



Creating
INCLUSIVE
spaces & places

BCRPA 2018 Symposium | Vancouver | Apr 30-May 2



INVITATION *from the President*

Hello Colleagues,

With Symposium this year being in Vancouver for the first time in over a decade, there is a new opportunity for you to meet more of your Lower Mainland peers while staying on the leading edge of recreation and parks sector knowledge. As long-time attendees know, Symposium is where you create and deepen relationships that support your career and that can last a lifetime.

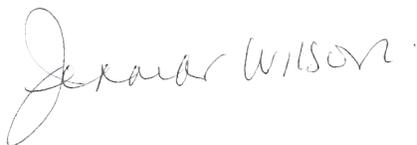
This year is BCRPA's 60th Anniversary; we are very much looking to the future while standing on the shoulders of the giants who got us from zero to sixty.

The Symposium program convenes conversations that matter on both trending and persistent issues. Programming follows the five goals of the Framework for Recreation in Canada, and kicks off with contemplation of Truth and Reconciliation matters pertaining to recreation and parks led by Indigenous leader Brad Marsden. Our three-day conference ends with leading researcher Mark Tremblay on the benefits of parks in our communities.

Sandwiched between Brad and Mark is programming designed by 15 of your peers who volunteered their time and insights on the Symposium Committee. Not to be minimized are the many opportunities for networking and fun, with social events and recreation sessions.

Nestled up to Stanley Park, our venue at The Westin Bayshore provides ample opportunity for you to connect with nature while running or strolling the seaside with new and old friends.

I'm excited to see you there,



Jennifer Wilson, President





SPECIAL *Thanks*

Symposium 2018 Program and Events Advisory Committee

- | | |
|-----------------|---------------------|
| Allyson Friesen | Kathleen Reinheimer |
| Brian Bergvison | Laara Clarkson |
| Cindy Eward | Leah Knutson |
| Dan Ovington | Marie Lopes |
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SYMPOSIUM *at a Glance*

Day 1 ► Monday, Apr 30	
TIME	
7am-8am	Fitness Activity
7:30am-5pm	REGISTRATION
8-9am	<i>Refreshments</i>
9-10:30am	Opening Keynote
10:30-10:45am	<i>Transition break</i>
10:45-11:45am	Sessions A
11:45-1:45pm	Lunch & Tradeshow
1:30-1:45pm	<i>Transition break</i>
1:45-3pm	Dialogues: Small Town, Mid-size, & Large City
3-3:15pm	<i>Transition break</i>
3:15-4:15pm	Sessions B
4:15-6pm	Tradeshow Party

Day 2 ► Tuesday, May 1	
TIME	
6:30-7:30am	Guided Run
7am-8am	Fitness Activity
7:30am-5pm	REGISTRATION
8-9am	<i>Breakfast</i>
9-10:30am	Keynote & Snapshots
10:30-10:45am	<i>Transition break</i>
10:45-11:45am	Sessions C
11:45-1:45pm	Walkshop Lunch
1:45-3pm	Dialogues: Parks & Trails, Programmers, Decision-Makers
3-3:15pm	<i>Transition break</i>
3:15-4:15pm	Sessions D
4:15-5pm	<i>Free time</i>
5-6pm	Piano Lounge in the foyer
6pm onwards	Banquet & Dance

Day 3 ► Wednesday, May 2	
TIME	
7am-8am	Fitness Activity
7:30am-1:15pm	REGISTRATION
8-9am	<i>Breakfast</i>
9-10am	Sessions E
10-10:15am	<i>Transition break</i>
10:15-11:15am	Sessions F
11:15-11:30am	<i>Transition break</i>
11:30-noon	Snapshots
noon-1:45pm	Awards & AGM Luncheon
1:45-3pm	Discussion Panels
3-3:15pm	<i>Transition break</i>
3:15-4:15pm	Closing Keynote
4:15-5pm	Closing Ceremony, Prizes, & Fun



Symposium 2018

Registration Information & Fees

Early Bird Registrations

It pays to register early! Once again we are offering two early bird opportunities to help you save \$\$\$\$.

March 8, 2018 is the first deadline for Early Bird rates and **April 5, 2018** is the second Early Bird deadline.

Don't delay, register today!

Register on-line today at www.bcrpa.bc.ca

Registration check-in at The Westin Bayshore Vancouver starts at 7:30 am on Monday, April 30, 2018.

Full Symposium registration includes two breakfasts, three lunches, refreshments at all breaks, Monday evening Tradeshow party, Tuesday evening Banquet & Dance, and morning fitness activities.

Daily registration includes only breakfast and lunch on the day (as applicable); guest tickets for all other meals and evening activities must be purchased separately.

Evening Tradeshow Party on Monday April 30th is free to all.

EXHIBITOR FEES	
Commercial Rate: Member	\$735
Commercial Rate: Non-member	\$885
Educational/Non-profit	\$475
ADD-ONS	
Flyer insert in the delegate packages	\$300
Upgrade to a full delegate	\$315

Take advantage of the discounts offered to corporate members!

Learn more about corporate membership at www.bcrpa.bc.ca/membership/member-types-and-benefits/

REGISTRATION FEES

CATEGORY	DATES	RATE
1st Early Member	Early Bird 1 by Thursday, March 8, 2018	\$507
1st Early Non-member		\$653
1st Early Daily Member		\$305
1st Early Daily Non-Member		\$389
2nd Early Member	Early Bird 2 by Thursday, April 5, 2018	\$607
2nd Early Non-member		\$753
2nd Early Daily Member		\$340
2nd Early Daily Non-member		\$435
Regular Member	Regular Rates starting Friday, April 6, 2018	\$707
Regular Non-member		\$853
Regular Daily Member		\$375
Regular Daily Non-member		\$485
Student Member Full Registration		\$290
Student Member Daily		\$178

GUEST MEAL TICKETS

Monday Tradeshow Lunch	\$50
Tuesday Breakfast	\$42
Tuesday Walkshop Lunch	\$45
Tuesday evening Banquet & Dance	\$100
Wednesday Breakfast	\$42
Wednesday Awards & AGM Luncheon	\$60



KEYNOTE *Speakers*

OPENING KEYNOTE

Brad Marsden

Fire Across the Land: Strengthening Community Connections

April 30, 2018 | 9:30 to 10:30 am

This powerful, experiential keynote, will educate and help delegates understand the collective trauma that has impacted Native people throughout Canada's history. After acknowledging that a collective trauma exists, participants will better understand how feelings such as fear, shame, learned helplessness, and anger infiltrate First Nations communities and lead to the disempowering behaviors and social conditions that we see today. With this change in perception, delegates will have an accurate understanding of why some Native people see, think, feel and behave the way they do. As a result, service providers will be better prepared to effectively communicate and empower the Native members of their communities.

