



March 2018

# Regional Rec Talk

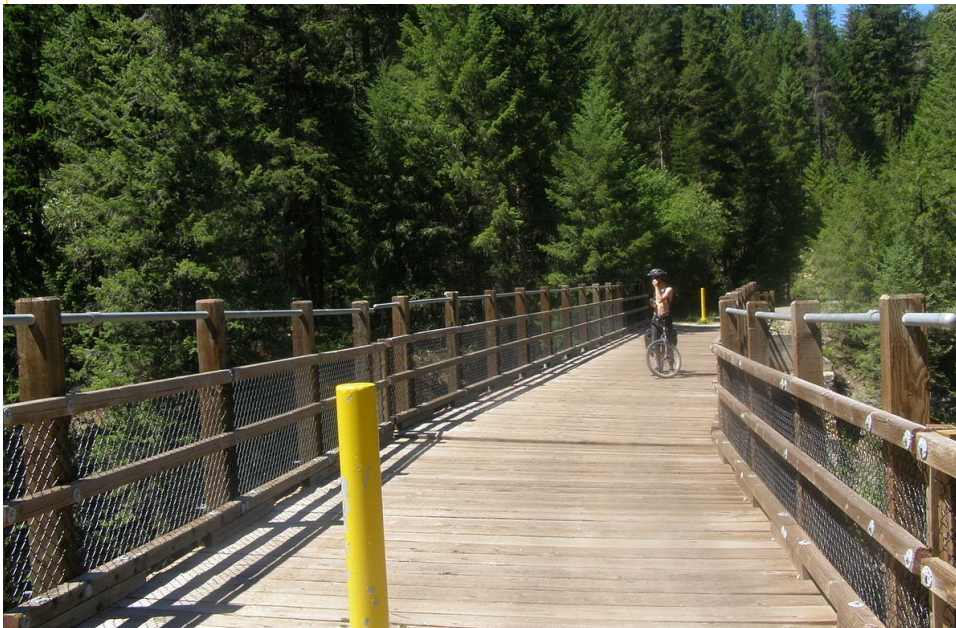
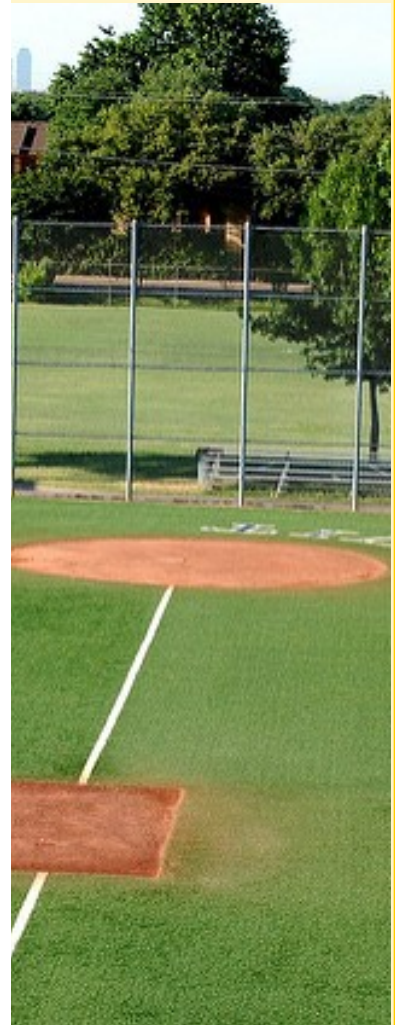
## SPRING TIME IN THE OKANAGAN

Spring in the Okanagan is a great time to get out and explore your community. RDOS PLAY will be utilizing the Spring weather to bring the Regional Recreation Approach to life! Keep reading to learn about the fun and exciting events RDOS PLAY has planned.

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

**[rec.rdos.bc.ca](http://rec.rdos.bc.ca)**

If your community would like to showcase their unique way of staying active and having fun please email [amurai@rdos.bc.ca](mailto:amurai@rdos.bc.ca) to be highlighted in our next newsletter.



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## PAT'S ROLL OUT

The Okanagan Similkameen Healthy Living Fair Society was established to organize and promote an annual community health fair. The society has been successful in organizing 9 years of engaging fairs by promoting all things health and recreation in the Okanagan Similkameen. The 2018 event will be hosted at the Penticton Trade & Convention Centre on March 10th. Doors open at 9am and the event will run until 4pm. RDOS PLAY and the Physical Activity Trailer (PAT) will be rolling right into the Okanagan Similkameen Healthy Living Fair! Entry is free so come down and see what PAT is all about!

