

RECREATION & PARKS BC MAGAZINE

WINTER 2009

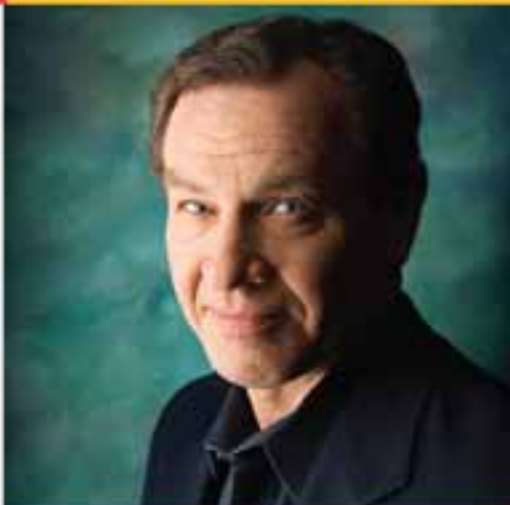
HEALTHY FOOD & BEVERAGE PLANNING



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Sustainable
Quality of Life

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MESSAGE FROM THE PRESIDENT

DAVID GRAHAM



NOT LONG AGO, I HEARD A MAN INTERVIEWED ON THE OCCASION OF HIS 103RD BIRTHDAY.

He commented with a chuckle that if he had known that he would live so long, he would have taken better care of himself. It's a very funny comment from one so old, but it also has a ring of truth. As I see those around me growing older, I see some who are vitally engaged in the community, living actively and happily. I see others who pass prematurely, or who are suffering from ailments that rob them of a quality life. I wonder how Mr.103 enjoyed the last 20 years and what he could have done to make his life better, as well as longer.



The Way Forward calls upon our field to lead in building a high quality of life for all British Columbians. As the Strategic Plan for the parks, recreation, physical activity and culture sector, it challenges us to support the personal pursuit of good health. Our sector does a brilliant job of providing spaces and places for people to play and exercise, and we create opportunities for citizen engagement in community life. We portray an image reflecting active living and good health.

But as a sector we have been slow to embrace the importance of diet and our role in educating the public about it. Our facilities house food concessions and vending machines generating profits to support our operations but at the expense of healthy diets. Some facility operators resist the trend and would argue that people should have the right to choose for themselves. Others can support the concept but cannot find room in their budgets to convert to healthy choice menus. If we took the same approach to our physical programs, we would be running video arcades instead of recreation centers.

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HAVING HEALTHY
FOOD CHOICES IN OUR
FACILITIES IS JUST
ONE STEP AMONG
MANY NEEDED TO
HELP EDUCATE OUR
PUBLIC ON THE
BENEFITS OF BETTER
EATING HABITS.

BCRPA has a strong alliance with ActNow BC and the BC Health Living Alliance. Local government can access this support. Our first challenge is to muster the leadership to help local facility operators find the means to convert concessions and vending machines. We must also develop the appropriate messages for our participants so they can bring the public on-side. If this process collaborates with and engages our vendors, it can be a “win” for everyone.

But we are community leaders seeking to demonstrate our role in fostering the health of our citizens. If our sector is to remain relevant and able to justify investment in our services and re-investment in our facilities, then we must step up and lead.

Showing my age, I can recall when recycling was regarded as a nuisance and a fad. Now I can’t imagine a facility operator who doesn’t recycle as a routine way of doing business. The same will be true for healthy food choices in schools and public recreation venues. If you aren’t already planning for it and getting ready to lead, you will be left behind.



FROM THE DESK OF THE CHIEF EXECUTIVE OFFICER

SUZANNE ALLARD STRUTT



IT'S GOING TO BE A COLD, HARD WINTER.

Not just because of the usual rain, wind and snow, but because many communities and individuals will be making tough choices in order to deal with the current economic climate.

As the budgetary belt-tightening begins, some of you may be facing hard questions from decision makers, the media, the public, and even colleagues about the necessity of your facilities and programs. They may ask you if your community can afford the luxury of parks, recreation, physical activity and cultural expenses at a time when local governments have to be careful about what they invest in and individuals may be worrying about whether they'll still have jobs. And this is a fair question.

But as people who are working hard to build a high quality of life for everyone in our province, as people who are striving to support healthy individuals and communities, and sustainable environments, and yes, sustainable economies as well, we know that our services and facilities are not luxuries. They are necessities. While hard assets/services like roads and utilities are certainly necessary, there are also tangible and immediate values in our programs and facilities. Now, more than ever, we need to be promoting the benefits of our sector to communities and individuals.

We can explain that parks and recreation services bring residents together¹ (including youth, the elderly, the disabled and immigrants), creating community spirit that makes people want to stay, even when other forces are pushing them to move away. These services also attract newcomers (each of whom represents an economic injection) who are looking for that sense of belonging and judge prospective places to live based on what those towns

and neighbourhoods have to offer. Whether people leave communities or move to them (especially small ones) in tough economic times can mean the difference between a thriving municipality and a ghost town.

Recreation fuels a community's economic engine by employing people. Our sector represents a strong, long-term investment in local economies as well by providing volunteering opportunities² and other activities where citizens learn valuable skills to take into the workforce, allowing them to bring revenue back into the community. And facility building projects bring others into the area, on a limited-term basis, who spend money on things like gas and food, thereby helping the local economy. Our sector also provides an anchor to many professional service industries related to recreation, health and environmental management, supports supplier and services businesses, and plays a direct and supportive role for tourism³.

Recreation also creates opportunities for long-term cost savings for local governments. People who are active and socially engaged are healthier and tend to present less of a burden to community services. And parks and recreation programs and facilities help communities save on law enforcement and crime-associated costs. Youth who are physically active and socially engaged are less likely to get in trouble with the law. In fact, parks and recreation programs are less expensive per individual than repeated run-ins with police, incarceration and rehabilitation attempts⁴.

But the economic downturn won't just affect local governments. Individuals may become unemployed or at least face the risk of joblessness or reduced income. Their buying power may decrease as costs go up. Despite this, it is vital to keep them engaged.

We must remind them that among the many services we offer, there are low-cost or no-cost options they can participate in. It is especially important during times of stress for individuals to stay active and socially engaged. Physical activity, in whatever form, helps to keep people healthy and mentally positive, encouraging a good home life and better job performance (or personal presentation during job seeking). Physical activity can help individuals take their minds off their troubles, even if only for a little while.

THESE MESSAGES ABOUT THE BENEFITS FOR LOCAL GOVERNMENTS AND INDIVIDUALS FROM OUR SECTOR ARE ONES THAT YOU CAN PROMOTE THROUGH YOUR COMMUNICATIONS AVENUES IN YOUR AREA. YOU MAY HAVE OTHER POINTS THAT ARE EQUALLY MEANINGFUL TO YOUR COMMUNITY.

The economic downturn will likely be a challenge for many in our sector this winter and beyond. But if we remind our local governments and the public about the tangible and intangible profits to be reaped from investing in parks, recreation, physical activity and culture, then we can help usher in a spring of stronger, healthier communities.

REFERENCES

- 1 *Social Planning & Research Council of BC 2006*
- 2 *From the Canada Survey of Giving, Volunteering & Participation, 2004:*
 - 11% of volunteers in Canada give their time to sports and recreation, constituting 18% of all volunteer hours.
 - 3% of volunteers nationally give their time to arts and culture, making up 4% of total volunteer hours.
 - Combining numbers above, at a 14% of volunteering rate and 22% volunteering hours, the sports, recreation, arts and culture sector(s) has the highest volunteer rate and volunteer hours in Canada compared to other sectors
 - BC has a 45% volunteerism rate
 - BC has the highest number of average hours volunteered in Canada, at 199 hours
- 3 *From National Survey of Giving, Volunteering & Participation, 2000:*
 - In BC, 25% of volunteer events and 29% of volunteer hours are tied to arts, culture and recreation.
- 4 *The Way Forward – A Strategic Plan for the Parks, Recreation and Culture Sector of British Columbia (2008)*
- 5 *McGovern & Celeste, 1998 Alberta Report*



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INTRODUCTION TO WINTER 2009:

HEALTHY FOOD & BEVERAGE PLANNING



RANDY FEDIUK
IS THE MANAGER OF LEISURE
SERVICES FOR THE CITY OF
KIMBERLEY.



CAROLYN MARLEAU
IS THE LEISURE SERVICES PROGRAM
COORDINATOR FOR THE CITY OF
TERRACE.

Many of us would be hard-pressed to remember a time when our facilities did not house vending machines and concession stands - ones which were more often than not filled with beverage or food items that contained little to no nutritional value.

