



Helping Islanders Get Active & Stay Healthy!

# 2016 - 2017



Health and Wellness

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## PRESIDENT'S REPORT - Sean Murphy



As I reflect on this past year and look at everything that Recreation PEI has, I can truly say without a doubt that I am very honoured to be part of such a great organization and everything it represents and does for Islanders across this great province. When reviewing the purpose statement of Recreation PEI, which states, "To promote, coordinate, and encourage all facets of recreation, physical activity, facilities and parks in Prince Edward Island; to enhance the opportunities for all Islanders to live healthy, active lifestyles; to increase public and political awareness of detrimental effects of physical inactivity in Prince Edward Island." I asked myself if we have accomplished this and the only answer I could come up with is YES. I was able to answer it this way because of all of the hard work that happens not only because of the dedicated staff of Recreation PEI or the guidance from the Board of Directors, but also because of all of the partners across the Island that delivered the programs and organized all of the events as well as the support we receive from the Dept. of Health and Wellness (Division of Sport, Recreation and Healthy Living).

Recreation PEI would like to again thank the Province of PEI for the continued support which has allowed us to continue to help make Prince Edward Island a healthier province for all islanders. We would like to thank Premier Wade MacLauchlan, the Minister of Health and Wellness the Honorable Robert Henderson, Director John Morrison and Francois Caron for the dedication that they have shown to the successful implementation of the PEI Wellness Strategy and for the confidence that they have in Recreation PEI to allow us to continue to offer quality services and programming from Seacow Pond to Elmira.

The go!PEI initiative once again seems to have outdone itself this past year with the introduction of new programs, such as; the "Step Out Challenge" which saw more than 200 people participate in the program and had over 150 people participate in walking the PEI Marathon. The go!Seniors program, where we were able to offer a Train-the-Trainer course which allowed communities to have trained instructors that could offer senior fitness classes across the province and we were able to offer go!Play an after school programs that was offered at 10 schools across the province. These are just a few of examples of the programs that we have been able to offer over the last year. I would like to thank Vicki Tse and Jamie Gosbee for their continued dedication to go!PEI and everything that they have done and continue to do to support this great program. I would also like to take a minute to remember a great champion that we had for go!PEI, Barb Mullaly, who we lost this past December. Without her passion, spirit, support and knowledge, I believe go!PEI would not have grown to where it is today. She will be greatly missed.

With the generosity of Canadian Tire and the Canadian JumpStart Charities, Recreation PEI received a donation of \$40,000. With this, we were able to offer a "Learn to Skate" program in 5 different arenas across the province, which was officially launched on Jan 24<sup>th</sup> with the announcement of the "I Love to Skate" program. This donation helped provide 40 pairs of skates, helmets, ice time and instructional programs for children at these 5 arenas, all of which had a waiting list. We are hoping that for next season that this program will be able to grow to allow more kids the opportunity to learn to skate.

March 2017 saw the end to the ParticipAction Teen Challenge. Over the last 10 years there has been hundreds, if not thousands of Teens that have benefited from this program, and we were able to help them to the very end. ParticipAction is currently looking for a new sponsor for this program, but has not been able to locate one yet. However, this year ParticipAction has launched their 150 Play List in support of Canada's 150<sup>th</sup> Birthday. The ParticipAction 150 Play List is 150 activities that define our land and people and encourages Canadians to get up and try new things and try to accomplish as many of the 150 activities that they can.

This year, Recreation PEI is pleased to award Frank Morrison with the Honorary Life Membership. This award is to recognize individuals who have made an important in the province by encouraging physical activity and developing healthier and safer recreation facilities, parks and communities. Frank, who once served as a member of the Board of Directors, continues to be involved with Recreation PEI and the work it does by being the leader of the "Tobacco Free Project" which he is very passionate about and is more than willing to talk to anyone, anytime about this project. Congratulations Frank on all of the work that you have done on the Tobacco Free Project and in receiving this award.

With year one of my role as President of Recreation PEI over, and another year to go before passing on the reins to Dean Lund I want to thank Executive Director Beth Grant and the staff for all of the work that you do each day to make sure all of the programs and initiatives that Recreation PEI is involved with are a success. I also want to thank all the members of the Board of Directors, who are leaders in their areas of recreation and who give up their valuable time to make sure that the wellbeing of all individuals across PEI, regardless of age, physical ability/limitation, location or barriers are able to lead a healthier existence.

