

ACCESS TO RECREATIONAL FACILITIES – A MUST!

In light of the recent developments surrounding rental charges to the P3 schools, Recreation Nova Scotia (RNS) felt it both timely, and necessary to address this issue with its membership and government. The following are excerpts from a letter sent by Rick Gilbert, RNS President to The Honourable Rodney J. MacDonald, Minister Responsible for Nova Scotia Sport and Recreation Commission, with a view to drawing attention to the issues and achieve solutions that make recreation available and affordable to all Nova Scotians.

The recent increase to P3 school rental and group insurance coverage has Recreation Nova Scotia very concerned. We are further troubled by the likelihood that the Halifax Regional School Board will also be increasing their fee structure. It is our fear that this trend will extend into other regions of the province, further limiting accessibility to recreational opportunities.

Maintaining accessibility to recreational sites is key to building and sustaining healthy children and communities.

Seventy-two per cent of children and youth in families with a family income of under \$20,000 do not participate in sport and recreation because they cannot afford the costs. How will these fee increases enhance these families' abilities to access recreation and sport programs? This is not the time for the Nova Scotia government to be accepting restrictive measures that prevent children from participating in recreation and sport

programs. Our Association has been addressing the issue of accessibility and fully supports the Committee recently struck by the Department of Education to deal with the challenges. We are in full agreement with the objective of developing a provincial policy document that establishes guidelines on how to allocate access to schools.

Nova Scotians cannot afford long waits to deal with the problem. Community groups that have relied on access to school facilities do not have the resources to respond to these increases. In light of this economic reality, affordable recreation options will be greatly reduced as groups hike their program fees to offset rising costs.

We need the voice of your leadership to ensure programs are accessible.

Community groups must be offered the full support of this government and their municipalities to effectively

address and resolve this issue. They cannot wait for committees to meet and for the bureaucracy to respond to their cry for fairness. If the goal of the Physically Active Children and Youth (PACY) initiative is to decrease the number of inactive children and youth by 10 per cent by the 2003, this issue must be addressed with commitment and promptness.

We need solutions and direction now.

I hope that in the next few weeks we can collectively respond to this problem. Ultimately, it is an issue that affects all of us. Let's seize this moment and create a policy that demonstrates a resounding commitment to children, health and accessibility.

Sincerely,

Rick Gilbert
President
Recreation Nova Scotia

INSIDE THIS ISSUE

2002 Vision for Recreation Nova Scotia - A Message From The Incoming President	2
Where Are You Now? RNS Updates and Announcements	3
Fall RNS Conference - Good Times Had By All	4
Volunteers Needed - Becoming Apart of RNS Growth	7



Message From the President: 2002 Vision for Recreation Nova Scotia

- By Rick Gilbert,
President, RNS

As we begin a new annual cycle for RNS I am impressed by the potential that exists within this organization. We have a strong membership base with many of you providing volunteer efforts in support of a variety of initiatives. We have a very strong staff, led by Executive Director Dawn Stegen.

In just four years, building on efforts of our three founding organizations, we have achieved excellence in our fund raising, awards and accessibility initiatives; built an effective relationship with our major funding

partner, the Sport and Recreation Commission; and achieved a stable financial position.

Moving to the future, I believe that you have elected a strong Board of Directors that will continue to lead the organization toward effective achievement of our goals. I am confident that the coming year will be one of continued success in key areas of accessibility, volunteer recognition, education and training and outreach to students in our field and professionals in related fields.

Perhaps the most exciting new venture for RNS this year will be moving into the implementation stages of HIGH FIVE, a program that will

increase our profile and help to build quality into recreation and sport programs across the province. These kinds of initiatives are indicative of energy and an innovative spirit within the organization.

As President, I am hoping that we will have opportunities to meet with many of our members during the year and will be discussing how we can do that when the Board meets in January. As a policy governance board we are the “keepers of the vision” for RNS and we cannot fulfil that role in isolation from our membership. I look forward to working with you and on your behalf over the next year.