As deliverers of health and wellness programs, recreation practitioners have always been aware of the relationship between healthy eating and human performance. Statistics are everywhere about the long-term effects on our population of inactivity and making poor food and beverage choices.

However, we are also very much aware of our obligation to the bottom line and how it can affect our services. In economically challenging times, we are forced to rely on the revenue generated by those very same concession stands and vending machines.

The challenge lies in how we reconcile these two issues.

Through BCRPA, partners including community leaders, members of the vending industry, the Union of BC Municipalities, the Ministry of Healthy Living and Sport, professionals involved in supporting healthy lifestyles, and others have come together to provide an array of resources that local governments can use to plan healthy eating initiatives that integrate nutritious foods into our facilities. More importantly, the resources help communities in making these plans into reality, ensuring that healthy food and beverage sales become the standard across the province.

As when trying anything new, the best way to approach challenges is to find a compromise that will guarantee success with minimal inconvenience and/or conflict. Taking baby steps and providing education and consultation opportunities during the

infancy of your healthy food and beverage program is important in reducing the shock factor and bringing people inside. Having the support and cooperation from the above-mentioned stakeholders means we no longer have to “cut off our nose to spite our face”. They have given us the tools to harness our concession stands and vending machines to provide options for people to make healthy choices.

There is no blanket solution out there for all communities. What works for one may not work for another. It is the uniqueness in the delivery of healthy eating programs that has allowed communities of various sizes and cultures, as well as businesses, to experience success. This edition of Recreation & Parks BC Magazine is exciting because it puts in the spotlight a collection of innovative projects arrived at through different approaches, all of which show us that it is possible to create healthier communities where people can choose nutritious foods and beverages.

**“THERE IS NO
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WORKS FOR ONE
MAY NOT WORK FOR
ANOTHER.”**



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THE ELEPHANT IN THE ROOM:

HEALTHY VENDING MACHINES



**AN UNLIKELY
ENCOUNTER
BETWEEN A VENDING
EXECUTIVE AND
A COMMUNITY
DIETITIAN MAY HAVE
SET IN MOTION A
LARGE AND HISTORIC
TRANSITION IN THE**

**AUTOMATED VENDING INDUSTRY. ONE THAT IS
MAKING IT EASIER TO PUT HEALTHY FOODS AND
BEVERAGES INTO THE HANDS OF THE PUBLIC.**

Just over three years ago, as GM of Western Canada's largest full service vending company, I was invited to represent the industry at a conference for community dietitians hosted by the Ministry of Health. In getting ready to make a presentation to the gathering, I knew I'd be an elephant in the room, surrounded by healthcare representatives and dietitians looking to transform eating habits in public buildings, schools and recreation centres. But I knew change towards healthier products was inevitable for my industry, so I was eager to sit down with these professionals to help find a solution to this challenge.

Following that initial conference, I continued to explore solutions, trying to find a way to turn this challenge into an opportunity. The next several years brought many meetings with recreation coordinators, educators and government officials. The end result was a strategy bringing together knowledge gleaned about healthy eating with the possibilities open to automated vending.

Through this I found myself forming an unlikely association. Community dietitian Areli Hermanson became Ryan Vending's partner in the future of our business as we knew it. She taught us about the nutritional content of products and helped us find healthy, vendible foods. Areli showed us there was certainly a difference between what we thought was a healthy choice and what was actually nutritious!

What grew out of this experience was a novel and ground-breaking concept: "Healthy Choice Vending". In recreation centres we now offer fresh fruits and vegetables, soya and rice based products, organic and locally produced products, along with 95 alternative beverage products. Soft drinks and chocolate bars are going away. This is the message I shared when the Automated Vendors of Canada invited me to educate my colleagues in the industry.

But we have to remember that change on this scale within an industry takes time. The vending industry has traditionally been an avenue for revenue in schools, recreation centres and other high traffic locations. There needs to be a transition period where all parties come to understand the concept and its possibilities. There may be less volume and initially lower margins while the industry and patrons adjust. There is also a need for people in the vending

GLEN JACKSON, DM IS THE GENERAL MANAGER OF RYAN VENDING AND THE CHAIRPERSON OF THE CANADIAN AUTOMATIC MERCHANTS ASSOCIATION'S HEALTHY FOOD AND BEVERAGES IN SCHOOLS PROGRAM. HE JOINED THE RYAN VENDING TEAM IN 1987, FOCUSING IN SALES AND MARKETING. IN 1997, GLEN PURCHASED AN INTEREST IN THE COMPANY AND TOOK A MANAGEMENT ROLE. CONTACT: [GLEN.JACKSON@RYANVENDING.COM](mailto:glen.jackson@ryanvending.com)

**"IN RECREATION CENTRES
WE NOW OFFER FRESH
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SOYA AND RICE BASED
PRODUCTS, ORGANIC
AND LOCALLY PRODUCED
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BEVERAGE PRODUCTS."**

industry to learn about the parameters of this new concept, including the idea of what is actually nutritious, as opposed to what is perceived to be healthy food. Businesses need to establish a clear vision of their desired ratio of healthy choices to traditional foods. As well, the transition has costs associated with challenges such as finding new suppliers and switching to equipment capable of handling items requiring refrigeration. However, my company has remained committed to achieving its new goal of selling healthier products.

At the community level, there are currently no regulatory guidelines, leaving it up to recreation departments to figure out how to implement this initiative. One such example is Saanich, which has created and implemented a successful model. After first developing a philosophy, recreation staff brought in traditional food service providers who would be able to adapt to fulfill the community's vision of healthy choices. The next step was to

get the right automated vending options to ensure their patrons would have access to healthy foods and beverages all the time - especially when the concession stands were closed. The final success factor was recognizing that this type of conversion takes time.

Saanich is one of many great models you can use to implement the switch to healthy foods and beverages. For communities just starting on this journey, my advice to make things easier is to make these changes when your concession and vending service contracts are set to expire. And, of course, remember that it can take time to make the switch and for the public to start making healthy choices.

For my part, I continue to search for innovative ways to help communities meet their needs. Moving vending services into healthy food and beverage sales is one way to be a part of community efforts to build a high quality of life for everyone.



COMBINING TRADITIONAL WISDOM WITH NEW IDEAS:

THE SIMPCW APPROACH TO HEALTHY FOOD & BEVERAGE PLANNING

THE SIMPCW ARE A DIVISION OF THE SECWEPEMC, OR SHUSWAP, WHO OCCUPIED THE DRAINAGE OF THE NORTH THOMPSON RIVER UPSTREAM FROM MCLURE TO THE HEADWATERS OF FRASER RIVER FROM MCBRIDE TO TETE JEUNE CACHE, OVER TO JASPER, AND SOUTH TO THE HEADWATERS OF THE ATHABASCA RIVER.

Today, more than 300 members of the Simpcw make their home in the small reserve community of ChuChua. The Simpcw traditionally were noted for their hunting ability. The abundance of game and fish (eaten fresh, as well as smoked or dried), along with local vegetables and berries, provided the basis for a very healthy diet. Presently, the Simpcw practice many of their traditions while learning and working in modern society. It is this combination of the wisdom of their experience and an understanding of new nutritional knowledge that is making the Simpcw leaders in advancing the cause of healthy food and beverage planning.

Last summer, Simpcw Health Programs had the opportunity to partner with BCRPA in an effort to increase community awareness and participation in decision making around available food and beverage choices at the Band Office Complex. The Complex is an important centre of ChuChua, housing administration, health and recreation facilities and services, a community kitchen, and the Neqweyqwelsten Elementary School. Using a variety of activities, we consulted community members about changes that would ensure everyone (band members, employees, and visitors) would have access to healthy food and beverage choices at local events or venues.

We started by hiring a community member to serve as the project coordinator. This helped to assure our members that this was truly a grass roots project looking at the needs of ChuChua from the community's perspective. The project coordinator worked closely with BCRPA staff to modify and adapt existing tools to ensure they were culturally and contextually relevant to our community.

We then engaged in a summer-long community awareness campaign. This involved attending various sporting events where we sponsored free water and fruit baskets and met with community members one-to-one. The awareness campaign was present at the Neqweyqwelsten School Fun Day, new employee orientation, staff meetings, youth gatherings, and an Elders' luncheon as well. We also sponsored a free community lunch with a dietician. In addition, surveys and questionnaires were distributed, but the majority of public input occurred through discussion. Every interaction allowed us to promote access to nutritional foods and to gather community input as we began to draft a Healthy Food and Beverage Policy.

