



June is Recreation Month 2008 — Community Tool Kit



Live it everyday!
June is Recreation Month



Celebrate June is Recreation Month.

Whatever recreation means to you ... whether it's building a sandcastle, hiking or tossing a frisbee ... make it mean something. Do stuff. Have fun.

Live it every day!

June is Recreation Month activities will be taking place in communities across Nova Scotia. For a listing of events and/or to post your event,

visit www.recreationns.ns.ca



HEALTHIER FUTURES *through* RECREATION

ABC Recreation Ltd.

Your Playground and Parks Specialists



Paris ON
Montreal QC
Moncton NB



506-852-8185
800-267-5753
kim.stpierre@abccreation.com
www.abccreation.com



June is Recreation Month

Table of Contents

Theme – Recreation – Live it Everyday!	3
Become a Supporter	4
The Launch Kit	4
Meet the Ambassadors	4
The Campaign	5
Piggyback on RNS Initiatives .	6
Photo Contest	6
Creative Expression & NS Libraries' Summer Reading Programs	7
Media Resources.....	7
Kids Activity Sheets	8
Merchandise.....	9
Getting Involved – What Can You Do?.....	10
Recreation Happenings — Sponsor/Supporter Events	14
Organizations and Links.....	18
Ideas and Success Stories – 2007 Campaign	19

June is Recreation Month 2008

Celebrating June is Recreation Month is an exciting way to increase awareness in communities and celebrate our success in significantly contributing to the quality of life in Nova Scotia. Recreation Nova Scotia hopes you will take up our invitation to celebrate June is Recreation Month and **LIVE IT EVERYDAY!**

The Theme

The June is Recreation Month theme is **LIVE IT EVERYDAY!** Regardless of ability or age, Nova Scotians are enjoying recreation in an increasing number of ways and this year's theme recognizes that recreation activities do not have one definition. "Activities of all kinds, not just physical, is acknowledged and celebrated. Whether it is lawn bowling, running marathons, photography, taking a walk in a park, reading a book, learning a new instrument, playing soccer, or star gazing... recreation is about celebrating life.

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Become a Supporter

A Supporter is a community, school, organization or business that agrees to observe and celebrate June is Recreation Month in 2008 by coordinating at least five campaign activities. June is Recreation Month is not necessarily about creating new events and programming in our communities and schools but about helping promote and sustain existing ones. Supporters will be recognized on the June is Recreation Month website.

Supporters are provided with June is Recreation Month promotional materials to use and distribute including 10 JRM frisbees, 10 JRM posters, and 100 bookmarks.

All Supporters will be eligible for a draw for playground equipment donated by Henderson Recreation. We hope you will take up our invitation to be a SUPPORTER and celebrate June is Recreation Month – **LIVE IT EVERYDAY!** Your involvement in this year's campaign is vital.



The Launch Kit

The first 50 Supporters that sign up to host a June is Recreation Launch event on June 1st as one of their campaign initiatives will receive a special Launch Kit—a June is Recreation Month Cooler containing promotional balloons, zipper pulls, shoe laces, tattoos for prizes and give aways. If your group would like to become a Supporter, please complete and fax back a Supporter Sign Up sheet to Recreation Nova Scotia. Sign Up Sheets are available on line www.recreationns.ns.ca/june.

If you have any questions please contact Recreation Nova Scotia at (902) 425-1128 or one of the June is Recreation Month Ambassadors.

Meet the Ambassadors

The June is Recreation Month Ambassadors are a team of recreation professionals volunteering in their region to assist community groups and municipalities with their June is Recreation Month plans and initiatives. If you need assistance, or are looking for resources and ideas, contact your Ambassador!

