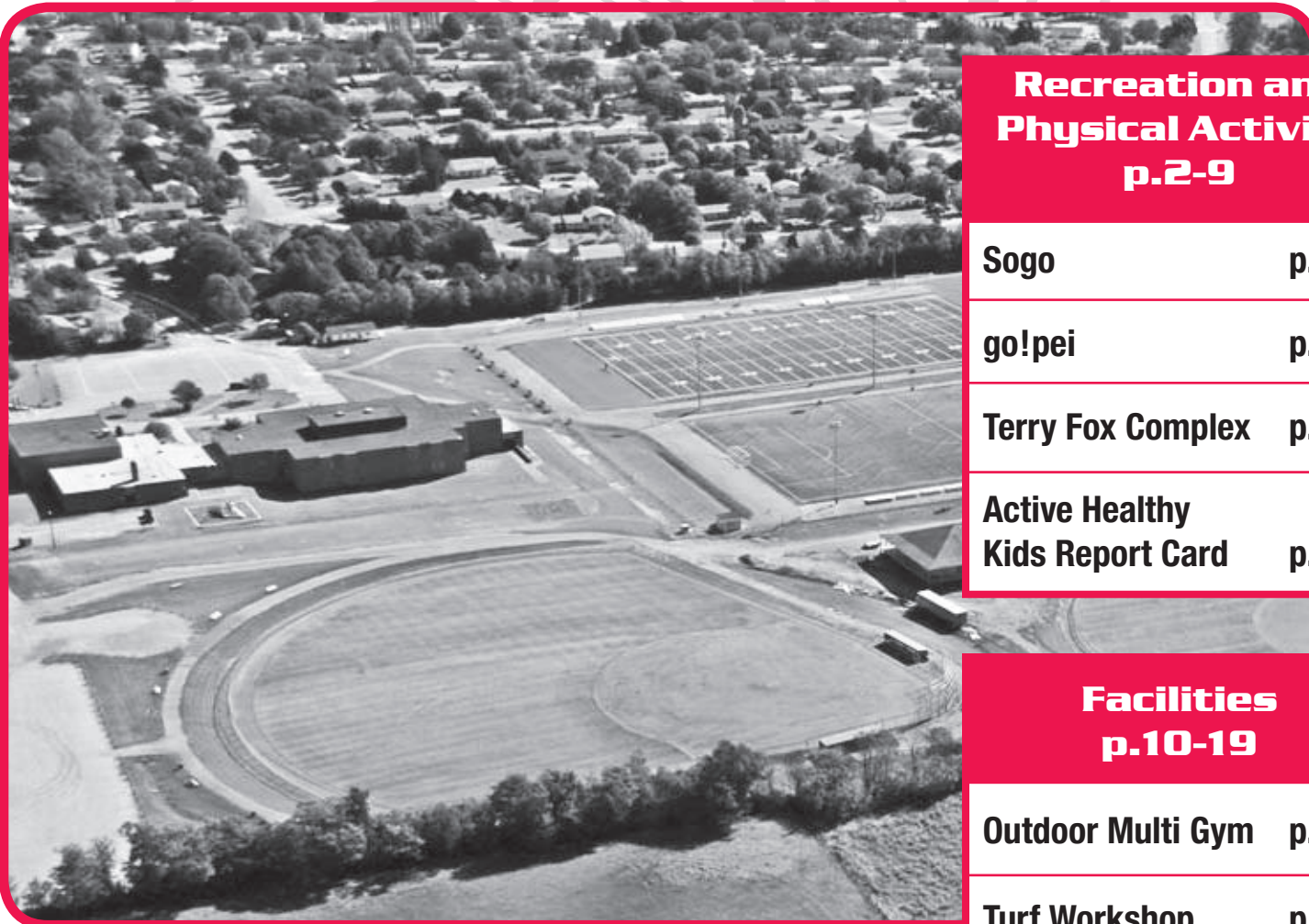


RECREATION PEI

NEWSLETTER - Summer 2011
Issue No. 31



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*"Promoting the benefits of recreation
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info@recreationpei.ca

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Recreation PEI PRESIDENT'S REPORT

Summer 2011

Welcome to the warmer season on PEI.

The benefits of participating in physical activity and recreation are numerous and a cause supported by governments, not for profits, non-governmental groups and corporations. Through partnerships, the various groups can enhance the quality and scope of their impact. Recreation PEI works with some wonderful partners, the Sport, Recreation and Healthy Living division of the Department of Health and Wellness, the Public Health Agency of Canada (PHAC), participAction (SOGO), Canadian Tire (Jump Start), and community recreation departments and facilities across PEI. Thank you to all of our partners.

The health and wellness of Prince Edward Island are directly impacted by how active and engaged Islanders are. People, in increasing numbers, are beginning to accept the responsibility for their own health and as a result are acting. Community recreation is an excellent vehicle for providing citizens an opportunity to be active with their neighbours and friends close to home. Rec PEI arranges High Five training for communities wanting to strengthen the leadership of their recreation, camps or sport programs for children.

Through the go!PEI program hosted at Rec PEI, communities are provided with funding to deliver no cost easy programs that enhance their regular programs. The go!PEI programs, delivered by the community, offer physical activity and healthy eating program. Each community determines its particular needs and then delivers simple programs, such as Learn to Walk, Run, Bike, Hike, Healthy Eating or cooking and Go101. In the past year 9600 islanders have taken part in these programs in 16 communities across PEI.

