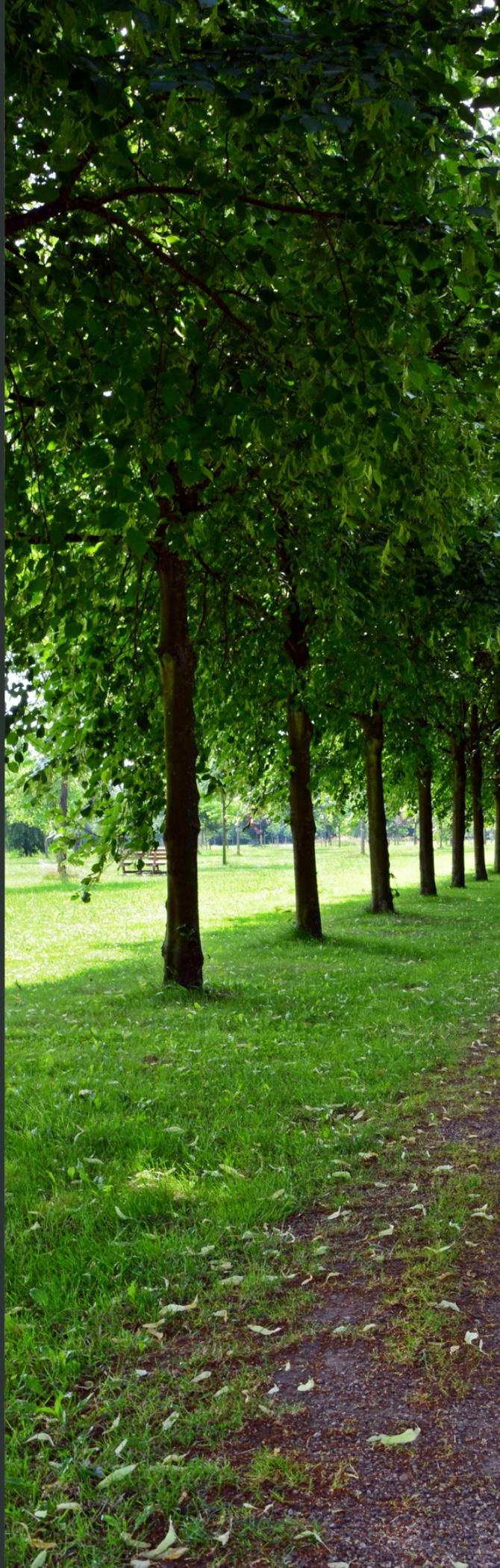

2022

Recreation Manitoba
Annual Conference

PROGRAM
BROCHURE

Connect ²⁰₂₂



CONFERENCE AT A GLANCE

Thursday, May 5th	8:00am-9:00am	Breakfast TYC			
	9:00am-9:25am	Conference Opening TYC			
	9:30am-12:00pm	Sponsorship 101 with Brent Barootes Ambassador 1			
	9:30-10:30am	Gender Equity and Exclusivity in Physical Education Arista Ryback Ambassador K	Writing for the World of Work Brenda Robinson Ambassador 2		
	10:30am-11:00am	Networking Break			
	10:30am-2:30pm	Trade Show Ambassador 3 and 4			
	11:00am-12:00pm	Diversity, Equity and Inclusion in the Aquatic Workplace Wendy Yates Ambassador I	Top Ten Social Media Myths Kelly Thibodeau Ambassador 2	Activating Neighborhoods Christa Costas-Bradstreet Dr Troy Glover Ambassador 1	
	12:00-1:15pm	Lunch and Networking in Ambassador 2-4			
	1:15pm-2:15pm	Efficiency 101: A Guide for Recreation Facilities Stacey Manikel Craig Perret Ambassador K	Urban Poles: Programming for all Fitness Levels Sheena Kilpatrick Ambassador L	New Work Habits for a Changing Work World Brenda Robinson Ambassador 1	Parks Pandemic Story: International Addition Troy Sykes Todd Reichard Ambassador I
	2:15pm-2:30pm	Networking			
	2:30pm-3:30pm	KEYNOTE: Fotini Iconomouplous "The Power of Pause" Ambassador 1(Virtual Presentation) Presented by Robertson College			
	3:45pm-4:45pm	Community Practice Meetings			
		Aquatics Ambassador I	Facilities Ambassador L	Programming Ambassador 1	Municipal Ambassador K
	7:00pm-10:00pm	Social Event: Manitoba Social TYC			

