

HELPING PEOPLE CONNECT TO NATURE - FRAMEWORK GOAL #3

People have an inherent need to connect with nature and recreation plays a vital role in meeting that need. Connecting with nature is associated with improved cognitive, mental, and physical health, enhanced creativity and positive social behaviors. Communities also see economic benefits associated with ecotourism.



Traditionally, recreation has contributed to this goal through the provision and stewardship of outdoor places and spaces, and the development of enabling policies, programs and services related to natural environments. These activities continue to be essential components of recreation's role. More recently, the need to increase appreciation of and exposure to nature through participation in the community design process has become increasingly important. Recreation contributes to creating walkable, safe, livable communities through the provision of parks, trails, waterways, community gardens and landscaped areas.

Recreation supports policies, which ensure that neighborhoods are designed to maximize opportunities for healthy, active living and exposure to nature.

For many people, urban parks may be one of the few connections that they experience with the natural world. Because of this, urban parks play an essential role in public health and wellbeing. Urban parks can serve as restorative environments in which individuals have the ability to view nature, to be active in nature, to observe plants and gardens, and to observe and encounter animals (both pets and wildlife).

Canadians Care About Nature: Percentage of Canadians in 2012 Who: Spent time in nature (70%), Participated in nature education (53%), Travelled to experience nature (47%), Reduced their ecological footprint (45%), Volunteered in nature conservation (13%). Most Popular Activities: Picnics and relaxing in nature (71%), Hiking, climbing, and horseback riding (64%), Gardening and landscaping (41%), Fishing (21%), Birding (18%).

<http://lin.ca/national-recreation-framework/connecting-with-nature>



Goal 3: Connecting People and Nature

Help people connect to nature through recreation.



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SUMMERSIDE & BEDEQUE INITIATE BIODIVERSITY ACTION PLAN



The City of Summerside and BBEMA (Bedeque Bay Environmental Management Association) have partnered to develop and initiate a Biodiversity Action Plan. The plan aims to protect and restore wildlife habitats within the community, contributing to the ongoing efforts of wildlife conservation. Urban wildlife habitats can support connectivity within ecological landscapes and serve as a refuge for species impacted by urbanization. Local land and water conservation projects, such as this one, can provide important urban wildlife benefits and connect our growing urban population with nature, potentially

broadening support for natural resource conservation nationwide. A full array of Prince Edward Island's valuable aquatic and terrestrial habitats are found in urban areas. Protecting and restoring these important habitats and species will not only help to conserve Prince Edward Island's natural heritage, but will also provide valued ecosystem services for the general public to enjoy.

This three year plan will guide the City of Summerside in protecting Prince Edward Island's biodiversity, and the invaluable benefits it provides. The overall goal is that this plan, once completed, will be updated annually based on the results of regular monitoring of both actions undertaken and the impact these activities are having on the quality of Summerside's natural systems and the effectiveness of efforts to engage and educate the community in Wildlife and wildlife conservation.

Submitted by: Trent Williams
Parks and Green Spaces Manager,
City of Summerside, PE



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THE STORY BEHIND PRINCE EDWARD ISLAND'S 'STORY MAP'

Paula Biggar and Robert Henderson may be ministers of different portfolios in the Prince Edward Island government, but they speak with one voice when it comes to encouraging Islanders to get active outdoors. That collaboration led to the creation of an interactive map meant to show Islanders and visitors how many opportunities there are for outdoor recreation across the province.

“We have an abundance of trails, cycling routes, and beautiful places where people can get active and enjoy the outdoors,” said Biggar, who is the minister of Transportation, Infrastructure and Energy. “I asked my staff if there was an easier way to show Islanders just how many places there are for outdoor activity and transportation across Prince Edward Island.”