***Brad Marsden** is from the Gitsegukla Reserve within the Gitksan Nation in Northern British Columbia. He is a Life Coach, Residential School Counselor and Facilitator. He is also an Inter-generational Survivor of the Residential School, as he was raised by his grandparents who are residential school survivors. Although Brad never attended the school himself, he was raised by the same beliefs, attitudes and behaviors' that his primary caregivers and community had to experience in the Residential School system. All of his important early childhood development was greatly influenced by his elders' experience in those schools. It is his goal to help his people move forward in their lives by helping them, and society become more accurately aware of the history of the Residential School and the effects that it had, and still has on First Nations communities today, and more importantly, on the children.*

KEYNOTE

Linda Tarrant

It's all About Leadership

May 1, 2018 | 9 to 10 am

This session is for you – the leaders of today and tomorrow. We will identify the key attributes and skills of successful leaders, and how you can continue to develop those areas throughout your career. We've learned a lot about the changing face of leadership and what makes people want to follow, and to connect with you and your goals. It's a very complex world and we need to be able to lead people through this ever-changing landscape. Join us for a fun, fact-filled, and stimulating session.

***Linda Tarrant** holds advanced degrees in Psychology, Sociology, Education and Counseling. She is an author, change leader, strategist and master facilitator. She holds the prestigious designation of Certified Speaking Professional, and is the first woman to be inducted into the Canadian Speaking Hall of Fame. But she's mostly known for her wit, wisdom, practical approach and down-to-earth style. Linda has extensive experience in both the public and private sector, and has worked both in, and for many not-for-profit organizations. Linda was born in Kentucky and has lived and worked across Canada and the US. She is a proud Canadian citizen and lives in beautiful Victoria, BC. She will invite us to think differently, embrace new perspectives and act with courage. And she's a whole lot of fun.*



KEYNOTE *Speakers*

CLOSING KEYNOTE

Mark Tremblay

**Parks for Health:
Nature and the Outdoors as an Antidote for
Modern Living**

May 2, 2018 | 3:15 to 4:15 pm

New and compelling evidence supports the positioning of parks and outdoor recreation as public health resources and interventions to help address physical inactivity, sedentarism, obesity, mental health disorders and other contemporary public health issues. Positioning parks and recreation as important components of a comprehensive wellness strategy holds untapped potential to advance both the recreation and parks, and health sectors. The 2015 “Position Statement on Active Outdoor Play” sets the stage for nature and the outdoors to be better exploited for the health and wellness of Canadian children and youth. The impact of the Position Statement, creation of Outdoor Play Canada and other initiatives building on the parks/outdoors–play–health triad, and new research from the Canadian Health Measures Survey provides compelling, triangulated evidence supporting the notion of “Parks for Health”.

Professor **Mark Tremblay** has a Bachelor of Commerce degree in Sports Administration and a Bachelor of Physical and Health Education degree from Laurentian University. His graduate training was from the University of Toronto where he obtained his MSc and PhD from the Department of Community Health with a specialty in Exercise Science. Dr. Tremblay is the Director of Healthy Active Living and Obesity Research (HALO) at the Children’s Hospital of Eastern Ontario Research Institute, and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. He is a Fellow of the American College of Sports Medicine, Chair of the Active Healthy Kids Global Alliance, Chair of the Canadian Physical Activity Guidelines Committee, Founder of the Sedentary Behaviour Research Network, and former Dean of Kinesiology at the University of Saskatchewan. Dr. Tremblay has published more than 330 scientific papers and book chapters in the areas of childhood obesity, physical activity measurement, exercise physiology, sedentary physiology and health surveillance. He has delivered over 700 scholarly conference presentations, including more than 140 invited and keynote addresses, in 20 different countries. Dr. Tremblay received an honorary doctorate from Nipissing University, the Queen Elizabeth II Diamond Jubilee Medal, the Lawson Foundation 60th Anniversary Award, and the Canadian Society for Exercise Physiology Honour Award for his leadership contributions to healthy active living in Canada. Dr. Tremblay’s most productive work has resulted from his 28-year marriage to his wife Helen, yielding four wonderful children.



SPECIAL *Features*

FITNESS ACTIVITIES

► **Symposium Morning Fitness Warm-ups, Apr 30 – May 2, 8 – 8:30 am**

Get energized with morning warm-up activities, led by BCRPA Registered Fitness Leaders.

► **Vancouver Westin Bayshore, Fitness Activities and Services**

Run Concierge Service

Take a guided 5 km run or jog around the Stanley Park Seawall, happening every Tuesday and Thursday at 6:30 am, and Wednesday evenings at 5 pm. Runners meet in the Hotel Lobby.

Bike Westin Program

20 bikes are available for Hotel Guests, on a first come, first serve basis (no reservations available). Borrow a bike, for a maximum of 2 hours, for a leisurely ride.

Fitness Centre, and Fitness Gear Rental

Westin Bayshore Guests can make use of the Hotel Fitness Centre, 24 hours a day. Forgot your fitness gear? New Balance Gear (running shoes, shorts, t-shirts, and socks) are available to borrow for \$5.25 per stay.

TRADESHOW

Monday, Apr 30 noon – 1:30 pm, and 4:15 pm – 6 pm

Join us at the Tradeshow, happening Monday, April 30th throughout lunch, and for the evening Tradeshow Party. Visit the exhibitors, play games, and make new connections with delegates, guests, and vendors!

Tradeshow lunch is included in the cost of Full Registration, and Monday Daily Registration.

The evening Tradeshow Party is open to all, at no additional cost.

SNAPSHOTS

Snapshots are happening across two days, for a fast-paced “snapshot” of current initiatives in our sector. Each of the six-minute fast-paced presentations showcases programs that are making an impact in their communities.

► **Tuesday, May 1, 10 – 10:30 am**

IPAL: Intergenerational Physical Activity Leadership Proposal

Mena Westhaver – District of Saanich Parks and Recreation Department, Section of Community Services

The Right to Wind in Your Hair: Cycling Without Age Victoria

Carson Sage – Cycling Without Age Victoria

Upper Skeena Recreation Centre: Collaboration Leads to Success

Dr. Peter Newbery – Heart of the Hazeltons Initiative, Upper Skeena Recreation Centre



SPECIAL *Features continued*

..... SNAPSHOTS continued . . .

► **Wednesday, May 2, 11:30 am – 12 pm**

Close to Home: Bringing Recreation to Isolated Older Adults

Anthony Kupferschmidt – West End Seniors' Network

Supporting Healthy Active Aging Through a Municipal and Non-Profit Partnership

Sahra-Lea Tosdevine-Tatryn – City of Surrey

Sue McIntosh – Seniors Come Share Society

Get Out Camping for At Risk Youth

Chris Eastman – City of Port Coquitlam

..... WALKSHOP LUNCH

Tuesday, May 1, 12 pm – 1:30 pm

Enjoy your lunch to-go, with an active Walkshop.

..... DIALOGUES

Join your colleagues in two sets of concurrent dialogues that will allow you to network and discuss issues and ideas.

► **Monday, April 30, 1:45 – 3 pm**

Dialogue Series 1:

- Small Towns
- Mid-size Towns
- Large City

► **Tuesday, May 1, 1:45 – 3 pm**

Dialogue Series 2:

- Parks & Trails
- Programmers
- Decision-Makers



SPECIAL *Features continued*

..... PIANO LOUNGE IN THE FOYER

Tuesday, May 1, 5 - 6 pm

Sit back, enjoy a drink, and network with peers in the foyer-turned-piano lounge.

..... BANQUET & DANCE

Tuesday, May 1, 6 - 11 pm

Have fun playing, eating, drinking, and dancing together with new and old friends.

