

Conference at a Glance

Wednesday, November 17th

8:00am - 7:00pm Registration/Information Desk Open
 8:30am - 12:30pm Pre-Conference Session: HIGH FIVE Sport
 1:00pm - 4:30pm Pre-Conference Session: HIGH FIVE Sport Trainer
 1:00pm - 4:30pm Pre-Conference Session: Healthy Eating in Public Recreation Settings
 6:30pm - 7:30pm Opening Ceremony and Keynote with Adwoa Buahene, N-Gen People Performance
 7:30pm Trade Show Opening/Reception/Dance
 9:30pm Sponsor Reception with RNS Board

Thursday, November 18th

7:30am Trade Show Opens/with Breakfast
 8:00am - 7:00pm Registration/Information Desk Open
 9:00am - 10:15am Breakout Sessions
 10:15am - 10:45am Nutrition Break in Trade Show
 10:45am - 12:00pm Breakout Sessions
 12:00pm - 1:30pm Trade Show Luncheon
 12:00pm - 12:45pm Student's Networking Luncheon
 1:15pm RecreAuction closes
 1:30pm - 3:20pm World Café
 3:30pm - 4:45pm Breakout Sessions
 6:00pm - 8:00pm Canadian Tire Jumpstart Dinner & Panel Discussion on Access to Recreation for All

Friday, November 19th

8:30pm Regional Games
 8:00am - 7:00pm Registration/Information Desk Open
 8:00am - 9:00am Breakfast
 9:00am - 10:00am Keynote address: award winning Writer/Broadcaster Jowi Taylor
 10:15am - 11:30am Breakout Sessions
 11:30am - 1:30pm RNS Annual General Meeting with Luncheon
 1:30pm - 4:30pm Wellness Sessions
 1:30pm - 4:30pm Research Forum
 6:00pm Awards Reception
 6:30pm Awards Dinner
 7:30pm Awards Presentation
 9:00pm "Downtown" Tour

Trade Show

The Trade Show will provide delegates with up-to-date information on recreation/leisure products and services. Mix and mingle with colleagues and exhibitors at the Trade Show opening/reception on Wednesday evening, November 17th. Spend time visiting all the exhibits at the Trade Show Luncheon on Thursday, November 18th. Great fun, great prizes and lots to learn!

Pre-Conference Sessions

Wednesday, November 17th

8:30am - 12:30pm

HIGH FIVE® Sport

This 4-hour workshop is designed for both competitive and recreational coaches in a club/organization. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), HIGH FIVE® Sport focuses on the social, emotional, and cognitive development and wellbeing of athletes. The training is based on research and has been designed to help coaches with top coaching dilemmas such as dealing with parents, keeping the child's interest, ensuring fair play and an emotionally safe environment. HIGH FIVE coaches will learn how to create positive experiences for children!

At the completion of this workshop, learners will be able to:

- Identify cognitive, emotional and cognitive development traits of children 6 to 12
- Determine a coach's impact on a child's experience
- Communicate effectively with children and their parents
- Identify strategies to reduce competition pressure

Target Audience: Any coach, sport leader, or volunteer providing direct leadership to children in middle childhood (ages 6 to 12)

1:00pm - 4:30pm

HIGH FIVE® Sport Trainer (open to HIGH FIVE® Trainers)

This 4-hour workshop is designed for the person responsible for training competitive coaches in a club/organization. Using proven HIGH FIVE® research, tips and techniques a HIGH FIVE® Sport Trainer will be able to continually enhance an organization's commitment to quality. Once someone within an organization is certified as a HIGH FIVE® Sport Trainer, it is easy for them to deliver HIGH FIVE® Sport workshops in a more cost-effective way. It helps organizations improve the quality of competitive sport programs by making a commitment to continuous improvement in the area of healthy child development and coach training.

At the completion of this workshop, learners will be able to:

- Teach coaches how to create positive experiences for children in their club or organization
- Identify the alignment between Canadian Sport for Life and HIGH FIVE®
- Define Physical Literacy
- Use creative techniques and effective communication skills to deliver HIGH FIVE® Sport content
- Deliver HIGH FIVE® Sport Workshops with confidence

Duration: 4 hour training. Successful candidates will receive a certificate.