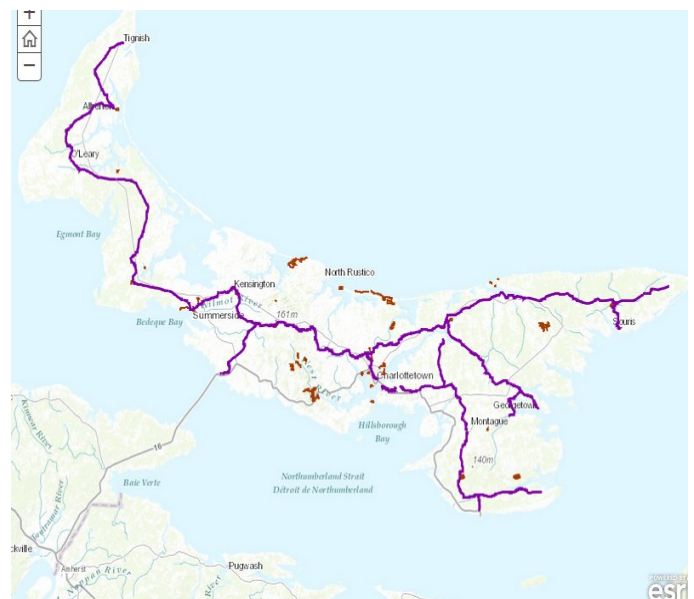
Using what’s known as a “story map” format, the new “Active Living on PEI Map” allows visitors for to search across the Island to find opportunities for cycling, running/hiking, snowmobiling, snowshoeing and cross-country skiing. “Part of our heritage as Islanders is the opportunity to spend time experiencing and enjoying our province’s natural beauty. This map will allow everyone to find areas where they can enjoy healthy recreation in the Island’s outdoors,” said Minister Biggar.

Henderson, the minister of Health and Wellness, says the Active Living Map fits well with the province’s Wellness Strategy and the go!PEI community campaign of promoting fitness and outdoor activity. “Being physically active is good for our overall health and wellness, and doctors tell us we should get out and do more because it helps us live longer and healthier lives,” Minister Henderson said. “We are so fortunate to live in a province full of trails, pathways and open parks, where everyone can freely enjoy the outdoors and be active. This new map will show Islanders and visitors alike that there are many opportunities to get active right in our own communities.”

“The application can be changed or updated at any time. When additional information becomes available, and new trails are developed, they can easily be added to the Story Map,” says Dan MacDonald, Geographic Information Services manager in the province’s Department of Transportation, Infrastructure and Energy. “If there is a desire to add another special map for an event that too can easily be included.” MacDonald says an average of 45 individuals per day have launched the story map since it was first introduced.

Minister Biggar said, “I think with this information in the hands of Islanders and visitors it can encourage people to maybe have a healthier lifestyle, to visit parts of the Island they may not be familiar with, and to enjoy more of what this province has to offer.”

Submitted by: Ron Ryder
Senior Communications Officer
Transportation, Infrastructure and Energy



ACTIVE TRANSPORTATION IN CHARLOTTETOWN

It is hard to believe that it has been almost ten years since the City of Charlottetown began a concentrated focus on active transportation. For many years, the City had realized the importance of trails within the municipal boundaries, but it was the completion of the City of Charlottetown Parks Master Plan (2007), that identified key strategic directions for active transportation.

The City realized they are not alone and that other municipalities across the Island, the Atlantic Region, and the country have been focusing on active transportation too. It can be a slow process and there are challenges, such as building public awareness and finding the necessary capital dollars to undertake projects relating to active transportation.

Active transportation (A.T.) is normally defined as any form of self-propelled (non-motorized) transportation that relies on the use of human energy such as walking, jogging, cycling, inline skating and mobility challenged users (scooters or wheel chairs). These modes of transportation can utilize on-road and off-road facilities such as sidewalks, cycling lanes and multi-use trails.

Here are some highlights of initiatives that have occurred in the City of Charlottetown to encourage and improve A.T. Our hope is that by sharing these examples others may be able to make a change in their municipalities.

Trails: On-going trail development and upgrades to existing trails (Province constructed a multi-purpose trail along Riverside Drive and Murchison Lane, which the City maintains), provided an updated “Routes for Nature and Health” Trail Map and Description (available on the City’s website).

Cycling: Introduction of a seasonal Cycling Lane at Victoria Park, which involves closing the inside roadway to vehicle traffic (2008), Charlottetown, Stratford, Cornwall, and PEI Department of Transportation and Infrastructure Renewal completed a “Regional Active Transportation Plan” for the Greater Charlottetown Area (2012) which recommends ways to develop comfortable and attractive pedestrian and cycling facilities that will connect major activity hubs through the three municipalities, installation of “Share the Road” signs along main streets to promote awareness for motorists and cyclists (2008), “Sharrows” were painted on Fitzroy Street and Richmond Street, to encourage cyclists and motorists to share the lane (2016), placement of bike stencils along the street shoulders that have the required width, installation of bike racks at municipal buildings and high use parks, developed the “I Bike Charlottetown” Routes for Cyclists Map (2016) which identifies preferred routes and rates them as easy, medium, or busy (available on the City’s website), organized a “Cycle Our City” event to encourage residents to experience biking from one section of the City to another (2016)

Walkability: On-going improvements and additions to sidewalks, installation of overhead pedestrian activated signals at street crossings that intersect the Confederation Trail, and Victoria Park Boardwalk was upgraded (2015).