..... DISCUSSION PANELS

Wednesday, May 2, 1:45 – 3 pm

The BCRPA will host two concurrent panels to further engage delegates on (1) Building Capacity for BC Older Adults or (2) Inclusion in Community Recreation Programming.



Daily Matrix Monday—April 30

7 – 8 am	Fitness Activity
7:30 am – 5 pm	Registration • Foyer
8 – 9 am	Refreshments
9 – 9:30 am	Opening Ceremonies
9:30 – 10:30 am	Keynote – Fire Across the Land: Strengthening Community Connections
10:30 – 10:45 am	Transition Break and Refreshments
Educational Sessions A	
10:45 – 11:45 am	A1 Reaching the Hard to Reach: Tips and Tricks for Delivery of Physical Activity Programs for Seniors across the Province
	A2 Removing Barriers to Recreation
	A3 Promoting Literacy in Your Playground
	A4 A Good Job – Fact or Fiction?
	A5 Telling and Selling Our Story: Marketing and Branding for Recreation
11:45 – 1:45 pm	Lunch & Tradeshow (Tradeshow is open to all)
Dialogue Series 1	
1:45 – 3 pm	DL1 Small Towns
	DL2 Mid-size Towns
	DL3 Large City
3 – 3:15 pm	Transition Break and Refreshments
Educational Sessions B	
3:15 – 4:15 pm	B1 Dementia Friends
	B2 It's Okay To Be Vulnerable – You Are Safe Here
	B3 Happiness Is In Our Nature: The Physical and Mental Health Benefits of Connecting with the Nature Environment
	B4 Creating Partnerships Between Indigenous and Non-Indigenous Organizations
	B5 A Community Led Youth Strategy
4:15 – 6 pm	Tradeshow Party (open to all)



Daily Matrix Tuesday—May 1

7 – 8 am	Fitness Activity
7:30 am – 5 pm	Registration • Foyer
8 – 9 am	<i>Breakfast</i>
9 – 10 am	Keynote – It's all About Leadership
10 – 10:30 am	Snapshots
10:30 – 10:45 am	<i>Transition Break and Refreshments</i>
	Educational Sessions C
10:45 – 11:45 am	C1 Optimizing Children's Physical Development: Insights From a Longitudinal Study C2 Community Development and Inclusion in an Inner-City Community Centre C3 Nature Play C4 Valuing the Contributions of Older Adults as Volunteers C5 Lifelines: How Do We Feel About Our Lives and Communities?
11:45 am – 1:45 pm	Walkshop Lunch
	Dialogue Series 2
1:45 – 3 pm	DL4 Parks & Trails DL5 Programmers DL6 Decision-Makers
3 – 3:15 pm	<i>Transition Break and Refreshments</i>
	Educational Sessions D
3:15 – 4:15 pm	D1 Changing Your Recreation Facility Food Environment: Lessons Learned from the Field D2 Using Social Innovation to Support Low-Income Families' Recreation Participation D3 Play in Parks "Playshop" D4 Spaces and Faces: BC's stats on recreation infrastructure and participation D5 The Power of Engagement
4:15 – 5 pm	<i>Free time</i>
5pm – 6 pm	Piano Lounge in the Foyer
6 - 11 pm	Banquet & Dance



Daily Matrix Wednesday—May 2

7 – 8 am	Fitness Activity
7:30 am – 1:15 pm	Registration • Foyer
8 – 9 am	<i>Breakfast</i>
	Educational Sessions E
9 – 10 am	E1 Positive experiences never get old E2 Culture Shift E3 VanPlay – Imagine Parks + Recreation E4 Kickstarting Your Community Project E5 Inviting Creativity: A Toolkit for Socially Engaged Practices
10 – 10:15 am	<i>Transition Break and Refreshments</i>
	Educational Sessions F
10:15 – 11:15 am	F1 What the FRIC is happening, SPARC? F2 New Opportunities for Gender Inclusion F3 Take Action to Connect People with Nature with # NatureForAll and the Nature Playbook F4 Continuous improvement: Small Changes – Big Rewards F5 Leadership Strategies to Build a Strong Team
11:15 – 11:30 am	<i>Transition Break and Refreshments</i>
11:30 – noon	Snapshots
noon – 1:45 pm	Awards & AGM Luncheon
1:45 – 3 pm	Discussion Panels
3 – 3:15 pm	<i>Transition Break and Refreshments</i>
3:15 – 4:15 pm	Closing Keynote
4:15 – 5 pm	Closing Ceremony, Prizes and Fun



Educational Sessions

Sessions A – Monday, April 30 | 10:45 – 11:45am

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-  **A1** *Reaching the Hard to Reach: Tips and Tricks for Delivery of Physical Activity Programs for Seniors Across the Province*
*Kaitlin Atkinson
Christa Hoy
Michelle St. Jean*
- Reaching hard to reach populations is no easy task. In this interactive session you will work with peers to devise a recruitment plan for hard to reach populations in your own community. You will learn how two programs that target inactive seniors successfully used outside-the-box approaches to recruit participants.
-
-  **A2** *Removing Barriers to Recreation*
Brad McCannell
- One in seven Canadian adults identify as having a disability affecting their mobility, vision or hearing. This number is projected to increase to one-fifth by 2036, due in part to our aging population. To promote overall well-being for people of all abilities, barriers must be removed to access recreation in our communities.
-
-  **A3** *Promoting Literacy in Your Playground*
Jon Halayko
- In this workshop, we will compare, assess and promote ways to improve literacy skills in any outdoor space. Nature-rich, outdoor environments include features that help develop and enhance literacy skills. Learn what these features are, and how these environments allow students to flourish. Explore the ways effective playgrounds strive to create balance between sensory rich, physical, dramatic, creative, and quiet areas. We will consider foundational activities that support literacy skills, as well as focused activities such as storytelling, reading and printing. Participants will leave with ideas and strategies that they can bring back to their playgrounds and classrooms.
-
-  **A4** *A Good Job – Fact or Fiction?*
*Tim Neufeld
Chris Rutherford*
- Do you use any best practice or analytical tools to record and measure how well your parks and leisure facilities are performing? Do you drive best practice or do what you have always done because it works and is the safe option? See how its going for those brave enough in BC to openly benchmark themselves, and contemplate how your organisation may compare using the new BCRPA benchmarking program.
-
-  **A5** *Telling and Selling Our Story: Marketing and Branding for Recreation*
Brenda Herchmer
- How do recreation, parks, and culture staff and volunteers embrace the sometimes overwhelming job of marketing, branding, and social media and make it a reality? Learn what we can do, beyond just promoting our own services. Learn how we can do more to achieve “social good”, including advocating for the connections, cooperation, and engagement needed for the individual, community, and environmental well-being that is our priority.
-



