

# Framework for Recreation in Canada

## FORUM 2018

Gathering  
Strength

Rassembler  
nos forces



**May 8-10**  
Regina, SK

*Registration  
Deadline:  
April 24,  
2018*



[www.gatheringstrength.ca](http://www.gatheringstrength.ca)

# FORUM THEME

## Canada's Recreation Framework

Recreation has the potential to address socio-demographic challenges and troubling issues facing Canadians, such as increases in sedentary behavior and obesity, decreased contact with nature, threats to the environment and inequities that limit participation. These challenges can become opportunities. Addressing them requires commitment to a shared vision, values and goals.

Published in 2015, *A Framework for Recreation in Canada – Pathways to Wellbeing* ([cpa.ca/about-the-framework](http://cpa.ca/about-the-framework)) provides a new vision for recreation and suggests common ways of thinking about how to achieve this renewal, based on five goals and their underlying values and principles. The five goals are: Active Living, Inclusion and Access, Connecting People and Nature, Supportive Environments and Recreation Capacity.



ACTIVE LIVING



INCLUSION AND ACCESS



CONNECTING PEOPLE AND NATURE



SUPPORTIVE ENVIRONMENTS



RECREATION CAPACITY

The Framework is a call to action, inviting leaders and stakeholders across sectors to collaborate in pursuit of positive change for recreation in Canada. The Framework has been endorsed by the Government of Canada, Provincial and Territorial Ministers, the Canadian Parks and Recreation Association, Provincial and Territorial Parks and Recreation Associations and the Federation of Canadian Municipalities.

Continuing the momentum generated since its publication, *Gathering Strength: Framework for Recreation in Canada Forum 2018* is a national event focused on building relationships, continuing dialog and working in cooperation towards achieving the values, goals and priorities identified in the Framework.

We are gathering recreation practitioners, stakeholders and innovative thought leaders from across Canada for 3 days of education sessions, networking and sharing successful strategies and practices related to the goals of the Framework.

## Who Should Attend

The Forum will benefit anyone interested in the continued growth and vitality of recreation across Canada and is designed to offer educational sessions and networking opportunities to:

- Recreation, Community Development, Parks and Facilities staff and management
- Municipal, Provincial, Territorial and National elected officials and representatives
- Academics and Post-Secondary educators in the fields of Parks, Recreation, Community Development, Health and Tourism
- Emerging leaders, professionals and students in the parks and recreation fields
- Public Health officials, policy makers and health promotion specialists

## What to Expect

At *Gathering Strength*, you will experience:

- 2 inspiring keynote speakers
- 30 engaging sessions focused on the 5 goals of the Framework
- Entertaining social events, showcasing Saskatchewan's diverse sport, culture and recreation opportunities
- Valuable opportunities for networking and knowledge sharing with delegates from across Canada
- A chance to see Regina's new world class facility – Mosaic Stadium – and explore Wascana Park, one of North America's largest urban parks.

# GREETINGS



## Minister of Parks, Culture and Sport

On behalf of the Government of Saskatchewan and the Ministry of Parks, Culture and Sport, it is my pleasure to extend an invitation to *Gathering Strength:*

*Framework for Recreation in Canada Forum 2018.*

From May 8 to 10, 2018, Regina, Saskatchewan will welcome recreation professionals, educators, academics, leaders, planners and students from across the country to bridge ideas, build partnerships and share knowledge. Attendees to this multifaceted conference will hear from interesting keynotes and participate in a variety of sessions, as well as, take part in social events showcasing what our beautiful province has to offer.

The Government of Saskatchewan is honoured to co-host this event with the Saskatchewan Parks and Recreation Association to promote recreation in Saskatchewan and in Canada. Recreation is essential for all Canadians, no matter one's age or ability. Events such as this move our country toward achieving the Framework for Recreation in Canada goals.

Thank you to the national partners, sponsors and volunteers who are contributing to what I am sure will be a tremendous event!

Sincerely,

**Gene Makowsky**  
Minister of Parks, Culture and Sport

## SPRA President

On behalf of the Saskatchewan Parks and Recreation Association, I'd like to invite you to our Province and to the Queen City for *Gathering Strength: Framework for Recreation in Canada*

*Forum 2018.* SPRA is excited to have the

opportunity to organize and host this event in partnership with the Government of Saskatchewan, Ministry of Parks, Culture and Sport, and our national partners the Interprovincial Sport and Recreation Council (ISRC) and the Canadian Parks and Recreation Association (CPRA). We look forward to gathering together with our colleagues in the parks and recreation sectors and continuing our work to meet our shared vision of improving the health and wellbeing of everyone in Canada through Recreation.

I hope you will be able to join us to carry on our collective dialogue around each of the Framework for Recreation in Canada's 5 Goals, share your successes and your challenges, and continue to build momentum for the Framework at the national, provincial, territorial and local levels.

I am confident you will find the keynote presenters and education sessions we've planned to be engaging, progressive and thought-provoking. I look forward to personally introducing you to some good old-fashioned Saskatchewan hospitality during the entertaining social events we have planned.

Sincerely,

**Coralie Bueckert**  
SPRA President



# PROGRAM AT A GLANCE

- Goal 1: Active Living
- Goal 2: Inclusion and Access
- Goal 3: Connecting People and Nature
- Goal 4: Supportive Environments
- Goal 5: Recreation Capacity

TUESDAY, MAY 8, 2018	
3:00 pm - 6:30 pm	Registration Desk Opens
6:30 pm - 7:00 pm	Shuttle from Delta Hotel to Mosaic Stadium
7:00 pm - 9:00 pm	Welcome Reception at Mosaic Stadium
9:00 pm - 9:30 pm	Shuttle from Mosaic Stadium to Delta Hotel

WEDNESDAY, MAY 9, 2018					
6:00 am - 7:00 am	Rise and Shine Workout				
6:00 am - 12:30 pm	Registration and Information Desk Opens				
7:30 am - 8:30 am	Breakfast				
8:30 am - 9:45 am	Opening Remarks and Keynote: Scott Sampson – How to Raise a Wild Child				
9:45 am - 10:00 am	Networking Break				
10:00 am - 11:00 am	A1 – Elders in Motion	A2 – All Abilities Welcome	A3 – One School's Journey into Nature Play, Physical Literacy, and Lifelong Active Living	A4 – Using Recreation to Bring Life to Public Spaces: On Transformative Placemaking and Belonging	A5 – Align Local Level Strategic Planning with the Framework
11:15 am - 12:15 pm	B1 – Getting Kids Active One Community at a Time	B2 – In the Beginning, then TRC, and Natural Law	B3 – Stories about Connecting People to Nature	B4 – Couldn't Have Done it Better if We'd Planned It!	B5 – Applying a Continuous Improvement Lens to Assess Recreation Program Delivery
12:15 pm - 1:30 pm	Lunch				
1:30 pm - 2:30 pm	C1 – Saskatchewan Student Voice – How Can We Learn from the Voices of Over 100,000 Saskatchewan Students?	C2 – City of Toronto: The Public Good of Recreation	C3 – Parks for All: An Action Plan for Canada's Parks Community	C4 – Community Building and the Framework	C5 – Strengthening Recreation Capacity Across the North
2:45 pm - 5:00 pm	D1 – The Wascana Park Experience			D2 – Here's Where I Fit In: Connecting Researchers and Practitioners in A National Knowledge Development Strategy	
6:30 pm - 12:00 am	Taste of Saskatchewan – Dinner and Entertainment				

Goal 1: Active Living

Goal 2: Inclusion and Access

Goal 3: Connecting People and Nature

Goal 4: Supportive Environments

Goal 5: Recreation Capacity

## THURSDAY, MAY 10, 2018

6:30 am - 3:15 pm	Registration and Information Desk Opens				
6:30 am - 7:30 am	Rise and Shine Workout				
8:00 am - 9:00 am	Breakfast				
9:00 am - 10:00 am	E1 – A Community Action Plan for Wellness	E2 – Creating Quality Experiences for Newcomer Canadians in Sport and Physical Activity	E3 – Building a destiNation, One Trail at a Time: Lessons from the Singletrack to Success Project	E4 – Implementation and Monitoring Group Framework Survey and Audit Tool	E5 – Alberta’s Learnings on Building on the Basics: Planning for Recreation in Emergency Response and Recovery
10:00 am - 10:15 am	Networking Break				
10:15 am - 11:30 am	F1 – Policy Connections in Physical Activity, Recreation and Sport	F2 – Reaching the Hard to Reach: How to use Social Innovation to Support Low-Income Families’ Recreation Participation	F3 – Strengthening Connections to Land, Language, and Culture	F4 – Understanding the Improving Capacity with Diverse Community Contexts and Organizations	F5 – Gathering Strength Towards a Knowledge Development Strategy
11:30 am - 12:45 pm	Lunch				
12:45 pm - 2:00 pm	G1 – Integrating Physical Literacy into a Community's "Mindset"	G2 – Making Recreation Inclusive: LGBTQ Identities, Myths, and How to Create Inclusive Spaces and Programming Within Sport and Recreation	G3 – Building Parks of the Future – A Renaissance Period in Toronto's Love of Parks	G4 – Changing the Food Environment Landscape in Publicly Funded Recreation and Sport Facilities	G5 – Are You a Future Focused Recreation Leader?
2:00 pm - 3:15 pm	Closing Remarks and Keynote: Zac Crouse – Mental Illness – It's Time to Stop Being Weird About It				



### ACTIVE LIVING

Foster active living through physical recreation.