## EXECUTIVE DIRECTOR'S REPORT - Beth Grant

It's been a productive year for Recreation PEI supporting recreation and facilities through programs, professional development, and communications. We continually seek additional sources of funding to enhance the wonderful work of our members in community development and help them address the issues they face in creating active and safe environments.

The go!PEI healthy living initiative continues to be supported and funded through the Department of Health and Wellness. The Steering Committee is powered by Francois Caron with Sterling Carruthers and Cheryl Tanton from the Dept. of Education, representation from the regional sport and recreation councils, and Recreation PEI staff. We welcome our new go!PEI coordinator Vicki Tse, who joined our team in July 2016. Vicki brings a wealth of experience and an impressive skill set to our operations. Jamie Gosbee, our special projects coordinator, has effectively and professionally managed multiple projects over the past year. These capable, innovative, and driven staff fuel this association.

Recreation PEI is proactive to advocate for issues that support recreation, parks and facilities. For example we advocate for the acquisition and maintenance of Automated External Defibrillators (AED's) for recreation facilities, and offered an AED accessories grant program this year. The newsletter focuses on the pillars of "A Framework for Recreation in Canada—Pathways to Wellbeing", a guiding document to the sector for the next 10 years.

The Association has been the provincial partner for the national ParticipAction Teen Challenge program funded through Coca-Cola Canada since 2007. This is the last year of the ten year program. Over thirty grants per year were disbursed to communities and schools over the life of this program to help get teens active.

The Tobacco Free Program helps create healthy facilities. Funding was received from the Smokers Helpline to purchase permanent outdoor signage. Signs are available to communities that adopt tobacco free policy. Thanks to Frank Morrison for his tireless and dedicated leadership on this project.

Thank you to the Minister Responsible for Recreation, Honorable Robert Henderson. Once again the PEI Government Department of Health and Wellness - Sport, Recreation and Healthy Living Division has provided us with financial support, advice and human resource support, that are vital to the delivery of our programs and services. Thanks to Director John Morrison and our Board Liaison Francois Caron for their commitment to the sector.

The Association's provincial partnerships also include Department of Education and Early Child Development, Sport PEI, PEI Marathon, Color Run, PEI Tobacco Reduction Alliance, Smokers Helpline, Heart and Stroke Foundation and other healthy living promotion agencies. Our Atlantic partner organizations are RNL, RFANS, RNS and RNB. Recreation PEI is a member of the national organizations Canadian Recreation Facilities Council (CRFC) and Canadian Parks and Recreation Association (CPRA).

The Board of Directors have gone far beyond the call of duty to provide the wise council to run a very diverse organization. Thanks to President Sean Murphy for his outstanding leadership, interest and passion for the field. Kevin Crozier is an exemplary treasurer providing professional financial management and oversight of our multiple projects. Thank you to executive officers Adam Ross, Dean Lund and Andrew Avery, who have been fully engaged in the operation of the association. Nancy McMinn is the Board Member for Rec PEI on CPRA. The national association advocates at a federal level for parks, recreation and recreation infrastructure. Nancy was honored on being asked to co-chair the Canadian Parks Conference in Banff. Paula Sark as chair of advocacy promotes the issues that are important to our members at every opportunity. Thanks to Dale McIsacc for serving on the ParticipAction Teen Challenge review committee. This year we welcomed new members to our board Trent Williams and Jean - Marc Beauchesne, and are very lucky to attract such qualified and enthusiastic people.

We remember Barb Mullaly who passed away in December 2016. Barb was a driving force and a brilliant mind behind go!PEI since it's inception. She was always on deck to review Teen Challenge grant aps, do any other job, or create any document that was needed, offer advice, a word of encouragement or just a laugh. We could always count on her to step up and help out. She taught us a lot and was a great mentor and role model for the sector. She will be missed very much.