ANGELA SEMRICK IS THE HEALTH MANAGER FOR SIMPCW HEALTH PROGRAMS. SHE EARNED A NURSING DEGREE AT THOMPSON RIVERS UNIVERSITY (FORMERLY THE UNIVERSITY COLLEGE OF THE CARIBOO) AND ENTERED ACUTE CARE NURSING, FOLLOWED BY A CAREER IN COMMUNITY NURSING. ANGELA BEGAN HER RELATIONSHIP WITH THE CHUCHUA COMMUNITY AS COMMUNITY HEALTH NURSE. CONTACT: HEALTHMANAGER@SIMPCW.COM





Our awareness campaign culminated in a very successful day-long celebration of culture and activities with the intent of showcasing our draft Healthy Food and Beverage Policy to the community. Members were invited to participate in sweat lodges and traditional games such as Lehal. A free healthy meal was served in the hall where the new policy was on display. Anyone who was interested could review the draft policy and provide feedback.

IN SEPTEMBER, THE DRAFT VERSION OF “A RECOMMENDED HEALTHY FOOD AND BEVERAGE POLICY” WAS SUPPORTED BY THE CHIEF AND COUNCIL OF THE SIMPCW FIRST NATION.

By combining the new Recommended Healthy Food and Beverage Policy with traditional knowledge, the Simpcw are proud to be building on our successes as we continue our journey to health and wellness.

THE POLICY IS VERY COMPREHENSIVE, COVERING EVERYTHING FROM IMPLEMENTATION TO INCREASING THE AVAILABILITY OF HEALTHY CHOICES TO REGULAR REVIEWS. SOME OF ITS HIGHLIGHTS INCLUDE:

- Providing educational leaflets, videos, dietary cook-books pertaining to leading health concerns and providing resources on healthy diets and dietary plans.
- Encouraging employees to make healthy eating choices.
- Designating one week each year as healthy eating week, with activities showcasing the community's unique traditional food recipes and beverage choices.
- Providing fresh fruit and/or fruit bowls in each department, along with access to cool drinking water and/or seasonal juices.
- Ensuring food and beverage choices available for sale anywhere within the Band hall include a variety of choices where the majority are from the Choose Most and /or Choose Sometimes categories. Traditional foods, such as game and vegetables like wild potatoes, onions and berries are encouraged.
- Ensuring Choose Least foods are clearly marked and when offered, portion sizes should be controlled to the smallest serving size available.
- Ensuring Choose Most/Choose Sometimes foods and beverages are competitively priced and, whenever possible, less expensive than the Choose Least options. Traditional food items should also be priced and sold at a fair marketable value.
- Promoting Choose Most/Choose Sometimes foods at every fundraiser and /or special event and showcasing a traditional option.
- Getting regular feedback from employees, community members, and visitors.
- Conducting an annual “Healthy Eating Audit”.

HEALTHIER CHOICES

KELOWNA CITY CONCESSIONS GET A NUTRITIONAL FACELIFT



REID ODDLEIFSON IS THE PARTNERSHIP DEVELOPMENT MANAGER FOR THE CITY OF KELOWNA. REID HAS BEEN WITH THE CITY FOR MORE THAN 28 YEARS, WORKING WITH MOST OF ITS RECREATION, SPORTS AND CULTURAL ORGANIZATIONS AND SERVICE CLUBS. HE HAS SPEARHEADED THE RECENT FOCUS ON SEVERAL HEALTHY ACTIVE LIVING INITIATIVES INCLUDING KICKSTART KELOWNA, STEPS OUT, COMMUNITY ACTION FOR HEALTH, HIGHWAY TO HEALTH, AND HEALTHY FOOD AND BEVERAGE POLICY DEVELOPMENT. CONTACT: RODDLEIFSON@KELOWNA.CA

OPPORTUNITIES FOR HEALTHY LIFESTYLES

ABOUND IN KELOWNA. People enjoy trails, rinks, fields, pools and a wide range of other services that allow them to stay active. Now a joint initiative between the city and the BCRPA promises to give people another option to enhance their quality of life - through healthy food and beverage choices. City Council has recently approved a five year strategy and Healthy Food and Beverage Sales Implementation Plan for recreation and parks covering both concession stands and vending machines.

Kelowna plans to invest \$250,000 over the Implementation Plan's 5-year period to bring its measures to fruition. The Plan has six categories:

1. Awareness Program – in partnership with the BCRPA Active Communities Branch
2. Finalize improvements to selected concessions in sport and recreation facilities
3. Changes to packaged and prepared food products to reflect the Healthy Choice Checkmark System
4. Expansion of vending machines providing healthy packaged food products
5. Changes to existing Strategic Alliance Agreement with Pepsi Bottling Group
6. Policy development and contract changes for City leased facilities



The strategy, a component of the KickStart Kelowna – Be Active Stay Active campaign, is the result of two years of community consultation. Throughout the process, staff listened closely to what regular facility users and concession operators had to say.

One of the components of the Plan, concession improvements, will result from community input and workshops with operators. The improvements will better position operators to achieve healthy food and beverage sales guidelines. Changes will include renovations to food preparation and customer service counters, expansion for increased storage - especially cold storage, modern equipment and appliances which are more energy efficient and eliminate the need for trans fat deep fryers, and additional healthy packaged food vending service.



Another key aspect of the Plan is to establish a comprehensive public awareness campaign, so that people are aware of new options and choices available in the concessions. Posters, banners, menu boards, and information brochures will all have a common look and theme.

The Implementation Plan also involves ongoing consultation:

- Public input: intercept surveys and concession operator interviews similar to those conducted during the research phase will take place at four locations prior to, and following, implementation of the changes.
- This will also provide the opportunity for concession operators to become more familiar with the healthy food and beverage objectives, and further educate them on products and preparation techniques.

The plan is starting with Rutland Arena and Memorial Arena (which is expected to undergo the most drastic change). It's expected there will be a drastic reduction in the sale of food and beverages that fall into what organizers call the "Not Recommended" category. The intention is to limit items which have sugar as the first ingredient, are highly processed, or have very high amounts of sweeteners, salt, fat, trans fat, or calories relative to their nutritional value.

Instead, recreational facilities will be offering food choices that tend to be higher in nutrients – a move they hope will entice facility patrons to eat meals at the concession, rather than at home or in restaurants before they come for sports or other events.

Other facilities slated for healthy choice changes are:

- The Kinsmen Softball Complex and Apple Bowl Stadium (2009)
- The Elks and King Stadiums (2010)
- Edith Gay and Ben Lee Parks (2011)
- Lombardy and High Noon Parks (2012)

So far, the transition has been a successful one. One important initiative is to remove deep fryers from the facilities without creating hardship for the vendors who have relied on fries as one of their bigger sales items. In response, organizers have researched and tested an oven that can bake fries while still retaining the quality and quantity required by operators. A contractor has been hired, and renovations to install the new ovens are currently underway.

Display equipment and appropriate signage are being created to highlight the healthier food choices. A four category system of menu labeling is being used: Choose Most, Choose Sometimes, Choose Least, and Not Recommended. Defined guidelines determine that 50% of beverage choices will be from the Choose Most and Choose Sometimes categories. Seventy per cent of food choices will also be from these two healthier categories, with no more than 15% being offered from the Not Recommended list.

In addition to the proposed changes to concession menus, vending machine audits will help determine how their beverages and snacks measure up to the new guidelines. Changes to the products being offered in these machines are currently underway. In time, final surveys and updated audits will be completed to create report cards for both operators and City staff in order to see how the concessions have rated in relationship to the healthy choice initiative.

Despite the significant changes, public feedback has been very favourable. Parents have expressed relief at having more nutritious food items available for their family. They've also pointed out the value of being able to rely on the City concession to provide an alternative to rushing home to prepare a healthy meal.

The City of Kelowna is one of ten communities committed to improving the food at City-operated concessions and vending machines in 2008. While this initiative is adding another healthy choice for citizens of Kelowna, it's also benefitting the BCRPA. Through the partnership, the City is providing BCRPA with the design for a community awareness program, complete with templates and recommendations. Together, Kelowna and the BCRPA are working to ensure that everyone can make healthy choices.

HFBS

MAKING HEALTHY CHOICES THE EASY CHOICE



A HEALTHY LIFESTYLE INCLUDES BEING PHYSICALLY ACTIVE AND EATING A BALANCED DIET.

Our hectic lives can often find us juggling work and family. Balancing kids' afterschool sports with parents' work schedules or personal fitness goals can leave families short on time and reaching towards the vending machine or concession stand for a meal on-the-go. Many communities have taken it upon themselves to help families stay healthy by offering more nutritious foods and beverages. The BCRPA, through the Healthy Food and Beverage Sales (HFBS), or Stay Active Eat Healthy, initiative, gives communities the tools, resources and support to succeed in bringing healthy choices into recreation facilities and local government buildings.

