

Promoting
the benefits
of recreation

Recreation PEI Tobacco Free Outdoor Recreation Facilities Program

Island Communities adopt Tobacco Free Outdoor Recreation Facilities Policy



from left to right:

Frank Morrison, Coordinator Tobacco Free Outdoor Recreation Facilities Project; Bruce Campbell, Borden-Carlton Community Councilor; Adam Connolly, Borden-Carlton Recreation Director

Recreation PEI is pleased to announce that three new Island communities, Borden-Carlton, O'Leary and Tignish, (in addition to Stratford), have announced new Tobacco/Smoke Free Outdoor Recreation Facility policies.

Frank Morrison was contracted by Recreation PEI as the Tobacco Free Outdoor Recreation Facility Project Coordinator. He has visited numerous municipalities over the last several months. He has been explaining the benefits of having tobacco free outdoor recreation facilities, and how to implement policy through presentations to managing bodies (Boards, Councils, etc.). He has

provided communities with a ready made policy template and used Stratford as a "champion". In addition a free customized sign will be given to communities, when they adopt the policy. This sign is sponsored through financial contributions from the Canadian Cancer Society - PEI Division and Heart and Stroke Foundation of PEI. Frank has held preliminary meetings in Alberton, Kensington, O'Leary, Summerside, Souris, St. Peters, Charlottetown, Cornwall, Crapaud, Cardigan and North Rustico. Recreation PEI, would like to invite you to book a free presentation, on establishing tobacco free outdoor facilities in your municipality. Please feel free to contact Frank Morrison to meet with your community (tel: 902-672-2567). The presentation can be customized from 20 minutes to 45 minutes in length, depending on your needs.

This project promotes community wellness and forward thinking attitudes in PEI communities. We are pleased that the Canada Games facilities are completely tobacco free. Executive Director Beth Grant says "We would like to see tobacco free outdoor facilities province wide, before the start of the 2009 Canada Games".

Recreation PEI is dedicated to promoting, coordinating and encouraging all aspects of recreation and facility management. "Ensuring both the safety of spectators and participants in our recreation facilities is a top priority for the Association" says Rachel Arsenault, President of Recreation PEI says: "we work closely with the Canadian Recreation Facilities Council to make sure Canadian recreation facilities are among the best in the world."

Safety programs Recreation PEI has supported in the past are arena safety netting, carbon monoxide monitors, scholarships for arena operators training programs, the Healthy Rink Initiative, Tobacco Free Sport and Recreation and the External Automated Defibrillator (AED) Grant Program.

Recreation PEI promotes the benefits of recreation, and endorses all policy that will make our facilities a safer place to be.

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Recreation PEI PRESIDENT'S REPORT

Summer 2008

As the incoming President, I would like to start by introducing myself. Rachel Arsenault, I presently am the Assistant Recreation Coordinator for the Town of Stratford. Have been on the Board of Directors of Recreation PEI for the past 3 years, as a director for the first 2 years and as your former Vice President. I'm an alumni of the Holland College Sports and Leisure Management program. I'm very passionate about the sports and leisure field. Am looking forward to another great year of projects and initiatives with Recreation PEI.

Our 2008 AGM was just held at the APM Centre on April 30th. This year's AGM was well attended by recreation professionals. The "Arena's Hot Stove" session brought out lots of interest in energy management. We have scheduled an "Energy Management Workshop" on September 23rd, 2008. Here are a few other workshops that we will be hosting over the next few months: High Five Train the Trainer being held on May 28-30th, Baseball/Softball infield maintenance clinic being held on June 10th, Certified Pool Operators Course June 16-18 and Maritime Arena's Operation Institute June 16-19th.

I would like to welcome two new members to the board of directors: Jennifer Dignan, Lab Assistant Sport and Leisure Management Holland College and James Sullivan Aquatics Director CARI. Also I would like to thank Mike Connolly for his many years of work as President and board member of Recreation PEI, and to all board members for having accepted me as their new President.

Recreation PEI will continue to work closely with government to offer our members programs and services that fit their needs. The Tobacco Free Outdoor Facilities program is still on going with Frank Morrison as the coordinator. Frank has been in contact with municipalities and sports facilities owners in trying to get all sports related facilities Tobacco Free. We are pleased to announce that Frank has two communities committed i.e. Borden-Carlton and Tignish. He is waiting word from meetings in Alberton, Kensington, O'Leary, Summerside, Tyne Valley, Georgetown, Montague, Morell, Murray River, Souris, St. Peters, Charlottetown, Cornwall, Crapaud and North Rustico.

Yours in recreation, Rachel Arsenault, President - Recreation PEI

Sun Safe Parks - Stratford Recreation Department

After collaboration between volunteers and staff of the Canadian Cancer Society, PEI Division and the Stratford Recreation Department, shade protection was placed as a priority on the agenda for their parks in particular major community parks. The Town of Stratford takes the health of its citizens very seriously and are incorporating some preventative measures to lessen the risk of cancer associated with exposure to UV Radiation.

Guidelines and Criteria to be considered a Sun Safe Park:

1. Park and recreation facility planning as well as any new additions to a park need to make usable shade a consideration for whatever activity is being preformed there.

2. Shade structures, whether man-made or natural, are evident in areas where people

congregate (suggested trees are those with large canopies - Elm, Oak or Maple).

3. Plant trees to the north and west of where you want shade. (Note: natural shade has the added value of cooling and enhancing the visual setting and providing environmental benefits such as reduced water run-off and improved air quality.)

4. Man-made structures need to be adequate in size since UV radiation levels are greater near the edge of the shaded area. Trees, shrubs, or grass are planted near the shade structure to absorb scatter UV rays.

5. Any man-made shade structure near a concrete surface needs to be painted a colour that is less reflective (those that blend with nature - brown, khaki, olive).