CONFERENCE AT A GLANCE

Friday, May 6th	8:00am-9:00am	Breakfast Ambassador 1 and 2				
	9:00am-9:45am	Nature Play: Connected to the Land Darcy Granove Dylan Huntly Jane Hilder Ambassador 3	Sponsorship for your Organization Brent Barootes Ambassador M	Rec on Wheels: The Importance of accessible recreation programming Christa Costas-Bradstreet Dr. Tristan Hopper Ambassador L		
	9:45am—10:00am	Networking Break				
	10:00am— 12:00pm	Let curiosity lead: a forest school perspective Lise Brown Ambassador M Note: participants will go outside.		Residential School and Reconciliation Steven Greyeyes Ambassador L		
	10:00am-11:00am	Individual and Community Well being Rita Chahal & Marian Goldstone Ambassador 3				
	11:10am-12:00pm	Get Happy Summer Day Camps Dawn Currie Ambassador 3				
	12:00-1:15pm	PRESIDENT LUNCHEON & AWARDS CEREMONY Ambassador 1-2				
	1:15pm-2:15pm	AAIM in the Right Direction: Engaging and Programming for Older Adults Karin Whalen Linda Brown Ambassador 1	Time for Reflection: Where are we now, two years later? Megan Foster Ambassador M	Staff Recruitment and Retention in a Post COVID- 19 World Alexandra Carriere Christopher Love Ambassador E	Net Zero Arena's Jordan Dermo David Balamatowski Ambassador L	
	2:15pm-2:30pm	Networking				
	2:45pm-3:45pm	KEYNOTE: Judy Croon "Relieving Work Related-Stress with Humour" Ambassador 3 Presented by CIMCO				
	3:45pm-4:15pm	Closing Remarks Ambassador 3				

ABOUT RECREATION MANITOBA



Recreation Manitoba (Rec MB) is the voice for recreation in Manitoba. It exists to collectively share the passion and spirit of recreation and is dedicated to

enhancing the health and wellness of all Manitobans through the development and support of recreation leaders.

Rec MB is working collaboratively to advance the recreation,

aquatics, parks, active living, and quality of life sectors as municipal, provincial, and national priorities. Join us at the 2021 Annual Provincial



Welcome! We are thrilled to have you part of the 26th Annual Conference, and the chance to gather together in person. It feels like a full circle, where two years ago we were together and had learned about the virus, unsuspecting of what lay ahead of us. Seemingly overnight, municipalities and facilities adjusted and navigated the ever-changing world to continue serving their

communities and offering recreational programs. Heartfelt gratitude and appreciation to each of you for continuing to be the catalyst for connection and the heartbeat of your communities

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We are delighted that we can continue offering in-person events as we know this opportunity to connect provides better conversations, builds relationships and creates a stronger professional network. We know that all our work creates and enhances the community's quality of life.

On behalf of the board of directors, conference volunteers, and staff, we would like to thank you for attending the conference. Please introduce yourself to as many people as possible including us as board members, volunteers and fellow delegates. You will quickly find someone or many, who are as passionate as you about the work we do. I look forward to connecting with you all.

Emily George
President, Recreation Manitoba

FACEBOOK



Do you like us on Facebook? Search **Recreation Manitoba @recreationmb** to stay current with the latest information on the 2022 Conference and sponsor highlights **#connect22 #RecMBlearn**

TWITTER



Join the conversation on Twitter as we tweet live throughout the conference. Use the hashtag **#connect22 #RecMBlearn** any conference related tweets. Follow us **@recreation_mb**

INSTAGRAM



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TOROMONT

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• LIVE PRESENTATION

Pathway to Net Zero for Ice Rinks

KEY DISCUSSION TOPICS

- Low carbon approach for ice rinks and cost savings
- Grant funding available to municipalities
- Proven solutions for repurposing waste heat from refrigeration plants
- Decreasing operational costs and lowering greenhouse gases emissions
- Working with energy consultants to conduct building studies and setting up emission baseline

What is Net Zero? Does your community have a plan to achieve the Net Zero targets? How are your ice rinks connected to your Net Zero targets?

