

## WINTER ACTIVE!

### The Framework for Recreation in Canada - CONNECTING PEOPLE TO NATURE

When you live in Canada, you have to accept that much of our time is spent living with cold temperatures and lots of snow and ice. Rather than go straight into hibernation mode until Victoria Day, why not make the most of winter and celebrate the season?

Canada's most popular winter recreational activities involve spending time doing activities outdoors such as snowshoeing, skiing, skating, hiking or walking.

Recreation contributes to creating walkable, safe, livable communities and helps people access the physical and mental health benefits of the natural world through the provision of parks, trails, waterways and landscaped areas.

People have an inherent need to connect with the natural world and the recreation field 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.

Read the full Framework for Recreation in Canada:

<http://lin.ca/resources/framework-recreation-canada-2015-pathways-wellbeing-final>





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## **REASONS WHY IT'S IMPORTANT TO EXERCISE IN WINTER**

When it's cold it's really hard to stay motivated about your health and fitness. Winter brings the cold, illness, the blues and isolation, so consider the following: Exercise in winter can provide more benefit than exercise during the rest of the year, because it specifically answers our winter body needs.

- **The Sun is more of a Friend than your Heater:** There's a reason it's called the sunshine vitamin. While there are a limited number of foods that can provide your body with vitamin D, the easiest source is from exposure of bare skin to sunlight. Sunshine makes strong bones, and keeps your immune system strong. It can also boost positivity, help prevent high blood pressure, diabetes and cancer.
- **Keep Warm:** Save electricity and an expanding waistline by heating your body up naturally with a workout. The rise in your body temperature, during a work out, has a soothing, calming effect on your body. Yes, its cold when you first step outside, but if you layer up and get moving you will be hot within no time at all.
- **Stay Healthy:** Regular exercise strengthens your immune system so it can fight off bacterial and viral infections. When you exercise and get your blood pumping, immune cells circulate through your body more quickly helping them seek and destroy infections. But this boost only lasts for a few hours, so exercise needs to be regular for long-term effects.



Sean Casey, Charlottetown MP, took part in the annual TDISC Santa Run in Charlottetown on Dec. 9th, 2017.

- **Beat the Winter Blues:** A daily workout releases “feel-good” brain chemicals, gives you a break from the daily grind and helps ease depression. Plus, if you combine exercise with the great outdoors you can cheer yourself up even more. After exercise, the brain releases serotonin and dopamine, which can help to reduce anxiety and depression while boosting your wellbeing.
- **Take a Deep Breath:** Fresh air is much harder to come by in winter. Generally, the air outside is healthier than inside, so going outside for a walk or run gives your lungs a chance to detox and breathe deeply without concern for breathing in other people's bugs (at home or at the office).

Written by 'Live Life, Get Active'

## **CORNWALL CREATES ADDITIONAL OUTDOOR RINK**

The Town of Cornwall had an easy decision to make when asked about creating a new outdoor rink surface at the Town hall. Due to the overwhelming interest the Town has seen the past few years with its existing outdoor rinks at the Terry Fox Complex, the need for an additional surface wasn't even a question.

The new rink surface is 80 x 50, and sits in front of the Town Hall. This location was selected as it ties in nicely with the main street concept the Town hopes to achieve over the next few years with the mindset of providing residents and visitors easy access to be active in our Town all year round.

Outdoor rinks have been a staple in many communities across our Province. People tend to be more sedentary during the winter months, so outdoor rinks in communities provides residents, young and old, a means to get out and enjoy the winter while incorporating physical activity into their daily lives. They are a great way to stay active as a family and serve as a neighborhood hub to allow residents to gather and socialize.

The Town will also be offering an outdoor skating program which will introduce and provide some basic skill for those who have never skated, or for beginner skaters. The rinks are open daily, weather permitting, from 1pm—10pm. Please check the Town's website to register for the skating program or to check the status of the rinks.





## WINTER ACTIVE – go!PEI EDITION

Under the big blue skies, the bright white blankets of snow covering our parks and beaches are an open invitation to take in our breathtaking backyard. Get your friends and family together for a walk in the park. Have a friendly neighbourhood snowman competition. Make weekend plans to explore a trail or two with some trusty snowshoes and trekking poles. These activities are sure to boost your mood and fight the wintery blues.