6. Any Parks and Recreation Department of a municipality placing "shade" on their agenda for new parks and recreation facilities should educate all staff on Sun Safety, with the help of the Canadian Cancer Society, if required.

Any municipality using these guidelines can incorporate them into a sun safety practice that clearly defines the measures that municipality is taking to protect its staff and residents from excessive UV exposure.



Development of Eastern Kings Sport Council for the Souris Family of Schools



In 2002 one of the key issues identified in the PEI Sport Strategy was the inconsistencies in the delivery of sport in different parts of the Province. In response to this issue was the development of the West Prince Sport Council Pilot funded by a provincial/federal bilateral agreement.

Meetings were held in early 2007 with the Chairs/Mayor from the four incorporated communities feeding into the Souris Family of schools; Souris West, Town of Souris, Little Pond/Howe Bay and Eastern Kings to see if there was interest in forming a Sport Council to address the same issues as West Prince. Communities agreed that they needed to work together to support and develop sport, recreation and physical activity. A terms of reference was developed, by-laws were drafted and a formal relationship was developed with the Eastern Kings Enhancement Corporation. The Eastern Kings Sport Council's mandate is to "work with communities, groups, schools and individuals in Eastern Kings to encourage participation in and promote the benefit of sport, physical activity, in a supportive environment at all levels."



Sport council members: Dr. Steve O'Brien - President, Mark Kickham and Margo Robertson - Members at large

The role of the Sport Council is to:

- Promote sport and physical activity at all levels
- Facilitate effective communication and coordination with sport and physical activity
- Provide leadership for sport and physical activity.
- Cooperate with existing sport and physical activity groups
- Facilitate training and educational opportunities.
- Recognize the achievements of sport and physical activity participants, including, athletes, coaches, officials, and volunteers.
- Act as a resource and seek out funding for specific initiatives, projects and or programs.
- Promote the hosting of provincial, regional and national sporting events.



In the spring of 2007 a Board of Directors was formed, with representation from the four incorporated communities, along with five members at large, and three to five ex-officio members. In the Fall of 2007, the board selected their executive and the group became incorporated in May 2008.

Eastern Kings Sport Council includes: Executive: Dr. Steve O'Brien - President, Paul Cheverie- Vice-President, Melvin Ford -Secretary/TreasurerMembers: Boyd Rose, Margo Robertson, David MacDonald, Graham Townshend, Mark Kickham, and David O'Donnell. Resource: Marguerite Arsenault, Regional Field Officer, Sport and Recreation Division

In the Winter of 2008 the Board met with members of the community who have a interest in the field of sport, recreation and physical activity to form their short term plan. One of the top priorities was to look into hiring a Regional Recreation Director who will support the work of sport and recreation in the area through the Sport Council. The communities have been approached to support this initiative and thus far have been very positive as they see the need to work together to further sport, recreation and physical activity for all the communities feeding into the Souris Family of Schools. The Sport Council has also partnered with Hockey PEI and Souris Minor Hockey to pilot a Pond Hockey Program targeted at youth in the area who do not play organized hockey. This pilot was very successful and the hope is to offer the program in the area next winter. A Mt. Bike Program for youth will begin on May 15 in partnership with Cycle PEI, Department of Forestry, Active Communities Development Corporation and Souris Striders. The idea is to maximize the use of the current facilities in the area and to provide different activities for youth. There will be a couple of Cycle PEI Events taking place this season at this new Mt. Bike Venue here in the Souris area. Stay tuned for more information on the work of the Eastern Kings Sport Council.

For more information on the Sport Council

please call 902-687-7041 or e-mail mkarsenault@gov.pe.ca

NEW VOLUNTEERS JOIN ISLAND TRAILS PROGRAM



Twelve new and five experienced volunteers recently completed a two day Trail Officer training course at the Quality Inn in Charlottetown.

Twenty eight volunteers are now certified as Trail Officers and will act as ambassadors on all 400 km of the Confederation Trail. Trained officers are eligible to write warning and summary offence tickets but their main focus is public relations, education and information.

ISLAND EAST CYCLING EVENT 2008 (Thanksgiving weekend)

Saturday, October 11th, 11am St Peters-Souris
Sunday, October 12th, 10am Mt Stewart-Montague
Monday, October 13th, 10am Iona-Wood Islands

**participants on Day #1 will have the option of leaving from Morell at 9am*

**slower cyclists may leave 1 hour earlier on Day's 2 & 3*

All Island Trails events are accompanied by Trail Officer volunteers and return transportation is provided for vehicle drivers. Receptions on all three days. Cost is \$20.00 per person for one or all three days. Participants who register by September 15th are eligible for special prizes. For more information and an application see www.islandtrails.ca
Bicycle helmets are mandatory on P.E.I.

Events contacts:

Grace (902)583-2412, Denis 566-5974 or Frank 658-2801

Participants with physical disabilities must be accompanied by a companion.



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.

Free Playground Inspection Program



Background:

Playground facilities are the most common and widely used recreation facilities that exist in our Island communities. They provide countless hours of enjoyment for our children. As owners and operators of these facilities you have a responsibility to ensure that we are providing the safest possible play environment for our children. The purpose of the playground safety program is to reduce the number of playground injuries by providing education and information to owners and operators of playgrounds in Prince Edward Island.

About the Program:

The Playground Safety Program involves a site visit by a trained consultant certified through the National Playground Safety Institute. The consultant will guide the owner / operator through an inspection process to identify any potential risks to it's users. Following the inspection, the owner/operator will receive a report detailing any recommended changes or maintenance practices that should be followed. Recommendations will be based on national playspace and equipment guidelines as outlined by the Canadian Standards Association [CSA].

Please note that this program is designed to assist and support operators to improve the level of safety in their playgrounds. While recommendations will be provided, owners/operators will continue to determine what changes shall be made to their facilities. Future upgrades shall be the responsibility of the owner/operator and not the Playground Safety Program.