HFBS provides significant assistance to communities by offering Seed Grants for local governments to use to develop and implement policies and plans to sell healthy food and beverages. Phase 1 of this grant program provided ten communities with \$12,500 each. The Phase 2 and 3 Seed Grants will provide 30 communities with up to \$ 7,500 each for future projects.

An example of a Phase 1 community already hard at work to introduce healthy choices is Saanich. It converted vending machines, a café and the concession in the Saanich Commonwealth Place to ensure 75% of the food options are healthy ones. The City also provides healthy food options at municipal events. And it's leading the way in conducting a public information and education campaign.

Collaboration with industry partners is another contribution HFBS makes towards community success. Products such as tuna and cracker snack packs, dried fruits and 100% fruit juices are now being stocked to support the healthy choice model.

All grant recipients receive a package of materials to assist with the implementation of the Stay Active Eat Healthy program. At the core of these resources is the Healthy Choices in Recreation Settings Toolkit. The Toolkit provides planning guidelines, valuable references and communication tools. It takes the user through a step-by-step process to make the healthy choice the easy choice. Among the materials are stickers your staff can put on doors or locker room mirrors to remind patrons to stay active and eat healthy while at your facility. There are also point-of-purchase reminders and promotional posters to reinforce the message.

Municipal and industry staff and members of the public can also find a full range of information, tools and resources on the Stay Active Eat Healthy website. It includes training videos to walk people through the toolkit and the phases of the program – from planning and implementation to evaluation.

These kinds of tools and collaboration opportunities are key to a community's success, but implementing healthy choices takes time and can seem overwhelming. Therefore, HFBS has also created a mentorship component to the grant program to provide support and assistance to communities that are new to the effort. Saanich is one community ready to mentor Phase 2 Seed Grant recipients, to help them achieve success.

HFBS is one of four initiatives under the BC Healthy Living Alliance's Healthy Eating Strategy – the goal of which is to achieve significant improvements in nutrition and healthy weights for British Columbians. The Healthy Food and Beverage Sales initiative encourages people to make healthy choices when purchasing food or beverages where they live, work, learn and play. HFBS is co-led by BCRPA and the Union of BC Municipalities. Funding is provided by the BC Healthy Living Alliance, with support from ActNow BC. For more information, visit www.stayactiveeathealthy.ca

BCRPA EVENTS AND MEETINGS PLANNER



VANCOUVER:

February 6, 2009

Everybody gets to Play™

A community mobilization toolkit & workshop aimed at removing barriers to participation.

Visit www.bcrpa.bc.ca/recreation_parks/everybody_gets_to_play/bc_workshops.htm

February 6-14, 2009

Spirit of BC Week

Visit www.activecommunities.bc.ca for more information.

February 10-11, 2009

32nd Annual Provincial Parks & Grounds Spring Training Conference

Langley Coast Hotel & Convention Centre
Visit www.bcrpa.bc.ca/recreation_parks/parks/spring_training.htm for more information.

March 5-8, 2009

Get Outside! It's in Our Nature

BC's 2nd Children, Families and Nature forum
Visit www.royalroads.ca/continuing-studies/GLDF1484-Y08.htm for more information.

March 20, 2009

Deadline for applications for Active

Communities Move for Health Day grants.
Visit www.activecommunities.bc.ca for more information.

May 10, 2009

Move for Health Day

Visit www.bcrpa.bc.ca/mfhd/default.htm for more information.

WHISTLER:

May 26, 2009

PoolSafe BC

Pool staff training to recognize, evaluate & control workplace hazards.

Visit www.bcrpa.bc.ca/recreation_parks/aquatics/poolsafe.htm

May 27-29, 2009

Symposium 2009 Whistler – Strength in COMMUNITY

Telus Conference Centre in Whistler
Visit www.bcrpa.bc.ca/training_symposium/symposium/2009.htm for more information.

May 29, 2009

Deadline for applications for spring round of Active Communities grants.

Visit www.activecommunities.bc.ca

May 31, 2009

Deadline for Coca-Cola Torchbearer selection for the Vancouver 2010 Olympic Torch Relay (through the Sogo Active initiative)

Visit www.sogoactive.com for more information

June 10-14, 2009

Leisure Development Course

For more information, contact Chris Nelson at cnelson48@shaw.ca

ONGOING THROUGH 2009 AROUND BC:

Pool Operator Level 1 & 2

A two-day course per level, focusing on swimming pool operations and maintenance.

Visit www.bcrpa.bc.ca/recreation_parks/aquatics/pool_operator.htm

Vancouver:

Level 1 – January 24-25, 2009

Vancouver & Victoria:

Level 2 – January 31-February 1, 2009

HIGH FIVE

Quality assurance standard for children's sport & recreation.

Visit www.bcrpa.bc.ca/recreation_parks/recreation/high_five/training.htm for more information.

Sport Primer Pilots – Winter/Spring 2009

PHCD – February 7, 2009 (Peachland) & June 13, 2009 (Delta)

QUEST 1 – May 26, 2009 (Whistler)

QUEST 2 – May 26-27, 2009 (Whistler)

Playground Safety Awareness Course

Introductory course on safety awareness & CSA standards.

Visit www.bcrpa.bc.ca/recreation_parks/parks/playground_safety.htm

Langley:

February 12, 2009

Whistler:

May 26-27, 2009

Physician Engagement Program (Walk BC)

Registration for physicians to receive information on the benefits of physical activity, how to get started and local information on walking programs and opportunities to give to their patients.

Visit www.walkbc.ca

Sogo Active - Community Host opportunities

A by-youth, for youth approach to increasing teen physical activity. Community organizations can link to the program to offer support as Community Hosts, assisting with grant applications, and providing equipment and venues for activities.

Visit www.sogoactive.com



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RBC

A STEP ALONG THE WAY FORWARD



TO PROPERLY GUIDE OUR SECTOR'S EFFORTS OVER THE NEXT TEN YEARS, OUR NEW STRATEGIC PLAN HAD TO TAKE ALL ASPECTS OF LIFE INTO CONSIDERATION. THAT INCLUDES THE FOODS AND BEVERAGES WE CONSUME TO STAY HEALTHY AND ACTIVE.



Here are some excerpts from the Strategic Plan for you to digest that illustrate the need to pay attention to the choices we offer our communities:

From Chapter 2:

VISION AND MISSION:

Defining Quality of Life

Quality of life is built upon the fundamentals of providing food, clothing, shelter, safety and basic healthcare.

From Chapter 5:

STRATEGIC RESULT AREAS:

Strategic Result Area 8: Individual Wellbeing

The inclusion of healthy living practices, especially physical activity and healthy eating, contribute directly to higher levels of overall health and personal wellbeing. The physical activity and overweight and obesity levels among children and youth remain a major concern.

If you'd like to learn more about what the BCRPA is doing to support healthy eating habits, be sure to read our "Making Healthy Choices the Easy Choice" article in this issue of the magazine, and visit our website www.bcrpa.bc.ca and click on the links to information about the Healthy Food and Beverage Sales Initiative.

Learn more about other important components of a high quality of life and how you can use the Sectoral Strategic Plan to enhance them in your community.

To download the Strategic Plan:
www.bcrpa.bc.ca/about_bcrpa/whats_new.htm

COMMUNITY PROFILE

KIMBERLEY

THIS INSTALMENT OF THE COMMUNITY PROFILE TAKES A LOOK AT THE CITY OF KIMBERLEY.

Nestled in the Kootenays, the community offers residents a wealth of physical activity opportunities to stay healthy. Through its community gardens and community kitchen, the City is now supporting citizens' efforts to get healthy through nutritious foods.

The program started when a number of local groups and interested citizens came together wanting to grow inspiring gardens, cook healthy food, share knowledge about food and culture, and get to know one-another. The Food Action Committee, as they called themselves, was provided with two garden plots by the city: at the south end of the Centennial Centre grounds, and in the showcase Cominco Gardens.

Members of the group recognize that community gardens have a lot to offer. According to "Go For Green: The Active Living Environment Program," gardening is the second most popular form of leisure activity in Canada. More than 70% of Canadian adults take part in some sort of gardening activity, and that number is growing. Gardening, no matter where you do it, builds planning and organizing skills, personal physical and mental health, and helps stretch the food

budget too. In addition to personal benefits, community gardens help revitalize neighbourhoods, turning neglected and unsightly lots plagued by vandalism and crime into centres of

positive activity that add beauty, vibrancy and local pride. Gardening in a group can help initiate discussions on complementary land and water use, decrease the use of pesticides in public areas, improve access to produce for low income households, and support local cultural education and exposition. Area clubs and community groups can use the gardens for meetings, celebrations, or walking tours.

