan must consider the future to ensure the immediate and long range decisions made in regard to parks and recreation services are sound, satisfy a broad range of needs and benefit those who are clients of the organization.

**Generally, a parks and recreation plan would provide:**

- Physical infrastructure- acquisition, development and improvement of parks, open space, greenways, trails and facilities
- Services infrastructure- programs, services, partnerships, and alternatives that provide for recreation services as uniquely required in each community
- Administrative infrastructure- Provides support for the provision of park and recreation services in the form of organization, legal framework, funding for improvements, and policy direction as uniquely required in each community. Examines the roles and responsibilities of staff within the department to ensure needs and wants of the community are being met (from a recreation perspective)

How do we get there?

An organization that determines it is indeed ready to begin strategic planning must perform five tasks to pave the way for an organized process:

- Identify specific issues or choices that the planning process should address
- Clarify roles (who is responsible for each task in the process)
- Create a Planning Committee

- Develop an organizational profile
- Identify the information that must be collected to help make sound decisions.
- Citizen engagement process- what methods you will use to consult with the public. Remember, ultimately it is a plan not just for your department's internal operations, but it is a plan for leisure services for members of the public

**Components of your departmental plan could include:**

- a mission statement
- an outline of goals, objectives, and activities
- an assessment of current resources
- strategic analysis

**Some great sample departmental master plans can be found at the following links:**

Sample Plans

City of Fredericton Recreation Master Plan

<http://www.fredericton.ca/en/recleisure/2008RecreationMasterPlan.asp>

**City of Waterloo Parks and Recreation Master Plan**

<http://www.waterloo.ca/DesktopDefault.aspx?tabID=2006>

**Written by:**

Cory Thomas BRLS, MA

Cory is an instructor with Holland College Sport and Leisure Management Program. He teaches courses in community recreation planning, human resource management and leadership in recreation, parks and leisure services. He is also co-chair for the City of Summerside Community Services Department.





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I, \_\_\_\_\_ pledge these activities to improve my physical activity  
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**1. Physical Activity** \_\_\_\_\_

**2. Healthy Eating** \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

Honourable Robert Ghiz  
*Premier of Prince Edward Island*

\_\_\_\_\_  
Signature

Honourable Carolyn Bertram  
*Minister, Dept. of Health & Wellness*

[www.gopei.ca](http://www.gopei.ca)



**Please submit this portion to Recreation PEI**

Name: \_\_\_\_\_

Community: \_\_\_\_\_

Would you like to receive our newsletter? If so, please give us your email address.  
The go! PEI monthly e-newsletter has tips for physical activity and healthy eating, stories and events.

Email address (please print clearly) \_\_\_\_\_



**Calling all Canadian organizations, big and small. Step up, join Sogo Active and help us fight youth inactivity.**

Sogo Active is a national initiative, presented by Coca-Cola Canada in collaboration with ParticipACTION, to support and encourage physical activity in Canadians aged 13-19.

Look for the new and improved Sogo Active coming this July, 2010!

The next Sogo will give young people across Canada new reasons and new opportunities to get active. The next Sogo will ask young people to get moving by taking the Sogo Active Challenge, attending Sogo Active Events, and working together to overcome the physical inactivity issue.

We're looking for Community Host organizations, big and small, to help us host Sogo Active Challenges and Events in communities across Canada. Sign up for free and you can:

- Access grants to support youth group activities and events, up to \$500
- Increase your organization's visibility and profile among young people
- Attract participants to existing or new programs and events targeted at youth
- Help provide access to facilities, equipment, resources and logistical support to young people
- Help build active leaders of tomorrow

Sogo Active will support you with an online profile, a provincial/territorial coordinator, an outreach kit and plenty of ideas.

To find out more, please visit [www.sogoactive.com](http://www.sogoactive.com)



## Community of Evangeline Recreation Centre - Fund Raiser Challenge

On Monday May 24, the CARI Complex and MacLauchlan Arenas were pleased to host a Family Skate, with all proceeds from the skate being donated to the Community of Evangeline's efforts to rebuild their Arena and Recreation Centre. Despite the sunny, 27 degree weather that day, a great crowd attended the event.

In total, over \$500 was raised for the Community of Evangeline Recreation Centre. Funds were also collected from the CARI Staff.

CARI General Manager Jamie Cottingham comments that "the Evangeline Recreation Centre was a second home for many members of that community and the CARI Complex is no different to the citizens of the capital area. I think that people understand the important role that recreation facilities play in the health and wellbeing of citizens in the community and we wanted to help the facility's users if we could."

