



Helping Islanders Get  
Active & Stay Healthy!

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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 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 – strengthening local networks and build capacity to manage projects or support skill acquisition.



**Jumpstart**  
Giving kids a sporting chance.



## Snowshoers Enjoy Free Sunday Snowshoeing

By Christopher Drummond

The winter of 2015 marked the 4<sup>th</sup> year the City of Charlottetown offered a “FREE SNOWSHOEING” program as a part of our Winter Active initiative. In 2012 the City purchased a number of snowshoes and offered the program in January and February on Saturdays from 10 – 2PM and attendance was low. Radio ads were used to promote the program but many people said Saturdays were just too busy for them to attend. This program continued on Saturdays until 2015. This year we decided to offer the event on a Sunday afternoon from 2 – 4PM during January, February and March. This change in day and time proved to be a success as the average attendance over the course of the 10 week program was about 10 people. Radio ads were used again this year to promote all of the Winter Active events but the use of social media I feel was a major factor in getting the word

out to people. The large amounts of snow also helped! The goal for the department was to offer an activity to the public at no cost and allow them try something they may have never tried before. After the success of this year we plan to offer the program again in 2016.



Photo by Nancy McMinn

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### Health and Wellness

## go!CART Pilot Project

Recreation PEI and go!PEI are excited to announce their latest pilot project - the go! CART (Creating Active Recreation Trailer) - a cargo trailer filled with recreation-type equipment designed to boost physical activity in children through creative and active play. Between the months of September and June, go!PEI plans to deliver the go!CART, **FREE of charge**, to elementary and consolidated schools. The trailer will remain at the school for at least a week (up to two weeks) for students to use the equipment during recess and lunch time as well as during after school programs.

The idea is for children to use their creativity in developing new and fun ways to get active using the recreation equipment. We believe this is an important factor in a child's healthy development, whether it's social, mental, physical development, etc. Our interest is in helping make children become 'movers and thinkers' by getting them interested and excited about unstructured play.

Schools will receive a letter explaining the pilot project along with a sample list of the equipment contained in the trailer. We believe this recreation-type equipment will remove many of the barriers of structured play and

allow children to explore spontaneous play organized by themselves and their peers.

The project goals include increasing children's Physical Activity (PA) Levels, Opportunities for PA, Creativity, Imagination, Leadership, Cooperation and Teamwork while hoping to reduce their Inactivity, Boredom and Incidents of Bullying.



“We are thrilled to be creating more opportunities for kids to explore, play and boost their physical activity”, says Olivia Ford, go!PEI Provincial Coordinator. “We are excited to see the results of the pilot project.”

For more information on the go!CART, or to request adding your school's name to the list of **FREE** visits during the 2015-2016 school year, simply contact the go!PEI office.

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# Robinsons Island - A new island experience in PEI National Park

Parks Canada is proud to present a new multi-use trail system at Robinsons Island in Prince Edward Island National Park. Coined “The R.I.T.S,” after the Robinsons Island Trail System, this six-kilometer stacked loop trail weaves through the forest and along the coast and provides visitors with a new opportunity to get active and explore! The rugged beauty of PEI’s north shore is showcased by lookout points and newly created beach access points on the southern, western and northern sides of Robinson’s Island are inviting for natural exploration and discovery. Although the island is small, it is a gem and its diverse habitats support a surprising variety of bird species, which make the island a well-known bird watching hotspot.

In developing the multi-use trail, Parks Canada worked in collaboration with Cycling PEI to create a number of spurs which deviate from the main trail that are equipped with beginner and intermediate technical trail features for mountain bikers such as teeter totters and log piles. In June, Parks Canada will be installing a series of instructional “Learn to Mountain Bike” signs along the trail, providing instruction to riders on how to master technical features. A pump track which consists of a circuit of rolling bumps, allowing riders to practice and improve their mountain biking skills is also available on Robinsons Island.

