

# PLAY Notes

Volume 1 Issue 9

Winter 2009/2010

## Olympian Visits Grey Bruce



**Kimberly Ribble Orr, Canadian Judo Champion and 2000 Olympian, speaks to school students at OSCVI and SDSS earlier this fall**



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## ***Community Action Networks continue their busy work through the fall months...***



### **KINCARDINE CAN**

The Kincardine CAN has recently joined forces with the Kincardine Waves Youth Coalition. This group was busy over the summer months organizing activities for International Youth Day in August. The event held on the main beach included games, food, music and giveaways.

With special funding from Grey Bruce Partners in Health, PLAY and the Kincardine Recreation Department have implemented a "FIT BOX" program in the Tiverton arena in a room called the "Tiverton PLAY Station." With the funds the group purchased equipment including skipping ropes, pylons, a football, a mini hockey set including nets, a soccer ball and hula hoops. This equipment will remain in the arena for families to use. The idea behind the Fit Box is that many children have little to do while their siblings play sports. With the Fit Box, even children not directly involved with the organized activity can PLAY.

A second program, with funding from the Ministry of Health Promotion, is directed towards the youth in the community. Teens Knight Out (TKO) is a swim/gym program based out of the Davidson Centre. Funding will hire a part time student coordinator who will help organize and run events as well as recruit youth through the local high school. This program will begin in January 2010.

### **BROCKTON CAN**

The Municipality of Brockton continues to strive to achieve community wellness. Lynne Davidson was recently hired as the new Recreation Wellness Programmer. Lynne's role will entail researching and implementing health and wellness opportunities and programs in and around Brockton, as well as working collaboratively with community volunteer groups, School Boards and the Grey Bruce Health Unit.

Come on out December 28<sup>th</sup>, 2009, when the Olympic Torch travels through Walkerton. A great winter carnival is planned! There will be a variety of free, fun activities organized for residents of all ages throughout the day and into the evening. Healthy food choices, warm beverages, and shuttle transportation will also be offered at various locations throughout the town of Walkerton to encourage and support residents as they enjoy the many festivities with friends and neighbours.

## OWEN SOUND CAN

The Owen Sound CAN team has been and will continue to be very active over the next couple of months. Some of the recent and upcoming events include:

- ◆ A partnership with the Owen Sound and Area Family YMCA in response to the first annual Autumn Colours Run, a fundraiser on October 25, 2009. The hope is to build on this partnership in 2010.
- ◆ On November 29, 2009 the CAN Committee will be involved with “Festival in the Park.” CAN will organize and run the youth scavenger hunt at Harrison Park.
- ◆ On December 27th as a prelude to the Olympic Torch arriving in Owen Sound, the CAN committee will be present during the full day celebrations and will not only run a scavenger hunt, but will set-up a booth to display PLAY and have interactive Olympic themed activities. The CAN will also be involved in activities on December 28th when the torch arrives in the Scenic City.
- ◆ One goal of the Owen Sound CAN committee for 2010 will be approaching the private sector for ongoing funding.



## HANOVER CAN

- ◆ Family Fit Fun will return in January 2010. Families will have an opportunity to enjoy active gym time on Sundays from 3:00 to 4:30 pm, January 10 to March 7 at Hanover Family Centre gym (600 16<sup>th</sup> Ave - former James A Magee). Call 364-2310 for more information.
- ◆ Hanover Torch Relay Pre Event: Mayor’s Walk on Olympic Way – Sat. Nov. 28 at 10 am. Meet at the Civic Centre at 10 am. Participants are encouraged to wear red.
- ◆ Mon. Dec. 28: Join Hanover’s Celebration! “Support the Torch, Seize the Spirit” is the event’s slogan. Event details are still being finalized but plans are to have an opening ceremony, musical entertainment and a special display in the downtown core. For more details, check the Town’s website [www.hanover.ca](http://www.hanover.ca)



The CAN continues to receive space in the Hanover paper to promote PLAY through pictures of families being active. For submissions please email your PLAY photos to:

[hanoverplaycorner@hotmail.com](mailto:hanoverplaycorner@hotmail.com)

**Photos Wanted**

## **SAUGEEN SHORES CAN**

The Saugeen Shores CAN continues to promote walkability within the community. In support of October's IWALK to School Month, the CAN team approached local schools and encouraged students to get more active. St. Joseph's accepted the challenge of IWALK Month and implemented a school wide physical activity incentive program for October. As a school, the goal was to walk across Ontario. While this was a cumulative effort among all staff and students, individual students and classrooms were eligible for prizes from a local sporting goods store.

