

RECREATION & FACILITIES
ASSOCIATION

NEWSLETTER - DECEMBER 2005

Issue No. 20



GENERAL CONTRACTORS

HIGHFIELD CONSTRUCTION COMPANY
LIMITED AND SAWTECH CONCRETE
SAWING AND CORING PEI LTD.

E-Mail:
highfield78@hotmail.com

Phone & Fax:
(902)964-2353

*"Serving the Island for over 25 years!"
Located in Central Queens County but serve Island Wide.
We have a wide variety of equipment and skilled workers*

WORK IN ARENAS:

We have done work at Charlottetown Civic Center, Cody Banks Arena, Simmons Sports Center, UPEI Rink, North Star Arena, Gateway Arena, South Shore Arena, and Pownal Sports Center

- Install NHL approved Safety Netting.
- Install glass puckboards as well as wood and plastic
- Concrete Work: concrete cutting, coring and removal
- Repair and install new doors for ice surfaces
- Install metal siding (interior and exterior) and insulation with white vapor barrier
- Many different general repairs

*"We would be very interested in visiting your arena and
offering our services for any current ventures or possible future projects.
We look forward to hearing from you."*

WE ALSO DO SOCCER FIELD NETTING !




40 Enman Crescent Charlottetown, PE C1E 1E6 Tel: 902-892-6445 fax: 902-368-4548

**“New”
Summerside
Wellness Centre Opens**



PEI Recreation and Facilities Association Board

| | |
|--|---|
| President <i>Mike Connolly</i> P.O. Box 89 Borden C0B 1X0 | 437-2410 ph 437-2610 fax bcadmin@pei.sympatico.ca |
| Past President <i>Frank Quinn</i> P.O. Box 98 Borden C0B 1M0 | 629-4028 ph 629-6919 fax fquinn@city.charlotteotwn.pe.ca |
| Vice-President <i>Dale Bradley</i> 87 Green St. Charlottetown, C1A 2G1 | 651-2326 ph 651-2138 fax pownalsportscentre@hotmail.com |
| Secretary/ Treasurer <i>Nancy McMinn</i> P.O Box 98 Charlottetown C0B 1M0 | 629-4026 ph 629-6919 fax nmcminn@city.charlottetown.pe.ca |
| Directors at Large <i>Paul Gallant</i> P.O. Box 1510 Summerside C1N 4K4 | 432-1294 ph 436-4596 fax pgallant@city.summerside.pe.ca |
| <i>Della Sweet</i> P.O. Box 490 O'Leary C0A 1V0 | 859-2168 ph 859-2939 fax olearyrink@pei.aibn.com |
| <i>Rita Sark</i> P.O. Box 17 Crapaud C0N 1J0 | 658-2885 ph 658-2445 fax southshoreactiplex@pei.aibn.com |
| <i>Amy Duncan</i> P.O. Box 57 Tignish C0B 2B0 | 882-2476 ph 882-2414 fax recreation@village.tignish.pe.ca |
| <i>Rachel Arsenaault</i> 234 Shakespeare Dr. Stratford C1B 2V8 | 569-6924 ph 569-1845 fax arsenaault@town.stratford.pe.ca |
| <i>Cory Thomas</i> 140 Weymouth St. Charlottetown C1A 4Z1 | 566-9693 ph 566-9520 fax cthomas@ccgw.cc.holland.pe.ca |
| Executive Director <i>Beth Grant</i> 40 Enman Crescent Charlottetown C1E 1E6 | 892-6445 ph 368-4548 fax peirfa@pei.aibn.com |
| Gov't Liason- <i>Francois Caron</i> P.O.Box 2063 Summerside C1N 5L2 | 432-2706 ph 888-8023 fax frcaron@gov.pe.ca |



-CITY-
COPY SHOP

Copy & Printing in a SNAP!

Gilles Desrosiers, Owner

Tel: (902) 888-2400 Fax: (902) 888-2469
Email: citycopy@auracom.com
233 Water Street, Summerside, P.E.I. C1N 1B4

Contents

- 2] President's Report
- 3] Vision for Canadian Parks and Recreation
- 4] Enhancing a Municipalities Trail System
Summerside Wellness Centre
- 5] Southview Neighbourhood Park
2006 Winter Recreation Workshop
Sports PEI Appoints New ED
Community Fitness Challenge
- 6] News for Island Trails
Long Term Athlete Development.
JumpStart
Community Rec. Dept. Best Practice
- 7] Organizational Hierachy in Municipal Government
CPSI Courses
- 8] PEIFRA MEMBERSHIP FORM
- 9] Syncho Swimming on PEI.
PEIFRA Goals and Objectives.
- 11] Tech Tips
Logbooks
- 12] Healthy Rink Initiative Launched
PEI Arena Best Practice
- 13] Everybody Gets to Play
Doug Moore Scholarship Fund
- 14] Guide to Food Choices
- 17] Try Something New

Advertisers in this Issue are:
Canadian Red Cross
Center Ice
Centaur Products Atlantic Inc.
CIMCO
City Copy Shop
Highfield Construction
Jet Ice Ltd.
Kwik Kopy Printing
Saunders Equipment Ltd.
Schoolhouse Products Inc.
Seacor Athletic
Spartan Athletic Products

*Looking for clear ice
with low maintenance and
reduced operating costs?*

*Ask about our Pro-Ice®
Reverse Osmosis Water
Treatment System designed
specifically for ice making*

The Pro-Ice® Water Treatment
System package includes:

- ★ Pre-Treatment
- ★ Membrane Unit
- ★ Storage
- ★ Transfer Pump
- ★ Expansion Tank
- ★ Fill Station
- ★ Training in the Leading Edge
of Ice Making Principles

*The #1 choice of the
professional ice maker...*

Jet Ice®
WE BRING ICE TO LIFE®

*Pro-Ice® Reverse Osmosis Water Treatment
System designed specifically for ice making*



★ "Not only do we enjoy the system,
we saved approximately
\$8,000.00 through our energy
costs alone."

*Jeff Ready, Operations and Events Manager
Charlottetown Civic Centre*

★ "Referees have noted a marked
improvement in ice quality"

*Rich Sotelo, VP of Operations,
HP Pavillion, San Jose Sharks, 2003*

Celebrating over 25 years in the
ice making industry with over
4,000 satisfied customers

www.jetice.com

CIMCO CAN SERVE ALL OF YOUR REFRIGERATION NEEDS

- ❑ in-house professional engineering;
- ❑ representative dedicated exclusively to recreation industry;
- ❑ preventative maintenance and service for any system;
- ❑ parts and service for all manufacturers' equipment;
- ❑ compressor overhauls and brine pump repair;
- ❑ brine headers, dehumidifiers, gas detectors;
- ❑ ammonia, CFC's, brine, oil;
- ❑ brine and oil analysis

LEADER IN PROVIDING ENERGY EFFICIENT SOLUTIONS:

- ❑ 3000E Ice Surface Temperature Controllers;
- ❑ Plate-and-frame chiller technology;
- ❑ Heat recovery systems, and more!