In Kimberley, the garden transformed a vacant lot near the community centre. People now go there to grow their own strawberries, snow peas, corn, onions, potatoes and many other nutritious foods. Organizers know the garden will grow and improve as youth, families, seniors, new residents and multicultural groups are welcomed into the planning and development process. Already there has been a cob and timber-framed storage shed built, complete with living roof. Planting beds have been designed to accommodate people with limited mobility, and pots are available (for rent and for free) for people of all ages and income levels. As well, a proposal is in the works to create an iron gate showcasing the artistic prowess of local blacksmiths.

The Food Action Committee also hosts a weekly cooking and meal-sharing event. Depending on the season, it's held inside Centennial Centre or outside in one of the gardens. Everyone shares in the food preparation and swaps stories and local news. This has been a valuable opportunity to socialize for newcomers and old-timers alike.

The City of Kimberley's appetite for innovative programs like its community gardens and community kitchen has succeeded in growing community spirit and increasing the health of residents through nutritious foods they've produced themselves.

Want to learn more about the City of Kimberley's community gardens and community kitchen? Contact Vine Madder, administrator for Kimberley's Spark Society for YOUTH at spark@cyberlink.bc.ca



ENGAGING YOUTH IN:

PHYSICAL ACTIVITY WITH SOGO ACTIVE



YOUTH IN CANADA ARE NOT PHYSICALLY ACTIVE ENOUGH.

According to the Active Healthy Kids 2008 Report Card, 90% are not meeting Canada's physical activity guidelines. There are many barriers to youth participation in physical activity. Sogo Active was created to help overcome these challenges.

Sogo Active is a national initiative that uses a by-youth, for youth approach to encourage active teens to inspire and assist their less active peers. BCRPA is the provincial coordinator of the initiative in British Columbia. Sogo Active provides a website where youth can create unique personal profiles and interact with other teens. This way, they can share ideas about how to get active and discover traditional and non-traditional options that fit with their needs and interests. Teens can use the site to plan activities

and track their successes. Youth groups can even apply for funding for resources if they meet specific criteria. Over 1,000 participants will be selected to carry the Olympic Flame in the Vancouver 2010 Olympic Torch Relay

And municipal facilities like yours and other community organizations can get involved as well. Your facility can register online as a Community Host, supporting youth groups in reaching their goals by offering equipment, facilities and resources.

For more information about Sogo Active and how your community can get involved, contact Allison Prieur, the BCRPA Youth Engagement Project Coordinator for the Sogo Active Initiative, at aprieur@bcrcpa.bc.ca or phone 604-629-0965 ext 258.



There are a number of benefits to becoming a Community Host:

1. You'll be engaging youth through the website and helping them to become more active (which has the added bonus of letting teens know about your parks & recreation programs)
2. You can assist youth with accessing Sogo Active funding to support their programs
3. You'll have access to data collected online for the program about youth and youth physical activity
4. You'll be taking another step to address the inactivity crisis in Canada
5. You'll be able to access a legacy of youth programming after the torchbearer phase

SPIRIT OF BC WEEK

EVENTS COMING TO YOUR COMMUNITY

THIS FEBRUARY MARKS THE BEGINNING OF THE ONE-YEAR COUNTDOWN TO THE 2010 OLYMPIC AND PARALYMPIC WINTER GAMES, AND THE EXCITEMENT IS BUILDING ACROSS BRITISH COLUMBIA!

To celebrate the countdown, communities of all sizes will be hosting Spirit of BC Week events, aimed at strengthening local recreation, sport, healthy living, culture and the arts, literacy and volunteerism. BCRPA, through its Active Communities Initiative, will play an important role in some of the festivities.

The 5th annual Spirit of BC Week takes place across the province February 6 to 14, with an official launch on February 7 at the Port Coquitlam Recreation Complex. Communities are invited to participate in the launch and join in their local events to show the world that BC will be the healthiest jurisdiction ever to host the Olympic and Paralympic Games. During Spirit of BC Week, they'll host family skate and swim days, winter festivals, cultural performances and many other fun, active events.

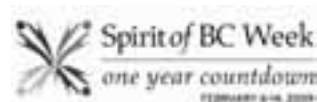
BCRPA's Active Communities Initiative will be offering grants to help communities put on active events. The BCRPA grants will be offered at the same time that 2010 Legacies Now is offering funding in an effort to create more opportunities for communities to get involved. This is the second year the two groups have partnered in this respect, linking the dedicated work of local Active Communities teams with that of Spirit of BC community committees. The 200 registered Active Communities teams and 95 Spirit of BC committees are working with local governments, First Nations, businesses, schools, and community-based organizations to create their own lasting legacies.



Registered Active Communities teams have committed to work towards increasing the physical activity levels of British Columbians by 20% by the year 2010. The Active Communities teams promote healthy lifestyle choices, increase accessibility to physical activities and build supportive community environments.

Spirit of BC is a 2010 Legacies Now program, in partnership with the Province of B.C., promoting community innovation, pride and excellence to create unique and lasting legacies for British Columbians, leading up to and beyond the 2010 Winter Games.

To find out what's happening in your area, check out the list of grant recipients and their events at www.activecommunities.bc.ca or visit the events calendar at www.SpiritofBC.com.



THE FUTURE

OF THE BCRPA FITNESS PROGRAM



IN 2009, THE BC RECREATION & PARKS ASSOCIATION WILL CELEBRATE THE 25TH ANNIVERSARY OF ITS FITNESS PROGRAM.

This builds on last year's BCRPA 50th anniversary celebration. Together, they represent a long history in British Columbia of our members building and sustaining active, healthy lifestyles and communities. One of the keys to our collective success has been our ability to adapt to changes in our sector and our culture.

Since 2007, the Fitness Program has been studying how to adapt and continue to succeed, undergoing a full program and industry review. We've been developing a strategy for moving forward to create a relevant and efficient certification program. 2009 will see this new strategy implemented. Its highlights include improved operational effectiveness and increased accessibility to support and information.

Throughout the process we will be gathering feedback from a variety of stakeholders within the fitness, parks and recreation and health sectors. Feedback will come in the forms of advisory and review committees, as well as task groups. Stay on the lookout for further information about opportunities for you to get involved in the process of reviewing and upgrading the Fitness Program. Notices about these opportunities will be included in future issues of Recreation & Parks BC Magazine and the Communique.

We'd also like you to participate in our 25th anniversary celebrations. Our theme is "Outside the Box". If you or a Fitness Leader you know is thinking outside the box in your programming, business concepts or facility operation, we want to know about it so we can share your insight with others. Your innovations will be profiled in our Fitness Leader publication (currently known as The UPDATE,

although that will also be changing as part of our celebrations) and on the BCRPA website. Another way we're celebrating our silver anniversary is by collecting old photos of our Fitness Leaders. We'll be assembling a montage of life in the fitness industry in the 70's, 80's and 90's and we'd like your help. Send us your best – and your worst! You can submit your "Outside the Box" information and/or your old photos to Fitness Program Assistant Rhianne Mari at rmari@bcrpa.bc.ca or phone 604-629-0965 ext. 239. Join the BCRPA Fitness Program's 25th anniversary celebrations as we take the first step into the future.



A LAST LOOK AT:

THE BCRPA'S HISTORY

50 YEARS IS A SIGNIFICANT MILESTONE BY ANY MEASURE, ESPECIALLY FOR AN ORGANIZATION LIKE THE BC RECREATION AND PARKS ASSOCIATION. OUR MEMBERS HAVE COME TOGETHER FROM A COLLECTION OF UNIQUE COMMUNITIES ACROSS THE PROVINCE, BRINGING DIVERSE TALENTS, A TREASURE TROVE OF EXPERIENCE, AND FAR-REACHING VISIONS FOR HOW GREAT OUR SECTOR CAN BE. FROM 1958 TO THE PRESENT OUR MEMBERS HAVE BEEN THERE TO KEEP THE RINKS SLICK, KEEP THE TRAILS OPEN, KEEP THE EXERCISE BALLS INFLATED, KEEP THE POOLS FILLED, KEEP THE FIELDS TRIMMED, AND KEEP OUR COMMUNITIES ACTIVE. ALONG THE WAY WE'VE SUPPORTED CULTURE AND SPORT, PROMOTED HEALTH AND INSPIRED PEOPLE TO BECOME ENGAGED WITH THEIR COMMUNITIES. WE'VE TAKEN A LEAD ROLE IN ENHANCING THE QUALITY OF LIFE FOR EVERYONE IN OUR PROVINCE.