Recreation PEI, in partnership with other organizations, assists youngsters to become more active in two ways. Through the support of SOGO (a participAction program) Rec PEI provides more than 20 grants to groups initiating activities for 13-19 year olds. The programs focus on starting activities in communities or schools that are not part of the regular program while promoting student leadership and initiative in the organization of these activities.

The second area of support for youngsters is the Jump Start program, a partnership with Canadian Tire. Jump Start provides funding for youngsters who, because of the lack of financial resources, would otherwise not be able to participate in recreation. Cost of participating is often identified as a barrier to children being active, so this grant program is extremely important in overcoming this barrier.

I am pleased to report that Recreation PEI continues to be busy promoting and supporting community based physical activity and recreation across Prince Edward Island. We encourage participation, promote a quality assurance/risk management approach, and offer leadership advancement for professionals. Our work spans the continuum of helping people getting involved to assisting communities in delivering programs for those of all ages. Recreation is vital to the fabric of any community, by helping to strengthen community identity and improve quality of life.

Barb Mullaly, President, Recreation PEI Inc.

"Promoting the benefits of recreation and physical activity in partnership with the Province of PEI, Department of Health and Wellness."



**SOGOACTIVE
.COM**

Access funding through national teen physical activity program

Sogo Active is a national physical activity program that empowers youth, aged 13 – 19, to challenge themselves to solve the physical inactivity crisis

in Canada. Sogo Active is presented by Coca-Cola Canada in collaboration with ParticipACTION and its partners. It gives young Canadians the support and resources they need to get active in their own communities and encourages them to incorporate activity into their daily lives.

Organizations, Teachers & Coaches: Young Canadians who join Sogo Active need support, equipment, facilities and resources. That's where you can come in if your organization, teams or club becomes a Community Host organization. Membership is free. Community Hosts reach out to youth, promote Sogo Active, and can create and post their own physical activity Challenges for youth. Sogo Challenges can be activities or events you already offer to youth, or something new. Community Hosts also work with youth to receive micro grants of up to \$500 for ongoing Challenges, or up to \$250 for one-time events.

Examples of Micro Grants awarded on PEI:
Hip Hop Dance, Yoga, Pedometer Kit,
Ball Hockey, Basketball, Tchoukball, Wii Fit,
Dance Revolution, Wrestling, Jo Bo Fitness,
Adapted Aquatics, Power Lifting, Zumba,
Try Something new, Hoola Hooping, etc.

It's easy to apply – just register for Sogo Active as a Community Host, create a Challenge and you can request funding directly on line. Find out more at www.sogoactive.com





go!pei Week June 5-11

Go!PEI has officially launched year two after offering over 100 programs to more than 9,600 people across PEI in 2010-11! Recreation PEI kicked off another year of go!PEI during go!PEI week, which took place June 5-11. go!pei week was packed with activities promoting physical activity, by offering a number of challenges targeting workplaces, schools and communities Island-wide.

Workplace 150 Minute Activity Challenge

Go!pei focused on getting workplaces active during go!PEI week by challenging them to sign up for the Workplace 150 Minute Challenge. For one week, workers across PEI were challenged to get active for 150 minutes between June 5-11! It is recommended that Canadian adults incorporate 150 minutes of activity into their week in order to maintain their overall health.



Workplace Challenge Team-Prince County Hospital (Business Office)-completed the 150 minute challenge!

Left to right: Christine Murphy, Kelly Waite, Pam Wright, Kathy MacLean, Michele Wilson (team captain), Gerald Poirier, Marie Berry, and Dianne VanBuskirk.

The objective of the challenge was to educate adults in the workplace to understand how much 150 minutes of activity is, to offer tips and advice on how to incorporate activity into busy lifestyles, and to encourage workplaces to get active together. 108 workplaces signed up for the 150 Minute Activity Challenge across Prince Edward Island, with over 1400 participants register. The winning team was the Souris Main Street Pharmasave, team captain Jennifer Manning! Congrats!

School Sneaker Challenge

go!PEI challenged schools Island-wide to create an event built around sneakers and physical activity during go!PEI week. They were to take a photo of their event for a chance to win \$250 for recreation equipment for their school. 11 Schools signed up for the challenge, and created events such as school walks, relay races and game days!

The winning school (by draw) was Cardigan Consolidated School, who was entered by Dianne Nabuurs! Congrats!



Winning school-Cardigan Consolidated played games to stay active during their Sneaker Friday event!
Led by Dianne Nabuurs



LM Montgomery School participated in the School Sneaker Challenge by holding a school walk-Led by Leisa Nogler



go!Charlottetown held fitness demos in Rochford square at noon to 60+ participants on Sneaker Friday. They also organized a walk through Victoria Park!

Sneaker Friday-June 10

Go!PEI encouraged Islanders to wear their sneakers on June 10, and to find time to get active at some point during the day! 12 of go!PEI's community partners organized free events in their regions to promote Sneaker Day. These events included community walks, yoga demonstrations and hikes, where prizes and healthy snacks were given out to all participants.



go!Summerside held a lunch-time walk for community members to celebrate Sneaker Friday! They had over 30 people attend and gave out healthy snacks and prizes!