Pre-Requisites: PHCD, QUEST 2, Becoming a HIGH FIVE Trainer, HF Sport

1:00pm - 4:30pm

Healthy Eating in Public Recreation Settings

Patrons of public recreation settings expect to have healthier food choices in sport and recreation venues than what are currently available. This session will provide participants with information from other provinces, recreation departments and not for profit organizations that have made the positive change to healthier food choices. They will explain their successes and challenges in making the transition. The session will also provide information on how organizations can transform their food service operations and develop action plans which can be implemented readily.

Presenters: Paul Corbin, Recreation Director, Town of Stellarton • Kelly Cavan, Public Health Nutritionist, Pictou County Health Authority • Rikki-Lee Andrews, Public Health Nutritionist, Capital Health • Lindsay Corbin, Public Health Nutritionist

RecreAuction

The Silent RecreAuction will begin at 5:00pm on Wednesday, November 17th and close at 1:15pm on Thursday, November 18th.

Events & Activities

Wednesday, November 17th

7:30pm - 11:00pm

Delegates' & Exhibitors' Reception

Meet and greet with exhibitors and delegates following the keynote speaker. Dance the night away with a DJ and refreshments (Cash bar)

Thursday, November 18th

8:30pm

Canada Regional Games

Regions will represent different Canadian Provinces as they battle for the Regional Games trophy by competing in Glow Parties Wacky Olympics. From opening ceremonies to the medal presentations, this year promises to have something for everyone!!

Friday, November 19th

9:00pm

"Downtown Tour"

Damion Stapledon, Entertainment Chair will host a tour of 4 of Halifax's finest social gathering spots.



Nova Scotia...
Becoming
Canada's
Recreation
Playground

November 17-19, 2010

Westin Nova Scotian
Halifax, Nova Scotia



HEALTHIER FUTURES through RECREATION

www.recreationns.ns.ca/conference

Welcome

Recreation Nova Scotia

is pleased to invite you to
the Annual

Recreation Nova Scotia Conference and Trade Show

being held at
the Westin Nova Scotian Hotel, Halifax.

Plan to join us on

November 17-19, 2010

and experience a top quality program,
excellent networking opportunities and
a professional trade show.

Register for what will prove to be
a *memorable experience.*

You will leave the conference more *energized,*
connected, informed and
full of new ideas!



HEALTHIER FUTURES *through* RECREATION

Registration

Visit www.recreationns.ns.ca and complete the **Online Registration Form** or fill out the enclosed **Registration Form** and fax it to the Registration committee at **902-876-0818**. An invoice will be faxed, emailed or mailed to you. After reviewing your invoice, **payment must be made to complete your registration process.**

- (1) By credit card (Master Card, Visa, AMEX) by calling (902) 876-8812
- (2) By cheque made payable to the Halifax Regional Municipality and mail to:

Halifax Regional Municipality
Lakeside Community Centre – RNS Registration
1492 St. Margaret's Bay Road
Lakeside NS B3T 1B3.

Save money by having your registration postmarked on or before October 18th. Registrations must be received by Friday, November 12th. After that date, plan to register on site at the Westin Hotel. Cash, cheque, Visa / MasterCard and purchase order are accepted forms of payment.

For more information, contact Brian Little by email: littleb@Halifax.ca or by phone: (902)876-8812.

REGISTRATION DESK AND INFORMATION DESK

The Registration Desk and Information Desk are located on the Mezzanine Level. The desks will be open during the following times on November 17-19:

Wednesday- 8:00am - 7:00pm

Thursday- 8:00am - 7:00pm

Friday- 8:00am - 7:00pm

Accommodation on site

In the heart of downtown Halifax, The Westin Nova Scotian's prime location offers a peaceful respite in this beautiful city. Enjoy stunning views of the Halifax Harbour or of Cornwallis Park from one of 297 guest rooms. The Conference Room rate is \$139.00 per night. Please make reservations directly with The Westin at 1-877-WESTIN and indicate that you are attending the RNS conference to ensure you receive the preferred guest rate.

