

Recreation and re-creation



Run with this idea: The greater our connection to nature, the healthier and happier we are.

According to accumulating research, time spent in green outdoor spaces by children fosters creative play and relieves attention deficit disorders. Among adults, the rejuvenation derived from such outdoor pursuits as trailing a tiny ball through the byways of a golf course—or the hours teasing trout with an artificial fly—are well known. Aerobic activities of jogging, walking, and swimming contribute directly to our physical health. But perhaps surprisingly, studies show that the amazing therapeutic benefit of the outdoors extends even to office-bound cubicle workers with a mere view of trees, shrubbery or large lawns—who experience less frustration and stress than their deprived co-workers!

Time was that all our outdoor activities were subsistence-based. The chores of farming, gardening, hunting, and fishing produced food; walking, snowshoeing, skiing, and horseback riding were for necessary traveling. As such, the inherent benefits of interactions with nature were incorporated into our basic lifestyles.

These days, however, such interactions are usually not found listed on our electronic task minders. Recreation is crammed into overly-busy vacation days, and the concept of outdoor leisure for the conscientious professional is considered naively quaint. Yet getting out there is neither the unproductive time nor the inconvenience it may seem.

The creative soul mates of recreation and re-creation pursue the same worthy goal. By refreshing both mind and body in invigorating diversions (recreating) you are also casting yourself into a new and improved you (re-creating). Such dual exercise is crucial because our careers trample a mind-numbing, body-crushing, and soul-dimming domain. Without recreation/re-creation, the weary world just wears us out.

So it's not an option if we're truly interested in success. Our highest and best functions—physically, intellectually, psychologically, socially, professionally, financially, and spiritually—can only be achieved and maintained by regular, refreshing, and stimulating personal makeovers. Bring it on!

As a leader in your profession, however, you must concern yourself with more than just Number One. (Selfishness is not only irresponsible, it's counterproductive!) Look for ways to create a positive learning and sharing environment among your staff, board members, and stakeholders. Organizing occasional fun, educational, and team-building activities

help to create that kind of learning atmosphere while strengthening team bonds and individual commitments. And if you can get everyone outside while you're at it, the healthful benefits multiply for all!

Real leadership is not measured by position or rank, nor in accumulated honors and awards, a corner office, or a corner on the market. It is found in the number of the times we've tried, failed, adapted and re-tried; the people we've encouraged and uplifted; the challenges encountered and overcome together; and the healthy, productive balance in recreating and re-creating.

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Tim Herd is a career executive with extensive service in both private and public sector enterprises. He was the founder and CEO of America's first fully mobile environmental education center, and has been nationally recognized for his "commitment and exceptional contributions to the stewardship of America's natural and cultural resources." As an international speaking professional, Tim brings his observations, humor, and insights from nature, culture, business, and everyday living to help maximize our personal and productive best.



Health and Wellness

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Leadership is a “contact sport”



Recreation professionals, in a town, city, region or facility are a valuable community resources. Recreation plays a central role in determining the positive feeling or pride that

citizens have about their community. Recreation professionals are highly visible in communities, and their challenge of helping enrich community life for all (young to old) puts tremendous pressure on them.

Central to being successful is believing in value of what you do. Recreation is part of the fabric of every community, which encourages citizens to be active, social and healthy and the professionals are passionate about what they do. These specialists need to be aware of community dynamics, to know what programs and services work, and often to deliver those on small budgets. Working hard is not enough but being focussed is essential - being smart enough to determine the things that have the best impact for the dollars spent. They have accomplished all of this while avoiding the pitfalls of serving a large constituency, namely controversy and petty politics.

The challenge for leaders is to continually energize themselves and their staffs to do the best job of providing valuable services, while enticing clientele to take part in their offerings. Leaders must stress the importance of teamwork

and accountability. Everyone doing their best, working together, and being enthusiastic should be the goal all of the time. Encouraging staff to be positive and providing them with the opportunity, as well as support to be successful, will ensure great experiences for users.

Good leadership is a ‘contact sport’, you have to be in contact with your staff and users on an on going basis. The two way exchange of information is essential to the delivery of successful programs and services. The staff has to be able to report the good and the bad and more importantly be encouraged to offer suggestions for improvement. Users have to be encouraged for timely and helpful feedback.

Good leaders, like good coaches, promote the ‘will to win’ in their staff and they also make sure that their staff have the skills and training to be successful.

Being Successful in Problem Solving & Team Work



Success in recreation, like success in any business, depends on effective problem solving and good team work. Underlying success is having

people like what they do. Having that sense of pride and being proud of the organization in which you do it, is the foundation of personal and organizational success.

When a group of people come together to achieve a goal, a willingness to work together and to help each other is essential to success. The role of people in delivering success can be lost in the celebrating of success, on the other hand, failure can often result in finger pointing. In building successful teams each person’s needs and wants have to be considered and a course of action defined. Getting there involves give and take, but more importantly it requires a positive attitude by everyone. It is important for everyone to understand their role and where they fit in the big picture for success.