Doug Branscombe (branscd@region.halifax.ns.ca) ~ Central Region

Norma MacLeod (nmacleod@newglasgow.ca) ~ Highland Region

Janice Rand (jrand@modl.ca) ~ South Shore Region

Deb Ryan (debryan@annapoliscounty.ns.ca) ~ Valley Region

Meghan Dethridge (detherml@gov.ns.ca) ~ Cape Breton Region

Pam Adams (padams@townofspringhill.ns.ca) ~ Fundy Region



www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

The Campaign

June is Recreation Month 2008 campaign is completely available online at www.recreationns.ns.ca. The many components of the campaign include:

- The Supporters program
- The Ambassadors
- The Launch campaign
- The Kids Zone including the Creative Expressions Contest and activity sheets
- Media resources including radio and print ads
- The Photo contest
- Downloadable resources including screen savers, certificates, bookmarks and posters
- Give aways and merchandise including bucket hats, banners, zipper pulls, flyers, pencils, etc.
- The June is Recreation Month calendar
- Success Stories, Tips and Ideas
- Games and Activity Tool Kit



“June is Recreation Month” and Canada’s home, car and business insurers are proud to be supporters.

**BE SMART, BE SAFE IN
ALL YOUR RECREATIONAL
ACTIVITIES!**

www.besmartbesafe.ca



Be smart
Be safe

From Canada’s home, car
and business insurers.

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Piggyback on RNS Initiatives

Post Your Event on June Is Recreation Month Calendar

To help you and your organization/community promote your June Celebrations, whether they are new special events or highlighting an existing tradition, RNS can provide you with free publicity! RNS will highlight your event on the website, at no cost to you.

You can post your event directly on line at www.recreationns.ns.ca

The more activities and communities represented the better; no event is too small or too large. Your event must be open to the public and you must provide as much detail as possible for potential participants!

Photo Contest

This is the fourth annual RNS photo contest, which takes place over the summer, starting in June. Deadline for submissions is September 24, 2008.

The purpose of this contest is to give you the opportunity to share your experiences, memories and recreation moments. RNS will also benefit by developing a wonderful resource of pictures of how Nova Scotians experience and celebrate recreation. Members will be able to access these photos through the RNS Web site.

There are six categories:

- Parks and the Great Outdoors
- Facilities
- Active Transportation in Nova Scotia
- Culture and Creative Expressions
- June 2008 Celebrations
- Play Together – Stay Together

A photo release must accompany each photo. For more information on the Photo Contest visit our Web site: www.recreationns.ns.ca/june.



www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Creative Expression Contests and NS Libraries Summer Reading Program

When we use the term 'recreation' we use it in the broadest sense of the word. The arts and culture community is recognized as an important facet of recreation. Youth are invited to submit drawings, sketches, scenes and stories that reflect their recreation experiences. This is an excellent opportunity for partnering with your local school boards and libraries to help us celebrate. For details visit our Web site: www.recreationns.ns.ca/June



The winner of the Creative Expressions Contest will receive a new bicycle and helmet, generously donated by Canadian Tire. One winner of the Nova Scotia

Libraries' Summer Reading Program participants' draw will receive a \$150.00 gift certificate from Canadian Tire.



Media Resources



Sample Print Ad

RNS produced two radio PSA's, two newspaper inserts and one feature article that are designed to increase awareness and understanding of the role recreation plays in the health and wellness of our communities and quality of life of our citizens. These, as well as logos, are available on our Web site.

Contact your local media to inquire about opportunities that share the same messages, but with a local flair! Contact the RNS office at (902) 425-1128 for information on this initiative or visit the Web site: www.recreationns.ns.ca.

Downloadable Resources

June is Recreation Month Certificates, bookmarks, posters, and screen savers are all available at www.recreationns.ns.ca/june . If you require additional posters or bookmarks you can order directly from Recreation Nova Scotia by emailing info@recreationns.ns.ca or by phoning (902) 425-1128. These resources are all free, while supplies last.

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

The Kids Zone

Kids Activity Sheets

Visit our Web site: www.recreationns.ns.ca to print a coloring sheet and/or activity sheet for young children. An ideal classroom activity or handout to children at your "June is Recreation Month" event.



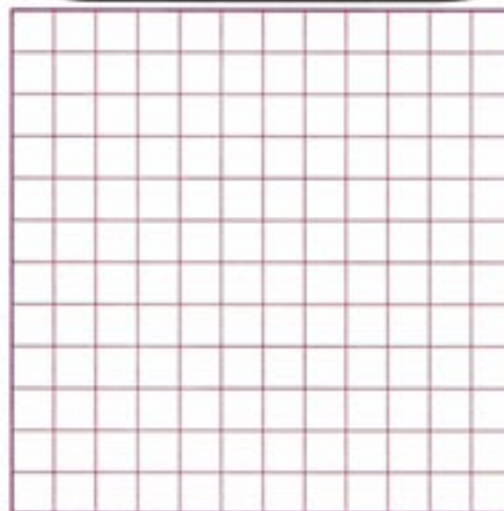
Live it everyday!

