



June 2018

Regional Rec Talk

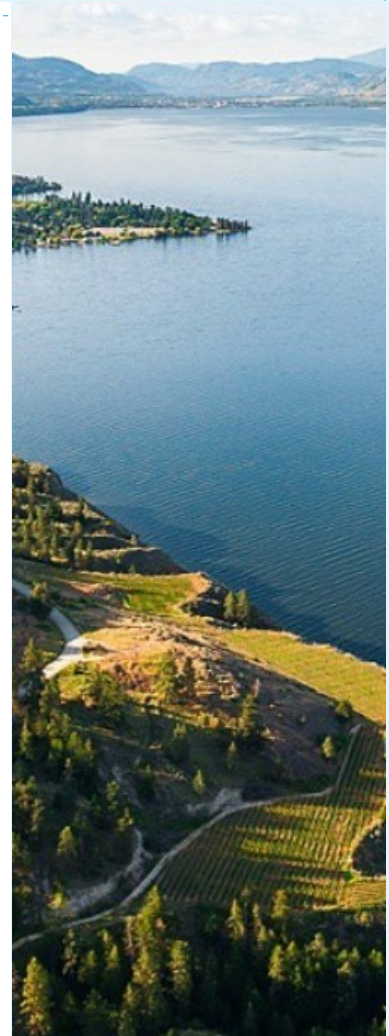
SUMMER FUN IN THE OKANAGAN

Summer has finally arrived in the South Okanagan and with long nights and gorgeous days ahead there has never been a better time to get outside and get active. The Regional Recreation Approach will continue to grow as RDOS PLAY brings summer programming to you. Ahead you will find some of the entertaining events RDOS PLAY has scheduled for people of ALL ages.

To stay up-to-date on future events visit our website

rec-rdos.bc.ca

If your community would like to showcase their unique way of staying active and having fun please email ajeetbrar09@gmail.com to be highlighted in our next newsletter.



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PLAY IN THE PARK

RDOS Play is excited to announce that PAT will be rolling into a community near you this summer for evening fun. The summer weather provides the perfect opportunity for you to get outside, get active and enjoy your local parks with your family and friends. PAT will be at numerous parks across the region this summer during Play in the Park nights during which anyone and everyone can come on down to use the equipment in the trailer. Packed with sports equipment and outdoor activities for all ages these nights are sure to be filled with fun, laughter, and good spirits. Some of our upcoming dates include :

June 28th - Kinsmen Spray Park – Oliver, BC

July 5th - Mariposa Park—West Bench, BC

July 11th - Jack Shaw Splash Park—Osoyoos, BC

For a complete list of dates and times please visit our website at rec.rdos.bc.ca

Check the events calendar at rec.rdos.bc.ca for a complete list of all of PAT's events

SUPPORTED BY THE BC PHYSICAL ACTIVITY STRATEGY

Support and resources to enhance collaboration are provided through a partnership between BC Alliance for Healthy Living, BC Healthy Communities Society and the Province of British Columbia.



BOOK KING SOFTWARE

In order to bring ease to participants registering for recreation programs a recreation management software is in the works of being launched. A soft launch will occur this summer allowing participants to register and pay for programs on line. By September we anticipate to have Book King Software accessible to all communities. This software will allow for participants to browse the various recreation programs that are offered around the entire region in addition to providing a centralized platform through which to register. Watch for a link to this system on your local recreation website in the near future!



FIRST NATIONS PARTNERSHIP AND PLAY BOXES

RDOS Play has been working on an initiative which aims to reach out to the indigenous communities of the region. Working in partnership with leaders from the various bands across the regions the best plan of approach was determined. One of the ideas that was presented and pursued was the creation of one-of-a-kind 'Play Boxes' which were to be presented and distributed among the indigenous schools in the region. These 'Play Boxes' were filled with numerous types of sports equipment including footballs, basketballs, and pickleball racquets among others. This equipment was placed in a transportable container so that students and teachers could easily wheel it out at recess and lunch to allow the students to play with the equipment and get active. In total four boxes were created for the Sensisysten House of Learning in Westbank, the Outma Sqilx'W Cultural School in Penticton, the Ntamtqen School in Cawston, and the SenPok-

Chin School in Oliver.