Educational Sessions

Sessions B – Monday, April 30 | 3:15 – 4:15pm

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-  **B1** *Dementia Friends*
Heather Cowie
- Dementia Friends will provide you with an introduction to dementia and help you to recognize when someone may be living with the disease. This presentation includes helpful strategies and tips for communicating with people who are living with dementia and where you can go for more help.
-
-  **B2** *It's Okay To Be Vulnerable – You Are Safe Here*
Karen Lai
- Participants will learn to live fully and wholly in the joy of vulnerabilities. There are still deeply embedded societal influences that regard people with disabilities as lesser than, incompetent, dependent on others, or unable to contribute to the community. However, this workshop will demonstrate the positivity of sharing our limitations and vulnerabilities with others to build an inclusive society. This workshop will allow for conversations to happen so that we can shift our perspective and be joyfully playful about the experience of disability through the art of recreation.
-
-  **B3** *Happiness Is In Our Nature: The Physical and Mental Health Benefits of Connecting with the Nature Environment*
Lisa Nisbet
- Exposure to nature and natural environments has well-documented benefits for physical and psychological well-being. Despite this, people differ in terms of their contact with nature and their sense of connection with nature. These individual differences in "nature relatedness" have implications for personal happiness as well as environmental attitudes and behaviour. Research inside and outside the laboratory on the consequences and correlations of "nature relatedness" will provide insight into the strategies that promote nature contact and nature-based health interventions. The implications of human-nature interactions at the individual, community, and policy-level will be discussed.
-
-  **B4** *Creating Partnerships Between Indigenous and Non-Indigenous Organizations*
Emma Sutherland
- Building trusting working relationships between Indigenous and non-Indigenous organizations can be instrumental in creating innovative and effective coalitions that benefit us all. When open relationships are fostered, dialogue begins and shared visions emerge. There are a variety of challenges that can prevent partnerships from reaching their potential. Emma Sutherland, the founder and Executive Director of Red Fox Healthy Living Society, has created dynamic and sustaining partnerships with a wide range of Indigenous organizations that result in Indigenous youth and adults not only participating in community programs, but leading them. In this workshop, she will share best practices and success stories, and facilitate open discussion to spark new ideas.
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Educational Sessions

Sessions B – Monday, April 30 | 3:15 – 4:15pm continued



B5 *A Community Led Youth Strategy*
Meghan MacMillan

By truly embracing a "for youth, by youth" model, Maple Ridge developed a Youth Strategy, and a one of a kind Youth Development/Needs Tool. Find out what it took to meaningfully engage over 1,000 local youth, parents and partners, and how their voices created a vision that will guide the community's work in supporting young people.

Educational Sessions

Sessions C – Tuesday, May 1 | 10:45 – 11:45am



C1 *Optimizing Children's Physical Development: Insights from a Longitudinal Study*
Stephanie Field
PJ Naylor
Vivienne Temple

A longitudinal study of kindergarten to grade five students will provide insights on children's physical development, including: alarming changes in physical activity and sedentary behaviour, plateauing of skill improvement, and the influence of proficiency on children's self-esteem. We'll discuss the importance of these findings for children's health, and partnerships between sectors.



C2 *Community Development and Inclusion in Inner City Community Centres*
Scott Clark
Kate Hodgson
Ambrose Williams

Aboriginal Life in Vancouver Enhancement Society, Vancouver Board of Parks and Recreation, and many other partners are working together to provide place-based, wrap around, accountable and inclusive services for Vancouver residents. Learn more about the collective impact of their work, and the individual strategies that were used, including the Youth Matters Table, Reconciliation in Action Events, Circle of the Child, Graduation Strategy, and RISE - Indigenous Youth Leadership.



C3 *Nature Play*
Tricia Edgar
Peter Lawrance
Noelle Virtue

Interested in taking your children's programs outdoors and into nature? This session will provide ideas and guidance from our panel to equip you with the tools to get outside. Explore the practical elements, what to consider, activity ideas, as well as the benefits of unstructured play and conducting risk assessments.



Educational Sessions

Sessions C – Tuesday, May 1 | 10:45 – 11:45am continued



C4 *Valuing the Contributions of Older Adults*

*Kylie Ali
Daljit Gill-Badesha
Shelley Morris*

In recognition of the City of Surrey's commitment to seniors and the value they contribute through volunteering, the Provincial Government awarded funding to initiate the development of enhanced volunteer opportunities for seniors in the community. The Seniors Volunteer Initiative project provides an opportunity to develop a framework, and test concepts that aim to create additional meaningful opportunities for seniors to volunteer and to be seen as visible, vibrant members of their communities. Throughout many organizations and community based services, we know seniors are already sharing their skills, experience and wealth of knowledge to make communities richer and more diverse. Surrey Fire Services will share an example of how they were able to recruit and engage seniors who are now ambassadors in the community providing fire safety presentations. The contributions of seniors-based volunteer advisory boards and committees reflects an example of how seniors can be actively engaged in the planning and implementation of programs, as well as being advocates for their peers. The panel of presenters recognize and discuss how the contributions of seniors impacts the community, and is also a catalyst for preventing isolation and supporting seniors to remain active and engaged.



C5 *Lifelines: How Do We Feel About Our Lives and Communities?*

Lidia Kemeny

How do we, the residents of BC feel about our communities? What are we the most concerned about? What are we doing well? Is Vancouver really the loneliest city? Join me to explore the answers to these questions and how Vancouver Foundation measures the vitality of our communities, and supports action towards improving our collective quality of life.



Educational Sessions

Sessions D – Tuesday, May 1 | 3:15 – 4:15pm



D1 *Changing Your Recreation Facility Food Environment: Lessons Learned from the Field*

Steve Knoke
Petros Kondos
PJ Naylor
Noelle Virtue

Learn more about the models of change that have helped transform municipal recreation food policies and practices in the past 10 years, including the most recent Eat, Play Live initiative. What are the results, and what were the challenges? Key learnings will be discussed from the perspectives of the Provincial Coordinator, a recreation provider, and a vending company. A question and answer session with the panel will ensue.



D2 *Using Social Innovation to Support Low-Income Families' Recreation Participation*

Jackie Oncescu

Poverty is a “wicked” problem that requires innovative thinking and problem-solving. The principles of human-centred design and leisure education are innovative strategies that support low-income families’ participation in recreation. Using practical experiences and research results from community practice, this presentation will outline the processes and tools used to help low-income families to access recreation.



D3 *Play in Parks "Playshop"*

Chris Filler

Join Chris Filler, experienced District of Saanich Community Recreation Programmer, and Child and Nature Alliance of Canada Forest and Nature School Practitioners Course Facilitator for an outdoor play experience, followed by an exploration of the definition of free play and how it can be supported in parks. Chris will also share perspective on the broader play initiatives currently unfolding with the Child and Nature Alliance of Canada and municipal, provincial, territorial, and national parks. **Be ready to get creative and dirty outside, no matter the weather!**



D4 *Spaces and Faces: BC's Stats on Recreation Infrastructure and Participation*

Janet Rerecich

Hear the results from BCRPA's recent Spaces and Faces survey of recreation facilities and the people that use them. We will also talk about how to use this data in your own organization when thinking about both programming and strategic directions.



D5 *The Power of Engagement*

Linda Tarrant

This session will focus on the attributes that support and foster engagement. Engagement is discretionary. It cannot be required, demanded, or bought. It belongs to each of us and we decide when and how to allocate our discretionary time and energy. Good leaders create an environment and relationships that inspire others to join in and achieve great results. It's really the only way to get much done and it's pretty exciting to be a part of the process – so come and prepare to be engaged.