Cottingham continues by saying that "recreation professionals are a tight knit group on the Island and we recognize that the staff and program volunteers of the old facility worked hard to provide a vital service to the community. We wanted to help support the efforts of these people. It must have been a devastating experience to go through but on the flip side they must be excited to have an opportunity to build something new that will once again be a focal part of their community. We would like to thank all individuals who participated and contributed to this fundraising event."

The CARI Complex staff is encouraging all other recreation facilities on PEI to support this community and their efforts to rebuild an integral part of their community.

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**go!**

**for a hike.**

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good for us all **go! pei**



## **Getting a good start: The early years must be active years**

We think of very young children as being in perpetual motion, constantly exploring their environments. But according to recent findings in the 2010 Active Healthy Kids Canada Report Card, they're not on the move enough.

We assume that young children are full of energy and will just naturally be active, but that's not always the case," says Dr. Art Quinney, Chair of the Active Healthy Kids Canada Board of Directors. "The Report Card tells us that less than half of Canadian kids under five are getting regular physical activity as part of their daily routines."

Canadian data indicate that less than half of kids aged four to five—and just one third of two- to three-year-olds—participate in regular, unorganized sports and other physical activities each week. And in childcare facilities, where more and more kids are spending their days, physical activity levels are low, with as much as 89 per cent of kids' time spent sitting still.

The Report Card offers the most comprehensive assessment of child and youth physical activity opportunities in Canada. Active Healthy Kids Canada produces and delivers the Report Card in partnership with the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario (CHEO-HALO) and ParticipACTION, as well as a national Research Work Group and network partner organizations that represent each province and territory in Canada.

"This year, we're shining a spotlight on the early years. Because unfortunately, we know that many young kids are on the path to inactivity and obesity before they even begin school," says Dr. Mark Tremblay, Chief Scientific Officer, Active Healthy Kids Canada and Director of HALO.

"Growing evidence shows that physical activity must be a fundamental part of the early-life experience, but Canada does not currently have physical activity guidelines for children five and under."

According to the Report Card, physical inactivity in the early years should be high on the public agenda given that lifestyle patterns set before the age of six can actually predict overall health and obesity outcomes later in life. Children who are obese before the age of six are likely to be obese later in childhood, and those who are overweight by the ages of two to five are already four times as likely to be overweight as adults.

"Active play may be lots of fun for youngsters, but it's certainly not frivolous," says Tremblay. "Children under the age of five actually require plenty of active play for healthy physical, social, emotional and cognitive development."

While international guidelines vary, the global consensus is that all children aged one to five should get at least two hours of physical activity spread out throughout each day, over recreational activities, active transportation and playtime.

It takes a village to raise an active child

According to the Report Card, the overall physical activity levels of a child are impacted by a variety of influencers, including family and peers, schools, community and the built environment, and policy.

At the societal level, our country must make a stronger commitment to its youngest citizens. In a 2008 UNICEF study, which assessed 25 economically advanced countries on 10 indicators ranging from the training provided to childcare staff, to national investments made to help children develop in their early years, Canada ranked in last place overall. The study's key criticism of Canada's efforts? A lack of "substantial public investment in education until children reach the age of five."

"Our youngest generation deserves a strong start in life," says Michelle Brownrigg, CEO of Active Healthy Kids Canada. "We have the opportunity to secure a healthier future for our young children by ensuring that policies mandate daily physical activities in schools and childcare facilities, investing in safe parks and play structures, and providing caregivers and educators with training and support to provide adequate physical activity opportunities to kids."

In homes across Canada, parents and caregivers can also make a commitment to the youngest generation by dialing down the screen time.

"We're still seeing time spent in front of television, computer and video game screens at unhealthy levels—even for kids as young as two," says Tremblay.

The Report Card tells us that 90 per cent of kids start watching TV before they've reached their second birthday—even though experts recommend that children of this age group should get zero screen time.

It all adds up to a healthier, more active lifestyle

Parents, educators, health professionals and community programmers might feel overwhelmed at the thought of trying to keep little ones active for two or more hours each day. What they need to remember is that the activity can be built into a child's regular routine, and should be spread out in blocks of time throughout the day.

"Parents must know that smaller, incremental routine changes can have major benefits in the health and wellbeing of their children," says Kelly Murumets, President and CEO of ParticipACTION. "Families can make the local playground a regular destination, and encourage their toddler to climb, swing and simply explore the park with them. Or, they can rake the lawn, bike to the store or go for regular walks after dinner."

Healthy household habits, including reduced screen time, regular physical activity and lots of healthy role modeling, can set young kids on the path to physical activity for life.

For more information, or to download the 2010 Active Healthy Kids Canada Report Card, visit [www.activehealthykids.ca](http://www.activehealthykids.ca).



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