The grand opening of Robinsons Island will take place in 2015 when all elements of the offer are complete. Along with the series of “Learn to Mountain Bike” signs, trail

etiquette signage will also be installed which will reinforce safety tips and the concept of trail sharing for hikers and cyclists. Interactive interpretive exhibits will be also put in place along the trail that highlight the rich natural and cultural history of the island, which has included use by Aboriginal peoples, farming and fishing and early tourism activities.

This new offer is one component of an ambitious new program that Parks Canada has undertaken to restore the ecological integrity of Canada’s national parks. In the initial phase of this project, Parks Canada reduced the footprint at Robinsons Island by removing infrastructure from a campground that was decommissioned in 2005 due to low visitation. In the coming months, steps will be taken to begin restoring the native Acadian forest by planting representative tree species including sugar maple, hemlock and yellow birch.

For updates on the Robinsons Island project, visit us online at: [www.pc.gc.ca/pei](http://www.pc.gc.ca/pei). Spring has arrived and the 2015 visitor season is just around the corner! A reminder that seasonal passes for PEI National Park will be available between mid-April and June 30 at the early bird discounted rate of 50% off. Discounted prices are available for family, adult, senior and youth passes. This is excellent value as passes pay for themselves in just three visits! Be sure to pick yours up at Ardgowan, located on 2 Palmers Lane in Charlottetown.



## A comprehensive 4 days of arena operations...

*“The difference between someone who merely works at a rink and a ‘great’ arena operator is proper training developed by people who know!”*

You may already have the knowledge and skills to perform in your duties, but you struggle with cut backs and rising energy costs, realizing there has to be a better way to do things. Maybe you just got hired at the rink with no experience and are faced with having to learn everything on the fly.

Here’s the good news: As an arena operator, you do not have to learn everything by ‘doing’ and experimenting, and can avoid making costly mistakes.

The Maritime Arena Operations Institute was designed exactly for that reason— to provide you with the practical tips, techniques and knowledge you will need for success, without incurring the hard knocks that come with on-the-job learning.

This intensive training program focuses on the unique challenges facing arena operators and offers practical solutions to help you fully achieve your potential.

## Two levels of training:

**Level 1:** Covers the basic fundamentals of arena operations necessary for you to do your job properly, safely, and as efficiently as possible.

Ideal for arena staff with limited experience or no formal training, as well as facility managers, recreation directors, board members, etc. who are responsible for the efficient operation of an ice rink facility.

**Level 2:** More advanced information on arena operations, with practical training in the core areas and an emphasis on energy efficiency.

Get what  
you need to  
succeed as an  
arena operator

## Ice Making & Maintenance

**Level 1:** Understand the relationship between the ice surface, resurfacer, and refrigeration system • learn the factors that affect a sheet of ice • know how to prepare, mark and seal the floor for painting • know how to build and paint a quality sheet of ice • be aware of liability issues related to ice maintenance • learn basic practices of ice maintenance

**Level 2:** Understand the importance of surface preparation and how to seal the floor • learn how to properly measure, layout and mark the floor for ice painting • be able to trouble shoot and correct common problems with ice quality • understand the impact of humidity on ice quality • understand the relationship of the ice surface and energy efficiency

## Ice Resurfacers

**Level 1:** Understand the basic operation of the ice resurfacer • be aware of safety practices with respect to the operation of the ice resurfacer • be able to identify the various components • learn the basic method of changing, leveling, and adjusting a blade • know the basic maintenance practices (daily, monthly, yearly) of the ice resurfacer and edger

**Level 2:** Learn preventative maintenance for both the ice resurfacer and edger • know the hazards associated with ice resurfacing equipment • understand air quality issues related to resurfacing equipment • know how to properly shave and flood the ice • be able to demonstrate basic maintenance practices of the ice resurfacer and edger

## Refrigeration

**Level 1:** Understand the basic principles of the refrigeration cycle • be able to identify system components and their function • learn about refrigerated floors • understand basic refrigeration system maintenance • understand the hazards associated with the operation of refrigeration equipment • be familiar with the related codes and regulations

**Level 2:** Be able to demonstrate basic maintenance and safety procedures • understand humidity and temperature control • know options for refrigeration system components • learn the affect on energy efficiency • know the types of systems • know the system controls and their function • learn to troubleshoot common refrigeration problems

All of this,  
plus more...

