

## 2014 'Heritage Trail Passport' launched by go!PEI



As part of a go!PEI Club 2014 signature event, the Heritage Trail Passport program encourages people of all ages and fitness levels to explore the heritage trails, sites and roads and the living history of Prince Edward Island, whether it be on foot, bicycle, snowshoes, skis.

The Heritage Trail Passport, which is being presented in conjunction with the 150th celebration of the 1864 Charlottetown Conference, includes an extensive Island-wide trail directory. "For the Heritage Trail Passport we have over 40 trails identified across the Island and six different activities that you can do as a family: municipal, provincial, and national parks, beaches, heritage site or road, woodlots and the Confederation Trail," says Olivia Ford, program coordinator for go!PEI. "We wanted to make it available for every Islander - no matter their income or location so we've selected location all across the island and thrown in some easy

and accessible terrains along with some of PEI's more challenging hiking trails."

With go!PEI's 'new for 2014' interactive webpage ([www.gopeiclub.ca](http://www.gopeiclub.ca)) people can track their activity minutes, as well as accept challenges, such as the Heritage Trail Passport. The webpage allows users to plan their passport itinerary. They have the ability to locate the closest trail using a postal code, view any of the trails on a map using GPS coordinates, discover the history of the trails, and even print off directions on how to get to the trailheads.

"Each of the trails that we selected to include in the passport was picked because of the distinct heritage that trail has to offer," Ford says. For example, for the 6.5-km Breadalbane Nature Trail, the content reads: "Settlers came to the community



of Breadalbane from Scotland's Isle of Skye in 1858 and flourished in the area. This nature trail follows a quite diverse terrain, combining access via steep ravines, rim walks, and meanders through the flood plain of the main and a smaller branch of the Dunk River."

"We want people to get out to a location they've never been before and enjoy the scenery and nature while being active. You don't have to hike the whole trail and you can go your own distance at your own pace," says Ford.

And it's not just hiking trails. Places such as Charlottetown's historic 'Great George Street' is listed on the Passport and there are also other historical sites, parks, beaches and gardens. "Our goal is to see more people walking, wherever that may be, so we tried to include a variety of locations to reach everyone."

Anyone that visits at least 10 of the locations can submit their passport for a go!PEI 2014 commemorative prize. "We can't wait to start giving out these commemorative items," added Ford. "All they have to do to get theirs is be active 10 times during 2014."

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## Taste of the Seasons: Cooking Classes



In partnership with the PEI Healthy Eating Alliance and PEI 2014, go!PEI will be celebrating 150 years since the historic meetings of confederation by offering a series of healthy cooking classes across the Island. These classes will educate Islanders on how to prepare healthy and delicious meals using fresh and locally grown 1864 inspired ingredients. Each season will bring a new theme as we plan for a spring, summer, and fall menu to be delivered in three separate waves across the Island.

A couple of the spring session events have already happened. The go!PEI Cooking Instructor, Margaret Prouse, prepared recipes using local Island ingredients including seafood, lamb and freshly harvested vegetables. "It has been great to be able to connect with so many people so far - and in their own communities. It's important to make sure they feel comfortable enough to ask questions so they get the full learning experience. Many people wouldn't travel far

from home for a cooking class, so it was great that we could come to them," said Prouse.

In addition, the PEI Healthy Eating Alliance sent a Registered Dietitian, to speak at the events on the importance of using healthy substitutions for certain ingredients and answered dietary questions from participants. "I began by telling them about some of the healthy substitutions that were made to the recipes and from there they opened up and began to ask questions. It was great to be able to answer questions they had for me instead of only the specific information that I had prepared", said Shannon Ochsner, RD. "It was great that they were so accepting and appreciative of the dietary information."

The classes have been very well received by participants so far and they enjoy the cooking component as well as the dietary information. "I didn't know you could make healthier foods taste so good. I'll make all these recipes at home and try to cut back on my sodium intake," said one participant.

With increased media exposure, nutrition information can be found almost everywhere and some of it can be confusing and even incorrect. It can be difficult for the public to determine what sources of information are accurate. These classes take that guesswork out of the equation. "As a Registered Dietitian, I am obligated to only provide credible, evidence-based information," says Ochsner.

"This partnership with Margaret and go!PEI has been so beneficial. It has given us a chance to discuss how we made the recipes healthier, provide easy tips and answer any culinary or nutrition questions the participants may have."

Dates and locations of the upcoming sessions will be posted on the PEI Healthy Eating Alliance website ([www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)) once they are scheduled.



Margaret Prouse at a go!PEI Cooking Class in Stratford, PE.

## Island Rinks receive Doug Moore Scholarships from Jet Ice®

The Doug Moore Scholarship Fund is dedicated to providing opportunities within the ice making forum for those candidates who are in true need and may not otherwise be able to afford the associated academic costs.

"The International Icemakers Society supports professional development within the ice making community and assists candidates in achieving their personal and professional goals," says Deborah Wilcock, President of Jet Ice Limited.

PEI's 2014 recipients of the Doug Moore Scholarship include; Evangeline Recreation Centre, South Shore Actiplex, Eastern Kings Sportsplex, Belfast Arena and Cornwall APM Centre.