In working to deliver great programs, individu-

als have to be flexible, creative and most often willing to listen to others - not necessarily always to agree but always listen. Good program development and delivery involves identifying challenges, people being able to separate the important from the unimportant, reaching agreement on solutions and finally delivering those solutions.

Successful problem solving and team work requires that people be able to negotiate good win-win solutions. Often this means having an open exchange of ideas where people’s ideas are not ridiculed. Employees need a good level of trust to share their ideas honestly and openly and then enthusiastically to carry out the selected solution. Most importantly one must never, never . . . never give up in the challenge of leadership.

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Coming Soon! Recreation PEI Winter Conference on Wednesday, February 20



Local Recreation

Thinking Globally

Hold the Date!

Recreation PEI in partnership with Holland College Sport and Leisure Management Program, is pleased to present the

2013 Winter Recreation and Facilities Conference and Trade Show on Wednesday, February 20. It will be hosted at the new Holland College "Centre for Community Engagement" in Charlottetown.

Recreation PEI has made every effort to provide a conference and tradeshow program that will ensure all recreation professionals will find sessions and trade show exhibitors that are of interest to them.

There will be four streams offered: Inclusion, Facilities, Programming and Fitness. A plenary keynote will start the day. The trade show will open mid morning with refreshments; and again at noon for the

trade show luncheon. The afternoon will kick off with a plenary session featuring a panel of experienced professionals in the industry with very interesting backgrounds.

More information and registration details will be available soon.

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The Big Rocks of Time



Stephen Covey (1996) tells a great story about the real things that we should devote our time to:

One day an expert in time management was speaking to a group of business students. As he stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." He then pulled out a one-gallon, wide-mouthed

Mason jar and set it on the table. He produced about a dozen fist-sized rocks and carefully placed them one at a time into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes." Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing it to work down into the space between the big rocks. Then he asked the group once more, "Is the jar full?" By this time the class was on to him. "Probably not," one of them answered. "Good!" he replied. He reached under the table and brought out a bucket of sand and started dumping the sand in the jar until it filled the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?" "No!" the class shouted. Once again he said, "Good." Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked at the class

and asked, "What is the point of this illustration?" One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard you can always fit some more things in it!" "No," the speaker replied, "that's not the point." "The truth this illustration teaches us is that if you don't put the big rocks in first, you'll never get them in at all. What are the 'big rocks' in your life? Your children, your loved ones, your education, your dreams, a worthy cause, teaching others, doing things that you love, your health, your mate. Remember to put these **BIG ROCKS** in first or you'll never get them in at all. If you sweat about the little stuff then you'll fill your life with little things and you'll never have the real quality time you need to spend on the big, important stuff." So, tonight, or in the morning, when you are reflecting on this short story, ask yourself this question: What are the 'big rocks' in my life? Then, put those in your jar first.




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**Helping Islanders Get
Active and Stay Healthy**

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 be healthier and active*
- *Educating program and facility leaders*

Tobacco Free Outdoor Recreation Facilities Program.

For a presentation on tobacco free policy development or implementation in your community call:

Coordinator Frank Morrison at 902-672-2567.

Time Management for Leaders

"Ordinary people think merely of spending time. Great people think of using it."

Author Unknown

Nothing can be substituted for time. Worse, once wasted, it can never be regained. What most people actually need to do is to analyze how they spend their time and implement a few time saving methods that will gain them the most time.

The following are examples of some of the biggest time wasters: Worrying about it and putting it off, which leads to indecision. Creating inefficiency by implementing first, instead of analyzing first. Unanticipated interruptions that do not pay off. Making unrealistic time estimates. Unnecessary errors (not enough time to do it right, but enough time to do it over). Crisis management. Poor organization. Ineffective meetings. Micro-managing by failing to let others perform and grow. Doing urgent rather than important tasks. Poor planning and lack of contingency plans. Failing to delegate. Lacking priorities, standards, policies, and procedures.

The following are examples of time savers: Managing the decision making process, not the decisions. Concentrating on doing only one task at a time. Establishing daily, short-term, mid-term, and long-term priorities. Handling correspondence expeditiously with quick, short letters and memos. Throwing unneeded things away. Establishing personal deadlines and ones for the organization. Not wasting other people's time. Ensuring all meetings have a purpose, time limit, and include only essential people. Getting rid of busywork. Maintaining accurate calendars; abide by them. Knowing when to stop a task, policy, or procedure. Delegating everything possible and empowering subordinates. Keeping things simple. Ensuring time is set aside to accomplish high priority tasks. Setting aside time for reflection. Using checklists and To-Do lists. Adjusting priorities as a result of new tasks.



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