June is Recreation Month



Track and Field Word Search

Use the track and field words you used on page 324 to create your own word search. **Write** the letters of each word in the empty spaces. **Use** other letters of the alphabet to complete the puzzle. **Share** your word search with someone else. Then, **check** the word search to see if it is solved correctly.



www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Merchandise

The following June is Recreation Month resources are available from Recreation Nova Scotia:

Zipper Pulls ~ (June - Live It!)	\$1.50 each
June Is Recreation Month Banners to purchase (1 per region on loan)	\$110.00
Bucket Hats	\$10.00 each
Tattoos	3 for \$1.00
Shoe Laces ~ "Live it Everyday!"	\$4.00/pair
Live it Everyday! Frisbees	\$1.25 each
Pencils	\$.50 each

Activity Tool Kit

This on line tool kit provides over 230 activities and games, all aimed at incorporating active living into the classroom, playroom, recreation center, park, and back yard.

Examples of games include: Bucket Ball, Frisbee Tag, Soccer Tag, Team Stride Ball, Spud.

The Activity Tool Kit has been designed by Alberta Parks and Recreation Association for June is Recreation Month.

Nova Scotia
PUBLIC LIBRARIES



This June, check out what's happening at any of the 77 public library branches across Nova Scotia . Visit Nova Scotia Public Libraries website at www.publiclibraries.ns.ca There's something for everyone!

- Find books and videos on your favourite hobbies... .
- on quilting, gardening, fishing, scrapbooking, you name it
- Get healthy with books on nutrition Borrow a dvd on yoga instruction.
- Surf the net visit a Seniors Café ... grab books for the beach
- Get started in genealogy ... learn how to make and fly a kite....
- Check out DVDs for those rainy days
- Pick up a guide or two on Nova Scotia's amazing hiking trails
- Read the local newspaper browse a magazine

June is ...
relaxing with a good book month.
joining a summer reading club month ...
exploring your local library month!

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit

Getting Involved!

What can you do?...

Elected Officials

As an elected official or municipal committee member, your involvement and support in celebrating June is Recreation Month is vital! As an elected official, your role in ensuring recreation programs, services and opportunities that contribute to the health, wellness and overall quality of life in our communities remains a priority is important.

For the month of June renew your commitment to be a strong voice advocating the benefits that recreation provides to our communities. RNS and your recreation staff can provide you with relevant facts, research and examples of how recreation contributes to personal, social, environmental and economic well-being in our families, communities and province.




EVERY CHILD LOVES TO PLAY...

... And Little Tikes Commercial is PROUD to be the ruler that has become the measure of the Best Play Destinations for children of all ages and abilities.

For a 2008 Little Tikes Catalogue Please Contact **Scott O'Reilly**
 Toll free 1-800-265-8953 Call 1-902-471-1415
 Email scott.o'reilly@playpower.com

The following are some activities/strategies, with which elected officials could become involved:

- Officially proclaim or invite your community to celebrate June is Recreation Month. (A sample proclamation is on the Web site.)
- Formally recognize the efforts of your municipal department staff and volunteers.
- Become a member of Recreation Nova Scotia, and plan to attend the Conference in November.
- Lead a Community Mayor's Walk.
- Encourage/support municipal-wide events that would provide local recreational, environmental, sports, arts and culture, agencies, groups and businesses an opportunity to share and promote their programs and services to the community.
- Nominate one of your staff or volunteers, local groups or initiatives for an award and recognition from Recreation Nova Scotia.



June is Recreation Month

Community Groups, Recreation Departments, Schools, Businesses and Volunteers

Need a great idea to get going? Here's a brief list of activities and events to spark your imagination. Many of these ideas represent activities from past ambassadors of June is Recreation Month. For more detailed examples on how communities in Nova Scotia participate in JRM, check the JRM Success Stories in this tool kit and on the JRM website.

Promote and Show Off!

