



# Rec Room!

## If You Build It They Will Come

By Cheryl Taylor, Edmonton Garrison Community & Recreation Director

It's a proven fact. To quote the movie Field of Dreams, "if you build it they will come". Such was the case on the weekend of June 25 and 26, 2005 when sixty-nine volunteers dedicated up to twenty hours of their weekend to build the Lancaster Park Skate Park. No sooner had the first ramp been put together then the skateboarders, BMX'ers and in-line skaters took to their wheels. This \$215,000 project was a year in the making starting with the idea, site selection, footprint plan, selection of equipment, pursuit of funding and finally the installation. Funding for the Skate Park was provided by Edmonton Garrison public and non public funds, revenue from the Edmonton Garrison Community Recreation Vehicle Lot and a \$50,000 Provincial Community Facility Enhancement Program Grant. The Grand Opening of the Lancaster Park Skate Park was held during the

third annual Edmonton Garrison Canada Day Block Party on July 1. The official ribbon cutting ceremony, conducted by the Base Commander Lieutenant-Colonel A.F. Markewicz, was followed by skateboard, BMX and in-line skating demonstrations. Many thanks to all who assisted in the de-



velopment of this excellent youth oriented facility.

### **Communications Corner—NPP InfoService kiosks**

By Brigitte Smiley, Communications Manager, Apropos Editor in chief, CFPSA, Ottawa, (613) 996-6393, apropos@cfpsa.com

Non-Public Property (NPP) InfoService kiosks will be deployed at bases, wings and units across Canada starting November 7, 2005. Halifax, Greenwood, Gagetown, Borden, Trenton, Petawawa, Kingston, Cold Lake, Winnipeg, Comox, and Esquimalt will be the first to have these kiosks and more will follow during the year.



The NPP InfoService Kiosks are computer terminals with access to information about programs and services offered by NPP such as CANEX, SISIP FS, PSP and Canadian Defence Community Banking (CDCB). Look for these kiosks in your local CANEX or in a PSP area and tell us how we could improve their content, by sending an email to apropos@cfpsa.com.

In case you haven't heard, Apropos is a NPP employee newsletter published three times a year by CFPSA. It contains articles submitted by people like you who want to share:

- Achievements, challenges and lessons learned
- Best practices
- Current events and new initiatives

Complete submission guidelines are available at [www.cfpsa.com](http://www.cfpsa.com) through the Apropos link on the front page. While you are there, take time to read previous issues. You will find out how you are eligible for the new Canadian Defence Community Banking program and DND Photo Contest, learn what NPP means, and mostly, see what fellow NPP employees are doing.

I look forward to receiving your articles.

## **PSP Community Recreation**

Volume 3 Issue 4

November 2005

Did you know that FREE volunteer resources can be ordered through Volunteer Canada—[www.volunteer.ca](http://www.volunteer.ca) for details

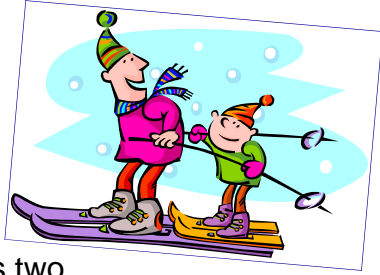
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## Benefits Driven Recreation

Did you know that:

- Recreation and active living can help increase life expectancy by as much as two years?
- Recreation, sports, and arts/culture help reduce self-destructive behaviour in youth by acting as an antidote for smoking, substance abuse, depression, and suicide?
- Participation in recreation, sports, and fitness improve work performance through increased productivity, decreased absenteeism, decreased staff turnover, and reduced 'on the job' accidents?



These amazing facts, and more, can be found in the **New Benefits Catalogue**.

The Benefits Catalogue, a publication of the Canadian Parks and Recreation Association, provides documented research outlining why recreation, sports, fitness, arts, culture, and parks are essential in the development of healthier individuals and communities.

To order the New Benefits Catalogue visit:  
[http://www.cpra.ca/cpra-new/Publications/resource\\_form.pdf](http://www.cpra.ca/cpra-new/Publications/resource_form.pdf)



## CONGRATS TO...

Claire Deschênes — CRC Bagotville on her receipt of the CF Civilian Coach of the Year Award. Claire received this important recognition at the re-

cent CF Sports Awards Ceremony held in Ottawa.

## Communities In Bloom

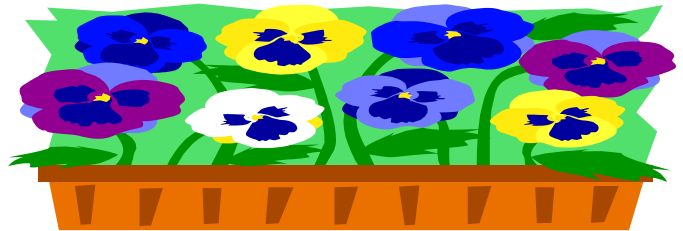


Looking for a new way to engage the community and foster a sense of pride?