2002 Lucky Duck Lotto Kicks Off

The **Lucky Duck Lotto** was established 22 years ago to help support and raise money for community-based groups across Nova Scotia. This lottery is one of our province’s largest recreation fund-raising lotteries, and has helped support youth centers, seniors clubs, parent- teacher associations, drama clubs, and various sport teams. In the past, these funds have been used by groups and organizations to build playgrounds, send underprivileged children to summer camp, host volunteer recognition ceremonies, support the cost of travel for sports teams and to assist with the purchase of uniforms and equipment. Last year

over 180 community groups participated in the Lucky Duck Lotto selling 100,000 tickets. In total, \$70,000 was raised for these organizations.

WHO CAN SELL TICKETS?

Any community organization like school clubs, sport teams, theatre groups, choirs, garden clubs, any non profit group can sell.

WHAT DOES RECREATION NOVA SCOTIA DO?

RNS supplies the tickets, prizes and does all of the administration of the lottery.

WHEN IS THE SELLING PERIOD?

The selling period is from February 16, 2002 - April 26, 2002, with the draws taking place on May 10, 2002.

WHAT DOES THE GROUP DO?

All you do is sell the tickets. There is no cost to the group what so ever. The community group keeps 70% of all ticket revenue -30% is returned to RNS to cover administration costs, and the prizes.

For more information call:

Recreation Nova Scotia at (902) 425-1128 or fax (902) 422-8201 or email rns@sportns.ns.ca.

Golf Tournament - Many Winners

Some people define recreation and leisure as exercise, playing, companionship, friendly competition, reunions, laughing, good food and drink, making new friends, winning, doing your best, or just having FUN. The 2001 James Bayer Bursary Tournament had that to offer and much more. This year's event saw clear skies, a host of RNS volunteers, 70 golfers, tournament sponsors and Recreation Nova Scotia's staff gather at the KenWo Golf Club on September 18.



(L-R) Dawn Stegen, RNS Executive Director, joins Fred Williams and Jill Bishop - winners in the Best Dressed Category.

We thank this year's participants and invite you to come back next year. We challenge you to recruit some more players next year as we have room for another 50 players. Take note Recreation Nova Scotia



(L-R) Rodney MacDonald, Minister Responsible for NSSRC, Bill White, Past Executive Director, NSSRC, Tony Martin, Deputy Head, NSSRC, John MacLean, Past President RNS enjoy a day on the course!

members, pencil in the 2002 tournament today - **September 17.**

A special thanks to our sponsors and the Acadia students for their support of the tournament.

RECREATION NOVA SCOTIA

Notices and Updates

- **Jeff Gushue** is now Project Coordinator for the Yarmouth Stroke Project, previously he was Director of Leisure Services for the Town and Municipality of Yarmouth.
- **Camille Vokey**, Accessibility Officer has left Recreation Nova Scotia. She and Dave had their second child, Mark David, on December 3. Congratulations!
- **Damion Stapledon** is the new Accessibility Officer with RNS. Damion joins us after two years with the YMCA in Halifax/Dartmouth. Damion can be reached at rns2@sportns.ns.ca.
- Over the summer months **Ted Meldrum** moved to the position of Faculty, Recreation Leadership with The Nova Scotia Community College, Truro Campus, from his

- position as Recreation Coordinator with Kings County. During this time **Bruce MacArthur** joined Kings County as the Recreation Coordinator leaving New Minas Parks and Recreation Department.
- **Julee MacAfee** is the new Recreation Director for the Village of Bible Hill. Julee joins Bible Hill after one year as Acting Director.
- **Andrew Fry** has been appointed Interim Recreation Director for the Town of Wolfville. Andrew was formerly Western Region Support Officer with the Nova Scotia Sport and Recreation Commission, South Shore/Valley Region.
- **Linda Atkinson** has been seconded to the Nova Scotia Sport and Recreation Commission Fundy Regional Office while Jim Archibald

- oversees Regional Operations for the NSSRC. Linda is the Director of Leisure Services for East Hants.
- **Red Faulkner**, Recreation Director for the Town of Amherst has retired.
- **Eva Marks MacIsaac** is now Nova Scotia/Newfoundland Regional Representative Directorate for Military Family Services. She was previously the Executive Director for the Debert Military Family Centre. Eva is a member of The High Five Management Committee.
- So what are you doing now? If you or your colleagues or staff members have changed jobs, or have news to share, let Recreation Matters know. Send your "who's where" items to rns@sportns.ns.ca

Good Times Had By All At Conference 2001

If you attended this year's Conference held in Baddeck in October, you know that the 2001 Recreation Nova Scotia Conference, Awards Ceremony and Trade Show was a huge hit!