- Insert a Calendar of June Events in your community's Leisure Guide.
- Design posters for your community that promote the Live it Everyday! theme.
- Organize open houses and demonstrations of your programs (e.g. skateboard or BMX demos). Consider lunch-hour demos at a central location – include activities from judo to dancing to chess.
- Present a seniors' showcase and exercise session.

Focus on Walking

- Walk on a trail, fitness route, with a group, or to get to work/school.
- Organize a "poker walk" (where participants search for and locate the best poker hand).
- Challenge members of a recreation/fitness centre to complete 60 km of walking in June (include all cardio machines and put a handicap on mileage done on the cardio bike machine) or a pedometer challenge.
- Organize a Nordic walking workshop or event.
- Go Hiking – tie in with Trails Day.



Proud
to support
Recreation
Nova Scotia.



here. for you.™

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Plan Special Events

- Have fun with tournaments...
 - road hockey
 - mini-game day
 - 3 on 3 basketball
 - beach volleyball
 - slo-pitch
 - fishing
- Kick-off June with a Mayor's Walk and Barbecue.
- Hold a media challenge, such as a soccer game between senior municipal staff and the media. Time it for lunchtime and have a barbecue afterwards.
- Get canoes and kayaks ready for summer at a "water fun day".
- Organize a park party for employees and their families, with free games and refreshments.
- Get pretty with a blossom festival.
- Have a health fair in conjunction with your local health unit to show the benefits of recreation and physical activity. Make it interactive; check heart rates before and after exercise.
- Keep kids rockin' with an 'almost summer' pre-teen dance.
- Invite families to a beach volleyball and picnic day.
- Offer a fun mini-triathlon.

Be Inclusive

- Involve citizens who may be in an institution or facing challenges in your activities and events.
- It is important to gear the activity to meet the ability of the individual and encourage full participation.
- If you can, adapt the activity so that those with disabilities can actively participate and, more importantly, want to participate.
- Try to use accessible locations whenever possible.

Connect to Local Recreation at www.recreationns.ns.ca

Recreation Nova Scotia's website provides you with a direct link to Municipal Recreation programs and services offered in your community. As not all recreation, physical activity, sport, cultural, facility and volunteer opportunities are available on line, you may need to contact your recreation department directly.



www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Celebrate Diversity

- Create an historical display, highlighting interesting history of your area. Enlist the aid of the local historical society.
- Have a cultural arts fair to demonstrate the type of programs our offer. Include visual, performing and creative arts. Involve ethnic groups that offer music, dance, food and art.

and a few more good ideas...

- Challenge another business, group or community to be active.
- Have a "Get Active" campaign: log total hours of activity in Adult, Senior, Youth and Family categories.
- Present an "Adopt-a-Park in June" campaign.
- Celebrate Fathers' Day with special activities for fathers and children.
- Use June as an opportunity to discuss issues facing the recreation and parks services in your area. Make presentations, arrange for TV and radio talk shows and speaking engagements. Discuss topics such as accessibility, infrastructure or physical activity and health trends.



Beachside Family Park Sandy Bottom Lake, Annapolis County, NS
902-532-7320 • Off season: 902-532-2334

Come Camp in Our Park and Play on Our Beach

Campsites • Cabins • Hostel
Free supervised public swimming
Beach volleyball
Canoe/pedalboat rentals
Canteen • Campfires & much more!



ravenhaven@annapoliscounty.ns.ca • www.annapoliscounty.ns.ca
Click on Recreation for more information on parks, trails, bicycling & hiking

MFI
ADVERTISING
PROMOTIONAL PRODUCTS
CORPORATE APPAREL
TEAMWEAR
DISPLAY SYSTEMS
WORK WEAR

From promoting your event
to cool stuff for the participants
We have the imprinted products for you!
1-866-892-2252
A Nova Scotia Company
mfiadvertising.com

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Recreation Happenings – Supporter Events



This June get caught up in *Festival Fever* Cape Breton Festivals and Events (compiled by CBRM Recreation Department)

This June and beyond get out and enjoy the variety of events and festivals Cape Breton has to offer!