Get ready to find these answers, and more, during the enlightening presentation by Jordan Dermo, National Account Manager, CIMCO Refrigeration. Prioritizing environmental sustainability and being North America's largest thermal refrigeration contractor, CIMCO has built over half of the world's ice rinks. During the session, we will share our expertise to help you make informed and sustainable decisions about your ice rink and aid you in achieving your Net Zero targets.

When

May.06
1:30pm

Where

Connect 2022:
Recreational Manitoba
Annual Conference

SPEAKER BIO



Jordan Dermo is the National Account Manager at CIMCO Refrigeration. One of Jordan's goals at CIMCO is to help municipalities across Canada take advantage of the available government grants to achieve their net zero targets. Being an advocate for sustainable business practices and natural refrigerants, Jordan has helped several municipalities manage and maintain their ice rink facilities. While not at work, Jordan loves to fish especially on the ice, cook, and help out on the farm where she lives.



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KEYNOTES



Fotini Iconomopoulos

The Power of Pause

Thursday at 2:30pm

Nicknamed “the negotiator” as a child, Fotini Iconomopoulos has been honing her communication skills her entire life. For the last decade, she’s been empowering Fortune 500 executives and their teams to achieve their objectives through her expertise in negotiation, communication, and persuasion.

Fotini thrives on guiding clients through high-stakes scenarios in such industries as consumer-purchased goods, retail, professional services, energy, telecommunications, tech, and finance. She creates customized intensive negotiation workshops for clients who want to further develop their teams.

When she’s not strategizing with clients, Fotini is a frequent guest on CBC and CTV television, an instructor of MBA Negotiations at the Schulich School of Business, and offers her experience to non-profit initiatives.

In 2018, she ran a weeklong empowerment camp for young girls to help close the gender gap before it starts.

Fotini was recently recognized with a Greek America Foundation “Top 40 under 40” award for her achievements and philanthropic work, and nominated for an RBC Canadian Women Entrepreneur Award presented by Women of Influence



Judy Croon

Relieving Work Related-Stress with Humour

Friday at 2:45pm

Judy is Canada’s Keynote Humourist. She is a comedian, motivational speaker (including Ted Talks), radio host (her podcast *Laugh Long and Prosper* was voted 'one of the best podcasts of 2021' by CTV), Second City stand up coach and author.

She has worked with many celebrities including; John Cleese, Jon Stewart and Joan Rivers.

Her specials have appeared on NBC, CBS, CTV and The Comedy Network.

She is a co-author of *‘From the Stage to the Page: Life Lessons from Four Funny Ladies!’*

Judy draws from her stand up and coaching experience to entertain, inform and inspire in her dynamic presentation entitled; *‘Relieving Work-Related Stress with Humour’*.

She is a regular volunteer with *City Street Outreach* – a program that feeds Toronto’s homeless and needy.

Judy is the creator/host of *‘Laughlines’* and *‘Stand Up for The Girls’* which have both helped raise over \$650,000 for breast





Brent Barootes

Sponsorship 101 for Municipalities and Non Profits
Thursday May 5th at 9:30am

Sponsorship Revenue for Your Organization
Friday, May 6th at 9:00am

Brent Barootes is President and CEO of the Partnership Group – Sponsorship Specialists®, a national sponsorship marketing consulting firm assisting municipalities, facilities and sport, parks and recreation organizations to generate new monies for their properties. In the past 30+ years Brent has worked directly or indirectly with many large, medium and small sport, parks and recreation facilities and organizations as well as Canadian brands, corporations and businesses to develop, audit, enhance, design, and build effective sponsorship marketing and revenue programs. Brent is a thought leader and innovator in the sponsorship marketing industry in Canada.