Arena Roundtable on current issues and industry trends • energy efficiency • risk management • operation and maintenance logs • preventative maintenance programs • changeovers for non-ice events • boards and glass maintenance

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# 23rd Annual Maritime Arena Operations Institute

June 1 - 4, 2015



**Grant - Harvey Centre  
Fredericton, NB**

**\$469.<sup>95</sup>\*** (plus HST)

\* RFANS, RNB or RPEI Members

Non-members \$539.95 (plus HST)

To enroll or for more information,  
please contact Recreation NB

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Ph: (506) 459-1929 Ext. 3  
Fax: (506) 450-6066  
[www.recreationnb.ca](http://www.recreationnb.ca)

- Gain the essential skills and knowledge you need to become a great arena operator - ice making & painting, resurfacing, refrigeration, risk management, and more!
- A comprehensive training event that will deliver the area operation fundamentals you need to know to achieve great ice.



## Getting Started with Birding

by J. Dan McAskill

Photos by: Dwaine Oakley

An easy outdoor activity that a person can become interested in is watching birds i.e. birding. Only binoculars



Barred Owl

and a field guide are essential. To get started in PEI, Peterson's *Field Guide to the Birds East of the Rockies* or Sibley's *The Sibley Field Guide to Birds of Eastern North America* are very good but there are others. They use generic illustrations of each species with an arrow or line to note its distinguishing features and provide

illustrations of the male, female and immature stages which can be very different. The "Field Checklist of Birds" for PEI is available online at



Red-Eyed Vireo

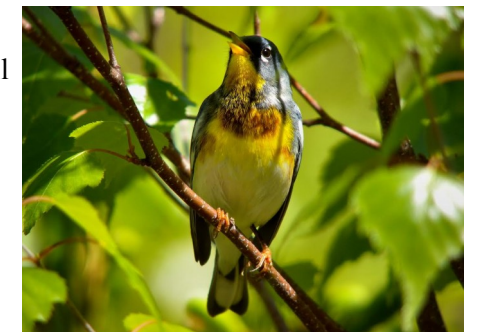
the government's website or at [www.naturepei.ca](http://www.naturepei.ca)

To start, use 7 or 8 power binoculars as more powerful binoculars can be hard to hold steady. Better quality birding binoculars can focus down to two or three metres!

The several hours after dawn and the few hours before dark are best for most birds. Select an area which has good habitat diversity. Some of the birding hot spots include: Pigot's Trail (Mt. Stewart); Dromore Woodland Trails; Hyde Park trail (Cornwall); Brookvale Nordic Ski Trails; Valleyfield Demonstration Woodlot; Borden Lagoons - Noonan's Marsh; East Point; North Cape; and sections of the Confederation Trail.

June and early July are great for beginning birders to go birding early in the day as the males will be singing on breeding territories and be in their breeding plumage.

The Brookvale Nordic Ski Trails are very good for spring woodland birds. Choose a route through various tree and shrub types along the trails and you'll normally hear and find Yellow, Yellow-throated and Black-throated Green Warblers, Black-capped Chickadees, Red-breasted Nuthatch, Alder Flycatchers, Red-eyed Vireos, Hermit Thrush, Ruby-crowned Kinglets, White-throated Sparrows, Dark-eyed Juncos, and other species. With some effort and luck, you might see a Blackburnian or Mourning Warbler, a Yellow-bellied Sapsucker, a Northern Goshawk, or a Barred Owl. Nature PEI (Natural History Society of PEI) and the Birding on PEI Facebook sites list periodic birding trips and learning events.