### INCLUSION AND ACCESS

Increase inclusion and access to recreation for populations that face constraints to participation.



### CONNECTING PEOPLE AND NATURE

Ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.



### SUPPORTIVE ENVIRONMENTS

Ensure the continued growth and sustainability of the recreation field.



### RECREATION CAPACITY

Help people connect to nature through recreation.

# REGISTRATION DETAILS

## Registration Rates (including taxes)

- **Early Bird Rate** (Register by March 29, 2018) – **\$315**
- **Regular Rate** (Register from March 30 - April 24, 2018) – **\$365**
- **Student Rate** (Confirmation of Enrollment required) – **\$235**

## Registration Options

1. Online by visiting [www.gatheringstrength.ca](http://www.gatheringstrength.ca) and pay by cheque, PayPal or Visa/Mastercard.
2. Mail completed registration form and cheque (payable to SPRA) to:  
100-1445 Park Street  
Regina, SK  
S4N 4C5

## Payment Policy

- Post-dated cheques will not be accepted.
- Registrations will not be processed until payment is received.
- Payments can be made by cheque, PayPal or Visa/Mastercard.

## Cancellation and Refund Policy

- Cancellations must be received in writing and submitted to [gatheringstrength@spra.sk.ca](mailto:gatheringstrength@spra.sk.ca).
- A \$150 cancellation fee will be applied, with no refunds issued after April 24, 2018.
- Onsite refunds are not permitted.

## Venue and Host Hotel Information

Delta Hotel Regina

1919 Saskatchewan Drive, Regina, SK, S4P 4H2

Toll-Free: 1-800-209-3555

Website: [www.marriott.com](http://www.marriott.com)

## Room Rates

Single or double occupancy – \$161 (plus applicable taxes)

Additional guest per room – \$20

Room block name: Framework for Recreation in Canada Forum

This room block will be held for delegates until Friday, April 6, 2018

## Transportation

The event venue is approximately an 8 minute drive from the airport.

Taxi and limousine services and vehicle rentals are available at the Regina International Airport.



# KEYNOTE SPEAKERS

## SCOTT SAMPSON

### How to Raise a Wild Child

Wednesday, May 9, 2018

8:30 am - 9:45 am

Scott Sampson is a dinosaur paleontologist, science communicator, museum executive, and passionate advocate for connecting people with nature. He is President and CEO of Science World at Telus World of Science, one of Vancouver, British Columbia's most popular cultural attractions and a nationally recognized leader in science learning.

Born and raised in Vancouver, British Columbia, Scott previously served as Vice President of Research and Collections and Chief Curator at the Denver Museum of Nature & Science. He is best known as "Dr. Scott," host and science advisor of the Emmy-nominated PBS KIDS television series *Dinosaur Train*, produced by the Jim Henson Company. He has published numerous scientific and popular articles, and he regularly speaks to audiences of all ages on a range of topics. Sampson is author of *Dinosaur Odyssey: Fossil Threads in the Web of Life* (University of California Press, 2009) and, most recently, *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature* (Houghton Mifflin Harcourt, 2015).



## ZAC CROUSE

### Mental Illness – It's Time To Stop Being Weird About It

Thursday, May 10, 2018

2:00 pm - 3:15 pm

Zac Crouse (M.Ed, CTRS) is a recreation therapist, musician and expedition kayaker who delivers keynote presentations and workshops focusing on mental health, recreation and leadership.

Zac has a unique ability to discuss sensitive topics with respect and humour. His presentations are designed to engage and entertain the audience through stories, film and live music.

Zac has worked for over 17 years as a frontline practitioner with at-risk youth and families. He specializes in working with individuals who have mental health and substance use issues; and has an extensive background in adventure therapy and eco-therapy.

Zac has instructed at St. Francis Xavier University for the Faculty of Education and at Dalhousie University for the Faculty of Health & Human Performance. Zac is a contributing author to *Quality Lesson Plans in Outdoor Education* (Human Kinetics). He has also acted as a consultant in Belize on a national citizenship curriculum for youth. Zac is currently an instructor at the University of Lethbridge Faculty of Health Sciences.

# THE SASKATCHEWAN EXPERIENCE

## Welcome Reception at Mosaic Stadium

**Tuesday, May 8, 2018 | 7:00 pm - 9:00 pm**

We are kicking off the Forum in the stylish and exclusive AGT Lounge at Regina's new, state-of-the-art facility, Mosaic Stadium. Join us for an evening of networking and on-field activities, sponsored by Sask Sport Inc. Appetizers and cocktails will be served. Transportation to and from Mosaic Stadium is provided.

## Rise and Shine Workout

**Wednesday, May 9, 2018 | 6:00 am - 7:00 am**

**Thursday, May 10, 2018 | 6:30 am - 7:30 am**

We want you to keep your body moving throughout the Forum and stay active. These early morning energizers are a great way to start your day and increase your heart rate before the Forum sessions. Pack your workout gear and come prepared for either an outdoor morning run, or a 45-minute yoga session onsite at the Delta Hotel.

Outdoor workout attire is recommended. Yoga mats will be provided.

## The Wascana Park Experience

**Wednesday, May 9, 2018 | 2:45pm – 5:00pm**

Enjoy an assortment of activities offered right in the core of Regina. Explore Wascana Park, a scenic, urban park, with a self-guided tour around the paths of Wascana Lake, take in the diverse wildlife and fauna while geocaching, enjoy a cultural and historical experience at the Royal Saskatchewan Museum or simply take in the view while enjoying a beverage on the deck of The Willow on Wascana restaurant. Come connect with nature at the Wascana Park Experience.

All the activities offered will provide the special opportunity to be reminded of the mental, physical and social benefits of the outdoors. Transportation will be provided and some activities are subject to weather permitting.

## Taste of Saskatchewan – Dinner and Entertainment

**Wednesday, May 9, 2018 | 6:30 pm - 12:00 am**

We invite you to join us for a locally inspired meal, followed by an evening of music, dancing and storytelling showcasing the culture of Indigenous Peoples in Saskatchewan.

This cultural showcase is also an opportunity to acknowledge that the 2018 Forum is hosted on Treaty 4 Territory, the traditional lands of the Cree, Ojibwe, Saulteaux, Dakota, Nakota, Lakota and homeland of the Métis Nation. This event is sponsored by SaskCulture Inc.





# FORUM LOCATIONS

**Mosaic Stadium**

**The Delta Hotel**

**Wascana Park**

**Saskatchewan Drive**

**Victoria Avenue**

**DOWNTOWN**

**Victoria Park**

**Ephinstone Street**

**Albert Street**

**Brood Street**

**College Avenue**

**Regina Avenue**

**Kiwanis Park**

**Les Sherman Park**

**DSA**

**Broadway A**

**Quinn C**

**Wasc**

# SESSION BLOCK A

Wednesday, May 9, 2018 | 10:00 am - 11:00 am



## A1 – Elders in Motion

**Sheena Tremblay, NWT Recreation and Parks Association**

Elders play an important role in keeping communities well and many Elders want to age-in-place. In this session, you will learn about Elders in Motion, a program that aims to enable older adults to stay healthy and active as they age.

## A2 – All Abilities Welcome

**Jane Arkell, Active Living Alliance for Canadians with a Disability**

**Doug Nutting, Chair, Active Living Alliance for**

**Canadians with a Disability**

**Andrea Carey, Sport for Life**

If you're a program or service provider, whether through a municipality, school, club or other type of organization, you know how important it is to be inclusive for all, regardless of ability or disability. To help, the Active Living Alliance for Canadians with a Disability developed All Abilities Welcome. This project helps to provide a welcoming inclusive environment, facility or program. During this session, participants will learn the benefits of inclusion and discover the partnerships that ALACD is establishing with the Canadian Parks and Recreation Association and its provincial/territorial affiliates across Canada.

