

# RECREATION PEI

PROMOTING THE  
BENEFITS OF RECREATION

NEWSLETTER - Winter 2009-2010  
Issue No. 28

## PEI's First Indoor Soccer Complex



Story inside on Page 16

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# Recreation PEI PRESIDENT'S REPORT

## *Winter 2009-2010*

We are now six months into the operation of the reconstituted Recreation PEI, the combination of Rec PEI and PEI Active Living. It has been a busy time; Beth Grant, our Executive Director, has ably guided continuing programs, while at the same time the executive and board have been focused on the elements necessary to move forward in our expanded mandate.

Just this past week Francois Caron facilitated a planning session for us, with the help of many of our partners and other invitees. The group worked to define a possible list of work for each of our committee areas:

**Advocacy & Partnership**  
**Promotion & Communication**  
**Facilities**  
**Programs (Recreation & Physical Activity)**  
**Parks**  
**Leadership & Training**

The Board of Directors will now use these lists to set priorities that will guide the work of each committee over the next year.

I also am pleased to report that all of the paper work for the incorporation of the organization is now complete and our legal name is now Recreation P.E.I. Inc. and we are registered with the province.

Donna Butler, the Treasurer, has done an excellent job on getting a good handle on our finances and establishing a realistic budget to guide our operations. With that complete we have hired a part-time bookkeeper to keep the financial records and to provide us with timely, accurate financial updates.

Recreation P.E.I. will continue to coordinate a menu of programs that encourage and help youngsters participate such as ***SOGO Active*** and ***Jump Start***. It will also work with communities to help them offer quality safe activities with programs such as ***Everybody Gets to Play***, ***High Five*** and **playground inspections**.

With the financial help of the Public Health Agency of Canada (PHAC), Recreation PEI will begin an exciting bilateral in partnership with the Sport and Recreation Division of the Department of Communities, Cultural Affairs and Labour. The focus of the bilateral will be the objective of a more physically active Prince Edward Island.

In conclusion, I want to congratulate organizers of the very successful P.E.I. 2009 Canada Games. There is a tremendous opportunity for recreation and physical activity to build on the excitement of all activity, the effort of volunteers, and the use of upgraded and new facilities.

Barb Mullaly  
President, Recreation P.E.I.

### **3 More Island Communities adopt Tobacco Free Outdoor Recreation Facilities Policy!**

**Congratulations to Souris, North Rustico and Crapaud**

Recreation PEI is pleased to announce that Island communities Souris, North Rustico and Crapaud have joined communities Stratford, Borden-Carlton, Tignish, Alberton, O'Leary, Summerside, Charlottetown, Cardigan and Souris in adopting new Tobacco Free Outdoor Recreation Facility policy.

Frank Morrison is the Manager of the Tobacco Free Outdoor Recreation Facility Project. Numerous presentations have been made to municipal managing bodies (Boards, Councils, etc.) over the last several months. Frank explains the benefits of having tobacco free outdoor recreation facilities, and how to implement policy. He provides communities with a ready made policy template and uses Stratford as a "champion". A grant

for a customized sign will be given to communities, when they adopt the policy. This project is supported through financial contributions from the Canadian Cancer Society - PEI Division and Heart and Stroke Foundation of PEI.

Recreation PEI, would like to invite your community 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.

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 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.

# Canadian Standards Association children's playspaces AND EQUIPMENT standard



2007 annex helps designers make playspaces more inclusive for children with disabilities

The 2007 CSA-Z614 Children's Playspaces and Equipment standard includes an annex intended to provide guidance on how to design playspaces to be more inclusive for children with disabilities. An estimated four per cent of children in Canada, or 154,720 children aged five to fourteen have disabilities.[4] Changes to the fall heights for elevated platforms and recognition of emerging play elements such as multi-user to-fro swings are also new. The scope of the standard is directed toward public playspace equipment designed for children 18-months to 12-years and does not apply to family daycares as defined by provincial or territorial childcare regulations.

The intent of the standard is to minimize the likelihood of life-threatening or debilitating injuries caused by head entanglements, strangulations or serious falls – while still engaging children with stimulating, creative and challenging play environments.”