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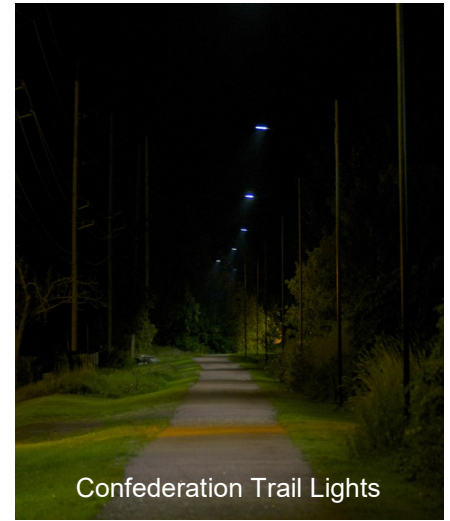
Cycling on The Confederation Trail

...CONTINUED - ACTIVE TRANSPORTATION IN CHARLOTTETOWN

Confederation Trail: Re-surfaced the trail within City limits in partnership with the Province (2014), Confederation Trail Lighting was completed from Joe Ghiz Memorial Park to the Arterial Highway with funding support from ACOA (2016), installed a "Fix It Station" for Bicycles at Joe Ghiz Memorial Park (2016).

The City will continue its ongoing interdepartmental collaborations and consultations with the many A.T. stakeholder groups in order to focus on initiatives that build public awareness and make Charlottetown a better place to live and be physically active. For more information on any of these A.T. initiatives, please contact the City of Charlottetown Parks and Recreation Department 902-368-1025 or email fquinn@charlottetown.ca.

Submitted by: Frank Quinn
Manager, Parks and Recreation Department,
City of Charlottetown, PE



Confederation Trail Lights

GREEN DREAM NEARS REALITY IN CORNWALL

A green dream will become reality this summer in Cornwall when the Terry Fox Trail Enhancement Group Project officially opens. Sometime in July an opening celebration will be held for the project that has seen the planting of hundreds of trees, shrubs and wildflowers native to PEI along the walking trail that encircles Eliot River School and the area's multi-sport complex.

The project is the brainchild of retired teachers Bill Hogg and June Sanderson. It is turning that trail into something special in the Atlantic region - an environmentally friendly walk through the heritage of a province's vegetation.

Phase one of the project was completed in 2015 when over 600 native trees and shrubs were planted. Phase two in 2016 put another 1,000 trees and shrubs in the ground. Last year also saw the addition of the project's centerpiece, the Circle of Peace. The Circle consists of 12 trees - four Red Oaks and eight Sugar Maples. As they grow they will offer a peaceful place for people to sit, contemplate and enjoy the wisdom of the trees.

The Red Oaks, our provincial tree, mark the four points of the compass. They also symbolize the four races of people (Red, Black, White and Yellow) and the four elements essential to life (air, earth, fire and water).

The project has many supporters, including hundreds of students from the area schools of Eliot River, East Wiltshire and Bluefield. A pergola will mark the entrance to the trail. It will become a "living archway" when it is covered in vegetation.

The project's third phase in 2017 will see the completion of the planting of native trees, shrubs, wildflowers and ferns and the replacement of any plants lost to winterkill.

For more information contact Bill Hogg at 902-566-2307, or by email at bahogg@gmail.com.

Submitted by: Gary MacDougall
Terry Fox Trail Enhancement Group



Students from Eliot River School made a mad dash to the shovels when they enthusiastically helped plant trees and shrubs for the Terry Fox Trail Enhancement Group Project in Cornwall.

RECREATION PEI'S SPRING WORKSHOP & ANNUAL GENERAL MEETING

- Addressing the Goals of "A Framework for Recreation in Canada" -

Beginning at 9:00am Workshop Session topics will include:

Session #1A – Inclusion and Access - "Create inclusive and welcoming environments for new comers": Lisa Dollar, PEI Newcomers Association, will provide an insight into newcomer's interests in recreation activities to help promote inclusion and access with equitable participation for all in community programs.