From Tip to Tip, there are opportunities to go outside and do something enjoyable. With our dedicated community partners and some new friends at Discover Charlottetown, we want to connect Islanders with their community offerings, invite them to explore different areas of PEI and discover a new love for winter.

The cities of Charlottetown and Summerside have a full list of fun, free and family-friendly activities for you. The towns of Cornwall and Stratford have outdoor rinks galore and winter carnival weekends in the horizon. The three regional sport and recreation councils have something for everyone. You'll be rushing to the door. Does moonlight snowshoeing peak your interest? Look no further than to the Western Region. Make your winter walks a little easier with Nordic Poles by contacting the Eastern Region's council. Don't miss some beautiful winter hikes with the Central Region either! Not sure what you would like to do or just up for an adventure? Go to our site and select the region you want to explore today.



Photo Credit: Stephen Harris



Photo Credit: Eastern Region Sports & Recreation Council

New this year, we've worked with Discover Charlottetown to help connect Islanders and visitors alike with a selection of trails to explore across the Island with brand new loaner snowshoes available at select hotels in Charlottetown. Get your hands on one of these printed guides at the hotel or download it directly to your device.

No matter the winter activity you choose, always remember to dress warmly, stay hydrated and to pace yourself. Visit [www.gopei.ca](http://www.gopei.ca) for more information.

### GEAR UP FOR THE OLYMPICS



The 2018 Winter Olympics are right around the corner. Let's cheer Canada on with the famous red mitts. Be sure to like us on Facebook ([facebook.com/goPEI.ca](https://facebook.com/goPEI.ca)) and follow us on Twitter ([twitter.com/gopei](https://twitter.com/gopei)) for some fun activities we have planned to get Islanders excited for the Games!



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## **HARRY BOOTHMAN BURSARY 2018**

The Canadian Parks and Recreation Association (CPRA) has created a bursary program to financially assist parks and recreation professionals as they pursue professional development in the sector.

Harry Boothman was a Parks Supervisor for the City of Calgary, CPRA Board Member and long-time supporter of the organization. Establishing this bursary, in support of Professional Development within the sector, is a tribute to Harry's vision and dedication.

Applications will be accepted from Parks and Recreation practitioners with a minimum of five (5) years' experience and currently working full-time in the sector. Up to two (2) bursaries, up to \$1,000, each can be awarded each year.

Professional development opportunities must begin within the time frame of April 1, 2018 and March 31, 2019 and must be completed no later than March 31, 2020. **Deadline for applications – March 31 of every year.**

For more information visit: [www.cpra.ca](http://www.cpra.ca).



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## **YOUTH GREEN JOBS FUNDING OPPORTUNITY**

CPRA is pleased to announce that it is now officially entering into an agreement with the Government of Canada to administer elements of the Summer Work Experience Green Jobs program. Wage subsidies (50%) will be available for Summer 2018 and Summer 2019 for municipalities and other organizations to hire Youth for Green Jobs.

Of note, in this context, the definition of a 'green' job is broad, including park horticulture and landscaping, parks operations, parks planning, parks technicians, biodiversity, outdoor play/park facilitators, parks ambassadors or interpreters. The jobs are to be 'new' but some flexibility does exist in this area.

The wage subsidy will be capped at \$5,712.00 for each youth/job, a contribution that will be matched by the employer. While employers are welcome to set their own wages, the contribution offered by the government (via CPRA) is capped at \$ 5,712.00 per youth/job. The work terms can be 4-16 weeks long. Youth are defined as those being 18-30 years of age.

This CPRA effort is part of the overall Government of Canada commitment outlined in the 2017 Federal Budget that committed to creating 15,000 new 'green' jobs for young Canadians.

CPRA is committed to making this process flexible, efficient and positive for all sectors.

Further details, including applications and guidelines, will be released in the first week of February 2018.