According to Health Canada, 18 playground deaths have been reported since 1982. Seventeen of these deaths were due to strangulation when drawstrings, skipping ropes, scarves, or loose clothing became entangled in playground equipment or fences, or when a child wearing a bike helmet got his/her head trapped in an opening in playground equipment. The other death was the result of a head fracture.[1] Additionally, each year an estimated 20,000 to 30,000 children in Canada are treated in hospital emergency departments for playground injuries[2] and, of those, about 1,700 will require admission to hospital.[3]

In the 2007 edition, the Technical Committee has introduced changes to the fall heights for elevated platforms that recognize



that falls from the decks often occur when children climb up and over protective barriers. The standard also includes requirements for emerging play elements, specifically a new requirement for swings designed for multiple users, and includes both Imperial and Metric measurements.

Compliance with all CSA standards is voluntary unless mandated by government or enforced by regulatory authorities. In regards to the Children's Playspaces and Equipment standard, it is at the discretion of government or regulatory authorities to determine if, and how, they will adopt the standard. The CSA-Z614 Children's Playspaces and Equipment standard may be purchased online at [www.shopcsa.ca](http://www.shopcsa.ca), or by contacting CSA Sales at 1-800-463-6727 or [sales@csa.ca](mailto:sales@csa.ca).

## CSA Z614-07 – Children's Playspaces and Equipment Standard

**Special offers for Recreation PEI (use coupon code RPEI09 when ordering online):**

- **Save 10% when you purchase the standard in hardcopy or PDF formats**
- **FREE 30 Day Trial of the standard in the new Mobile Publication format (upload it to your own mobile device and have it with you wherever you are)**
- **Save 50% when you purchase the standard in Mobile Publication format**

**Offer expires February 1, 2010**







Are you 13 - 19? Log the time you spend being active with Sogo Active and you could win 1 of 17 Active Gaming Systems and Fitness Accessories!

Join and find out more at [sogoactive.com](http://sogoactive.com)



### What is Sogo Active?

Sogo Active is an online program for Canadians, aged 13-19, that helps you track what you're doing to get active in your own neighbourhood.

When you join at [www.sogoactive.com](http://www.sogoactive.com) you can:

- Search for local rinks, leagues or climbing gyms
- Create a Sogo group and arrange activities with your friends — or meet new ones
- Apply for money to pay for things like helmets, soccer balls or a coach for a group activity

Sogo Active wants Canadian youth from coast to coast to spark inspiration in each other to get active and have fun.

This is your chance to try different activities and get moving. Local organizations, clubs and groups are also signing up online to offer you facilities, equipment or support, if you need it.

If you're 13-19, join Sogo Active now at [www.sogoactive.com](http://www.sogoactive.com)

Sogo Active. A program presented by Coca-Cola Canada in collaboration with ParticipACTION.

## How your organization can help PEI youth get active with Sogo Active.

National physical activity program links youth and local organizations and offers cool incentives.

Sogo Active is a national program to inspire youth to get physically active. It's been called "the sickest way to live healthy" and is online at [www.sogoactive.com](http://www.sogoactive.com).

In addition to getting teens involved, Sogo Active is also recruiting local organizations to become Community Hosts. Community Hosts are local groups—from sports teams to after-school or lunch time programs to youth groups—that offer support, facilities, equipment or expertise to Sogo Active youth.

Organizations are typically involved in recreation, active transportation, youth engagement, sport participation, active living, public health, groups working with youth with disabilities, groups working with disadvantaged youth, aboriginal organizations, faith organizations, multicultural groups and other sectors that support physical activity, such as outdoor recreation and dance.

Local groups can sign up to be Community Hosts through the website at [www.sogoactive.com](http://www.sogoactive.com). Sogo Active is free and will help organizations make connections with youth, encourage physical activity and build leadership skills. Community Hosts will also help youth participants access community micro-grants up to \$500 to fund their youth-led activities.

Here are some examples of SOGO Programs funded on P.E.I.

1. Wii Fit System to provide a "virtual" Recreation Facility for youth meeting place. \$500
2. Assortment of Basic Sports Equipment purchased for youth group to be active year round. \$500
3. Boxing Program for youth. Engages youth in physical activity and teaches anger management. Equipment bought to enlarge class capacity from 12 to 20.
4. Adapted Aquatics program for youth with disabilities. Funding to travel to pool and pay for pool time. \$500

To find out more about Sogo Active and to sign up as a youth or Community Host organization, go to [www.sogoactive.com](http://www.sogoactive.com), or call Beth at the Recreation PEI Office at 902-892-6445.