## A3 – One School's Journey into Nature Play, Physical Literacy, and Lifelong Active Living

**Reg Leidl, Macdonald School (Good Spirit School Division), and the Saskatchewan Physical Education Association**

This session will focus on the journey of Macdonald School (K-9) in Stockhom, SK as it transitioned its learning environment that focuses on outdoor play, physical literacy, student wellness, and academic learning. The session highlights the collaboration between the school, community, school board, and students to ultimately make this happen!

## A4 – Using Recreation to Bring Life to Public Spaces: On Transformative Placemaking and Belonging

**Troy D. Glover, University of Waterloo**

Inspired by a research project called Animating Waterloo Region, this presentation examines how recreation, used as a form of transformative placemaking, injects public spaces with new functions and meanings to encourage social interaction and a greater sense of belonging. The presentation will explore the meaning of transformative

placemaking, the act of transforming ordinary spaces into engaging social places of belonging, in the context of recreation programming and describe best practices to "animate" public space. The presentation will also engage the audience to share its own examples of successful strategies. Attendees will leave the presentation armed with low cost, innovative initiatives that can be applied within their own communities.

## A5 – Align Local Level Strategic Planning with the Framework

**Michael Roma, RC Strategies+PERC**

Although we know the Framework applies to all stakeholders involved in recreation and parks provision, beyond municipal government, there are a number of priorities that pertain specifically to local government. This session will be designed to show how local level planning, either being initiated or existing, can demonstrate alignment with the Framework and best position municipalities and others to work towards common goals. The presentation will include examples of how strategic plans have been developed using the Framework and it will also include, representatives from municipalities who have recently developed strategic planning that aligns directly with the Framework.



# SESSION BLOCK B

Wednesday, May 9, 2018 | 11:15 am - 12:15 pm

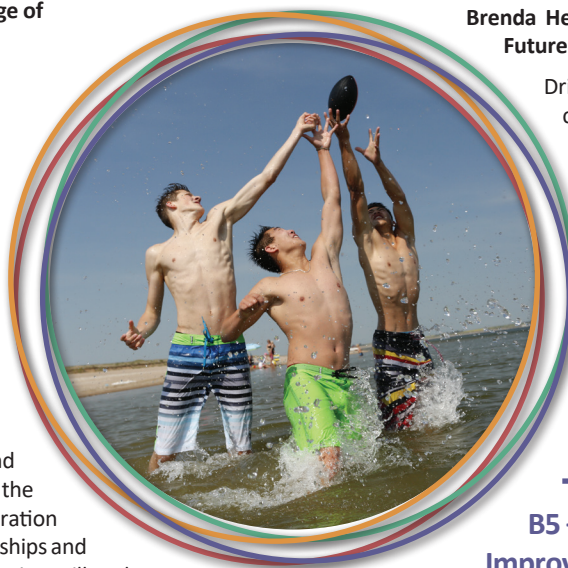
## B1 – Getting Kids Active One Community at a Time

Marnie Sinclair, Saskatchewan *in motion*

Dr. Louise Humbert, Professor in the College of Kinesiology, University of Saskatchewan

Partners: Lloydminster *in motion*, Yorkton Active Transportation Collaborative, Meadow Lake and Flying Dust First Nation *in motion* Committee, Town of Kamsack Recreation

Saskatchewan *in motion* uses a 5 step Community Action Process that seeks to uncover and use the strengths within communities as a means for sustainable behavior change. This 'hot stove-style' session will provide you with examples of best practices used in 4 different communities who stepped in to make a difference in the lives of the children and youth in their community. They will discuss the mobilization process, working in collaboration and partnership, building municipal relationships and community and youth engagement. The session will end with an interactive Q&A.



## B2 – In the Beginning, then TRC, and Natural Law

Alex Nelson, Indigenous Sports, Physical Activity & Recreation Council, British Columbia

In response to the TRC (Truth and Reconciliation 94 Calls to Action), this session will hear about the Life in a Residential School from a 7 year Survivor, with historical reference to governance and identity. It will illustrate the teachings and foundational values of Family, Community and Land, which transformed into broken, fractured, confused and destructive existence as a legacy and intergenerational affects from the Residential Schools. The presentation will then focus on healing, wellness and relationships, bringing value to Recreation and quality Leadership. Natural Law is respect for all of Creation!

## B3 – Stories about Connecting People to Nature

Janet Ready, Recreation Studies Department, Langara College

In a recent Applied Major Project partnering with the BCRPA, Janet collected stories from Recreation Practitioners in BC about how they create opportunities to connect people to nature. The stories are diverse and reflect what is currently happening in the field to provide momentum to Goal 3 in the National Recreation Framework. The stories are posted on the Healthy in Nature website <http://hin.bcrpa.bc.ca/resources/stories-about-connecting-nature>

## B4 – Couldn't Have Done it Better if We'd Planned It!

Kristin Walsh, Town of Devon

Brenda Herchmer, Campus for Communities of the Future

Driven by a belief in the wisdom of their citizens, the elected officials, staff and volunteers within the town of Devon, Alberta set out to implement a meaningful and relevant Recreation Master Plan that used a community development approach. The vision and strategic priorities articulated within the National Recreation Framework dove-tailed compellingly with the values and priorities that resulted from the innovative, citizen-driven, DIY planning Master Plan process.

## B5 – Applying a Continuous Improvement Lens to Assess Recreation Program Delivery

Lori Bowie, City of Port Coquitlam

Port Coquitlam's Recreation Department recently conducted a comprehensive continuous improvement assessment. As this small City of 60,000 prepares to open a new 205,000 sq ft recreation facility, building Council's confidence in the Department's commitment to evidence based decisions guided by best practice, was both timely and essential.

Pathways to Wellbeing was used as a guide and key resource for this project. An overview of the project, methodology, Council's response and the actions underway to increase the capacity of the staff team and improve the quality of community services, is provided to help other municipal recreation departments ensure that future assessments lead to concrete strategies and continuous improvement in service delivery.



# SESSION BLOCK C

Wednesday, May 9, 2018 | 1:30 pm - 2:30 pm

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## C1 – Saskatchewan Student Voice – How Can We Learn from the Voices of Over 100,000 Saskatchewan Students?

**Jacqueline Hagel, Government of Saskatchewan, Ministry of Education**

**Peter Cullen, Account Success in New Brunswick**

Student voice is a catalyst for change. Responding effectively to student voice is therefore critical to increasing student engagement which contributes positively to student outcomes and well-being. OurSCHOOL is an on-line anonymous survey, created by international researcher Dr. J. Douglas Willms, that provides school communities with the opportunity to provide feedback on their school experience. The Saskatchewan Ministry of Education supports the student and teacher surveys with over 100,000 students and 7,000 teachers responding annually to the OurSCHOOL survey in all provincial schools (grades 4-12) and many First Nations jurisdictions. The results provide the province, school divisions and schools the opportunity to analyze, reflect and learn together in response to student voice.

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## C2 – City of Toronto: The Public Good of Recreation

**Howie Dayton, City of Toronto**

The City of Toronto has a long history and strong commitment to the principles of equity and inclusion. The city's Recreation Service Plan guides policy, service planning, partnerships and investments in access to service, particularly for equity seeking groups experiencing complex barriers to participation. Learn about successful strategies the city is taking to advance recreation for all; results of a recent study on the city's 39 free community centres; innovative partnerships; challenges; lessons learned and the politics of a universal service model. Participants will share their own community experiences and guiding practices.

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## C3 – Parks for All: An Action Plan for Canada's Parks Community

**Robin Campese, Government of Saskatchewan, Ministry of Parks, Culture and Sport**

**Dawn Carr, Canadian Parks Council**

Hot off the press! In early 2018, an Action Plan will be released to connect people with nature and to conserve our incredible network of parks – city parks to national parks! This work is the result of partnership between the Canadian Parks and Recreation

Association and the Canadian Parks Council to enhance the provision and delivery of parks in Canada. With a commitment to grow leadership and influence, the Action Plan expresses the shared goals of the whole parks community and identifies priorities under 4 strategic directions: collaborate, connect, conserve and lead. This session will share the Parks for All story and the key actions that inspire and support the powerful benefits of parks.