As mentioned in the last edition, CAN Committee members were seen throughout the summer months mapping the sidewalks within the municipality. These maps has now been passed to municipal employees to input the information onto a computer program. Once the computer mapping is complete, the Walkability Sub-Committee will take an advocacy role by presenting this information to Town Council.

This is all part of planning for a Walking Festival in June 2010. One member of the CAN has recently become certified in Nordic Poling. This discipline as well as geocaching, a heritage walk and events at McGregor Park will comprise the festivities for the weekend.

## **ARRAN-ELDERSLIE CAN**

Events were held at the local Fall Fair event in Chesley. This event was very well received by children and youth who tired of looking at the displays and were keen to get moving. Promotion of PLAY and the CAN Committee continues within both the school newsletters and bi-monthly municipal newsletter. A space within the municipal newsletter has been devoted to the PLAY initiative on a regular basis. Plans for the fall and winter months include hosting of free family skates in each of the three communities in the municipality. Corporate sponsors are being approached to provide healthy snacks and hot chocolate for the participants. In addition, the CAN group will be teaming with the Chesley Kinettes to offer a variety of events on Family Day.



## South Bruce Peninsula

### DROP IN SPORTS AT PENINSULA SHORES SCHOOL

Starting on Friday's in October from 7:00 pm – 9:00 pm teens in grades 9 – 12 can come out to the gymnasium in Peninsula Shores District School for two hours of open gym. Participants are welcome to come out and play basketball, indoor soccer, volleyball or a variety of other sports. There is no cost to attend and supervision will be provided on site.

**FIT FAMILY SUNDAYS** Starting on Sunday's in October from 1:00 pm – 3:00 pm families are welcome to come out to the gymnasium in Peninsula Shores District School for two hours of open gym. Parents can bring their children out to play games, use the equipment or just run around and burn off some of that seemingly endless energy. This is great parent and child participation program!



### PLAY STENCIL AVAILABLE FOR USE

The Municipality of Brockton has purchased a stencil of the PLAY logo for use on their arena ice surface this winter. Brockton has generously offered to share this stencil (Thanks, Dan!) with other communities who wish to decorate their ice surface while supporting the PLAY message. Please contact Dan Wilken at [dwilken@brockton.ca](mailto:dwilken@brockton.ca) or by calling 519-881-0626 if you wish to use the stencil on your ice.



### THANKS TO ARRAN-ELDERSLIE

A special thanks to the CAO, Treasurer, Program Coordinator and Municipal Council of Arran-Elderslie for their support and assistance with a PLAY application to the Ontario Trillium Foundation. As the lead applicant, Arran-Elderslie has agreed to oversee the financial responsibilities of the grant. If successful, funding from Trillium will hire a PLAY Coordinator for two years. The main focus of this position will be CAN Development, Event Planning, Social Marketing and Sustainability. Successful applicants for this round of funding will be notified in March with the potential hiring in April.



## JUST ONE MONTH UNTIL THE OLYMPIC TORCH ARRIVES IN GREY BRUCE...

As mentioned in our last edition of PLAY Notes the 2010 Winter Olympics in Vancouver are quickly approaching. On December 28th, 2009 the torch will visit Durham, Hanover, Walkerton, Kincardine, Tiverton, Port Elgin, Southampton, Saugeen First Nations and finish in Owen Sound. On December 29th the torch will leave Owen Sound and travel through Meaford, Thornbury and the Town of the Blue Mountains. The torch communities will be holding a variety of celebrations. Contact the closest torch municipality to see what is happening near you...