Go!PEI Programs Healthy Eating

go!PEI has partnered with the Healthy Eating Alliance of PEI to continue to deliver healthy cooking classes, veggie box programs, nutrition education sessions and healthy canteen programs to your communities! Healthy eating and physical activity go hand in hand! To learn more about the Healthy Eating Alliance, check out their website at www.healthyeatingpei.ca



Go!PEI's community partners will be offering free physical activity and healthy eating programs throughout 2011-12. Check out our website at www.gopei.ca for details on programs near you!

Physical Activity

Are you interested in getting active, but don't know how to get go!ing? Go!PEI's free programs allow participants to get active close to home, with their neighbours, friends and family! Choose an activity that you enjoy, and join the group!

Go!PEI's physical activity programs for 2011-12 include:

- Learn to Run 5K (L2R)
- Cycling programs (through Island Trails)
- Hiking programs
- Walking programs
- go!101 (Introduction to physical activity and healthy eating course)
- Snowshoe programs (winter 2011-12)

Healthy eating and physical activity go hand in hand!

To find out what healthy eating and physical activity programs are taking place in your community, check out our website at www.gopei.ca!



Go!West Prince's Learn 2 Run program-O'Leary! Led by Kelly Gallant-Butler



Go!Cornwall's L2R group, led by Allyson Sanderson!



Go!Montague's L2R, led by Debbie Hughes!

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

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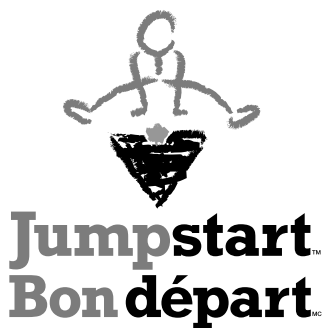
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Canadian Tire JumpStart is a charitable program created by the Canadian Tire JumpStart Charities to help kids in financial need participate in organized sports and recreation. National in scope but local in its focus, Canadian Tire JumpStart helps 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 \$250 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 ADMINISTRATOR: (902) 368-4549

ORGANIZED SPORTS:

KidsSport PEI

PO Box 302, Charlottetown, PE, C1A 7K7

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

RECREATIONAL ACTIVITIES:

Recreation PEI

*40 Enman Crescent,
Charlottetown, PE, C1E1E6*

(Community Recreation Department Programs, Dance, Some Gym or Walking Track Memberships, Swimming passes, Yoga, Pilates, Aquafitness, Aerobics, Bowling passes, Golf, Cycling, X-country Skiing, etc.)

The Town of Cornwall's Terry Fox Sports Complex



The complex has entered into its first full year and the facility is already drawing quite a crowd of recreational and sport enthusiasts. Soccer players kicked off the new year with practises in early April on both turf surfaces. The end of May has seen Baseball come into full swing on the new baseball and softball diamonds. The tennis, basketball, and beach volleyball courts have attracted many different age groups and have been the site for a lot of evening recreation with family and friends. All of these facilities are used by a wide range of people and it is excellent to see people taking the time in their day to be active and incorporate recreation into their schedules.

At the heart of the facility, stands a 317 square meter clubhouse that includes in it: four dressing rooms with showers, public washrooms, a canteen, an office, and storage space. The clubhouse serves as a major asset to the facility as it keeps our maintenance equipment very accessible and teams have a place to gather before and after games. Our canteen will be starting up in June which will offer healthy choices for everyone. This spectacular facility serves the recreation and sport needs for not just the Town of Cornwall but also its surrounding areas.

There are a number of events planned for 2011 for many different sports, please come check us out! If you want further information on the complex or special events, please contact Facility Coordinator Matthew McNally at (902) 894-7636



From desk to couch: Canadian children and youth missing out on prime physical activity time after school

Active Healthy Kids Canada releases 2011 Report Card on Physical Activity for Children and Youth

TORONTO (ONTARIO) APRIL 26, 2011 – School's out, do you know what your kids are doing? You may want to think again if you believe they are being physically active.

The 2011 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth reports that during the after-school period, from approximately 3 to 6 p.m., Canadian children and youth are sitting idle indoors – getting a mere 14 minutes, out of a possible 180, of moderate- to vigorous-intensity physical activity. It is important to reverse this trend as research shows that children and youth who are physically active during this time improve their overall daily physical activity levels and health. The Report Card was released today by Active Healthy Kids Canada and its strategic partners, ParticipACTION and the Children's Hospital of Eastern Ontario (CHEO) Research Institute – Healthy Active Living and Obesity Research Group (HALO).

“Simply put, the after-school period represents an underutilized opportunity for children and youth to gain emotional and physical health benefits through physical activity,” says Dr. Mark Tremblay, Chief Scientific Officer, Active Healthy Kids Canada, and Director of HALO. “Teens involved in supervised after-school programs, for instance, are less likely to experiment with risky behaviours, including drugs and alcohol. Time spent being active outdoors after school lowers levels of anxiety, anger, fatigue and sadness. The science and benefits are clear; we need to re-establish the healthy practice of after-school physical activity in our communities.”