*Photo: Deborah Wilcock was recently in Charlottetown, and presented the Doug Moore Scholarship to Donna Butler, General Manager of the APM Centre.*



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# ParticipAction Grants Help Island Teens Get Active

The ParticipAction Teen Challenge is designed to break down the barriers that prevent teens from getting active. ParticipAction is awarding grants to participants for \$500 for ongoing challenges and \$250 for one time events to promote physical activity to teens. There have been a number of successful and impactful ParticipAction programs for youth running across the Island in recent months, including the After School Physical Activity Program at Hernewood Junior High School.



The Western Region Sport and Recreation Council approached Hernewood Junior High School with the concept of a 7-week after school physical activity program that would be open to all students from grade 7 through to grade 9. The program attracted 11 participants (9 females and 2 males) and they participated in one session each week full of different types of physical activities along with learning opportunities.

"Once the group was established we had them provide ideas and feedback of the different types of physical activities they wanted to do," says Alison Griffin, Executive



Director of the Western Region Sport and Recreation Council. Each week the group took part in a different activity: golf, swimming, hiking, geocaching, amazing race, a unique mission impossible game and tennis. "Participants were fully engaged throughout the entire program and we always asked them for feedback on ways we could improve our current activities or create new activities that they wanted to try next time. They had a lot of fun while being physically active."

Earlier this year, the Cornwall Civic Centre hosted a challenge call the 'Teen Drop-In Night'. It was held every Friday night for the months of January, February and March to let teenagers aged 13 to 16 come together in a safe environment to participate in fun games and activities while creating friendships with their peers. Through the ParticipAction Teen Challenge the funding was used to purchase new equipment for the community teens to enjoy. The facility now has two Foosball tables, one air hockey table, one Pool table and one Ping-Pong table that the community youth can enjoy all year round.



Also, Montague Regional High School has recently developed a strength and conditioning club. Access to the club is open to all teens from the Montague Family of Schools, not just those attending Montague High School, and is being run by two community volunteers with extensive backgrounds in personal training, weight lifting and sports rehabilitation. The club meets three times a week for a 90 minute session to help teens become stronger and

more conditioned either for a specific sport or for their lifelong fitness goals. The club used their grant money from the ParticipAction Teen Challenge to purchase such equipment as: heart rate monitors, balance boards, agility poles, and more.



If you are a teen that has a great idea for a challenge that you and your friends would be interested in doing, or if you're a community host that has an idea of a challenge for teens in your area to help get them more physically active, here's how you can get involved;

**Teens** - Approach a teacher, mentor, or a local organization that supports physical activity for teens and tell them you want to get active. Rally some friends who want to be a part of the action, and get them to contribute their ideas. Work directly with the adult that you have approached to design what the activity looks like and get the adult to apply to become a Community Organization. Also, visit the ParticipAction Teen Challenge Facebook Page for great challenge ideas.

**Community Organizations** - If you are a community organization, recreational facility, or a school that provides teens with the grounds, facilities, equipment, instructors, expertise or leadership to support a physical activity program, you can apply for funding. Register as a community organization at [www.participaction.com/teen-challenge](http://www.participaction.com/teen-challenge) to join the program and you will be eligible to apply for a Teen Physical Activity Grant. These are funds that can be used to get teens moving in innovative and motivating ways.




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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.



## Opportunities for Children to Get Active

**go!PEI Walk/Run Club** - uses a ladder approach to build endurance for participants to move their bodies for either 20, 30 or 60 minutes without stopping. The programs are designed for ten weeks where participants get active twice a week together and three times on their own on other days but allows for flexibility based on participants availability.

This past year, over 10 schools and communities and 300 children participated in the program's pilot which was in partnership with the Medical Society of PEI, Dept. of Health & Wellness and Dept. of Education & Early Childhood Development.

"The kids absolutely loved the Club. Not only was it a way to get them active but it was a great opportunity for the kids to get outside and utilize all the parks in the area. It's definitely something we will do again in September," says Josh Corkum, Town of Cornwall.

The Kid's Walk/Run Club will resume in September at many Island schools, communities, and facilities.

**Children in Nature** - is a program created to inspire children and youth to be active while enjoying nature. They are introduced to plants and wildlife and take part in fun and engaging activities that will encourage them to grow into individuals who are comfortable in nature; are aware of their impact on the environment; understand important nature-based themes; and develop a love and compassion for nature and physical activity.

Various modules are available that introduce children to different topics relevant to P.E.I. With each ecosystem visited they will see and learn about various living things. Visit [www.childreninnaturepei.ca](http://www.childreninnaturepei.ca) to view the available modules that can be picked up by any school, community, child care centre or parent.

**go!Play After School Program** - aims to remove the barriers keeping children from getting the recommended 60 minutes of moderate to vigorous physical activity each day and encourages children to increase their physical activity during the time period immediately after school. The go!PEI program was piloted in 15 rural schools across PEI with the help of the three Regional Sport & Rec. Councils and reached over 800 children last year.

"A parent told us her family doctor heard about go!Play and prescribed her children to attend. One was inactive and overweight and the other two were normally active but were spending a lot of time playing video games - the doctor wanted to counter that," said one Program Leader.

The go!Play program will be available in schools again in the fall. Contact your child's school to check availability.

**JumpStart Funding** - allows kids in need to participate in recreation activities (swimming passes, dance, gym or walking track memberships, yoga, bowling, golf, cycling, etc.) by providing funds to help offset the cost of registration fees and equipment for recreation activities.

Visit [www.recreationpei.ca](http://www.recreationpei.ca) for a JumpStart application.

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