# 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 JumpStart Foundation 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 Ileged, Golf, Cycling Clubs, X-country Skiing, etc.)*



## 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 will allocate \$1000 for the Doug Moore Scholarship for 2009. Deadline for applications is March 1 , 2010.**

*"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.*

## Brookvale Nordic & Alpine Centers have the Early-Bird Season Pass

Brookvale Nordic and Alpine Centers have the Early-Bird Season Pass available until December 19th. They can be purchase at Sporting Intentions on North River Road, Outer Limits in Stratford, Source for Sports in Summerside and Brookvale Alpine Center (Monday to Friday 7:30 until 4:00 pm). Nordic \$42.00, Alpine - Adult \$194.25 Student \$168.00.

**Introductory Cross-Country Skiing For Juniors**

Where: Brookvale Nordic Center

When: Saturday's starting January 9, 2010  
10:00 am - 12:00 noon for 8 weeks.

Who: Ages 8 - 12 years old. All athletes would be enrolled under the Biathlon Bears program but focus on skiing only.

Coach: John MacKinnon

Cost: \$40 per child which includes trail fees but not ski rental which will cost \$3.00 per session.

Registration: Advance registration by December 19 or at the Nordic Center on January 9th.

Contact: Ruth DeLong at ruthdelong@eastlink.ca or 566-2393.





# Special Olympics PEI releases new book Make No Small Plans!

In celebration of the 40th Anniversary of Special Olympics in Canada, a new commemorative book "Make No Small Plans" has been released. Your purchase of this book will help to create awareness and raise much needed funds. Make No Small Plans traces the growth of Special Olympics in Canada while honouring those who know it best. From striking archival photographs to touching recollections by volunteers and supporters, including NHL legends Wayne Gretzky and Bobby Smith, this retrospective is a fitting tribute to a movement that has enriched the lives of thousands of Canadians over four decades.

Available in hardcover (\$29.95 CDN) and softcover (\$19.95 CDN) in both English & French versions.

Further inquiries please contact  
**Tracey Rochon**  
Tel: (902) 368-8919  
Fax: (902) 892-4553  
Email: [tracey@sopei.com](mailto:tracey@sopei.com)



## Special Olympics Open House Day a resounding Success!



On November 24th, Special Olympics PEI held an open house to celebrate 40 years of Special Olympics in Canada and to officially launch the 40th Anniversary commemorative book "Make No Small Plans".

Government officials, supporters, sponsors, athletes, parents and coaches came out to celebrate this monumental milestone!

## Team PEI 2010 Announced

30 athletes and 11 coaches and mission staff have been selected to represent PEI at the 2010 Special Olympics Canada National Summer Games next July in London, Ontario.



Athletes will be competing in the sports of softball; swimming; track & field; 5-pin and 10-pin bowling during the week of July 12 – 17, 2010. "We are very excited about Team PEI 2010." says Chef de Mission, Charity Sheehan. The 2010 Special Olympics Canada

National Summer Games will bring together over 1400 athletes, coaches and mission staff from ten provinces and two territories, competing in eight different sports."

Team members will be busy over the next year training weekly, attending training camps and fundraising as they prepare for London. For a full listing of Team PEI, go to [www.sopei.com](http://www.sopei.com)

## SOPEI Announces New Executive Director

Ms. Valerie Downe has joined SOPEI as our new Executive Director, effective October 13, 2009. Valerie brings a wealth of experience, depth, maturity, and a passion for working with persons with intellectual disabilities, to her new position. She can be reached by phone at 368-8919 or via e-mail at [vdowne@sopei.com](mailto:vdowne@sopei.com).

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## **Minister Bertram's resolution in the Legislature to celebrate Team Prince Edward Island and the 2009 Canada Games**

This resolution is celebrating our Team Prince Edward Island and the Canada Games. For the opening ceremonies -you could feel the energy and excitement. This was the kick-off event for an outstanding two weeks of celebrating athleticism and the arts.

Since 1967, when the Canada Games were first held in Quebec City, this biannual celebration of sports and culture has brought together our nation's best in the spirit of sportsmanship, national pride and the pursuit of excellence.

I specifically want to thank the Canada Games Host Society, the Board of Management, Sport PEI, our mission staff, and, of course, the many talented athletes and artists who proudly represented our province. We had 235 Island athletes, three artists as part of Team PEI, 15 mission staff, and 63 coaches and managers, all of whom were wonderful ambassadors for Prince Edward Island.

PEI may be Canada's smallest province, but we stood our ground at the 2009 Canada Games and our Team PEI athletes had their very best performance in summer games ever, winning four medals.