Brent annually delivers over 20 keynote and workshop session across Canada including such organizations as Festivals and Events Ontario Conference, Federation of Canadian Municipalities Conference, Alberta Urban Municipalities Conference, SPRA Conference, Alberta Association for Agricultural Societies, ARPA Conference, Canadian Sport and Tourism Alliance – Sport Event Congress, Conference Board of Canada, BC Parks and Recreation Association and others.

Brent is also the author of Amazon.ca’s #1 Best seller in the Nonprofit Marketing and Communications category: Reality Check – Straight Talk about Sponsorship Marketing. Brent is a regular speaker at conferences and conventions as well as a TEDx presenter on “Busting the Work-Life Balance Myth”.

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Session Descriptions—Thursday May 5

Sponsorship 101 for Municipalities and Non Profits

Thursday May 5th at 9:30am

Presenter: Brent Barootes

This hands-on workshop has been designed to provide Recreation Manitoba members who sell sponsorships to facilities and events in generating more revenue! It will include elements around:

- Understanding that there is an art and science to the modern sponsorship game, and it is more than counting eyeballs and numbers
- Overview of the differences and similarities between sponsorship marketing, philanthropy and CSR
- A delve into the new world of sponsorship – the relationship versus the transaction and how to play the long game
- Review of Industry definitions
- Understanding activation and other key elements of successful sponsorship
- Review and comprehension of the roles of the property and of the sponsor

Gender Equity and Inclusivity in Physical Education

Thursday May 5th at 9:30am

Presenter: Arista Ryback

This session will be about how Arista has transformed her classes, assessment practices, and focus for her classes. Participants will have the opportunity to evaluate their own programming, examine the Circle of Courage, and collaborate with their peers to challenge their "next steps" in their own practices.

Writing for the World of Work

Thursday May 5th at 9:30am

Presenter: Brenda Robinson

Take this opportunity to join Brenda Robinson of the Robcan Group to explore and discuss methods, approaches and ideas for effective writing skills at work.

Designing Recreation Facilities

Pre-recorded session. Link to be sent to attendees

Presenter: Corey Greenham

The presentation will focus on the process, the decision making from a design perspective and the impact of those decisions related to design outcome. Outcomes defined by the value to the project, income potential, flexibility of the building and most important the experiential quality of recreation spaces as they nurture our communities.



The Canadian Parks and Recreation Association supports the parks and recreation sector and the next generation of leaders across Canada.

Learn more
at CPRA.ca



Session Descriptions—Thursday May 5

Top Ten Social Media Myths

Thursday, May 5th at 11:00am

Presenter: Kelly Thibodeau

At the end of this presentation, you'll leave with some new ideas for starting and growing an online community, building trust with your audience and an understanding of how to use social media in your online marketing plan.

Diversity, Equity and Inclusion in the Aquatic Workplace

Thursday, May 5th at 11:00am

Presenter: Wendy Yates

Ensuring that you have diversity, equity and inclusion in the workplace is increasingly important. Aquatic facilities, however, have tended to lag behind in this regard when it comes to staff. How can we change that? Wendy Yates will bring her observations on how to make your staff more reflective of the community at large, while also making your facility more welcoming to the wider community.