3 OFFICES IN ATLANTIC CANADA!

19 Acadia Street
373 Baig Blvd.
42 O'Leary Ave.

Dartmouth, Nova Scotia
Moncton, New Brunswick
St. John's, Newfoundland

B2Y 2N1
E1E 4H8
A1B 2C7

Tel: (902) 469-0023
Tel: (506) 854-7787
Tel: (709) 753-1440

Fax: (902) 465-5239
Fax: (506) 854-7742
Fax: (709) 754-3111

Visit us at our website: www.cimcorefrigeration.com



Calling All Kids to Try Something New!

Kids throughout Prince Edward Island are being encouraged to Try Something New and take a buddy along!

Try Something New - TAKE 2 is a multi-media initiative designed to inspire kids to try a new physical activity, a new nutritious snack, a new healthy active attitude. The program, from Kraft Canada, YTV and the parks and recreation sector, is back for its second year to bring a positive message about the importance of physical activity and nutritious eating habits to Canadian children. This social marketing campaign speaks directly to kids and promotes participating in physical activity every day, getting active at local parks and recreation centres as well as eating sensibly and enjoying nutritious snacks.

The initiative comes at a particularly welcome time as obesity and inactivity levels among Canadian children are alarming. Childhood obesity sets the stage for life as an obese adult and dramatically increases the risk of future health conditions such as cardiovascular disease and Type 2 diabetes. The Canadian Fitness and Lifestyle Research Institute's 2000 Physical Activity Monitor reported that only 44% of girls and 53% of boys aged 5-12 were considered active enough for optimal growth and development. "If these troubling health trends are to be reversed, initiatives such as Try Something New – TAKE 2, which promote the importance of healthy active living among children, are critical," according to Larry Ketcheson, the parks and recreation sector's national spokesperson for Try Something New.

Try Something New – TAKE 2 was launched in June and runs through to December 2005. The new spin for the 2005 campaign encourages kids to Try Something New with someone else - a friend, neighbour or even their family pet! Try Something New – TAKE 2 is about twice as much fun and two-times the activity.

Each Tuesday is Try Something New 2UESDAY on YTV's

after-school program, The Zone. In each weekly segment, hosts Sugar and Carlos promote cool ways for kids to get active at local parks and recreation centres and have some fun with food facts, healthy eating and nutrition. Kraft Canada also has a series of six food spots showing kids trying a new activity and encouraging nutritious snacking. In addition, a Try Something New – TAKE 2 web site is available on www.ytv.com. This kids' web site features nutritious snack ideas that kids can make themselves, active games they can play with friends and an interactive on-line game that combines fun activities with nutritional information.

Kraft Canada has brought YTV and the parks and recreation sector together to make this national initiative possible. Canada's national, provincial and territorial recreation associations have supported the development of Try Something New – TAKE 2 and are endorsing the program and assisting in promoting it to providers of community recreation. For further details about Try Something New – TAKE 2, visit www.TrySomethingNew.ca.

Share your 'Try Something New' success story, WIN a prize

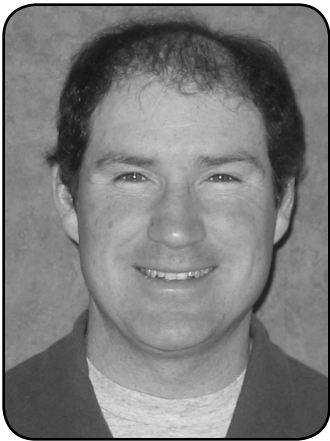
To recognize all you do to get Canada's kids moving, prizes are being awarded to recreation organizations in each province or territory that bring the Try Something New – TAKE 2 message to their community and get kids to Try Something New. A **WINTERGREEN gift certificate** will be awarded to two organizations/practitioners in each province/territory (valued at \$225 or \$60).

To enter, all you need to do is submit your Try Something New success story online at www.trysomethingnew.ca. Look for the online form under "success stories" or click this direct link: <http://www.trysomethingnew.ca/home/index.cfm?fuseaction=SSStory.NewStory>

The added bonus is that these success stories will be shared online with recreation practitioners across the country. **Everyone wins!**

The draw for all 22 prizes will be made after December 31, 2005. Complete contest rules are available at www.trysomethingnew.ca.

Best of luck in your efforts to get kids in your community to Try Something New. We can't wait to hear from you!



President's Report

Hello everyone,
The new initiatives, success, and direction of the association are attributed to the hard work of the board, the executive director and the government liaison Francois Caron.

I would like to thank the board for their hard work over the past year and for the first time in a while we have a full executive. I would like to welcome new board member Dale Bradley from the Pownal Arena as Vice President and existing board member Nancy McMinn from the City of Charlottetown Parks department as secretary/treasurer.

The Executive Director Beth Grant continues to take the association to new levels and form new partnerships. She recently attended the CPRA conference in Edmonton representing the Association and Active Living Alliance for Canadians with Disabilities.

Board members continue to take on new roles with Nancy McMinn sitting on a CPRA committee and Amy Duncan represented the Province in Ontario at the CPRA initiative "Everybody Gets to Play" training.

The Association launched the "Healthy Rink Initiative" in September at the start of the arena season. This initiative is designed to make rinks a healthier place concentrating mostly on the arena canteen menus offering better healthier food choices along with healthy social climate and infrastructure. Thanks goes out to Jim MacAulay from St. Peters Arena and Donna Lank from the APM Center for doing the pilot for the healthy rink initiative. The Association will be doing a follow up to see how many rinks are participating, to what extent and any problems or successes that they have encountered. The goal of the Association would be to have a majority of rinks participating in some part, by the end of next years ice season.

The board had a planning session to develop new priorities within its three working committees of advocacy, training, and promotion. The training committee's goal will be to offer a winter workshop that will appeal to a wide range of recreation practitioners. PEIRFA will partner with Holland College Sport and Leisure Management Program and the PEI Active Living Alliance on this initiative.

The advocacy committee will be working on community accessibility of recreation facilities in schools, active transportation, and safe bike routes.

The promotions committee will be attempting to promote workplace wellness and recreation for all ages.

If anyone has an interest in any of those areas and would like to volunteer please contact the Association.

Yours in recreation,
Mike Connolly
President - PEIRFA

Attention Arena Operators

Free Carbon Monoxide Testers Available

The PEIRFA owns three CO test units for you to borrow and use free of charge. They are available from the Sport and Recreation division regional field officers.