Educational Sessions

Sessions E – Wednesday, May 2 | 9 – 10am



E1 *Positive Experiences Never
Get Old*
Diane English

Recreation continues to play an increasingly important role in keeping older adults healthy, active and engaged in their communities. Service providers in recreation, sport and other service areas are recognizing the need to enhance their programs and services to better meet the needs of this population. In this session, participants will experience parts of new evidence-based training and tools from HIGH FIVE® that support a quality framework and standard for older adult recreation. HIGH FIVE® is a national quality standard for children's programs that reaches more than one million children. The initiative for older adult recreation has been modeled after this standard and has been piloted in several jurisdictions. Learn how the HIGH FIVE® principles, design guidelines and tools are being validated and adapted for older adult recreation programs, and how you can implement them to enhance participant experiences and outcomes in your programs.



E2 *Culture Shift*
Lori Boland

YWCA Culture Shift is a Status of Women Canada funded, research-based initiative that is taking action on the sexualization of girls, and corresponding hyper-masculinization of boys through media and public awareness, resource development and community engagement. Workshop participants will hear findings from our research project, and will leave with ideas and strategies for how they can incorporate the recommendations for action into their own places of work.



E3 *VanPlay - Imagine Parks +
Recreation*
*Dave Hutch
Katherine Howard*

Vancouver is home to world-class parks and recreation, and our population is growing and changing. It's essential we look to the future and protect and improve parks and recreation across the city. We're launching VanPlay, a year-long conversation with you, our staff, partners, stakeholders, and experts to make this the best plan it can be. Also check out the Mobi Mat that makes the beach more accessible for those with mobility issues.



E4 *Kickstarting Your
Community Project*
*Melissa Higgs
Paul Fast*

How do you turn a vision into reality? How do you ensure that the resulting project tells the unique story of your community and its values? This presentation will explore these questions through real life case studies from communities across BC, and will discuss the key issues and learnings critical to the successful launch of a capital building project.



Educational Sessions

Sessions E – Wednesday, May 2 | 9 – 10am continued



E5 *Inviting Creativity: A Toolkit for Socially Engaged Practices*

*Cyndy Chwelos
Elizabeth Mackenzie*

Participants will be encouraged to focus on process rather than outcome when developing creative activities for the communities they serve. Frameworks used by artists will be introduced, including: the benefits of play, materials exploration, welcoming chance, the value of parameters, social exchange, and the importance of do-overs.

Educational Sessions

Sessions F – Wednesday, May 2 | 10:15 – 11:15am



F1 *What the FRIC is happening, SPARC?*

*Matt Herman
Dean Sekyer*

The recreation and parks sector provides a natural setting for implementation of government policies and programs, and over the years the sector has worked closely together with government to implement numerous policies and programs related to the field. In this session, representatives from the Ministries of Health and Tourism, Arts and Culture will provide an update on current government initiatives and activities. You will also have an opportunity to share your thoughts about how you envision the initiatives and activities unfolding in your local communities, and how we can continue working together in partnership in the future.



F2 *New Opportunities for Gender Inclusion*

Susie Hutchison

This session will share Vancouver's experience in implementing gender inclusion strategies to reduce barriers to access and participation. Although bathroom and change room signage and facility design are critical steps, they are just the beginning. Vancouver staff will share their experience in improving gender inclusion in recreation through staff training, reframing of customer service, programming protocols, and addressing systematic barriers.



F3 *Take Action to Connect People with Nature with #NatureForAll and the Nature Playbook*

*Chloe Dragon Smith
Karen Keenleyside*

Connecting people with nature can be a complex challenge, so where do we start? In this interactive session, we will tackle this challenge as a team. Recognising that collaborative action is likely to be more successful in integrating nature back into peoples' lives, we will share best practices and innovative ways to reach out to new partners. Learn how you can take your work to a new level of influence with #NatureForAll, a global movement to inspire love of nature; and The Nature Playbook, an action guide to connect a new generation of Canadians with nature.



Educational Sessions

Sessions F – Wednesday, May 2 | 10:15 – 11:15am continued

 **F4** *Continuous Improvement:
Small Changes – Big Rewards*
Yue-Ching Cheng

You've had the thought a thousand times: "There must be a better way..." Bringing together elements from Continuous Improvement and Lean Six Sigma, we will explore how a few simple but powerful tools can help improve customer satisfaction and workplace efficiency while decreasing errors that may lead to safety issues.

 **F5** *Leadership Strategies to Build
a Strong Team*
Farid Dordar

Are you bringing out the leader in you to help your team perform optimally? In this session, Farid will leverage his leadership experience and demonstrate proven strategies that you can use to build a stronger, more effective team – you don't manage people, you manage their processes!

Themed Panel Presentations

Wednesday, May 2 | 1:45 – 3pm

TP1 *Building Capacity for
BC Older Adults*

Panel:
Kahir Lalji
Annwen Loverin
Joanie Sims-Gould

This discussion panel focuses on a new provincial initiative designed to support BC's seniors to remain physically active and socially engaged. It includes a distributed learning system for sharing ideas about innovative programming and policy questions, and a process for developing more collaborative approaches to funding and service delivery.

TP2 *Inclusion in Community
Recreation Programming*

Panel:
Erin Balmer
Paul Czene
Stephanie Jull
Doug Nutting

This panel will include speakers from 3 municipalities (Surrey, Vancouver and Victoria) and a representative from Canucks Autism Network as moderator, who will all share a range of strategies and program models for supporting the inclusion of participants with diverse abilities in a range of programs. The panel will share what they have learned about what works, and what doesn't for inclusive programming, including ideas about staff training, ratios, fees, partnerships and more. The moderator will then facilitate a conversation with audience members, with the intention of generating a wide range of solutions to address the true challenges of programming for inclusion.



PRESENTER *Biographies*

Kylie Ali is the project manager for the Seniors Volunteer Initiative with the City of Surrey. She has 10 years of experience in recreation and is committed to fostering best practices and encouraging intergenerational opportunities. She sees value in stories and listening to the voices of community members in her work. Kylie has an Honours Bachelor of Arts from Kwantlen Polytechnic University and a BA of Education from Simon Fraser University.

Kaitlin Atkinson holds a Master's degree in Public Health from Simon Fraser University and an Honours Bachelor of Arts in Health Studies from Queen's University. Kaitlin is the Older Adult Provincial Program Coordinator at BCRPA. She enjoys working with BCRPA registered Fitness Leaders and recreation departments to oversee the delivery of Choose to Move/ActivAge across BC. It is her passion to engage with community professionals, groups and individuals to extend the reach of the programs, and to reach isolated and inactive seniors to improve their physical activity levels and overall well-being.

Erin Balmer works for the City of Surrey as the Accessibility, Inclusion and Health Promotion Coordinator and has been with the City for over 15 years. Erin oversees adapted social recreation and sport programs, as well as, one to one support for the City of Surrey. She has an extensive background in Early Childhood Education and community development and is passionate about working with community to create an inclusive and welcoming environment for all residents.

Lori Boland brings over two decades of experience working with kids and families. Intrigued by how the changing digital landscape was affecting her clients, she focused her MSW research on how to support kids growing up in a sexualized media world. Currently she is the project lead on Culture Shift at the YWCA Metro Vancouver.