These venues, such as the new ball diamond in O'Leary, the revitalized tennis courts in Victoria Park, the world class golfing in Brudenell, our new athletics facility in Charlottetown, they demonstrated that PEI has the capability to host large scale events in a variety of disciplines. Whether you were in Alberton for softball, Brookvale for cycling, Charlottetown for swimming, Clinton for rowing, Souris for soccer, the list goes on. We had wonderful venues, and dedicated, trained volunteers, and I think that's very important that the success of all these venues was thanks to the many volunteers that came from the Prince Edward Island community and beyond to make it such a wonderful success.

Team PEI not only did outstanding in the ranking, they were also recognized by their peers by winning the Jack Pelech Award. This award is presented at each Canada Games to the team who best combines competitive performance, good sportsmanship, and a spirit of fair play, cooperation and friendship. This is a wonderful tribute to our province, our athletes, and our Island culture. PEI mission staff were also recognized by winning the Claude Hardy Award. Since 2001 the Claude Hardy Award has been presented at each Canada Games to the mission team who best exhibits leadership, cooperation, integrity and esprit de corps. These are all amazing accomplishments which should be recognized and congratulated.

I want to take the opportunity to recognize our chef de mission, François Caron, and our assistant chef, Joanne Wallace, who did a tremendous job leading Team PEI in a successful 2009 Canada Games. We couldn't have done it without you. I want to take a moment to thank our president and our host society, to Joe Spriet. I want to thank Wayne Carew, VP and friends of the games. I would like to thank the Canada Games Council for giving us the opportunity to host this magnificent event. I want to thank our high performance committee under the leadership of Alan MacAdam, along with Jim Rand, Dave MacNeil, Dr. John Thompson, and Ted Lawlor.

It was certainly a wonderful opportunity to be able to serve as minister of sport in this province during this time. I took that with great pride to be able to be part of this. I want to really thank, too, our department. They put in a tremendous amount of work. To my deputy minister Tracey Cutcliffe, to my director of sport John Morrison, Ted Lawlor, Autumn Tremere, communications, and Mary Ellen Moerike.

Anyone that was here from across Canada commented on what the beauty of our wonderful province was and how hospitable we were. It's been many years of planning, and it was a success. We did it, province-wide, we did it!

Thank you very much.



Minister Carolyn Bertram

# Exercise & Cold Weather

## Stay motivated, fit and safe

Cold weather doesn't have to mean putting outdoor exercise on ice. Here's how to exercise safely — even when it's 20 below. \

By Mayo Clinic staff

Winter can frustrate the most motivated exercisers. And if you're not so motivated, it's all too easy to pack your workout gear away with your summer clothes. But keeping up your exercise routine in cold weather can be rewarding.

For one thing, outdoor exercise is a sure cure for cabin fever and the winter blues. And it increases energy, which can be sapped by gloomy weather. Exercise also bolsters your immune system — studies show that moderate exercisers get 20 to 30 percent fewer colds than nonexercisers do. And, you won't have to scramble to get in shape for swimsuit season.

If you're not looking forward to another winter of pounding endless miles on the treadmill or power walking the malls, the good news is that you don't have to. With the right clothing and a little planning, cold-weather exercise can be safe, effective and, yes, fun.

### Taking it outside

Here's how to get the most out of your cold-weather workout: Check with your doctor. Experts say that almost everyone can exercise safely in the cold, including people with asthma and heart problems. If you have health concerns, get your doctor's OK. Layer it on. One of the biggest mistakes cold-weather exercisers make is dressing too warmly. Exercise generates a considerable amount of heat — enough to make you feel like it's 30 degrees warmer than it really is. At the same time, once you start to tire and the sweat dries, you can get chilled. The solution? Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, try fleece for insulation. Top this with a waterproof, breathable outer layer. A heavy down jacket or vest will cause most people to overheat. If you're naturally lean, though, you'll need more insulation than someone who is heavier. If it's very cold (about 0 F or -17.8 C) or you have asthma, wear a face mask or a scarf over your mouth. Protect your extremities. When it's cold, blood is shunted to your body's core, leaving your hands and feet vulnerable to frostbite. Try wearing a thin pair of gloves under a pair of heavier gloves or mittens lined with wool or fleece. You might want to buy exercise shoes a half-size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don't forget a hat or headband — 30 to 40 percent of your body heat is lost through your head.

Choose appropriate gear. If it's dark, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls. Wear a helmet for skiing, snowboarding and snowmobiling.

Remember sunscreen. It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and has an SPF of at least 15 or higher. Use a lip balm that contains sunscreen, and protect your eyes from snow and ice glare with dark glasses or goggles.