PEIFRA

Membership Dues

Please note that membership dues for 2005-06 are due immediately. Communities and facilities applying for provincial funding under the Community Recreation Support Program must be members in good standing with PEI Recreation and Facilities Association.

Vision for Canadian Parks and Recreation

National, Provincial and Territorial Partners

Our Vision

Canada’s network of recreation and parks services works together to inspire Canadians to embrace a lifestyle that creates healthy, active individuals and communities.

Our Commitment

Providing the highest quality opportunities to meet the recreation needs of Canadians – that’s the mission of our Parks and Recreation practitioners, volunteers and partners.

Our Strength

We use our combined strength to help others understand that recreation and parks are essential in Canada’s cultural landscape. We act collectively to:

- build strong communities
- provide community parks and facilities
- educate and create awareness
- advocate for resources
- provide enhanced opportunities
- contribute to a sustainable, robust industry

Our Guiding Principles

Recreation is a Right
Our top priority. Everyone in Canada has the right to enjoy quality parks and recreation services. We will ensure high standards of excellence in all we do. Our primary focus is to involve people from an early age and throughout their lives, guiding healthy lifestyle development.

Involved Communities

We are committed to supporting our community-minded citizens, who use their knowledge, skills and resident awareness to fill essential roles in advocacy, stewardship groups, advisory councils and building partnerships.

Healthy Communities – to Live and Grow

Our partners and community champions work as a team to provide innovative ways to improve the quality of life for all Canadians.

Our activities include:

- social inclusion initiatives
- environmental issues
- beautification of parks and open spaces
- multi-use trails and pathways
- community development
- increasing physical activity
- quality infrastructure and facilities

Access for All

Eliminating barriers that block participation is vital to our goal of becoming truly all encompassing. The needs of all people must be met, regardless of age, ability, ethnic diversity or circumstance. The advantages of being involved in parks and recreation activities and services must be accessible to everyone everywhere.

Environmental Leadership

We are all stewards of our land, water and air quality. We achieve results through education, awareness, commitment and involvement. Activities include:

- regenerating our forests
- reducing chemical use in our green spaces
- developing environmentally friendly facilities
- actively caring for our parks, horticulture and forests

Together, We Support. Create. Develop.

Quality Service

We believe that Canadians benefit from quality standards and service delivery that is second to none. Our service providers prepare staff and volunteers to offer their highest level of service, using targeted knowledge and strong skill sets.

Quality Infrastructure

An audit of our current infrastructure will determine if our parks, facilities and natural environment should meet our current and future needs. We can determine what requires renewal, replacement or decommissioning. As we develop cost effective, long- range plans with innovative, environmentally friendly designs, we will maximize shared use opportunities for long-term sustainability.

Partners in Success

From coast to coast to coast, we are one country. We create partnerships to focus on the priorities of all Canadians. We maximize our resources to minimize gaps in service. In all ways, we strive to recognize and support the unique and distinct cultural mosaic that is Canada.

Pride in Participating

Our strategic partners help us promote the many benefits of being active in parks and recreation activities. Participation will become the Canadian norm, resulting in healthy, balanced lifestyles. With support from our partners, private sector and all levels of government, we provide measurable results based on real community needs.

Our Canadian Team

Our citizen champions are a vital resource of grassroots awareness —empowered to identify challenges and develop solutions that increase community capacity. We encourage shared leadership and support all our team members so they can reach their full potential. Inclusion. Mutual respect.

Accurate Research

Our priorities, actions and initiatives are developed through current research and trend analysis. Using baseline data, we cultivate innovative concepts and communicate desired outcomes. We create awareness of the wide-ranging positive value of participating in parks and recreation programs and services.

Understanding, Awareness and Support

We believe decision makers and people of influence must realize that parks and recreation are essential. By increasing their understanding and awareness, we can have a positive impact on public policy. We can raise our profile to increase support, credibility and visibility, helping us make headway on our National Agenda priorities.

Our SuccessTogether as partners, we will build on our multi-year National Agenda of priorities, complete with measures of success. Our agenda will assure Canadians that we are competent, accountable and committed to delivering only our best. Each year we will communicate progress on our priorities and celebrate our collective success.

Our pledge...

It is our strong belief that parks and recreation programs and services are a fundamental right of every Canadian. As service deliverers, we pledge to be inclusive, open and accountable.

| Foods to Serve Least Often Serve These Foods Infrequently (1-2 times per month or less) | | | | |
|--|--|--|---|--|
| The foods on this list tend to be quite high in fat, sugar, calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet. | | | | |
| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives | Others |
| <ul style="list-style-type: none">○ Muffins (cake-like, commercially prepared)○ Sugary breakfast cereal○ Crackers (not low fat)○ Granola bars (dipped, not low fat)○ Cookies (commercial or higher fat regular recipe)○ Noodles or noodle soup (canned or instant “fried type”) | <ul style="list-style-type: none">○ Fried vegetables○ French fries, all commercial types○ Sweetened fruit juice○ Fruit pies○ Fruit leather | <ul style="list-style-type: none">○ Cream soups○ Milkshakes○ Regular ice cream | <ul style="list-style-type: none">○ Regular fat processed meats (e.g. Pepperoni, salami, bacon, bologna, etc)○ Pizza with processed meats○ Hot dogs, regular○ Sausages, regular○ Fried fish and chicken (e.g. chicken nuggets)○ Regular ground beef○ Sesame snaps | <ul style="list-style-type: none">○ Potato or nacho chips○ Chocolate bars○ Cakes○ Doughnuts○ Squares (e.g. brownies)○ Candy○ Pop○ Iced tea○ Sweetened fruit drinks○ Sports drinks○ Gravy |

“Benefits of Recreation” POSTER SERIES

An excellent poster series featuring the benefits of recreation has been developed in partnership with the Department of Community and Cultural Affairs, Division of Sport and Recreation.

There are **FOUR SIMPLE MESSAGES** and **EIGHT REAL LIFE IMAGES**, in bright colors:

1. “Recreation reduces health care costs” - playground and skateboarder images
2. “Recreation brings significant economic income to your community” - cycling and hiking images
3. “Recreation is essential to personal health and quality of life” - cross country skiing and swimming images
4. “Recreation builds strong families and healthy communities” - hockey and curling images

Posters are available at no charge and frames are at a cost recovery price point. Choose the images you want and display at public places in your community.

A set of four posters are available in two types of display units. To display one poster at a time, a plexiglass holder is available, the four posters can be rotated in the holder to display a different message and image on a regular basis, at a cost of \$25. Or purchase four to eight of these frames to display all messages/images at once.