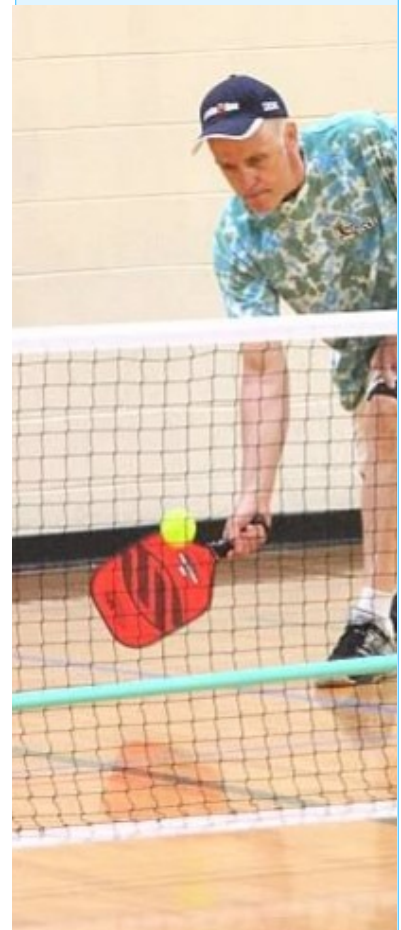
PAT was at the majority of these presentations and the students got an opportunity to play with the equipment in the trailer which both students and their teachers thoroughly enjoyed. Pictured to the left is a group



of students from Outma Sqilx'W Cultural School trying to balance their way across the slack line. RDOS Play looks forward to continuing our First Nations initiative and strengthening our partnership with the indigenous populations in our region.

TRY IT +55 DAYS

Program development and engagement strategies for Older Adults is one of the priority initiatives outlined in the Regional Recreation Strategy. In partnership with BCRPA and BC Senior games communities around the region will be offering free events to promote older adults trying new sports. Check your local recreation guide to find a program near you. <http://rec.rdos.bc.ca/guides/>.



MEET THE FORCE

Randy Cranston— Randy Cranston, a resident of Kaleden, is chair of the Kaleden Community Association, past chair of the Kaleden Seniors Committee and a director on the Kaleden Parks and Recreation Commission. As an educator, Randy has always believed in the importance of play as a vehicle for learning because of how it engages the body and the mind and because it is fun for all ages. He volunteered to be on the task force primarily because he sees the importance of a regional initiative which can bring aspects of physical literacy to communities the size of Kaleden.

Marvin Louie: Marvin Louie is the current Youth Program Coordinator for the Osoyoos Indian Band and grew up in the Seattle area with foster parents where he went to school and played high school and college level basketball and football. Sports and recreation have always been an integral part of his life. The reason he joined the task force was to try and get more communities (including First Nation) in the RDOS region more active on a consistent basis and try to 'intertwine' the recreation activities between First Nation and non- First Nation communities.

TRAINING AND LEADERSHIP OPPURTUNITIES

RDOS Play is pleased to present the following training opportunities for instructors and individuals who are passionate about ensuring the sustainability of recreation programs within our region. Please contact Ajeet Brar at ajeetbrar09@gmail.com or 778.931.0845 if you are interested in registering for these training opportunities.

PacificSport Fundamental Movement Skills

Training: June 28th, 12:30 pm —5:00 pm. This 4.5 course led by Carolyn Gillespie on behalf of PacificSport is designed to give participants an understanding of the FUNdamental Movement Skills and the skills to evaluate and correct these skills in the children that they coach. FUNdamental Skills are the basis on which all future sports skill development occurs and are they are essential in the life long enjoyment of physical activity. Hosted in Okanagan Falls Community Centre

Older Adult and Active Aging Fitness Module:

September 29th-30th, 9:00am-3:30pm. This two day workshop is targeted at fitness instructors who wish to design effective, safe, and fun programs for the 55+ age group. You will walk away with the tools necessary to teach top notch classes that all will enjoy, from the avid fitness enthusiast to the frail but nonetheless frisky individuals. Hosted at Lakers Clubhouse in beautiful Vernon, British Columbia.

EXCLUSIVE TO REGIONAL REC TALK

Regional Rec Talk had the chance to sit down for an exclusive interview with the latest member of RDOS PLAY team who will be travelling with PAT to many of it's adventures this summer. This unscripted, unfiltered interview will give you the chance to meet Megan in print before you see her smiling face at a park near you!

Q: What are you most looking forward to this summer?

M: Getting to play outside in the summer sun all day long and the exciting activities we have planned all across the region!

Q: What is the best thing about working with PAT?

M: There is so much equipment and its packed with things for people of all ages to enjoy!

Q: What is an interesting fact about yourself?

M: I can suck my lip into my nose!

