

# RECREATION & PARKS BC

MAGAZINE

FALL 2016

## ACTIVE FOR LIFE

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FALL 2016

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† Indicates an Honorary Life Member who is deceased.



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COUNTDOWN TO  
CANADA'S 150 YEAR  
CELEBRATION



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MESSAGE FROM THE PRESIDENT

## HEATHER TURNER



**I'M DELIGHTED** to have an opportunity to communicate with BCRPA members through the fall 2016 magazine. The theme of this issue, 'Active for Life' is like my own personal tag line: "Heather Turner, committed to being Active for Life!" I was fortunate to grow up in a family and community that valued and nurtured recreation, culture, sport, and volunteering; making it more likely that I would continue to embrace those values throughout my life.

Since moving to British Columbia in early 2005, I have had great fun exploring the various activities that this fantastic province provides for; hiking, skiing, climbing, swimming (occasionally in a very cold ocean), running in forest trails, painting and a wide variety of excellent

services to challenge my mind and body. We are very fortunate to live and work in this province where healthy living is the norm and whatever we might want to try is available and possible.

While we might at times use age as an excuse to trying something new or pushing ourselves out of our comfort zones, we can easily find people in our communities that defy age. There are many women and men aged 80 to 100 that participate in recreation and culture programs every day within our communities; some that compete in events such as the 55+ provincial games, Americas and World Masters Games. Stories are abundant of individuals who have changed their lives through being active, creative and connected. Some of those stories are shared in this issue.

Most of us are in the parks and recreation field because we believe passionately in the benefits of our services for individuals, families and communities. We deliver and facilitate excellent and needed services that impact the quality of life of our citizens. We encourage and enable people to be "active for life." I'm proud and grateful to be part of this sector and also to be part of BCRPA; our provincial association!

The board and staff of BCRPA are committed to serving you, our members. We would love to hear what's most important to you, how we are doing and to have you onboard as we redefine the association.

**HEATHER TURNER**

turnerh@nvrc.ca







MESSAGE FROM THE CEO

## REBECCA TUNNACLIFFE

**BEFORE I CAME TO THE BCRPA**, I hadn't heard of the concept of risky play. Now I know how important it is. In my second week on the job, I heard our now President, Heather Turner, present on this topic about which she, and most of the recreation and parks sector, is very passionate. I've caught the fervour, and now advocate for free-range kids.

As part of the recreation and parks sector, we are uniquely positioned in our ability to steer our communities back to free play and into recreation in parks and open spaces beyond the backyard. BCRPA member programmers are burgeoning with ideas for outdoor recreation programs, while our parks members are drawing millions

into municipal and regional parks for the trails and communing with nature found there. Creating the environments and talking about how benefits outweigh risks will affect the change we envision.

In this insulating era of bubble-wrapped kids, we are also seeing bubble-ized seniors. With decreasing mobility and shrinking social networks, our older adults need our support to go from their home and couch bubbles into our community centres and parks. The BCRPA has the privilege of seeing how very effective a program can be that seeks out sedentary seniors and pairs them with BCRPA registered fitness leaders through the Choose to Move and ActivAge™ pilot programs we are delivering in

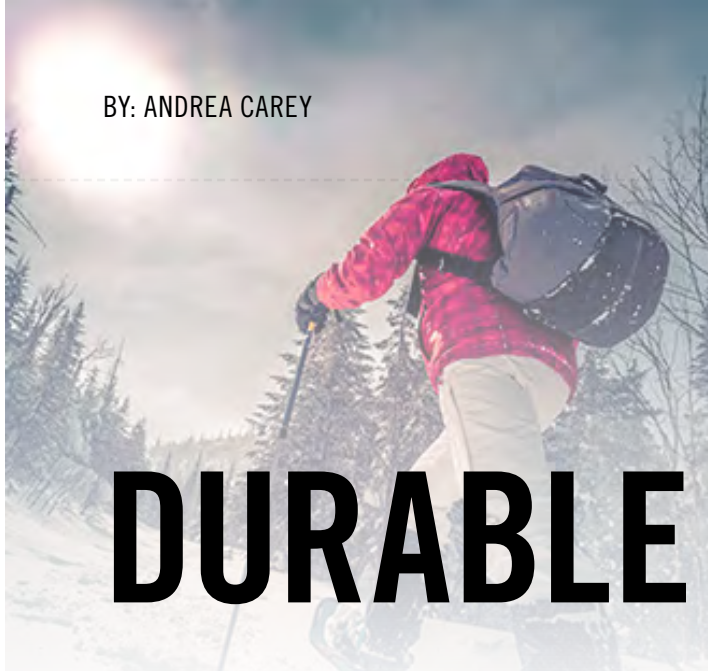
partnership with the Centre for Hip Health and Mobility (CHHM). All involved in this visionary and timely research project are moved by the difference being active and connected makes in the lives of our older adults.

For young and old, the imperative is to be active for life. BCRPA members are making their communities stronger and healthier by responding to this imperative and compelling everyone to step out of their homes and into community-based recreation.

Read in this issue success stories that lead the way to free play for all.



BY: ANDREA CAREY



# DURABLE BY DESIGN

**ONLY 15% OF CANADIAN ADULTS** meet national physical activity recommendations, and participation in sport among older Canadian adults is on a steady decline<sup>1</sup>. This is a trend that the newest publication from Sport for Life seeks to change. The document, *Active for Life: Durable by Design*, takes the approach that we need to develop people across the lifespan to be durable, which will then lead to their ongoing opportunities and success in remaining fit and active as they age.

The general premise is that by developing and maintaining physical literacy as we age, we not only open ourselves up to the range of opportunities available for having an active lifestyle, but we also are more durable to injuries, and if we get injured, our bodies are more resilient when recovering.

“From the injury prevention perspective, we know that physical inactivity is a risk factor for falls as people age and, in particular, adults over 65 are disproportionately represented in fall-related injuries,” says Brandy Tanenbaum, Program Coordinator with the RBC First Office for Injury Prevention at Sunnybrook Health Sciences Centre. “Falls in Canada have a direct healthcare cost of \$2B each year and quality recreation programming for adults can significantly improve this outcome. Active for Life programming should include physical literacy and fundamental movement skills with

specific attention to intentionally reducing risk factors for injuries like falls.”

A person’s degree of physical literacy takes into account their motivation and confidence to take part in physical activity, their ability to develop movement skills and patterns across a range of activities and settings, and the knowledge and understanding to value and take responsibility for engagement in physical activities for life.

Since the emergence of the physical literacy movement in Canada more than 10 years ago, children have been its primary focus. The thinking is that if kids develop a high level of physical literacy from a young age, they will be more likely and able to pursue a healthy, active lifestyle as adults. This is true. What is also true is that the development of physical literacy is a lifelong journey that will benefit anyone,

regardless of age or ability, at any time and in all aspects of life.

*Active for Life: Durable by Design* explores the key transition points in the lifespan when people’s activity levels tend to be challenged, and also explores key factors to keeping people healthy and active.

There are eight essential factors for healthy adulthood and successful aging; they describe the basic elements of the Active for Life stage and are the key components of being durable by design. The eight factors are interdependent and each is critical to adult wellness. The key factors are:

(1) Colley, R.C., Garriguet, D., Janssen, I., Craig, C. L., Clarke, J., & Tremblay, M. S. (2011). Physical activity of Canadian children and youth: accelerometer results from the 2007 to 2009 Canadian Health Measures Survey.





ANDREA CAREY

### 01. APPROPRIATE PHYSICAL ACTIVITY

The activities individuals do in one stage of life may not be appropriate in the next stage without modification. It is important to regularly reassess which recreational activities, exercise programs, or sports are suitable given the physical changes encountered at each stage of life. Given that change is an inevitable part of aging, people need to be confident about engaging in a wide range of exercises, have the support and opportunity to do so, and to embrace the idea of using later life transitions as motivation to be active. Exercise is a key component of rehabilitation, prevention, and successful aging, and it is important to find a reason to participate at each stage in life.

### 02. COGNITIVE FUNCTION

Exercise plays a particularly strong role in enhancing executive functions of the brain. Executive functions include activities such as planning, scheduling, and working memory, which are important for performing the so-called instrumental activities of daily living (shopping, housekeeping, managing personal finances, cooking and driving). Without these basic skills, it is very difficult to live independently in the community.

### 03. PSYCHOLOGICAL WELL-BEING

Research suggests that improvements in mood may be attributed to the positive effect of exercise on mature adults' beliefs about feeling in control of their daily activities<sup>2</sup> and self-esteem<sup>3</sup>. Some of the benefits of exercise for well-being are associated with cognitive function. The benefits of exercise for well-being benefits are also linked to social connectedness<sup>4</sup> because participation in recreation and sport activities increases social interactions, which can have positive impacts on psychological well-being<sup>5</sup>.

### 04. SOCIAL CONNECTION

Social and family supports can be helpful to successful engagement in regular exercise in adulthood. When planning physical activity programs for adults, it is important to consider how to develop the social component. This facet is sometimes overlooked, but even when unplanned it often occurs organically within the group. The social aspect of group oriented programs and "beer leagues" will lead to higher retention and increased adherence to the program.

### 05. EMBRACING LIFE TRANSITIONS

Major life transitions can serve as an opportunity to reflect on changes in lifestyle, including changes in exercise routines. Though research suggests that there are many barriers to engaging in physical activity in adulthood, it also demonstrates that regular exercise is essential to maintaining health and wellbeing later in life<sup>6</sup>. The types of physical activities individuals participate in, as well as their opportunities to participate, change at different stages throughout the life course.