The second option is to have the posters individually laminated on board, so that all four messages and eight images are be permanently mounted, at a cost of \$25 per poster.

Heavy Duty double plexiglass frame __@ \$25 ea X no. ordered total \$ _____

Permanently laminated on Board ____@ \$ 25 ea X no. ordered total \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Please make cheque payable to: P.E.I. Recreation and Facilities Association

| Foods to Serve Sometimes Serve These Foods 2-3 Times Per Week | | | |
|---|---|---|--|
| The foods featured on this list are also healthy choices, but they may be higher in calories, fat, salt or more processed than the foods found on the “Foods to Serve Most Often” list | | | |
| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives |
| <ul style="list-style-type: none">○ White bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas○ Loaves (vegetable or fruit)○ Sweetened Cereal made with oats or whole grains (e.g. Instant Oatmeal, Honey Nut Cheerios®, etc)○ Cereal and granola bars (low fat)○ Cereal snack mix○ Graham wafers○ Fruit bars (e.g fig newtons)○ Date squares○ Noodles or noodle soup (canned or instant “baked type”)○ Biscuits, bannock○ Scones○ Pretzels○ Rice cereal squares○ Cheese, veggie or hawaiian pizza | <ul style="list-style-type: none">○ Canned fruit (in light syrup)○ Dried fruit○ Frozen fruit bars (100% fruit juice)○ Fruit crisps○ Canned vegetables○ Vegetables in sauces (e.g. cheese sauce)○ Vegetable soup (canned, regular) | <ul style="list-style-type: none">○ Milk (whole)○ Ice milk○ Processed cheese products (e.g. slices, spreads)○ Yogurt drinks○ Milk based puddings○ Flavoured milk drinks○ Custards○ Cheese veggie or Hawaiian pizza | <ul style="list-style-type: none">○ Lean cold cuts○ Lower fat hot dogs○] Lower fat veggie hot dogs, burgers or nuggets○ Baked ham○ Nuts and seeds (salted)]] choose baked or broiled vegetarian products; not battered or fried |

* Although dried fruit like raisins are nutritious, children should be encouraged to brush their teeth after eating them since they are sticky and naturally sweet and can promote tooth decay.

| Healthier Vending Machine and Canteen Foods | |
|--|---|
| The foods included on this list can be included in vending machines or sold at school canteens. | |
| Beverages | Snacks |
| <ul style="list-style-type: none">○ Milk○ Chocolate Milk○ 100% juice○ Water | <ul style="list-style-type: none">○ Raw vegetables and dip (refrigeration required)○ Fresh fruit - whole, pre-cut with dip, or fruit salad (refrigeration required)○ Fruit cups○ Applesauce or applesauce blend cups○ Yogurt or yogurt tubes (refrigeration required)○ Raisins and other dried fruit (e.g. apricots, apple slices, cranberries, pineapple, etc.)○ Fruit bars (e.g. fig newtons)○ Breadsticks and cheese○ Bagels○ Pretzels○ Rice cakes or rice crisps○ Cereal snack mix○ Crackers & Topping (e.g. cheese, peanut butter, jam, etc.)○ Granola bars (low fat, not dipped)○ Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.)○ Trail mix (combination of dried cereal, dried fruit, nuts and seeds) |

Enhancing a Municipalities Trail System

Submitted by:
Frank Quinn, Program Coordinator

The City of Charlottetown recently held an event launching its’ “New” Logo and Brochure for the “Routes for Nature and Health Trail System, within the City of Charlottetown.

This new trail initiative is a very exciting time in trail and park appreciation within the City. It is hoped that this enhanced trail system will encourage and increase the use of the “Routes for Nature and Health” Trails within Charlottetown, and lead to further development of existing and new trails within the City.

As in all municipalities, a well-established trail system is an important infrastructure for a municipality to have in place. Trails offer an affordable opportunity for exercise and physical activity that can be done by the whole family or at ones own leisure (i.e., walking, jogging, or cycling). Recreation and physically activity are important in the health of all citizens, since it reduces the risk of heart disease and stroke, reduces anti-social and self-destructive behavior, and creates a more balanced life.

An enhanced “Routes for Nature and Health Trail System”, places the City of Charlottetown in the company of other municipalities who are promoting increased trail use to residents and visitors. Therefore, creating an awareness for the importance of trails, and that the benefits of trails and parks are endless and key to a community’s growth.

If your municipality would like to enhance the trail system within your community, it can be done quite easily and does not have to cost a large amount of money. Here are a few ideas one can use:

- *Confirm the different trails in your community (i.e., location, length, terrain, and surface);*
- *Create connecting walkways via sidewalks, which will connect as many trails as possible;*
- *Develop a logo, which will assist with promotion along with other trail aspects;*
- *Develop trail signs, which can be placed at the entrance of each trail;*

- *Develop a trail brochure that can be used by residents and visitors*
- *Develop a walking club/program, which can take on many shapes. The Charlottetown Parks and Recreation Department staff are working on developing a walking program where residents would sign-up online via the City of Charlottetown WEBSITE. Participants would log on and record walking activities each week.*

For more information on the City of Charlottetown trail system, please contact the Charlottetown Parks and Recreation Department at 368-1025.

New Summerside Wellness Centre Opens

Phase 1 is expected to be completed in the coming weeks and includes a wheel chair accessible leisure pool with a water slide, 6 lane 25 meter competitive pool with diving blocks and timing system, hot tub, sauna, family change room, bleachers, off deck viewing area, fitness centre, two squash courts and meeting rooms



“Bring Back the Forest”



A 2006 Winter Workshop will be held in February, (date TBA), for Recreation Practitioners. The location will be at Holland College, Charlottetown. This will be a joint workshop with PEI Recreation and Facilities, PEI Active Living Alliance and the Holland College Sport and Leisure Program. It promises to be a great training and networking opportunity. Watch for further details.

Gemma Koughan to take over from Dave MacNeill who is leaving to pursue other projects



"Dave will be missed but we are delighted that Gemma is stepping forward to guide the ship," said Sport P.E.I. President Brian Chambers. "She has been a tremendous asset to our organization and she fully deserves the opportunity to be our new E.D. She is extremely dedicated and will do an outstanding job."

"I am looking forward to the opportunity to lead Sport P.E.I. into what will be an exciting period of growth for sport in this province," said Koughan. "Sport's profile, as well as its needs and requirements, seem to be continually on the rise, and Sport P.E.I. has to be seen to be at the forefront of that change. With Canada Games coming in 2009 the landscape for many of our sports is likely to change, and we have an important role to play in guiding and supporting our members as they make their preparations."

"Dave's contribution to sport is well documented in this province and he will be greatly missed at Sport P.E.I.," concluded Chambers. "Whatever he turns his attention to next will no doubt be a great success."