Session #1B - Supportive Environments - "Facility Refrigeration Safety Issues": Steven Townsend, Chief Boiler Officer/Inspection Services, Department of Communities, Land and Environment will share safety issues around refrigeration systems and dealing with emergencies such as ammonia leaks.

Session #2A – Connecting People to Nature - Parks Canada – Canada 150, new mobi-mats and mobi-chairs, Bio-Blitz and more. Followed by Julie Vasseur – National Conservancy of Canada (NCC) - With so many opportunities to get outside and experience nature, why not visit a NCC nature reserve and get your boots dirty, (some of PEI's best kept secrets).

Session #2B - Supportive Environments Multi-use Facilities Panel - The secrets to managing big switch ups from ice to concerts, to basketball, to tradeshow and more. Eastlink Centre Charlottetown Stu Dunn, Operations Manager and Credit Union Place Summerside JP Desrosier Director of Community Services.

Recreation PEI's Annual General Meeting - will take place at 11:00am followed by:

Luncheon - at 12:00 Noon, with Morgan Palmer and Sharla Goodwin from the Department of Health and Wellness will talk about how they can support you in improving the food environment at your facility. Greetings from Division of Sport Recreation and Physical Activity, Department of Health and Wellness will close out the luncheon leading into the afternoon plenary sessions beginning at 12:45pm.

Session #3 - How to use the new "A Framework for Recreation in Canada" for strategic planning at the community level for recreation, parks and facilities. Overview of document, followed by Rachel Bedingfield Director Parks and Recreation Kentville Nova Scotia (by Skype).

Session #4 - O'Leary Community Sports Centre wins title of 2017 Kraft Hockeyville – How they did it and how it will benefit their region?

**Wednesday May 24, 2017
Stratford Town Hall
234 Shakespeare Drive, Stratford
9:00am - 2:00pm, registration at 8:30am**

Registration is FREE and includes sessions and luncheon.
To register for the Recreation PEI Spring Workshop and Annual General Meeting contact Beth Grant:
902-892-6445 or info@recreationpei.ca.

<http://www.recreationpei.ca/index.php?page=news&id=54>



CPRA PROFESSIONAL DEVELOPMENT CERTIFICATION

Secure a strong future for recreation and parks in Canada with CPRA Professional Development Certification. This nationally-recognized program will take you through the latest trends and issues facing the sector. Learn how to adapt your skills to the ever-changing environment, and network with professionals from across the country to learn from their successes and challenges!

To register for the program, visit:
<http://www.cprapdc.ca>.



MARITIME ARENA OPERATIONS INSTITUTE (MAOI) COURSE

The 2017 MAOI Course will mark the 25th Anniversary!

“Gain the essential skills and knowledge you need to become a great arena operator - ice making & painting, resurfacing, refrigeration, risk management, and more! Don't be disappointed - register early - this course always sells out!”

Dates: June 12th-15th, 2017

Location: Bell Aliant Centre, Charlottetown, PE

Register for Level 1 or Level 2 today.

Contact Recreation PEI by email: info@recreationpei.ca or phone: 902-892-6445.



HIGH FIVE® TRAINING OPPORTUNITY

Principles of Healthy Child Development (PHCD): This one-day workshop is designed to help those working with children aged 6 to 12 - recreation directors, camp counselors, coaches, instructors, front-line activity program leaders, etc. - improve the quality of their programs. It will provide in depth training in the Principles of Healthy Child Development.

Two Dates to Choose from: Tuesday, June 27 9am - 4pm OR Wednesday, June 28 9am - 4pm

Location: Holland College Community Engagement Building, Room 312,
Grafton Street, Charlottetown

Cost: \$45.00/person (no HST). Register early, maximum 24 participants per session.

Register by contacting Recreation PEI: 902-892-6445 or info@recreationpei.ca



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FIRST-EVER CANADIAN PARKS CONFERENCE

Canada's parks leaders convene for first-time collaborative event.

From March 8th -11th, 2017, the iconic peaks of Banff hosted Canadians passionate about parks, gathering to encourage one another in working towards unified goals for our natural spaces.