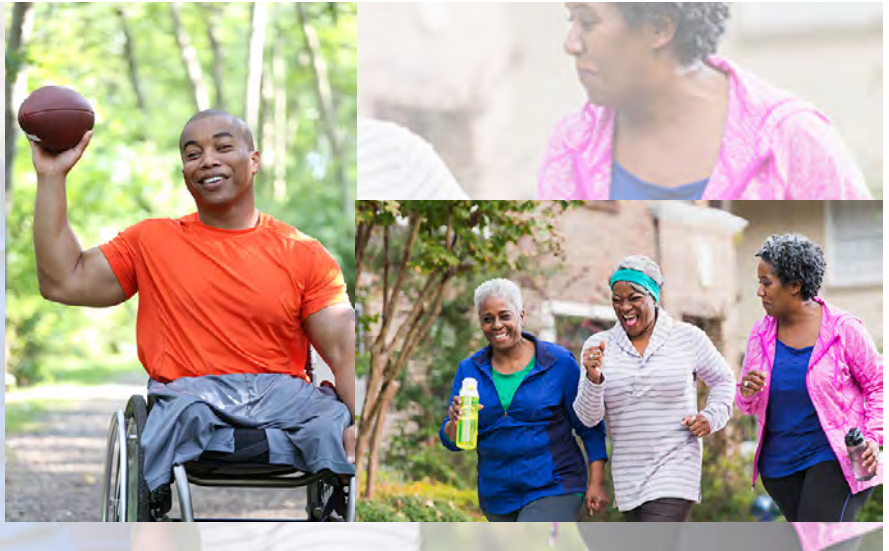
### 06. MANAGING CHRONIC CONDITIONS

In order to promote durability throughout adulthood, exercise programs should be designed to help individuals with chronic conditions develop and maintain physical literacy and movement proficiency. In many communities, there are group exercise programs for specific chronic conditions. This can be a good social connection and provide supervised exercise settings that are appropriate for the condition.

(2) Ciairano, S., Liubicich, M. E., & Rabaglietti, E. (2010). The effects of a physical activity programme on the psychological wellbeing of older people in a residential care facility: An experimental study. *Ageing and Society*, 30(04), 609-626. (3) Elavsky, S., McAuley, E., Motl, R. W., Konopack, J. F., Marquez, D. X., Hu, L., ... & Diener, E. (2005). Physical activity enhances long-term quality of life in older adults: efficacy, esteem, and affective influences. *Annals of Behavioral Medicine*, 30(2), 138-145. (4) Fox, K. R., Stathi, A., McKenna, J., & Davis, M. G. (2007). Physical activity and mental well-being in older people participating in the Better Ageing Project. *European journal of applied physiology*, 100(5), 591-602. (5) Eime, R., Harvey, J., & Payne, W. (2013). Dose-response of women's health-related quality of life (HRQoL) and life satisfaction to physical activity. *J Phys Act Health*. (6) King, A. C., Rejeski, W. J., & Buchner, D. M. (1998). Physical activity interventions targeting older adults: a critical review and recommendations. *American journal of preventive medicine*, 15(4), 316-333.

### 07. MINDFUL NUTRITION

You can't out run a bad diet! Physical and cognitive functions are both impacted by nutrition. On one hand, Canadians need nutritious food to support active lifestyles. On the other hand, research shows that individuals also need good nutrition in order to acquire the most benefits from physical activity.



### 08. DURABILITY BY DESIGN

In developing a comprehensive and systematic approach to providing Canadians of all ages with ample opportunities for physical activity across the lifespan, it needs to be recognized that each participant has unique needs, goals, and interests. Every individual also has a unique health status and a different level of physical literacy at each point in their personal journey. The human body is dynamic; by design everyone can be more durable and endure the challenges that aging involves. Engaging in regular exercise is one of the best things individuals can do to ensure that they age successfully. Community recreation and sport programs and opportunities should be adapted to the changing needs of participants across their lifespan. It is important that opportunities for adults to exercise are fun and diverse. It has been a while since older adults just wanted to play bingo; increasingly adults are interested in learning new skills and forms of movement.

As recreation professionals, how can programs be best planned to ensure that they are attracting new participants and managing the life transitions to

Being physically active in one's community can be a rewarding experience, and developing physical literacy will help adults maintain their functional health as they age.

increase their physical activity levels and encourage participation?

"The content of the programs or activities needn't be different than for the younger population, but modifications as required for the ageing body must be considered. The need at this stage to provide an opportunity to revisit or introduce fundamental movement skills is no different than for children, but should be relevant, unthreatening and enjoyable," says Colleen Parsons, a certified exercise physiologist, sport nutrition consultant and lifestyle coach based in Calgary. "Flexibility in scheduling is probably the most important piece to offering programming at this stage. Some participants will still have children at home, may be travelling for part of the year, have multiple other commitments or may prefer to mostly do things on their own and join the 'group' for only some of the activity that they do, to suit their schedule. This flexibility

can feed into the consideration to address financial barriers."

Being physically active in one's community can be a rewarding experience, and developing physical literacy will help adults maintain their functional health as they age. For those who turned away from exercise and physical activity – regardless of at what age and for what reasons – just remember that physical literacy is a lifelong journey that can be embarked upon at any time. ■

**ANDREA CAREY** is the Director of Operations and Special Projects for the Sport for Life Society. She is passionate about getting more Canadians active and building physical literacy throughout the lifespan, and is a consultant working on a variety of inclusive projects across Canada. Andrea shares her volunteer time by contributing as a Board Director for the Canadian Paralympic Committee (for the past five years) and a Board Member of KidSport Greater Victoria.



# WHEREABOUTS... PEOPLE AND PLACES OF BCRPA

**VINCE KREISLER**, the Department Chair of the Recreation Leadership Diploma Program is retiring after 30 years. **YUE CHING CHENG** is the new Diploma Coordinator and an Instructor at Langara College. **SCOTT WATSON** has accepted the position of Manager of Parks with the City of White Rock. **MAGGIE SMOLSKI** joined the City of Surrey as a Community Services Coordinator overseeing the Aquatic Leadership and First Aid programs. The Queensborough Community Centre, New Westminster Parks and Recreation, welcomes **BRYCE ABBOTT** as the new Recreation Leader Youth Services. In August, the City of Port Coquitlam's Recreation Department welcomed **CARRIE NIMMO** as the new Manager of Cultural Programming and Community Services. **RYAN MULLIGAN** has been appointed as the new

Director of Recreation and Culture in Chilliwack, and brings with him a wealth of experience and knowledge to his role as he has been with the City since 1992 as the Manager of Civic Facilities. The City of Campbell River Recreation and Culture Department would like to welcome **KAREN LANGFORD** into the role of Operations Supervisor. **SUZANNE SAMBORSKI** has replaced **DOUG HENDERSON** as the Director of Saanich Parks and Recreation following Doug's retirement on March 31, 2016. Also in Saanich, **ALYSSA TAYLOR** is the new Programmer 1 - Youth at Saanich Commonwealth Place. **YVES BIENVENU**, Facility Manager for Strathcona Gardens Recreation Complex retired in August 2016 and **KOREEN GURAK** from the Comox Valley Regional District is filling the position.



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# KEEPING SENIORS CONNECTED



**THE FASTEST GROWING AGE DEMOGRAPHIC** is seniors. According to the World Health Organization, people aged 65 or older will outnumber those under 15 years of age by 2030. In West Vancouver this occurred in 2011 and now the region has one of the highest populations of seniors in British Columbia with 26% over the age of 65. With this reality, it is vital to keep the population active, engaged and participating. The District of West Vancouver's innovative Keeping Connected family of programs supports elders to stay active in recreation with the supports they need.

In 2007, Keeping Connected started with 45 participants. In 2015, the program supported 500 participants, with new programs and waitlists. Keeping Connected participants have suffered a loss: the loss of cognition, loss of a driver's licence, a physical loss, or loss of a spouse. These setbacks can impact a participant and isolate them from the community. Keeping Connected breaks down barriers to participation by providing transportation, instruction, one-on-one support, snacks, and supports families with information and resources.

The programs focus on exercise, conversation and social connections and are specific to the losses seniors are experiencing. For example, an Active Games program is geared towards men in their 60's and 70's with an early diagnosis of dementia. The program meets their physical

People aged 65 or older will outnumber those under 15 years of age by 2030.

needs while stimulating conversation and fellowship over activities such as bocce, board games and shared jokes. Another example is the Ladies Social Club for women with moderate physical and/or cognition impairment. These women are experiencing loss and enjoy meeting old and new friends each week to support them in their pursuit to continue to live independently with purpose.

In 2015, Keeping Connected launched two new programs - Creative Expressions and Dance for Parkinson's. Creative Expression is a program offered in partnership with the Society

for Arts in Dementia Care. Research says that people engaged in creative arts can add years to life, increase memory or help postpone memory loss. The program is designed to stimulate memories to create conversations while participants engage in art projects through a variety of mediums. What makes this program so unique is the Creative Expression Tool designed by Dr. Dalia Gottlieb-Tanaka. The tool monitors and observes participants daily to show the impact of the program on the individual's memory, attention, language, psychosocial functioning, reasoning/problem solving, emotions and culture.





JILL LAWLOR

The second new program is Dance for Parkinson's which was developed in New York by the Mark Morris Dance Group. Dance for Parkinson's allows people with Parkinson's to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression and physical confidence. This program is offered in partnership with the Simon Fraser University Dance program.

The Keeping Connected Family of Programs now has 17 weekly programs that cater to vulnerable seniors. The programs are offered by the West Vancouver Seniors' Activity Centre but are funded by community support, Vancouver Coastal Health, West Vancouver Secondary School (grade 12 students fundraise and donate \$2000) and grants and foundations. In an effort to keep the drop-in fee at \$4.25, the Friends of the Centre fundraises \$81,000 each year to fund the programs and the transportation for participants to get there. The Keeping Connected programs are built on the premise of multiple partnerships to enhance the programs and offerings to the elders. Partners include: Vancouver Coastal Health, Geriatric Outreach Team and the Older Adult Mental

Health team, Simon Fraser University Gerontology department, local community churches, West Vancouver School Board, Private Residential Care facilities, local service clubs, and other community agencies.

Current research states that people who are more socially active and engaged in their communities are healthier and happier. Also, the number-one predictor of longevity, according to the study done by Health Canada in 2006, is social support (family, friends and loved ones). Keeping members participating with friends, in a familiar setting in a supportive environment is vital for our elders to age independently with a high quality of life. With the support of the community, West Vancouver Seniors' Activity Centre strives to do this each day. ■

**JILL LAWLOR** is a Community Recreation Manager with the District of West Vancouver. Jill has spent the last 20 years in the field creating innovations in summer camp, aquatics and recreation. As a mother of four children and the daughter of active aging parents, Jill understands the importance of recreation for the young and the young at heart and works each day to break down barriers to participation and make a difference!