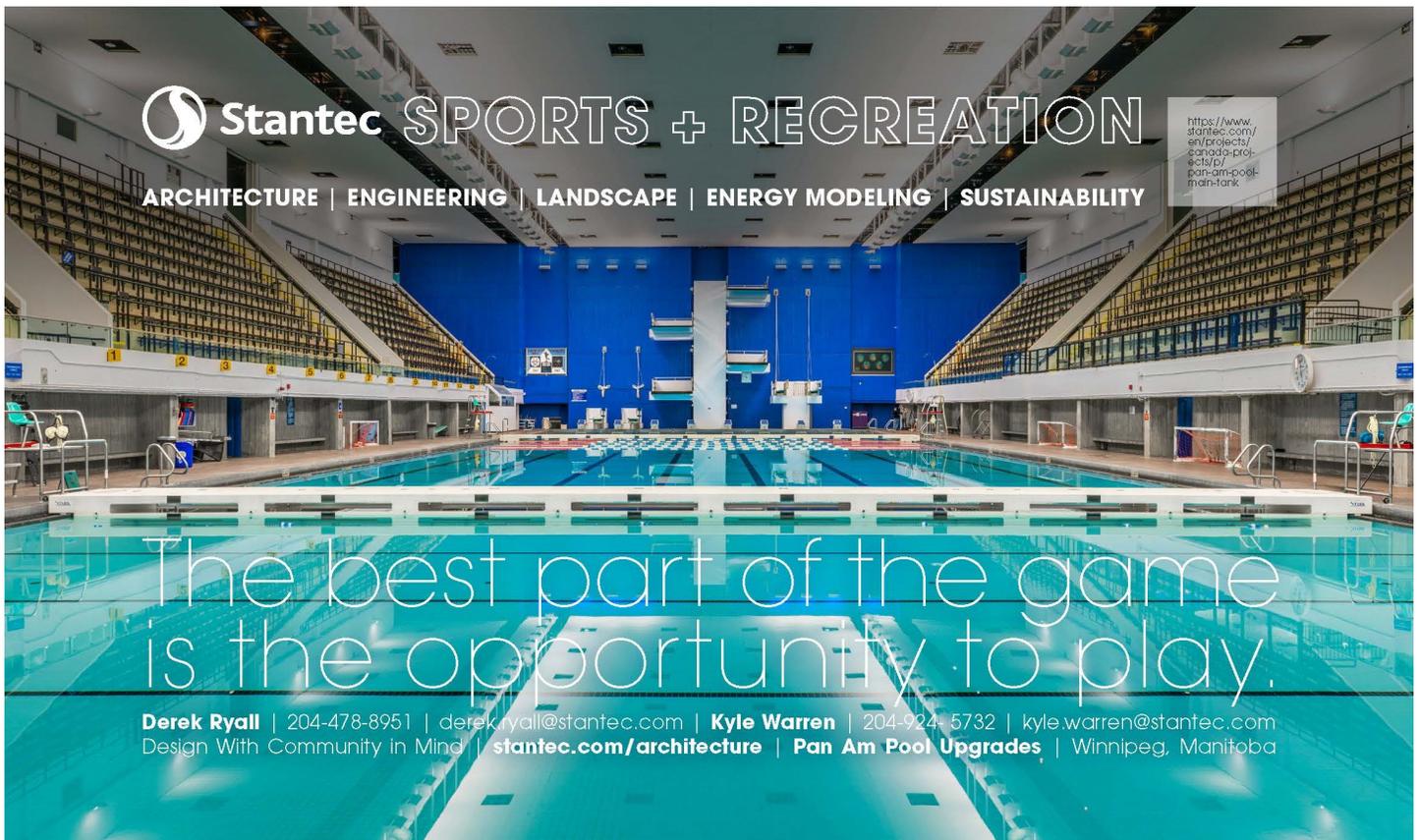
Learning Outcomes: Organizational Management; Programming; Aquatics; Community Development; Human Resource Management; Human Resource Development; Best and Promising Practices

Activating Neighborhoods

Thursday May 5th at 11:00am

Presenters: Christa Costas-Bradstreet & Dr Troy Glover

This presentation will describe a new toolkit that is being developed by CPRA and the University of Waterloo that strives to get community members to re-think, re-purpose and expand their imaginations to activate their neighborhoods to support and encourage physical activity and social connectedness.



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Efficiency 101: A Guide for Recreation Facilities

Thursday, May 5th at 1:15pm

Presenters: **Stacey Manikel & Craig Perrett**

Stacey and Craig will be presenting on behalf of Efficiency Manitoba – Manitoba's newest Crown corporation dedicated to energy efficiency. Efficiency Manitoba offers programs and rebates to help save energy, money, and the environment. Efficiency Manitoba is here to help recreation facilities become more energy efficient. If you operate recreation facilities in Manitoba, Efficiency Manitoba's energy efficiency programs can help you save money! Learn about no-cost and low-cost opportunities to reduce your energy bills, energy efficiency upgrades, and available financial incentives.