Yue-Ching Cheng currently teaches in the Recreation Studies department at Langara College and also works with the City of Surrey as a Community Services Coordinator. A huge supporter bringing industries together, he passionately believes in the power of knowledge sharing between recreation professionals, geographers, environmental scientists, and project management professionals. A Hydrologist by training (MSc from SFU) and a certified Project Management Professional, he lives the message he is delivering.

Cyndy Chwelos believes that Art makes a difference. Providing opportunities to experience the arts can be transformative, while making art together can literally, build community. She works to foster this understanding as an instructor in Recreation Studies at Langara along with 15-years' experience in programming and facilitating public access to making the arts part of everyday life.

Scott Clark is the Executive Director of ALIVE and Coast Salish. Over his 25 years of advocacy with off reserve Indigenous peoples, he continues to seek to change systems to be fully inclusive of Indigenous peoples at the neighbourhood level. Scott is the vice president of the Northwest Indigenous Council and represents BC off reserve issues at the Congress of Aboriginal Peoples.

Heather Cowie is the Provincial Coordinator for Dementia-Friendly Communities at the Alzheimer Society B.C. Heather has her Masters of Arts degree in Gerontology from Simon Fraser University where she studied aging and the built environment. Heather is thrilled to be bringing attention to making communities better for people living with dementia.

Paul Czene Bio coming soon.



PRESENTER *Biographies continued*

Chloe Dragon Smith is a young Métis woman from Yellowknife, Northwest Territories. Her northern upbringing shaped her values today. Chloe holds a degree in Earth Science from the University of Victoria. While educated in science, she is keenly interested and has found her niche in working with people on the social/cultural benefits of the natural world.

Chris Eastman has over 20 years of experience in the areas of outdoor recreation and Youth Services. He has developed numerous innovative programs for youth aged 11-18. With a focus on inclusion, partnership development and cohesion with youth serving organizations, Chris encourages collaboration, communication and information sharing as a way to facilitate youth experiences.

Tricia Edgar is the Program Director and Co-Founder of Fresh Air Learning, a forest school for ages 3-12 in Metro Vancouver. She also holds a position as education coordinator at North Vancouver's Lynn Canyon Ecology Centre. Tricia is constantly inspired by children's connection with nature and each other as they play and learn outdoors. She loves nature-based storytelling, mist, and getting covered in mud.

Diane English is the Director of Policy, Research and Communications with Parks and Recreation Ontario. She is responsible for PRO's government relations and advocacy, leading work on issues such as infrastructure renewal and reconnecting children with nature. Outside of PRO, Diane enjoys a part-time career as a professional singer and is a certified fitness instructor.

Paul Fast is interested in creating architecture that connects people more deeply to their environments. As a Principal at HCMA, he is recognized for his innovative design solutions that help extract and define a strong regional identity in communities across British Columbia. Paul believes that transformative change can happen at any scale, and has led projects ranging from a feasibility study for a community complex facility in Castlegar, BC to a \$80M community recreation centre in Vancouver, BC.

Stephanie Field is a PhD student in the School of Exercise Science, Physical, and Health Education at the University of Victoria. Her graduate research is focused on physical activity participation, motor skill development, and self-perceptions of boys and girls in middle childhood. Prior to graduate school, Stephanie spent many years working as an Aquatic Programmer in Victoria, BC.

Chris Filler has been teaching and learning in the outdoors for many moons. As a kayak guide, youth worker, teacher, researcher and adjunct professor he has demonstrated passion and proven commitment to ensuring outdoor environmental education has a prominent place in both the curricular & community landscape. Chris wears many hats which inform his perspective on risk and play including his work with the Child and Nature Alliance of Canada via the Forest & Nature School Practitioners Course, the Faculty of Education at the University of Victoria, as well as his role as a Community Recreation Programmer with the District of Saanich.



PRESENTER *Biographies continued*

Daljit Gill-Badesha has worked with the City of Surrey since 2011, overseeing the middle childhood/school-aged portfolio. In 2015, she moved into the Healthy Communities Manager role, overseeing a range of portfolios for all ages, including seniors, volunteers and community engagement, to name a few. Daljit comes from non-profit sector and has worked with young offenders, parenting programs, counselling programs, and managed programs immigrant/newcomer seniors, while supporting research on how to reduce access barriers for seniors engaging in community based resources. Daljit has a strong background in community development, strategic partnerships, leading and supporting community planning efforts, and setting policy directions. He is currently working on her Doctoral Degree at UBC, researching collaborative practices.

Farid Dordar, Founder and CEO of PerfectMind, has coached and mentored a team that quickly grew from 2 employees to nearly 200. By successfully executing HR strategies that foster leadership, the organization rose to become the fastest growing parks & recreation management software provider. As a recognized leader in organizational strategy and vision, Farid has spoken at numerous conferences across North America, including MISA BC, BCRPA, and MAIA SuperShow.

Jon Halayko is a tireless advocate for nature play, outdoor recreation and community wellness. Jon's approach to nature play is a product of his own experiences teaching physical literacy and boosting the immune response through interaction with nature; he believes that the non-prescriptive nature of natural playgrounds allows for assessment, growth and graduation at all stages of development.

Brenda Herchmer is the Founder and CEO of Campus for Communities of the Future, an avid blogger, and author of three books including "*Community Building for the Recreation Practitioner*". Brenda has been acknowledged as a YWCA Woman of Distinction in Training and Education and won the 2016 Brock University Faculty of Applied Sciences Distinguished Graduate Award.

Matt Herman is the Executive Lead, Population and Public Health (PPH) within the BC Ministry of Health where he has worked for the past 13 years. The PPH division focuses on improving people's overall health and well-being by promoting health; preventing disease, disability, and injury; protecting people from harm; and ensuring particular focus on key populations including Indigenous peoples, seniors and children. The intent of these actions is to promote a healthier population, and reduce current and future demands on the health care system. Matt has worked in the field of health promotion for over 20 years and emigrated from the UK to BC in 2004.

Melissa Higgs is passionate about creating innovative public buildings where communities come together. As a Principal at HCMA, she has pushed the boundaries of traditional architecture to achieve design excellence in recreation facilities and arts and culture projects, winning the distinguished Lieutenant-Governor of British Columbia Award in Architecture in 2016 for Grandview Heights Aquatic Centre. She is currently working with the Vancouver Park Board on long-range vision plans for the City's Aquatic Strategy and Parks and Recreation Services.

Kate Hodgson is the Coordinator at Ray Cam Cooperative Centre, a community centre in Vancouver's Downtown Eastside- Strathcona neighbourhood, and a key partner in Our Place: a collaboration of residents, community organizations, local businesses and community leaders in Vancouver's Inner City working on collective impact strategies. She has extensive experience working in the community for the past seventeen years, including as the former Executive Director of the Network of Inner City Community Services Society. Kate has worked in inner city neighbourhoods in both Winnipeg and Vancouver through grassroots and non-profit organizations.



PRESENTER *Biographies continued*

Katherine Howard is currently orchestrating the creation of the Vancouver Board of Parks and Recreations' Playbook to chart a course for the next 25 years. An Australian environmental, parks and recreation planner, Katherine brings an international perspective to the places we connect, play and recharge.