THROUGH IT ALL WE'VE ACCUMULATED MEMORIES. FOR THE PAST YEAR, MEMBERS FROM AROUND THE PROVINCE HAVE BEEN KIND ENOUGH TO SEND IN THEIR OLD PHOTOS SHOWING BCRPA'S HISTORY. FROM THE EARLY DAYS OF PARKS AND RECREATION PROGRAMS IN THE 50'S, TO THE BLOSSOMING OF FITNESS IN THE 80'S, TO SNAPSHOTS FROM OUR CONFERENCES AND SYMPOSIUMS AND ALL OF OUR OLD FRIENDS, WE'VE BEEN PROUD TO SHARE THOSE MEMORIES HERE IN RECREATION & PARKS BC.

AND SO, TO CLOSE-OUT OUR 50TH ANNIVERSARY, HERE'S ONE MORE BCRPA HISTORY LESSON. THANKS FOR THE MEMORIES.

1958 ● ————— ● 2008





GRANTS HELP WITH:

INSPIRING WELLNESS



The BCRPA, through many of its initiatives, offers grants to help communities (including municipalities, First Nations, corporate communities, and others) support their people in embracing active, healthy lifestyles.

Last fall, BCRPA supported Healthy Workplace Month by offering grants through its Active Communities Initiative to various groups to assist in encouraging their employees to adopt healthy lifestyles. One of the Active Communities funding recipients, mining and mineral processing company Teck (commonly known as Teck Cominco), put its \$300 grant towards a month-long healthy workplace event at its Trail facility. The Teck Active Communities team provided opportunities for employees to learn about the importance of staying physically and mentally active and adaptable, and about how to take charge of their nutrition. The event was called Inspiring Wellness.

Bringing together a group of partners, including United Steelworkers Local 480, the Columbia Valley Counselling Centre, Interior Health, Hearts @ Work, the Greater Trail Community Skills Centre, as well as Teck's own Human Resource and Health & Safety departments, the company hosted a variety of education and awareness workshops, crew talks, classes and events. Workers were able to bring their spouses to some of the sessions. Topics included: coping with stress and anxiety in today's demanding world, embracing change and discovering where you want to be and how to get there, health issues such as hypertension, nutrition at work, and sharing real stories of achieving goals. Information was also made available through the company's newsletter and website. And several prize draws offered encouragement.

The feedback from the workers is proof that the message has been taken to heart. Armed with this new knowledge, some are starting to change their lifestyles.

Brain Cantarutti says what he's learned is having a domino effect: "Our family has always been pretty

active; but now my 2 daughters are starting to throw in an extra walk or run periodically because they see Mom and Dad trying to walk, run, hike or bike almost every day."

Russ Green says he's also keeping in mind ways to stay in good health. "I walk to work...reducing my carbon footprint. Up hill home so it increases my cardiovascular system. Health checks have made me aware of what I eat on night shifts."

And Maureen and Richard Wiley say the program helped. "We have for many years known the benefits of walking and try to keep distance walking as a part of our routine. Since wearing our pedometers, we are becoming even more conscious of the need for greater regularity, and are disappointed when we do not accomplish at least a minimum of 10,000 steps. Also, we now more often consider walking to destinations that we formerly drove to. Thank you for helping to sharpen this awareness."

By providing workplace opportunities for people to learn how they can stay active and eat nutritious foods, Teck has demonstrated that employers can take an active role in inspiring wellness.

To learn more about Teck's Inspiring Wellness initiative, contact the company's Program Coordinator Megan Olson at Megan.olson@teckcominco.com

For more information on Workplace Wellness grants or resources, or to learn about the BCRPA's Active Communities Initiative, visit www.activcommunities.bc.ca

Find out about grants through other BCRPA initiatives by visiting www.bcrpa.bc.ca or by going to: www.physicalactivitystrategy.ca or www.stayactiveeathealthy.ca. Remember to also watch for funding announcements in the weekly Communique.

"THE FEEDBACK FROM THE WORKERS IS PROOF THAT THE MESSAGE HAS BEEN TAKEN TO HEART. "

WHEREABOUTS... PEOPLE AND PLACES OF BCRPA

The Chilliwack Parks, Recreation & Culture Department is bidding a fond farewell to **Mike Brass**, who's retiring as Manager of Parks and Projects. Meanwhile, Chilliwack is welcoming **Michael Knight**, the new Arenas Supervisor. **Audrey Polovnikoff** has been hired as the new Recreation & Cultural Programmer for Castlegar. The Fort St John Community Services Department is excited to welcome **Becky Keim** and **Suzanne Anderson** as the new Recreation Programmers who will be working hard to achieve the goals of the city's Active Communities Plan. The North Peace Leisure Pool welcomes Aquatic Supervisor **Kayla Bruintjes** and full time pool attendant **Jo-Anne Caldwell**. **Lorna Crouse**, former Recreation Programmer, is now Fort St John's Community Development Coordinator. The City also sends best wishes to **Stacey Miranda**, who has taken a one year leave of absence. And congratulations are in order to **Sarah Tittlemore**, Fort St John's Director of Community Services, who was married in Saskatchewan in October and is now known as **Sarah Tittlemore-Cockerill**. Tumbler Ridge is celebrating **Jason Collison's** move from the maintenance department to his new position as Facilities Manager. The City of Williams Lake would like to welcome **Geoff Paynton** as its new Director of Recreation Services. Meanwhile, **Deb Radolila** has been promoted to the Manager of Active Living for Williams Lake, and **Denise Skarra** has been promoted to Recreation Coordinator. And **Suzanne Cochrane** has joined the staff at the Cariboo Memorial Recreation Complex as the new Recreation Programmer. The City of Prince George welcomes **Cheryl Livingstone-Leman** to her new permanent Recreation Coordinator position. Meanwhile, **Andy Beesley**

has been hired as Prince George's Manager of the CN Centre and Community Arenas. **Geraldine Parent** is the new Arts Services Manager for the Cultural Services Division of Burnaby's Parks, Recreation and Cultural Services Department. Geraldine will oversee the Shadbolt Centre programs, festivals, special events and City-wide arts services. **Karen Hillmann** has joined the Vancouver Aquatic Team and is the Pool Supervisor at Killarney Community Centre. In Coquitlam, **Susan Todd** – formerly Aquatic Program Supervisor at City Centre Aquatic Complex – has taken a new role as Recreation Program Coordinator at Pinetree Community Centre. **Heath Mahoney** is now Coquitlam's Leisure Complex Manager – West, responsible for the new Chimo Aquatic Fitness Centre and the Sports Centre Arena. **Chrissie Finnie** and **Colleen Douglas**, Recreation Programmers for the Regional District of Nanaimo Recreation and Parks Department, returned to work as of November 3 and December 1 respectively from maternity leaves and are presently working in a job share opportunity. **Kim Longmuir**, will continue to work in a temporary full time capacity for at least one year as a Recreation Programmer working specifically in Electoral Area F north of Qualicum Beach. **Barbara Berger** is the new Arts and Community Development Manager in Kamloops. Also in Kamloops, **Jeff Putnam** has accepted an expanded role as Sport Development and Business Operations Manager. **Ryan Dias** has joined the Cowichan Valley Regional District as Parks Superintendent. The Municipality of North Cowichan is welcoming **Riley Fell** on board as Recreation Programmer, working directly with the communities of Crofton and Chemainus.

REGIONAL ROUNDUPS



• LOWER MAINLAND

Heath Mahoney
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CHILLIWACK

The Townsend Park artificial turf field was completed and opened in early September to great acclaim and use by sports field groups. The new Cultural Centre construction started in the summer. Completion of the project is scheduled for 2010. The Cheam Recreation Centre renovation project was recently awarded and that project is also scheduled to be complete in early 2010.

BURNABY

The city enjoyed another year of renewable horticultural treasures, with the Parks, Recreation and Cultural Services department's eco-sculpture program. The initiative, which has been running since 2005, has eco-sculptors use metal frames and a variety of plants to construct living works of art. In 2008, Burnaby partnered with local business leaders and schools to develop meaningful community-based eco-sculptures. Recent initiatives include a bee project with Burnaby Mountain Secondary School, helping to create awareness of the diminishing bee population. Another piece, a 30-foot dragster, celebrated the accomplishments of Mundies Towing. The company's towing operation uses the cleanest burning fuel system available, as does its dragster, which broke the world speed record in 2007. For the upcoming 2009 World Police and Fire Games, Burnaby is working with organizers to green the games through

the creation of a collection of spirit eagles that will appear throughout the city. Additional eco-sculptures include tancho cranes, black bears, carousel horses and salmon. Learn more about these aesthetically delightful and ever-changing environmental artworks at www.burnaby.ca/active.

VANCOUVER

The Vancouver Park Board is looking forward to officially opening its new pool after the Olympics in 2010. The pool is located beside Nat Bailey Stadium and is part of an Olympic Legacy facility. Construction continues on the project.