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## PROJECTS - Vicki Tse & Jamie Gosbee



**go!PEI**, a healthy living initiative managed by Recreation PEI, continues to encourage and connect Islanders of all ages to physical activity opportunities across PEI. Our seven community partners, the cities of Charlottetown and Summerside, the towns of Cornwall and Stratford, and the three sports and recreation councils have been offering an wide range of programs indoors and outdoors all year long. The ever popular learn to run, walking and hiking programs continue to be in high demand across the Island. The partners have also gone beyond these core programs to offer some different innovative activities to get more Islanders moving.

The West continues to showcase its multitude of indoor and outdoor infrastructure with activities like moonlight snowshoeing, archery and kayaking. The East has a growing following, and has come up with creative ways to get Islanders moving such as providing new parents with fitness programs that allow them to bring their small children with them. Central Region has their formula locked in with solid older adult programs and yoga at the beach! Charlottetown is showing us that winter is a perfect time for yoga with their successful day of snoga at Rochford Square! Summerside is a one stop shop for all kinds of recreational fun at Credit Union Place. Stratford's gym is open to all and has some great programs for older adults from chair yoga, step and stability, and more! Cornwall has no shortage of options, whether you are young or young at heart – there is something for everyone. These programs are but some highlights of the extensive offerings each of our community partners have put together for Islanders. We are thrilled to be collaborating with this great group of program deliverers who continually develop their program offerings and get Islanders active!

### **go!PEI Provincial Challenges**

This past year, there were two provincial challenges. June is Parks & Recreation Month featured municipal, provincial and national parks and trails. Islanders were invited to explore PEI's many green spaces. Those who participated were eligible to win National Park passes or Provincial Park camping passes.

We also partnered with PEI Marathon in the fall to encourage everyone to get active from summer to fall. go!PEI launched the *Steps Out* Challenge with the support of the partners to deliver local walks at the community level. After a month of walks, participants were invited to walk their way to the Marathon. Free entries to the 5k or 10k walks were made available to those who took part in the challenge as well as the general public who wanted the opportunity to try their hands at the Marathon. In this campaign, there were close to 200 Islanders who participated in the marathon.

### **go!PEI – Seniors' Mobility Program (SMP)**

go!PEI has been working with a number of long term care facilities, both public and private, to introduce more recreational opportunities to increase the physical activity and mobility levels of their residents. The pilot took place at Beach Grove Home in July 2016. The program was highly successful and has garnered much interest from other facilities. Both Health Minister Henderson and Deputy Minister Kim Critchley were in attendance to observe the program in action and to interact with Beach Grove Home residents to hear about their experience.

To date, through different funding agencies such as the Wellness Grant and the New Horizons Grant, we have been able to expand to The Mount, Geneva Villa, Kensington Community Care, Whisperwood Villa, Andrews of Charlottetown and Stratford. Each facility receives training and fitness equipment known as the go!CART to enrich the recreation opportunities for their residents, along with a set of activity cards that staff, residents and their friends and family can use to encourage active visits.



Through these grants, we have built community capacity not only in these facilities but for PEI's older adults population in general. We have provided the Seniors Fitness Instructors' Course, developed by Western University's Canadian Centre for Activity and Aging, to the personnel of those facilities and local leaders who are then able to deliver programs at the local level. To date, there are over 30 individuals who have participated in this training and who have delivered programs in communities across PEI.

We currently have capacity to expand SMP to three more long-term care facilities until the end of 2017.



### go!PEI – Canadian Tire Jumpstart Charities Partnership

This past winter was the inaugural year of our partnership with Canadian Tire Jumpstart Charities (CTJC). This program, *I Love to Skate*, is an established program that has been very successful in Ottawa and Halifax. We however made changes to their model to customize it to PEI's unique landscape. Skating equipment was placed strategically across the Island in five locations (Charlottetown, Summerside, Georgetown, Borden-Carleton and with the Western Region Sports & Recreation Council) as a long term infrastructure community resource investment. There are now over 250 pairs of new skates (children to adult sizes) and 300 adjustable helmets are now available as free loaner equipment in the five strategic locations across the Island.



This program had two components: one for all ages where all rinks in PEI held at least one free community skate between January and February and the other being a dedicated free children's initiation program to skating where professional instruction was provided. The two prong approach was to provide Islanders as many opportunities to get physically active as possible during the winter months.