- | | |
|---|----------------------|
| ◆ Louisbourg 2008—250th Anniversary of 1758 Siege | June–August |
| ◆ Clipper 07-08 Round the World Yacht Race Port Visit | June 13-16 |
| ◆ Canada Day Celebrations (various locations) | July 1st |
| ◆ Rural Summer Festival (Louisbourg & District 1Area) | July 12-20 |
| ◆ New Waterford & Area Coal Dust Days | July 12-20 |
| ◆ 2008 Atlantic Region H.O.G. Rally | July 16-20 |
| ◆ Cape Breton Dragon Boat Festival, Sydney | July 18-19 |
| ◆ Bartown Festival, North Sydney | July 21-27 |
| ◆ Dominion Seaside Daze | July 25-August 3 |
| ◆ Louisbourg Crab Festival | August 1-2 |
| ◆ Boardwalk Busker Festival, Sydney Boardwalk | August 2-4 |
| ◆ Celtic Colours (various locations) | October 10-18 |
| ◆ Friday Night V1 Pumpkin Catapult Contest, Marion Bridge | October 17-18, 24-26 |

** For event details and contact information, please visit www.cbrm.ns.ca or call CBRM Recreation at 563-5510

Recreation Happenings in Halifax Regional Municipality Music, hiking, swimming, cycling something for everyone!

- | | |
|--|------------------|
| * Scotia Festival of Music (www.scotiafestival.ns.ca) | May 25 - June 8 |
| * International Trails Day (www.internationaltrailsday.com) | June 7 |
| * Nova Scotia Free Sportfishing Weekend (www.gov.ns.ca/nsaf/sportfishing) | June 7-8 |
| * HRM Bike Week (www.halifax.ca/bikeweek) | June 1-8 |
| * 50+ Expo (www.50plusexpo.ns.ca) | June 6-7 |
| * Halifax Greek Fest (www.greekfest.org) | June 13-15 |
| * Free Rec. Swims at Needham Pool, Northcliffe Pool & the Wave Pool | June 14 |
| * Halifax Public Gardens Sunday Concerts (www.halifax.ca) | June 15 |
| * Nova Scotia Multicultural Festival (www.mans.ns.ca) | June 20-22 |
| * Bedford Days (www.bedforddays.ca) | June 25 - July 1 |
| * Finale des Jeux de l'Acadie (www.jeux2008@scolaire.ednet.ns.ca) | June 27 - 29 |
| * Patriot Days (www.patriotdays.ca) | June 28 - July 2 |
| * Canada Day Ceilidh on the Cove - 6pm, The Dauphinee Inn, Hubbards | June 29 |



For more information on recreation happenings in HRM please visit www.halifax.ca/recreation

www.recreationns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Recreation Happenings – Supporter Events Cont’d

HANTSPORT RECREATION DEPARTMENT

Town of Hantsport

Celebrate June is Recreation Month with the Town of Hantsport!

Visit: www.hantsportnovascotia.com

CLARE RECREATION DEPARTMENT

Municipality Of Clare

Celebrating June is Recreation Month !!

For more information, call: 902-769-3655 or log on to leisure@municipality.clare.ns.ca

<http://www.baiesaintemarie.com/rec>

ANTIGONISH COUNTY RECREATION

Discover great youth programs, beaches, hiking trails, and more...

<http://www.antigonishcounty.ns.ca/rec.htm>

GUYSBOROUGH PARKS AND RECREATION:

A sampling of the many great events taking place this June:

- Family Softball Game at Guysborough Ball Field June 15
- Relay Games for children grade P - 8 at Fanning Soccer Field June 19
- Fly Fishing Course for all ages - Chedabucto Place Soccer Field June 21
- Seniors Walk and BBQ at Black Duck Cove Day Park in Little Dover June 26

For more information on these and other programs and events, visit:

<http://www.municipality.guysborough.ns.ca/muniareas.html>

DIGBY AREA RECREATION COMMISSION

Visit the DARC website for updates on June events

<http://www.townofdigby.ns.ca/darc.htm>

YARMOUTH LEISURE SERVICES

Explore our beaches, trails & exciting summer programs & events.

Celebrate Sneaker Day on June 6th!

And don't put those sneakers away – June 7th marks the Amazing Race – Yarmouth Edition!

Visit: www.district.yarmouth.ns.ca/leisure for more June events!