SOUTH SHORE ACTIPLEX
Crapaud, Prince Edward Island

The competition started October 3rd and runs until December 12. The winning community will house the Trophy until the next challenge.

Should you require any additional information please contact me directly at (902) 658-2885.

Rita Sark, South Shore Actiplex Manager/Coordinator

This Guide to Food Choices accompanies the Eastern School District's Healthy Eating Regulations.

These lists are meant to assist schools and **arenas** in selecting healthy choices for when food is available (e.g. canteen, lunch program, snack program, breakfast program, emergency food cupboard, etc.). These food lists can also be used as a guide for parents when selecting foods for lunches.

The Canadian Parks and Recreation Association (CPRA), together with its members, partners, and allied organizations, have made a commitment to make recreation more accessible to families with low incomes.

| <i>Foods to Serve Most Often: Serve These Foods Daily</i> | | | |
|--|---|---|---|
| <p>These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruit. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), as well as low in fat.</p> | | | |
| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives |
| <ul style="list-style-type: none"> ○ <i>Whole wheat</i> or multi-grain bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas ○ Low fat, high fibre muffins with vegetables or fruit ○ Cookies (made with oatmeal or dried fruit and whole wheat flour) ○ Crackers (low fat) ○ Unsweetened or low-sugar cereal (e.g. Corn Flakes®, Shreddies®, etc.) ○ Rice cakes, plain popcorn ○ Corn bread ○ Whole wheat noodles or pasta ○ Brown rice ○ Noodle or rice soup (homemade or canned low fat/low salt) ○ Pasta salad | <ul style="list-style-type: none"> ○ Fresh vegetables and fruits ○ 100% vegetable or fruit juice ○ Canned fruit (packed in juice or water) ○ Applesauce or applesauce blend products ○ Frozen fruit (without added sugar) ○ Frozen vegetables (without added fat) ○ Vegetable soups (homemade or canned low fat/low salt) ○ Vegetables (stir-fried) ○ Baked potatoes ○ Salads (without high fat dressing) | <ul style="list-style-type: none"> ○ White or chocolate milk (2%, 1%, or skim) ○ Yogurt, frozen yogurt (2% milk fat or less) ○ Cheese ○ Cheese strings ○ Milk-based soups and chowders (homemade or canned low fat/low salt) | <ul style="list-style-type: none"> ○] Chicken or turkey ○ Fish, Seafood (fresh or frozen) ○ Lean or extra lean beef or pork ○ Canned fish (packed in water) ○ Beans, lentils, dried peas (e.g. baked beans, lentil or split pea soup, chili with beans) ○ Eggs ○ Tofu ○ Peanut butter ○ Soya beverages ○ Nuts and seeds (unsalted) ○ Cottage cheese <p>] choose baked or broiled meat and fish; not battered or fried</p> |

Everybody gets to play.

Everybody gets to play™
Recreation without barriers

“Every child has the right to rest, leisure and an opportunity to engage in play...”

*United Nations Convention
on the Rights of a Child*

Quality recreation opportunities are vital to the health and personal development of all children and youth. Despite these benefits, for low income families, food, clothing and shelter come first while recreation may seem like a frivolous expense.

The Canadian Parks and Recreation Association (CPRA), together with its members, partners, and allied organizations, have made a commitment to make recreation more accessible to families with low incomes.

This commitment is being realized through CPRA's Everybody gets to play™ initiative which is a multi-year national initiative created to enhance the quality of life of Canadian children in low income families through increased access to and participation in recreation opportunities.

Steered by a multi sector task group, this initiative over the past 5 years has been involved in; advocacy, education, research, evaluation, practitioner support and resource development.

Through the information that we have collected we understand that barriers to recreation participation goes beyond user fees as it can also entail; equipment costs, lack of transportation, lack of family support, lack of awareness of opportunities, isolation, inadequate or no facilities in their communities and lack of safe places to play. Addressing this issue requires focus, passion and long term commitment.

“It is a community based problem that requires a community based solution” says David Mitsui, Chairperson of the Task Group.

To enable communities to take action CPRA has recently completed developing the Everybody gets to play™ Community Mobilization Tool Kit. This resource is designed for practitioners and volunteers to help mobilize communities as they build the shared vision and the partnerships that can make a difference.

CPRA has also developed a workshop to further engage practitioners in the community mobilization process. These workshops will be delivered in communities across Canada.

Recreation participation equals endless benefits and CPRA's goal is to continue to make recreation a more accessible endeavor for all.

For further information on the Everybody gets to play™ Initiative please visit our website at www.cpra.ca or contact Tanara Pickard (Coordinator of National Initiatives) at (613) 523-5315 or tpickard@cpra.ca

Doug Moore SCHOLARSHIP FUND Available for attending Ice Making Courses

The International Icemakers Society in conjunction with Jet Ice Limited, is pleased to offer an annual Scholarship Fund dedicated to the memory of Mr. Doug Moore. Doug, the founder of Jet Ice Limited, was the Chief Engineer at Maple Leaf Gardens in Toronto for 30 years. This Fund is based on his belief that any individual can achieve their goals with a little nudge of confidence and encouragement along the way.

This Scholarship 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 only criteria to apply for funding will be that the recipient work full time in the field of Recreation or be attending a post secondary institution in a related discipline. They must demonstrate commitment and desire to learn and to actively participate in their ongoing professional development within the ice making community. The courses should represent leading edge, industry-related learning opportunities that prepare practitioners for the ever changing world of professional ice making.

Each province is allocated \$1000 per year for scholarship awards. Contact **P.E.I. Recreation and Facilities Association** for more information on applying for the Doug Moore Scholarship Fund. Applications will be assessed on the basis of need. Please submit applications by March 30, 2006.

Long Term Athlete Development

The FUNdamentals for age 6 to 9

Long term athlete development is based on the physical, mental, emotional and cognitive development of children and adolescents. Each of seven stages reflects different point in athlete development. In the FUNdamentals stage (males 6-9 and females 6-8) the basic movement skills of three activities provide the base for all other sports:

1. **Athletics:** run, jump and throw
2. **Gymnastics:** ABC's of athleticism - agility, balance, coordination, and speed.
3. **Swimming:** for water safety reasons, for balance in a buoyant environment, and as the foundation for all water-based sports.

Without the basic movements a child will have difficulty participating in any sport. So encourage children in this age group to participate in these activities.

Taken for "Canadian Sport for Life", Long Term Athlete Development resource paper.

JumpStart



The way we see it, the answer to "Can I play?" should always be yes.