Issues like safety and lack of access to physical activity areas and programs cannot be ignored as barriers to active after-school play. While 73 per cent of Canadian parents admit that their children are sedentary after school (mostly indulging in excessive screen time), 72 per cent of parents state that their children do not have access to a supervised, after-school program encouraging physical activity. Also, safety concerns contribute to parents preventing their children from participating in outdoor physical activity after school. As Canadian children and youth grow older, time spent playing outdoors diminishes almost by half. The result is that they become glued to the screen – dramatically exceeding the guideline of two hours per day – and consequently receiving an “F” grade for Screen Time in this year's Report Card.

“Right now, kids are spending over 40 hours a week in front of screens,” says Dr. Tremblay. “These alarming numbers equate to a very sedentary child, so we must transform the after-school hours into healthy active living time.”

For the fifth year in a row, the Active Healthy Kids Canada Report Card assigns an “F” to Physical Activity Levels as only seven per cent of Canadian youth and children meet the new Canadian Physical Activity Guidelines of at least 60 minutes of moderate- to vigorous-intensity physical activity per day. This statistic puts Canada at the bottom in comparison to European and Western Pacific countries. European children and youth take about 2,400 steps more per day than Canadian children and youth.

HIGH FIVE®PEI Training Available



The best way to play™

HIGH FIVE® Sport

This 4.5 hour workshop is designed for coaches who work with children aged 6 to 12 . Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), HIGH FIVE® Sport focuses on the social, emotional, and cognitive development and well being of athletes. The training is based in research and has been designed to help coaches with top coaching dilemmas such as: interacting with parents, keeping the child's interest, and ensuring fair play and an emotionally safe environment. This training is valuable to any coach, sport leader, or volunteer providing direct leadership to children 6 to 12 yrs. This session is a pre-requisite for individuals wishing to apply to become a HIGH FIVE® Sport Trainer.

Cost: \$45.00 per person

Principles of Healthy Child Development (PHCD)

This one-day workshop will help front-line leaders improve the quality of their programs. The target audience is anyone working with children aged 6 to 12 - i.e. recreation director/ leader, camp counselor, coach, swim instructor, Scout or Guide leader, Boys and Girls Club leaders. It provides in depth training in the HIGH FIVE® principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. This course is a pre-requisite for becoming a HIGH FIVE Trainer or HIGH FIVE Sport Trainer.

Cost: \$45.00 per person

**To Register for HIGH FIVE courses
please your contact Recreation PEI.
Courses will be offered for 15 or more people.
Tel: 902-892-6445
Email: info@recreationpei.ca**

School Travel Planning Program Gains participation from Summerside Elementary Schools

The School Travel Planning (STP) program - a project spearheaded by Green Communities Canada and facilitated locally by Recreation PEI – has been working with a number of schools in the Summerside area to introduce this active transportation initiative to students.

Through the STP program, achievable strategies that schools may undertake include: enhancement of school infrastructure, engineering improvements at or near school sites, education concerning walking and cycling, and the introduction of walking and cycling programs.

STP organizers are currently working with the following Summerside elementary schools: Parkside, Elm Street, Greenfield, Ecole-sur-Mer, as well as Somerset Elementary in Kinkora.

A number of community stakeholders have shown keen interest in the program including school administration, parents, the municipality of Summerside and the Department of Health & Wellness and Department of Education. Partnerships have also been formed with the East Prince Seniors Initiative, the Summerside Boys & Girls Club, and the Summerside Youth in Action Team, all who have contributed volunteer hours and resources to the project.

Recently physical walkabouts were held at three of the participating schools, where key stakeholders performed a physical walk of the school property and neighbourhood, identifying strengths, weaknesses, opportunities and challenges related to the commute to and from school. The STP project also supported a Sneaker Day event at Parkside Elementary in June, where 290 students took to the walking track before school, completing an estimated 480 km's!

STP organizers will continue to work with schools this coming fall and specific initiatives being spearheaded include assisting schools with setting up walking clubs, making enhancements to bike racks, and educating the school community on the importance of providing a safe and active commute to and from school.

**For more information about School Travel Planning on PEI,
contact Facilitator Peggy Miles at (902) 432-9668 or peggy.miles@city.summerside.pe.ca .**

Production of this material has been made possible through a financial contribution from Health Canada, through the Canadian Partnership Against Cancer; and from the Public Health Agency of Canada. The views expressed herein represent the views of *Children's Mobility, Health and Happiness: A Canadian School Travel Planning Model* and do not necessarily represent the views of the project funders.

FPEIM Municipal Achievement Award



Over the last year, the Village of Murray Harbour partnered with Recreation PEI, The Public Health Agency of Canada, and the Province of PEI Department of Health and Wellness, to bring GO! PEI to Murray Harbour and its surrounding communities. Go! PEI was initiated to deal with chronic illness prevention and management, and designed to be a support system to all Islanders to help create healthier lifestyles and decrease the risk of chronic illness.

The Village received \$7,500 in funding. These funds were used to set up and promote the various programs in Go! PEI. A weekly community walking group was formed, as well as a cycling group, which biked the Trans Canada Trail twice a week all last summer and fall. These groups will continue on throughout this year as well, and hopefully for many years to come. In addition, three 6-week Courses were held which focused on anyone who wished to become a little more physically active but perhaps did not know where to start. There was also a nutritional segment to these courses. We have had public education seminars with guest speakers, and have held 8 different healthy cooking classes, 4 of which were focused on our youth.