RICHMOND CO. DEPT. OF TOURISM, CULTURE & RECREATION

Free outdoor concerts, Sandcastle Days, Sailing & Surfing Lessons

www.county.richmond.ns.ca

BRIDGEWATER PARKS, RECREATION & CULTURE

Future home of the Lunenburg County Lifestyle Centre. For more information, visit www.lclc.ca. For June is

Recreation Month activities, visit: <http://www.bridgewater.ca/town-services/parks-recreation-and-culture.html>

www.recreationns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Recreation Happenings – Supporter Events Cont'd

KINGS COUNTY PARKS AND RECREATION

Visit the award-winning Aylesford Lake Beach – The beach is open to the public from June 16 – September 2, 2008.

<http://www.county.kings.ns.ca/pars/>

MUNICIPALITY OF THE DISTRICT OF ST. MARY'S RECREATION

Celebrate June with a number of great activities and events:

- A Boxing Match, Sunday June 8th at 3 pm
- Inline skating at St. Mary's Recplex. – skates are available – just bring yourself and your friends.
- Liscomb Lodge pool will be open four (4) times a week with: AquaFit classes, Adult Swim lessons and Community Swims.

For more information on these and other events, call: 902-522-2598 or visit www.saint-marys.ca/recreation

CANNING RECREATION COMMISSION

Check out kids activity camps, geocaching and more!

Visit: www3.ns.sympatico.ca/canningrec

Safety makes summer sense!



Learn the life skills that make outdoor recreation activities safe and fun for all.

For information on Red Cross first aid & CPR, or swimming and water safety courses in your area:

Tel: 1-877-356-3226

Web: www.redcross.ca

E-mail: injuryprevention@redcross.ca



Canadian Red Cross

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Parks are for People Hiking ... camping ... geocaching ...

Parks for People is your guide to events that are happening throughout the province from May 2008 to March 2009 in provincial parks, nature reserves, wilderness areas or on Crown land.

The program is coordinated by the Nova Scotia Department of Natural Resources.

For information and event updates visit www.novascotiaparks.ca or call the Parks are for People information line at 902-424-4321.



Parks are for People June Events

- McNabs and Lawlor Islands Beach Clean-up June 1
- Peggy's Cove Trail Walk, William E. deGarthe Memorial Provincial Park June 1
- NS Outdoor Leadership Program – Emergency Procedures, Location TBA June 6
- International Trails Day – walk or bike the BLT Trail, Halifax County June 7
- Bird Watching & Bird Census, Natural Resources Education Centre, Halifax County June 7
- First Annual Nova Scotia BioBlitz, Long Lake Provincial Park, Halifax County June 7
- Colchester Bike Week Celebrates Trails Day!, Trans Canada Trail in Tatamagouche June 7
- Admiral Lake Trail Walk, Ship Harbour Long Lake Candidate Wilderness Area June 8
- The Tent Dwellers Rivers Day, Shelburne Canadian Heritage River, Queens County June 8
- Rivers to Oceans Activities, Shubenacadie Provincial Wildlife Park, Colchester County June 8
- Canadian Rivers Day – Paddle the Margaree, Margaree River Wilderness Area, Inv. County June 8
- Camp Weekend – Opening Weekend of Camping at Mira, Mira River Provincial Park June 13-15
- 3rd Annual Kenomee Canyon Hike, Economy River Wilderness Area, Colchester County June 14
- Kiwanis Kites on the Beach, Summerville Beach Provincial Park, Queens County June 14
- Long Lake Trail Walk, Long Lake Provincial Park, Halifax County June 20
- Bat Walk, Smileys Provincial Park, Hants County June 21
- 8th Anniversary of Geocaching in Canada, Graves Island Provincial Park, Lunenburg County June 28

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Organizations and Links

June is a busy month in Nova Scotia, with many provincial organizations involved in activities and celebrations. Here are a list of suggested events and websites that you may want to link with as you celebrate June is Recreation Month.