Over 170 children with various ability and backgrounds participated in the six week long learn to skate program. This program focused on the fundamental mechanics of skating in a stress-free, fun and recreational environment. Through a mixture of structured drills, games and play, children who had never been exposed to winter were skating with strong fundamentals, and those with some experience gained more confidence on the ice after a few sessions.

This program has been very well received; the six weeks flew by and parents and children alike are hoping this will be offered again next year. The CTJC funding was used in its entirety in the purchase of equipment, securing ice times and instruction costs. A second application has been submitted to deliver a second year of *I Love to Skate* at the same or nearby locations. Islanders have enjoyed and benefited from this provincial initiative and would certainly welcome a second year of skating.

### The go!CART

The go!CART is a cargo trailer full of recreational physical activity equipment. This equipment encourages unstructured play where children use their imagination and creativity. During the summer months, it travelled to different communities and events across the Island. This past summer, Islanders could find the go!CART at the Summerside Lobster Carnival and the Cornwall and Montague Public Libraries, among other locations. During the school year, as part of the go!PLAY programs our community partners deliver in rural schools, the go!CART rotates between schools as an additional resource to this great After School Program.



### go!PLAY After School Program

go!PLAY is an after school program, delivered at rural elementary schools all across PEI, and is designed to give children more opportunities to be physically active during the time slot directly after school, and is completely free of charge. The program is delivered by the Western, Central, and Eastern Sport and Recreation Councils. To date, during the 2016-17 school year go!PLAY was delivered to over 1,000 children at 19 different schools.

### Active at School Partnership

2016/17 marked the final year of a three year agreement between Dept. of Education and Canadian Tire Corporation (CTC), with support from Recreation PEI. Through this partnership, CTC has donated \$250,000 worth of physical activity equipment to schools across the Island. The Active at School program provided resources to the School Health Grant. Submissions for equipment were received from 47 schools in the final year. Recreation PEI was instrumental in the logistical details from receipt to delivery of the equipment to schools Island-wide.

## Playground Inspections

Recreation PEI continues to offer comprehensive reports of community playgrounds free of charge to its affiliates and members. These inspections are performed by a Canadian Certified Playground Inspector Jamie Gosbee.

To schedule an inspection, or to inquire about membership contact:  
Recreation PEI at 902-892-6445 or email [info@recreationpei.ca](mailto:info@recreationpei.ca).



## Training and Professional Development

### **HIGH FIVE ®**

The association is the provincial authorized provider for **HIGH FIVE ®**, offering courses on the Principals of Healthy Child Development, HIGH FIVE Sport and QUEST 2 supervisor training. A number of municipalities are HIGH FIVE ® Registered Organizations.

### **Mid-Season Ice Maintenance Course**

The Mid Season was hosted at the Credit Union Place (CUP) in January 2017 for in-service ice maintenance training during the arena season.



### **Maritime Arena Operations Institute (MAOI)**

The 2016 MAOI was held at the Bell Aliant Centre in Charlottetown. A total of 42 arena operators from New Brunswick, Nova Scotia and PEI attended the four day training course with 30 people attending the Level 1 training and 12 people attending Level 2. The curriculum covered both theory and practical components of refrigeration, ice making, painting, and ice re-surfacing.



### **Certified Pool Operators (CPO)**

TAIPEI offered and subsidized Certified Pool Operators (CPO) training.

### **Annual Spring Workshop and AGM**

An opportunity for recreation and facilities practitioners to come together to network, learn, exchange dialogue, and explore what can be done to advance the sector in Prince Edward Island.

### **Atlantic Recreation and Facilities Conference and Trade Show (ARFC)**

The first Atlantic Conference and Tradeshow in partnership with the five provincial recreation and facilities organizations, was hosted in Moncton New Brunswick in April 2014. The second was hosted in Truro Nova Scotia in April 2016. It will be held in Charlottetown Prince Edward Island in May 2018 and on to St. Johns Newfoundland in 2020.

Adam Ross is the program committee rep for Rec PEI. The new 2018 local host committee chair is Dean Lund with committee members Frank Quinn, Nancy McMinn, Jacob Smith and Sean Murphy. Any new volunteers are welcome!

Save the date for the 2018 ARFC May 30—June 1 in Charlottetown PEI!