Christa Hoy is the Evaluation Manager with the Active Aging Research Team based at the Centre for Hip Health and Mobility, a UBC-affiliated research centre. She is currently leading the evaluation of the scale up of Choose to Move, a choice-based physical activity program for sedentary older adults across BC.

Dave Hutch is a landscape architect and the Manager of Planning and Research for the Vancouver Board of Parks and Recreation. Dave has a diverse range of public sector experience connecting with people, health, ecology and place.

Susie Hutchison, Recreation Manager with the Vancouver Board of Parks and Recreation, works with dedicated staff and Vancouver's Trans* and Gender Diverse Inclusion committee to implement gender inclusion strategies across Vancouver's diverse parks and recreation system.

Stephanie Jull, PhD, is the VP of Programs and Training at the Canucks Autism Network, where she oversees a team of 350 staff who deliver programs to individuals with autism throughout BC. In addition, Stephanie has worked with a number of partner organizations to build resources for recreation staff and sport coaches.

Karen Keenleyside works at Parks Canada where she bridges natural and social-scientific disciplines to build support for conservation and parks. Karen is also Vice Chair for People and Parks of the International Union for Conservation of Nature's (IUCN's) World Commission on Protected Areas and Co-Chair of IUCN's #NatureForAll Task Force.

Lidia Kemeny is Director for Partnerships at Vancouver Foundation. Lidia's professional background includes experience in the development and management of strategic relationships, organizational and public education, results-driven program development and management, leadership in externally-focused community partnerships and community organizations. She holds a Masters of Science degree in Health Promotion.

Steve Knoke attended University of Victoria and pursued a BA in Leisure Services Administration. Building, managing and operating recreation facilities and services is his passion.

Petros Kondos moved to Canada from South Africa where he graduated from the University of Pretoria. After receiving further qualifications in CRM and Financial Services he entered the vending world 5 years ago with a focus on transitioning the industry to healthier product offerings. Petros also serves as Director on the Board of the Canadian Automatic Merchandising Association.

Anthony Kupferschmidt is the Executive Director of the West End Seniors' Network. He has a MA in Gerontology from Simon Fraser University and is a Certified Professional Gerontologist. He has been working with older adults since he was seventeen and has lived in Vancouver since 2005.

Karen Lai works as an independent consultant to increase accessibility and inclusion of people with disabilities. She holds a Masters of Arts in Human Kinetics where she examined the theories behind social inclusion of people with disabilities. She works with organizations, businesses, and government to adopt a culture of inclusion.



PRESENTER *Biographies continued*

Kahir Lalji is the Provincial Director of Healthy Aging with the United Way of the Lower Mainland which supports the Provincial Better at Home and Active Aging Programs as well as sector collaboration and capacity building initiatives. United Way's Healthy Aging strategy is predicated on physical activity, social connectedness and civic vitality. Kahir is a Social Gerontologist my designation and was inspired to work in the field of Aging by his Mentor, his grandma, for who he was a primary caregiver for. In his spare time, Kahir is an avid baseball and NFL fan.

Peter Lawrance is a Park Interpretation Specialist with Metro Vancouver Regional Parks where he leads fieldtrips and helps people find connections with nature. He is the father of two children in whom he is engendering a love of nature through, geocaching, bird watching and nature hunts through the neighbourhood.

Annwen Loverin is a skilled non-profit manager with over twenty years' experience in supporting seniors' well-being, independence, and resilience. With a Master of Arts in Community Planning from the University of British Columbia, she balances strategic thinking with a strong commitment to equity, compassion, and positivity. Annwen is the Executive Director of Silver Harbour Seniors' Activity Centre, a community gathering place with more than 70 different programs and services for seniors in North Vancouver.

Elizabeth MacKenzie believes that folks don't need to be taught how to be creative—they just need the tools and confidence to allow creativity to develop. During her 35+ years as an artist she's maintained an active studio practice, performed a range of teaching roles and initiated numerous community-engaged projects.

Meghan MacMillan began working with children and youth 20 years ago. after spending time as a youth volunteer in the same program she works in now. Backing her experience early on with a Child and Youth Care Counselling Degree, Meghan has a well-rounded respect and understanding of today's youth.

Brad McCannell, as a leader in the field of accessibility for the past 25 years, has extensive experience in the application of universal design across the built environment, providing accessibility consultations for buildings and organizations including Rogers Arena, Richmond Olympic Oval, Vancouver International Airport, University of British Columbia, and various Olympic and Paralympic Games.

Sue McIntosh is the Executive Director of Seniors Come Share Society. She is a recipient of the YWCA Women of Distinction Award in the Not for Profit category, recognizing her dedication and achievements in building strong community supports for seniors and their family members.

Shelley Morris has worked for the city of Surrey since 1997, first in the role as a Firefighter and then as Acting Captain. During that time she volunteered extensively in the community with a variety of programs sponsored by the fire department. In 2017 she moved into the management role of Assistant Chief of Emergency Planning and Community Engagement. While helping to build city-wide resilience during a disaster through staff training, she also continues to have a role operationally within the Fire Services during significant events. She holds a degree from SFU while on scholarships for both track and field and volleyball. She is also a mother of two children in elementary and high school that keep her on her toes during her spare time, running from hockey to soccer to fastpitch. She makes sure she carves out time to play on her own hockey team to maintain her love of team sports.



PRESENTER *Biographies continued*

PJ Naylor is a Professor in the School of Exercise Science, Physical and Health Education at the University of Victoria. Dr. Naylor has been involved in research focused on physical activity and healthy eating in children for the last decade. She was a key partner in the development of the Provincial training and implementation of Healthy Opportunities for Preschoolers (LEAP BC) with Dr. Vivienne Temple and in the development of the Healthy Beginnings toolkit and training initiative (CACO-CLASP). Other physical activity and physical literacy related interventions she has been involved with address schools (Action Schools! BC), after school childcare (Healthy After School) and community programming (Parent Physical Literacy Workshops).

Tim Neufeld has a BSc. Bio from Brock University, with a concentration of study in photosynthetic systems and plant genetics. He began his career within the parks and outdoor recreation field in 1993 as creator and manager of Ecoworks for an Abbotsford non-profit organization. He is the founder and former president of Katim Enterprises Ltd, an Okanagan based for profit business providing an array of outdoor recreational facility development services to federal, provincial and regional public park agencies. He joined the City of Surrey and the Parks Division in 2001 and is currently the Manager of Park Development Services.

Dr. Peter Newbery, CM, OBC, MDiv, MD, CCFP, FCFP, is a retired family physician, a clinical professor emeritus of medicine at UBC, a United Church minister, once held a commercial pilot's licence and until 2001 was the Director of the United Church Health Services, which operated five hospitals, eight medical clinics, in rural and isolated communities in BC, Alberta and Newfoundland. He has lived in northern BC since 1978 and has pioneered special skills education for family physicians requiring special skills for their rural practices. His leadership in helping to create a system of support for practising rural doctors, and for training new doctors, has resulted in improved health for thousands of people across rural BC and Canada. He is presently working on the development of the Upper Skeena Recreation Centre, to serve Gitksan, Wet'suwet'en and settler people of the Upper Skeena region.