Northern Parula



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# LONGEST DAY OF PLAY

## PARTICIPACTION

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 out, let loose, 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>, Canadians can take advantage of the most daylight

hours of the year and celebrate the Longest Day of Play.

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 centre.

Stuck for play ideas for your Longest Day of Play celebration? ParticipACTION has developed some tools to help you get out and get moving. Try the [Bring Back Play mobile app](#) with tons of the classic games that kids have played for generations. Or, print out the tip sheet "100 Ways to Play" and find your perfect Longest Day of Play activity.

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



The RBC Learn to Play Project provides grants to local organizations and community groups that are building the physical literacy of Canada's kids and youth. Grant applications are now being accepted [online](#).

RBC Learn to Play Community Grants ranging from \$1,000 to \$10,000 and Leadership Grants ranging from \$10,001 to \$25,000 will be awarded to local organizations and community groups to implement programs and strategies consistent with teaching youth the basics of being active. The application deadline is May 8, 2015. Learn more about the [guidelines and eligibility](#).



Mark your calendar for [RBC Sports Day in Canada](#) on **November 21!**

RBC Sports Day in Canada is a national celebration of the power of sport to build community and get Canadians moving! The sixth annual event takes place on **Saturday,**

**November 21, 2015** in communities from coast to coast to coast in celebration of the [Year of Sport](#).

You're invited to get your community, club, school, organization or group involved by hosting a sporting event between November 14 and 21. You will receive an email from us in the coming months when event registration is available online. In the meantime, please direct any questions to Alicia Tyson at ParticipACTION at [atyson@participACTION.com](mailto:atyson@participACTION.com).

[How to apply for Grant Program?](#)

Are you part of a community organization with an idea that can help teens in your community to become more active? If yes, then the Participaction Teen Challenge wants to hear from you. Participaction is awarding grants to participants for \$500 for ongoing challenges and \$250 for one time events to promote physical activity to teens. To register and for more information please visit [www.participaction.com/teen-challenge](http://www.participaction.com/teen-challenge). Also, visit the Participaction Teen Challenge Facebook Page.



# go!pei Walk a Lot

go!PEI is encouraging all islanders to Walk a Lot in an 8-week walking challenge that commemorates the 250th anniversary of the completion of Samuel Holland's survey of PEI. The survey not only defined the province, but also gave Islanders 67 lots and 3 townships to explore. Beginning May 15, 2015 go!PEI is challenging workplace, community leaders, families and individuals to create a walking club, or walk on your own and to explore the lots across the Island. Sign up and receive your passport and for a chance to win great prizes, email [gopei@recreationpei.ca](mailto:gopei@recreationpei.ca).



**April 6<sup>th</sup>-8<sup>th</sup>, 2016**

**Best Western Glengarry  
Truro, Nova Scotia**

Take the June "30 Day Outdoor Challenge! Islanders make a pledge to themselves/ families/ co-workers to spend time outdoors every day during the month of June.

The go!PEI website will have a list of activities that can be done outdoors for children/ youth & adults as a support to take the challenge.

For more information check out: <http://www.gopei.ca>

## Save The Date

May 5-7	<b>Certified Pool Operators Course</b> at the Qplex in Quispamsis
May 20	<b>The Business of Aquatics Seminar</b> in partnership with Life Saving NB in Fredericton
May 27	<b>Recreation PEI Annual General Meeting</b> 9:30 am - 1pm Northwinds Inn & Suites 3828 Portage Rd – Route #6 Brackley Beach, PE Located just 10 minutes north of Charlottetown Airport

## Playground Inspections

Recreation PEI is proud to support the Active & Safe PEI project – 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 active.

Through the Active & Safe PEI program, Recreation PEI is offering the service of inspecting public-used playgrounds in small municipalities for compliance with the CSA Standards. This is a FREE service on a first come first served basis. For more information or to schedule a FREE inspection please contact Recreation PEI.