In order to promote healthy living in our Community, the Council have waived any rental fees for the Community Centre, so that all the Go! Programs could be fully supported. Community lunches have been held, promoting nutritious local food, and \$500.00 was spent on purchasing equipment for the Northumberland Arena to launch the Healthy Canteen program. A free skate at the Arena has also been sponsored with Go! PEI funds. We have worked with all ages, including working with our youth to ensure they are on the right path to healthy eating and living active lifestyles. We have worked with some students from Southern Kings Consolidated to teach them about the Healthy Go! PEI Food Display, and have recently attended the school to give class presentations.

We have partnered with Community School, Island Trails and the Healthy Eating Alliance. As a result of our involvement with Go! PEI, we are currently partnering with the Department of Health to deliver a 6-week course entitled Living a Healthy Life. Not only has the introduction of this program to our Community helped to improve the quality of life of our residents physically, but it has also allowed us to foster a supportive community network of volunteers and residents working together for a common goal, and showcase our Community Spirit

Fresh Air, Outdoor Fitness For Everyone With The Outdoor Multi-Gym

More than a decade ago John Lewis faced an interesting dilemma. His two children were at the age where they constantly were on the go and required constant stimulation. One popular outlet with the Lewis family was the local playground. The children spent hours playing while John supervised. Not being a person who sits for any extended period of time, John would often look for suitable fixtures in the park to exercise on. The monkey bars were great for chin-ups, while a park bench was adequate for triceps dips. A large boulder became a step up for leg work and the slide was a good foothold for sit-ups. Being in the fitness business, John was well aware of the growing market for fitness equipment. That's when the idea for an outdoor piece of equipment first hit him. The playground equipment was outside and subject to the weather. It was strong and rugged and built to suit the kid's play. Why couldn't there be something built from the same materials but fashioned to perform real exercises?

(Continued Next Page)



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Fast forward ten years. Outdoor Fit Exercise Systems manufactures and distributes the Helios outdoor multi-gym. The unit is designed to allow up to 4 people exercising at once on the same unit. Each station on the multi-gym was replicated from commercial grade fitness equipment and is biomechanically identical in most respects. The unit is designed to target every major muscle of the body via real body weight resistance exercises. Coupled with the fact that the multi-gym is designed to withstand the effects of the Canadian climate and you have an entirely new fitness concept. Real fitness training exercises outside! The unit is designed to accommodate all fitness levels from ages 13 to 99. Make no mistake, these are genuine, resistance training exercises! All on a superior piece of fitness equipment manufactured in Atlantic Canada.

The Helios Multi-Gym is ideal for facilities such as correctional services exercise yards, municipal fitness trails, playgrounds, campgrounds, schools and military training facilities where climate tolerant external premise equipment is a necessity. Currently the unit has been placed in 7 venues across Atlantic Canada including Point Pleasant Park in Halifax. The Helios Multi-Gym has also been sold throughout the United States and Canada. Recently we have sent units to Australia and England.

For more information on the Helios please visit our website www.outdoor-fit.com.

To view videos of the Helios in action visit:

<http://www.youtube.com/user/OutdoorFitHelios>.

For further information contact John Lewis at 877-778-8822, extension 2302.

New Children in Nature After School Program

Recreation PEI has received an IWK Community Grant to develop a pilot project to deliver a fun after school program for K – Grade 6 that involves them in physical activity while teaching them about nature. The pilot will take place in the City of Charlottetown, with the Parks and Recreation Department as the partner in this project. The coordinator will research similar programs being delivered in other communities, as a basis in developing the PEI model. The programs will be adapted to suit each City natural area. They will include nature information i.e. tree identification, bird watching, urban wildlife protection, habitat conservation; and incorporate nature activities used in day programs i.e. passport to nature adventures. We will use existing infrastructure in City parks to supplement nature programming i.e. native tree and shrub arboretum, park trails, ponds. The physical activity component will include i.e. snowshoeing, orienteering, nature hiking, and Geo-caching, etc.. The programs will be offered after school when youth may be at higher risk (often on their own). This program will give youth a safe place to go where they can participate in activities that will support a better understanding of nature and how to be physically active in our natural environment. We will liaison with existing child/youth groups and schools to deliver the nature activity programs and offer this program to each participating group once per month. We'll develop a web based program module that would enable interested organizations to deliver the nature activity program. The interactive website will allow youth to explore the links between nature and physical activity at their leisure, and with family or friends.

The overall goal of this program is to provide participants with an appreciation of nature and physical activity with the hope that it will become a regular part of their lifestyle.



**In business to support recreation, culture,
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d m A is a recreation, culture, and library planning firm. For the last 30 years we have worked with communities across Canada to prepare culture, recreation and library plans and strategies, feasibility studies and business plans for community centres, libraries and cultural facilities. We have assisted our clients to develop detailed policies and evaluate existing operational directions. Since the move of our head office to Nova Scotia in 2007 our work has focused increasingly in Eastern Canada.