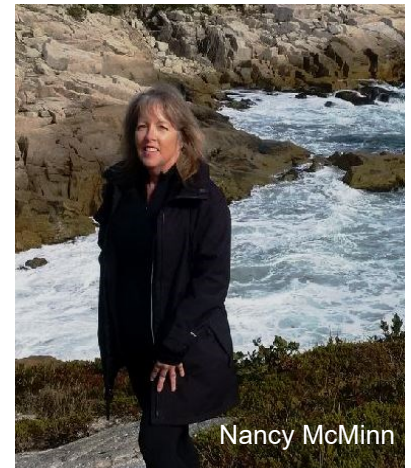
The Canadian Parks Conference kicked off Wednesday evening at the Banff Centre, with a celebration of Indigenous culture from the Treaty 7 area. The event included a performance of traditional dancing and drumming from the award-

winning Blackfoot Confederacy group. Elder Dave Courchene Jr. of the Sagkeeng First Nation in Manitoba spoke on the "Spiritual Connection to Land and Reconciliation."

"This conference was an important opportunity to reflect on, and celebrate the connection of, Canada's Indigenous peoples to our country's protected places," said Michael Nadler, conference co-chair and vice president of external relations and visitor experience for Parks Canada.

Featuring over 100 speakers, the event mobilized important voices from across the parks sector, including those from Indigenous communities, all three levels of government, non-profits, businesses, and post-secondary schools. For four days, these leaders discussed the celebration, protection, and significance of Canada's landscape – from local community open spaces to national parks.

"Nature doesn't stop at political boundaries," said Nancy McMinn, conference co-chair and parks superintendent for the City of Charlottetown, Prince Edward Island. "For the very first time we're all recognizing how important it is to be a part of this cross-country network."



The event included addresses by six-time Olympic medalist, Clara Hughes, federal minister of environment and climate change, Catherine McKenna, and provincial minister of environment and parks, Shannon Phillips.

"This opportunity to discuss what is fundamental to nation-building in Canada, to express our connection to the land – it's invaluable," said Mike Walton, conference program committee co-chair and senior manager of the Capital Regional District Parks in Victoria, British Columbia. "After all, Canadians have a strong relationship with the outdoors – always have, and I believe, always will."



Submitted by: Nancy McMinn
CPRA Board of Directors,
Parks Superintendent,
City of Charlottetown, PE



EXPLORE THESE PEI NATIONAL PARK LOCATIONS

From sandy beaches and sand dunes, to boardwalks and hiking woodland trails, there is always an adventure awaiting at PEI National Park. With free admission during this Canada 150 year, Parks Canada would like to invite all Islanders to come and discover the special places we protect and present on your behalf. Spring and fall are some of the best times explore these gems:

Known for its beautiful landscape of coastal dunes, wetlands and beaches, Greenwich is home to a unique 700m floating boardwalk that leads visitors to incredible views of the rare parabolic dunes after passing through fields and forest. The Greenwich Dunes trail is a local favorite and has been featured in travel writing around the world. The floating portion of the boardwalk on this trail is under construction and the trails are currently closed, however Parks Canada is working hard to install the new section so the trail can be re-opened as soon as possible. Check website below for updates.



If you like to cycle or walk, Robinsons Island Trail System (R.I.T.S) may be the place for you. The multi-use, "stacked-loop" trail system was designed with young, active families in mind, but has become extremely popular with people of all ages. The 5km trail takes visitors around Robinsons Island and includes scenic beach access points and observation stations with spotting scopes. For the adventurous cyclists, the trail features 11 technical challenges located on short spurs that break off the main trail and a pump track in the central clearing by the trail head. The R.I.T.S is closed into the spring to allow conditions to dry. This preserves the trail and technical features, and improves safety for trail users. During this time, visitors are invited to discover the many other trails available in the park including the nearby Bubbling Springs and Farmlands trails in Stanhope.

The Gulf Shore Parkway is a seaside route that offers a paved, two-way trail, providing users with a smooth surface and mainly flat trail in the east between Brackley and Dalvay (12.5km) and a mix of flat stretches and gentle rolling slopes with breathtaking views in the west between Oceanview parking lot in Cavendish and North Rustico (8km). The paved trail can be used for cycling, rollerblading, pushing a stroller, walking, or by wheelchair.

Visit the PEI National Park website for more info on the 50km of trails in the park and keep an eye out for exciting Canada 150 events by following us on Facebook and Twitter. www.parksCanada.gc.ca/pei.

Submitted by: Kara Grant
Communications Officer
Parks Canada, PEI Field Unit



GET YOUR BOOTS DIRTY – EXPERIENCE NATURE RESERVES ON PEI

With so many opportunities to get outside and experience nature, why not visit a Nature Conservancy of Canada (NCC) nature reserve – we are just an adventure away!