SPECIAL CONSIDERATIONS

If you require assistance to participate fully in the RNS conference, please make note of your needs, including dietary restrictions, when you register for the conference. Conference events are wheelchair accessible. A ramp leading onto the stage will be provided for Friday's Awards Ceremony and Dinner for award recipients if required.

WHAT TO WEAR

The dress code for all educational sessions and social functions is casual and semi-formal for The Awards Reception, Ceremony and Dinner. Name tags are required for entry to all sessions, socials, and conference meals.

SMOKE FREE AND SCENT FREE ENVIRONMENT

We are pleased to provide a smoke free and scent free environment for all educational sessions.

WHAT IF MY PLANS CHANGE?

Cancellation for conference registration received by 12 noon on November 10 2010 entitles you to a full refund, less a 20% administration fee. No refunds will be issued after this date unless there is a medical or family emergency. All cancellations and refund requests must be made in writing to:

Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, Nova Scotia B3J 1G6
Attn: Bernie Jollie, Office Coordinator
Fax 1-902-422-8201
Email: info@recreationns.ns.ca

TICKET INFORMATION

The Recreation Nova Scotia Awards Reception and Dinner will be held Friday, November 19th. Tickets are \$50 per person (taxes included) and are not included in the conference fee.

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Conference Session Descriptions

Wednesday, November 17th

OPENING DAY CEREMONY AND KEYNOTE

6:30pm – 7:30pm

Adwoa Buahene, Generational Expert & Organizational Performance Consultant

As a managing partner and co-founder of n-gen People Performance Inc., Adwoa K. Buahene works with C-suite leaders and HR teams to understand and build strategies and programs that target, motivate and engage all four generations.

Adwoa has presented at North America's leading HR conferences, written numerous whitepapers and co-authored the book Loyalty Unplugged: How to Get, Keep & Grow All Four Generations. She is regularly quoted in national newspapers and trade magazines, radio and television. Adwoa's interactive presentation will explore generational differences in behaviours in the workplace and how organizations can demonstrate engagement in recruiting, retaining and growing all four generations. The more engaged employees are, the more productive they will be. A productive workplace will help Build Canada's Recreation Playground!

Extra tickets available by contacting RNS office at 425-1128

7:30pm – 9:30pm

TRADE SHOW OPENING AND RECEPTION

Kick off this year's conference by discovering new and emerging industry trends from our Trade Show Exhibitors while mixing with colleagues and friends. (Hors d'oeuvres, cash bar)

9:30pm – 11:00pm

SPONSOR RECEPTION

The Board of Recreation Nova Scotia is hosting a reception to acknowledge and thank our sponsors who have generously supported RNS programs and activities this past year. Sponsor support reinforces the message that recreation matters in Nova Scotia!

9:30pm – 11:00pm

DANCE

Kick off your shoes and dance the night away!

Thursday, November 18th

Thursday Morning

BREAKOUT SESSIONS

9:00am – 10:15am

Building Resiliency in Children

Children need to develop strength and acquire skills to cope and recover from today's challenges as well as prepare for future success and adversity. Learn how recreation and sport can play a crucial role in building resiliency in children by supporting a strength-based holistic approach to programming and caring relationships.

Participants will be able to identify:

- the connection between resiliency and mental health
- resiliency's protective factors
- resiliency's risk factors
- the connection between resiliency and recreation and sport
- an asset-based program model

Presenters: LJ Bartle, National Manager, HIGH FIVE®

Value of Play

More than any other activity, play fuels healthy development of young children. This session highlights the value of play as the primary way children learn, and our roles in the process. Delegates will learn that play takes many forms, but pleasure is the heart of it.

Presenters: Rhonda Hiltz, Director of Early Childhood Education, Playing to Learn, YMCA of Greater Halifax/Dartmouth.