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## C4 – Community Building and the Framework

**Megan Jones, Stantec Consulting Ltd.**

**Jenna Hutton, Dream Development**

This interactive session will provide examples of how the Framework for Recreation: Pathways to Wellbeing can be implemented in Community Development projects in Regina and across the country. These projects will provide many tangible examples of implementation done by Dream Development &/or Stantec Consulting. The interactive portion of the session will allow the attendees to scale a few of the examples to their own communities by utilizing principles and examples.

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## C5 – Strengthening Recreation Capacity Across the North

**Caroline Sparks, Recreation North**

**Geoff Ray, NWT Recreation and Parks Association**

**Kyle Seeley, Government of Nunavut**

This session introduces an innovative, pan-territorial initiative committed to enhancing health and wellbeing across the Northern territories by strengthening recreation capacity. Recreation North, a partnership of the three territorial recreation and parks associations, is developing relevant, high-quality recreation training in its under-resourced rural and remote regions. After winning the prestigious Arctic Inspiration Prize in 2015, Recreation North piloted the Community Recreation Leadership Program. The program being launched in September 2018, demonstrates the potential for the sustainable, high-quality recreation programming made possible through public, non-profit and private sector collaboration.



# SESSION BLOCK D

Wednesday, May 9, 2018 | 2:45 pm - 5:00 pm

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## D1 – The Wascana Park Experience

Located in the heart of Regina, Wascana Park is one of North America's largest parks. At 930 hectares, the park is larger than the combined size of Stanley Park in Vancouver and Central Park in New York.

Experience the beauty and scale of Wascana Park and connect with nature throughout a variety of planned outdoor activities.

This is a special opportunity during the Forum to be reminded of the mental, physical and social benefits of being active and outdoors in one of Canada's premiere urban parks.

Transportation to and from Wascana Park is provided.

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## D2 – Here's Where I Fit In: Connecting Researchers and Practitioners in A National Knowledge Development Strategy

**Troy D. Glover, University of Waterloo**

**Marc-André Lavigne, University of Quebec at  
Trois-Rivières**

**Craig Cameron, University of Alberta**

Goal 5 of the Framework for Recreation in Canada aims to build capacity in the recreation sector. Creating a Knowledge Development Strategy (KDS) is a priority for building capacity. This round-table is part of a series of dialogues on a KDS happening at the Forum. The session is an opportunity for researchers and practitioners to discuss the need, potential risks, and rewards of connecting their work as part of a National Knowledge Development Strategy. Information from this session will be included in an open session on May 10 (Session F5).



# SESSION BLOCK E

Thursday, May 10, 2018 | 9:00 am - 10:00 am

## E1 – A Community Action Plan for Wellness

**Elizabeth Ayers, City of Richmond**

Richmond was one of the first communities in BC to develop a Community Wellness Strategy. Richmond's 2010-2015 Community Wellness Strategy was developed in partnership with Vancouver Coastal Health – Richmond (VCH) and Richmond School District No. 38 (SD38), providing a framework to guide the three partners to work individually and collectively with a range of community partners. A review of the strategy's impacts and achievements determined that there was a compelling need to update the strategy to refocus efforts and leverage the partnership. The updated Strategy 2017-2022 has been developed in partnership with VCH and SD38. This session will review learning's and key initiatives identified by stakeholders and the community for moving forward over the next 5 years.

## E2 – Creating Quality Experiences for Newcomer Canadians in Sport and Physical Activity

**Andrea Carey, Sport for Life**

**Carolyn Trono, Sport for Life**

Many newcomer Canadians experience unique barriers to accessing quality sport, physical activity and recreation programs. Linking into community activities and accessing the resources available is often complex, yet they can play a vital role in newcomers' sense of belonging. Newcomers can also bring a renewal and sense of vibrancy to sport and recreation organizations. We will discuss how to create quality experiences for newcomers in sport and recreation based on promising practices. Lessons learned about creating welcoming environments will be shared, including the challenges and possible solutions and opportunities for how we, as communities, can do more.

## E3 – Building a destiNation, One Trail at a Time: Lessons from the Singletrack to Success Project

**Jane Koepke, Jane of All Trades**

In 2005, a fledgling planner set out to transform an economically and socially troubled rural Yukon community into a global mountain bike destination in partnership with a local First Nation. The unlikely success story that ensued showcases how perseverance, capacity building, and play can help create healthier, more resilient communities. The project also highlights the challenges and complexities around culture, recreation and community development in First Nation communities. This presentation will feature clips from the Banff Festival of Mountain Films "People's Choice Award" winning documentary film based on the project, "SHIFT".



## E4 – Implementation and Monitoring Group Framework Survey and Audit Tool

**CJ Noble – Canadian Parks and Recreation Association**

**Diane English, Parks and Recreation Ontario**

**Benjamin Jonah, University of New Brunswick, Alberta Recreation and Parks Association**

**Marc-André Lavigne, University of Quebec at Trois-Rivières**

How is the Framework for Recreation being aligned nationally? What are tools or resources for local municipalities or organizations to align with the Framework for Recreation? This session will present an overview of the Implementation and Monitoring Working Groups (IMWG) plans and supported projects, results from the national survey on the alignment of the Framework, an overview on the Framework for Recreations organization audit tool including current pilot work, and current academic perspectives of the Framework. Learn about the current projects and their results with tools and resource of how the Framework for Recreation can become a stronger part of your organization.

## E5 – Alberta's Learnings on Building on the Basics: Planning for Recreation in Emergency Response and Recovery

**Government of Alberta – Recreation and Physical Activity Division, Alberta Culture and Tourism**

The recreation sector has a critical role to play in emergency response and is an essential component in community recovery and resiliency. This session will explore how recreation facilities, staff and volunteers, programs, and partnerships can be better integrated into community emergency plans in the context of Alberta's Emergency Management Framework. Drawing from the experiences of those involved in the wildfires in Wood Buffalo in 2016, the flooding in southern Alberta in 2013, and the wildfires in Slave Lake in 2011, this project supports the sector's capacity by providing tools and resources to facilitate planning by municipalities and other recreation service providers.

# SESSION BLOCK F

Thursday, May 10, 2018 | 10:15 am - 11:30 am

## F1 – Policy Connections in Physical Activity, Recreation and Sport

### Federal, Provincial/Territorial Physical Activity and Recreation Committee

Physical activity, recreation, and sport are proven and powerful ways to enhance the wellbeing and quality of life of individuals and communities. One of the approaches to help Canadians enjoy these benefits is through policy. This session will explore policy connections and areas of alignment between national policies, strategies and frameworks in the area of recreation, sport, health and active living. This session will explore the important contribution of policy at the municipal, provincial, territorial and national level, as well as provide tools to learn about and implement policy or use policy in research and evaluation.

## F2 – Reaching the Hard to Reach: How to use Social Innovation to Support Low-Income Families' Recreation Participation

### Dr. Jackie Oncescu, Vancouver Island University

### Moni Loewen, Recreation Opportunities for Children Inc.

Presentation is to discuss the principles of human centre design (approach to social innovation) as a strategy to support low-income families' recreation participation. Human centre design for social innovation begins with learning about the people we are designing recreation experiences for, and then building, testing and evaluating until it fits. Human centre design is a strategy that can help recreation practitioners create more inclusive recreation programs and services to help marginalized populations thrive in society. Using practical experiences and research results from community practice, this presentation will outline the processes and tools used to help low-income families' access recreation.

## F3 – Strengthening Connections to Land, Language, and Culture

### Jess Dunkin, NWT Recreation and Parks Association

The NWT On The Land Collaborative supports programs that centre time on the land and cultural revitalization in the NWT. Since its inception in 2015, the Collaborative has directed over a million dollars

to 70 projects across the territory, including an after-school nature club in Hay River, a hide tanning camp near Łutsel K'e, a traditional medicine program in Teetl'it Zheh, and a month-long language and culture immersion camp on the Horn Plateau. Grant recipients also have access to equipment, training, expertise and other resources. The Collaborative, a collective of government, charitable, corporate and other partners, is a successful example of cross-sector collaboration that prioritizes local needs and ways of working.