Current research states that people who are more socially active and engaged in their communities are healthier and happier.

MASTERS ATHLETES BRING

# RECREATION SECTOR OPPORTUNITIES



WITH VANCOUVER'S recently completed Americas Masters Games (AMG) in the books, now is a great time to understand and interpret the rapid growth of this relatively new phenomenon commonly referred to as sport tourism. For some of the 5,000 masters athletes (women over 30 years old and men over 35) who competed in the AMG last month, it was about bringing their 'A' game to town. For the rest of us, it's about what can be learned from hosting a major sports event like this one; both in terms of impact on the local and regional economies and through furthering the healthy, active living options for community residents in the adult age category.

## BUILDING HEALTHY COMMUNITIES

It is hard to fathom how, even today, the majority of B.C. residents:

- are well-informed on the benefits of exercise,
- know how to do adopt a healthy lifestyle, and yet
- still find it difficult to adopt and maintain active living habits,

Need proof? Stats Canada, upon using newer technologies (i.e. accelerometers) to more accurately measure physical activity (vs self-reporting), discovered that only a paltry 8.8% of Canadians aged 20-79 had exercised at least at a moderate intensity for at least 15 minutes a day, five times a week. Measure youth rates, and the news gets even worse!

Recreation leaders can view masters sporting events as a key driver in motivating our communities to get

moving again. Since the masters demographic did not grow up with video games and the internet, most have positive experiences from their youth of playing active games and sports. The list for why people stopped doing many of the things they loved is long and includes lack of time, money, weight gain, injuries, family and work duties, low energy, motivation, and simply having no more accountability buddies. What is needed now is the creation and execution of masters-age strategies designed to get them back in touch with their formerly active selves.

For recreation programmers, this translates into the design and build of multi-faceted, masters programs to include some or all of the following components:

Begin with an intake system that evaluates both static posture and dynamic movement together with a process to correct or modify prior to

proceeding any further. One wouldn't build a bridge with support beams that were uneven. The human body is no different.

Construct linked-strength training programs using the chain-is-only-as-strong-as-its-weakest-link analogy to promote understanding of the body's integrated chain of muscles and tendons, a key reason why someone seemingly gets injured for no apparent reason (like someone's back suddenly going out).

Integrating a yoga-inspired, athletic stretch and myofascial release restorative aspect into their training program. The older the participant, the greater the stretch to train ratio.

Sport-specific coaching and skill development to review rules and reinforce the sport's fundamental principles. This can also stimulate finding volunteer coaches within the community.





ERIC KRISTIANSEN

## Anyone associated with building a major sport event from the ground up understands the challenge with carving out another time slot within so many jam-packed schedules.

Operating or contracting out sports leagues dedicated to masters athletes or, if numbers don't support, organizing a masters team to compete in local league as part of the program.

A nutritional component that educates not only on overall dietary habits but also on functional foods and consumption periods toward optimizing performance.

Promotion of recreation centres amenities within the ancient Roman 'exercise & spa' ethos of rewarding oneself with a post-workout hot tub, steam, sauna or all of the above.

Consider structuring the sport program to coincide with forthcoming masters sports events, locally with the 55+ BC Games (formerly BC Seniors Games) or internationally at events like the World Masters Games which, just like the Olympics and sanctioned by the IOC, are held every four years in amazing

tourist destinations like next spring in Auckland, New Zealand.

The result of providing these multi-faceted masters athlete programs, built to coincide with major sporting events, can provide significantly more motivation as compared to typically generic fitness goals such as 'losing weight' or 'getting in shape'.

### ECONOMIC IMPACT

Overall, much praise has been given to the AMG organizers, staff and volunteers as feedback (from an athlete's perspective <https://vimeo.com/180835699>) on logistics, competition and overall athlete experience was very positive. Sport officials did a good job of communicating with captains, were attentive to needs, the registration and sports sites were top notch and well organized and the vibe at Jack Poole Plaza was inspired by some of the world's friendliest volunteers. The

biggest issues arose as a result of a lack of athletes in some sport and/or age categories which comes as no surprise given the ambitious undertaking of so many sports and the wide range of participants' ages.

To further define what constitutes a masters athlete, a few co-ed events aside, each of these 25 different sports are typically divided both by gender and into 5-10 year age segments, such as women's 40-45 soccer. For other, more long-standing master's events, further segmentation can exist by level of play, such as recreation, competitive and even premier divisions that require some participants to have former professional playing experience.

While the AMG participation numbers fell short of expectations, the financial impact was nevertheless quite significant. Consider that many participants, from 54 different countries, arrive with friends or a

significant others, thus easily doubling the number of consumption-minded visitors arriving for this nine-day event. Then factor in the timing, during peak season, where an average hotel can cost upwards of \$300.00 a night. Add all the restaurants, social houses, wellness services, shopping malls and attractions enjoyed, and net economic contribution reaches millions of dollars. Finally there's ancillary benefits like the 'buzz' associated with bringing together such an energetic, significant-sized group of athletes, and their entourages, extending their stay by touring other regions of the province.

Of course anyone associated with building a major sport event from the ground up understands the challenge with carving out another time slot within so many jam-packed schedules. Yet what makes going after major sporting events so appealing is they represent the highly-coveted 45-70 years of age target demographic of baby boomers and active agers. These vibrant individuals are, or soon will be, easing into retirement and eager to feel Fit, Fun & Forever Young, a slogan first used at the 2009 Sydney World Masters Games. They have time, money, a passion for exercising, socializing and for being at a point in life where aspiration can match affordability. Being a part of something bigger than themselves, savouring each moment and feeling a part of something special, is what masters sport events are all about; in competition, social functions, touring and especially the experience of opening & closing ceremonies (<https://vimeo.com/180837009>). For many of us, at this stage of life, these are what dreams are made of.

For recreation managers it's important to understand that sport tourism, while still an emerging field, has been in development in more mature markets for some time now. As a result, there is intense international competition when preparing bids for future events. Simply adding this as additional responsibility for existing staff may not be enough and serious consideration should be given to dedicate substantial resources to secure major masters sport events in the future.

Ultimately, to be successful, there must be a shift away from the public perceiving the term 'athlete' as an exclusive, competitive, term and toward the ideal of recreational participation for the masses. True you will find some hardcore athletes within any masters sport event but, by and large, they are held in the spirit of inclusion and target participants whose priorities are to socialize, meet new people, have fun, enjoy the experience, explore a new part of the world, bond with teammates and engage with competitors who share similar vision and values. ■

It's important to understand that sport tourism has been in development in more mature markets for some time now.

**ERIC KRISTIANSEN** is the Director of Business Development for Peter Twist's Performance + Wellness franchise gym division, an integrated health solution. Since 1996, Eric has owned and operated Advanced Athletics Inc., pursuing and applying the knowledge of 43+ years experience in performance sport and human engagement. His Zen Masterz basketball team was the premier World Masters Games champions from 2005-09 and are reigning double gold medalists from the 2016 Americas Masters Games.



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STAYING ACTIVE ACROSS THE LIFE COURSE

# NEW PROGRAMS ACTIVATE SEDENTARY OLDER ADULTS

**INCREASING PHYSICAL ACTIVITY** levels in the lives of older adults is one of the key focus areas of the Provincial Government's Physical Activity Strategy. To support its goal of ensuring participation in physical activity occurs across the whole life course, the province provided funding to the Centre for Hip Health and Mobility (CHHM) to create and deliver an Older Adult Strategy [Active Aging BC (ABC)] that would provide and promote more opportunities for older adults to be physically active; enhance health, mobility, and social connectedness of older adults, and build community capacity that supports awareness of, and access to, physical activity opportunities for older adults.

Part of this funding was used to create the Choose to Move Program; a 6-month, evidence-based personal planning and support program that promotes greater physical activity among older adults (≥65) who are not regularly active.

CHHM also partnered with the BCRPA to develop ActivAge™, an older adult physical activity program that complements the Choose to Move program (providing its participants with an in-class fitness program option that is specifically tailored to improving their physical activity levels), and to leverage the BCRPA's expertise in facilitating community-based program delivery through its provincial network of local government recreation and parks members.



**CENTRE FOR HIP HEALTH AND MOBILITY** IS A UNIVERSITY OF BRITISH COLUMBIA AFFILIATED, INTERNATIONALLY RECOGNIZED RESEARCH CENTRE FOCUSED ON DEVELOPING NOVEL STRATEGIES WHICH PROMOTE PHYSICALLY ACTIVE CHOICES AND POSITIVELY INFLUENCE MOBILITY.

The coming together of these two organizations and their programs has proven to be a winning combination. Through these programs over 1,200 participants, and counting, have discovered the benefits of regular physical activity.

The pilot project began in January 2016 and to date has run in 22 select

community sites in all five health authority regions across the province. At its completion in March 2017 the programs will have been offered over 40 times.

In addition to increasing physical activity levels, each program also strives to increase social connectedness for this age group, increase awareness of

*“Choose to Move inspired me to go from no exercise to daily stretches and taking yoga ...I can now go up and down stairs without worrying”*

**PARTICIPANT**

*“I enjoyed having a specific time to come and exercise, and learn new techniques I’m able to do. I feel confident that I could comfortably perform the **ActivAge™** program, and then apply it at home. But I enjoyed the social aspect and making new connections!”*

**PARTICIPANT**

the importance of healthy living, and motivate and support the adoption of active lifestyles. These added elements combat some of the common barriers older adults face in relation to engaging in physical activities, and help ensure lasting lifestyle changes are made.

Benefits are also experienced by the communities offering these programs as they attract and retain new patrons and provide training supports to build the capacity of communities to deliver physical activity and recreation programming to older adults.

Registered BCRPA Fitness Leaders, with Older Adult specialization, receive training to lead each program, and remain as community-based accessible resources. The pilot initiative has provided 35 BCRPA registered Fitness Leaders throughout the province with training and knowledge to run these programs and help this specific segment of our population.

Reaching this inactive population will broaden the scope of program offerings and provide an avenue to connect to all residents – even those who have never stepped into a community centre before.