New Work Habits for a Changing World of Work

Thursday May 5th at 1:15pm

Presenter: **Brenda Robinson**

Take this opportunity to explore and discuss methods, approaches and ideas for improving and enhancing your skills in this new world of work!

Urban Poles: Programming for all Fitness Levels

Thursday May 5th at 1:15pm

Presenter: **Sheena Kilpatrick**

Over 70% of Canadians have listed walking for exercise, but only 30% report walking as their regular form of exercise. For many walking can have increased risk of falls, for other walking may not provide an optimal training effect. Urban Poles are a great option for both demographics. For those with stability issues, poles provide new security. Posture improves, gait strengthens and confidence boosts. For those who want to progress Urban Poling burns 46% more calories and engages 90% of your muscles than walking alone. From beginner to advanced Urban Poles can elevate your training.

Parks Pandemic Story: International Addition

Thursday, May 5th at 1:15pm

Troy Sykes & Todd Reichard

This session will review how Yardstick benchmarking has been used internationally to research and communicate level of service trends during the pandemic. Troy will illustrate how Organizations defined their levels of service to create a clear line of sight between Corporate, Customer and Asset levels of service.

SESSION DESCRIPTIONS—Friday May 6th

Nature Play: Connected to the Land

Friday, May 6th at 9:00am

Presenters: Darcy Granove, Dylan Huntly, & Jane Hilder

Through presentation, attendees will be introduced to the definition of nature play and an overview of its benefits, supported by design examples and LBLA projects. Nature play will be shown in contrast to “conventional play” areas, as well as “hybrid play” areas. Once introduced, we will extend this connection to landED, the land-based educational branch of LBLA, where we will explain how nature play can be incorporated into the Manitoba curriculum, and the importance of time for free play outdoors.

Sponsorship Revenue for Your Organization

Friday, May 6th at 9:00am

Presenter: Brent Barootes

This session will outline how to build that Case For Support to make sponsorship happen in your organization so you can generate way more revenue in sponsorships than you presently are. Come with your stories, your concerns and your questions. Leave with the answers to a successful sponsorship program.

Rec on Wheels: The importance of accessible recreation programming among youth experiencing homelessness

Friday, May 6th at 9:00am

Presenters: Christa Costas-Bradstreet & Dr. Tristan Hopper

This presentation explores the Rec on Wheels curriculum, provides preliminary program evaluation findings, and offers practical solutions. As part of the larger, ongoing program evaluation, our presentation explores the Rec on Wheels program curriculum, preliminary data from our research alongside Rec on Wheels participants, and will offer practical solutions for those looking to better understand their role in shaping recreation experiences for youth experiencing homelessness.

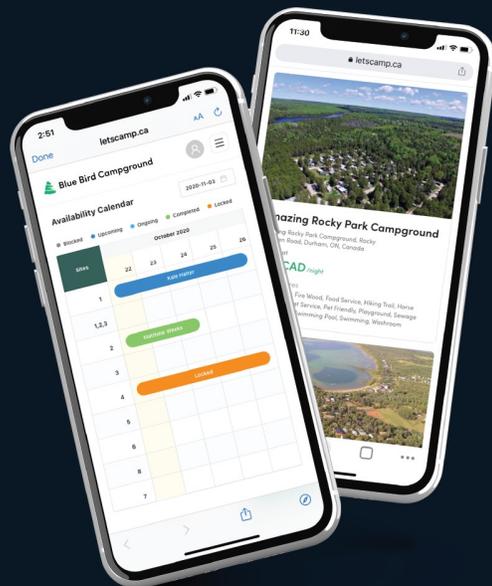


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SESSION DESCRIPTIONS—Friday May 6th

Individual and Community Well being

Friday, May 6th at 10:00am

Presenters: Rita Chahal & Marian Goldstone

This presentation explores indicators of wellness and "unwellness" (particularly mental wellness) in both individuals and communities, and offers suggestions for increasing the "wellness" capacity of communities. This presentation will also address community wellness from the timely perspective of immigration and community.



Scan the QR Code for session evaluations and be entered to win some great prizes.