Canadian Tire JumpStart™ is a charitable program created by the Canadian Tire Foundation for Families, to help kids in need participate in organized sports and recreation. In 2005 Canadian Tire helped give 20,000 kids get a chance to play, and raised \$4 million in its first year. National in scope but local in its focus, Canadian Tire JumpStart™ helps kids in need to participate by providing funds to help offset the cost of registration fees and equipment. The P.E.I. Local Chapter is made up of community leaders from KidSport™ P.E.I., P.E.I. Recreation and Facilities, The Boys and Girls Clubs of Canada and Canadian Tire Associate Dealers. These organizations help to deliver the program effectively and identify kids who would benefit from the program. The PEI Chapter disbursed \$21,000 in 2005.

Guidelines for funding:

- ages 4 to 18
- up to \$200 per child.
- it is meant to fund a physical activity that is held over a season (6 months)
- available to members of the same family in the same season.
- funding will be used for registration fees and equipment.

Eligibility for Funding: will be based on financial need. The next allocation for funds is in June 2006, so please submit names as quickly as possible, so kids can benefit from this program to become more physically active.

TO APPLY FOR THIS PROGRAM CONTACT THE APPROPRIATE ORGANIZATION:

For organized Sports: KidSport™ P.E.I.

PO Box 302, Charlottetown, PE, C1A 7K7 tel: (902) 368-4110
(Soccer, Baseball, Basketball, Competitive Swimming, Swimming Lessons, Racquet Sports, etc.)

For Recreational Activities: PEI Recreation and Facilities Association,

40 Enman Crescent, Charlottetown, PE, C1E1E6 tel: (902) 892-6445
(Community Recreation Department Programs, Dance, Some Gym or Walking Track Memberships, a Package of Passes to Go Swimming, Yoga, Pilates, Aquafitness, Aerobics, Bowling, Activities for those that are Physically and Intellectually Challenged, Golf, Cycling Clubs, X-country Skiing, etc.)

Boys and Girls Club Summer Camp: Summerside Boys and Girls Club,
364 Notra Dame Street, Summerside, PE, tel: (902) 436-9403
Registration for after school programs, sports and recreation

News from Island Trails



Island Trails has successful season

Island Trails hosted 28 events on the Confederation Trail in 2005. With support from the New Horizons Program these healthy outdoor cycling and walking events included an educational component, refreshments and return rides for cyclists. Participants ranged in ages from fifty to seventy-eight years.

The Tip to Tip cycling journey was completed over eleven Saturday's in May, June and September. This event started with a healthy breakfast in Emerald on a cold May 14th morning. Participants cycled between 25 and 30 kilometers each week and completed the 275 kilometer journey in late September.

Other Island Trails events included cycling all branch lines with the grand finale event on October 1st between Wood Islands and Murray Harbour. Forty five participants cycled this new section of completed trail to the grand opening of the Murray Harbour trail extension.

In addition to the cyclists, approximately seventy-five walkers both young and old enjoyed the canopy of colorful maples between the River and Harbour.

Island Trails is planning another exciting season for 2006, for more information call 902-583-2412.

Submitted by Grace Blackette -Program Coordinator-Island Trails

Community Recreation Department BEST PRACTISE

The Town of Cornwall Recreation Department has an excellent partnership with the Elementary Schools in Cornwall. All scheduling for gym use in the schools, is done through the Recreation Department, and the Department has first priority to use the gym for their programs. For more information on this arrangement call Kim Meunier, Recreation Director for the Town of Cornwall, at 628-8633.



Design & Print Centre

OFFSET PRINTING
one color to four color process

BINDERY SERVICES
booklets, folders etc...

DIGITAL SERVICES
color and black and white
copies

MAILING SERVICES
direct mail, inserting, postal pre-
sorting, address verification

91 Euston Street
(corner of Euston & Queen)

Tel: (902) 892-0156

Fax: (902) 368-1513

Toll Free: 1-866 KWIKOPY (594-5679)

e-mail: smackenzie@kwikkopy-pei.com

Organizational Hierarchy in Municipal Government:

What is My Role as a Recreation Employee?

When I first began employment in the public sector, particularly at the municipal level, one aspect of the position I was not familiar with was the exact roles and responsibilities that I should have. I was also unsure of the exact roles and responsibilities of elected councilors or the mayor. In all fairness to myself, I am not sure the mayor or council knew the exact role they were to have in the operation of the municipality either. It was learning by trial and error, which is not always the best way to be introduced into the workforce.

Anyone who has worked in municipal government within a Prince Edward Island community knows that not every staff person has a clear understanding of their role within the organization. This simple guideline can help you understand how the hierarchy of a municipality operates. Remember that this is a general guideline and not all municipalities operate this way.

Role of the Mayor/ Community Chairperson

- Official spokesperson for council and the municipality
- Chairs meetings of council
- Public relations
- Works closely with council and chief administrative officer/manager to ensure the municipality reaches its objectives

Some Roles and Responsibilities of Council

- Sets direction for the community
- Sets tax rates
- Approves budget allocation
- Approves policies and procedures
- Adopts by-laws, resolutions, and policies

Some Roles and Responsibilities of the Chief Administrative Officer/ City Manager

- Provides advice to mayor and council
- Manages administration of the community
- Responsible for efficient operation of all departments (administration, public works, recreation, police, and fire, etc)
- Ensures that council's directives are carried out
- Monitors staff performance
- Liaison between council and staff

Some Roles and Responsibilities of Senior Staff (Recreation Director)

- Evaluate programs and services
- Implementing and administering approved policies, programs, events as approved by council
- Managing the day to day tasks of the department
- Informing council and CAO of possible options, alternatives, and implications
- Providing leadership
- Responding to public enquires
- Promote benefits of recreation and healthy living to the populace

Remember to always make yourself familiar with the municipalities' personnel policies and procedures, organizational hierarchy, and your job description. If the municipality does not have any of these, I would use caution and get some sort of written agreement so that your role in the municipality is clear to everyone.

Written by Cory Thomas

Cory is an instructor in the Sport and Leisure Management program at Holland College. He is also a Master of Arts candidate in Community Studies with a particular interest in public administration.

References

The Next Step: A Handbook For Newly Elected Councillors on the Organization and Function of Municipal Government, Maritime Municipal Training and Development Board, 1997

Canadian Playground Safety Institute 2006 Courses

Feb. 16 - 17 Toronto, ON > Practical Course
February 23 - 24 Richmond, BC > Practical Course
March 9 - 10 Edmonton, AB > Practical Course
March 16 - 17 Saskatoon, SK > Practical Course
March 27 - 28 Moncton, NB > Practical Course
March 30 - 31 Ottawa, ON > Practical Course
April 27 - 28 Gander, NL > Practical Course

The cost for non-members to do the course and exam is \$475 and for members it is \$450. Visit <http://www.cpra.ca/cpra-new/CPSI/forms.htm> for copies of the registration forms.