Head into the wind. You'll be less likely to get chilled on the way back if you end your workout — when you may be sweaty — with the wind at your back.

Drink plenty of fluids. Drink water or sports drinks before, during and after your workout — even if you're not thirsty. You can become just as dehydrated in the cold as in the heat from sweating, breathing and increased urine production.

Pay attention to wind chill. The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Fast motion — such as skiing, running, cycling or skating — also creates wind chill because it increases air movement past your body. When the temperature is 10 F (-12.2 C) and the air is calm, skiing at 20 miles an hour creates a wind chill of minus 9 (-22.8 C). If the temperature dips well below zero (-17.8 C), choose an indoor activity instead.

Stay motivated. When it's cold outdoors, there's no need to hit the couch. With a little knowledge and fortitude, you can meet the challenges — and reap the rewards — of winter exercise.



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## Island East Cycling Event 2009

Island East Cycling Event 2009 was held on the Confederation Trail on the first weekend of October. Coordinator Grace Blackette said great weather for all three days was an asset for both the organizers and 132 cyclists. The weekend event started in Winsloe on Friday evening and ended at Tracadie Community Centre where participants enjoyed refreshments and entertainment.

Tourism Minister Valerie Docherty, MP Lawrence MacAulay as well as MLA's Buck Watts and Cynthia Dunsford participated in the official opening on Saturday morning. At 11am the cyclists headed to the historic community of St Peters where they enjoyed lunch. Angela Gallant and John Hume provided afternoon entertainment for the group.

On Sunday morning Murray Harbour Community hosted a breakfast feast for the many participants who cycled to Wood Islands for food and a frolic hosted by the Development Corporation and Garnie Buell and Friends.

*... continued on Page 11.*



## North Rustico Adults Get Active and Role Model for Children

The Community of North Rustico decided that when adults take their children to the park wouldn't it be great, if they could be active while their children are playing. Not only is the "Outdoor Fit Exercise Multi-Gym" great for the adults to use, but the children playing see the adults being active, and hopefully when they grow up they will follow this pattern of being active.

Our Boardwalk overlooking North Rustico Bay is enjoyed by all ages and we now want our Community Park to follow the same pattern.

We've had quite a few people trying it out, and I think as people get use to it - it will be constantly busy.

Patsy Gamauf - Administrator  
Community of North Rustico  
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## Island East Cycling Event 2009 continued...

Event Chair Phil Arbing and Island Trails President Barb Trainor were both very pleased with the large number of cyclists and the community participation.

The evaluation forms recommended a repeat event in 2010 and the organization is looking at suggested routes.

For more information on this or other events visit:

[www.islandtrails.ca](http://www.islandtrails.ca) or call Grace Blackette at 902-583-2412

## Regular calibration of Carbon Monoxide Monitors is imperative!

Carbon Monoxide Monitors must be calibrated regularly. They should be calibrated every three months during the ice season, with a log kept of the dates of calibration. The unit should be handled carefully and stored in a clean environment. If the unit falls or gets bumped, it should be calibrated immediately.

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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# PEI Healthy Eating Alliance (HEA)

## Monkey See, Monkey Do!

It's no secret that children model the behaviour of their adult role models, especially their parents. This holds true for eating habits too! If you run out the door in the morning without taking time to eat breakfast, your children will notice. If your children see you drinking milk and eating vegetables with your meals, they'll notice that too. If parents want children to eat healthy, the best thing they can do is to model healthy eating habits themselves!

Whenever you can, try to eat meals together as a family. Families who eat together tend to eat more variety of foods including vegetables, fruit and milk. Mealtime is a great opportunity for parents to model healthy eating habits to their children, discuss activities of the day and share family values. Taste preferences and eating habits start early in life and they are strongly influenced by family and peers.

Here are a few ideas to help you promote healthy eating habits and be a positive role model:

- Eat breakfast.
- Eat meals with your children!
- Turn off the TV during meal time.
- Drink milk.
- Have fruit washed and ready to eat for snacks.
- Eat vegetables with your meals.
- Talk about the food, where it came from, how it was prepared and how it makes them feel.
- Be active everyday.
- Involve children in planning and preparing meals.
- Avoid food battles and power struggles.
- Provide praise for good choices.

Here's a recipe that the whole family can enjoy! Enjoy it as breakfast, a snack, or dessert!