These hard-to-reach individuals who haven’t interacted with their community centres before are engaged with their local community recreation facility

*“We are at a crossroads in Canada as the proportion of older adults (>age 85) now outnumbers children and youth under age 15. Prevention through physical activity is key as it enhances physical, mental and social wellbeing and supports older adults mobility and ability to live independently for as long as possible. Despite this adults over age 65 are among the most sedentary Canadians. To address this call to action we turned to BCRPA. With characteristic enthusiasm, skill and commitment BCRPA worked with us to design, deliver and evaluate a choice based physical activity program (Choose to Move; CTM) to older adults in communities across British Columbia. Early results are in and CTM is a winning model — in its first phase CTM effectively enhanced physical activity and social connectedness in BC seniors. It is only through these kinds of partnerships across sectors that we will succeed in making a difference in the health and ultimately the lives of older British Columbians.”*

**HEATHER MCKAY**

Professor, Departments of Orthopedics and Family Practice Director, Centre for Hip Health and Mobility University of British Columbia.

**CHOOSE TO MOVE** IS A 6-MONTH, EVIDENCE-BASED PERSONAL PLANNING AND SUPPORT PROGRAM TO PROMOTE GREATER PHYSICAL ACTIVITY AMONG OLDER ADULTS (65+) WHO ARE NOT REGULARLY ACTIVE. WORKING WITH A REGISTERED BCRPA FITNESS LEADER (ACTIVITY COACH), PARTICIPANTS DEVELOP A PERSONALIZED PHYSICAL ACTIVITY ACTION PLAN CUSTOMIZED TO EACH PERSON’S NEEDS, INTERESTS, GOALS, RESOURCES AND ABILITIES. THE BEAUTY OF CHOOSE TO MOVE IS THAT PARTICIPANTS CAN CHOOSE ANY PHYSICAL ACTIVITY THAT THEY ENJOY AND FITS INTO A SCHEDULE THAT WORKS FOR THEM. FOR EXAMPLE, ONE MIGHT CHOOSE PROGRAMS OFFERED AT THE FACILITY (SUCH AS ACTIVAGE™), USE RECREATION CENTRE AMENITIES TO SWIM OR LIFT WEIGHTS, OR CHOOSE TO DO ACTIVITIES NEARER TO HOME SUCH AS WALKING, GARDENING OR HIKING.

[www.activeagingbc.ca/physical\\_activity/Choose-to-Move/](http://www.activeagingbc.ca/physical_activity/Choose-to-Move/)

**CHOOSE  
to MOVE**



and staff, and the variety of program offerings available to them. This in turn enables community centres to transition participants into existing programming and further their physical activity pursuits.

The pilot phase of this initiative concludes in March 2017, but work is being done with respect to determining the legacy of these program offerings.

*“Choose to Move inspired me to go from no exercise to daily stretches and taking yoga...I can now go up and down stairs without worrying”*

PARTICIPANT

**ACTIVAGE™** IS AN IN CLASS GROUP LED PHYSICAL ACTIVITY PROGRAM FOR INACTIVE OLDER ADULTS (≥65 YEARS OF AGE) THAT INTRODUCES PARTICIPANTS TO THE VALUE OF PHYSICAL ACTIVITY AND REINFORCES THEIR COMMITMENT TO INCORPORATING IT INTO THEIR DAILY LIVES. THE PROGRAM IS LED BY BCRPA REGISTERED FITNESS LEADERS WITH THE OLDER ADULT SPECIALTY.

**A UNIQUE ASPECT OF ACTIVAGE™** IS THAT IN ADDITION TO PROVIDING PHYSICAL ACTIVITY SPECIFICALLY DESIGNED FOR OLDER ADULTS, IT ALSO ENCOURAGES SOCIAL INTERACTIONS AND OVERALL HEALTH. THE IMPROVEMENT OF PHYSICAL WELLBEING IS THE MAIN GOAL BUT THE CLASS ALSO FOSTERS SOCIAL ENGAGEMENT AND INTRODUCES HEALTHY-LIVING TOPICS AS APPROPRIATE. PROGRAM LEADERS INCLUDE AN EDUCATION COMPONENT WITHIN THE CLASSES.

[www.bcrpa.bc.ca/ActivAge](http://www.bcrpa.bc.ca/ActivAge)

**ActivAge™**

Increasing physical activity levels in the lives of older adults is one of the key focus areas of the Provincial Government's Physical Activity Strategy.

*“ActivAge™ introduced a variety of exercises, using different muscle groups (including some I didn't know I had!). It can be a strenuous program, but it's great for us “golden agers”. It's fun, and the instructor is very positive, helpful, and knowledgeable.”*

PARTICIPANT

### CHOOSE TO MOVE AND ACTIVAGE™ COMMUNITIES:

BURNABY, CAMPBELL RIVER, CRANBROOK, DAWSON CREEK, KAMLOOPS, KELOWNA, LADYSMITH, LANGLEY - CITY, NANAIMO - REGIONAL DISTRICT, NEW WESTMINSTER, NORTH VANCOUVER, PRINCE GEORGE, PENTICTON, POWELL RIVER, PRINCE RUPERT, RICHMOND, SALMON ARM, SURREY, TERRACE, VANCOUVER, VICTORIA, WILLIAMS LAKE



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# 2016 BCRPA PROVINCIAL AWARD RECIPIENTS

The BCRPA would like to again congratulate each of the 2016 Provincial Award recipients and recognize them for excellence and innovation in the field of recreation as well as for their exceptional efforts to enhance recreation facilities, programs, parks and services in British Columbia.

AWARD: **FACILITY EXCELLENCE**  
CITY OF CASTLEGAR:  
*MILLENNIUM PARK NATURAL SWIMMING PONDS*



These swimming ponds are the first of their kind in BC, providing visitors with a unique, safe and enjoyable swimming experience on the banks of the Columbia River. This major water feature includes three separate man-made ponds of varying depths connected by rock weirs, constructed streams and water slides. The three ponds are irregularly shaped to fit with the existing topography and are situated just above the banks of the Columbia River. The unique design of these ponds could be transferred to other riverside communities in the Province.

The Millennium Park Project has been an outstanding success, bringing the community's vision of a dynamic park with a strong connection to the Columbia River to life. Thanks to the high level of community engagement throughout the planning and implementation of the Millennium Park Master Plan, the park now offers something for everyone.

▼ Left to Right: Heather Turner, BCRPA President; Chris Barlow, Director of Transportation & Civic Works, City of Castlegar; Rebecca Tunnacliffe, BCRPA CEO





► Left to Right: Heather Turner, BCRPA President; Dean Gibson, Director of Parks, Culture & Recreation, City of New Westminster; Rebecca Tunnacliffe, BCRPA CEO



**AWARD: PARKS AND OPEN SPACES EXCELLENCE**  
**CITY OF NEW WESTMINSTER:**  
**SAINT MARY'S PARK**

Saint Mary's Park is located in downtown New Westminster, adjacent to the new École Qayqayt Elementary School, which was formerly occupied by Saint Mary's Hospital. The boundary between the sites is intentionally 'blurred' such that the combined amenities; the playground, nature play, community gardens, sports fields, open lawn and sport courts augment the play experience for the school children and meet the needs of the broader community.

The project was singled out for its innovative use of recycled materials, from the more commonly used rubber surfaces made from tires to the use of reclaimed granite bricks, salvaged from the historic streets of New Westminster, to build the gabion bench seats located in the community garden. Since completion last Spring, Saint Mary's Park has proven to be a very successful neighbourhood park, largely due to meaningful engagement with stakeholder groups and the public throughout the planning and design process.



◀ Left to Right: Louise Roberts, Manager of Community & Neighbourhood Services, City of Kelowna; Brian Johnston, PERC



**AWARD: PERC AWARD FOR MANAGEMENT INNOVATION AND INGENUITY  
CITY OF KELOWNA:  
STRONG NEIGHBOURHOODS PROGRAM**

The Strong Neighbourhoods Program began in the Spring of 2014 with the purpose of improving the quality of life in Kelowna through a focus on creating strong neighbourhoods that foster a culture of connection and engagement.

needs, and that citizens know best how to enhance the quality of life in their respective neighbourhoods. Using an asset-based approach and a focus on well-being, the Strong Neighbourhoods Program aims to support and enhance the quality of life of individuals right where they live. By fostering neighbourliness, inspiring community leaders, and empowering residents, the City has succeeded in meeting its goals, one street at a time.

The Strong Neighbourhoods Program represents a new approach to community development for the City of Kelowna. The program recognizes that each neighbourhood is distinct in its character, assets and



This free program encompasses a Snow Zone, an Outdoor Skating Rink, an Inclusive Playground, Family Apres activities and an Outdoor Concert Series. In total they create a space to engage in both physical and cultural activities, and it has been immensely popular with locals, day-trippers and tourists.

A toboggan area that constantly changes, a rink that is the antithesis of a hockey arena and performers that range from the Vancouver Symphony Orchestra to Blue Rodeo make for a variety of experiences. The year-round programming provides options for visitors to explore the community even if they are not there to ski, snowboard, golf or mountain bike.

Using funding from the Province of BC's Resort Municipality Initiative, this program serves as a great role model for other destination areas across the Province.



**AWARD: PROGRAM EXCELLENCE  
FOR MUNICIPALITIES WITH POPULATIONS OF LESS  
THAN 15,000  
RESORT MUNICIPALITY OF WHISTLER:  
WHISTLER PRESENTS**

▲ Left to Right: Heather Turner, BCRPA President; Stephanie Nicoll, Community Projects Coordinator, Resort Municipality of Whistler and Martin Pardoe, Manager of Resort Parks Planning, Resort Municipality of Whistler; Rebecca Tunnacliffe, BCRPA CEO



▼ Left to Right: Heather Turner, BCRPA President; Joni Vajda, Outreach Coordinator, District of West Vancouver; Rebecca Tunnacliffe, BCRPA CEO



**AWARD: PROGRAM EXCELLENCE**  
 FOR MUNICIPALITIES WITH POPULATIONS OF OVER 15,000  
**DISTRICT OF WEST VANCOUVER: KEEPING CONNECTED**

The Keeping Connected program targets older adults who cannot manage participating in regular recreation programs like fitness classes, painting, and discussion groups due to a variety of physical, mental or accessibility barriers. This family of programs supports elders in staying active with the assistance they need, including transportation and one-on-one support, to provide the means to participate in group recreation programs at the West Vancouver Seniors' Activity Centre.