This program is being offered at no charge to communities, day care operators, and other publicly operated facilities.

Sponsoring Organizations:

The Playground Safety Program is being administered through Recreation PEI. Recreation PEI is a provincial non-profit organization that is committed to the provision

of quality recreation programs and facilities across the province.

The program is sponsored/supported by the Sport and Recreation Division of the Dept. of Communities and Cultural Affairs and labour and the Healthy Child Development Strategy.

Workshop Sessions:

Recreation PEI is available to conduct presentations/workshops to interested community groups and organizations on the issue of playground safety. Please contact our office.

How To Apply:

Please note that this program is being administered on a first come first serve basis. Our ability to complete consultations will be based on demand. It may be a period of weeks before your consultation can be completed

Contact Information:

For more information on the Playground Safety Program or to request a consultation please contact us at:

Recreation PEI

Ph [902] 892-6445

Fax[902] 368-4548

Email:info@recreationpei.ca

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Canadian Tire JumpStart is a charitable program created by the Canadian Tire Foundation for Families to help kids in financial need participate in organized sports and recreation. National in scope but local in its focus, Canadian Tire JumpStart helps kids in need get active by providing funds to help offset the cost of registration fees, equipment and transportation.

The P.E.I. Local Chapter is made up of community leaders from KidSport™ P.E.I., Recreation PEI and Canadian Tire Associate Dealers. These organizations help to deliver the program effectively and identify kids who would benefit from the program.

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: Based on financial need.

TO APPLY FOR THIS PROGRAM CONTACT THE APPROPRIATE ORGANIZATION:

FOR ORGANIZED SPORTS:

Kidsport PEI

PO Box 302, Charlottetown, PE, C1A 7K7

tel: (902) 368-4110

(Soccer, Baseball, Basketball, Hockey, Gymnastics, Competitive Swimming, Swimming Lessons, Racquet Sports, etc.)

FOR RECREATIONAL ACTIVITIES:

Recreation PEI

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 Iallenged, Golf, Cycling Clubs, X-country Skiing, etc.)

JUMPSTART

24 HOUR CHARITY BALL HOCKEY GAME

Saturday June 21, 12:00pm until Sunday June 22, 12:00pm
East Royalty Ball Hockey Rink

One day I was sitting in the kitchen with my father-in-law and something came on the news about a group of hockey players who played a 24 hour charity hockey game in another part of Canada, and how much fun they had.

My father-in-law (Gord) looked at me and said “don’t you run a ball hockey league at work?” (Online Support Inc.) I said “Yeah..Why?” He said “that would be a great thing for you guys to do, raise some money for a good charity while you are at it, and be useful for a change?”

I could imagine one of those little cartoon light bulbs just glowing over my head. I think Ole Gordie had something, even though I thought I was pretty useful at times.

The next day I talked to some of the players, and they were so excited to hear about playing a 24 hour charity ball hockey game. Only thing is we had one problem; there are so many good charities out there, who should we help out? After much discussion, a commercial stuck in our heads. You know the one, the little blond kid walks into a restaurant and asks the guy for a job, and the old guy replies “shouldn’t you be playing hockey or something?” and the kid says “well that’s what I am trying to do.” I don’t know if it is because my wife is 7 months pregnant and I am having “sympathy hormones” but I get kinda choked up at that commercial. The thing is, that commercial hit close to home with a lot of the players in my league. Myself for example, was raised in a single parent family with five kids. I know what it is like to go without, and watch all your friends go off on their hockey trip for the weekend while you stay home. Now I have an opportunity to help some boys and girls in the situation I was in, not be the ones left out.

I contacted the Canadian Tire Jumpstart for Kids program and within days they responded to me along with members of Sport PEI, and Recreation PEI . I’ve never met such a positive and helpful group of people.

The game will be held on June 21st starting at 12:00PM at the East Royalty Ball Hockey Rink. The game will continue until Sunday June 22nd at 12:00PM. There will be two teams with 23 players per team, that will be playing around the clock to raise money for the PEI Chapter of Jumpstart. Everyone is invited to stop by and watch the game, and cheer us on. Some local celebrities may even make an appearance at the event.

If you would like to make a donation to the charity, you can contact myself, Jason Johnston, at:
24hrcharityhockey@gmail.com.

You too can help children across PEI in financial need, get the opportunity to participate in organized sport and activities.



The best way to play™

HIGH FIVE Program

Recreation and Sport are key factors Children's Mental Health

Toronto, May 8, 2008 – Positive recreation and sport experiences are essential for building children's self esteem, a key ingredient in strong mental health. HIGH FIVE® National, a division of Parks and Recreation Ontario, is leading the pack to ensure that coaches and recreation program leaders have the skills to build strong minds and bodies for Canadian children.

"Parents are increasingly aware of the role that mental health plays within every aspect of their child's development and of the opportunities that exist within sports and recreation to positively impact, strengthen and shape their child's character and abilities. They're seeking out organizations that recognize this."
– LJ Bartle, HIGH FIVE® National Manager

HIGH FIVE® training ensures children's programs offer the highest quality mental, social and physical skill sets and life experiences. It provides instructors, coaches and leaders working with children aged 6 to 12 with the expertise in learning patterns, physical and social stressors as well as developmental needs.

Hundreds of organizations across Canada implement HIGH FIVE® training in the Principles of Healthy Child Development. One such organization is Futures Gymnastics, whose President, Lorraine Currie, believes that the HIGH FIVE® training her staff receives is a key component in providing top quality experiences as part of their athletic programs.

"All our staff feel more prepared to work with children and their individual needs. Through HIGH FIVE®, we have been able to make a positive difference in their lives which shows through their increased self-esteem and how they deal with issues." – Lorraine Currie, President of Futures Gymnastics

Maya is a 7-year old girl with Tourette's Syndrome who participates in one of Ms Currie's classes. Maya's mother, Ingrid Smith, is impressed with Futures' child-centered approach.