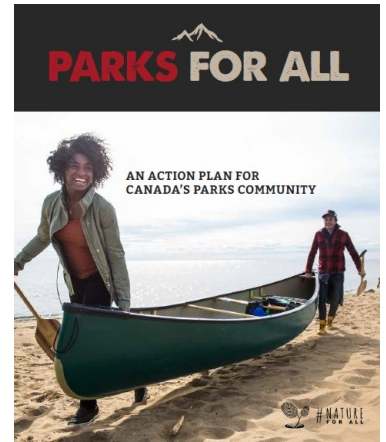


## PARKS FOR ALL

*Parks for All* - An Action Plan for Canada's Parks Community has been finalized and is now available for download on the CPRA website in both English and French.

This Action Plan builds on a shared vision, defines guiding principles, strategic directions and priorities, and is a coordinated strategy for Canada's network of parks and protected areas.

The initiative is co-led by the Canadian Parks and Recreation Association (CPRA) and the Canadian Parks Council (CPC).



## I ♥ TO SKATE

After the successful inaugural year of this recreation program for children, Canadian Tire Jumpstart Charities generously renewed their funding to go! PEI for Fall 2017. As with all programs, go!PEI's dedicated community partners are the stars. They are the ones who made it happen for communities across the Island. From up West to down East, there were close to 250 Island children in over ten communities, hitting the ice to learn some new skills, practice ones they know, build their ice confidence and most of all, while having a lot of fun!



There have been some special cases where we witnessed children who had never seen or been on the ice participate for the first time in a truly Canadian activity.

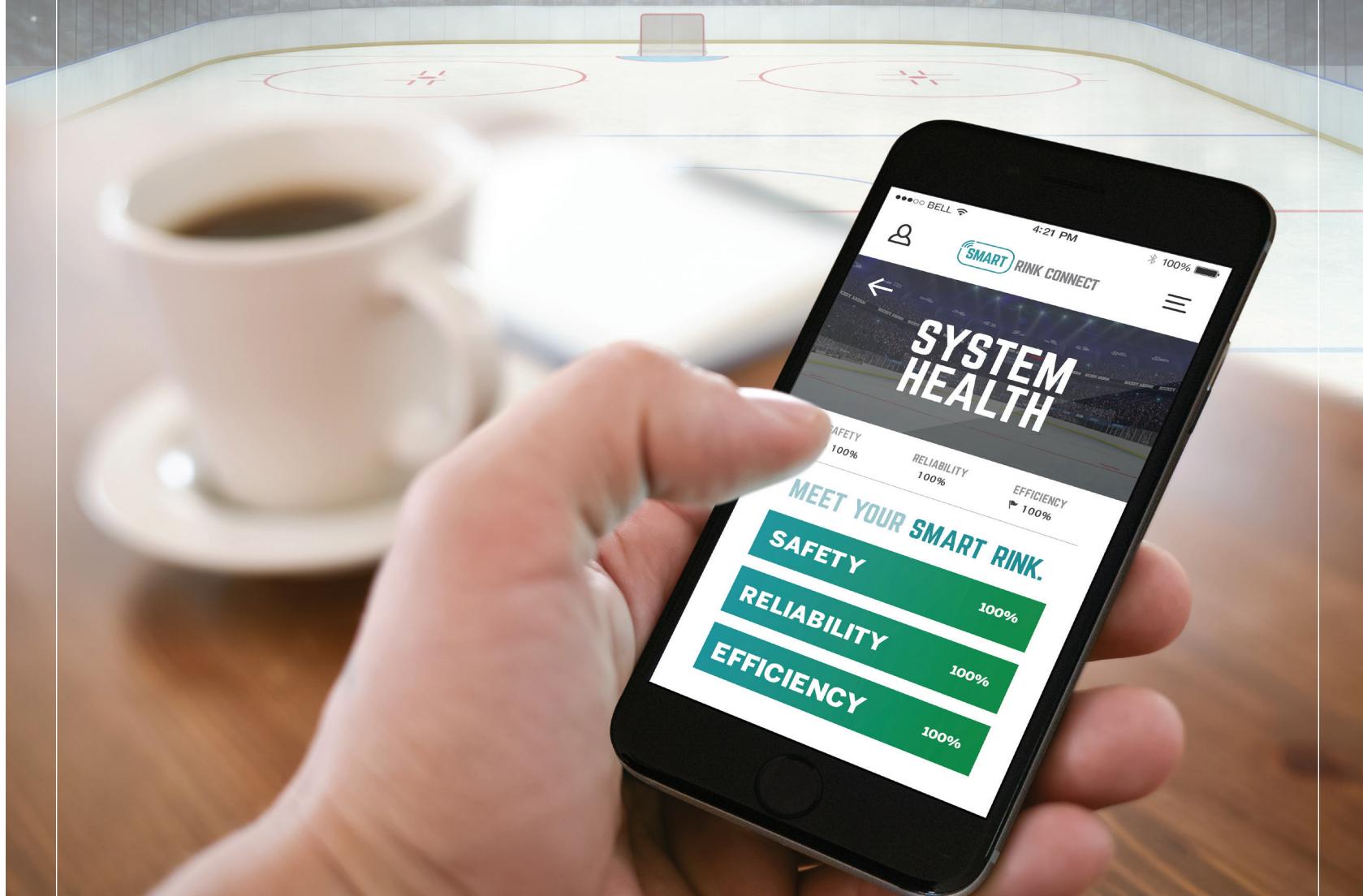
“As a newcomer, this is a fantastic opportunity. We did not have this back in Bangladesh but we knew our children should try this. It is a perfect way to learn something new and very Canadian. They love it and they will continue this for years. Thank you!”



