

PLAY Notes

Volume 1 Issue 7

Summer 2009

ONE YEAR ANNIVERSARY!



Owen Sound CAN members shown celebrating in April



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Local CAN gear up for the summer months...



OWEN SOUND CAN

Owen Sound launched their official Community Action Network (CAN) in April 2008. The Owen Sound network involves local volunteers committed to initiating or partnering with existing *PLAY* opportunities to encourage residence in their community to have fun together through unorganized sports. A close partnership with the City of Owen Sound Tourism Department has been developed over the past year. The group has participated in a variety of events including Canada Day and the Festival in the Park. At both these event the members organized a *PLAY* booth and games promoting free family fun. Upcoming events for the Owen Sound CAN include operating a *PLAY* booth at the Canada Day Celebration at Kelso Beach and a bike rodeo at Owen Sound's 1st annual Bike Festival July 11-12.



PENINSULA CAN

The Peninsula CAN continues to work closely with the Warton Youth Focus Group. This group has been responsible for organizing events including trips to the Plunge Pool in Collingwood, Laser Quest in Kitchener and a number of other local activities. Work on the Yellow Bike program continues to move forward. The official launch of the program is planned for June 15th, 2009 in Warton. While issues of liability remain a sticking point the group has forged ahead changing its focus slightly to provide refurbished bikes to families in need. Peninsula Shores Design and Technology students and their teacher Mr. Klunder continue to be the driving force behind the project. Stay tuned for regular updates as this project continues to evolve.

ARRAN-ELDERSLIE CAN

In an effort to promote the *PLAY* message the Arran-Elderslie CAN undertook a number of initiatives during Turn Off The Screens week. Free karate lessons were offered, local libraries held games nights, a guided hike was organized and games were played at the annual Harry Bierman's 5km Classic. Plans for the remainder of 2009 include events at the Chesley Pool Re-Opening, Chesley and Paisley Fall Fairs, Back to School BBQ's and Free Family Skating during the winter months.

SAUGEEN SHORES CAN

The Saugeen Shores CAN has had a busy spring undertaking a number of projects. A sub-committee of the CAN was developed to address issues related to walkability within Saugeen Shores. This group developed and distributed a Walkability Checklist to all local students as part of Turn Off The Screens week. Local “PLAY in the Park” events were also hosted with a different park highlighted each day of the week. Both the checklist and the tabulated results will be shared with other CAN’s looking to undertake similar work in their communities. Once the results are complete, the Walkability Sub-Committee will take an advocacy role by presenting to Town Council.

The group also continues to work closely with MacGregor Point Provincial Park. Over the summer months a number of active events will take place in the park including Tyke Hykes, Guided Hikes, Scavenger Hunts, Birding Festivals and Owl Howls. The CAN continues to work on a Terms of Reference, revise the Orientation Manual, plan for the Olympic Torch Relay and possible Hiking Festival in the fall.



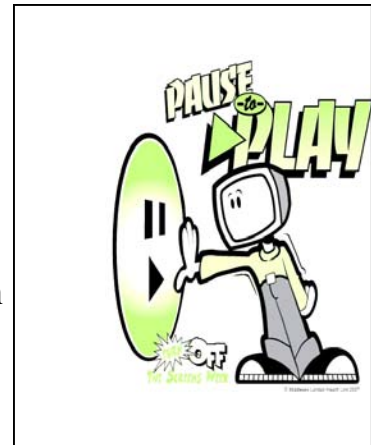
Students enjoy the equipment at a Southampton park during Turn Off The Screens week

HANOVER CAN

Family Fun Fit Sundays took place through much of the winter/spring months in Hanover. Thanks to the generous support of the Ministry of Health Promotion, CIAF funding was secured to run a series of winter fun afternoons every Sunday from Feb 22 till May 3, 2009. Children of all ages were invited to come and have fun in the former James A McGee School gym. Parents were asked to accompany and PLAY with their children. T-shirts were distributed on the first Sunday. On Feb 22, over 35 children attended with their parents. The first 1/2 hour involved free play and was followed by a variety of different play activities. Themes included Terrific Tag Games, Rock, Paper, Scissors, Chicken Chuckles, Rainy Day Games and Circle Games



TURN OFF THE SCREENS Week - A special thanks to all the municipalities, community groups and Community Action Networks who offered events during the course of the week. Events were offered to children all over the two counties — from Port Elgin to Dundalk, Meaford to Kin-cardine (and most communities in between). Family activities during this week included road hockey, PLAY in the Park, hikes, swimming, scavenger hunts and karate. Check our next edition of PLAY notes will highlight student and school winners.



SUMMER POSITION TO HELP PLAY PROGRAMS

Notification of funding for a summer student position for seven weeks was recently received from the Ministry of Health Promotion. The grant, known as the Summer Experience Program (SEP), was submitted by the Town of Saugeen Shores on behalf of PLAY. The individual hired for this position will split duties between the PLAY initiative and activities within Saugeen Shores. Anyone wishing to have input related to the assigned responsibilities of this individual should contact Jason Wepler or Jayne Jagelewski.

THE OLYMPICS ARE COMING..