Other events featuring PAT can be found at **rec.rdos.bc.ca**.

RDOS PLAY would like to extend a huge thank you to Jafa Signs for making PAT beautiful.



*Okanagan Similkameen Healthy Living Fair on  
March 10th, 2018*



### 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 BC.



### HOW DO YOU PLAY IN THE REGION

The Regional District Okanagan Similkameen (RDOS) invites citizens to complete a “physical activity” survey.

The RDOS is committed to ensuring a high quality of life for residents and acknowledges that recreation is a foundation for healthy communities. A community that offers access to quality indoor and outdoor recreation is a more attractive place to live, PLAY and work. Please help us to assess physical activity by completing the survey.

Online: [www.rdos.bc.ca/recsurvey](http://www.rdos.bc.ca/recsurvey)

By telephone: 1-800-296-2237 (Discovery Research)

Bonus—complete the Survey for a chance to receive a Recreation Pass!



## TRAINING AND LEADERSHIP

RDOS PLAY is excited to help train local champions to sustain physical activity opportunities. We have compiled a list of training opportunities that have been suggested by our Task Force. Please reply to Amanda Murai at 250-448-0260 or [amurai@gmail.com](mailto:amurai@gmail.com) if interested in any of these training opportunities.

**Pacific Sport Okanagan FMS Training** March 9th 12:30pm—5:00pm. Hosted by Carolyn Gillespie and Pacific Sport this is a half day course designed for participants to gain the skills to evaluate FUNDamental movement skills to the children they coach. FUNDamental movement skills form the basis of future sport skill development and life long enjoyment of physical activity. Hosted in Penticton

**Pole Walking Trainer** April 21st 9:00am—3:00pm. Instructed by Urban Poling. Open to community champions that would like to continue to teach and promote Nordic walking once Regional Walk and Roll week has come to an end. Hosted in Okanagan Falls

**Walk “n” Talk for your Life** April 29th 9:00am—3:00pm. Hosted through UBC Med this one-day program will train you to run a walk “n” talk program in your community. Walk “n” Talk for your life is a validated program geared toward seniors; however, could include local students who are interested in recreation programming. Hosted in Okanagan Falls <http://smp.med.ubc.ca/research/walkntalk.html>

**Appetite to Play** May 27<sup>th</sup> 1:00pm –4:00pm . An interactive workshop for early childhood providers to enhance knowledge, skills and confidence in childcare settings that support healthy eating, physical activity, food and physical literacy to promote healthy child development. The workshop is three hours in length and will count towards professional development credits for early childhood educators. Hosted in Okanagan Falls

### 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

**Patricia Tribe**— Patricia's passion is education, more specifically early childhood and STEM (Science, Technology, Engineering & Mathematics). Prior to moving to the Okanagan, she was Director of Education at Space Center Houston. An incredible job working with NASA. Since moving to the beautiful Okanagan, she has been fortunate to be able to expand on her early childhood passion by working with Communities for Kids and Success by 6. The people of the Okanagan-Similkameen region are amazing and working with the community organizations, service providers, schools districts, health care professionals & parents leaves her very excited about the future.

**Sarah Dynneson**-Sarah is currently the Program Supervisor for the Town of Osoyoos and has been with the Town's Community Services Department for over 12 years. Being in a small community, Sarah is involved in all sorts of programs, events and projects in addition to working with a variety of community groups. She is very excited to be part of the Regional Recreation Task Force to bring new and exciting opportunities to Osoyoos and the surrounding area.

## THE EXPLORERS OUTDOOR PLAY AFTER-SCHOOL PROGRAM

What does being bear aware, building bird nests, snow shoeing and hiking all have in common? They are activities that an Explorer participates in! Thanks to funding from BCRPA and RDOS PLAY The Explorers afterschool program is running in Okanagan Falls, West Bench and Naramata. Based on outdoor play, survival skills, and building friendships the Explorers program has been a great success! With plans for the program to run again in Okanagan Falls, Kaleden, West Bench and Naramata for 10 weeks starting after Spring Break there is lots of opportunity to enrol your child. Follow the link below to learn how to register for a program in your area <http://rec.rdos.bc.ca/guides/>.