Elizabeth (Lisa) Nisbet, PhD, is an Associate Professor of Psychology at Trent University. Her research encompasses personality, social, health, and environmental psychology, exploring individual differences in 'nature relatedness' and the links between human-nature relationships, health, happiness, and sustainable behaviour. Her work is supported by the Social Sciences and Humanities Research Council of Canada (SSHRC) and appears in *Environment and Behavior*, *Canadian Psychology*, the *Journal of Happiness Studies*, and *Psychological Science*. Dr. Nisbet teaches courses on health psychology, emotion and motivation, personality, environmental health, and environmental psychology.

Doug Nutting is Coordinator of Integrated Recreation Services with the Municipalities of Greater Victoria. Prior to this, he worked for Community Living Victoria for seven years. Utilizing the same vision and skills he had demonstrated earlier in his career, Doug has guided the development of Integrated Recreation Services into the partnership of services known as Recreation Integration Victoria (RIV). RIV is recognized across Canada as a premier inclusive service delivery and funding model.

Jackie Oncescu is a professor, researcher, and consultant based in Nanaimo, BC. Her teaching and research interests are in the areas of community recreation delivery systems, leisure education, and community development. Jackie's experience in recreation and community development is diverse and has included a mix of professional practice and scholarly research. Jackie's most recent work focuses on developing community-based leisure education delivery systems for low-income families.



PRESENTER *Biographies continued*

Janet Rerecich, MEd, is deeply connected to the recreation and parks sector by her love of nature and her belief in the benefits of physical activity. She brings extensive experience in event planning, instructor development, sport, employee wellness, team management and program development. As Manager of Professional Development & Initiatives (PD&I) at BCRPA she oversees all PD&I conferences, programs and online learning, in addition to other important initiatives such as a grant program for before and after school spaces.

Chris Rutherford, the architect of the Yardstick benchmarking project, is an experienced Parks Manager who has worked for several municipalities in the UK including a London Borough. In his 30 years in New Zealand he headed a large City Parks and Recreation Department before following his passion for driving best practice. Chris is the current World Urban Parks Chair for Asia Pacific.

Carson Sage is a cycling advocate, urbanist, and car-free commuter finishing an MA in Kinesiology at UVic. As the Co-Founder of Cycling Without Age Victoria, Carson offers bicycle rides for seniors to ensure social inclusion and access to nature. If he isn't cycling, Carson is coordinating the movement's expansion across BC.

Joanie Sims-Gould is an Assistant Professor in the Department of Family Practice at UBC and Principal Scientist of the Active Aging Research Team. She is a Canadian Institutes of Health Research New Investigator and a Michael Smith Foundation for Health Research Scholar. Dr. Sims-Gould works with diverse stakeholders to ensure that her research reflects real needs (and questions) and that the findings are 'brought back' in a format that is usable. She has a strong commitment to knowledge mobilization. The research questions that she addresses can be captured within 3 broad themes; 1. Experiences of frail older adults within the Canadian health care system, their families and those health care practitioners who work with them; 2. Delivery of home/community based health care and the experiences of unregulated workers who provide the bulk of this care; 3. Intersection between older adult physical activity, social connectedness and health.

Michelle St. Jean began working for the City of Burnaby over 7 years ago, after completing the Recreation Leadership Program at Langara College. She is currently the 55+ Centre Supervisor at Bonsor 55+ Centre and Bonsor Recreation Complex.

Emma Sutherland is the Founder and Executive Director of Red Fox Healthy Living Society, a registered charity that uses physical activity and mentorship to empower Indigenous and vulnerable youth and children to overcome barriers and build successful lives. Emma has grown Red Fox from four programs in east Vancouver in 2007, to 34 programs in six municipalities, including Surrey and Maple Ridge. Her passion for bringing out and supporting the potential of Indigenous youth to take on leadership roles in Red Fox and society is matched by her commitment to help bridge the gap between the Indigenous and non-Indigenous communities to find new ways of working together for success.

Viviene Temple, PhD, is a Professor for the School of Exercise Science, Physical and Health Education at the University of Victoria in British Columbia. We know that children need specific tools in order to be active (i.e., movement skills), as well as positive self-perceptions and access to environments that support their participation in physical activity. Her research focuses on optimizing participation in physical activity by children, particularly children with special needs.



PRESENTER *Biographies continued*

Sahra-Lea Tosdevine-Tatryn has had the privilege of working for municipal recreation services for approximately 30 years. Within many of her roles which have included, Outdoor Recreation, Youth Services, Preschool, Children, Fitness, Adult, Seniors and Special events, she has learned it is the relationships that are developed within the community based organizations, local businesses and residents that contribute to success of building a healthy active and engaged community. Since 2012 she has had the honor of working with the Seniors Advisory and Accessibility Committee, a Committee of Council Chair by Councillor Barbara Steele, where she has had the opportunity advocate on behalf of seniors from a more global perspective. Sahra-Lea is proud to work for the City of Surrey and knows that as we plan for the future of our aging population, the Age Friendly Strategy for Seniors framework supports the creative approaches to addressing the needs and interests of seniors.

Noelle Virtue is Project Manager at the BC Recreation and Parks Association (BCRPA) for the After School Recreation Spaces Grant and the Provincial Coordinator for the Stay Active, Eat Healthy initiative and the Eat, Play, Live project. Noelle has a Master of Food Policy from City University, London.

Mena Westhaver has a passion for movement. She has tailored her career to combine fitness, fun and function in many ways. A UVic graduate with a science degree in Psychology and a professional year in the school of physical education combined with her training in the Fitness field through BCRPA, the National Coaching Certification program along with her experience of being a professional figure skater with the Ice Capades and a “on screen” fitness leader in the international syndicated fitness TV show Body Moves, has given her the much appreciated gift of being able to help others experience the joys and benefits of movement! Her passion for fitness/sport/activity is evident in all that she does. However, her proudest accomplishment and joy is the title of “mom of four boys”.

Ambrose Williams is a grassroots activist from Gitksan/Dene ancestry. His affection for food began with building a home fire. A hearth that brings people together. His culinary experience is varied and extensive having worked at many of Vancouver’s restaurants over the course of a 12 year career. He soon realized that connection to food transcends into governance structure. Feasts were carried out by clans, within the nation, to help alleviate costs for-totem raisings, deaths and community building. Since 2010 Ambrose has tried to raise awareness and bridge the gap between urban/on-reserve issues such as, suicide awareness, cultural connections, and land defense. He has used food to bring people together and bridge gaps. As a member on the Board of Directors of community centres Ambrose has also been involved in policy development and implementation.



ACCOMMODATION *Information for* The Westin Bayshore

Rates start at **\$279/night + taxes and fees.**

Online reservations can be made on the BCRPA Symposium webpage.

Or, contact The Westin Bayshore, Vancouver Reservations Department at 1-888-627-8634.

For ease of booking, callers must identify themselves as being with **BCRPA Annual General Meeting & Symposium.**

Group rates are available by March 30, 2018, subject to availability.



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A partial refund of 70% of the registration fee will be given for cancellations received prior to **March 30, 2018**. Cancellations made starting March 31, 2018 are non-refundable. Registrations are transferrable. All requests for cancellations must be submitted in writing to the BCRPA office at registration@bcrrpa.bc.ca and received within the allotted cancellation times noted above.

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For More Information

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