It is remarkable when given the opportunity, in a fun environment, how children are able to grow and shine as they take on a new challenge. In some cases, the young ones turned this activity into a family affair. As one guardian shared, “She wouldn't go on the ice before but after the second time, she asked her parents to take her on weekends now. They had to go out and buy helmets for the adults because it's a policy but now they go as a family and it's fun for her”.

We are very proud that this program was able to reach Tip to Tip and look forward to making more physical activity opportunities available to Islanders during all seasons. A big thank you again to Canadian Tire Jumpstart Charities for the funding, and an even bigger thank you to the cities of Charlottetown and Summerside, the town of Stratford and the three sports and recreation councils of PEI for providing Island children with the opportunity to get moving on the ice.

# STAY CONNECTED.



[SMARTRINKCONNECT.CA](http://SMARTRINKCONNECT.CA)

The world is changing. Everywhere around us, we are becoming closer and more connected to the products that we use everyday. For ice rink refrigeration, the challenge in adapting to this new connected world is that the systems are made up of several different components from various manufacturers that communicate through their own methods.

Driven by a group of like-minded industry leaders who are challenging the norms, **Smart Rink Connect** integrates all the components of the refrigeration system into a single control center – and delivers it right to your smartphone in a simple, easy to use app.

This unprecedented level of access to the ice rink refrigeration system gives arena managers ultimate control to help them budget more accurately, lower operating costs, and meet environmental goals and safety standards.



Working together intelligently to make your system

# SAFE, RELIABLE & EFFICIENT

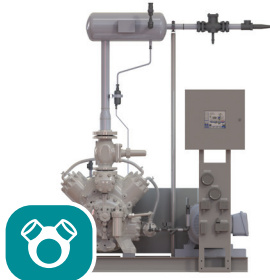


## Smart Hub

The Smart Hub provides higher level intelligence to a Smart Rink Connect system through an easy and intuitive user interface.

The self-learning central hub analyses operating data to optimize system efficiency, predict equipment maintenance, and improve refrigeration plant safety.

Like a great coach, it takes individual players and makes them a winning team.

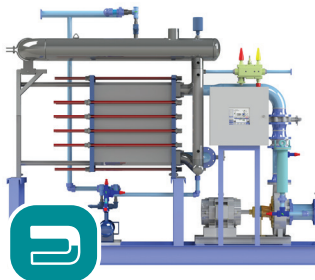


## Mycom Smart M

The Mycom Smart M is the most efficient reciprocating compressor available.

No more guessing about how to maintain your compressor. It tells you when it's time for an oil change or overhaul and lets you know how efficiently you are operating.

The compressor is the heart of the system. It costs the most to operate. The onboard intelligence carefully monitors operating conditions, reports deviations from optimal operation, and advises on upcoming service requirements.