- Summer Active (May/June) ~ www.summeractive.org
- International Trails Day – June 7 ~ www.internationaltrailsday.com
- HRM Bike Week – June 1-8 ~ www.halifax.ca/bikeweek
- Commuter Challenge Week – June 1-7 ~ www.commuterchallenge.ca and www.ecologyaction.ca
- Canadian Environment Week – June 1-7 ~ www.ec.gc.ca/e-week
- Clear Air Day – June 4 ~ www.cleanairday.com
- National Aboriginal Day – June 21 ~ www.ainc-inac.gc.ca/nad
- Go Skateboarding Day – June 21 ~ www.goskateboardingday.org
- Canadian Multiculturalism Day – June 27 ~ www.canadianheritage.gc.ca
- National Safety Week ~ www.redcross.ca
- Child Safety Link ~ www.childsafetylink.ca



Live it everyday!
June is Recreation Month

**Proud supporters of
June is Recreation Month**



www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



June is Recreation Month

Ideas and Success Stories – 2007 Campaign

Municipality of Annapolis County launches Bike Week and Dance Dance Revolution!

The Municipality of Annapolis County launched a number of new events in support of June is Recreation Month 2007, including their first annual Bike Week and a Dance Dance Revolution tournament. These festivities were a great success and are sure to become Valley favourites.

Marion Bridge Elementary maxes out its Activity Thermometer!

Teachers at Marion Bridge Elementary School created a giant thermometer and taped it to the wall for students to record their activities at home and at school. For every activity, they filled out a red strip of paper and added it to the thermometer. This proved to be a tremendous hit with the students and the thermometer was filled in only one week! The teachers had to design a second thermometer to continue tracking their students' activities. These activities have included anything from walking and running in the Running Club at noon break, going to the wildlife park in the evening, fishing, participating with a sports team, and even mowing the lawn! Marion Bridge Elementary continued to fill its thermometer throughout the month, holding draws to encourage participation and finally celebrating their success with a Fun Day at the wildlife park on June 22.

Eastern Counties Regional Library staff launch June is Recreation Month

On June 1, 2007, at the Mulgrave Fire Hall, 35 people attended the annual staff day sponsored by Eastern Counties Regional Library. One of the highlights of the day was the morning launch of "June is Recreation Month" complete with a staff trivia game. It was a game in which participants learned a little more about the people they work with every day! Successful "guessers" to the clues were provided with prizes of frisbees, hats, and other Recreation Nova Scotia materials. A brief presentation was made to all staff, encouraging everyone to celebrate "June is Recreation Month," spread the word and "live it every day".

Yarmouth Department of Leisure Services lace up for June is Recreation Month!

The Yarmouth Department of Leisure Services held a Sneaker Day' contest challenging 11 businesses and three schools to wear their sneakers and go for a noon hour walk. Participants were then entered into a draw to win June is Recreation Month prizes and a gift certificate from Boston Pizza. A June is Recreation Month booth was set up in the local mall to give away prizes, play games and encourage people to get out and be active this summer.

Chester Parks and Recreation Department sends out its Activity Patrol for June!

The Chester Recreation and Parks Department started up their Activity Patrol for another year to 'catch' people being active. Over the month, they searched for people walking, gardening, playing on the playground, and just being active, rewarding them with water bottles and frisbees.

Recreation Nova Scotia and Sydney River Elementary School co-host the provincial launch of June is Recreation Month!

On Friday, June 1, 2007, more than 300 elementary students, teachers, government representatives, recreation professionals, volunteers, and supporters came together at Sydney River Elementary School to kick off the fourth annual June is Recreation Month campaign. Coleen Chisholm, Regional Representative, Nova Scotia Dept. of Health Promotion and Protection (NSHPP) brought greetings from the Premier and read the proclamation. Other guests included Dr. Robert Macneil, RNS Board Member, Fred Brooks and Frank Bruleigh of Cape Breton Regional Municipality Recreation and Meghan Detheridge of NSHPP, Mikki Armishaw, Principal and Dawn Stegen, RNS Executive Director. Wayne McKay, Phys. Ed. Teacher, Membertou Elementary School, led the 350 plus students and guests through the cha cha dance and more!

www.recreationns.ns.ca

Live it Everyday! • 2008 Community Tool Kit



Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, Nova Scotia, B3J 1G6
902.425.1128
902.422.8201
www.recreationns.ns.ca

Live it everyday!

June is Recreation Month

Outdoor Fitness Experience for Active and Healthy Communities

1-877-438-3547
www.greengym.ca

Olympic Series

GreenGym's Olympic Series is the only outdoor fitness equipment in Canada that comply with the CSA playground safety guidelines CAN/CSA-Z614-07.