"Her disability is a behavioral ability and mental health issue. Building her self-esteem now is crucial for her development – it's the foundation of her character. The staff are well equipped to handle such a challenge. These staff never push and are always encouraging. When she got to a point where her disability made gymnastics especially difficult, the staff were completely adaptable." – Ingrid Smith

HIGH FIVE® training, tools, resources and Accreditation process help many organizations across the country deliver positive child-centered programs. Implementing HIGH FIVE® training and embedding its key ingredients into an organization's operating practices demonstrates a commitment to children's physical and mental health.

BACKGROUND

HIGH FIVE® is a national quality standard of Parks and Recreation Ontario for children's sport and recreation. HIGH FIVE® is committed to assisting children along the path of healthy child development by:

- ensuring that recreation and sport practitioners develop a high level of knowledge and expertise in child development;
- helping parents to make informed choices; and providing practitioners with the tools for enhancing and maintaining a high level of program quality.

Parks and Recreation Ontario (PRO) is an all-inclusive member-based association dedicated to enhancing the quality of life of the people in Ontario.

For more information please contact:
Tammara Smith
Parks and Recreation Ontario
Phone: 416-426-7405 / email: tsmith@prontario.org

Advertising Opportunity in Recreation PEI Newsletter

Recreation PEI is a not for profit, provincial association dedicated to promoting, coordinating and encouraging all facets of recreation and facility management on Prince Edward Island. A newsletter is published in the spring and fall. This is an excellent advertising opportunity for your company. The circulation base is over 400, reaching recreation leaders, facility personnel and community decision makers. For further information please contact Recreation PEI at 902-892-6445

Working with Volunteer Boards and Municipal Councils: **"Keys to a Successful Partnership"**

It is a given if one is employed in a recreation related position; you will have to work cooperatively with volunteers in varying capacities including volunteer boards of directors. Many recreation facilities are governed by a volunteer board of directors with an elected executive. Some fall directly under the umbrella of the municipality in which case the manager of the facility may report to an elected municipal council or senior manager within the municipal structure. In either case, it is important to understand the roles and responsibilities of boards and councils and your role as a facility manager or recreation employee within an organization.

Keep Elected Officials/ Board Members Informed

If you report directly to an elected council or board, your relationship with them will soon sour if important decisions are made, even if your authority allows you to do so, without keeping either the chair of the board or the municipal council informed. There is nothing worse than to have an elected official discovering an important announcement at the local coffee shop or through the newspaper. As a senior manager reporting directly to a council, you must make it your job to be completely forthright and open when communicating key information and advice.

Roles and Responsibilities Clearly Defined

If roles and responsibilities are not clearly defined, there may be some misconceived notions that board members may believe their role is act as that of a manager, instead of a policy maker and leader. They can presume they have authority to direct staff within the organization which can undermine the authority of senior management thus the energy of the board or council is being wasted on internal conflict rather than on policy. Staff is also left with conflicting direction as to reporting authority. On the flip side of that, management should not try to set the political or organizational direction of an organization as it could be perceived as undermining the mandate of a municipal

council or a volunteer board. Remember a council or board sets the direction of an organization and management assist in getting the organization there.

Elected board and councils are generally responsible for:

- Approving fees and tax rates
- Setting the direction of the organization
- Approving budget allocations
- Providing leadership
- Public relations
- Approving policies and procedures
- Approving an operating structure
- Adopting bylaws, resolutions and policies
- Evaluate senior management
- Correcting organizational deficiencies

Senior managers are generally responsible for:

- Day to day operations, managing daily affairs
- Act as a resource to the board - provide advice
- Implementing and administering approved policies of the board
- Prepare reports, draft policies and budgets
- Evaluate programs and policies
- Establish an operating environment where professional ethics, trust, honesty, openness is encouraged
- Keep board informed of decisions, key programs and announcements

While personality conflicts can be a common occurrence within any organization, by having clearly defined roles and responsibilities for management and elected board members, it may assist in preventing conflict within your recreation organization.

By: **Cory Thomas** BRLS, MA

Cory is an instructor with the Sport and Leisure Management Program at Holland College. He teaches courses in the recreation management concentration of the Program. He has sat on numerous volunteer boards and is also a member of Summerside City Council.



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Everybody gets to play[™]

Recreation without barriers

EVERYBODY GETS TO PLAY[™] is a national initiative led by the Canadian Parks and Recreation Association (CPRA) to improve the quality of life of children in low-income families by making recreation more accessible. This past year, CPRA selected 8 demonstration sites across the country to become a test site for this initiative. Recreation PEI in partnership with the West Prince Sports Council was selected as one of these sites. Over the next year, we will be developing and implementing strategies in removing barriers to recreation for low income families. The learning from this project will enable other municipalities, to roll out the EVERYBODY GETS TO PLAY[™] program across the entire province.

Through this initiative, CPRA continues to provide awareness of the issue of accessible recreation while providing support to the recreation field through the creation of the Community Mobilization Tool Kit. This tool kit provides the resources that recreation providers can use to help provide recreation without barriers.

On Tuesday, September 23, Recreation PEI will be hosting an EVERYBODY GETS TO PLAY[™] workshop. Participants will learn about the community mobilization process and gain an understanding of the Everybody Gets to Play Community Mobilization Tool Kit. Participants will get hands-on experience by using the resources in carefully-planned exercises under the guidance of a trained facilitator. Participants will receive a copy of the Community Mobilization Tool Kit which consists of a user's guide and a cd-rom with a number of user-friendly resources to assist you in your process as you address the barriers that are preventing individuals in your communities from participating in recreation activities.

