

Small Community Outdoor Recreation Maintenance Challenges



As the Administrator of a small Community (less than six hundred residents) one of the huge issues I have experienced is providing ongoing maintenance of outdoor recreation facilities. New Haven Riverdale is privileged to have a soccer field, a ball field, walking trails and a small park. However, maintaining this infrastructure without dedicated maintenance staff is always a challenge.

The Community has been fortunate in the past several years to obtain funding for a student during the summer months (see below for links) and this financial assistance has ensured that the outdoor facilities are secure, ball fields are dragged, the walking trails are clear of debris, the garbage gets removed, and everything has a fresh coat of paint to start the season.

One problem is the student's

term is over on September 1st, but there is still a lot of use of facilities in the fall and no dedicated support staff. Historically, individuals using the community facilities generally volunteered to provide minor field maintenance, removed their own garbage, and generally tidied up after use, however there has been a definite shift in attitudes and now the general public seems to be under the impression that "someone" is maintaining these public spaces. This shift away from the collaborative spirit has created a struggle for myself as the Administrator (and only paid staff) as I end up being responsible for garbage removal, tree trimming, ensuring security and safety of the facilities, and doing any minor maintenance in addition to my administration duties. I have painted fences, spread sand, trimmed grass, emptied garbage, sprayed for wasps, etc.. Basically if I didn't it would not get done!

It is also not due to a shortage of funds, the small communities can pay but it is difficult to find an individual who would

be available to work for minimum wage for a couple of hours every week during the summer, and shoulder season.

If I were to suggest a remedy it would be for the smaller communities to unite and share a maintenance person. (<http://www.servicecanada.gc.ca/eng/epb/yi/yep/programs/scpp.shtml>)

Local priorities for each constituency can be found at:

<http://www.servicecanada.gc.ca/eng/epb/yi/yep/programs/csj/2012/local/pei/index.shtml>

submitted by: Dianne Dowling, Administrator, New Haven Riverdale



Promoting the benefits of recreation and physical activity in partnership with the province of PEI



Health and Wellness

Inside this issue:

Be Water Friendly This Summer	2
Edible Plants	2
Invasive Species	3
Free Resources and Expertise on Parks	3
The Confederation Trail— a recreation jewel on PEI	4

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Be Water Friendly this Summer



Water use, even in temperate climates like PEI, can increase by as much as 40% in the summer months due to outdoor use.

Unfortunately, this is also the time of year when water supplies are at their lowest and there is the least amount of rainfall. A few simple changes in your outdoor activities can really add up to big water savings and reduce this seasonal pressure on your area's water supply.

Let your grass grow – allowing your grass to grow even slightly longer will help the soil retain moisture and reduce or eliminate the need for watering

Choose plants wisely – pick plants for your garden that require little to no water once established. Use thirsty flowering annuals sparingly

Collect rainwater – a rain barrel can

easily be installed under your existing downspouts to collect rain water for use on your garden

Use a bucket – washing your car with a running hose can use as much as 500 liters! Instead, use a bucket and sponge or go to a carwash that reuses their wash water

Get out the broom – spraying of your driveway with a hose is a big water waster. Use a broom instead to remove leaves or lawn clippings

To learn about more ways you can reduce water use visit

www.BeWaterFriendly.com

Edible Landscaping



It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.

~ Lewis Grizzard

Edible landscaping is the use of edible plants in places where ornamental

plants are traditionally grown. The great thing about edible landscaping is that anyone can do it... whether you live in the city or the country, in a home or an apartment. It can be done in a small space or a large space, in a flowerbed, a planter, a hanging basket, on your rooftop or even in a windowsill. Edible landscaping can be an economical and fun project for the family.

Creating a design and scouring seed catalogues can all be while the snow is on the ground. A wide variety of plants can be chosen from annuals to perennials.

Some of the benefits of edible landscaping are that edible plants can be

very attractive; can deter insect pests; provide fresh, local food; be chemical free; create habitat/food for wildlife; contribute to your food security and provide food from other cultures that are not readily available in stores.

At Victoria Park we have converted our planters at City Diamond from annuals to edible plants. We grow a variety of vegetables, fruits, herbs and edible flower. Check out the planters and help yourself!

We would love to hear your thoughts.... bhoar@charlottetown.ca.

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Invasive Species



“The introduction and spread of Invasive Alien Species is affecting Canada’s environment, economy and society, including human health. The current threats posed by existing and potential invasive alien species are significant and are growing at an alarming rate.” *Introduction to An Invasive Alien Species Strategy for Canada, Sept. 2004*

Invasive species (IS) are often referred to as plants or animals that are out of their

natural range and are spreading and causing a negative impact. They impact us economically (i.e. cost money to control, reduce crop yield), socially (i.e. clog up waterways and prevent boating) and environmentally (i.e. eliminate native species). We often spread them around unintentionally. Everyone can help by: choosing you garden plants carefully or planting native species; swapping plants non-invasive garden plants with your neighbor; disposing of yard waste properly (never dump it in a pond, natural area, ditch or park); not moving firewood (it may have invasive insects on/in it like the gypsy moth); not bringing home hitchhikers after you have been out in the “wilderness”.