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Tobacco Free Recreation Properties NEW PROVINCIAL SIGNAGE PROGRAM LAUNCHED

Free Sessions and Signs Available to Municipalities

Recreation PEI has launched a provincial signage program in partnership with the Department of Health and Wellness. Free signs for outdoor recreation facilities are available to communities that have adopted this policy. This makes PEI a leader in Canada for protecting people from second hand smoke! Recreation PEI is dedicated to promoting safe facilities for all to enjoy.

Recreation PEI congratulates the fifteen communities and organizations across Prince Edward Island that have adopted Tobacco Free Outdoor Recreation Facility policy. These communities are: Alberton, Borden-Carlton, Cardigan, Cavendish Farms Wellness Center - Montague, Charlottetown, Cornwall, Crapaud, Morell, North Rustico, O'Leary, Souris, Stratford, Summerside, Tignish and Eastern Kings Rotary Soccer Complex.

Recreation PEI is currently offering Tobacco Free Recreation Facilities Training Sessions for people dealing with recreational properties: such as front line recreation facility workers, coaches and volunteers across PEI. The sessions highlight ways to ensure your recreation facilities are and stay tobacco free. The FREE presentation is titled: "Tobacco Free Recreation Properties: Making it Work". The agenda is flexible depending on community needs. Topics covered include: community assessment, tobacco reduction strategy, community feedback, signs, enforcement, community uniqueness, annual evaluation and community pride. The presentation takes from sixty to ninety minutes to deliver, depending on your time restrictions

Please call Project Manager Frank Morrison at 902-672-2567 to book your free presentation.

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Meet Us in Moncton for the Atlantic Sports Turf Field Day

Guelph, Ontario – All the details have been confirmed and registration is now open for the first Atlantic Sports Turf Field Day, Thursday, July 21, 2011.

At the geographic centre of the Maritimes, the City of Moncton is well situated to welcome sports turf managers from across the Atlantic provinces. Educational sessions will be held at the Moncton Coliseum followed by a BBQ lunch, Tailgate Tradeshow and practical 'on the field' training at the nearby CN Sportplexe.

Presented by the Sports Turf Association, the speaker lineup features Dr. Eric Lyons and Dr. Katerina Jordan from the University of Guelph, home of the world class Guelph Turfgrass Institute, together with industry professionals Gord Dol, Dol Turf Restoration Ltd. and George Bannerman, Gordon Bannerman Ltd. The program has been accredited by Plant Health Atlantic for Continuing Education Credits.

Long-time STA member Gorden Horsman encourages his fellow turf managers to attend. "The City of Moncton is pleased to host this event. We hope turf managers from across the region will take advantage of the day's offering of sports turf focussed education – and what a great networking opportunity! Spread the word to your colleagues and suppliers!"

Robert Daniels, Adjunct Professor, Turfgrass Science, Nova Scotia Agricultural College will preside over the day. "Due to the increased expectations of recreational, amateur and professional athletes many sports turf facilities have been or are in the process of being either upgraded or constructed in Atlantic Canada. To meet the expectations of these end users seasonal maintenance practices must be continually improved. The hosting of such an event as this turf field day provides an opportunity for individual managers to increase their knowledge of the latest products and cultural practices available."

For topnotch turf education and the opportunity to liaise with peers and industry suppliers MEET US IN MONCTON this July! Visit www.sportsturfassociation.com for information and registration details.

The Sports Turf Association was conceived in 1987 when after a brain storming session at the University of Guelph a broad segment of the turf industry endorsed its need. Of particular concern at that meeting was the need to minimize and avoid injury to participants using athletic fields where they relate to sports turf. More than two decades later the Sports Turf Association continues to promote better, safer sports turf through innovation, education and professional programs.

Visit www.sportsturfassociation.com for more information or contact the STA office at 519.763.9431, info@sportsturfassociation.com.

Make Sure the battery works in your facility AED!

Defibrillator failure prompts teen's warning

Tanya Lahey says son Kenzie is now only allowed to play hockey in rinks that have working defibrillators. (CBC) A 13-year-old boy in Nova Scotia says his brush with death is a reminder to maintain portable defibrillator machines. Many public buildings have an automatic external defibrillator, or AED, to help save someone in a cardiac emergency. But when Kenzie Lahey needed one, the machine was dead. The Louisbourg teen knows he's lucky to be alive.

"I'm just very appreciative to be able to hang out with my friends," he told CBC News.

Three weeks ago, Kenzie was playing in a hockey tournament in Chester when he was hit in the chest with a puck. The young centre fell to the ice. At first, the coaches thought he had had a seizure. They called over a paramedic they knew who happened to be watching the game. Kenzie had no pulse. He wasn't breathing.

"I really thought he was going to die," said his mother, Tanya Lahey.

Paramedic Allan Keddy started performing CPR. As a doctor rushed over to help, Keddy called for the rink's defibrillator to shock Kenzie's heart. But the battery in the machine was dead.

"If they're not charged, they're not going to work. You may as well not have them," said Lahey.

Keddy continued with CPR until an ambulance arrived with another defibrillator. One shock and a few more chest compressions, and Kenzie's pulse returned to normal.

'Don't be afraid' Keddy said the experience is a good reminder to maintain defibrillators.

"When they're put out there, there has to be some sort of control and quality assurance to make sure that they're going to function when you need them," he said.