## Alfa Laval Smart Turn

The Alfa Laval Smart Turn enhances the safety of your facility by reducing the refrigerant charge. It's like having an engineer monitoring your engine room, letting you know when it is time to drain oil, reporting fluid levels, and monitoring efficiency.

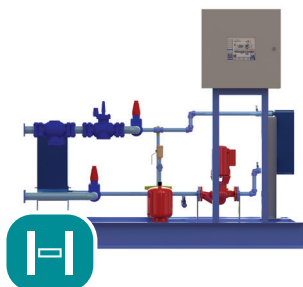


## Shaler Smart Additive

The Shaler Smart Additive is like hiring an inside agent to put contaminants in check and stop leaks.

Over time, contaminants enter the system – reducing efficiency and increasing operating costs. The Shaler Smart Additive is the first product to remove this build up and keep your system running at peak performance.

Smart Additive also prevents leaks by assessing the insides of your pipes and filling in pits, pin holes, and inconsistent areas.



## Alfa Laval Smart Heat

The Alfa Laval Smart Heat is the first industrial desuperheater with a robust design built specifically for the demands of ice rinks.

The by-product of the refrigeration system is heat. Instead of wasting the 'free' heat outside, why not use it where you need it?

The Alfa Laval Smart Heat will provide free heat for your showers, Zamboni water and other hot water needs at your facility.

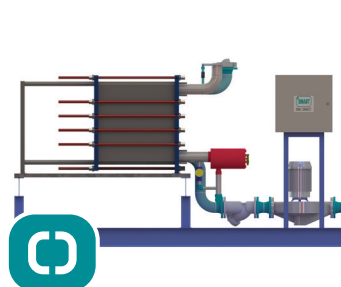


## Dry Solutions Smart Rink Dry

The Smart Rink Dry strikes the perfect humidity balance to maintain a quality playing surface.

Smart Rink Dry reduces the ambient load added to the refrigeration system by continually monitoring and maintaining the environment in the arena at optimal condition.

It also sends maintenance and operating data to staff so they can know what is going on without risk.

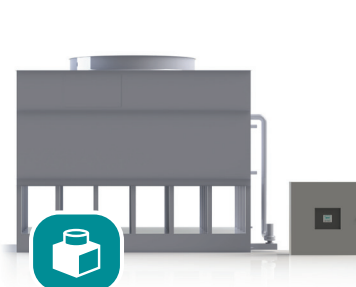


## Alfa Laval Smart Contain

The Alfa Laval Smart Contain is the single most effective component you can add to your system to reduce the refrigerant charge. With an Alfa Laval Smart Contain, all of the refrigerant will be within the refrigeration room.

Systems with a Smart Contain can lower the overall charge by 70% - reducing risk, increasing safety and improving efficiency.

The onboard intelligence will continually monitor how efficiently the unit is operating and provide early warning of issues. In addition, the Smart Contain will set you up for future green opportunities.



## Evapco Smart Condense

The Evapco Smart Condense is the most environmentally responsible evaporative condenser available.

It monitors water consumption, provides feedback on overall condenser operation, and notifies the user about maintenance requirements.



LEARN MORE AT [SMARTRINKCONNECT.CA](http://SMARTRINKCONNECT.CA)

## **BROOKVALE PROVINCIAL SKI PARK**

Brookvale Provincial Ski Park, located in the central part of Queens County, has lots of fun activities for winter enthusiasts of all ages, including x-country and alpine skiing, snowboarding, and snowshoeing. The park has recently introduced a mandatory helmet policy for all users of the downhill facility. Brookvale has invested in additional rental helmets to ensure guests who do not own a helmet will be able to enjoy the slopes.



**Alpine/Downhill:** The Alpine hill features a 250-foot vertical drop and 9 alpine trails serviced by two lifts - a quad chair, and our newest addition, a Magic Carpet Lift. The longest run is approximately 2,400 feet and the lift capacity is approximately 4,800 per hour.