Even though the snow is about to fly, now is a good time to start thinking about flowers and community beautification.

Communities In Bloom is a non-profit Canadian organization committed to fostering community pride, environmental responsibility and beautification through community participation and the challenge of national competition. These initiatives also encourage participation from all ages and all walks of life.

For more information on how your community can get involved in this colourful, national initiative, please visit the Communities in Bloom website at:  
[www.communitiesinbloom.ca](http://www.communitiesinbloom.ca)



## LOOKING FORWARD TO SUMMER?

July 22nd is drowning prevention day. Visit [www.lifesaving.ca](http://www.lifesaving.ca) for more details.



## DID YOU KNOW???

The Canadian Parks and Recreation Association has proclaimed June as Recreation and Parks Month. What will your community do to celebrate?

# BREAKING THE ICE

# Getting More Girls Active

*You can discover more about a person in an hour of play than in a year of conversation.*

*-Plato*

Facilitation is never easy! Getting a group engaged is always a challenge. Good old fashioned get-to-know-you activities are always great—but keeping ice-breakers fun and fresh is difficult. Help!?!

If you are planning for your next youth committee meeting or staff training session, be sure to check out the following link to get some great icebreakers and games you can use for just about any group.

[www.wilderdom.com/games/gamespecific.html](http://www.wilderdom.com/games/gamespecific.html)



The Canadian Association for the Advancement of Women in Sport and Physical Activity (CAAWS) initiative, On the Move (OTM) program is aimed at increasing opportunities for inactive girls and young women (ages 9-18). OTM, which encourages physical activity, will be holding a series of workshops in 2005-06.

The workshops are interactive, issue-based sessions that provide an overview of the initiative, share best practices from across Canada, and provide “how-to” tips to increase the participation of girls and young women. The workshops also provide an opportunity for participants to network and discuss collaboration and local action to make a difference in the lives of girls and young women.

These workshops are FREE, but space is limited. For a workshop schedule or for more information please visit the On the Move website at :

<http://www.caaws.ca/onthemove/e/index.htm>

## Does your Community see the value of recreation and sport as a way to connect people?

If your community believes in the power of recreation and sport to positively influence people...if your community celebrates its volunteers ...if your community emphasizes the value of fair play...if your community supports opportunities to participate, as well as, to pursue excellence...maybe your community is a True Sport Community.

Each year, the True Sport Foundation, in partnership with Bell Canada, celebrates the accomplishments of three Canadian communities that use the potential of sport and recreation to unite and inspire its citizens to create stronger, more vibrant communities.

The deadline for applications is 20 January 2006. All submission are evaluated based on the following criteria:

- Fun
- Excellence
- Fairness
- Inclusion



Winning locations will be recognized at the 33rd Annual Canadian Sport Awards ceremony and winners will receive additional recognition including the following :



- True Sport Community road sign
- A True Sport Development Grant of \$10,000

For more information, or to apply, visit: <http://www.truesportpur.ca/index.php/category/3>

**PSP Community Recreation**

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**NRYSM** can be reached at: 613-995-7802 or ogilvie.la@forces.gc.ca  
**NRYSM** can be reached at: 613-992-4642 or rooke.lara@cfpsa.com

**Serving Those Who Serve**



A Division of the Canadian Forces Personnel Support Agency  
Une division de l'Agence de soutien du personnel des Forces canadiennes

*Volunteer Resources*

Volunteers are very much the heart and soul of many of the programs, clubs and services we offer.

Beginning with this edition of the Rec Room!, we are showcasing some of the resources available to assist volunteer managers with all aspects of volunteer relations.

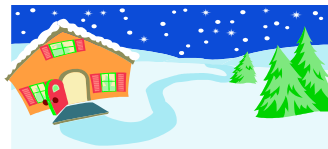
In this edition:  
Volunteer Connections: Family Volunteering—  
Making It Official  
This manual, available through Volunteer Canada, was developed to help guide volunteer-involving organizations in the development of effective strategies to proactively reach out and engage family groups as a new source of volunteer help.

Got a success story you would like to share? Why not submit it to APROPOS—the NPF staff newsletter. To submit, or for more information, contact Brigitte Smiley at: smiley.brigitte@cfpsa.com

The next edition of the Rec Room! is due out in the winter 2006. Submissions are always welcome. Please send them electronically to rooke.lara@cfpsa.com along with any pictures you might have. We welcome stories of any length. Thanks to Cheryl Taylor and Brigitte Smiley for their contributions to this edition!!!!

The manual presents both the challenges and the benefits of using family groups within an organization, and provides a series of valuable tools for organizations that are considering opening up to family volunteers.

For a downloadable copy of this resource visit:  
<http://www.volunteer.ca/volunteer/pdf/FamVolEng.pdf>



*The National Recreation Team wishes you and your family a safe and happy festive season.*