### Breakfast Parfait

- ½ cup (125 ml) vanilla yogurt
- ½ cup (125 ml) fruit (strawberries, apples, raspberries, blueberries, sliced bananas, pineapple chunks, melon or canned fruit cocktail in its own juice)
- ½ cup (125 ml) low fat granola
- 1 tbsp (15 ml) honey (optional)

Spoon ¼ of yogurt into a glass. Top with ¼ of fruit, then sprinkle with granola. Repeat for another layer. Drizzle with honey. Enjoy! If you make it ahead of time to bring for lunch or to have for breakfast, sprinkle the granola on just before eating. Makes 1 serving.



## New Sledge Hockey Program for Islanders

ParaSport and Recreation PEI, in partnership with Hockey PEI, is delighted to announce that a new sledge hockey program will be offered to Islanders this fall.

Beginning in November, practices for this fast and exciting sport will be held once a week, alternating between the MacLauchlan Arena in Charlottetown (from 9.00-10.00pm), and Credit Union Place in Summerside (9.30-10.30am). Various demonstrations are also being planned for rinks across the Island.

"We are very pleased to partner with ParaSport and Recreation PEI to offer this sledge hockey program," said Gordie Whitlock, President of Hockey PEI. "The program will certainly provide exposure, and help grow the sport in the province."

Funding for the program has been made available through the 2008 World Sledge Hockey Legacy Fund. Sledge hockey is primarily a sport for individuals with a physical disability, and is one of the most popular of the Paralympic sports. It is currently enjoying a high profile in the province, helped by the hosting of the 2008 World Sledge Hockey Challenge in Charlottetown, and the play of Summerside's Billy Bridges, who is recognized as one of the best sledge hockey athletes in the world. Charlottetown will once again be hosting the 2009 World Sledge Hockey Challenge. The Island program has been developed for persons with a physical disability, however anybody looking for a new athletic challenge is welcome to come and experience the sport.

The association is also seeking individuals who might be interested in volunteering or coaching with the program. Coaching certification will be provided by Hockey PEI at no cost.

Anybody interested in playing sledge hockey or volunteering with the program, is asked to contact Tracy Stevenson at the ParaSport and Recreation PEI office at 902-368-4540, or visit the website at [www.parasportpei.ca](http://www.parasportpei.ca).

At the special general meeting of CPRA on June 22nd, 2009, a new governance structure for the association was adopted which resulted in the creation of a national alliance of provincial and territorial partners. Each P/T partner has identified a representative (and alternate) to sit on the CPRA Board of Directors and three meetings of the new Board have occurred: by teleconference on July 14th and September 29th; in person on October 27/28 immediately preceding the annual conference of the Alberta Recreation and Parks Association. We are very pleased to report positive progress to our general membership across the country.

Our October agenda set out some key objectives:

To review in detail the financial situation of CPRA

To discuss short-term strategic priorities;

To consider ways to evolve our shared leadership and accountability model.

The Board of Directors approved the CPRA audit for the fiscal year ended March 31st, 2009.

The Board engaged in a mapping exercise to identify strategic priorities. A strategic development committee will evolve this work, focusing on a communications strategy/protocol, renewing the Canada Gets Active project next year, and developing a framework for a national recreation summit in 2011 and a renewed engagement with our strategic partners including but not limited to the Interprovincial Sport and Recreation Council (ISRC), the Federation of Canadian Municipalities (FCM) and the Canadian Parks Council (CPC).

Parks and Recreation Ontario (PRO) will be hosting a national exchange during their annual forum in Niagara Falls, April 6-10, 2010. Details will be sent to the general membership as they become available.

The October meeting saw full participation by all members of the alliance and there was a strong sense of collaboration and partnership that set the foundation for a renewed and revitalized CPRA. The Interim Executive Director of CPRA, is Chantal Courchesne of AMCES (Association Management, Consulting and Evaluation Services). Chantal will be leading the development of a business plan for adoption by the Board in April 2010.

The new CPRA Board promises a bold and bright future for the renewed CPRA alliance.

## **Recreation PEI recently held a Managing Winter Risks Workshop**

In an effort to help our members deal with safety and liability concerns associated with winter activities, Recreation PEI recently hosted a "Managing Winter Risks" workshop. This workshop was attended by recreation professionals from across the province. The course covered many areas on the liabilities and risks associated with winter use of parks and facilities and the steps to take to improve service delivery and operation of departments. Using many examples of liability losses and injuries, workshop leader, Doug Wyseman drove home the need for written policies and procedures, and provided same in a manual that was provided to all participants attending this session. Topics discussed included winter trail use, toboggan hills, outdoor and indoor rinks, ski slopes, frozen ponds, winter golf course use, and much more!