Building an Intergenerational Team

Following up on Wednesday night's keynote on Intergenerational Understandings this session explores how to get the most from an intergenerational team and the unique benefits of an age-diverse workforce. **Presenter:** Donna Scotten, Life Coach, Organizational Development Consultant, Capital Health

Active Transportation 101

In a recent UNSM survey it was reported by municipalities that active transportation (AT) is recognized for its' positive impact on our health, our environment and our local economies. Municipalities also reported their need for support in developing collaborative and comprehensive approaches to AT. This session will cover the steps and overall process to help a community be AT-friendly. Participants will learn the how tos of AT from planning and acquiring funding to implementation and evaluation. **Presenter:** Laena Garrison, TRAX Coordinator, Ecology Action Centre

Checking in on the Gender Issue

Since the 1970's gender equity has been an issue of much discussion and debate within the field. Various initiatives undertaken by over a

quarter century ago were designed to ensure that by the year 2000, gender would no longer be the basis of discrimination and inequity either within the profession or to whom recreation would be available. Now a decade into the millennium, this session will revisit the topic of gender to determine whether it remains an issue today. Moderated by Debby Smith from the Department of Health Promotion and Protection, panelists will discuss questions pertaining to the future of women's roles in recreation. **Presenters:** Debbie Smith, Representative for the South Shore, NSHPP • Peggy Gallant, Professor, St. Francis Xavier University, • Farida Gabbani, Senior Director, Physical Activity Sport and Recreation, NSHPP • Bill Cruikshank, Manager, 4 pad arena, HRM • Philip Hochman, Recreation Director, Municipality of the District of Guysborough

10:45am– 12:00pm

Where's Your AT (Planning for Active Transportation)

Hear the stories, learnings, needs, and approaches of four communities at various phases of the Active Transportation promotion and planning process. With great enthusiasm, Active Cumberland is just getting the conversation started and beginning to 'make the case'. The Municipality of the District of Lunenburg has municipal support and is in the process of securing funding for an AT Plan, HRM has been at the implementation stage for a couple of years. Delegates will take away valuable learnings that can be used to your advantage back home.

Panel: Sarah MacPherson, Health Promotion Coordinator, Cumberland Health Authority • Robin Norrie, Active Community Coordinator, Fundy Region • Trudy Payne, Director of Recreation Services, Municipality of the District of Lunenburg • Jeff Merrill, Planner, Municipality of the District of Lunenburg • Hanita Koblenks, Transportation Demand Management Coordinator, HRM **Moderator:** Peter McCracken, Physical Activity Capacity Coordinator, South Shore Region

Wellness and Well-Being

In light of recent research about the decline in wellbeing of Canadians, this session examines the 5 dimensions of personal wellness: physical, mental, emotional, social, and spiritual. The connections between recreation, wellness and wellbeing will be explored in an interactive and energized setting where delegates are able to test their own wellbeing and will discover what you are doing well, and what they could be doing better to live a healthier life. The tools used in this session can be used in a variety of settings. This session is also connected with the 5 wellness sessions on Friday afternoon where participants have the opportunity to work towards reaching their optimal individual wellness.

Presenter: Oonagh Holmes, First Year Advisor, Acadia University

Welcoming Communities

If Nova Scotia is to become Canada's Recreation Playground, for whom is this the case? Tova Sherman of reachAbility will offer a dynamic presentation on what we as a recreation profession can do to ensure that our communities maintain an open door approach.

Presenter: Tova Sherman, Senior Project Consultant, ReachAbility

Working at the Edges

Ten creative individuals will each be given 5 minutes and 5 power point slides to present an idea or project that explores the outer edges of the field in enhancing lifestyles and quality of life. From special events to programs these presenters will show how they contribute to increasing health and wellbeing.

Panel of 10 Presenters

Municipal Government and the Physical Inactivity Crisis

Whole of community multi-level strategies are regarded as the most effective way to increase physical activity for the whole population. Municipal governments play a key role in creating the built, natural and social environments which make it easier for all citizens to make physical activity part of daily life. Since 2005, 34 of the 55 municipal units in Nova Scotia have entered into a funding arrangement called the Municipal Physical Activity Leadership Program (MPAL) with the Dept of Health Promotion and Protection to develop a comprehensive physical activity plan. Some have completed their plans and others are still being developed. Come and learn about the successes and issues facing local governments.

