

## PARKS LEADERS ACROSS CANADA MAKE HISTORY

The 2016 Canadian Parks Summit was the first of its kind, bringing together 158 leaders and decision-makers from across Canada who are interested in increasing Canadian's access to the benefits of nature provided by Canada's diverse network of parks including municipal, provincial, federal properties and other natural areas. Participants in the 2016 Canadian Parks Summit were asked to look at opportunities to work between governments and across different sectors to identify collaborative actions to better connect Canadians to nature through parks and open spaces. **Nancy McMinn, Parks Superintendent for the City of Charlottetown, represented Recreation PEI at this event.**

The structure of the Summit included five major themes which encompassed:

- making connections of the benefits of parks to the public and decision makers
- understanding how each park, from municipal to federal, are part of the connection of natural systems
- putting parks in perspective with new challenges such as climate change, shifting demographics, cultural norms and technology
- sharing information between one another, including researchers and other groups
- developing a collective approach for parks that would involve the commitment and collaboration of the public, private, and non-government sectors for dealing with specific issues or problems.



Next Steps: Following the Summit the document "Parks For All – a Shared Visions for Canada's Parks Community" will be shared with the group of federal, territorial, and provincial government deputy ministers responsible for parks. The 2017 Canadian Parks Conference will be March 8-11, at the Banff Conference Centre, Alberta. This Conference will host four hundred participants. Visit [www.2017parks.ca](http://www.2017parks.ca) for more.

### PARKS - Issue 53 June, 2016

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# CONFEDERATION TRAIL: SAFETY FEATURES

## Trail Volunteers:

Confederation Trail Volunteers are the eyes and ears of the Confederation Trail during the cycling/walking season. However, their job isn't just to report bad behavior - here's a description of the services they offer.

The volunteer chooses an area of the Trail close to home that they use regularly and report trail activity; such as, surface damage, broken gates or posts, down trees, invasive plant species and illegal use of ATV's and dirt bikes. They inform Trail users that bike helmets are required and that dogs are to be on leashes. They also take note of how many users are encountered, hand out Confederation Trail Maps, Guides and other Trail Information.

Trail Volunteers are often knowledgeable on local history and heritage and can share this knowledge with users. Trail reports are sent to the Trails Community Relations Coordinator, Ruth DeLong - Department of Economic, Development and Tourism. Depending on the issue, it is looked after by the Coordinator or, if it is a Trail Maintenance issue, the information is sent to the Department of Transportation, Infrastructure and Energy.



- Article and Photo Credit: Ruth DeLong

## Trail Lighting:

In 2014, the City of Charlottetown began the process of lighting the Confederation Trail within City limits. By 2016, lighting has been added from Joe Ghiz Park to Belvedere Avenue. The lighting ensures that the trail is a safe route for walkers and cyclists at night and is



particularly important during the darker months of the year - encouraging people to get out and be active year-round. The

lighting effort is an important component of the City's sustainability efforts. Not only does it improve public safety and encourage active transportation but it is designed to direct light downwards onto the trail and minimize light pollution.

The Confederation Trail is the main artery for all forms of active transportation in Charlottetown, and connects the downtown with the Farmers Market, the University of Prince Edward Island and the Charlottetown Mall. The route bypasses many of the City's busy commuter routes allowing users a reprieve from traffic and provides a nature-inspired route to many of the City's community hubs. For daily active commuting or recreation, the Confederation Trail is an amazing asset to the Charlottetown community.

- Article Credit: Nancy McMinn  
- Photo Credit: Patricia Bourque

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## CONFEDERATION TRAIL: MORELL to ST. PETERS

The Confederation Trail is the name of a recreational trail system developed on the route of the Prince Edward Island Railway, which was abandoned in 1989 by Canadian National Railways. The Provincial government acquired the right-of-way in 1994 and by 2000 had developed the main line from Tignish to Elmira, nearly 274 km, as well as several branch lines. Other branch lines have been developed in recent years, with the Stratford-Iona section officially opened in late 2014. Surfaced with crushed stone, the Confederation Trail is ideal for walking and biking. In winter, the trail is leased to the PEI Snowmobile Association. The network currently developed is approx. 435 km in total length.

**Ask people what their favorite section of the Confederation Trail is, and there is a good possibility that they will say it is the section between Morell and St. Peters.** This should be no surprise because this part of the trail has the most ocean views. Although Morell to St. Peters is a beautiful section of Trail, it should be noted that the section from Morell to Mt. Stewart is an area worth noting because of the scenic stretch of trail that follows the Hillsborough River, and includes areas of woodland and farmland that, taken with the ocean views, provides almost a complete sample of everything you might see on PEI.

When leaving the Hillsborough River Eco-Center in Mt. Stewart and heading towards Morell (16km) you will find the brush along the trail is very thick and is soon supplemented by wetlands. Soon you will come across the first information panel and you will also see an observation deck which boasts several information boards and over looks a small pond. Along the trail you have an excellent view of the Hillsborough River along with many, many blueberry fields. The final push into Morell is very pleasant with a Ducks Unlimited pond for viewing birds, beavers and fish.