This Tool Kit and Workshop will provide everything you need to:

- Understand the effects of poverty on families and children in your community
- Build the case for making recreation accessible for low-income families and their children
- To find, enlist and work with partners in your community to
- Create community awareness (get your community aware of poverty and why this is so important)
- Evaluate your programs and services
- Establish realistic goals
- Develop strategies to improve access to programs, etc.

For more information or to register for the upcoming Workshop please contact:

Krista Locke Ellis at the West Prince Sports Council
859-8856 or info@wpsports.net

or

Beth Grant at Recreation PEI
892-6445 or info@recreationpei.ca

2008 CONFEDERATION TRAIL EVENT CYCLING SCHEDULE

Saturday June 7th 10 am Summerside Library-Wellington

Saturday June 14th 10am Farmers Market/Brackley Pt Rd-Mt Stewart

Saturday June 21st 10am Farmers Market/Milton-Hunter River

Saturday June 28th 10am Mt Stewart-Cardigan

Wednesday July 2nd 6pm Wood Islands-Murray Harbour

Wednesday July 9th 6pm St Teresa-Georgetown

Wednesday July 16th 6pm Borden-Emerald

Wednesday July 23rd 6pm Kensington-Hunter River

Sunday July 27th 1pm Souris to Elmira

Sunday August 3rd 1:30 pm Mt Stewart-St Peters

Wednesday August 6th 6pm Cardigan-Montague

Wednesday August 13th 6 pm St Peters-Morell

Wednesday August 20th 6pm Tracadie-Mt Stewart

Wednesday August 27th 6pm Joe Ghiz Park-York

Saturday September 6th 10am Kensington-Hunter River

Saturday September 13th 10am Tignish -Elmsdale

Saturday September 20th 10am Elmsdale-Portage

Saturday September 27th 10am Portage-Wellington

Sunday October 5th 1pm Brackley Pt Rd to Morell (Celiac Assn)



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"Building Tennis Communities"

The Island's Tennis Community is a vibrant and growing community. Our outdoor season has arrived, and Tennis PEI has events and tournaments planned for players of all ages and levels. This summer, we are hosting the Atlantic Masters Championship, which is being hosted on the grass courts at the Rustico Resort Golf & Country Club. Other tournaments are scheduled for Stratford, Summerside and Charlottetown.

Tennis PEI is committed to promoting this wonderful sport. Island Schools have been invited to take part in an initiative where certified instructors go into the schools to provide students with an opportunity to try tennis. The instructors are equipped with portable nets, racquets and special foam balls that are ideal for beginning play. From past experience, the students have a great time! We are also attempting to initiate an after-school team tennis league at Glen Stewart this spring. Team tennis gives more children an opportunity to play, and the team environment makes it easier to deal with the ups and downs of sport.

Tennis PEI will be hosting various Try Tennis events in several communities throughout the summer. Coaches will be visiting courts around the province, providing instruction and equipment to try tennis. There is also the possibility of being part of a Tennis Canada initiative called "Building Tennis Communities." This initiative provides funding and support to help introduce and build tennis in communities across the Country.

If you are interested in bringing a Try Tennis event to your community, or in the Building Tennis Communities initiative, call or e-mail us. We'd love to hear from you!

Finally, Tennis PEI is carrying out an inventory of tennis courts on the Island. If you haven't already been contacted, and can update us about courts in your community, please call us.

Our Executive Director is Mike Connolly with Sport PEI. He can

be reached at mconnolly@sportpei.pe.ca and his phone number is 368-4985.

Have a great summer, and don't forget to pick up a tennis racquet!

"Aqua-natal" Deep Water Workout Program



Capital Area Recreation Inc. (CARI) is pleased to announce the launch of a new aqua fitness program focusing on expecting moms and dads. **Aqua-Natal** is a deep water workout program designed for all stages of healthy pregnancy and throughout the post-pregnancy period (program is okay for breast feeding mothers). This instructor led class is 45 minutes in length and uses the same joint friendly, low impact principles as traditional aqua fitness. Spouses or partners of expecting mothers are encouraged to attend.

This class will leave you cool, fresh, and energized!!

Class runs every Sunday afternoon at 1:00PM effective June 1st.

Cost: \$4.50 for Mom Only - \$5.00 for a Couple



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An employer must keep a work place safe and without risk to health; this includes air quality. It is imperative that the CO Monitors be calibrated regularly, as part of the original agreement in receiving the PEI government subsidy grant, for the purchase of the units. Thank you for being a partner in the PEI Healthy Rink Initiative.

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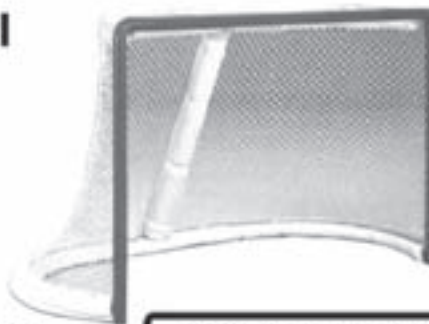
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Canadian Recreation Facilities Council (CRFC) Annual Forum Report

The Annual CRFC forum was attended by Donna Butler. Donna attended the National Arena Symposium and stayed on for the meetings May 5th to 7, 2008 in Quebec City.

The CRFC is the national forum that works to advance the needs and concerns of recreation facilities in Canada. The membership of this group is made up of 10 provinces and three territories.

During the meeting each member updates on what is happening in their province. It was a great opportunity to share best practices; following each presentation members was given the opportunity to ask questions on the activities in their province. You will find information on the CRFC web site on programs and best practices in other province. <www.crfc.ca> Copies of the reports from the other provinces can be reviewed by contacting Beth Grant at Recreation PEI 902-892-6445.

Some of the great things other provinces are working on are: smoke free buildings, Smoke free entrances to recreation buildings, lunch and learn sessions for their local members, healthy eating in recreation facilities, energy conservation projects and information check out (www.saskpower.com), helmet programs for schools and local users to encourage helmet use by all, and lots of training is happening throughout the country. Any arena looking for information in French should check out the Quebec information they are working on healthy food and a lot of the same issues as PEI (www.aqairs.ca).