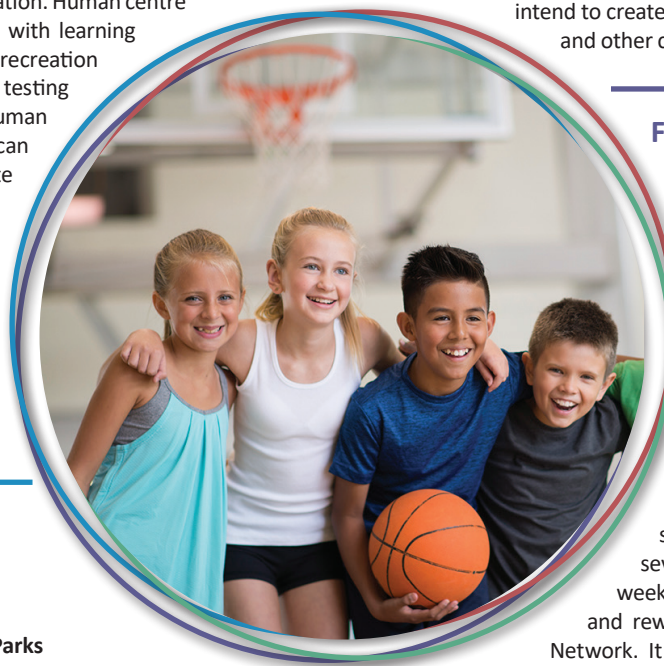
## F4 – Understanding the Improving Capacity with Diverse Community Contexts and Organizations

### Kyle Rich, Brock University

### Jared Kope, PacificSport Fraser Valley

### Desirea Agar, Alberta Health Services

In this interactive workshop, we will engage participants to discuss issues of managing recreation within diverse contexts (e.g. small/rural/Indigenous communities). In particular, we will explore issues related to capacity (e.g. physical/economic assets; skills and knowledge, leadership, civic participation, networks; and dispositions) which arise in diverse community contexts/organizations. Objectives for the session will include a) identifying and explaining capacity in the context of community recreation organizations; b) identifying common capacity issues in community recreation; c) discussing case studies related to capacity and; d) producing resources which will be useful for community recreation organizations. Following this session, we intend to create an online resource to support attendees and other community recreation organizations.



## F5 – Gathering Strength Towards a Knowledge Development Strategy

### Troy D. Glover, University of Waterloo

### Marc-André Lavigne, University of Quebec at Trois-Rivières

### Craig Cameron, University of Alberta

Goal 5 of the Framework for Recreation in Canada calls on the sector to create a knowledge development strategy. This session pulls together several conversations that happened this week, which focused on the potential risks and rewards of creating a National Knowledge Network. It will share your cross-sector (research-policy-practice) insights on establishing successful research partnerships, prominent and promising knowledge areas, and how to share information in a post-LIN environment.

# SESSION BLOCK G

Thursday, May 10, 2018 | 12:45pm - 2:00pm

## G1 – Integrating Physical Literacy into a Community's "Mindset"

**Philip Hochman, Sport for Life**

This session will provide how to enhance physical literacy in a community through 4 contexts: direct programming, collaborative approach based upon collaborative impact model, working with local School Boards/schools, and parent engagement. Best practices from across Canada will be identified in each context. Discussions will be interactive with participants focusing on how to develop strategies in their own respective communities.

## G2 – Making Recreation Inclusive: LGBTQ Identities, Myths, and How to Create Inclusive Spaces and Programming within Sport and Recreation

**Amanda Guthrie, OUTSaskatoon**

A recent survey of the Saskatchewan LGBTQ community found that the community was the most likely to agree that physical activity has a positive impact on mental health, yet 40% of respondents said that they have experienced discrimination in a recreational setting. This presentation will unpack LGBTQ identities and terminology along with addressing common myths that prevent physical education, recreation and sport from being truly inclusive. The presentation will finish by highlighting best practices in procedures, policies and language when aiming to make your workplace, community centre or even simply a change room a more inclusive space.

## G3 – Building Parks of the Future – A Renaissance Period in Toronto's Love of Parks

**Janie Romoff, City of Toronto**

The City of Toronto is experiencing unprecedented growth in its urban core. A lack of sufficient greenspace in intensifying areas, vertical cities and a growing expectation on passive use parkland are creating challenges and unique opportunities. Learn about the city's innovative park's plan and recent park renewal projects. The session will feature 3 park delivery models, including The Bentway Park; Grange Park and Waterfront Toronto which include philanthropic contributions, shared park management and a robust community engagement process. Also profiled, will be TO Core – a study in how to create parkland in areas of intensification.

## G4 – Changing the Food Environment Landscape in Publicly Funded Recreation and Sport Facilities

**Patti-Jean Naylor, University of Victoria**

**Tracy Sanden, Saskatchewan Health Authority**

**Lisa McLaughlin, Alberta Recreation and Parks Association**

**Rachel Prowse, University of Alberta**

**Sherry Jarvis, Dalhousie University**

**Noelle Virtue, British Columbia Recreation and Parks Association**

Creating supportive environments is a Framework for Recreation in Canada goal. Visits to publicly funded recreation and sport facilities are substantive and they have the potential to influence the eating behaviour of children, youth and adults. Unfortunately, some recreation food environments don't support healthy choices and reinforce a link between recreation, physical activity and unhealthy food products. "I go skating and then I get a treat!" Several provinces are taking action. This workshop will provide an overview of: the current situation, action in Nova Scotia, Saskatchewan, Alberta and British Columbia and facilitators and barriers to implementation. Participants will evaluate their own facility environment and discuss strategies for change with others.



## G5 – Are You a Future Focused Recreation Leader?

**Brenda Herchmer, Campus for Communities of the Future**

As stressed in the National Recreation Framework, in addition to managing sound day-to-day operations, recreation staff and volunteers need to invest energy and resources in preparing for a rapidly changing and often uncertain future. We'll need knowledge not yet known to address challenges that we don't yet know are challenges, as well as to be proactive about potential recreation opportunities. The question we need to ask – how do we become a future-focused leader who is in the now and in the know? This session will provide examples, practical resources and strategies gathered from a number of Territories and Provinces that are aligned with the strategic priorities identified within the National Recreation Framework.



# FORUM PRESENTERS

## SHEENA TREMBLAY

### NWT Recreation and Parks Association

Sheena Tremblay was born and raised in the NWT. She is passionate about the north and active living. She has spent numerous years working for the NWT Recreation and Parks Association, a nonprofit that promotes healthy living through active recreation. She has helped initiate programs like NWT Fitness Training, Get Active, Walk to Tuk and Elders in Motion. She was recently awarded a Meritorious Service Medal for her role in creating Walk to Tuk. She also spends many hours volunteering as the female coach for the Yellowknife High Performance Cross Country Ski Team.

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## JANE ARKELL

### Active Living Alliance for Canadians with a Disability

Jane Arkell has worked in the area of health promotion for individuals with a disability for over 30 years. For the majority of her career, she has been the Executive Director of the Active Living Alliance for Canadians with a Disability, which is dedicated to physical activity, entry level sport and recreation. ALACD is dedicated to people of all disabilities (mobility, sensory, mental health and intellectual). In addition to working with ALACD, Jane is Project Lead for Canadian Access and Inclusion Project (Spinal Cord Injury Canada) which is assisting Minister Hehr to develop Federal Accessibility Legislation in Canada.

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## DOUG NUTTING

### Chair, Active Living Alliance for Canadians with a Disability

Doug Nutting worked for Community Living Victoria for 7 years and moved on to the position of Coordinator of Integrated Recreation Services with the Municipalities of Greater Victoria. Utilizing the same vision and skills he had demonstrated earlier in his career, Doug has guided the development of Integrated Recreation Services into the partnership of services known as Recreation Integration Victoria (RIV). RIV is recognized across Canada as a premier inclusive service delivery and funding model.

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## ANDREA CAREY

### Sport for Life

Andrea Carey is passionate about getting people of all abilities active throughout their lifespan. She is the Director of Operations and Special Projects with Sport for Life Society, working on a variety of inclusive projects across Canada. Andrea shares her volunteer time by contributing as a Board Director for the Canadian Paralympic Committee (for the past 6 years), a Board Member with the Active Living Alliance for Canadians with a Disability and as a Board Member of KidSport Greater Victoria.

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## REG LEIDL

### Macdonald School (Good Spirit School Division), and the Saskatchewan Physical Education Association

Reg Leidl has been a teacher and physical educator for the past 36 years. He has been a school administrator for the past 23 years and he is currently the Principal of Macdonald School in Stockholm, Saskatchewan. He was named the Saskatchewan Association of School Council's Principal of the Year in 2011 and is a past Saskatchewan Physical Education Association President. Reg has served on the Board of PHE Canada, as well as on many of their committees. Reg was the Physical Education Consultant for the Saskatchewan Ministry of Education for two years.

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## MICHAEL ROMA

### RC Strategies+PERC

Michael Roma is a consultant at RC Strategies+PERC and has been with the firm for 15 years. Mike is a project manager at the firm and is primarily responsible for the development of Recreation and Parks Master Plans and Facility Feasibility Studies/Business Cases for municipalities and non-profit groups across Western Canada. Mike is also currently on the CPRA Board, is a past President of ARPA and a former member of the LIN board.