At Highway 2 crossing in Morell sits the former train station, which now is an information center, cafe and outdoor activity center. In the summer and early fall, this can be a very busy place, catering to the many walkers and cyclists that pass through the village. Other businesses are nearby, should you wish to explore the community.

Leaving Morell, the trail enters a long wooded straightaway, then you gain an unobstructed view of the Morell River Estuary. It should be noted that the Morell River is one of the most popular trout fishing areas in the province. Shortly you will arrive at the Morell River Bridge, which at 72m is the longest structure on the Confederation Trail. After crossing the bridge, the trail turns into a forested area but after 1km or so the trail is now running close to the ocean at St. Peters Bay, where it will remain for the remainder of the journey. Out in the bay you can view rows and rows of mussel buoys, as St. Peters Bay is one of the busiest waterways for the mussel growing industry.



For the final push into St. Peters, the trail runs alongside the Bay with great views up and down the inlet. As the Trail crosses Highway 2 you can reach the attractive Visitor Information Center which has bike racks and washrooms. A boardwalk and bridge leads from the Center to the stores and services of the Community of St. Peters. From here you can turn around and head back to Mt. Stewart, if that's where you left your car or you can continue along the Trail toward the Town of Souris. Total distance traveled from Mt. Stewart to St. Peters is approximately 27km.

- Article Credit: Kevin MacLaren



# go!PEI CHALLENGES AND PARTNERSHIPS

## June is Parks and Recreation Month - 2016



This June, make it a priority to spend as much time getting outside and enjoying the beauty and wonder of nature. You can work around your yard, explore your community, visit a Provincial/National Park, hike a trail or any other activity that gets you outdoors. We know the physical and mental benefits of moving our bodies and spending time outdoors are numerous and go!PEI has designed some activities to assist you in getting started.

### Uncover PEI - Calendar

Download a copy of our 30 Day Outdoor Challenge calendar and see how many of the 30 activities you can complete during June. If you are able to get 15 of them completed during the month, you can enter into go!PEI's draw for a chance to win a 2 night camping pass thanks to PEI Parks or a National Park pass thanks to Parks Canada. There will be 10 prizes drawn in total. Full details are included on the calendar.



### Uncover PEI - Favorites

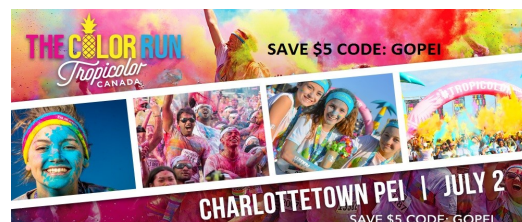


Islanders from all walks of life and from different geographic regions across PEI have been asked to provide their favorite outdoor location, activity and a tip to get others to go!Outdoors. go!PEI will be posting responses during the month of June. Make sure you are following us on Facebook, Twitter and Instagram to see what Islanders have to say about how, where, and why they like to go!Outdoors. (See the example on the next page!)

### The Color Run



Charlottetown is hosting **The Color Run** again! Join go!PEI by volunteering to help organize this amazing event on July 2<sup>nd</sup>. The volunteers from two years ago said they had a blast and are eager to do it again this year. Register to be a volunteer via the go!PEI website and you could win free entry into the event! Also, you can register for this colorful event and use PromoCode: GOPEI to save an additional \$5.



### PEI Marathon 2016



For a third consecutive year, go!PEI has partnered with the PEI Marathon. As usual, anyone registered in a go!PEI branded Walking Program or Running Program, delivered by one of our seven programming partners, or anyone who is taking part in a go!PEI branded Workplace Wellness program, are eligible to receive free entry into the 5K Walk or 10K Walk categories. \* This is for WALKERS only— runners will be charged full price!

# Uncover PEI Favorites

Islanders Share Their Favorite  
Outdoor Spaces and Activities!



**Wade MacLauchlan**  
**Stanhope**  
**Premier of Prince Edward Island**



## Your Favorite Favorite Park, Trail or Outdoor Nature

Tracadie Harbour and Bubbling Springs Trail are a couple of my favorite outdoor locations on PEI. They're places where you can get away from it all and enjoy nature. They're also great places to walk our dogs.

## Your Favorite Outdoor Activity

I like to get outdoors and kayak and also walk the dogs.

## Your Great Outdoor Idea

Having pets that require outdoor walks is a great way to make yourself accountable, not only to them, but also to your own health and wellness. Our dogs insist on a 45-60 minute run twice a day and that is non-negotiable!



**BUBBLING SPRINGS:** Begins at the trailhead 2km east of Stanhope, along the Gulf Shore Parkway, this 2.2km return trail provides panoramic views of Long Pond and a great location for watching water fowl in spring and fall. The "spring" is a small pond fed from underground. This is an easy trail for hikers, cyclists and snowshoers and has informative panels throughout. Cyclists should note that its mixed surface is recommended for hybrid and mountain bikes. It should also be noted that climbing stairs is necessary to access the lookout tower which is not barrier-free.