Since its inception in 2007 with 45 participants, the program has grown to serve over 500 individuals in 2015. Keeping Connected cares for seniors in the community that are in need of support, reducing the burden to the health care system, building social safety nets for some of the vulnerable community members and also acting to help the family members of the participants with compassion and understanding.



**AWARD: PRESIDENT'S AWARD**  
**DEAN GIBSON**

The President's Award honours individuals who show exceptional involvement, sustained contributions, and great promise of a life-long commitment to the Association and our sector.

Dean has studied and worked in the leisure services field for the past 30 years and for the past 16 years in a senior administrative capacity. A former board member of the BCRPA, he has now made his mark at a national level in the role of Canadian Parks and Recreation Association (CPRA) President. He has been integral to the evolution of the CPRA and has led the organization to engage in national policy development and advocate for the benefit of the sector. Dean is well known and appreciated in BC as a professional who is dedicated, reliable, forward thinking and one who possesses strong communication and leadership skills.

Dean's strong attributes as a civic leader, planner, critical thinker and team builder have been valuable assets for New Westminster, CPRA and the BCRPA.

▲ Left to Right: Heather Turner, BCRPA President; Dean Gibson, Director of Parks, Culture & Recreation, City of New Westminster; Daryl Condon, BCRPA Past President



◀ Left to Right: Heather Turner, BCRPA President ; Brian Johnston, PERC; Rebecca Tunnacliffe, BCRPA CEO

**AWARD: HONORARY LIFE MEMBERSHIP AWARD  
BRIAN JOHNSTON**

The Honorary Life Membership Award is the most prestigious award granted by BCRPA. This award is not given annually, but only conferred on the most deserving of members to acknowledge the valuable and sustained contribution they have made to the Association and sector.

This year's honouree, Brian Johnston, is an outstanding leader in the Recreation and Parks sector. Brian founded Professional

Environmental Recreation Consultants Ltd. (PERC) in 1975 in Calgary, and has worked across Canada in more than 200 communities on over 500 consulting projects.

With a Bachelor of Physical Education degree from the University of Manitoba and a Master of Science degree in Recreation Management from Loughborough University, England, Brian's consulting career began in recreation planning in England, then in Manitoba with

the Department of Tourism, Recreation and Cultural Affairs as Recreation Facilities Consultant, and then as Regional Recreation Consultant before establishing PERC.

His body of work, which includes the 2010 Winter Olympics and his contributions to the National Recreation Framework for Canada, has created a positive and enduring impact on the sector to which he is so committed.

**2016 BCRPA  
STUDENT SCHOLARSHIPS**

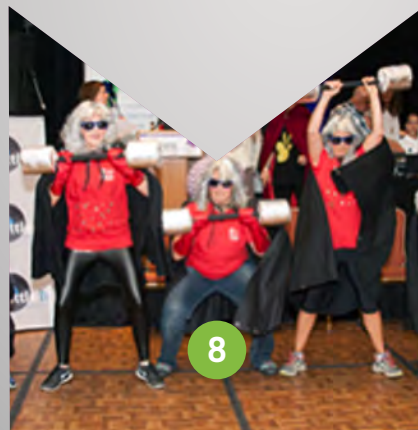
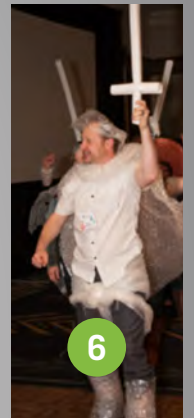
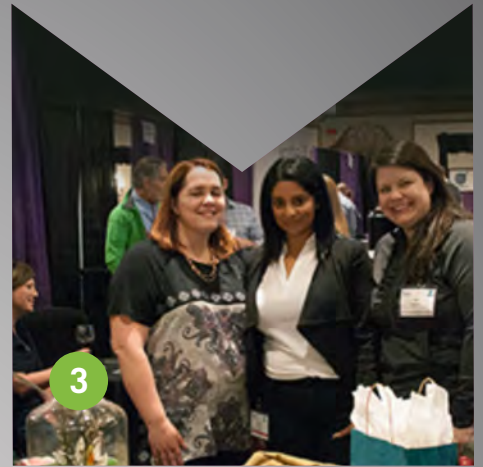


Congratulations to the recipients of the 2016 BCRPA Student Scholarships, sponsored by DB Perks & Associates:

- Erin Henneberry, University of Victoria
- Alexandra Lukac, Simon Fraser University
- Rebecca Stephen, Langara College/University

◀ Left to Right: Heather Turner, BCRPA President; Rebecca Stephen, Langara College/University; Rebecca Tunnacliffe, BCRPA CEO





(1) Keynote presenter Dr. Dean Kriellaars seeks his “buddy” in the buddy stick game that ran throughout Symposium. (2) Angela Barth (Pemberton) and Tim Hoskin (Squamish) lead the Trade Show game with delegates hoping to win the tableful of exhibitor prizes. (3) Delegates enjoying the Trade Show. (4) Delegates respond to Dr. Kriellaars’ call for a show of hands on physical literacy questions. (5) The New Westminster team tries to convince the judges (BCRPA Board of Directors) to vote for them. (6) 5-8 Delegates teamed up for the Banquet costume contest and enthusiastically participated in the El-e-Cape theme. (7) The Vancouver team sported a heroic theme. (8) The team from Campbell River adopted a fitness theme. (9) Keynote presenter Dave Wilkin encouraged the delegates to seek conversations with the next generation (Millennials). (10) Left: Outgoing President Daryl Condon passing the gavel to Incoming President Heather Turner. (11) Delegates in one of the break-out sessions huddle into a discussion group. (12) Delegates learning wheelchair basketball.



# BCRPA REGIONAL ROUNDUPS

## LOWER MAINLAND



Heidi Enns  
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### MISSION

Mission Parks, Recreation & Culture opened their new Skate Park at the grounds of the Mission Leisure Centre on July 16. The Department engaged the services of Newline Skate Parks to work with the community on the design and to construct the park. It includes a variety of elements including a bowl, several rails, ledges, snakerun, pump bump rollers and quarterpipe turnaround. The park replaces an old, aging park and has been incredibly popular with local youth since its opening. The Department also broke ground on its first artificial turf field in July to be located at the Rotary Sports Park. Completion of the new field is expected in late October and will accommodate soccer, lacrosse and football. The popular Play Boxes which exist in several Fraser Valley municipalities are coming to Mission. The Department has secured the funds to stock and install four boxes in community parks this fall with the intent that the program will be expanded to additional parks in 2017.

### NEW WESTMINSTER

The City of New Westminster participated in Canada's 150 Mosaic Project this summer. Over the course of two days, 250+ children and adults worked with a lead artist to create a large mosaic mural made up of 400 individually painted tiles. The completed mural, commemorating Canada's 150th birthday, will be on display at the Queen's Park Arenex this fall.

Gymnature was a wildly popular summer program that had everyone talking. After a morning of gymnastics and trampoline, energetic 4 - 6 year olds ventured out for an afternoon of nature exploration. For five full days they experienced all the natural beauty Queen's Park has to offer.



*City of New Westminster's  
Canada's 150 Mosaic Project*



*City of New Westminster's  
Gymnature program participant*

This is a program we will definitely expand on next summer due to its success and popularity.

### ABBOTSFORD

CN EcoConnexions – From the Ground Up program promotes community sustainability, through the greening of municipal and community properties across Canada. This innovative project introduced 116 street trees into culturally diverse neighbourhoods and provided an integral educational component for both volunteers and residents. Neighbourhood engagement intertwined with civic volunteerism; as residents were invited to participate in the tree selection process and celebrate the project at a street tree party. The Volunteer Coordinator and Tree

Team volunteers canvassed neighbourhoods in an effort to answer any questions residents posed about street trees. During this canvassing initiative volunteers were able to translate information which ultimately contributed to the well-rounded communication campaign. If residents weren't home a multi-lingual door knocker brochure, which further explained the upcoming street tree installment, was placed on the front door along with an invitation to attend a street tree party. This initiative proved successful due to its unique community engagement process. An extension of this project is currently underway - the City will plant 150 street trees to commemorate Canada's upcoming 150th birthday. TD Green Streets is the flagship program of

Tree Canada, and the only nationally-based municipal forestry innovation program in Canada. Since its inception in 1994, more than 500 Canadian municipalities have received Green Streets funding.

In 2014 the City of Abbotsford launched a new initiative aimed at helping families be active outside, the Live 5210 Playboxes. They had no idea if it would work. Now two years later, there are a total of 15 Live 5210 Playboxes in 8 different BC Communities (and 15 in Thunderbay Ontario). Its' definitely an idea worth sharing; for more information visit [www.healthyabbotsford.ca/play-boxes](http://www.healthyabbotsford.ca/play-boxes).

The City entered a three-way partnership with the Vancouver Foundation, and the Abbotsford Community Foundation to offer Neighbourhood Small Grants to help spark small initiatives that will help neighbourhoods come together to decrease alienations and create opportunities for solving community problems and crime prevention. 23 applications were received, and 18 received funding for up to \$1,000 dollars for their projects. Projects were chosen by an independent vetting committee comprised of residents, PRC Advisory Committee members, and APD community policing. This initiative has sparked vibrancy and social connectedness, as well as acts as natural crime prevention.

Under the skillful leadership of an amazing Board of Directors, Abbotsford hosted the BC Summer Games on July 21-24 who prepared 32,000 meals, presented 2,100 medals in 290 medal presentations, prepared 3,500 beds in our local schools, had the 3rd largest bus transportation system in BC and received over \$700,000 in kind donations towards the Games. This certainly has been a career highlight for many of the city staff teams whose exceptional care and attention were evident in the provision of pristine facilities, boulevards, streets and support to 18 sports including 3 sports for athletes with a disability. Here's one parental testimonial "As a parent of an athlete that competed in Athletics, I just wanted to say a big thanks to all the effort you put in to ensuring that my son as well as all athletes had an experience of a life time. From the arrival at the Tradex for

accreditation to the wonderful Dorm Mom at a local School, to the top notch quality facilities in Abbotsford, all of the volunteers and people involved definitely took your motto "Rise Above and Reach Beyond" to the fullest. Thank you for making a parent feel secure and confident that her son was looked after, fed, and housed and entertained at such a high level."