COQUITLAM

The City held open houses in November to unveil the final designs for its Spirit Square project. As a central part of the vision for the Regional Town Centre, the Spirit Square is to be a pedestrian "spine" linking together downtown's great destinations. Envisioned at the heart of this route is a new town square situated amid Coquitlam City Hall, the RCMP's regional headquarters, a public library, the Glen Pine Pavilion, and new residential towers with ground-floor retail opportunities.

And the official groundbreaking took place on Saturday, November 1st, for the new \$60 million Sports Centre revitalization project.

SURREY

Surrey received the Cultural Capitals of Canada award in 2008 and developed eight projects with the award funding. The Inspired Ideas Speakers Series featured Susan Aglukark and Wade Davis. The Civic Treasures Award recognized

12 community leaders for their cultural achievements. Surrey partnered with the K'la-How-Eya Aboriginal Centre to travel with a 30-foot cedar canoe to schools. Fusion Festival took place in Holland Park. The Glocal-Your World in Motion project demonstrated the influence of new media technologies on youth. A Vaisakhi celebration promoted cross-cultural understanding. The City developed the Nature Centre at Green Timbers Urban Forest. Surrey built three more artificial turf fields, bringing the total to nine turf fields. And a new sheet of ice was added to the Surrey Sport and Leisure Complex. Looking ahead, six projects will be added to the City's public art collection. And Surrey is very proud to be a Venue City for the 2010 Olympic and Paralympic Games, with the 2010 Games Preparation Centre currently under construction in our city centre.



• KOOTENAYS

Randy Fediuk
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rfediuk@city.kimberly.bc.ca

KIMBERLEY

The Kimberley Curling Rink reopened this fall for the winter curling season after a year of repairs and renovations. The facility has been significantly improved structurally and the interior has undergone a transformation making it suitable for wheelchair curling and Paralympic athletes. Curlers are returning in large

numbers and there is a “buzz” in the community over the improved facility. Meanwhile, the concept plans have been approved for the Kimberley Conference Centre and Paralympic Training Centre. Working drawings are being prepared and plans are to break ground on the facility in the spring of 2009.

And the Kimberley Soccer Association has completed renovations to Blarhmont School Field, making it a full-sized soccer pitch for the community. The City plans to take over maintenance of the sports field from the School District. The local community continues to utilize and maintain the former school and property.

CASTLEGAR

The Castlegar & District Recreation Department has recently gone through a facelift. Repainting took place on the arena and aquatic centre, along with a revamp of the Lobby Break Away Grill, including a new healthy foods menu. The department also helped organize the 21st Annual Travis Green Community Golf Tournament. The event raised \$21,000 for community sport and service organizations.

Funding has been secured to help in the restoration of the Doukhobor Brilliant Bridge. The bridge will become part of the Rails for Trails initiative.

Staff have been doing a Heat & Energy recovery study, along with a Structural Mechanical Assessment, on the Community Complex and Pioneer Arena.

The City launched a Leisure Access Program on January 1, 2009. The program provides low income families with an opportunity to participate in recreation programs and utilize all facilities at a reduced price. Admission costs for public swimming, public skating and fitness facilities will be 50% of general admissions.

CRESTON

The big item on the agenda in Creston is the Facility Enhancement Project which, along with new hockey dressing rooms and the replacement of the 6-sheet curling slab, includes an indoor aquatic centre. The new addition will include a 5-lane tank and a leisure pool with a lazy river, bubble pit and a number of other water features. The project will eventually replace the 35 year old outdoor pool facility. As part of the expansion, a new main entrance will be created which will be more central and user friendly. It will include a juice bar and seating, plus a conversation pit near the pool viewing area.

Currently, the interior block work and finishing has begun on the change rooms, which will house six rooms, plus a referee's room. These will replace the existing cramped quarters under the bleachers. The replacement of the 6-sheet curling ice is well underway and it will incorporate a “thermal storage battery” well below the ice surface. This will retain excess heat generated by the refrigeration plant (which was previously lost) and use it to heat the pool and the rest of the facility. The excavation and footings have been started for the new aquatic and fitness centre and work will continue non-stop for several months. Regular updates, as well as photos of the entire project, can be seen at the Regional District of Central Kootenay website – www.rdck.bc.ca/cdccupdate

NELSON

The Recreation Department's facility has undergone more improvements, adding new boilers and a new section of roof over the aquatic centre. The changes should allow for natural gas to be saved, with the resulting funds to be put towards a heat recovery system in 2009.

The focus is now on increased programming in the aquatics and fitness

departments, along with enhancing the marketing plan and initiatives. The facility is tendering out the purchase of an exterior media board and closed circuit TV's for interior marketing and promotions. And joint radio promotions with the Creston and Castlegar Recreation Departments have begun.

And as of January 1, 2009, the District has implemented a Leisure Access Program for Nelson, Creston and Castlegar to accommodate low income families.



- PEACE RIVER
- LIARD

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FORT ST JOHN

The city offered another intake of its pilot Girls Activity Program in the fall. The program is designed to assist inactive girls aged 12-16 in making healthy, active lifestyles a part of their everyday. The program has seen amazing support from School District 60. Many young women have raved about how the program has influenced their self-esteem, body image and friendships. Staff hope to be able to continue the program in 2009.

Meanwhile, special Pro-D Day theme activities were offered at the pool during the fall. The first one was “Pumpkin Carving Demos” in October. There was also a lot of fun at the Hawaiian Christmas in early December.

TUMBLER RIDGE

The Community Centre is receiving some much-needed infrastructure upgrades. The refrigeration plant has been replaced

and the upgrading and replacement of the building's mechanical system is now in process. In 2009 we are looking at upgrading the envelope of the building. The changes will increase the overall efficiency and operations of the Centre. Meanwhile, the Community Centre has purchased a movie license to show movies that have not been released. Residents will be charged admission. The movie nights are highly anticipated by the public. Tumbler Ridge will be initiating a new program in 2009 called "Physical Activity for Inactive Citizens". The program will target a different group each month. It's part of the UBCM Community Health Promotion Fund.



• CARIBOO

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WILLIAMS LAKE

Williams Lake has been buzzing with activity all fall and the winter season looks even busier! The City was recently the recipient of an Everybody Active: Increasing Access grant. The funding will support efforts to increase activity among people who face significant barriers. This grant will help the Recreation Services Department take programs right to where the target audience lives. Brainstorming sessions will be held at the two local housing units to find out what kind of physical activity programs residents would like. Contractors will then be hired to deliver these programs. This funding will also provide an "Everybody Gets to Play" workshop in hopes of opening activity to other disadvantaged groups.

MACKENZIE

The City hosted the arrival of its Portable Stage as part of its Spirit Square project on November 19th. The event, including a sod turning, was part of the BC150 celebrations.

Following the Spirit Square Celebration, 40 young torch runners officially lit the BC Northern Games Torch at the Spirit Square. Mackenzie will host the Northern Games in February 2009 and the Torch Lighting went a long way towards promoting the final preparations for the event.

Through the Job Opportunity Program, Mackenzie has gained trails, picnic sites and development of the outdoors. These projects have encouraged citizens to enjoy the many beautiful surroundings the community has to offer while promoting active living for residents of all ages.

VANDERHOOF

Riverside Park has had an upgrade to the trail surface, enhancing the use and enjoyment for walkers and cyclists. Residents are also looking forward to skiing at Murray Ridge, along with tons of other winter activities.

PRINCE GEORGE

The Prince George Aquatic Centre is successfully operating a new, advanced ultra violet water treatment system. This is the most effective disinfecting system available and works in concert with the existing chlorine gas system. The UV system is effective in destroying chlorine-resistant pathogens. Secondary benefits are the improvement in water and air quality as a result of the continuous destruction of chloramines. Maintenance of the UV system is more cost-effective than the former ozone system.

Prince George is very busy preparing to host the 2009 World Baseball Challenge in July at Citizen Field. The national teams

of Canada, the US, China, the Bahamas, Venezuela and others will take to the diamond, along with the home team, the Prince George Axemen. And delegates from around the country will be welcomed to the city this February for the 2009 National WinterLights Symposium and Awards.



• VANCOUVER ISLAND

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LADYSMITH

Facilitated by Mark Holland of HB Lanarc, the Town has just completed a comprehensive community visioning process designed to integrate feedback from citizens and other local stakeholders into a sustainable community plan. Check www.definingthefuture.ca for interim results and a report.

The Department of Parks, Recreation & Culture is currently focused on community collaboration, working with the Ladysmith Family & Friends Resource Program on early years initiatives.

Ladysmith also plans to renovate the historic Aggie Hall, with help from the Chemainus First Nation on identifying cultural bridging opportunities to build on the 2007 Community Accord. The Town is working with local and regional interagency representatives on ongoing health and social planning initiatives as well.