The conference kicked off with a thrilling fun filled evening hosted by Glow Promotions, followed the next day by two exceptional presentations by Denis Cochrane, Deputy Minister of Education and Terry Kelly,

Entertainer. Denis stressed the importance of community use of schools and Terry Kelly reminded delegates to "lead by example and have as much fun as you can."

Delegates certainly did! Right up until the RNS Awards Ceremony and closing remarks by Rodger Cuzner, Member of Parliament, Bra d'or Lakes and Minister Responsible for Sport and Recreation, the Honorable Rodney MacDonald. See you next year!



NSSRC Western Region Support Officer, Carrie Brown enjoys the Extreme Games sponsored by Glow Promotions



HRM delegates Lana McMullin and Norma MacLean take a break to review session notes



Karen MacTavish, Director of Parks and Recreation, HRM, enjoys a game of Gladiator



Rick Gilbert, RNS President (second from left) with members of The Parrsboro Lions Club (L-R) Louis Brown, Merton Kay and Councillor Lloyd Smith. Parrsboro Lions Club, recipients of the 2001 Bluenose Achievement Award



It's All About Altitude

- By Erin Sarsfield

The Recreation field is growing - it's more diverse, vibrant, and alive than ever. On October 3-7, 2001 I represented Acadia University, Recreation Nova Scotia, and Canada, at the National Recreation and Parks Association (NRPA) Conference in Denver, Colorado, USA. entitled, **It's all about Altitude.**

This conference drew close to 10,000 fellow recreation

professionals, practitioners, and students from far and wide. Without the Recreation Nova Scotia James D. Bayer Bursary, my trip would not have been possible. I was also elected as the New England Representative on the Board of Directors of the NRPA Student Branch.

As a fourth year graduating Recreation Management student from Acadia University this trip certainly was an eye opener. There are so many possibilities for students in this field. My perspective of recreation

grew enormously with the exposure to new trends, and fields of recreation that aren't as visible here in Canada. To sum up a life changing experience in a few words- Professionals- remember the students are the future of the recreation sector and a valuable commodity.

You are a wealth of information for us. Students- be a sponge for every opportunity. Find your niche, follow your heart but use your head. Be proud of your beliefs, and who you are. We are the future of recreation in this province, and across the country.



High Five Announcements Continue

It was a busy summer for The High Five Management Committee, as we logged over 3000 kilometers traveling the province to introduce this Quality Assurance Process to our members and partners. The Fall turned out to be another whirlwind, as the High Five franchise agreement between Parks and Recreation Ontario and RNS was finalized and approved by the Board of Directors; community groups, sport clubs and municipalities submitted expressions of interest to be demonstration sites; and the Minister Responsible for The Nova Scotia Sport and Recreation Commission, the Honorable Rodney MacDonald, announced \$50,000 in

support of High Five at the 4th Annual Recreation Nova Scotia Awards Ceremony and Luncheon on October 27, 2001.

In our April issue of Recreation Matters we announced RNS's commitment to launch High Five. In this issue the announcements continue! We are hiring a High Five Coordinator to support the delivery of High Five at six demonstration sites, more new resources (pg 8), and the 1st High Five Trainers Course hosted by RNS (pg 8). We are especially excited to announce 5 of the demonstration sites: the Municipality of Chester Recreation Department, the Halifax Regional Municipality Peninsula Area, Pictou

Recreation Aquatics, Town of Digby, and the Truro Boys and Girls Club.