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## MARNIE SINCLAIR

### Saskatchewan *in motion*

Marnie Sinclair is the Manager of Saskatchewan *in motion*, a province wide movement aimed at increasing opportunities to get more kids, more active, more often. A strategic focus for *in motion* is to encourage active outdoor play in a natural setting.

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## DR. LOUISE HUMBERT

### Professor in the College of Kinesiology, University of Saskatchewan

Dr. Louise Humbert – Professor in the College of Kinesiology at the University of Saskatchewan and Past President of Physical Health Education Canada.

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## ALEX NELSON

### Indigenous Sports, Physical Activity & Recreation Council, British Columbia

Alex is a proud member of the Musgamagw Dzawada'enuwx First Nations in Kincome Inlet, BC and is a seven-year product of the infamous Alert Bay Residential School System. Alex holds a Bachelor of Arts Degree in Leisure Studies from the University of Victoria. He is currently an Elder and Senior Advisor to the Indigenous Sport, Physical Activity and Recreation Council. Alex is one of the founders of the Aboriginal Sports & Recreation Association of B.C. He is also a founder of the Aboriginal Sport Circle, and was the first Chairperson and three-time President of the North American Indigenous Games Council.

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## JANET READY

### Recreation Studies Department, Langara College

Janet Ready is faculty in the Recreation Studies Department of Langara College. She is an enthusiastic advocate of "Connecting to Nature" – and identifies the banana slug as her kind of explorer. Janet has been a snowshoe guide, hiking guide and nature explorer. She designed and is currently teaching RECR 2295 - Connecting To Nature – an elective course in the Bachelor of Recreation Management. Janet has a Master's Degree in Leisure Studies and believes that really amazing things can happen for us and our community when we connect (or reconnect) to nature.

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## KRISTIN WALSH

### Town of Devon

Driven by an innate understanding that good planning is citizen-driven, Kristin Walsh is the driving force behind the DIY Recreation Master Plan in Devon Alberta. She had to overcome her own personal fear of technology to be able to do this through a variety of media. Never one to follow a path well-trodden, Kristin used her years of learning, trial and error, research and an unshakeable belief in the process to bring a new and inspiring method of community building to the Town of Devon which has resulted in an innovative and unusual (for North America) plan.

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## LORI BOWIE

### City of Port Coquitlam

Lori Bowie, BSc, MA, is a high energy team leader with 27 years of recreation experience focused on promoting healthy communities through the creative engagement of staff teams and community partners. As Director of Recreation for the City of Port Coquitlam, she understands the constant need to position recreation services as a vital element of a healthy community. She embraces the challenge of demonstrating the social value of recreation and culture; a story not easily told through the dollars and numbers language of many City Councils. She studied Kinesiology and Health Promotion at SFU and has instructed courses in Health Promotion at UBC.

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## JACQUELINE HAGEL

### Government of Saskatchewan – Ministry of Education

Jacqueline Hagel is an instruction consultant and provincial lead for the OurSCHOOL Survey with the Ministry of Education in the Student Achievement and Supports Branch. She has worked as a consultant/coach and teacher in the area of Educational Support for over 20 years. Her passion is to support the building of partnerships/community as a catalyst for school improvement. Jacqueline is committed to the leadership of professional development by providing skills, supports and resources to help school communities to succeed.

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## PETER CULLEN

### Account Success in New Brunswick

Peter Cullen is a senior member of The Learning Bar's OurSCHOOL Survey account success team. He works with educators to measure and communicate well-being, engagement, classroom climate and other factors known to affect school outcomes. Peter loved teaching elementary students in Hong Kong and Canada for 10 years. After meeting The Learning Bar's president, Dr. J. Douglas Willms, Peter joined the company's First Nations literacy initiative (Confident Learners), and later transitioned to supporting OurSCHOOL's 225 active Canadian school districts. Peter also leads Fredericton's geocache series and coordinates volunteers for music festivals.

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## HOWIE DAYTON

### City of Toronto

Howie Dayton is the Director of Recreation for the City of Toronto's Parks Forestry and Recreation Division. Howie is a seasoned public sector leader at both the municipal and regional levels of government. Howie is Past President of Parks and Recreation Ontario, Founding Chair of the Playworks Partnership for Youth and Past Co-Chair of the task force on Affordable Access to Recreation in Ontario.

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## ROBIN CAMPESE

### Saskatchewan Ministry of Parks, Culture and Sport

Robin Campese was seconded to the Saskatchewan Ministry of Parks, Culture and Sport as Acting Executive Director of Visitor Experience in September 2017. With over 12 years of public sector experience, Robin has expertise in the fields of marketing, communications and strategic planning. Currently, she is responsible for public and educational programming, as well as the visitor experience of campers and day users within the Saskatchewan Parks system. Robin has a Bachelor of Arts in Professional Communication from Royal Roads University and a Diploma in Agriculture from the University of Manitoba.

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## DAWN CARR

### Canadian Parks Council

Since 2012, Dawn Carr has been the Executive Director of the Canadian Parks Council, providing professional services to senior executives in Canada's provincial, territorial and federal park agencies. With over 20 years of experience in parks, Dawn's passion extends into volunteer roles on 3 world conservation commissions, and board positions with the Child and Nature Alliance of Canada, Outdoor Play Canada, and the Canadian Committee for the IUCN. Dawn holds a Master of Public Administration from Queen's University and a Master of Arts focused on protected area planning from the University of Waterloo.

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## MEGAN JONES

### Stantec Consulting Ltd.

Megan Jones is a Community and Parks Planner with more than 14 years of experience. Her focus has been on collaboratively designing high-quality, connected, functional, inclusive, resilient and healthier communities. She was one of the local members of the "Healthy Canada By Design (HCBD) CLASP Initiative" that highlighted the link between community health and design. The Framework has been a key document to creating goal-oriented Master Plans for communities. Outside of Stantec, Megan keeps busy by volunteering for KidSport and YWCA, reading a book in a park, leading fitness classes or walking her two giant dogs.

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## JENNA HUTTON

### Dream Development

Jenna Hutton is a graduate of the University of Alberta, holding a Bachelor of Arts degree majoring in Urban Planning and is a candidate member of the Canadian Institute of Planners. As Development Coordinator with Dream, Jenna works on the full development process including land acquisition, municipal approvals, land use planning and design, servicing and marketing. Prior to Dream, Jenna worked in both a private and public sector planning capacity in Edmonton. These experiences provided her with an understanding of how to approach policy and guidelines and implement them through detailed design and placemaking initiatives.

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## CAROLINE SPARKS

### Recreation North

Caroline Sparks, presenting on behalf of the Recreation North partnership, is a long-time Yukoner with education and experience in recreation and community development. Caroline has worked, presented and participated on recreation, active living and sport initiatives from local to national levels. Since writing a commissioned paper for the 2011 Recreation Summit, Caroline has focused significant effort on strengthening recreation capacity in the North's rural and remote communities.

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## GEOFF RAY

### NWT Recreation & Parks Association

Geoff Ray has been working with the NWT Recreation & Parks Association since 2003. As an advocate for recreation in the NWT, Geoff has worked hard to build the Recreation North partnership and to increase recreation capacity across the NWT. Geoff lives in Yellowknife, NWT with his wife and two kids. He loves to paddle in the summer and ski in the winter.

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## KYLE SEELEY

### Government of Nunavut

Kyle Seeley, Director, Sport and Recreation for the Government of Nunavut is based in Baker Lake.

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## ELIZABETH AYERS

### City of Richmond

Elizabeth Ayers has 30 years of experience in recreation, with roles ranging from recreation services management, facility management, new facility development and strategic planning. In her current role as Manager, Community Services Planning and Projects with the City of Richmond, she provides leadership and direction in strategic business planning for major projects, policy development and marketing across the Community Services Division, including the areas of recreation and sport, arts culture and heritage, parks services and community social development.

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## CAROLYN TRONO

### Sport for Life

Carolyn Trono is the Director of Long-Term Athlete Development for the Sport for Life Society and is passionate about providing opportunities for all people to get involved in sport and physical activity. She has worked with many sport organizations at the community, provincial and national level in the areas of strategic planning, Canadian Sport for Life implementation and coach education. In the past she has worked with Rowing Canada Aviron, Special Olympics Canada, Canadian Bowling Federation, Canadian Broomball Federation, and Tennis Canada in the development of their Long-Term Athlete Development frameworks.

