

Recreation Leadership Training Conference call Program Ideas - Thursday April 20 2016

Attendees:

| Participant | Community |
|-----------------------|------------|
| Nadine Peters | Teslin |
| Melissa Barrett-James | Carcross |
| Ashten Staffen | Whitehorse |
| Sarah Piercey | Faro |

Today's facilitator: Mia Lee

Contractor - Active Living for School-Aged Kids and Youth
Recreation and Parks Association of Yukon (RPAY)

We had discussions related to program ideas but more along the lines of networking, how to collaborate (and how successful this is), community event ideas and how to share costs.

Nadine from Teslin – *Benefits of posting on Facebook:*

Nadine Landry and Sammy – Cajun music – were coming down to perform in the school but also did an evening event that included Cajun food – Nadine posted this on the Teslin FB page – Meaghen saw this and was able to tag on, offering the same thing in Watson Lake.

Sees a gap with the school – they do not have a FB page – says it's better to do a personal visit to speak with the principal and teachers. This will vary from community to community.

Excellent to network and share ideas from everyone.

Other ideas from Nadine:

Successful program – Youth Club

Applied with Youth Investment Fund – received \$5000 to start up a club - opened it up via survey monkey – Gr 7 – 12 including dorm kids and parents. Received 27 replies.

- poor attendance initially – but eventually youth had birthday parties at the Recplex – now there are about 10 teens coming regularly.
- set up a fire pit in front of the recplex – youth night - group might split (inside/outside) Has gotten to know the kids on a personal level.

Since the Youth Investment Fund money was a one time fund, are now looking to fundraise to make it sustainable

Fundraising activities: Mother's day car wash and brunch – proceeds go to Youth Club Fund. (for trips to Whitehorse for various activities).

Volunteers: men of fire dept, RCMP and EMS to oversee Mother's Day brunch.

Village of Teslin – to supply water and facilities. Kids wash the cars.

Youth indicated that they wanted Wifi – Nadine suggested that they write a letter to council. They did and were approved. Excellent way to empower the youth and might be a catalyst for them to take on other initiatives.

Ideas for Education Week – see Teslin FB page for details

Advantages of collaborating:

- is working with Carcross to bring children and youth for swimming lessons in summer. Is also working with Patrick in Tagish to pick up children and youth from there as well – shared costs (transportation), socializing, utilizing facility from other community

Ashten from Whitehorse:

- looking to hear about rec leaders needs and how she can support their community to offer a variety of programs
- works w youth, teens, adults (not much w elders above 65)
- has run courses for adults and youth when in communities: boxing, circuits, self defense, gym orientations...

*** healthy eating and lifestyle is popular (health coaching) – box fit, set time aside to talk about personal goals, lifestyle modification, recipe sharing, community meal prep (maybe see if they can engage the adults who are strapped for time – can share)

- knowledge based – educate
- have done recipes in the past – e.g. how to survive the holidays, breaking the habit – how to create tradition around more meaningful activities

- this summer: will continue to work w women's only fire fighting camp (16+)
- will run additional classes for physical preparedness
- will continue with regular community visits
- SWOT analysis with youth – strengths, areas to work on
- has a different rapport with community members than rec directors and can act as a liaison or bring a different perspective

Sarah in Faro:

Greatest success in programs: **youth group** – longest sustaining program – ages 13 – 18

- they mentor each other, they plan their own activities, do a ski trip to Whse, paintball, camping trips...
- is important to have staff that are very committed to the youth – staffing isn't consistent but youth are very tolerant.
- they have their own Faro FB page
- youth are very self sufficient - programming ideas come from them. Sarah just helps to make it happen. Youth do fundraising – e.g. car wash, selling chocolate at Easter and Christmas, took over a business (Kettle Café) – they learn how to run the business - any \$ left over goes to the youth club

Senior walking program – has really taken off lately – has taken a positive turn – seniors are walking laps in the gym every Wed. Are tracking distance on a map – are increasing length.

- feel as though they have a say in recreation. Sarah has just purchased pedometers for them.

After School Kids Club – busy with many activities

Sarah is very interested in collaborating with and visiting other communities. Currently Faro children and youth go to Whitehorse a lot for a variety of activities. Would be nice to show them other communities as well.

- has touched base w Cindy in Carmacks re training courses (first aid, babysitting....)
 - is great potential to host an event and invite Carmacks, Ross River, Pelly Crossing (and to work with the recreation leaders from those communities)
- *** Nadine (Teslin) chose to take the youth to Watson Lake twice instead of Whitehorse. Gave her a chance to get to know Meaghen and exposed the youth to another community and environment.

Idea from Ashton and supported by others on the call:

Recreation Tour – a different community hosts it each year

Communities visiting one designated community – showcase it with various activities (Nordic walking, dance play, KIK) – provide networking opportunity, dialogue

- bring a service – brings people out to the communities so they can learn what we offer.
- encourages residents to get behind what we offer. Recreation Camp Weekend (restaurants, campgrounds, hotels, grocery stores would benefit...)

Example from Nadine in Teslin *** Brooks Brook near Teslin – have 12 contained cabins, full kitchen, giant fire pit, etc. – could offer activities such as stand up paddle boarding, survival skills, (Tagish) campfire cooking...

- communities are looking for innovative ways to market their community (e.g. Midnight Run in Mayo – helped them economically – now that it's gone, they are looking for other ways to generate revenue)
- RPAY's involvement – possibly to support visiting communities via covering transportation, lodging, etc.

Websites to visit for program ideas:

<http://frugalfun4boys.com/2016/04/14/epic-bottle-rocket-flew-higher-2-story-house/>

<http://www.cbc.ca/parents/>