STRATHCONA REGIONAL DISTRICT

The Strathcona Regional District has been independent of the Comox Valley Regional District for just over a year now (the two

were previously known as the Comox Strathcona Regional District) and things are running smoothly. SRD is now setting up a local office. Registration is a little lower this year due to the number of job losses in our community but we are hoping things will pick up over the winter. Our Pro-D camps, specialty hockey programs and special event numbers continue to grow.

The District has held another successful Ladies Spa Night. SRD also continues to strengthen its relationship with the City of Campbell River Parks & Recreation staff by offering many joint programs and events, including: the Halloween Howl, the Easter Extravaganza, the New Year's Eve Celebration, the Mother & Daughter Spa Night, the Youth Ball Hockey Tournament and the Girls on the Go summer and spring break camps.

The District recently installed a new dehumidifier, constructed additional change rooms in one of the arenas, upgraded the lifeguard room and built a skate shop.

COWICHAN VALLEY REGIONAL DISTRICT

The Island Savings Centre celebrated its new name with an open house on November 30th.

Meanwhile, the Cowichan Valley Regional District launched a new website with CivicPlus in the fall. Staff are very excited about the opportunity to have control on updating the website's information.

The CVRD's reorganization started its transition period in late November. This saw the Parks Department join CVRD Recreation Facilities to become a new department: Parks, Recreation and Culture.

The Active Communities Cowichan plan has been submitted to BCRPA.

MUNICIPALITY OF NORTH COWICHAN

North Cowichan opened the doors to the Cowichan Aquatic Centre on September 14th. The facility is home to an 8-lane, 25 metre competitive pool, wave pool, fitness centre and more. Built at an estimated cost of \$19 million, the new Centre is proving itself to be a success in the Cowichan Valley and is surpassing anticipated attendance figures to date. The Aquatic Centre will be the host facility for the MSABC Provincials in April. Also, on January 1st, North Cowichan, in conjunction with the City of Duncan, began implementing a two-tier system at the Cowichan Aquatic Centre.

DISTRICT OF UCLUELET

The District of Ucluelet will be hiring a programmer in early 2009 for the Recreation Department with a Recreation Assistant being hired mid fall. All projects are full steam ahead with trails and pathways planning, the community centre and the master plan in conjunction with the District's OCP.

REGIONAL DISTRICT OF NANAIMO

The Recreation and Parks Department has recently completed a significant marketing and promotions project regarding Regional Parks and Trails information. This initiative was made possible through the UBCM Community Tourism Program. Grant funding of \$221,936.98 for Phase I assisted in the production of a free full-colour Regional Parks and Trails Guide that includes descriptions, locations and maps to help make green recreation opportunities much more accessible. At the regional parks, the Department installed road signs, entrance signs, and kiosks with information about local trail networks and tourism amenities. The Department's section of the RDN website was also enhanced with information on parks, trails, and historic sites. Phase II, which also includes a grant of \$221,936.98, will focus on parks planning

and expansion. The RDN will use the funding to study, plan, and potentially develop a region-wide trail along the E&N rail corridor as part of the island-wide Trail by Rail initiative. In addition, the funds will be used to complete a park management plan for a 707 acre community park on Gabriola Island.



• NORTH COAST • NECHAKO

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PRINCE RUPERT

The City is replacing the original wooden bleachers in the Jim Ciccone Civic Centre's Russell Gamble Gymnasium to celebrate the 50th anniversary of the Annual All Native Basketball Tournament. This gym has hosted 38 of the tournaments over the years. The event attracts more than 5,000 spectators during a week of fierce competition. The bleachers will be replaced with new, state-of-the-art seating that will include chair backs and padding. To fund the project, Prince Rupert turned to businesses and individuals to sponsor sections and individual seats at a cost of \$200 per sponsored seat. This price gives the sponsor an opportunity to include a dedication plaque on each seat sponsored, allowing them to make their mark on history. The All Native Basketball Tournament Society sponsored 164 seats in the largest section in order to spell out ANBT in black seats. All other seats in the venue will be red. The colours reflect those traditionally used by North Coast First Nations people. The 50th Annual All Native Basketball Tournament runs February 6-14.

As Prince Rupert prepares to celebrate its 100th Birthday in 2010, the City's Recreation Complex has undertaken a project to "Celebrate 100 Years of Recreation." Working closely with the City Archives Society, photos were chosen depicting sports teams and events from the past century. Enlarged versions of the photos now adorn the walls of the facilities. Plaques are installed at eye-level beneath each photo naming everyone in the photo and the year the photo was taken. History classes from the secondary schools and residents of all ages have enjoyed making this new connection to the City's remarkable recreation history.

TERRACE

After a few bumps along the way, Terrace celebrated the official grand opening of its new Sportsplex on November 7, 2008. Although the building had been in use for the previous eight months, having an opportunity to present the entire facility in its splendor brought the community out in droves. Special guest Ben Rutledge, gold medalist in the men's rowing eights in Beijing, was on hand for the celebration. After watching the local Parade of Athletes, Ben offered inspiring words to the crowd about the importance of grassroots, community recreation and of working hard to follow their dreams. Now that the Sportsplex is officially up and running, the City is busy preparing for the 2010 BC Winter Games. The Board of Directors has been secured and the venues have been selected. The 25-year-old Terrace Aquatic Centre has been given a new air handling system and roof. Not only did these projects make the facility more functional, they also helped to aesthetically tie the Centre to the new Sportsplex, which is housed on the same lot.

Terrace secured funding for the development of a Spirit Square as well as funding for an outdoor fitness park. Leisure Services is currently collaborating

with both the City's Planning and Engineering departments in implementing design changes to George Little Park to add these two components as well as a spray park and outdoor basketball court. Programming continues to thrive with revenue "actuals" exceeding the projection by 25% as of the beginning of November. Staff say this is definitely the bi-product of having extra facilities to work with.

KITIMAT

The City's Recreation Department continues to build its Partnership with Northern Health through Kick It Up Kitimat (www.kickitupkitimat.ca), the FITT Group and program planning for 2009. Other partnerships with the Kitimat Seniors, Kitimat Community Services and the Haisla Recreation Centre have also continued to flourish and all groups look forward to another successful year. Kitimat joined many other communities in the province with the introduction of the Grade Five Access Program. Grade 5 students throughout Kitimat and Kitimaat Village are now able to access public drop-in sessions in the recreation facilities at no charge. The program has been well received by the kids, schools and parents.

Kitimat participated in the BCRPA's Boomer Friendly Boot Camp pilot project. The program was a success, with 15 participants (5 men and 10 women), aged 55 to 68, participating two times a week for six weeks. All participants have signed up for the BC Seniors Games for 2009 and are looking forward to registering for the next Boot Camp, scheduled for February. Construction of the Sam Lindsay Memorial Pool is almost complete, with the facility to be open to the public in January. The grand opening will be scheduled for sometime in March or April. The residents of Kitimat, Kitimaat Village and the surrounding area have been waiting anxiously for the pool to reopen since it was closed in June 2007.

It's expected the new pool will serve Kitimat and the area for another 25 years or more. For more information, and to view the latest construction pictures, visit www.recreationkitimat.com. The Recreation Department is working with the local Association des Francophones et Francophiles du Nord-Ouest (AFFNO) on a Winter Carnival. Highlights will include snow/ice sculptures, a maple syrup brunch, a snow maze, a magic show, free style ski jumping demonstrations and dog sledding.



- THOMPSON
- OKANOGAN

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KELOWNA

The 2008 BC Summer Games had a positive impact on Kelowna's economy. A study by the Economic Planning Group of Canada indicates July's Games had a direct economic impact of \$2.6 million to the City. Volunteers and community participation played a significant role in the success of the Games. The annual Smart Transportation Ranking Project (a joint initiative of the UBC Sauder School of Business and Appleton Charitable Foundation) has put Kelowna 10th in Canada for cities adopting sustainable transportation practices. All of Kelowna's transit busses run on alternative fuel; its fleet of municipal vehicles includes 4 hybrid vehicles and 18 smart cars. Sustainable transportation projects planned for 2009 include the expansion of Rapid Bus BC, the construction of a transit exchange in Rutland, the extension of Rails with Trails and two off-road cycling projects along the proposed Glenmore Bypass and Gordon Drive extension.

KAMLOOPS

Kamloops has received \$1.65 million in Bike BC funding from the provincial government to create safer, more direct bike routes along the Valleyview corridor. There will be 2 cycling infrastructure projects, connecting the Valleyview area with the Kamloops downtown. They're seen as key components of the City's bicycle route network.

OSOYOOS

A major extension of the Osoyoos Canal Trail system is now open. It adds 7km to the trail and runs to the Osoyoos Desert Centre.



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