Get Happy Summer Day Camps

Friday, May 6th at 11:10am

Presenter: Dawn Currie

RPAN piloted the Get Happy Summer Day Camp in 2015 with five Nunavut communities...today more than 15 communities participate, more than 100 Inuit youth leaders are trained and employed, more than 2,500 children benefit through quality programs! Today, this is a \$550,000 program in Nunavut and our signature program!

RPAN has discussed with Recreation Manitoba the idea of piloting this program in Manitoba. RPAN will present the program to the conference delegates...how they started; youth leader training; partners; program overview; link to Rec North Youth Leadership certificate.



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QUESTIONS & CONTACT:

Kadi Diop kdiop@gopowerup.ca

gopowerup.ca

SESSION DESCRIPTIONS—Friday May 6th

Let curiosity lead: A forest school perspective

Friday, May 6th at 10:00am

Presenter: Lise Brown

An exploration into sharing the role of leader with the children and young people you work with. This experiential workshop is for individuals interested in inquiry and outdoor learning, child led play, and spending more time outdoors in natural spaces using Forest School philosophy. Participants should be prepared to be outdoors for the session regardless of the weather.

Residential Schools and Reconciliation

Friday, May 6th at 10:00am

Presenter: Steven Greeyes

The presentation covers the history of the schools, student experience, reconciliation history, the TRC/ NCTR, allyship, cemetery recovery, intergenerational trauma, and tools for individuals.



Physical Activity Coalition of Manitoba

The Physical Activity Coalition of Manitoba (PACM) is a coalition of organizations interested in facilitating an increase in physical activity among Manitobans of all ages. The 2022 Recreation Manitoba conference provides several education and awareness opportunities that support this mission.

PACM is proud to partner with RCM in making the conference possible. We invite all interested organizations and individuals to join us. For more information on PACM go to www.pacm.ca or contact us at pacm.mb@gmail.com

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SESSION DESCRIPTIONS—Friday May 6th

AAIM in the Right Direction: Engaging and Programming for Older Adults

Friday, May 6th at 1:30pm

Presenters: Karin Whalen & Linda Brown

Learn about the importance of engagement and participation of older adults in your community to meet their physical and social needs better. Also, learn how to create messaging for older adults to elicit responses for meaningful participation for all.

Learning outcomes:

- Learn the benefits of healthy active aging and why engagement is essential for the community and older adult
 - Learn what appeals to older adults and how to attract them to get and stay involved
- Learn about available resources for older adults and how you can embed them into your overall community recreation strategy

Time for Reflection: Where are we now, two years later?

Friday, May 6th at 1:30pm

Presenter: Megan Foster

During this interactive session participants will:
reflect on what they've experienced the last few years
identify how/where they might be feeling drained; and
brainstorm strategies they might put in place going forward

While this session will be engaging and interactive, it will be very individualized and reflective in nature.

Staff Recruitment and Retention in a Post COVID-19 World

Friday, May 6th at 1:30pm

Presenter: Alexandra Carriere & Dr. Christopher Love

How do you go about building up your staff post-pandemic? What can do to attract and train them to provide you with the workers you need to keep operating? Alex has experience working in facilities in both Alberta and Manitoba, while Christopher has a national perspective through contacts within the Lifesaving Society. Together they will be sharing tips on how to engage and motivate your staff to be and do better.

NET Zero

Friday, May 6th at 1:30pm

Presenters: Jordan Dermo & David Balamatowski

What is Net Zero? Does your community have a plan to reach the Net Zero targets? Is net zero even possible? The answer to that is yes! Did you know that Ice rinks are among the highest energy-consuming and GHG-emitting facilities in municipalities, making them an excellent place to start. As North America's largest thermal refrigeration contractor Cimco has built over HALF of the world's ice rinks, in other words, we can help!

Join us as we discuss:

- Cost savings of a low carbon approach to ice rinks vs. business as usual approach.
- Grant funding available to implement these changes at all municipal facility
- We will show you how to engage Energy consultants to conduct buildings studies and will establish your emission base line
- Provide proven solutions to help improve overall efficiency and repurpose the waste heat from a refrigeration plant which can eliminate the need for gas heated furnaces and boilers
- Decrease operational costs and lower your GHG emissions to meet the Net Zero Targets!