The Eleanor Pew Morris Memorial Rink got the defibrillator two years ago after a hockey player died of a heart attack. After Kenzie's experience, arena staff had the device serviced and the battery recharged. A municipal councillor is looking into the matter. As it happens, many public buildings around Nova Scotia are due to receive new defibrillators next month. The Heart and Stroke Foundation is distributing 18 devices to schools, arenas, recreation centres and other public places. Officials are also providing training on how to use the machines. Kenzie wants people to learn from his experience. At the same time, he doesn't want to scare anyone.

"When they see what happened to me, they shouldn't think it's going to happen to them. Don't be afraid. Just go out there and play," he said.

Kenzie has a followup appointment with a doctor in May. He's not playing competitive hockey, but has been practising his shot in his backyard. Tanya Lahey says from now on, she'll only let her son play in arenas that have working defibrillators.

Federal Commitment to Fund Defibrillators and Related Training in Communities Across Canada Will Save Lives

CONCEPTION BAY SOUTH, NL, April 21 /CNW/ - Today Prime Minister Stephen Harper announced a \$10 million plan to fund life-saving automated external defibrillators and related training in hockey arenas and community recreation centres across Canada.

"Defibrillator placement and training are essential steps in helping Canadians save lives," says Bobbe Wood, CEO, Heart and Stroke Foundation of Canada. "This is an important policy recommendation which was identified in the Canadian Heart Health Action Plan."

Also at the Prime Minister's announcement was a cardiac arrest survivor who spoke about how CPR and a defibrillator saved his life after he collapsed during a hockey game.

Defibrillators are electronic devices used to restart a person's heart that has stopped beating. They are safe, easy to use, and can be operated effectively by the lay public.

Up to 85 per cent of all cardiac arrests occur in public settings or homes. Less than five per cent of victims who have a cardiac arrest outside of hospital survive. The early use of a defibrillator along with CPR before the arrival of emergency services can increase the individual's chance of survival by up to 75 per cent. This is critical, given that the survival rate decreases seven to 10 per cent with every passing minute.

The Heart and Stroke Foundation has been advocating for an increased number of defibrillators and training in communities to give Canadians the tools and knowledge they need to respond in the event of a cardiac arrest.

"The time between the onset of a cardiac arrest and the use of CPR and a defibrillator can mean the difference between life and death," says Wood. "These machines should be as readily available in Canadian communities as fire extinguishers - they are lifesavers."

As many as 45,000 cardiac arrests occur each year. That is about one every 12 minutes.

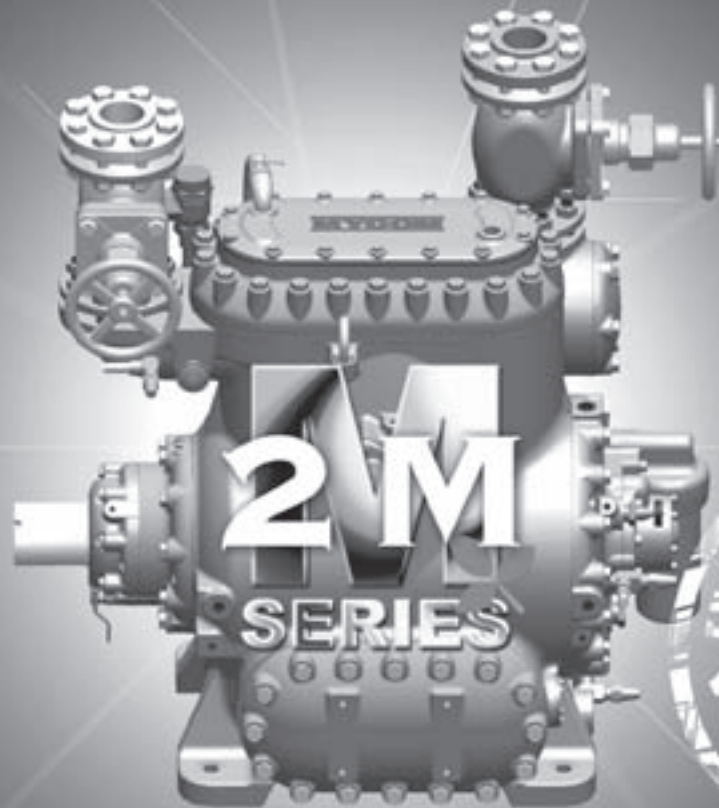
The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy. (heartandstroke.ca)

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Reasons People Train

Gyms are a very diverse place these days. The cross section of people that are training is amazing. Everyone from teenage athletes to our seniors are enjoying the sport of training. I am always asking people I meet in the gyms why they train. Their answers are as diverse as the members themselves. Here are a few of them:

I want to lose body fat and tone up. Hear this one a lot, and I like hearing it better than "to lose weight and tone up." I think people are realizing that losing any of their naturally occurring lean muscle mass is not good. Lose the body fat and keep the muscle!

I want more energy.

With lack of exercise and de conditioning comes lack of energy. By getting moving and getting in better shape the energy will come back.

I want my clothes to fit better.

If you are not in shape your body measurements and posture have probably also changed. By training you can get back to where you were, to where you want to be.

I want to train to be better at my sport.

Training will make you a better athlete. A proper training schedule will make you faster, more agile, leaner, stronger, sharpen your reflexes.. the list goes on. Of course the training schedule has to match what your goals are.