## CHILLIWACK

In May of 2016 the City of Chilliwack launched its Neighbourhood Grant Program. The program is divided into two streams. The Celebration & Activity stream focuses on events that help increase neighbourhood inclusiveness, and reduce crime. The Grass Roots stream is more "project" based and focuses on developing assets with the same intent of increasing inclusivity, community livability and decreasing crime. Some examples of Grass Roots projects would be community gardens, or a Little Free library. Both streams allow for support from the City of Chilliwack who would provide up to 50% off matched funds or in-kind donations.

To support the Neighbourhood Grant program the City of Chilliwack created a new Marketing and Community Event Coordinator which to date has helped facilitate 11 block parties and 4 larger Community events all in total involving approximately 2,500 residents.

Chilliwack's Canada Day Celebration capitalized on the success of last year by expanding its program to include both an evening and daytime event. Over 8,000 people enjoyed games and activities, food trucks, a children's stage, family entertainment and, of course, fireworks.

In June it was announced that the City of Chilliwack, in partnership with Tourism Chilliwack and the Stó:lō community were the successful bidders for the 2018 RBC Cup and plans have already begun for the event which will run eight days in May of 2018.

## COQUITLAM

2016 is Coquitlam's 125th Anniversary. The year has been full of events and celebrations of everything that makes Coquitlam great. As a part of the Coquitlam 125, this summer Coquitlam

delivered another successful Canada Day which saw over 30,000 attendees throughout the day. The event was highlighted by the grand opening of the new "Town Centre Park Performance Plaza." This new 900 seat amphitheater and accompanying event site proved very popular with the community. The event site was tested out again a couple of weeks later with a fantastic two day community cultural event called Kaleidoscope. This Coquitlam 125 event featured some great names on the main stage, as well as a variety of visual arts displays and performing acts throughout the weekend.

The City of Coquitlam is in the final stages of crafting a new Parks Recreation and Culture Master Plan and accompanying Implementation Strategy. Over the spring and into the summer, the community was invited to provide input on the Implementation Strategy through a comprehensive online survey. Over 1,100 people completed the survey, and staff are now analyzing the information to make adjustments and present the final Master Plan and Implementation Strategy to Council for approval. Initial analysis indicates that the community was overwhelmingly in favour of the action items, timing and funding required to deliver services to meet the needs of the growing and changing community over the next 15 years. This major project has been accompanied by the completion of an Arts, Culture and Heritage Strategic Plan, an Arena Services and Facilities Strategy, and an update to our Aquatic Services and Facilities Strategy. Staff are also currently working on a Recreation Program Policy and accompanying toolkit, Seniors Strategy, Tennis and Pickleball Strategy, and a new Allocation Policy.

The Parks Operations staff proudly displayed the beauty of Coquitlam to the Communities in Bloom judges in July. The City's national entry this year featured Coquitlam in Bloom projects such as public produce gardens in Austin Heights, a signature rose named "Coquitlam," a photo gallery of 125 local gardens, toy libraries at six parks, and giveaways of the flower of the year, the dahlia. This display was capped off with a "Tractor Dance" [www.youtube.com/watch?v=siR1n7PH-94](http://www.youtube.com/watch?v=siR1n7PH-94).



Parks Planning is actively working on a Town Centre Park Master Plan and planning for the construction of Smiling Creek Park, Rochester Park, Cottonwood Park, and Mackin Park. Meanwhile Princeton Park, Victoria Park, and Mountain View Park are under construction, and Leigh Park opened up to fond community review in the spring.

Coquitlam is working with the YMCA to plan a new community centre to meet the needs of the projected development growth in the City's Burquitlam neighbourhood (on the border of Coquitlam, Port Moody and Burnaby). This facility is planned to open in early 2021. Staff have also been preparing for the opening of the Evergreen Line Skytrain, which will include 11 new pieces of public art.

## DISTRICT OF KENT

Summer invites many family activities in the District of Kent's beautiful parks, outdoor pool and historical sites. On June 29th "Summer Start Up" was celebrated with the special announcement of the Live 5-2-1-0 Playbox in Pioneer Park along with story time, games and activities for over 60 participants. The event was coordinated in conjunction with the Agassiz Harrison Historical Society, Agassiz Library, Community Services, Healthy Communities, Fraser Health and the Fraser Valley Shrine Club; who generously donated the Playbox to the community.

The Ferny Coombe Outdoor Pool was a popular destination in Agassiz this summer with pool usage up by 31% over 2015. Thanks to a great aquatics team, the outdoor pool hosted many special events, swim lessons and even the BC-SSA Regional Swim Meet. The Regional Swim Meet was an example of the great partnership that the District of Kent has with the Agassiz Harrison Aquanauts Swim Club. Over 350 swimmers were in town on August 5-7th.

The Kilby Historic Site celebrated its 110th anniversary of the General Store on August 14th. Many local dignitaries attended from Abbotsford, Mission, Chilliwack, Agassiz, Harrison Hot Springs and Fraser Valley Regional District to advocate the importance of maintaining heritage in B.C. and our local communities. The Old

Fashioned Carnival theme included children's activities, cake cutting and a home style barbeque.

## PORT COQUITLAM

In July, the City successfully hosted the inaugural PoCo Grand Prix as a part of BC Super Week, the nation's biggest professional road cycling series. Over 5000 people attended the event over the course of the day enjoying the races that featured over 200 professional riders. In addition, the event also featured races for kids, youth and corporate riders as well as a variety of entertainment zones for spectators and families to enjoy. The organizing committee is looking forward to building on this success for next year's event.

The City is also in the process of planning a new Community Recreation Complex to replace the aging Port Coquitlam Recreation Complex. The project will replace outdated recreation facilities and include housing and commercial components. The preliminary concept is a multigenerational recreation complex that includes an aquatic facility, three ice arenas, a library, fitness centre and a variety of multi-purpose space. Activities moving forward for the rest of 2016 will involve further planning and detailed design work.

## RICHMOND

Doors Open Richmond is a free weekend-long, city-wide celebration of heritage, culture and arts. Sponsored by the Richmond Museum Society in partnership with the City of Richmond, Doors Open 2016 once again drew the public's attention to the wealth of culture and heritage in the community. The event kick off on June 3 began with an opening ceremony at one of Richmond's hidden heritage gems, the beautiful Minoru Chapel, where over 500 people enjoyed the exquisite garden setting, community groups and family-friendly activities. During the Doors Open weekend, 42 sites were hosted by 49 organizations and staffed primarily by 178 volunteers. The public engaged in a wide range of exciting and unusual opportunities with close to 13,000 site visits. There was something for everyone, from exclusive behind-the-scenes tours of museums, national historic sites and religious

institutions to boat building workshops, demonstrations of traditional crafts and creating public art.

Richmond seniors were invited to connect with their community during BC Seniors Week, June 6 to 10, 2016. This province-wide celebration recognizes and acknowledges the diversity of seniors and the important and pivotal role they play in our society. To celebrate locally, the City of Richmond and its community partners offered over 18 free or low-cost events, activities and programs. Building on the theme of Connect With Your Community, this series of entertaining and educational activities provided opportunities for persons 55 years and older to connect with new people and learn about new opportunities for seniors within the community. Activities for the week included a free Opening Ceremony on Monday, June 6 at Minoru Place Activity Centre, Richmond's only stand-alone seniors centre. This country fair-inspired social, featured live music by the Soda Crackers, dancing and strawberry shortcake. In addition, Art in the Park was held at Thompson Community Centre, a Wellness Showcase at the East Richmond Community Hall, Our Community Fair at City Centre Community Centre and a Historic Tour of Steveston was hosted by the Steveston Community Centre. There was also an introduction to the Music Works pilot project that was offered to isolated, frail and at risk seniors at West Richmond Community Centre. The week wrapped up on Friday, June 10 with a dance variety class and seniors luncheon at Hamilton Community Centre. To ensure the public was well informed, the Seniors Week brochure was available at all Richmond community centres, on the website [www.richmond.ca/seniorsweek](http://www.richmond.ca/seniorsweek) and translated versions were made available in Chinese and Punjabi. Seniors Week 2016 was very successful with over 1000 seniors participating throughout the week and is an example of Richmond's commitment of being a nurturing, connected city that promotes healthy and active aging.

The grand opening of Mary's Barn in Richmond's Terra Nova Rural Park was celebrated Saturday June 18 by local dignitaries, the Sharing Farm Society, the City of Richmond and friends and

family of the late Mary Gazetas. Mary's Barn will be an essential operational hub for agricultural activities at Terra Nova Rural Park and support the important work of The Sharing Farm Society. In 2015 over 14,000 pounds of food grown by The Sharing Farm was donated to Richmond residents in need through the Richmond Food Bank and other programs. Mary's Barn is named in honour of Mary Gazetas - a founding member of The Richmond Fruit Tree Sharing Project, now The Sharing Farm Society. Recognizing the need for healthy fresh food at the Richmond Food Bank, Gazetas worked to secure a small plot of land to grow vegetables for donation. As a result of her initiative and leadership, The Sharing Farm was established and has gone on to donate over 200,000 pounds of fresh organic vegetables for low-income families in Richmond since its inception.

## WHISTLER

The Whistler Skate Park is now the second largest in Canada with the total skate"able" area of over 4,600 square metres (50,000 square feet). The park contains a serpentine run into a 6.5-metre diameter "Snake Bowl", a cherished and unique feature in North America. A second area contains a variety of ¼ pipes up to three metres high, a spine, volcano and central pyramid. The recent expansion links the two previous phases of the skate park and incorporates long flowy lines with multiple ledges and street-style elements that allow skaters to pump and flow for speed. The Whistler Skate Park expansion opened to the public in May 2016 and was designed by Spectrum Skate Park Ltd in conjunction with local skaters. Construction was undertaken by EHR Contracting Limited Ltd. The expansion was made possible with \$807,600 of funding from the Province of British Columbia's Resort Municipality Initiative and a generous donation of \$100,000 from the Whistler Blackcomb Foundation.