There were also presentations from Sport Canada, and Hockey Canada's insurance company. There is money for infrastructure through the Canada Build Fund but it is not designated to recreation, it can be used for any type of infrastructure within the municipalities.

There was a lot of discussion on what to do now with the National Arena Data Base, that was created in cooperation with Hockey Canada. It was agreed that it was a good starting point, and we did need a data base of all recreation facilities in time. There was a committee struck to look at next steps. Everyone realized the data base was created in 2006, and everyone was encouraged to work with their own members to update and complete the empty fields with in the data base.

Hockey Canada is looking to increase the access to prime time ice time in Canada, and is very willing to commit resources to making this happen. They have looked at developing a "rink in a box" concept, where they develop the design and provide this to communities so the can get the infrastructure in place. It was passed that CRFC would

continue to work with Hockey Canada on this project. Everyone felt it was important to be at the table to ensure the needs of the industry were voiced and part of the plan.

The moving of the head office of the CRFC to Toronto was passed. It was also agreed to request that Ontario Recreation Facilities Association be requested to continue with there relationship in providing services of a chief executive officer to CRFC. The current agreement expires in September of 2008. They did agree that they would continue until December of 2008 and would advise prior to this if they would continue in this relationship. The board passed a motion to thank the board of ORFA for the great job they have done in this relationship and there support to the CRFC.

The board also thanked the Benoit from Quebec, who has provided the French translation of the logo. He is now going to work to translate the constitution of the CRFC.

Election and nominations were for the Chair Randy Kinnee and Treasurer Matthew Warren each for a two year term. There was also some house keeping changes made to the constitution.

The committee reviewed the National Arena Symposium and most felt it was a great success. Time lines to do another were not set. It was felt this would be better left until a complete analysis of the project could be completed. There were 178 delegates registered with 42 display booths. At the same time there was 350 coaches and 75 officials attending a hockey conference.

Submitted by: Donna Butler, Manager APM Centre



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THE CREDIT UNION PLACE

PEI's Newest Recreation and Entertainment Facility
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The Credit Union Place is eastern Canada's newest and most advanced recreation, sport, entertainment and meeting place. The Credit Union Place officially opened its doors during its grand opening celebrations on New Years Eve 2007 where over 3000 citizens came to celebrate the facility despite a blizzard that dropped over 30cm of snow on Summerside.

The Credit Union Place, formerly known as the Summerside Wellness Centre began its design phase in May 2000. The Credit Union Place design was based on a similar facility in Crankbrook BC, the Cranbrook RecPlex, which was known as one of the most state of the art, energy efficient facilities in Western Canada.

The Summerside Credit Union Place was designed to be energy efficient to lower costs and to be as eco friendly as possible and have it fit within the City of Summerside's mandate to be one of Canada's greenest cities.

The main component of the Credit Union Place mechanical system is the heat transfer loop which provides heat to, or takes heat from, all of the systems connected to the loop and is maintained between 50 F and 80 F. Heating and/or cooling is provided by our geothermal energy source, well water, which is pumped from the well and stored in the heat transfer storage tanks (two of) in the mechanical room.

The Credit Union Place is as well equipped with an evaporator and condenser that is used to cool a designated area and to reject the excess heat. The

Credit Union Place has to two stages of heat recovery to absorb this normally rejected heat and distribute it throughout the building. The first stage is the Therma-store heat recovery tanks which are used to preheat the flood water. The second stage is a heat exchanger which transfers heat to the heat transfer system.

The Credit Union Place is equipped as well with heat pumps which is another great source of geothermal energy. The heat pumps are used to heat/cool any office or public space which require both heating and cooling. The heat pumps have two separate operations. Firstly, it is to absorb heat from the heat transfer loop and transfer it to heat the air in the space being served. Secondly, it is to absorb heat from the space the heat pump is serving and reject this heat to the heat transfer loop. This allows the heat pumps to cool the space it is serving.

The Credit Union Place was also built with water free urinals which operate at the highest standards of any of their kind. They are designed to save over 1 million gallons of water per year (this is equivalent to the amount of water in our cities water towers in one year). As well during the construction phase of this facility, engineers added in sensor lighting in 90% of the facility to ensure energy costs were saved. In addition, their design is based on the location of sunlight travel. All of this was taken into consideration including the design and placement of windows to ensure the highest level of natural lighting and heating enabling a saving on electrical and heating costs and again lessening the impact on our environment.

This facility is an asset to our community and province for its abilities to provide recreational, health, fitness and entertainment opportunities while operating at a high level of cost effectiveness and eco friendliness for many years to come.

JP Desrosiers

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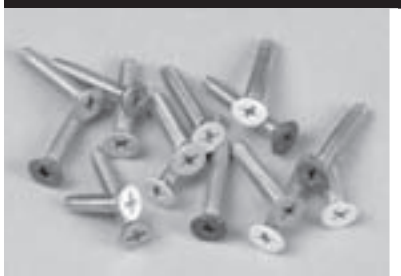


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AED (PUBLIC ACCESS DEFIBRILLATION) PROGRAM

Once a corporation or facility has determined their interest and commitment to implementing an AED (Public Access Defibrillation) program, other common concerns include choosing the type and number of AEDs, determining the location of equipment, estimating the number of required AED trainees and establishing a training program.