**Nordic/X-Country:** The Nordic/X-Country site features 24.5 km of groomed recreational trails, 7.5 km of competitive trails and biathlon trails, a complete rental shop, lodge, waxing huts, biathlon range, and sliding hill. The latest trail grooming equipment makes the Park the destination of choice for x-country skiing in the Maritimes. The Nordic ski lodge has a rental shop is located on the lower level.

**Tubing:** For a day of family fun and exercise why not try our sliding hill located at the Brookvale Nordic Touring Center. The sliding hill is approximately 250 feet long and provides hours of

fun for any age. There is no charge to use the sliding hill. If you need to rent equipment we have approximately 40 tubes available at our tube rental shop at \$5.50 (plus tax) per rental located inside the Nordic Lodge. The sliding hill has lights for night use but is unsupervised.

**Snowshoeing:** The park has wooded trails designated especially for snowshoeing. The hours of operation are the same as the skiing operation hours. If snowshoeing or walking, please refrain from walking on the groomed cross country ski trails and ski tracks. The snowshoe trails are marked with orange flagging tape.

**Winter Fatbiking:** As a result of the growing popularity of winter mountain biking, Provincial Parks is excited to now provide nearly 10 kms of new groomed fatbike trail at Brookvale Nordic site.



Credit: [www.tourismpei.com/brookvale-activity-park](http://www.tourismpei.com/brookvale-activity-park)



## **WINTER IN PRINCE EDWARD ISLAND NATIONAL PARK**

Prince Edward Island National Park is a beautiful place to explore year round! Between Thanksgiving and Victoria Day, Parks Canada is not equipped to provide emergency services, groom trails or keep visitor facilities open. However, the Gulf Shore Parkway between Cavendish and North Rustico and between Brackley and Dalvay is cleared of snow to allow access, and a number of parking areas will be kept cleared for parking. Parking areas cleared in winter include the following:

- Dalvay Parking Lot  
(beside beach)
- Greenwich  
(Visitor Information Centre)
- Bubbling Springs /  
Farmlands Trail
- Ross Lane
- Shaws Beach
- North Rustico Beach
- Macneills Brook
- Cavendish Beach  
(for access to trails  
in Cavendish area)



Trail users are welcome to cross-country ski on trails in the park by breaking their own trail and visitors can explore and enjoy the park, by hiking, snowshoeing, cycling, viewing wildlife or doing other activities.

In the Greenwich area there are three trails to explore including the Havre Saint Pierre Trail (1.1 km), Tlaqatik Trail (4.8 km) and Greenwich Dunes Trail (4.8 km). Parking is available at the Greenwich Interpretation Centre for access to all three options.

In the Dalvay to Brackley area of the park, the Bubbling Springs Trail (2.5 km) and Farmlands Trail (2.9 km) are available for trail users and the trail head parking lot is kept cleared for parking. The Community Trail (1 km) near the Dalvay entrance is also available.

In the Cavendish area of the park the Cavendish Beach Trail (1.1 km), Cavendish Dunelands Trail (2.3 km) and Homestead Trail (6.7 or 8.8 km) are available for trail users. A parking area is kept cleared at Cavendish Beach to access these trails. Please note that since construction has been underway to improve the Homestead Trail this fall, there may be some sections of the trail that are closed.

Please remember that during the winter season dogs are allowed in all areas of the park; however, they must be kept on a leash at all times, including on trails.

We hope that you will continue to experience our country's great natural and cultural heritage through visits to Prince Edward Island National Park as well as to other national parks and national historic sites that Parks Canada is proud to protect and present for all time.

For more information, please check [www.pc.gc.ca/pei](http://www.pc.gc.ca/pei) or call 902-672-6350.

# Canada's Physical Literacy Consensus Statement



In recent years, various stakeholders have engaged in activities to promote and develop physical literacy. Excitement around the concept has also led to a variety of definitions, and sometimes a misuse of the term by using it interchangeably with “physical activity”, “physical education”, “fundamental movement skills” or “motor skill development”. In a broad consultation, sector leaders in Canada suggested that a common definition with consistent language was needed to provide clarity for the development of policy, practice and research.

## The Elements of Physical Literacy

The definition of physical literacy includes four essential and interconnected elements whose relative importance may change throughout life.