We will discuss how Cimco can/will design, build, install and support energy efficient, environmentally advanced refrigeration systems. Together we can do our part to combat global emissions while saving your community money!

Learning Outcomes: Organizational Management; Programming; Aquatics; Community Development; Human Resource Management; Human Resource Development; Best and Promising Practices



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PRESIDENT'S LUNCHEON & AWARD CEREMONY

Friday May 6th | NOON - 1:15pm

The President's Luncheon and Awards Ceremony proudly recognizes the outstanding contributions of individuals, groups and/or communities who have shown leadership and innovation in the advancement of the recreation sector. Join us in celebrating the effort, commitment and achievements of the 2022 award recipients.

SHARON ARSENAULT — PRAIRIE CROCUS AWARD

The Prairie Crocus Award is the most prestigious award presented by Recreation Manitoba and honours a professional who has made a significant contribution to recreation, therapeutic recreation, parks and/or leisure services within the Province

NICOLE PERRAS — THERAPEUTIC RECREATION AWARD OF EXCELLENCE

Therapeutic Recreation Award of Excellence recognizes and honours a therapeutic recreation professional who has made a significant contribution in the field of Therapeutic Recreation within the Province.

GRANDE POINTE HOMEOWNERS ASSOCIATION — FACILITIES AWARD

This award recognizes a recreation facility, individual or group in Manitoba that demonstrates outstanding or unique innovations in providing places to gather, play and connect. Nominees have the capacity and passion to operate facilities and spaces, according to best practices and trends in the industry.

DAN LESTER — NATURE AWARD

This award recognizes the passion and achievements of individuals, groups and organizations that steward recreational, natural, and green spaces that enhance community quality of life.

GILLES DURUPT — PEOPLE & COMMUNITY AWARD

This award recognizes the efforts and dedication of individuals, or groups, who lead and advocate the many benefits of the field.

KATHY PICARD — HEALTH & WELLBEING AWARD

This award recognizes nominees that have gone above and beyond to increase opportunities for their community to benefit mentally, physically and socially.



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If you are considering replacing your system, adding a pad, improving efficiency looking for a greener refrigerant or considering a new system or repairing an existing system we can help. As professional therm energy engineers we have a solution.



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COVID PROTOCOLS

MASKS

- Masks are not required. Recreation Manitoba strongly encourages everyone to wear a mask at all times unless eating or drinking

COMFORT COLOURS

Recreation Manitoba will be providing wristbands for all attendees, who request them, to allow them to indicate to other their comfort level with physical distancing

RED: No contact, please respect my space and provide me with my space by staying 2 metres away.

YELLOW: Still being cautious please maintain a respectful distance.

GREEN: Come as close as you are comfortable with. (hi-fives & handshakes)

Additional safety information

Recreation Manitoba will make every effort to ensure health and safety measures are followed at the conference to keep everyone as safe and healthy as possible, but we cannot do this alone. We ask that all attendees do their part by taking personal responsibility and remaining vigilant about their own health, including:

- Staying home if you are not feeling well or are exhibiting any COVID-19 symptoms
- Following all public health orders
- Washing your hands frequently and/or using hand sanitizer

We will continue to update our health and safety measures as needed to provide a safe environment for all attendees.

CONFERENCE PARTNERS & SPONSORS

Recreation Manitoba would like to thank the following 2022 Conference Partners and Sponsors. It is because of their generous support that Recreation Manitoba is able to offer a high quality educational and networking event each year.

Manitoba



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Recreation Manitoba 2022 Conference Committee... Thank you volunteers and staff for your time, dedication and enthusiasm!

Emily George | Sharon Arsenault | Amber Mamchuk | Tara Cowan | Justine Friesen | Courtney Bangert-Murray

Kamillah El-Giadaa | Moni Loewen | Krystle Seymour | Damara Geddes | Morgan Barrett

Jessica Carruthers | Lisa Brown | Brenna Philp | Andrea Dietrich | Maria Swanson

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