NCC's nature reserves represent some of PEI's best kept secrets. We like to keep them as natural as possible, and as such, there are no facilities or trails. We recommend visiting them with a guide, but don't worry, NCC staff are more than happy to join you for a day outside! Learning how to experience the true wilderness of a nature reserve is one of the most rewarding recreational experiences you will ever have. If you want to learn more, here are a few steps:

Always go with a buddy, and tell someone at home where you're going and when you'll be back.

Be respectful of the plants and animals. This is their home, where they raise their young and forage for food. When you visit your friends or relatives, you wouldn't toss a food wrapper on their living room floor; apply the same logic here.

Remember that there are no facilities. Be prepared – bring a cell phone, food, water, and proper attire.

Contact NCC if you aren't comfortable navigating natural habitats. We are very familiar with our nature reserves, and are more than happy to help.

Look into taking a navigation course. Organizations like Search & Rescue, or Scouts groups occasionally offer these types workshops. You can then apply these skills to other outdoor recreational activities like geocaching.

If stomping through the woods isn't your style, then visit a beach nature reserve instead. We have a beautiful nature destination at St. Peter's Lake Run, Boughton Bay and other waterways.

You can learn all about NCC nature reserves in PEI by contacting Julie Vasseur at 902-892-3608, or Julie.vasseur@natureconservancy.ca. In a place like PEI, adventure is always just outside your back door!

Submitted by: Julie Vasseur
Program Director, PEI
Nature Conservancy of Canada | Atlantic Office



FULLERTON CREEK CONSERVATION PARK, STRATFORD

Joanne Weir, Recreation Director for the Town of Stratford, recently attended the Canadian Parks Summit in Banff Alberta. One of the sessions she attended was titled 'Healthy Parks / Healthy People'. The interactive and informative session had the goal of advancing healthy parks practices currently in place and exploring ways of working collaboratively across Canadian provinces. Key take-away messages included the importance of retaining land and acreage, having and instilling a



strong sense of community pride, protecting nature and natural habitats, and moving community physical activity programs

back outdoors in order to connect people back to nature. The Fullerton's Creek Conservation Park in Stratford is a good example of bringing these key messages to life.

The Fullerton Creek Conservation Park, located off of MacIntosh Drive in Stratford, consists of 60 acres of open fields, 40 acres of wooded areas, and 40 acres of marsh areas. It has many natural features for the public to enjoy. Approximately 5km of trails have been constructed throughout the site, in the open fields, and through wooded areas. The trails are groomed for cross country skiing throughout the winter months, and are

wonderful for walking or biking in the summer and fall months. A viewing platform was recently constructed at the foot of Fullerton's Marsh.

Submitted by: Joanne Weir
Recreation Director,
Town of Stratford, PE

Photos Submitted by: Doug Murray



PLAYGROUND SAFETY INSPECTIONS

Recreation PEI is offering the service of inspecting public-used playgrounds in small municipalities for safety compliance with CSA Standards.

This is a FREE service for Members on a first come first served basis (\$50 Membership Fee). To schedule an inspection or for more information please contact Recreation PEI: 902-892-5323.

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JUNE IS PARKS AND RECREATION MONTH!

The sun is out, the days are longer, and the outdoors are calling your name. We will be working with Parks Canada PEI and provincial parks to get Islanders outside and enjoy our beautiful province through a social media campaign. Throughout the month of June, we will be featuring some favorite and soon to be favorite spots to check out across the province. Everyone is encouraged to participate and it is as easy as snapping a picture of yourself, your family and friends while being out. We have free discovery passes for anyone who hasn't gotten theirs yet at our Charlottetown office.



Show us how you are staying active and using all these great outdoor spaces by using hashtag #gooutsidepei and tagging us on social media (Facebook: gopei.ca / Twitter: @gopei) and we will draw weekly prizes. One lucky winner at the end of the month will win our Grand Prize! The more you get outside, the more you increase your chances of winning. Stay tuned to our social media for more details.

Submitted by: Vicki Tse
go!PEI Coordinator



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E-mail: info@recreationpei.ca

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

Some things we do:

- Help communities to become healthier and more physically active
- Educate program leaders and facility directors on current issues
- Promote risk management and safety measures to programs and facilities

Recreation PEI Board & Staff Members:

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