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## JANE KOEPKE

### Jane of All Trades

Jane Koepke is a lifelong Yukoner and principal of a small consultancy that provides planning and project management services in the fields of community development, parks, recreation and tourism. Jane's work seeks to strengthen connections between citizen engagement, environmental and economic sustainability, and health and wellness. Jane is a Registered Professional Planner (RPP) and recipient of the Governor General's Meritorious Service Medal for founding the Singletrack to Success Project.

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## Government of Alberta – Recreation and Physical Activity Division, Alberta Culture and Tourism

Alberta Culture and Tourism’s Recreation and Physical Activity Division works to advance the goals of the Framework for Recreation in Canada and the outcomes of a more active Alberta. The Division’s primary roles are to demonstrate leadership to identify, design, influence and develop evidence informed recreation, physical activity and sport policy and standards; facilitate coordination of the recreation and physical activity sectors working toward common outcomes at the local, provincial and national level; and manage and influence resources to support recreation and physical activity initiatives and organizations.

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## Federal – Provincial/Territorial Physical Activity and Recreation Committee

Federal – Provincial/Territorial Physical Activity and Recreation Committee (PARC) was established by the F/P/T Ministers responsible for sport, physical activity and recreation in 1986, as a formal mechanism for cooperation between the federal government and provincial/territorial governments at the officials’ level in matters relating to physical activity and recreation. PARC is responsible to manage the implementation of the *Framework for Recreation in Canada 2015: Pathways to Wellbeing and A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let’s Get Moving*.

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## BENJAMIN JONAH University of New Brunswick, Alberta Recreation and Parks Association

Benjamin Jonah is a Masters Candidate at the University of New Brunswick in Sport and Recreation Studies, whose research is focused solely on the Framework for Recreation in Canada. Over the course of the last year Mr. Jonah has conducted research investigating the content implementation of the Framework in Alberta municipalities. Mr. Jonah has a BSc. in Kinesiology Exercise Science from LeTourneau University and has been working with the Alberta Recreation and Parks Association over the duration of the research.

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## DR. JACKIE ONCESCU Vancouver Island University

Jackie Oncescu is a Professor, Researcher and Consultant in the field of recreation management and community development. Her work has largely focused on community development, particularly leisure’s role in creating resilient individuals and communities. Her most recent work utilizes the principles of social innovation and leisure education to help community practitioners support marginalized populations’ access and participation in leisure opportunities.

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## MONI LOEWEN Executive Director of Recreation Opportunities for Children Inc.

Moni Loewen is the Executive Director of Recreation Opportunities for Children (ROC) Eastman, a children’s charity dedicated to helping kids discover their passions and how to make those dreams a reality. A life-long resident of the Eastman region, Moni holds a degree in Recreation Studies from the University of Manitoba. She has extensive knowledge and experience in both the private and public sectors and enjoys developing partnerships between the two.

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## JESS DUNKIN NWT Recreation and Parks Association

Jess Dunkin is the Director, On the Land Programs at the NWT Recreation and Parks Association, and the NWTRPA’s representative on the NWT On The Land Collaborative. When she isn’t working with NWT communities to support land-based programs, she can be found paddling, skiing, or tweeting about life in the #SpectacularNWT. Jess holds a Bachelor of Education from Trent University and a PhD in the history of recreation from Carleton University.

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## KYLE RICH Brock University

Kyle Rich is a lecturer at Brock University in the Department of Recreation and Leisure Studies. His research focuses on sport and recreation management in and for diverse communities – particularly in rural contexts. Kyle has a Bachelor of Science and Master of Arts in Human Kinetics from the University of Ottawa and recently completed his Ph.D. in Kinesiology at Western University. He has worked on action oriented research projects with sport and recreation organizations such as the Canadian Red Cross, the Community Cup and the Municipality of Powassan Recreation Committee.

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## JARED KOPE PacificSport Fraser Valley

Jared Kope is the Executive Director at PacificSport Fraser Valley, an organization championing quality sport. As part of his role, Jared works extensively with municipal parks and recreation departments in sport and physical literacy strategy. Jared has a Bachelor of Physical Education and Recreation from the University of Alberta, and a Master of Arts degree in Human Kinetics from the University of Ottawa. In the past, Jared has worked for organizations such as the Mozambique National Olympic Committee, Commonwealth Games Canada, and Right To Play, focusing on sport for development.

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## DESIREA AGAR

### Alberta Health Services

Desirea is a Health Promotion Coordinator with Alberta Health Services. Here, her work is focused on supporting school jurisdictions in advancing comprehensive school health initiatives, specifically in the areas of active living, healthy eating, and positive mental health. Desirea has a Bachelor of Arts Degree in Kinesiology from the University of Lethbridge and a Master of Arts Degree in Human Kinetics with a Women's Studies Specialization from the University of Ottawa. Previously, she was employed with the Saskatchewan Parks and Recreation Association as the Consultant – Youth Engagement.

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## TROY D. GLOVER

### University of Waterloo

Troy Glover is a Professor in the Department of Recreation and Leisure Studies and Director of the Healthy Communities Research Network at the University of Waterloo. Focused primarily within an urban context, his research explores the role(s) of leisure, tourism, and events in advancing or deterring community. Dr. Glover's work within the areas of social capital and transformative placemaking aims to expose social inequities to encourage critical reflection about exclusive practices or policies that privilege certain groups over others. Dr. Glover's research is also aimed at engaging community members directly in dialogue to envision their aspirations for the future of their community.

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## CRAIG CAMERON

### University of Alberta

Craig Cameron (PhD) is Alberta's Senior Recreation Liaison. His work focuses on building positive working relationships between researcher, policy-makers and practitioners in Alberta. The position is supported by the Government of Alberta, the University of Alberta, and the Alberta Recreation and Parks Association. Craig also manages the CPRA Professional Development Certification Program and serves on the Leisure Information Network (LIN) board.

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## MARC-ANDRÉ LAVIGNE

### University of Quebec at Trois-Rivières

Marc-André Lavigne is a Professor within the Department of Leisure Studies, Culture and Tourism at the University of Quebec at Trois-Rivières. Marc-André has a Master's Degree in Leisure, Culture and Tourism, and a PH.D. in Public Administration, specializing in Analysis and Policy Management. Marc-André has a variety of research interests, including recreation governance, public policy, recreation and leisure management and professional development for recreation practitioners.

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## CJ NOBLE

### Canadian Parks and Recreation Association

CJ Noble has been the Executive Director of the Canadian Parks and Recreation Association since 2011. CJ has provided key leadership as the Association has renewed its influence, profile and contribution to the parks and recreation sector. CJ played an essential role in the development and now the implementation of the Framework for Recreation in Canada. She served as the Co-Chair for the Framework National Development Working Group and now serves as the Co-Chair for the Framework National Implementation Working Group.

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## PHILIP HOCHMAN

### Sport for Life

Philip Hochman has been a builder, teacher and facilitator for all levels of sport throughout Canada and abroad and is currently a Sport for Life Community Mentor in Atlantic Canada, as well as a Master Coach Developer for the Coaching Association of Canada. Philip is a retired municipal recreation director, Past President of the Canadian Parks and Recreation Association and of Recreation Nova Scotia. Philip has also founded Flatbush East, an international sport and recreation consulting firm, and continues to be active in sport, a trait he has passed on to his two children.

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## AMANDA GUTHRIE

### OUTSaskatoon

Amanda Guthrie is the Education & Operations Manager at OUTSaskatoon, Saskatoon's LGBT community and resource centre. In her position, Amanda works with school divisions, health regions, community based organizations, businesses and corporations throughout the province, educating people on the necessity and benefits of inclusive policy and practices. She has also worked extensively with LGBT youth and brings a wealth of knowledge about how to best support and celebrate gender and sexual diversity. In her spare time she enjoys cooking, kayaking, running, and spending time with her wife Heather and their dog Kathy Bates.

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## JANIE ROMOFF

### City of Toronto

Janie Romoff is the General Manager of Parks, Forestry and Recreation with the City of Toronto. Janie is a seasoned leader in the public service having worked in progressive roles at the municipal and provincial level. Janie is Past President of Parks and Recreation Ontario and past member of the CPRA Board. Janie has been instrumental in a number of policy and provincial initiatives, including but not limited to the founding of the HIGH FIVE® program and bid secretariat for the 2015 Toronto Pam Am Games.