The success we have achieved to date with High Five can be attributed to the talented and experienced members of The High Five Management Committee: Chairperson, Debby Smith, and committee members, Sherri Parks, Sport Nova Scotia, Eva Marks MacIssac, Debert Family Resource Centre, Cecile Hyland, Richmond County, Erin Sarsfield, RNS Board member and Jeff Gushue, Yarmouth Recreation Department have provided outstanding leadership, guidance and advice to this initiative.

World Health Day Promotes Healthy Lifestyle Choices

World Health Day (WHD) 2002 will emphasize the importance of physical activity and a healthy lifestyle.

A major cause of cardiovascular diseases, diabetes and obesity is lack of physical activity. WHO estimates that lack of activity leads to more than 2 million deaths per year. It is likely that one-third of cancers can be prevented by maintaining a healthy diet, normal weight and physical activity throughout one's life. A combination of improper diet, lack of physical activity and tobacco use are estimated to be the cause of up to 80% of premature coronary heart disease. In countries as diverse as China, Finland and the US, studies have shown that even relatively

modest lifestyle changes are sufficient to prevent the development of almost 60% of type 2 diabetes cases.

World Health Day 2002 will emphasize the importance of physical activity and a healthy lifestyle. The need for, and the beneficial effects of, physical activity will be the theme of WHD activities worldwide.

Physical activity can be a practical means to achieve numerous health gains, both directly or indirectly. It can bring down rates of violence among young people, promote tobacco-free lifestyles, and decrease other risky behaviours, such as unsafe sex or illicit drug use. It can also reduce feelings of isolation and

loneliness among the elderly and improve their physical and mental agility.

WHD will involve multiple settings—from schools to worksites, to urban neighbourhoods.

The slogan for WHD 2002: **Move for Health**. Cities, towns and municipalities are encouraged to join in this WHD movement towards healthy living by organizing their own events.

As plans unfold in Nova Scotia and Canada, visit the RNS website at: www.recreationns.ns.ca/links to keep informed and to be linked to The World Health Organization web site.

Thank You 2001 RNS Conference Exhibitors

Recreation Nova Scotia would like to thank all exhibitors for their tremendous support of Conference 2001. Delegates were able to visit the trade show all day Friday. Below is a listing of this year's exhibitors. Recreation Nova Scotia invites you to find out more about their products and services. Please consider them the next time you go to tender.

MFI Advertising Specialists

Patti Watson
Box 93
Lawrencetown, NS B0S 1M0
Tel: 584-2252 Fax: 584-2262

Eastern Fence Erectors

Bruce Fletcher
47 Troop Avenue
Dartmouth, NS B3B 2A7
Tel: 468-2488 Fax: 468-3773

Canadian Red Cross

Carrie Ramsey
1940 Gottingen Street
Halifax, NS B3J 2Y2
Tel: 424-1415 Fax: 422-6247

Canadian Coast Guard

Marion Billard
P. O. Box 1000
Dartmouth, NS B2Y 3Z8
Tel: 426-8410 Fax: 426-4828

Heart Health Nova Scotia

Sharon Fraser
5849 University Avenue
Halifax, NS B3H 4H7
Tel: 494-1917 Fax: 494-1916

Dalhousie University

Heidi Tracey Baillie
6230 South Street
Halifax, NS B3H 3J5
Tel: 494-3809 Fax: 494-5120

N S Sport & Recreation Commission

Barbara Klass
P. O. Box 864
Halifax, NS B3J 2V2
Tel: 424-7554 Fax: 424-0520

Recreation Facilities Association of NS

Bill Cruikshank
P. O. Box 3010 Park Lane Centre
Halifax, NS B3J 3G6
Tel: 425-5450 Fax: 425-5606

Glow Promotions

Dave O'Conner
9 Dickson Avenue
Halifax, NS B3M 2W4
Tel: 443-4569 Fax: 443-4558

Amaranth Cooperative Enterprise Ltd.