The presenter was Doug Wyseman, he has been involved in risk management since 1973. He has presented at many parks and recreation related workshops all over North America.

Doug has worked in the public sector as risk manager for a large Canadian municipality and in the private sector for insurers of municipalities and sports organizations. He has served on the Board of Directors of the Canadian Parks and Recreation Association, where he assisted in playground safety initiatives and with CPRA to combat abuse and harassment in recreation. The Risk and Recreation training program that he developed has now been presented from Halifax to Honolulu, with organizations such as NRPA and the Public Risk Management Association.







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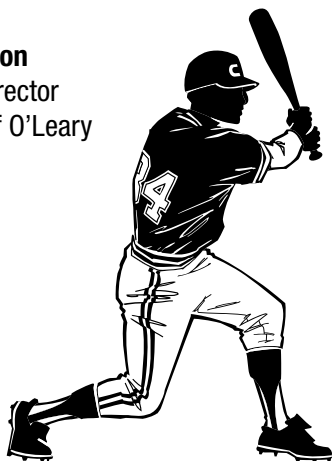
## New “Ellis Field” in O’Leary Building a Legacy

A project that was years in the making and longed for by many for quite some time finally arrived in the Spring of 2009. For years the Community of O’Leary had plans for a new ballfield facility and with the announcement of the Canada Games coming to PEI for the Summer of 2009 there was no better time to make it happen. In the Summer of 2008 literally tons and tons of ground was moved, inserted, worked and shaped into the wonderful facility it is today. The facility has since come to be known as “Ellis Field - Home of the Eagles” named after longtime local softball supporter Warren Ellis for his years of donating his time and money to youth teams in the Community.

With the potential that the Canada Games would use this facility as one of its sites it was designed specifically for female softball. It was the only softball site to do so for the Canada Games. Of course all others met the standards but with the use of temporary fencing, not the case with Ellis Field which was built to scale. Also the field itself offered something no other softball field did with its distinct clay surface on the infield. From players, to coaches, to visiting spectators, to Softball Canada reps, Ellis Field was a hit from the opening pitch and the positive feedback we heard came as often as the fans. The buzz around the sport, that not only the Games, but this venue created was amazing. As small a part the community played with 3 games over 3 days, the outcome was huge. It truly has left a lasting legacy on a community that has supported the sport of softball on many levels over the years.

Since the Games, the outfield fence has been extended and now Ellis Field is capable of hosting any level of Softball. In fact to hold the standard to its highest the Community currently has plans in place to add a lighting system. With a lighted field our intention is not just in hosting regional and national tournaments but to offer the best product we can to all our participants young and old. For years the sport of softball has thrived in this West Prince Community and going forward into it is our intention to continue the growth in the sport with this top notch “Ellis Field” in place this is more attainable than ever.

**Tylan Robinson**  
Recreation Director  
Community of O’Leary



## Upgrades Underway at the O’Leary Community Sport Centre

**Communities, Cultural Affairs  
and Labour**

The Honourable Carolyn Bertram, Minister of Communities, Cultural Affairs and Labour, along with Robert Henderson, MLA for O’Leary - Inverness, recently visited the O’Leary Community Sport Centre, which is undergoing major renovations thanks in part to funding provided through the Province’s Island Community Fund.

“The O’Leary Community Sport Centre provides a facility for the community to come together for special events, hockey games, figure skating and community skates. Being physically active is an important element to a healthy lifestyle and a vibrant community,” said Minister Bertram. “The Province is pleased to contribute to these important upgrades which will help to sustain the facility and make it more energy efficient.”

The Province has contributed \$38,850 through the Island Community Fund towards the \$92,500 project. The project will consist of upgrades to the plumbing and electrical systems, as well as new insulation, windows, doors and lighting.

Committed to in Budget 2008, the Island Community Fund represents a provincial investment of \$27.5 million towards the infrastructure needs of Prince Edward Island communities. The Island Community Fund is just one component of the over \$80 million the province is investing in infrastructure for our one Island community.

For more information about provincial infrastructure initiatives, visit [www.gov.pe.ca/go/infrastructure](http://www.gov.pe.ca/go/infrastructure).



## PEI's First indoor soccer complex – STRATFORD

Island soccer players now can hone their skills in any weather conditions as the province's first indoor soccer facility has officially opened in Stratford.