### **Motivation and confidence** (Affective)

Motivation and confidence refers to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.



### **Physical competence** (Physical)

Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.



### **Knowledge and understanding** (Cognitive)

Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.



### **Engagement in physical activities for life** (Behavioural)

Engagement in physical activities for life refers to an individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one's lifestyle.

## Core Principles

Five core principles underlie the definition in this Statement.

### **Physical literacy:**

- is an inclusive concept accessible to all
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the whole person.



This consensus process was made possible, in part, by the RBC Learn to Play Project, with funding from RBC and the Public Health Agency of Canada.



## WINTER BIRDING ON PEI

As much of our winter recreation is on PEI, winter birding is all in the weather not just on the day but also the preceding weeks. Snow and ice cover, temperature and wind conditions, precipitation and seed and berry crops all play a role.

**Back Yard Birding:** Bird feeding stations that have food diversity and good cover are a great way to see certain winter birds. Good cover from shrubs and trees is often a pre-requisite and will often allow birds to escape should a Sharp-shinned Hawk or Merlin be attracted to the birds. A good feeder assemblage with black oil and/or grey striped sunflower seed, thistle, cracked corn, millet, and suet present will usually attract a variety of birds. The most probable include Blue Jays, Black-capped Chickadees, Red-breasted Nuthatch, Mourning Doves, Downy and Hairy Woodpeckers, and Dark-eyed Junco. With good luck, species such as White-breasted Nuthatch, Northern Flicker, Red-bellied Woodpecker, Fox Sparrow and Northern Cardinal might stop by your feeder.



American Tree Sparrow at Donagh Feeder area on December 31, 2017. Photo by Dan McAskill.

Feeders should be cleaned regularly to minimize the probability of disease or parasite transfer especially during warm periods. If you do not have cover, temporary cover can be provided by installing a few Christmas trees near the feeders.

**Birding Field Trips:** Birding field trips should be conducted during safe driving weather and include a diversity of habitats. Winter birding hot spots include trails through forest and field cover such as the Stratford's Fullerton's Creek Conservation Park, the Charlottetown and Summerside boardwalks, the trails by the QEH and Wright's Creek in Charlottetown, the open water at various causeways (e.g. Vernon Bridge, Oyster Bed Bridge, Souris West, Grand River Bridge but ensure you select a safe parking area!), East Point, and North Cape. Nature PEI and Birding on PEI hold periodic field trips so that birders can learn from each other. These are posted on the [www.naturepei.ca](http://www.naturepei.ca) and "Birding on PEI" Facebook sites.

**Being a Citizen Scientist for Birds:** Your bird observations either at your feeders or during field trips can provide valuable information to ornithologists (bird scientists). You can post your sightings to: Nature PEI's Island Naturalist newsletter and Facebook Site, the PEI Bird List Server, eBird Canada (Bird Studies Canada), Birding on PEI (Facebook) and other sites. Adding pictures helps with the verification process for rarer birds.

You can also participate in a variety of interesting winter birding projects. The Audubon Christmas Bird Counts (CBCs) are hosted in Canada by Bird Studies Canada during the December 14th to January 5th period. Bird Studies Canada Project FeederWatch runs for the winter period, and the Great Backyard Bird Count <http://gbbc.birdcount.org/> runs in mid-February (this year Feb. 16 to 19th).



Purple Sandpiper at North Cape on January 7th, 2018. Photo by Donna Martin.

**Bird Checklist:** The Field Checklist of Birds provides the seasonal frequency of birds of PEI and is available at Nature PEI's website [www.naturepei.ca](http://www.naturepei.ca) and at Government of PEI's [http://www.gov.pe.ca/photos/original/bird\\_list\\_en.pdf](http://www.gov.pe.ca/photos/original/bird_list_en.pdf) and at Government of PEI's Forests Fish and Wildlife Division offices and Visitor Information Centres. This publication is available in French.

2018

# ATLANTIC RECREATION & FACILITIES CONFERENCE AND TRADE SHOW

**MAY 30 – JUNE 1 IN CHARLOTTETOWN, PEI**



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Fax: 902-368-4548  
E-mail: [info@recreationpei.ca](mailto: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

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