Shelley Wagner

Coordinator, Corporate Development, Canadian Parks and Recreation Association
Tel/Tél: (613) 523-5315 x/post 309
Fax/Télé: (613) 523-1182
swagner@cpra.ca ***note new email address***

Healthy Rink Initiative Successfully Launched



From Left to Right:
Francois Caron: Regional Coordinator Sport and Recreation Division.
Beth Grant: Executive Director of PEIRFA.
Bob Gray: Co-chair PEI Healthy Eating Alliance:

Healthy Rink Initiative" was successfully launched September 15 at the APM Center in Cornwall. The Initiative was endorsed by the P.E.I. Healthy Eating Alliance, P.E.I. Active Living Alliance, P.E.I. Tobacco Reduction Alliance, P.E.I. Hockey Association, Sport P.E.I., Canadian Pediatrics Society, Healthy Living Strategy of P.E.I. Steering Committee and Canadian Cancer Society P.E.I. Division.

There was a good turnout of arena staff and other interested recreation practitioners. Each arena received a free set of framed posters on the Benefits of Recreation. A delicious healthy lunch entree of a baked potato and chili, was sponsored by the P.E.I. Potato Board and ADL foods.

Jamie Cottingham, Arenas Superintendent, City of Charlottetown, presented an informative session on "The Physical Environment": air quality, good resurfacing policy, sound lighting, safety netting and more. He noted carbon monoxide test units are available from each Regional Sport and Recreation Coordinator, to borrow at no charge, for regular air quality checks. Sample logbooks from produced by New Brunswick Parks and Recreation Association were available to view.

Megan Mullally and Della Sweet presented the session on promoting healthy eating in rink canteens. They explored why it is important and how to make healthy choices the easy choices, ideas for healthy lunches and snacks and how the P.E.I. Healthy Eating Alliance can help.

A Press Conference was held at noon with guest speakers: Brian McFeely - Director of Sport and Recreation, Department of Community and Cultural Affairs; Dr. Mitchell Zelmen - QEH Head of Department of Pediatrics and New Born Medicine, Deputy Chief Health Officer for P.E.I. and representing The Canadian Pediatrics Society; Bob Gray - Co-Chair of Healthy Eating Alliance; Donna Butler - Manager APM Center and Mike Connolly - President of PEIRFA. ATV, The Guardian and La Voix Acadienne provided coverage of the Launch.

Linus Kelly from PEIHA and Mike Connolly presented the "Session on the Social Environment": healthy messaging, encouraging spectator physical activity, encouraging good sportsmanlike behavior for all involved (coaches, players, officials, spectators), zero tolerance for smoking, drugs and alcohol, compliance with waste watch program, Hockey Canada "Speak Out" Program, and more.

For more information on the Healthy Rink Initiative call the PEIRFA Office at 892-6445.

PEI Arena Best Practice

Donna Butler, Manager of the APM Centre in Cornwall initiated a great idea last spring. She sent out an email to ask if any other rink was interested in getting a yearly check up on their Zamboni. The more rinks the serviceman was booked to see on the same visit, the cheaper it would be for everyone regarding travel expenses. Several rinks took advantage of the group booking to save servicing cost. If your arena is interested in the group booking this spring give the APM Centre a call at 628-8513 extension 221.



•Here are just a few of the many items we have

- Tape & Laces
- Skateguards
- Stones & Diamonds
- Sharpener Accessories
- Player Accessories
- Riveter
- Arena & Coach Boards
- Mini pro shop ... and so on and so on

We have 95% same day shipping and will ship anywhere.

We specialize in skate sharpening and pro shop supplies.

We want to get to know you and your business! We have all the player accessories you need to fill your arena pro shop.

Just give us a call or visit our web site.
www.centerice.on.ca
Let us help you !!!

Tel:1-800-203-3712



Proud Suppliers of:

- **Arena Dasher Boards**
- **Rubber Flooring**
- **Artificial Turf**
- **Gymnasium Equipment**
- **Bleachers & Seating Systems**
- **LED Scoreboards**
- **Sports Netting**

800 530-1525
www.centaurproducts.com

TECH TIPS

Arenas Ice Logos: Materials and Selection

Operations that are utilizing any type of materials beyond traditional paint are urged to closely adhere to the manufacturer's installation instructions. Those who have limited experience with any type of ice paint/material installation should seek out professional support to ensure installation is performed correctly! It is important to note that not all ice logo materials are not created equal - some perform poorly by trapping air or creating an increased heat transfer barrier, while others create little insulation factor and can be removed and reused [if handled carefully] - knowing your logo materials is vital to making the right operational choice while getting the best value for your money! Dave Loverock of Jet Ice Ltd strongly recommends that operators who have used a logo material other then ice paint - to take an ice temperature reading outside of the logo and then directly on top of the installed logo to understand heat barrier transfer. Some logo materials have been known to create a barrier that translates as much as 4-6 degrees higher than the ice not containing logo materials. Should this occur during low use periods, operators should be prepared for possible ice challenges during increased schedule use?

(Source: Jet Ice Ltd. industry leaders in ice paint, logos and ice installation equipment I. www.jetice.com)
Reprinted from the O.R.F.A. ENews
Mr. Terry Piche • O.R.F.A. Technical Director • Ontario Recreation Facilities Association Inc.

Recreation Facility LOG BOOKS now available at PEIRFA

PEIRFA is pleased to announce the launch of a joint initiative with Recreation Facilities Nova Scotia and Recreation New Brunswick to have our three logos on a series Recreation Logbooks. An excellent risk management tool. Samples can be viewed at the PEIRFA office.

Arena Inspection & Maintenance Logbook

Developed to ensure accurate record keeping for arena facilities, this logbook includes sections on arena start-up and ice installation, daily, weekly and monthly checklists, general maintenance and equipment inventory. Also available in French.

PRICE: \$65 (members); \$75 (non-members)

Pool Inspection & Maintenance Logbook

Developed to allow accurate record keeping for aquatic facilities. It allows for daily equipment and chemical testing record keeping for one full year. Also available in French.

PRICE: \$65 (members); \$75 (non-members)

Skateboard Park Logbook

Developed to ensure accurate record keeping for supervised skate park facilities, this logbook allows for weekly inspections and includes accident report forms as well as general supervisory information.

PRICE: \$28 (members); \$38 (non-members)

Playground and Sport Court Logbook

Developed to ensure accurate record keeping for playgrounds and sport courts. This logbook allows for weekly playground inspections and has sections for weekly sport court inspections. For larger municipalities with multiple playgrounds and sport courts, this logbook has been designed so that Avery Labels can be used on each form for ease of use.