I want to build some muscle, gain some size.

This is the reason a lot of younger males will start, and it's a great time to start. Gaining muscle size is an achievable goal if you do it right, and the benefits can last a lifetime.



I want to be stronger.

I hear this from male and female, young and old. Increased strength can help with everyday life, making many tasks easier.

I enjoy training.

One of several reasons that got me started. Training is an enjoyable, challenging sport if you really apply yourself to it. Great way to spend some quality time with friends and get in shape at the same time.

I need to rehabilitate an injury.

Many people will start after an injury to rehab that injury, and try and get back lost strength and mobility. In many cases rehab is an essential part the healing process.



I want to Increase cardio vascular health, improve heart and lung function.

They are muscles too, and need to be vigorously used to be at their best. Many people will start an exercise program after a recommendation from their doctor.

I want to stay strong and independent.

Many seniors want to maintain quality of life as they age. They are concerned about strength, balance, bone density, agility. Exercise can add more healthy years to your life.

I want stress reduction.

If your job and daily activities are a lot of headwork and not a lot of physical work you need an outlet. Exercise can melt away stress and re energize you. The benefits of exercise and depression are well documented too.

I can relate to many of these, as I am sure you can too if you train. There are also many more reasons not mentioned. Some are more important than others, but the sense of achievement and the lessons learned are just as important no matter what your reasons for training. The other equal in all of this is nutrition. Physical activity and good nutrition are two things that every one of us need, yet this seems to be a big problem.

Exercise and good nutrition have a profound effect on our quality of life but the majority still struggle and procrastinate with both. Find the time, make the time. Practice patience, determination, perseverance, goal setting. With time and training the goals can all be met, and the feeling of achieving those goals will keep you training for life.

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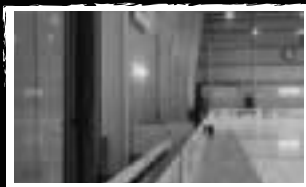
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*test results based on a 9.5 mph head impact performed with a non-helmeted 50th percentile male anthropomorphic test device

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Bullying

The Many Forms of Bullying in Childhood

Physical bullying

Hitting, kicking, shoving, spitting, beating up, stealing, or damaging property

Verbal bullying

Name-calling, mocking, hurtful teasing, humiliating or threatening someone, racist or sexist comments

Social bullying

Excluding others from the group, gossiping or spreading rumours, setting others up to look foolish, and damaging friendships.

Cyberbullying

Using email, cell phones, text messages, and internet sites to threaten, harass, embarrass, socially exclude, or damage reputations and friendships

How Do Recreation Leaders Know if a Student is Involved in Bullying?

Bullying is a covert behaviour and is usually hidden from adults. Look for the following clues:

SIGNS OF BEING BULLIED

- Afraid to go to school or other activities
- Appear anxious or fearful
- Low self-esteem and make negative comments
- Complain of feeling unwell
- Lower interest in activities and performance
- Lose things, need money, report being hungry
- Injuries, bruising, damaged clothing or articles
- Appear unhappy, irritable
- Trouble sleeping, nightmares
- Threats to hurt themselves or others
- May appear isolated from the peer group

SIGNS OF BULLYING OTHERS

- Aggressive with parents, siblings, pets, and friends
- Low concern for others' feelings
- Bossy and manipulative behaviour
- Unexplained objects or money
- Secretive about possessions and activities
- Holds a positive view of aggression
- Easily frustrated and quick to anger
- Does not recognize impact of his/her behaviour
- Has friends who bully and are aggressive
- Child has trouble standing up to peer pressure

Why Recreation Leaders Should Care About Bullying

Many people feel that bullying is "just kids being kids" and that it's "harmless." In fact, bullying is anything but harmless.

RISKS FOR CHILDREN

WHO ARE BULLIED:

- Depression (low mood, a sense of hopelessness)
- Social anxiety, loneliness, isolation
- Poor health (e.g., headaches, stomach aches)
- Low self esteem
- School absenteeism and academic problems
- Aggressive behaviours
- Contemplating, attempting, or committing suicide

RISKS FOR CHILDREN

WHO BULLY OTHERS:

- Not knowing the difference between right and wrong
- Delinquency and substance use
- Academic problems and school drop out
- Adult criminality
- Difficulties in their relationships with others
- Being bullied at the hands of others

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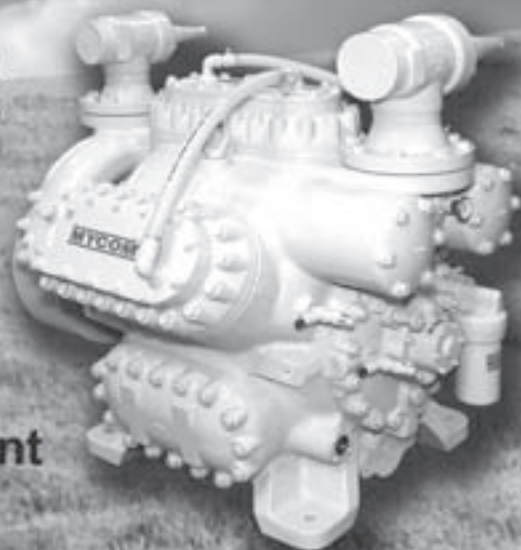


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