Moderator: Mike Arthur, Manager, Physical Activity, NSHPP

Panel: Physical Activity Coordinators and MPAL Stakeholders

TRADE SHOW LUNCHEON

12:00pm – 1:30pm

Thursday Afternoon

BREAKOUT SESSIONS

1:30pm – 3:20 pm

World Café

The World Café is an innovative, simple method for hosting conversations about questions that matter. These conversations link and build on each other as people move between groups, cross-pollinate ideas, and discover new insights into the questions or issues that are most important in their life, work, or community. This World Café will bring delegates together for a dynamic time of information sharing, discussion and debate on the important issues impacting recreation.

Host: Isabelle Levert-Chiasson, Senior Program Facilitator, Heartwood Centre for Community Youth Development

3:30pm – 4:45 pm

The 2011 Canada Games-Looking Ahead and Looking Back

With the Games two months away, this session will provide details of the road to the opening ceremonies as well as an introspective look back over the past four years at the lessons learned in the process of hosting this national iconic event.

Presenter: Chris Morrissey, CEO, Halifax 2011 Canada Games

The Power of Policy

Policy development as a tool for change is featured in this debate contrasted with a "consciousness-raising" approach. Learn about the wealth of policy tools available to you, how and when to use them and the process for development of a Recreation Policy for Nova Scotia.

Presenter: Kim Kennedy, Regulatory Impact Specialist, Labour & Workforce Development

Trends in Play Spaces

Jungle Jim is no longer the king of play! Play spaces have evolved over the years. Our speakers, with expertise in Landscape Architecture and Play Equipment will explore what current trends are on the rise. They'll explore the concept that playspaces are not just for children; the uses of natural spaces; accessibility and innovation.

Presenters: Peter Klynstra, Landscape Architect • Kim St. Pierre, A.B.C. Recreation Ltd.

Federal/Provincial/Territorial Government Update on Physical Activity, Sport and Recreation

This session will provide up-to-date information on the collaborative work taking place between the Federal, Provincial and Territorial governments in the areas of physical activity, sport and recreation. Work in the areas of policy and program will be outlined and information on the committee structure will be given followed by a Q and A.

Presenter: Farida Gabbani, Senior Director, NSHPP – Physical Activity, Sport and Recreation

Friday, November 19th

MORNING PLENARY



9:00am-10:00am

Jowi Taylor, Founder of The Six String Nation and award winning writer, broadcaster and cultural commentator.



Jowi Taylor is a multiple award winning writer and broadcaster best known for his long-running CBC Radio program, Global-Village, the Peabody Award winning radio series; The Wire: The Impact of Electricity on Music, and its' celebrated companion series, The Nerve: Music and the Human Experience. He left CBC in December of 2009. His independent Six String Nation multi-media project, centered around a guitar built literally from pieces of Canadian heritage, combines various fascinations, including music and media. Jowi will tell stories about how every person in Canada can identify with the guitar and what it stands for. Jowi will have the audience questioning: How can I identify with everyone else in this room? Where am I in my career? Who do I really work/volunteer with? What are my passions? What's going on in my life? Are there common threads with people here that I haven't looked at before?

Friday Morning

BREAKOUT SESSIONS

10:15am – 11:30am

Have we Dropped the Paintbrush?