PRICE: \$45 (members); \$55 (non-members)

Sport Field Logbook

Developed to ensure accurate record keeping for sports fields. This logbook allows for weekly inspections of sports fields and also includes a maintenance report form section for ease of use.

PRICE: \$45 (members); \$55 (non-members)

Community Parks & Field Logbook Package

This package includes a playground & sport court logbook, skateboard park logbook and a sport field logbook for convenience.

PRICE: \$75 (members); \$95 (non-members)

Please note: PST and shipping extra.

Please send in your membership today! ✂



40 Enman Crescent
Charlottetown, PE
C1E 1E6

Ph: [902] 892-6445
Fax: [902] 368-4548
E-mail: peirfa@pei.aibn.ca

Prince Edward Island Recreation and Facilities Association

MEMBERSHIP INVOICE

April 1, 2005 - March 31, 2006

Name/Organization : _____

Contact Person [s]: _____

Mailing Address: _____

Phone: _____ Fax: _____ E-Mail: _____

Please check one of the following categories:

A] Municipal Category

| | | |
|--------------------------------|---------|-------|
| Population greater than 20,000 | - \$150 | _____ |
| 10,000-20,000 | - \$125 | _____ |
| 5,000-10,000 | - \$100 | _____ |
| 1- 5000 | - \$ 75 | _____ |

B] Individual and General Category [Facilities] - \$ 50 _____

C] Affiliated - \$50 _____

D] Corporate - \$150 _____

E] Student - \$20 _____

CPRA MEMBERSHIP:

All municipal members automatically receive a membership for one person, in the Canadian Parks and Recreation Association (CPRA). For an additional \$30 per person, additional individuals or members in other categories may join CPRA.

Additional CPRA Memberships (per person) - \$30 _____

Name of CPRA member(s) _____

TOTAL \$ _____

**Payment is due on receipt of invoice. Please forward form with cheque made payable to:
PEIRFA, 40 Enman Crescent, Charlottetown, PE, C1E 1E6.**

Thank you very much.

DATE _____ **CHEQUE NUMBER** _____

ATLANTIC CANADA DISTRIBUTOR

**TRY US ON YOUR ICE SURFACE,
FOR A DEMO CONTACT US AT...**

P.O. BOx 3128, Sta. B, 328 Gibson St.
Fredericton, NB E3A 5G9
Ph: (506) 458-9460
Fax: (506) 458-0186

Atlantic Canada's Municipal and Utility Equipment Specialists

Synchronized Swimming on PEI



There are currently three synchronized swimming clubs in PEI, offering recreational and/or competitive synchronized swimming instruction for children and for adults. The recreational program is fun learning based program that offers instruction for ages 6 and up, one hour a week, with qualified instructors. Recreational swimmers should have achieved AquaQuest Level 5. This program is offered in 10 week sessions.

The competitive program is based on the national 'Star' system which offers step-by-step instruction and evaluation beginning with basic skills and progressing to advanced techniques. The competitive synchronized swimming program ranges from 4-9 hours of instruction per week, with qualified instructors, for swimmers 8 and up who have achieved a Star 3 level through the recreational program. This program runs from September to May/June.

Charlottetown Naiads:

The Charlottetown Naiads offers both recreational and competitive synchronized swimming. Registration for the recreational program will be held in mid-September, with training sessions starting shortly thereafter. For more information on the recreational program, contact Kim Hennessey at 892-2720 or email: chtownnaiads@hotmail.com

Registration for the competitive synchronized swimming program will be held in mid-September, with training sessions starting shortly thereafter. For more information, call Cindy MacCloskey at 892-2348 or email: chtownnaiads@hotmail.com

Summerside Synchro:

Summerside Synchro offers recreational and competitive synchronized swimming. This year, Summerside Synchro will introduce a competitive synchronized swimming program that offers 6 hours of instruction per week by qualified instructors. Registration for both the recreational and competitive programs will be held in mid-September, with training sessions starting shortly thereafter. For more information, contact Laura Peters at 436-0682 or Sarah Grace Schurman at 436-0106.

Charlottetown Masters Club:

The Charlottetown Masters Club offers a recreational synchronized swimming program for adults aged 18 and over. No experience is necessary. Registration will be held in mid-September, with training sessions starting shortly thereafter. For more information, call Lisa MacKay at 894-5548.

For more information on becoming involved in synchronized swimming as a volunteer, official or to start a program in your area, please contact Cheryl Gorveatt at Synchro PEI at: 569-0583 or 1-800-247-6712 or email: cgorveatt@sportpei.ca

Prince Edward Island Recreation and Facilities Association Goals and Objectives

The Association shall be a non-profit organization with;

Goals; The purpose of promoting, coordinating, and encouraging all facets of recreation and facility management in Prince Edward Island
Objectives;

[a] to provide the opportunity for everyone involved in the field of recreation and facilities management to meet, to present their views and concerns, to discuss and exchange ideas, methods, and techniques;

[b] to offer leadership development for managers, volunteers, and practitioners through conferences, seminars and workshops based on the interest of it's members;

[c] to play an advocacy role in the expression of the needs and interests of our members and other groups with similar aims toward groups with an impact on the provision of recreation services;

[d] to provide a channel of communication and information concerning new ideas, resources, [financial, human, etc.] methods and techniques in the field of recreation by means of a newsletter and/or bulletin;

[e] to provide recognition to those who have made a contribution to the field of recreation and facility operations;

[f] to promote general interest among recreation practitioners and facility managers and/or other representatives in the successful operation of their respective areas of interest;

[g] to develop a strong partnership with the Recreation Administration class at Holland College facility management.

Past, Present and Future:

60 years of Red Cross swimming and water safety

From the first lesson in Prince Edward Island to national programs teaching more than one million children each year, Red Cross has been the leader in providing swimming and water safety programs to Canadians since 1946.

1981

The 8-level "Colours" program hits pools with a splash, focusing on progressive learning and continuous evaluation.

1960s

Walter Safety leads a generation of swimmers through their lessons. There was Pre-beginners, Beginners, Juniors...

1946

Red Cross launches water safety program to address drownings in Canada.

2006

60 years of Red Cross water safety!

2005

Red Cross Swim launches nationally, based on extensive market research.

1996

50 years of water safety instruction to Canadians! AquaQuest launches nationally, trumpeting the slogan "Prepare! Stay Safe! Survive!"

When you choose Red Cross Swim, you're getting:

- sound research
- proven excellence in teaching
- strokes and safety—the combination that saves lives
- a focus on fitness



Help us celebrate 60 years of fun and safety in the water. Send your favourite Red Cross swimming lesson story to feedback@redcross.ca. We'll be sharing stories all year long. www.redcross.ca