John Cline
Box 448, Wolfville, NS B0P 1X0
Tel:

Active Living Alliance-Nova Scotia Network

Camille Vokey
P. O. Box 3010 Park Lane Centre
Halifax, NS B3J 3G6
Tel: 425-1128 Fax: 422-8201
542-1430 Fax: 542-1430

St. John Ambulance-Cape Breton Office

Laura McNamara
335 George Street
Sydney, NS B1P 1J7
Tel: 564-4189 Fax: 539-2730

Fireworks F/X Inc

Richard Curry
P. O. Box 100
Grand Pre, NS B0P 1M0
Tel: 542-2292 Fax: 542-1445

Atlantic Gym and Sports

Jacques LeCouffe
45 Cameron Street
Moncton, NB E1C 5Y5
Tel: 506-857-9939 Fax: 857-9940

Environova Planning Group Inc.

Stan Kochanoff
1242 A Bedford Highway
Bedford, NS B4A 1C6
Tel: 832-5263 Fax: 835-0134

Henderson Recreation Equipment

Vicky Henderson/Joe Nicholson
P. O. Box 68
Simcoe, ON N3Y 4K8
Tel: 519-426-9380 Fax: 426-1132

Lifesaving Society

Pat Mombourquette
P. O. Box 3010 Park Lane Centre
Halifax, NS B3J 3G6
Tel: 425-5450 Fax: 425-5606

Spartan Athletic Products Limited

John Lewis
Unit 102-B 900 Windmill Road
Dartmouth, NS B3B 1P7
Tel: 860-1545 Fax: 860-1993

Atlantic Chemical and Aquatics Inc.

Bruce Stailing
380 Bluewater Road
Bedford, NS B4B 1J3
Tel: 835-5884 Fax: 835-6055

Coyle and Greer Awards

Brian Doherty
1770 Cole Harbour Road
Cole Harbour, NS B2Z 1C4
Tel: 435-1919 Fax: 435-5607

Granview Landscape Group

Paul Howard
R. R. #1
Elderbank, NS B2S 1T3
Tel: 384-2090 Fax: 384-3439

Centaur Products Inc.

Stewart Cormack
111 Rocky Lake Dr. Unit #3
Bedford, NS B4A 2T3
Tel: 832-2200 Fax: 832-2151

Little Tikes Commercial Play Systems

Scott O'Reilly
P. O. Box 366
Eastern Passage, NS B3G 1M7
Tel: 471-1415 Fax: 463-9839

VOLUNTEERS at the heart of RNS

2002 RNS Board Members

We are pleased to present to you the 2002 Recreation Nova Scotia Board of Directors!

President

Rick Gilbert

Past President

John MacLean

President Elect

Norma MacLean

Vice President Management

Bob Suffron

Vice President Finance

Myrtle G. Corkum

Director At Large (1 Year)

Dianne Paquet

Director At Large (1 Year)

Rae Gunn

Director At Large (1 Year)

Joan McDonell

Director At Large (2 Years)

Jack Porter

Director At Large (Student)

Greg Dent

Ex Officio:

CPRA Atlantic Representative

Kelcy Kuhn

Ex Officio:

Recreation Nova Scotia

Dawn Stegen

Executive Director

Ex Officio:

Nova Scotia Sport and Recreation

Commission Representative

Tony Martin,

Deputy Head, NSSRC



Committee Volunteers Keeping RNS Strong!

RNS relies on the time and talents of many volunteers who work on committees, in working groups, in the office and as champions throughout the province. Here is an overview of some of opportunities open to you!

Awards Committee

~ *Bob Suffron - Chair*

Reviews and processes applications for the annual Recreation Nova Scotia Awards and Provincial Volunteer Week Awards. Prepares promotional materials on each award and oversees the coordination of the award ceremonies.

Education and Training Committee

~ *Grace Taylor- Chair*

Develops and implements an annual training/education program. Currently conducting a needs assessment.

Go For Green Committee

One RNS representative is required to review and process applications for Go for Green funding.

RNS Annual Conference Committees

Beginning in January committees are formed to plan the annual Fall conference. Volunteers are needed for the Trade Show Committee, Program Committee, A/V and Technical Committee, Registration Committee, and Entertainment Committee. Volunteers can also assist on site by introducing speakers, helping with the recreation and registration.