The goal of an AED site assessment is to provide a rational process for determining the optimal quantity and location of AED placement. It is essential to utilize the available resources and provide a timely response to a sudden cardiac arrest. To decide on a location ascertain if there is area with a more frequent employee or customer density, e.g. conference room, reception areas, clubhouse, banquet hall, main corridors, etc.. If there are higher risk areas (like exercise areas, hazardous areas, e.g. electrical or chemical) or high-stress areas, this may impact the ideal location. Areas that present an access problem like secure work areas, multiple doors, etc. may need their own AED. High visibility areas like reception areas or next to existing emergency equipment usually are good locations. Establish whether the desired location can be tied into the communications system, either by an open AED cabinet automatically triggering a call to security or the proximity of a telephone. Assess if there a better area where the AED can be mounted to be less vulnerable to tampering, theft or damage if an alarmed cabinet is not being used? The site should be accessible during all shifts or hours of operation, or a specific fail-safe plan should be in place if the AED gets moved during shifts.

Time is the single most important consideration when determining the number of AEDs for a location. For every minute delay in response, there is a 10 percent reduction in the chance of survival. The number and placement of the AEDs directly impacts response times. The American Heart Association and Heart & Stroke Foundation recommend defibrillation within 3 to 5 minutes - ideally in less than three minutes. To achieve this response time, there must be enough AEDs in the right places, a clear communications pipeline, and enough people trained to respond quickly. Even if the event is witnessed, other factors delay a response and include, recognizing and communicating the event as a cardiac emergency, activating the internal responders, retrieving the AED, responding to the casualty's location, and attaching the AED and delivering the shock.

To meet a goal of 3-4 minutes from "drop to shock" leaves 2-3 minutes to reach a casualty of SCA with an AED (to leave the casualty's side, go to the AED and get back to the casualty) and one minute to assess the casualty and attach the electrodes. Walking at a brisk pace, a person can cover about 300 feet per minute, but this assumes no barriers in the route. Horizontal barriers that may delay the response need to be considered and include doorways, crowded hallways and

security coded access doors, etc. Vertical barriers include elevators and stairways and can significantly impede the time to respond. **AEDS should never be placed in a locked inaccessible area.** In performing this assessment, you may need to consider other modes of transport and conditions that might delay AED arrival. For outside environments or industrial areas, clarify if you need to utilize other modes of transport like a snowmobile, golf cart, boat, all-terrain vehicle, tractor, or motorcycle.

To determine the optimal number of AEDs required using the recommended criteria, determine a visible location that would logistically be ideal to mount the AED. Then use a stopwatch and briskly walk the area to be covered, and establish whether all the desired points can be reached within 60 seconds (90 seconds if your response time goal is 4 minutes). The farthest point that can be reached in your desired response time is the "outlying" point. If your outlying point can be reached by changing but not compromising the location of the AED, then reconsider the placement location and re-verify the placement can accomplish your goal. Ideally, in facilities with multiple floors, each floor should have an AED. At a minimum, every second floor should be equipped.

Logistical considerations: Remember the First responder's response time is only one component of the response. It is still important to notify EMS. AEDs are ideally stored in a monitored wall cabinet that automatically notifies both EMS and the building security or other designated responders when the cabinet is opened. While performing a site assessment, be alert to potential wiring connections for these monitored wall cabinets if there are plans to incorporate it into the security alarm system. Attempt to place AEDs in the proximity of electric smoke detectors or fire alarm devices, to facilitate visibility and an electrical source if required.

The immediate availability of trained personnel greatly impacts the effectiveness of an AED program. If possible, the primary source of responders should be security, safety, fire, and medical personnel. Other "natural" responders include "hall monitors", "floor captains", supervisors, golf pros or other personnel designated to assist or respond to various medical and non-medical emergencies. CPR training should be a prerequisite to AED training and it may be acceptable to have more people trained in CPR than AED trained. Training should be congruent with Heart & Stroke guidelines. Finally, any volunteer responders should be offered training. Increasing the number of trained personnel in a given facility increases the likelihood of a more timely and effective response. The goal of an AED program is to have multiple responders and at least one AED arriving at the scene within 2-3 minutes of the collapse! In summary, minimizing the time to the first shock/CPR for the SCA

casualty will increase survival rates for out of hospital life threatening cardiovascular emergencies. This can be achieved by establishing a complete AED “program” supported by strategic AED placement, rescuer training and ongoing quality assurance.

Once an AED program is established and the AED location is selected, notify all employees, clients or customers about AED location. Provide information about how it integrates with any existing emergency plan and how they can activate your emergency plan. The existence of an AED program can be promoted by:

- **Placing large easily visible signs or symbols on the AED cabinet**
- **Post well designed notifications about the AED program on bulletin boards**
- **Circulate literature about your program or device with each pay stub**
- **Clearly indicate to all employees the physical location of the AED device**
- **Educate the staff about the contents in the AED cabinet, including the alarm system**



The Grass is always Greener!

With the 2009 Canada Games nearing the 14 month-out mark, much attention has been and will be focused on the upgrades being made to existing facilities and the construction of new sport venues, such as the UPEI Athletics Facility and artificial turf field in Summerside. What might not be hitting the front pages, but equally important to the success of the Games, is the elaborate plan around the management of the natural turf fields across Prince Edward Island in preparation for the Games and the legacy this plan will leave once the Games are over.

The 2009 Canada Games’ program features field sports such as soccer; rugby; baseball (male); softball (female); and athletics, which means venues have to meet national sport organization standards for that particular sport, including the quality and health of the turf. In addition, the Games’ Host Society wants to ensure that all venues being used for Games’ events are top-notch from both the competition and aesthetic point of view, and maintain Prince Edward Island’s reputation as a great sport event host. Therefore, early on in the bid process, the Host Society identified that the best way to ensure the health of the natural turf fields was to contract a turf management service provider.

During the procurement process to identify a professional, the Host Society also clearly indicated that no chemical pesticides could be used to manage the fields of play being used for the 2009 Canada Games in keeping with their Green Games strategy.

The Host Society awarded the contract to Green Turf Lawn Care, owned by Ralph Yeo, who is using organic means to ensure the quality of the turf. Yeo worked with consultant Dr. Robert Daniels,

PhD, an agronomist at Nova Scotia Agricultural College, to develop a plan from the initial soil samples that were taken from the various fields. They determined what adequate mineral and nutrient content would be needed to balance the PH levels, and thus, would create ideal conditions for grass, versus weeds, to grow.

