



Sept. 2003

NWT RECREATION AND PARKS ASSOCIATION

# NWTRPA Newsletter

## Facilities

The NWT Recreation and Parks Association has been working hard on recreation facility issues in the NWT. In May, the NWTRPA hosted a Level 1 and 2 Pool Operators Course in Yellowknife.

These courses taught participants the ins and outs of how to safely operate a pool. Seven participants from across the territory attended the courses.

The NWTRPA, MACA and the City of Yellowknife also hosted the Canadian Recreation Facilities Council (CRFC) AGM last June. Members from across the country came to hear about each others' activities and achievements over the last year. The conference also heard from guest presenters

including, the National Spa and Pool Institute who introduced themselves and outlined the possible benefits of a partnership with the CRFC, the NWT School of Community Government who discussed the current facilities training structure in the NWT, the Ledge Freeboards group who demonstrated their ledge free dasher boards, and the Canadian Standards Association who gave an

overview of the on-going development of Guidelines for Spectator Safety in Arenas. All the participants had a great time and we will all be looking forward to next year's conference in New Brunswick. For more information, check out the CRFC website at [www.crfc.ca](http://www.crfc.ca).

The NWTRPA is committed to providing on-going facilities training opportunities to its members and recreation professionals in the NWT.

### Where to be in the NWT

**Sept. 4-7 Yellowknife:**  
Corporate Challenge

**Sept. 6-7 Hay River:**  
23rd Annual Fall Fair

**Sept. 7 Tuktoyaktuk:**  
Grandparents BBQ

**Sept. 13 Fort Smith:**  
Trans Canada Trail Gateway Opening

**Sept. 14 Territorial Wide:**  
Terry Fox Run

**Sept. 20 Tuktoyaktuk:**  
Volunteer Recognition Dinner

**Sept. 21 Yellowknife:**  
Grand Opening of Multiplex

**Oct. 8-14 Inuvik:**  
Minor Hockey School

**Oct. 17-19 Inuvik:**  
Figure Skating Clinic

*Do you have events that you want posted?*

*Send to: [admin@nwtrpa.org](mailto:admin@nwtrpa.org)*

## Chris Szabo Wins CPRA Award of Merit!

Congratulations to Chris Szabo who won the Canadian Parks and Recreation Association 2003 Award of Merit. Chris has been in the North for over 16 years where he started his career as a Recreation Coordinator and was a founding member of the NWT Recreation and Parks Association. **Congratulations Chris!!**

## Recreation Week– Get Active, Get Going!!

School is underway and the year is starting anew. There is no better time to get involved and celebrate with your community. To kick it all off, the NWT Recreation and Parks Association (NWTRPA) has declared September 14<sup>th</sup> to 20<sup>th</sup> as **Recreation Week**.

Recreation Week is an annual event organized by the NWTRPA to recognize

recreation professionals and volunteers and to promote active living. The theme for this second annual event is "**Get Active, Get Going!!**" encouraging all NWT residents to pursue an active lifestyle.

The primary objective of Recreation Week is to recognize Recreation in all of its forms, from the

efforts and hard work of the many dedicated volunteers and Recreation Coordinators, to the importance of leading healthy balanced lifestyles by participating in varied recreational activities.

Recreation enhances our quality of life and encourages balanced living and lifelong learning. It helps people live happier,

## Meet Tausia Kaitu'u-Lal

Tausia Kaitu'u-Lal is the Recreation Coordinator in Fort Resolution, a community of 600 people. Originally from the Fiji Islands, Tausia came to the NWT as a tourist and she has been in Fort Resolution ever since.

Tausia is always very busy trying to program events that will involve the entire community – from field sports in the summer to hockey programs in the winter. Of course, this also includes traveling out of town for many sports events!

Tausia is particularly proud of last year's hockey program that brought local youth and the RCMP together. The RCMP helped to purchase

hockey equipment for some of the youth in the community and committed themselves and their time to promote non-violent forms of recreation. The entire community was very pleased with the results of this program.

"We are very proud of the success of this venture between the RCMP and the community; we plan to continue the program again this year. As a matter of fact, the RCMP has already committed to the hockey program and the community is very pleased about this", states Tausia.

As a Recreation Coordinator, providing positive forms of recreation, especially for

the youth of Fort Resolution, is very important to Tausia, however, this can only be accomplished as a group effort. Volunteers are needed in Fort Resolution, especially for the hockey season. Any successful community endeavor depends on the efforts of volunteers and Fort Resolution would like to get as many volunteers as possible. Anyone interested in volunteering should contact the community arena or recreation office.

Tausia, cheers to you for your efforts and the best of luck with the upcoming hockey season.

*Claudia Redmond, NWTRPA*

## RecreationWeek cont'd

healthier and longer lives, it helps people develop skills and builds a positive self image in children and youth. Recreation develops creativity, healthy bodies, and positive lifestyle changes.

Informative packages are being sent out to promote the goals of Recreation Week. They are being sent to Recreation Coordinators, Health Professionals, Senior Administrative Officers, and Schools. Packages, contain posters, Leaders Guides, and *Go For Green* Prescription Pads. These packages are an excellent resource to be used in the promotion of recreation and active living.

A motion, endorsed by the NWT Association of Communities and the NWTRPA, is also being sent out to all of the community councils to recognize Recreation Week and to show support for Recreation Coordinators and their volunteers, and to highlight the importance of recreation.

Thanks to everybody who helped, we couldn't have done it without you!!

*Tegan Ceschi-Smith, NWTRPA*

*Recreation and parks build strong communities and healthy families.*

## Broad-Based Recreation Programming

As Recreation professionals, we are often faced with the task of creating new programs for the community. We need to create programs that include as many people as possible. Here are some program areas that can help to diversify your programs:

1. **The Arts** includes performing arts (music, drama), visual arts (painting, carving) and new arts (photography, internet).
2. **Literary Activities** includes writing, reading, discussion groups. Story telling would be considered a literary activity.
3. **Aquatics** includes any type of activity that is water based.
4. **Sports and Games** involves all nature of sports and games.
5. **Outdoor Recreation** involves activities related to the natural environment (Canoeing, hunting, and camping).

6. **Social Recreation** brings people together for fun (Community festivals, dances).

7. **Self Improvement** includes activities that individuals do for self-improvement including intellectual, communication or interpersonal skills.

8. **Wellness Programs** are done for health, fitness and active living (aerobics, walking, nutritious cooking)

9. **Hobbies** include activities that individuals pursue with intense interest. (collecting baseball cards, stamps).

10. **Travel and Tourism** involves providing leisure services to people who are not from your community or providing programs that encourage locals to travel outside of your community (Guided tours, outfitting).

*Theresa Ross, NWTRPA President*