PEI now has an Invasive Species Council that focuses on the impacts of IS. You can contact them at: peiinvasives@gmail.com or go to their website (www.peiinvasives.ca) to report an invasive species. They want to hear from you!

The City of Charlottetown has been working on IS in their Parks. Japanese knotweed in

Victoria Park has almost been eradicated, purple loosestrife is being controlled along Confederation Trail and Himalayan balsam control around Beach Grove will take place in 2012. The Himalayan Balsam is an annual plant that can grow 2-3 m tall, flowers are white to deep pink, tear-drop shaped seed pods explode when touched, prefers moist habitat so is often along stream banks or in moist woodlands.

Want to know more? Contact us at: bhoar@charlottetown.ca.

Submitted by: Beth Hoar, Chair, PEI Invasive Species Council

PEI
invasive
species council

Tips to Access Free Resources and Expertise on Parks



To access free trees for a re-greening program, a community tree planting initiative or for a youth activity-contact the Department of Agriculture and Forestry’s Greening Spaces program. This program is designed to encourage schools and communities to plant trees to protect our environment and beautify our landscape. Link: <http://www.gov.pe.ca/agriculture/treeplanting>

The Robert L. Cotton Memorial Trust Fund for Public Parks is a PEI based foundation that grants money for projects in public parks. Link: <http://www.gov.pe.ca/forms/pdf/728.pdf>
Local nurseries are excellent sources of expertise for plant material questions.

Don’t forget your community residents who

are expert gardeners. They might be willing to lend a hand or their expertise to help support a community beautification project.

Questions on insects and tree diseases can be forwarded to the provincial J. Frank Gaudet Tree Nursery where experts are always able to provide information. Link: <http://www.gov.pe.ca/agriculture/index.php3?number=20771&lang=E>

You can tap into Island experts for environmental questions. Organizations such as Island Trails, Island Nature Trust, MacPhail Woods and Nature PEI-Natural History Society of PEI, PEI Wildlife Federation are invaluable in pointing you in the right direction if you have questions on such interests as: native plant and

animal species, invasive species, trail maintenance, forest management plans, environmental events for family and friends, school ground naturalization, environmental education and nature protection. Link: <http://macphailwoods.org/>
Link: <http://www.islandnaturetrust.ca/>
ink: <http://www.islandtrails.ca/en/>
Link: <http://naturepei.ca/>


Free playground inspections are available through Recreation PEI.

You have turf and irrigation expertise in your neighbourhood – just call your local golf course personnel and they can point you in the right direction.




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**Helping Islanders Get
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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.

- *Helping communities be healthier and active*
- *Educating program and facility leaders*
- *Promoting risk management for programs*

Children In Nature Programming for groups, schools and families. Modules for every season, at a variety of habitats in your community parks. Check out the website www.childreninnaturepei.ca

Tobacco Free Outdoor Recreation Facilities Program. Call Frank Morrison for a presentation in your community 902-672-2567



Children
in Nature
P.E.I.



The Confederation Trail—a recreation jewel on PEI



The Confederation Trail, Prince Edward Island's tip to tip trail, was developed on abandoned railway lines and takes you into wetlands and hardwood groves, through quaint villages and along sparkling rivers. The vision was to create a first quality trail that showcases the distinctive natural and cultural landscape of PEI. The tip to tip route from Tignish to Elmira totals over 270 kilometers but 400 kilometers of excellent rolled dust surface are available for use. Branch Trails extend into the heart of Charlottetown and to the waterside communities of Souris, Georgetown, Montague, Wood Islands, Murray River and Murray Harbour, plus the link to the Confederation Bridge in Borden-Carleton.

The Confederation Trail is a gentle trail for all capabilities and is one of the safest trails in the world. The Trail is nearly flat due to its origins as a railway line and the fine crushed gravel surface makes it very easy to negotiate both on foot and on bicycle. As it passes through villages and towns, trekkers have a chance to stop, shop, have a snack and dine out. 38% of soft outdoor adventurers will cycle during their travels. It may be noted that cycling is the 3rd most popular outdoor vacation after camping and hiking. It should also be noted that bicycle tourists spend about \$100 per day as they most often frequent B&B's, hotels/motels and campsites making communities and businesses along the trail ripe for economic development. We have seen the rise of packaging and joint marketing of cycling/hiking vacations by tour operators as they encourage users of the trail to enjoy all the events going on in the adjacent rural/urban communities. The trail is also a great opportunity to promote health and wellness and should be noted that baby boomers appreciate nature, peace and quiet, and safety. The trail offers unlimited opportunities for nature lovers, artists, hikers, photographers, berry pickers, birders, geo-cachers, and anyone looking to spread a blanket for an afternoon picnic. The Confederation Trail on PEI has been named one of the top 10 cycling routes in the world, for its beautiful scenery of rolling hills and quaint villages. So please, take the time and enjoy PEI's Confederation Trail.

Kevin MacLaren. Program and Operations Supervisor. PEI Provincial Parks. Tourism PEI



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