Parks  
Canada

Parcs  
Canada

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**TEEN  
CHALLENGE**

Here's how you can get involved with the ParticipACTION Teen Challenge:

- Sign up online as a registered Community Organization
- Plan an #OlympicDay for your group between June 1<sup>st</sup> and August 21<sup>st</sup>
- Apply for a chance to receive a grant to support your initiative (\$250)
- Share your #OlympicDay story by emailing [vsmit@participaction.com](mailto:vsmit@participaction.com) to qualify for a bonus grant (up to \$2,000)

Visit <http://teen-challenge.participaction.com/contests-incentives/> for more details and to apply.

## JOIN THE FUN ON THE LONGEST DAY OF PLAY!

ParticipACTION is celebrating Canada's Longest Day of Play on June 21<sup>st</sup> and wants you to get outside, get active, and PLAY!



Remember playing as a kid until the streetlights went on? Well, it's time to relive those days on June 21<sup>st</sup> as Canadians take advantage of the most daylight hours of the year.

On the longest day of the year all Canadians are being encouraged to take advantage of the extra daylight hours, turn off the TV, and get out and play in the park, schoolyard, or at your local recreation facility.

Visit [ParticipACTION.com](http://ParticipACTION.com) to learn how you can be part of the Longest Day of Play!



## FRAMEWORK FOR RECREATION IN CANADA

Engaging work on the Framework for Recreation in Canada continues as CPRA co-chairs the Implementation and Monitoring Working Group (IMWG) alongside the Interprovincial Sports and Recreation Council (ISRC).

The IMWG is comprised of members from CPRA, representative of ISRC, academics, aboriginal leaders, aligned sector representatives and young professionals. The Working Group's mandate is to track and monitor implementation of the Framework across Canada, to provide advice on tools and supports for the sector to assist with implementation and to provide national leadership on a broad range of issues.

As a member of the IMWG, the Leisure Information Network is creating a Framework for Recreation Hub that will be housed on the LIN website ([lin.ca](http://lin.ca)). This information portal will allow recreation practitioners across Canada to access and share tools, resources and best practices surrounding the implementation of the Framework. The Hub will be launched spring/summer 2016.

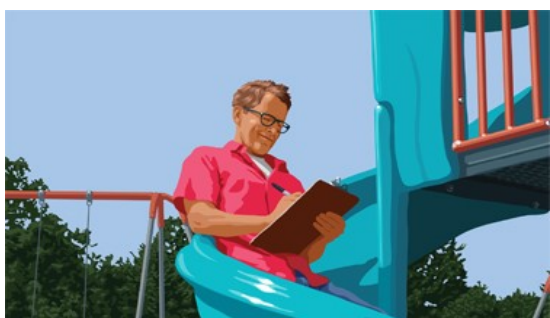
CPRA will continue to provide national leadership during the implementation phase of the Framework by playing an active role in the IMWG by developing the tools and resources needed to assist communities in implementing the goals outlined within the document.



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## PLAYGROUND INSPECTIONS

Recreation PEI is proud to support the **Active & Safe PEI Program**— with two of the main focuses being inspecting outdoor playgrounds for Canadian Standards Association (CSA) compliance and helping develop outdoor playground safety policies for Island communities. The goal of Active & Safe PEI is to provide the safest play spaces for Island youth to be physically active.



Through the Active & Safe PEI program, Recreation PEI is offering the service of inspecting public-use playgrounds in small municipalities for compliance with CSA Standards. This is a FREE service provided to Recreation PEI Members on a first come first served basis. For more information on how to become a Recreation PEI Member (to receive this service for free) or to schedule an inspection please contact the Recreation PEI office.

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of time, effort and resources to help design our new office space. Visit: [www.studiolinteriors.ca](http://www.studiolinteriors.ca).

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**Recreation PEI Inc.** is a not-for-profit volunteer driven organization. It primarily is a community/facility based membership of those who have an interest in delivering and promoting recreation and physical activity.

- Help communities become healthier and more active
- Educate program leaders and facility directors
- Promote risk management to programs and facilities

**Community Recreation Programs should:** promote participation and social interaction rather than excellence; provide social support (friendly, enjoyable, inclusive); use local facilities and promote local access; foster partnerships between local organisations – strengthening local networks and build capacity to manage projects or support skill growth.

## PEI'S CONFEDERATION TRAIL: A LASTING LEGACY

Imagine Prince Edward Island at the time of Confederation in 1873. The land was well-populated from end to end by farming families in small rural communities connected only by rough roads. They rarely traveled beyond the local road intersection with a country store, a church and a one-room school. Confederation brought them a railway; an immensely popular attraction which suddenly allowed them to see beyond their community borders. They travelled from Tignish to Souris at an amazing thirty miles per hour! It did not matter that they stopped every few miles at other stations; that was a part of the experience as PEI became one large community.

The Confederation Trail was built between 1994 and 2014 on the bed of the former railway. Some of the railway infrastructure remains - stations, bridges, dated concrete culverts – but



the experience of walking or riding the trail still allows one to imagine the thrill of our ancestors. In the countryside croplands and hedgerows in many shades of green, herds of cattle, wetlands and rivers still punctuate the experience. Communities along the route retain many 19th century structures. Our peaceful legacy remains on display.

- Article Credit: Doug Murray



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