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## Recreation PEI Inc. Operating Budget 2017-2018

### Grant, Membership & Other Revenue

Prov. of PEI, Health & Wellness	\$ 50,000.00
Sport PEI In-kind	\$ 800.00
Interest	\$ 2,500.00
Membership Fees	\$ 4,000.00
Other Revenue	\$ 3,900.00
<b>Total Grant, Membership &amp; Other Revenue</b>	<b><u>\$ 61,200.00</u></b>

### Project Revenue

go!PEI Project	\$ 107,650.00
After School Project	\$ 30,000.00
Jump Start Program	\$ 41,000.00
ParticipACTION	\$
Other Projects	\$ 32,800.00
<b>Total Project Revenue</b>	<b><u>\$ 211,450.00</u></b>

### General & Administrative Expenses

Wages and Subcontracts	\$ (51,411.00)
Dues, Fees and Memberships	\$ (4,000.00)
Insurance	\$ (750.00)
Meetings and Conferences	\$ (7,700.00)
Office	\$ (3,150.00)
Rent	\$ (2,580.00)
Telephone	\$ (2,300.00)
Other	\$ (3,070.00)
<b>Total Administrative Expenses</b>	<b><u>\$ (74,961.00)</u></b>

### Project Expenses

go!PEI Project	\$ (107,650.00)
After School Project	\$ (30,000.00)
Jump Start Program	\$ (41,000.00)
ParticipACTION	\$
Other Projects	\$ (20,600.00)
<b>Total Project Expenses</b>	<b><u>\$ (199,250.00)</u></b>

Deficit Before Projects	<b><u>\$ (13,761.00)</u></b>
Surplus From Projects	\$ 12,200.00
<b>SURPLUS</b>	<b><u>- \$ 1,561.00</u></b>

<b>Surplus After Projects</b>	<b><u>\$ 12,200.00</u></b>
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**2016**



ATLANTIC RECREATION & FACILITIES  
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2015 - Barb Mullaly  
Neil Kinsmen  
Mike Connolly

2016 - John Morrison

2017 - Frank Morrison





**Helping Islanders Get  
Active & Stay Healthy!**

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

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.

- Helping communities become healthier and more active
- Educating program leaders and facility directors
- Promoting risk management for 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 to strengthen local networks and build capacity to manage projects or support skill acquisition.



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### Board of Management and Staff (2016-2017)

President:	Sean Murphy	Director:	Trent Williams
Vice-President:	Dean Lund	Director:	JM Beauchesne
Past-President:	Andrew Avery	Tobacco Free Program:	Frank Morrison
Treasurer:	Kevin Crozier	Projects Coordinator:	Jamie Gosbee
Secretary:	Adam Ross	go!PEI Coordinator:	Vicki Tse
Director:	Dale McIsaac	Executive Director:	Beth Grant
Director:	Nancy McMinn	Government Rep.:	Francois Caron
Director:	Paula Sark		

### Members (2016-2017)

APM Centre - Cornwall	Morell Community Rink
AQUAM Aquatic Specialist Inc.	North Star Arena
Bedeque Area Recreation Centre	Northumberland Arena
Belfast Recreation Centre	Norton Diamond Soccer Complex
Bell Aliant Centre - CARI	O'Leary Arena
CARHA Hockey	Pownal Arena
Cavendish Farms Wellness Centre - Montague	Silver Fox Curling and Yacht Club
Central Region Sport & Recreation Council	Slemon Park Plex Inc.
City of Charlottetown	Southshore Actiplex - Crapaud
City of Summerside	St. Peter's Area Rink
Communities in Bloom	Three Rivers Sportsplex
Community of Miltonvale	Town of Alberton
Credit Union Arena - Tignish	Town of Borden-Carleton
Eastern Kings Sportsplex	Town of Cornwall
Eastern Region Sport & Recreation Council	Town of O'Leary
Eastlink Centre - Charlottetown	Town of Stratford
Evangeline Recreation Commission	Town of Tignish
Holland College	Tyler Young
Jacques Cartier Memorial Arena	Tyne Valley Community Sports Centre
Jet Ice	University of Prince Edward Island
Kensington Area Recreation Centre	Village of Crapaud
Mi'kmaq Confederacy	Western Community Curling Club - Alberton

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