Thanks to investments from the Government of Canada, the Province of Prince Edward Island, the Town of Stratford and the PEI Soccer Association, the new 46,500 square foot regional complex now provides an ideal location for competitions and high-performance training for players, coaches and referees.

*"Our government is committed to working with our provincial and community partners to build the necessary infrastructure for Islanders and encourage participation in sport," said the Honourable Keith Ashfield, Minister of State (Atlantic Canada Opportunities Agency). "This project will create the potential for sports governing bodies to spur growth in soccer while also producing economic benefits through the hosting of regional events."*

The nearly \$4 million facility, which is conveniently located adjacent to four existing outdoor soccer fields, is a clear span, self-supporting insulated steel structure, providing an obstruction-free interior and featuring an artificial turf playing surface.



Soccer has grown by leaps and bounds in recent years on Prince Edward Island. Demand for access to the complex is expected to be high as there are currently 6,000 soccer players on PEI, and that number is expected to continue growing in the next few years.

*"I am sure many Prince Edward Island soccer players will be looking forward to the opportunity to play indoors year-round on this beautiful artificial turf surface," said Honourable Carolyn Bertram, Minister of Communities, Cultural Affairs and Labour. "This new PEI Regional Indoor Soccer Facility is an investment in the health and well being of Islanders and will serve residents of our One Island Community for many years to come."*

The Government of Canada, the Province of Prince Edward Island and the PEI Soccer Association each contributed \$1,328,600 to the project. The Town of Stratford contributed the land and will provide \$150,000 and municipal tax relief to the Soccer Association over the next five years.



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## Charlottetown Civic Centre Undergoing Renovations

Since October, the Charlottetown Civic Centre has been undergoing renovations to its Arena and Trade Centre. The \$184,000 project is an effort to make the facility more energy efficient and more flexible in staging events. Operations Manager Stu Dunn is pleased to see the renovations underway.

"It will definitely ease the workload of the refrigeration system," Dunn said, noting the new insulated doors will reduce heat loss from arena entry gates. "People who use the rink will notice an improvement to the ice surface as well."

People who regularly attend events at the Trade Centre will notice two major changes. Dunn said the addition of high bay fluorescent lights will cut the Centre's electricity bill down significantly.

"The new lighting system is much brighter and gives us more control with how many lights go on at once," he said, noting users of the Trade Centre often request one area has more light than another.

The major difference that attendees to Civic Centre events will see is a new designated entrance to the Trade Centre. Dunn said a new entrance and a new ticket office are being constructed on the Trade Centre side.

"This new entrance will give us more flexibility in hosting multiple events simultaneously," he said. "General Manager David McGrath and I are pleased that the renovations will enhance the Civic Centre's mandate to bring quality sporting events, entertainment, trade shows and conventions to Charlottetown."



The project was made possible through a \$77,280 grant from the Province's Island Community Fund and a \$60,720 grant from the Government of Canada's Recreation Infrastructure Canada. Charlottetown Civic Centre made up the balance with \$46,000. Fitzgerald and Snow is the general contractor for the project and Hansen Electric is overseeing the lighting renovations.

Dunn added that Charlottetown Civic Centre staff and management are working diligently to ensure that the renovations do not interfere with the busy fall schedule of events in the Arena and Trade Centre.



CBC

## BE A HOMETOWN HOCKEY HERO

**Hockey PEI** in partnership with **CBC Compass** is proud to introduce Hometown Hockey Heroes. Nightly, beginning on November 30th, CBC News: Compass at 5pm will feature a Hockey PEI player identified as that day's Hometown Hockey Hero.

Share your photos with us and be a part of this great opportunity. Visit the **Hockey PEI** website now at [www.hockeypei.com](http://www.hockeypei.com) and register yourself to be a Hometown Hockey Hero...just click on the CBC Logo.

The information we need about each player is: Name Age Hometown Team Position A photo of the player in their team uniform (*Photos may be an action shot or a standard pose and we would ask that they be in .jpeg format*)

In addition to this feature appearing daily on Compass, there will also be a Hometown Hockey Heroes feature on the CBC PEI website at [www.cbc.ca/pei](http://www.cbc.ca/pei). Each day the photo of the featured Hero will also be posted on the CBC website as the "Hometown Hockey Hero of the Day"

## Advertising Opportunity in Recreation PEI Newsletter

Recreation PEI is a not for profit, provincial association dedicated to promoting, coordinating and encouraging all facets of physical activity 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

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