Other improvements in 2016 included:

- Replacing and expanding asphalt around the Snake Bowl, and patching concrete within the bowl;
- Lifting the tree canopy around the park to improve sight-lines, safety and air flow (which helps the skate park dry out faster

after rain and spring snow melt); and

- Removing several cottonwood trees around the park, which reduces the amount of leaf litter removal by staff and users prior to skating. Check it out at [www.whistler.ca/culture-recreation/parks-trails/skate-park](http://www.whistler.ca/culture-recreation/parks-trails/skate-park).

A new bike amenity has arrived in town in the form of a BMX track. It is located in Bayly Park in the Cheakamus Crossing neighbourhood. Led by the volunteer-based Whistler BMX Club, the track and club caters to a wide range of abilities, from run bikers to beginner riders to national level athletes. The Whistler BMX Club and the Resort Municipality of Whistler (RMOW) have entered into a formal License Agreement to guide operations and site responsibilities, including vehicle parking, noise, dust control, maintenance, permitted uses, times of use, clean-up, insurance and indemnity provisions. It is a five-year term that has provisions for renewal or early termination. The land as well as funds for track design and landscaping were contributed by the municipality from the Province of British Columbia's Resort Municipality Initiative. Funding for track construction has been raised by the WBMX Club, including primary partner funding from Whistler Blackcomb Foundation, The Spalding Family Foundation with American Friends of Whistler, Gibbons Whistler and BC Hydro/Tree Canada. Over 50 other business, individuals and organizations have also contributed to the construction of the track. More improvements will be made as funding and opportunities allow. This includes adjusting the start mound approach ramp and landscaping the area outside of the track. Landscape work will be done by the municipality over the coming months to integrate the track within Bayly Park and involve installation of low berms, hydro seeding and trees. [www.whistler.ca/culture-recreation/parks-trails/bmx-track](http://www.whistler.ca/culture-recreation/parks-trails/bmx-track)

## SURREY

The City of Surrey's Neighbourhood Team brings together an interdepartmental staff team to foster more dynamic and vibrant neighbourhoods. The team works in collaboration with community members to support neighbourhood projects and activities by providing resources, connect-

ing people, and supporting staff in community engagement. The Neighbourhood Toolkit - a list of City grants, equipment, technical support, and capacity building workshops - is available to support community projects. The Neighbourhood Team also works to streamline services that are provided to the community, such as Block Party permits. Neighbour Day is a new addition in 2016, a call to action for residents to organize opportunities to meet their neighbours. This initiative is inspired by Jim Diers, former Director of the Department of Neighbourhoods in Seattle, and built on the Asset Based Community Development (ABCD) work of the Tamarak Institute. [www.surrey.ca/neighbourhoodteam](http://www.surrey.ca/neighbourhoodteam)

The City of Surrey is adopting a new Streamside Protection Bylaw that will ensure all development impacts are considered in the protection of watercourses in the City. While Provincial and Federal legislation consider the protection of fish habitat, other important factors need to be considered in the protection of watercourses including geotechnical stability, wind throw assessment and public access. The City anticipates enhanced protection of watercourses through this new bylaw and it was a key recommendation of Surrey's Biodiversity Conservation Strategy. A link to that document is available here: [www.surrey.ca/files/Surrey\\_BCS\\_Report.pdf](http://www.surrey.ca/files/Surrey_BCS_Report.pdf)

## NORTH COAST / NECHAKO



Ryan Coltura  
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## Prince Rupert

The Prince Rupert Recreation Complex is nearing completion on a major refinishing project on their Russell Gamble Gymnasium. The floor was stripped down to the original wood with new lines painted, along with the feature of the City Crest at centre court. The walls were also given a fresh coat of paint and new LED lights were

installed. Online registration became available to patrons in May 2016 and has begun to catch on throughout the community. The Earl Mah Aquatic Centre staff are gearing up for their re-opening after the annual shut down and are excited to bring back a number of special events this year including The Amazing Swim, Tri-Aqua-Thon, and Slush Fest.

## TERRACE

A community Parks and Recreation Master Plan was completed in the spring. Moving forward the key recommendations were improvements to park space and development of looping and connecting trails. The Terrace Aquatic Centre was the lucky recipient for Gas Tax funding that was announced earlier this year. The funds will be used to perform a complete facility renewal from mechanical and accessibility upgrades to a new family change room and fitness centre.

## VILLAGE OF BURNS LAKE

The Village of Burns Lake Arena is currently under construction to replace the Ammonia Plant with a Freon Plant. Once the project is completed, the Arena will be able to operate more efficiently and safely for the upcoming and future seasons.

## SMITHERS

The Town of Smithers is excited to see the completion of Phase 1 of the Chandler Park Fields Upgrade which include improvements to one field, the replacement of another complete with new sod and irrigation, and the development of a new third field. Heritage Park is also undergoing revitalization with the development of a new Skateboard Park addition and an off-leash Dog Park. The success of the Annual Community Registration Day event continues to grow bringing together a wide array of organizations and businesses all offering sports, recreation, arts, cultural, and community programs and services to the residents of Smithers.

## CARIBOO



Stacey Miranda  
250 392 1788  
smiranda@williamslake.ca

## QUESNEL

Construction on the new West Fraser Centre is well underway. The official groundbreaking for the new \$20.6 million, 1300 seat spectator arena was in the spring of 2016. The project is on track to be completed by the fall of 2017.

## PRINCE GEORGE

The Prince George Civic Centre has engaged the services of Vancouver's Sentsis Market Research Inc. to conduct a one year study that will focus on measuring the economic impact of hosting major conferences, trade shows and consumer shows. A smaller sampling of the study was conducted on the impact of concerts taking place at the City's CN Centre.

The Celebrate PG Community Grant financially supports and assists in the growth and development of new and existing events that fall within July and February. This July marks our first set of Celebrate PG grant recipients which include the following events, the Sound of Summer Concert, Summerfest in Downtown PG, Northern Hardware Prince George Canoe Race, BMO KidzArt Dayz, and a celebration of zombie pop culture! In February 2017, the City of Prince George in partnership with Tourism PG will be proud to present this grant to Coldsnap Winter Concert and Downtown Winter Carnival.

The City of Prince George is embarking on a Park Strategy to help direct investment into our parks. The Park Strategy is being developed with comprehensive research and analysis of each park along with extensive public input. The City evaluated 109 parks, with the help of our GIS spatial analysis, against a set of park evaluation criteria to determine how each park currently measures up to park standards and

to evaluate their capacity to meet community needs. Report cards were developed for each park and neighbourhood and showcased in a Park Strategy App available to the public on the website: [princegeorge.ca/cityliving/parks/strategy](http://princegeorge.ca/cityliving/parks/strategy).

During the summer, the City will be developing a draft strategy that will be presented back in the fall and the final park strategy will go to City Council in early 2017.

## WILLIAMS LAKE

The first phase of the \$13 million renovation and upgrade to the West Fraser Aquatic Centre, located in the Cariboo Memorial Recreation Complex, is scheduled to be complete in Spring 2017. This phase includes a new 25m, six lane pool tank, new swirl pool, steam room, expanded change rooms and a new fitness centre. Upon completion of phase one it will open to the public and the existing pool tank will close and be converted into a new leisure tank. This leisure tank will include a lazy river, shallow entry, squirt features, relaxation areas and a crazy fast waterslide. Phase two is scheduled to be complete in Fall 2017.

## VANCOUVER ISLAND AND SOUTH COAST



Clayton Postings  
250-245-6421  
cpostings@ladysmith.ca

## SUNSHINE COAST REGIONAL DISTRICT

On Saturday, June 25, the Sunshine Coast Regional District officially opened the first designated off-leash dog park at the north end of Shirley Macey Park in West Howe Sound. The public was invited to attend and enjoy a series of activities that included, a "leash cutting" and cake ceremony, pet related information, dog demonstrations, and fun contests. The benefits of the dog park include: enabling dogs to run off-leash, socializing and exercising dogs in a



safe environment, promoting responsible dog ownership, promoting public health and safety, as well as providing a great place for owners to meet and make new friends.

The Sunshine Coast Regional District SCRD made upgrades at the Pender Harbour Aquatic and Fitness Centre that will allow people with injuries or those with limited mobility to have better access in the family change area, main pool and hot tub. The SCRD was successful in receiving a grant from the Enabling Accessibility Fund with Human Resources and Skills Development Canada.

### WEST SHORE PARKS AND RECREATION

West Shore Parks and Recreation hired over 40 summer staff to deliver a huge variety of summer camp options. The Neighbourhood Nights program continued which is a free family program running two evenings per week. This year also featured Story Walk Wednesdays – an evening nature walk along favourite trails while stopping to enjoy the pages of a beautifully illustrated children's book.

WSPR is gaining a reputation as a premier event and entertainment venue. The Watch Tower Convention was recently hosted and attracted over 5000 attendees. The 5th annual Rock the Shores ran from July 22-24 attracting 20,000 over three days. Women to Warrior, the Easter Seals fundraiser, returned in August after a positive inaugural event in 2015.

Facilities have undergone a LED light upgrade in 2015 that continues into 2016 with outdoor spaces. Moving forward this will result in a substantial annual energy savings.

### POWELL RIVER

The City of Powell River Parks & Recreation department is in the final stages of completing the Expanded Regional Recreation Initiative Study. This year long process, approved by the Powell River Regional District, Sliammon First Nation Council and City of Powell River Council, engaged over 55 community associations, including community sports, youth groups, seniors associations and many more, through public meetings and received over 2500 survey responses. It

has been structured to assess existing programs and services, examine the merits of one regional structure for parks, recreation and cultural services and proposes to establish a 10 year plan for parks, recreation and cultural services.

The past spring was also a very busy time for the Parks department as together with a group of dedicated volunteers the City recently constructed a new section of parkland at Willingdon Beach Park to host the 2016 Canadian and World Logger Sports Championships July 15-16. The newly constructed amphitheatre will now seat over 1200 spectators in one of the most pristine settings on the coast. Contestants from all over the world competed for 8 Canadian Championships, 2 World Championships and 2 North American championship titles. City Parks crews worked incredibly hard to get the site ready for what was an epic televised event.