With the 2010 Winter Olympics in Vancouver less than nine months away much excitement is beginning to build across the country. Planning is underway right here in Grey-Bruce to help guide the torch through our communities. On December 28th 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 Blue Mountains.

Within Grey Bruce, Owen Sound has been designated as a Celebration Community. This means that Owen Sound has been designated as one of the overnight stops for the torch. As such, a number of festivities will be taking place including food, music, activities and general celebration. As part of their planning the Owen Sound Torch Relay Task Group has begun preliminary planning to develop a virtual walk based on the Stepping Out on the Bruce Trail model. This program, designed to encourage physical activity, will hopefully be launched in October for schools, businesses, municipalities and individuals.



Entitled "A Path of Northern Lights", the Vancouver 2010 Olympic Torch Relay Emblem depicts the Olympic Flame winding its way across Canada,

LET US KNOW WHAT YOUR COMMUNITY HAS PLANNED...

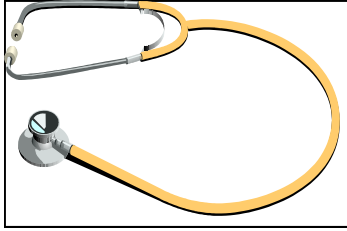
TORCH RELAY FACTS:

- ◆ 45,000 km journey across Canada with visits to over 1000 communities
- ◆ 106 days long starting October 30th, 2009 and concluding February 12th, 2010
- ◆ Will have 12,000 torchbearers

For more information about the Olympic Torch Run visit the following website:

www.vancouver2010.com





Heart Healthy Tips

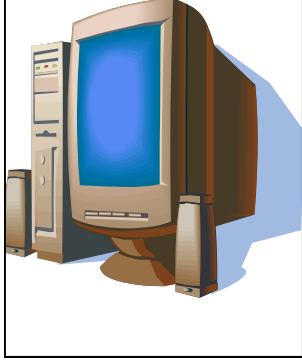
Tips that can help you keep your heart healthy!



- 1 BUTT OUT** - If you smoke, become smoke-free.
- 2 PAY ATTENTION** - Be aware of your cholesterol, blood pressure and blood-sugar levels.
- 3 MOVE IT, MOVE IT** - Children need 90 minutes and adults at least 30 minutes of physical activity each day of the week. Choose activities you find fun so you'll stick with them.
- 4 LOSE IT, LOSE IT** - Achieve and maintain a healthy weight.
- 5 GROW YOUR OWN** - Consume at least five servings of vegetables and fruits per day by including vegetables with every meal and fruit for dessert.
- 6 RECONNECT** - Develop and maintain personal relationships to help reduce stress that can lead to unhealthy habits such as overeating and lack of physical activity.
- 7 LEAN AND GREEN** - Choose lean meat, fish, poultry and meat alternatives, such as beans. Along with lower fat milk and milk products.
- 8 GET NUTTY** - Include a small amount of nuts in your diet each day.
- 9 BECOME WHOLE** - Make at least half of your grain products whole grain each day.
- 10 SAY NO TO SALT** - Choose foods that are lower in sodium and limit the amount of salt you add in cooking or at the table.

Adapted from Heart and Stroke Foundation of Canada

Tobacco Free Sports and Recreation Tobacco-free sport and recreation means everyone taking part in a sport or recreational activity does not use tobacco industry products. It means participants, spectators, coaches and leaders do not smoke, snuff, dip, or chew tobacco while engaged in the activities of your organization. This initiative is underway across Grey Bruce to encourage municipalities to adopt a Tobacco Free policy in all Sports and Recreation settings. The City of Owen Sound is the first municipality to adopt this policy locally. With ongoing messaging it is hoped that the remaining 16 municipalities will pass their tobacco free policy in the near future.



Check out the new and improved **www.playbrucegrey.com** website. New features include a Clubs and Classes link for all those ongoing or reoccurring events in Grey Bruce and the recently PLAY Bruce Grey Advocacy Toolkit. This toolkit will help mobilize community members and policy makers within municipalities, school boards and other community organizations to make changes that will support increased physical activity for children and youth. If you haven't visited lately stop in and see what's new.

MEDIA CAMPAIGN

To sustain momentum from Turn Off The Screens week PLAY launched a media campaign in early May to increase awareness of the program. The majority of this advertising can be heard on FM 101.7, Country 93.7 and Mix 106.5 as well as on other smaller stations in select markets. In addition, PLAY has also been featured on Georgian Bay Today, Rogers Health Link and morning talk shows on The Beach, The Bull and Country 93. Stay tuned to your local stations as a new version of the ad will be launched in June.

Game of the Month - ULTIMATE FRISBEE

Wanting to try a new activity this summer?

Test your skills with friends or family while getting a great workout playing Ultimate Frisbee. Ultimate is an exciting, non-contact team sport, played by thousands across the world. It mixes the best features of sports such as Soccer, Basketball, American Football and Netball into a simple yet demanding game. The simplicity of the rules means Ultimate is **easy** and **fun** for **newcomers** to pick up. For a full list of rules, visit:



<http://www.whatisultimate.com/>