In order to build excitement for the upcoming winter games and the arrival of the Olympic Torch a variety of local, lead-up events have taken place or are being planned. Three such events are as follows:

### SCHOOL ASSEMBLIES — KIMBERLY RIBBLE ORR

As seen on the cover page of the PLAY notes, local students in Owen Sound and Port Elgin were treated with a visit from a former Olympian and Canadian Champion. RBC sponsored athlete, Kimberly Ribble Orr, highlighted two school assemblies with her inspirational words. Despite several career threatening injuries and heart breaking loses, Kimberly is the true definition of commitment, dedication and perseverance. Regardless of the injuries, Ribble Orr shares that “I achieved my dream of going to the Olympics and no one can take that away from me.” Her message to all listeners is that whatever life throws at you, regardless of how many times you’ve been knocked down, “keep getting up” whether it’s school, work, sports or life in general.





The Grey Bruce Health Unit and  
The Owen Sound Olympic Torch Relay Committee  
bring to you...



“Keeping Pace with the Torch”

All residents of Grey Bruce are invited to accept the challenge to “Keep Pace with the Torch” by walking a portion of the Olympic Torch Relay route between October 30<sup>th</sup>, 2009 and February 12<sup>th</sup>, 2010. While the entire torch route covers a distance of 45,000 km participants are asked to form teams of five and cover as much of the distance as possible by the time the torch travels throughout Canada and arrives back in Vancouver for the start of the Olympics.

The program will launch on October 30<sup>th</sup>, 2009 and teams are encouraged to join at any time. Individuals are encouraged to form teams of a minimum of 5 people to carry the torch and complete the journey. Each team will target to complete 4500 km of the torch relay in the 106 days the torch will travel across the country. This is the equivalent of each team covering 42.5 km per day or approximately 8.5 km per person for a five person team. Remember – these totals include all steps taken during the day and also include step equivalents earned by participating in alternative activities during the challenge such as swimming, dancing or raking leaves.

Each team should designate a team leader who will keep track of the team’s progress. This data will be entered weekly on the Keeping Pace website at [www.keepingpace.ca](http://www.keepingpace.ca) All you need to participate is a team captain, four other team members, a team name and lots of energy.



1. Form a Team of 5
2. Register @ [www.keepingpace.ca](http://www.keepingpace.ca)
3. Track your distance online

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Promotion

# 5<sup>TH</sup> ANNUAL REINDEER ROMP SAUGEEEN SHORES



## Olympic Torch Run Route Participant Vancouver 2010

### Reindeer Romp — Celebrating the Olympic Torch Run in Saugeen Shores

As part of the special lead-up activities for the Torch, the Saugeen Track and Field Club is hosting a 2k walk, 5k jog/run Reindeer Romp. This event will be a non-competitive fun event, held on December 20th. The route is an out-and-back course along the main street Port Elgin, starting and finishing at the Plex. The event will also include the Junior Jingle Jaunt, an 800m fun run for the youngsters. The Jingle Jaunt will commence at 8:40 with the Reindeer Romp following at 9:00 AM. The Jingle Jaunt is for children ages 3-11 years old..and any parents/guardians who want to accompany their junior jauntors. All participants in the Jingle Jaunt will receive a finishing prize. The Reindeer Romp 2k walk and 5k jog/run is for people of all ages. (For the run or walk, participants under the age of 11 must be accompanied by a parent or guardian aged 18 or older.) Participants in the Reindeer Romp can pre-register at Scoreboard in Port Elgin, the Bruce County Museum in Southampton, or Runner's Den in Owen Sound. OR, you can simply download the registration form from [www.stfc.org](http://www.stfc.org) and mail in your entry. There will also be same day registration at the Plex in Port Elgin commencing at 8am. (Please note: There is NO pre-registration for the Jingle Jaunt. Registration for the Jingle Jaunt event will take place at the Plex on the day of the event.