The Powell River Recreation Complex was also a hub of activity this past spring as Recreation staff delivered the inaugural season of the Youth 3 on 3 Hockey League. Over 140 kids participated. The local figure skating club also took advantage of the extra ice availability to help prepare their membership for a busy upcoming summer competition season.

### COMOX

The Town of Comox launched a redesigned, mobile friendly website. The majority of its traffic is for recreation and the new site should help customers access programs and services. The recreation guide, a collaborative publication of local recreation departments, was also recently redesigned for a cleaner, more modern design. Reaction to both has been overwhelmingly positive.

For the first time the Community Centre offered an exercise class specifically for persons with Parkinson's Disease. One of it's unique features is heavy bag punching. Customers and community members have embraced the program.

Work continues to address drainage problems around the Community Centre. Other building projects will be addressed once this issue is understood.

The Community Centre won Comox Valley Record Readers' Choice Awards for Best Gym and Best Sports Facility 2015.

### LADYSMITH

The Town of Ladysmith has been very busy with Council approving the new Parks, Recreation and Culture Master Plan in June. The community provided input over the past six months, and the results are a plan to guide the department for the next ten years. Staff are now working on developing a plan to implement the recommendations and incorporate the plan into other Town of Ladysmith documents.

### STRATHCONA REGIONAL DISTRICT

The Ice Allocation Policy was updated and a Pool Allocation Policy developed which is creating non-prime rates for pool usage. Several major events are planned for the dry floor next spring trying to make better use of the space. Another successful Upper Island Safety Conference was completed for over 200 delegates/vendors and planning has already begun for 2017. Lots of minor projects are planned for the annual shut down including new office spaces, new matting in leisure ice area, new LED lights for the pool including colored lights for the hot tub.

### THOMPSON / OKANAGAN



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### OLIVER

The much anticipated renovation of the Oliver Community Centre weight-room has begun, and the project is expected to be completed by the end of November 2016. The renovation will include a 35ft X 40ft addition to the existing weight room; an updated layout; and some new equipment to allow the Oliver Parks and Recreation Society to meet the needs of its growing membership.

## PEACHLAND

Peachland had another successful summer at Swim Bay – the Okanagan's only lifeguarded beach. Events continue to be a major focus for Peachland with the District liaising with Mudd, Sweat and Tears which ran an obstacle course on private property in Peachland, attracting over 700 competitors. As well, a keen group of residents is initiating a Scarecrow Festival with hopes of attracting visitors in the off season.

The District is embarking on a Parks and Recreation Master Plan over the next two years. The departments were combined three years ago and, with significant development projected over the next twenty years, this is the opportune time to initiate visionary planning.

Peachland is also initiating planning for refurbishment of our local tennis courts plus the addition of two pickleball courts. Funding was secured through the Canada 150 Community Infrastructure program. The project is expected to be complete in Summer 2017.

## WEST KELOWNA

The City of West Kelowna opened both its new Skatepark and tiered seating in Memorial Park for use during Westside Daze, Music in the Park and The World Music Festival as well as other events. A reorganization has now reunited Parks, Parks Planning, Cemetery and Fleet with the Recreation and Culture functions to create the new Parks, Recreation and Culture Department.

The Suk'w̓təmsqilx̓ West Kelowna Arts Council (SWAC), The City of West Kelowna, Westbank First Nation and Peachland Community Arts Council hosted the Provincial Launch of National Culture Days in West Kelowna on September 30th.

## VERNON

The Vernon Recreation Centre celebrated its 50-year anniversary in May and in July the recreation centre's \$1,375,000 project for the Bridge, Entrances & Lobby Renovation reached significant completion status. Visitors to the recreation centre can now access the facility via accessible entrances at the front and rear of the building. The project, which took fourteen months to complete, also includes an expanded lobby, disabled accessible entrance to the pool viewing area, additional storage spaces, new

flooring, lighting, air handling, a new outside people space and a healthy choices food kiosk. The total project was completed with some disruptions in service but the recreation centre was able to stay open for programs, services and events. Attendance numbers remained strong considering the front entrance not being available for 10 months of the project. Program and facility revenues also seem to have been maintained through the project.

## PENTICTON

The City of Penticton is preparing a comprehensive Parks & Recreation Master Plan which will guide planning and decision-making related to parks and recreation services for the next 10 years. The process includes an extensive communications and engagement strategy and the use of an online hub: [www.shapeyourcitypenticton.ca](http://www.shapeyourcitypenticton.ca). The first stage of engagement included a community open house, statistically relevant telephone survey of 400 residents, sixteen focus group sessions, pop-up booths at local facilities and events, tourist survey, stakeholder interviews and steering committee meetings. It is anticipated the Master Plan will be finalized in early 2017.

Penticton's newest public-space playground is designed to serve the younger members of the community. The playground features play elements specific to children ages 2-5 years and recycled rubber surfacing to improve accessibility for all. The play space is located at the Penticton Community Centre with direct access for Bugaboo University (early learning centre) programs. Funding partners include the South Okanagan Children's Charity and Tire Stewardship BC.

Penticton hosted the grand opening of four dedicated Pickleball Courts outside the South Main Seniors Drop-In Centre in the spring. Funding support to build the courts was provided by a New Horizons for Seniors grant. The Penticton Pickleball Society's membership is growing quickly as the outdoor sport has proven to be extremely popular.

Recreation Penticton, School District 67, PacificSport and Canadian Tire JumpStart started an afterschool Gym Club three years ago in three schools. It has now grown to six schools and 120 kids. Recreation Penticton provides recreation leaders to go to the schools afterschool

to offer free activities for children identified by the principals who could most benefit from free recreation programs. There are sports, games and healthy snacks - all expenses covered by JumpStart funding. New this year, 26 children from Queen's Park elementary school were invited to a "shopping trip" at Sport Chek where they received a new pair of running shoes.

## REGIONAL DISTRICT OF CENTRAL OKANAGAN

Tracks, a beginner walking program, continues to grow in the Central Okanagan. This spring saw the program offered at Gellatly Nut Farm Regional Park for the second time, with high registration numbers. At Mission Creek Regional Park, Tracks remains one of the most popular programs. A highlight for participants is the social connection that is built in to the program by meeting for coffee after each walk. In early summer, Roll and Stroll took the template of the popular Tracks program and modified it for moms and caregivers with babies and little ones. The program offered parents a space to meet other parents and spend time outdoors in a family and baby friendly environment at Mission Creek Regional Park.

Story time in the Park took place twice a week, with stories, songs and crafts for children aged 3-5. Each story time would wrap up with a short nature walk to give the children and parents a firsthand look at the week's nature theme ranging from searching for snakes on reptile day to quacking with the ducks on our bird themed day.

The fourth annual Teddy Bear Picnic took place on July 24th at Kopje Regional Park and Gibson Heritage House. Stuffed animals from around the Central Okanagan were seen enjoying a picnic at the park. Entertainment including a drumming circle, face painting and clowns kept children, parents and teddy bears smiling!

The Welcome the Kokanee Festival took place on Aug 7th, three weeks ahead of schedule. Park operations staff first noticed kokanee in Deep Creek, at Hardy Falls Regional Park, on July 26th, nearly a month ahead of their usual return in mid-August. Park interpreters quickly organized the festival to make sure that the spawning kokanee were not missed.

FEB. 28-MAR. 1, 2017



## SPRING TRAINING

BCRPA's Annual Provincial Parks and Grounds Spring Training.

LANGLEY, BC

[www.bcrpa.bc.ca/spring-training-2017](http://www.bcrpa.bc.ca/spring-training-2017)

APRIL 5-7, 2017

## SYMPOSIUM 2017

Delta Grand Okanagan Resort and Conference Centre

KELOWNA, BC

[www.bcrpa.bc.ca/symposium-2017](http://www.bcrpa.bc.ca/symposium-2017)

ONGOING

## E-LEARNING

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- Aboriginal Cultural Awareness
- BCRPA Shared Use Agreement Guide
- Engaging the Hard to Reach
- Social Inclusion
- Healthy Choices
- Vulnerable Populations
- PoolSafeBC

<http://elearn.bcrpa.bc.ca>

ONGOING

## POOL OPERATOR COURSE

The BCRPA has revised and upgraded both the Level I and Level II Pool Operator Course. Training is mandatory in BC for all pool and spa operators. The new materials are designed to provide BC-specific content and to align with the new BC Pool Regulations that were released in 2010 and updated in 2012. In addition, the upgrades ensure consistent delivery of important course content across the province.

<http://bcrpa.bc.ca/poolop>

ONGOING

## ParticipACTION TEEN CHALLENGE

A national physical activity program created to get youth moving. Registered Community Host Organizations (CHOs) are eligible to apply for up to \$250 to support a one-time event and up to \$500 to support an ongoing program (4 weeks or longer for a minimum of 30 minutes per week). Funds can be used to support facility use, transportation costs, nutrition, coaching or equipment.

[www.participaction.com/teen-challenge](http://www.participaction.com/teen-challenge)

ELSEWHERE



## MEND

(MIND, EXERCISE, NUTRITION... DO IT!)

Together with the YMCA of Greater Vancouver, and with support from the Provincial Health Services Authority, the BCRPA is delivering MEND (Mind, Exercise, Nutrition ... Do It!), an internationally acclaimed program aimed at improving children's physical activity levels, nutrition and self-esteem in these communities across BC:

- Abbotsford
- Agassiz
- Burnaby
- Campbell River
- Cranbrook
- Fort St. John
- Langley
- Maple Ridge
- Nanaimo
- North Cowichan
- North Vancouver
- Penticton
- Powell River
- Richmond
- Saanich
- Surrey

[www.bcrpa.bc.ca/MEND](http://www.bcrpa.bc.ca/MEND)

or call the MEND Regional Coordinator at 604-629-0965 ext. 241.



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- Engaging the Hard to Reach (1 CEC) - \$20
- PoolSafeBC (3 CEC) - \$40
- Social Inclusion (1 CEC) - \$20
- Vulnerable Populations (1 CEC) - free



[elearn.bcrpa.bc.ca](http://elearn.bcrpa.bc.ca)



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The BCRPA has created a dynamic tool to help you and your colleagues come together to get more done. The New BCRPA Collaboration Site is open for you 24/7 and it's so EASY to use.

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-  **Best-Practices**
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