Membership Development Committee

Committee to be formed in 2002. RNS is recruiting 4-5 volunteers to ensure Recreation Nova Scotia attracts new members and conduct a review of the membership satisfaction, retention and services using statistics, focus groups and surveys.

Accessibility Committee

~ *Janet Landry - Chair*

Through programs, training, advocacy and resources this committee supports meaningful participation of individuals with



(L-R) RNS volunteers, Nila Ipson, E/T Committee, Camille Vokey, Accessibility Committee, and RNS Board member Janet Landry

disabilities in recreation, leisure and active living.

Golf Tournament Committee

~ *Carroll Randall - Chair*

Recruits and oversees the annual James Bayer Bursary Golf Tournament. The committee is responsible for creating the tournament budget, timeliness and format, recruiting volunteers, obtaining prizes and tournament supporters and sponsors and having lots of FUN!!!

Communications Committee:

To be formed in January 2002. Recruit 5-6 volunteers to overview the content of the Recreation Matters newsletter and redesign of the RNS web site.

RECREATION MATTERS

THANK YOU...RNS gratefully acknowledges and thanks the Nova Scotia Sport and Recreation Commission for their generous financial support.



RNS Resources Available

Moving to Inclusion

RNS members: \$200.00

Non-members: \$230.00

Active Living Through Physical Education: Maximizing Opportunities for Students with Disability Introduction. A comprehensive 9 booklet package produced by The Active Living Alliance for Canadians with a Disability.

Coach Reflections - A Self-Reflection Resource for all Coaches of Children.

Regular Price: \$25.00

RNS Members Price: \$21.55

Most coaches want to see children enjoying sports and develop as athletes and as healthy kids. Coach Reflections offers time saving tools and techniques and focuses on how, through sport, they can contribute to healthy child development in areas like teamwork, perseverance, dedication and respect. See what this interactive workbook can do for you!

Sport Action Pack: A Toolkit for Quality in Community Sport

Regular Price: \$69.95

RNS Member Price: \$59.95

This resource is specifically designed for sport organizations. It's jammed with easy-to-read handouts for parents, coaches, athletes and officials. The handouts focus on safety, making sport fun, understanding young athletes and other important topics related to children and sport.



2002 Calendar of Events

January 11 - 12: RNS Board of Directors Meeting - Bridgewater

February 16: Lucky Duck Lotto - kicks off

Feb. 22 - 23: Strategic Planning Workshop - Dartmouth

March 10: Deadline for application for Provincial Volunteer Awards

March 29 -30: Strategic Planning Workshop, Sydney

April 9 - 11: Spring Symposium

April 19: Provincial Volunteer Awards Ceremony and Luncheon - Halifax

April 26: Accessibility Trainers and Speakers Gathering - Dartmouth

April 26: Lucky Duck Lotto - wraps up

May 1: James Bayer Bursary - application deadline

May: High Five Training for Trainers

May 10: Lucky Duck Lotto - draw

September 17: James Bayer Bursary Golf Tournament - Ken Wo

September 18 - 21: CPRA Conference, Winnipeg

October 24- 26: RNS Conference and Awards Ceremony, Yarmouth, Rodd Grand Hotel



HEALTHIER FUTURES through RECREATION

Recreation
Nova Scotia
Join Us Today!

MEMBERSHIP FEES:

Student	\$ 35.00
Affiliate: Individual	\$ 15.00
Affiliate: Group	\$ 25.00
Full: Individual	\$ 70.00
Full: Group	\$ 80.00
Corporate	\$130.00

Name: _____

Address: _____ City: _____ Prov: _____

P Code: _____ Tel: _____ Fax: _____ Email: _____

☎ ☎☎ 3010 ☎☎☎ ☎☎☎☎☎, ☎☎☎☎☎☎, ☎☎☎☎☎☎☎☎ ☎30 306 ☎ ☎☎☎☎☎: 426☎1128 ☎☎☎: 422☎8201