## PUPPETS TO SPREAD PLAY MESSAGE

The Canadian Mental Health Association - Grey Bruce Branch (CMHA/GB) has been offering the **Grey Bruce Friends and Neighbours (FAN) Club**, a children's mental health awareness and prevention program since 2003. Each year, the FAN Club program makes hundreds of presentations to over 9,000 children. This year a partnership with Public Health Grey Bruce, the Grey Bruce Branch of the Heart and Stroke Foundation of Ontario and United Way of Bruce Grey offers a new, more comprehensive healthy lifestyle presentation. This new "FAN Club Healthy Self" presentation will include information on, but not be limited to, healthy food choices, the importance of physical activity, the prevention of underage smoking and the importance of good mental health. The FAN Club Healthy Self presentations will include a short introductory puppet skit on healthy living (based on a play created by members of the Brockton South Bruce CAN Team, a local Play Bruce Grey municipal committee). In addition, information packages will be distributed to children and teachers in the audience. The material for these packages as well as suggestions for the presentation activities will be supplied and/or reviewed by staff of Public Health Grey Bruce, Grey Bruce Eat and Learn, and the Heart and Stroke Foundation of Ontario Grey Bruce. These packages will include information on the other partnership programs including SPARK (HSF) and **PLAY in Grey Bruce**.



## MESSAGE FROM PARTICIPACTION

ParticipACTION says it's time for a trade-in. Time for us to consider leaving our vehicles in the driveway and donning cycling helmets or running shoes instead. According to Canada's Physical Activity Guide to Healthy Active Living, adults need 60 minutes of daily physical activity and kids need 90 minutes. Unfortunately, more than half of Canadians are considered inactive.



"Whether you're going to work, school or the corner store, active transportation is one of the easiest ways to get more activity into your life," says Kelly Murumets, president and CEO of ParticipACTION, the national voice of physical activity and sport participation. According to the Public Health Agency of Canada, each Canadian makes an average of 2,000 short car trips (less than 3 km) a year. Trips that could easily be replaced with an active choice like walking, cycling, using a wheelchair, pushing a stroller, or in-line skating. Active transportation can be any form of human-powered transportation, so dust off that skateboard and get moving towards a healthier, more active lifestyle.

**INDOOR ACTIVITY IDEAS** - Common sense dictates that we may not be able to get ourselves or our children outside each day this winter. As an alternative to outdoor PLAY try these indoor activities to keep your family moving and having fun...

- ◆ Put on some good dancing music and swing and lift your children
- ◆ PLAY hide and go seek
- ◆ Build an obstacle course through several rooms—make tunnels using chairs and blankets, include obstacles to jump over or go around and take turn going as quickly as you can
- ◆ PLAY simple games like “Simon Says” or “Follow the Leader”
- ◆ Create your own family aerobics video. Turn on the camera, put on some music and create your own moves
- ◆ Check out your local recreation centre for gym and swim times
- ◆ Host your own mini-Olympics. Have a skipping contest, jumping competition, crab walk races, indoor mini floor hockey game...

Source: Kids and Cabin Fever — Muskoka-Parry Sound Health Unit

## PLAY AND LEARNING

According to the Active Healthy Kids Canada Report Card, parents, educators and policy-makers who are concerned that physical activity participation decreases study time should in fact welcome time devoted to physical education, physical activity or sports. Even when the time is taken away from other subjects, research shows that physical education does not negatively affect academic achievement.

In fact, increased physical fitness and active living opportunities have positive effects on academic performance. Studies within Canada and from across the globe indicate that physical activity, sport and comprehensive school health approaches are related to enhanced learning and academic performance through:

- Production of substances that protect delicate neurons in the brain
- Improvements in memory, concentration and attention span
- Improvements in grades and test scores
- Increased self-esteem, self-confidence and self-image
- Reduced misconduct behaviours at school
- Increased feelings of school connectedness



## TOBACCO FREE SPORTS AND RECREATION

Tobacco Free Sports and Recreation is gaining prominence in Grey Bruce communities. A number of local communities have already adopted policies or bylaws forbidding the use of tobacco while taking part in a sport or recreational activity. This includes participants, coaches, referees, spectators and volunteers.

The benefits of tobacco free sports and recreation include:

- ◆ Preventing youth from starting to use tobacco products
- ◆ Giving everyone a chance to perform at their best
- ◆ Protecting the environment
- ◆ Creating a tobacco free culture
- ◆ Protecting children from second hand smoke
- ◆ Helping smokers quit



For more information about passing a tobacco free policy in your community please contact Charlene Gilck at the Grey Bruce Health Unit by calling 519-376-9420 ext. 1475