Some may ask why spend so much effort, but a turf management program does create a level playing field, both literally and figuratively. Yeo’s company used a process of top dressing (with organic sand) and overseeding so that weeds would be forced out by healthy grass. The grass grows vertically and makes for a better, and even cut.

Using the organic sand as a base also allows for easier leveling out of the field surface, and helps with equitable ball reaction in sports such as soccer. Having no weeds leads to better recovery for fields used in sports such as athletics, where javelins, shotputs, and hammers cause temporary dents and holes in the field.

But there is also legacy piece to this turf story. In addition to the preparation of the optimal growing conditions for grass in advance of Games, Green Turf Lawn Care is providing a program that, after this initial effort, can reap benefits for years to come. It is expected that with minimal work year to year, parks and recreation staff and facility owners will be able to maintain fields for up to 20 years by following the techniques and maintenance outlined.

And to add further knowledge within the sport and recreation field community, Recreation PEI, in partnership with the Host Society has initiated a baseball / softball field maintenance course on Tuesday, June 10th to learn about turf maintenance as well as cutting techniques for inside perimeters and around the pitcher’s mound, home plate set up, frequency and depth of cutting etc.

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Strategic Plan in Process for Charlottetown Civic Centre

Walking into the general manager's office at the Charlottetown Civic Centre is like walking into the future of marketing, business and conceptual plans. However, Dave McGrath isn't saying much about what the future holds, at least in terms of any changes to the 18-year-old building. It's no secret that many are very critical of the Civic Centre's design, especially the layout of the facility before the P.E.I. Rocket arrived a few years ago. Back then, every section was separated from ice level by obtrusive stairways and rails.

When the major junior hockey team landed, changes were made, taking the seats in a few sections down to ice level and adding of luxury suites. Many think the rink should have been built bowl-style, where patrons walk down to their seats rather than up, but many scoff at extensive renovations because they are rumoured to cost anywhere from \$6 million to \$10 million.

McGrath said a committee is in process of conducting a marketing and strategic planning analysis to look at event planning in Charlottetown as a whole. That plan would include a look at the Civic Centre. Could it mean long-awaited, bowl-style changes to the Civic Centre will happen? It could, but McGrath also concedes it could result in no changes at all. The study will look at what events sports, entertainment and trade the city currently hosts and what it could host in the marketplace.

The provincial government, the Atlantic Canada Opportunities Agency and the City of Charlottetown are paying for the study.

"We want to see where the Civic Centre sits with respect to those events and what would be needed to go to the next level," McGrath said. Things have changed drastically in Charlottetown over the past two years. Charlottetown hired an events development officer, whose sole responsibility it is to bring events to the city, and the capital hosted two of the biggest concerts in P.E.I. history with the Black Eyed Peas/Pussycat Dolls and Aerosmith. All of that, McGrath says, has put Charlottetown on the map. Problem is, the Civic Centre misses out on its share of shows due to the small capacity and layout.

What can we attract here . . . that can help us attract larger events such as concerts and some of the acts now starting to do smaller venue tours.

There are renovation plans this year, albeit not quite as exciting. The Civic Centre is getting a new roof - it measures 64,000 square feet - at a cost of \$400,000. "The roof is 19 years old and its life expectancy was 10 so we got our money's worth. We want to make sure we provide a safe and comfortable environment." The new roof, made of bitumen material, will be better insulated with a longer life span.

As for the reconstruction, the study is expected to be complete by July, giving the city some idea of what happens next.

Written by: Dave Stewart, News Reporter The Guardian



The Charlottetown Civic Centre Rink. The ice has just been cleaned and waits patiently for the next game.

The Doug Moore Scholarship Fund

Jet Ice Limited, annually invites applicants for the Doug Moore 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. During his 40 years of service in our industry, Doug developed ice making concepts and theories that are recognized and accepted as standard in our facilities today. 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.

Recreation PEI has allocated the \$1000 Doug Moore Scholarship for 2008 to three arenas (\$333 each). The arenas are Morell Community Rink in Morell, Gateway Arena in Borden-Carlton and the APM Centre in Cornwall. Congratulations to these recipients.

"The International Icemakers Society supports professional development within the ice making community and would like to assist candidates in achieving their personal and professional goals" says Deborah Wilcock, Jet Ice General Manager.





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Upcoming Training Opportunities in Charlottetown PEI

- **HIGH FIVE Train the Trainer.** May 28 -30th, 2008
- **Baseball/Softball Infield Maintenance Clinic.** June 10, 2008 9am - 4pm
- **Certified Pool Operators Course.** June 16 -18, 2008
- **Maritime Arena's Operation Institute.** June 16 -19th, 2008
- **"Energy Management Workshop"** September 23, 2008
The workshop (9am - 3pm), will be high-level energy management discussion, targeted to rink managers, board members and municipal officials. Presented by I. B. Storey Professional Energy Solutions.
- **Everybody Gets To Play Workshop** September 23, 2008 (See page 9)

2009 Maritime Recreation Facilities Conference & Tradeshow

Recreation New Brunswick, Recreation Prince Edward Island and the Recreation Facilities Association of Nova Scotia will be hosting their second Maritime Recreation Facilities Conference & Tradeshow May 27 to 29, 2009 at the Rodd Royalty Inn in Charlottetown, PEI. Mark this date on your calender now!

This event is expected to attract over 200 delegates from throughout the Maritimes and Atlantic Canada. The conference will be set around three main areas including pools, arenas and parks/turf. Presentations on maintenance, environmental issues, operation, online registration/recreation software, hot topics in the field, best practices and issues related to recreation and sport facilities are being sought.

For more information on any of these training opportunities please contact:

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