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## PATTI-JEAN NAYLOR

### University of Victoria

Patti-Jean Naylor is a Professor in the School of Exercise Science, Physical and Health Education at the University of Victoria. Her primary area of research is childhood obesity and chronic disease prevention using a socio-ecological framework and focusing on implementation of interventions in the settings where children live, learn and play. She has been involved in the implementation and impact evaluation of the British Columbia Healthy Food and Beverage Sales in Municipal Recreation and is Co-Principal Investigator of the Eat Play Live project, which is a Heart and Stroke Foundation of Canada funded study about food environments in recreation facilities across Canada.

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## TRACY SANDEN

### Saskatchewan Health Authority

Tracy Sanden is a Public Health Nutritionist with the Saskatchewan Health Authority. Based out of Regina, Tracy works provincially and locally to create healthy and supportive environments where people live, learn, work and play.

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## LISA MCLAUGHLIN

### Alberta Recreation and Parks Association

Lisa McLaughlin is the Program Manager for Communities ChooseWell at the Alberta Recreation and Parks Association and has been involved in mobilizing resources to support recreation facility efforts to change the food environment.

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## RACHEL PROWSE

### University of Alberta

Rachel Prowse is a PhD student at the University of Alberta working with Professor Kim Raine. Rachel is the Eat, Play Live Provincial Coordinator in Alberta but importantly, she has also designed and validated a tool for assessing the Marketing environment and children's exposure to marketing in recreation facilities.

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## SHERRY JARVIS

### Dalhousie University

Sherry Jarvis is the Provincial and Research Coordinator both on the Healthy Eating in Recreation and Sport Study (HERSS), which examined the factors that influenced providing a healthy food environment, and the Eat, Play, Live study in Nova Scotia where she supports community action.

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## NOELLE VIRTUE

### British Columbia Recreation and Parks Association

Noelle Virtue has a Master of Food Policy from City University, London and is the Provincial Coordinator for the BC Recreation and Parks Association Stay Active, Eat Healthy initiative and for the Eat, Play, Live project.

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## BRENDA HERCHMER

### Campus for Communities of the Future

Brenda Herchmer is a passionate community builder and owner of Grassroots Enterprises and a social enterprise called Campus for Communities of the Future. A speaker, trainer and consultant, she is also an avid blogger and the author of three books including Community Building for Recreation Practitioners. She has worked for ARPA, the City of Niagara Falls, and as a Recreation Professor and Director of the Centre for Community Leadership at Niagara College. Brenda is a YWCA Woman of Distinction in Training and Education, and won the 2016 Brock University Applied Sciences Distinguished Graduate Award.

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## DIANE ENGLISH

### Parks and Recreation Ontario

Since 2006, Diane English has worked with Parks and Recreation Ontario (PRO) in policy and communications. Diane is a graduate of the Maytree Foundation's Public Policy Training Institute, where she focused on affordable access to recreation. With PRO, she provided policy support for the Ontario Task Group on Affordable Access to Recreation, and contributed to the published Framework on Affordable Access to Recreation. Diane leads a variety of the public policy initiatives for PRO, including infrastructure funding for parks and recreation, research on the public's perception of the benefits of local recreation and parks and reconnecting children with nature.

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# FORUM REGISTRATION FORM

- Early Bird Deadline: **March 29, 2018**
- Final Registration Deadline: **April 24, 2018**
- Register online at [www.gatheringstrength.ca](http://www.gatheringstrength.ca)

## PARTICIPANT INFORMATION

Name \_\_\_\_\_ Job Title \_\_\_\_\_

Employer \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Province/Territory \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

**Please indicate your requirements to help us plan an event that meets your accommodation and inclusion needs:**

- Dietary - Please specify: \_\_\_\_\_
- Mobility and Service Requirements – Please specify: \_\_\_\_\_

## REGISTRATION RATES (includes all Keynotes, education sessions, social events, scheduled meals and taxes)

- Early Bird Rate (Register on or before March 29, 2018) – **\$315**
- Regular Rate (After March 29, 2018) – **\$365**
- Student Rate (Confirmation of Enrollment required) – **\$235**

## REGISTRATION AND PAYMENT

**Two options to register:**

1. Online at [www.gatheringstrength.ca](http://www.gatheringstrength.ca) and pay by cheque, Paypal or Visa/Mastercard
2. Mail completed Registration Form and Cheque (Payable to SPRA) to:  
Saskatchewan Parks and Recreation Association  
100-1445 Park Street Regina, SK S4N 4C5

**Post-dated cheques will not be accepted.**

**Registrations will not be processed until payment is received.**

## CANCELLATION AND REFUND POLICY

- Cancellations must be received in writing and submitted to [gatheringstrength@spra.sk.ca](mailto:gatheringstrength@spra.sk.ca).
- A \$150 cancellation fee will be applied, with no refunds issued after April 24, 2018.
- Onsite refunds are not permitted.

## CONTACT US

[gatheringstrength@spra.sk.ca](mailto:gatheringstrength@spra.sk.ca)

Phone: 1-800-563-2555

## SESSION SELECTION (select one session per block)

### Session Block A – Wednesday, May 9, 2018 | 10:00 am - 11:00 am

- A1 – Elders in Motion
- A2 – All Abilities Welcome
- A3 – One School’s Journey into Nature Play, Physical Literacy, and Lifelong Active Living
- A4 – Using Recreation to Bring Life to Public Spaces: On Transformative Placemaking and Belonging
- A5 – Align Local Level Strategic Planning with the Framework

### Session Block B – Wednesday, May 9, 2018 | 11:15 am - 12:15 pm

- B1 – Getting Kids Active One Community at a Time
- B2 – In the Beginning, then TRC, and Natural Law
- B3 – Stories about Connecting People to Nature
- B4 – Couldn’t Have Done it Better if We’d Planned It!
- B5 – Applying a Continuous Improvement Lens to Assess Recreation Program Delivery

### Session Block C – Wednesday, May 9, 2018 | 1:30 pm - 2:30 pm

- C1 – Saskatchewan Student Voice – How Can We Learn from the Voices of Over 100,000 Saskatchewan Students?
- C2 – City of Toronto: The Public Good of Recreation
- C3 – Parks for All: An Action Plan for Canada’s Parks Community
- C4 – Community Building and the Framework
- C5 – Strengthening Recreation Capacity Across the North

### Session Block D – Wednesday, May 9, 2018 | 2:45 pm - 5:00 pm

- D1 – The Wascana Park Experience
- D2 – Here’s Where I Fit In: Connecting Researchers and Practitioners in A National Knowledge Development Strategy

### Session Block E – Thursday, May 10, 2018 | 9:00 am - 10:00 am

- E1 – A Community Action Plan for Wellness
- E2 – Creating Quality Experiences for Newcomer Canadians in Sport and Physical Activity
- E3 – Building a destiNation, One Trail at a Time: Lessons from the Singletrack to Success Project
- E4 – Implementation and Monitoring Group Framework Survey and Audit Tool
- E5 – Alberta’s Learnings on Building on the Basics: Planning for Recreation in Emergency Response and Recovery

### Session Block F – Thursday, May 10, 2018 | 10:15 am - 11:30 am

- F1 – Policy Connections in Physical Activity, Recreation and Sport
- F2 – Reaching the Hard to Reach: How to use Social Innovation to Support Low-Income Families’ Recreation Participation
- F3 – Strengthening Connections to Land, Language, and Culture
- F4 – Understanding the Improving Capacity with Diverse Community Contexts and Organizations
- F5 – Gathering Strength Towards a Knowledge Development Strategy

### Session Block G – Thursday, May 10, 2018 | 12:45 pm - 2:00 pm

- G1 – Integrating Physical Literacy into a Community’s “Mindset”
- G2 – Making Recreation Inclusive: LGBTQ Identities, Myths, and How to Create Inclusive Spaces and Programming Within Sport and Recreation
- G3 – Building Parks of the Future – A Renaissance Period in Toronto’s Love of Parks
- G4 – Changing the Food Environment Landscape in Publicly Funded Recreation and Sport Facilities
- G5 – Are You a Future Focused Recreation Leader?

### OPTIONAL

Rise and Shine Workout – Wednesday, May 9, 2018 | 6:00 am - 7:00 am  Run or  Yoga

Rise and Shine Workout – Thursday, May 10, 2018 | 6:30 am - 7:30 am  Run or  Yoga

*Attendance at, or participation in, this event constitutes consent to the use and distribution by SPRA of your image or voice for informational, publicity, promotional, and/or reporting purposes in print or electronic communications media.*

*Participation in some of the activities such as the Rise and Shine Workouts is voluntary and you will be asked to sign a release of liability form prior to your involvement.*