The Arts have long been a source of recreation for many Nova Scotians, be it as an artist or consumer. The arts are known to have a positive impact upon human development and also play an important role in community development but what role does the recreation field play in facilitating, supporting, and promoting the arts? This session will demonstrate the variety of fine arts and be a discussion about the role of the recreation field. **Presenter:** Paul Barrett, retired music teacher, performer • Willie Reid, ArtReach Coordinator, Art Gallery of Nova Scotia

Becoming an Effective Champion for Change - A Multi-Generational Perspective

Each generation has its' own approaches and strategies to championing a cause, creating change, and gaining the support of decision makers. Whether it be advocating for recreation services, healthy lifestyles, supportive policy change, or for improved social and physical environments - we can learn from those that have successfully championed results. Come hear from this panel of effective champions that represent multiple generations of change resulting in healthier futures for Nova Scotians. **Presenters:** Dr. Bill White, Past Executive Director of the Nova Scotia Sport and Recreation Commission • Dawn Stegen, Manager of Recreation, NSHPP • Rachel Bedingfield, Physical Activity Consultant for Central Region and Co-ordinator Active Halifax Communities

The Uses of Social Media in the Workplace

This session will focus on the use of social media in the workplace. What is social media? Why should employers be aware? What should an employer do about employee use of social networking sites in the workplace? Have the rules changed? The session will also consider the benefits of social networking and how organizations are using it to provide information about their programs and products to the community. **Presenter:** Rebekah Powell, Cox and Palmer

Focus on Fitness

Holistic, wellness, wellbeing, health... with so many words representing so many concepts, the word 'fitness' seems insufficient. Yet time and time again we hear of the important benefits of fitness in our daily lives. Participants will leave with a sense of what are the current and ongoing fitness industry issues that impact the recreation delivery system, and best practices and solutions for meeting them. Ample time for Q&A will be permitted to address your specific issues.

Presenters: Todd Sarty, President, NSFA • Members of NSFA Executive and Regional Representatives

Understanding the Public Health Agenda: What is the role of recreation in promoting public health?

Representatives of the fields of Public Health and Recreation will discuss their respective approaches to pressing social issues such as physical inactivity, healthy eating, and mental health through the lens of the determinants of health.

Moderator: Rick Gilbert, Director of Active, Healthy Living, NSHPP

Friday Afternoon

RESEARCH FORUM

1:30pm-4:30pm

Come and learn, first hand, about some of the exciting, cutting edge research projects going on in the province. Presenters will provide a brief overview of their research and highlight key findings and their application to the recreation delivery system. Each presentation will be 15 minutes followed by 5 minutes for Q&A.

Moderator: Dr. Brenda Robertson, Professor, Acadia University, School of Recreation, Management and Kinesiology.

WELLNESS SESSIONS

1:30pm-4:30pm

Individual Wellness is not a neutral state but rather an ongoing active state to improve one's personal development. A person is constantly responding to the world around them every day. Wellness involves being in constant touch with your personal needs through optimal experiences. There are five components of individual wellness: Physical, Emotional, Spiritual, Intellectual, and Social. Each of these sessions has an impact on how you feel, act and see yourself in your surroundings and now is the time to improve your individual wellness.

Physical – In the physical wellness session we will take a look at why having continuous physical activity, weight management, rest & relaxation, sleep and more improves your lifestyle and your ability to be able to feel good about your personal and professional life.

Presenter: Dr. Ann Dodge, Lecturer, School of Recreation Management & Kinesiology, Acadia University

Emotional – In the emotional wellness session we focus on the importance of mental health and how good emotional wellness is being able to give/ receive support, be able to express emotions in appropriate ways, and respond to situations in pro-active ways.

Presenter: TBD

Social – The ability to interact with others and why it is important as professionals to take the time to be social. To understand the importance of fostering healthy relationships and being able to enjoy what is around you.

Presenter: Kathy Jourdain, Process Artist

Spiritual – The sense of "being". Having a deep understanding of who you are and how you connect with the world. Spiritual wellness develops over time and is unique to every individual and characterizes yourself within your surroundings.

Presenter: Rev. Lisa Vaughn, pastor and priest at the Anglican Parish of Hatchet Lake and Terence Bay

Intellectual – The ability to challenge yourself through your mind. Intellectual wellness has a variety of different components such as: being comfortable, thinking critically, having an interest in learning, being able to cope with tough situations, being able to reflect, and knowing your own values and acting with them in mind.

Presenter: Dorothy Spence, owner, yoga teacher, 108 yoga