

5. Winter Green Highlights -Made in Canada Solutions!

Following are some success stories (in no particular order) chosen because they reflect the Winter Green concept—even before there was Winter Green! These local initiatives, ;

- are not necessarily geared around snow;
- encourage winter activity as a natural occurrence;
- cater to people, not vehicles;
- target one or more groups including : seniors, youth, children, the people with disabilities, low income, families, individuals, people who don't normally venture out to winter events.

These success stories also reflect Canada's diversity:

- urban/rural
- income/socioeconomic status
- regional differences
- infrastructure/technology
- lighting in winter/sustainability and affordability.

A Special Event

The Charlottetown Parks and Recreation Department found a way to promote winter use of a trail. The PEI organized the Jingle Bell Walk. This year's event, the 4th one to take place, is coordinated with the Christmas Lights across Canada event.

Each year an elementary school choir leads 1000 participants singing carols while traveling on a local walking trail. Candles and flashlights light up the trail. An added touch is the jingle bells that are given to everyone to keep. They return to the town to light the tree as other participants in the Christmas Lights Across Canada event do across the country.

Wayne long, Charlottetown Parks and Recreation Department, Charlottetown, PEI
ph: (902) 368-1025

Christmas lights across Canada Janet McGowan ph: 1- 800-465-1867

An outdoor winter experience for children and those who just like to discover some secrets of winter:

“Brr! Bundle up, brave the cold and set out to track down winter insects. You'll be surprised at how many different insects you can find when you know where to go and what to look for. Discover some of their secret hiding places and winter disguises.”

An excerpt from: “insects in winter” a chapter from Fascinating Facts and Amazing Activities to Make You Bugwise by Pamela Hickman and the Federation of Ontario Naturalists, published by Kids Can Press Ltd., Toronto, 1990.

Click for more information in Winter Treasures.

Dress a Champion - knocking down road blocks to participation

This program is designed to provide disadvantaged youth who want to participate in ice hockey lacking the proper equipment, with an opportunity to develop new skills and to have fun. It involves collecting and distributing used hockey equipment for inner city kids.

Based in Regina Saskatchewan, the Dress a Champion gathering is an annual event in December which won the Duke of Edinburgh Award in it's second year of operation. This program has evolved into the outdoor hockey league in seven zones in the highest crime area of Regina. It further developed into a year round, used sporting equipment library where inner city kids may borrow equipment for various sports.

Russ Matthews, Sport Venture Coordinator, 2825 Saskatchewan Dr., Regina, Saskatchewan S4T 1H3

Phone: (306) 757-2411 Email: www.ehrlo.com



Cross-Country Skiing at night -

Partnerships help create supportive environments for Active Living

Because most community residents work during the week, cross-country ski trails in Moncton, NB were rarely used on weekdays. Without proper lighting, skiing after work, in the dark, simply wasn't an option. Thanks to the Kinsmen Club, a growing number of residents make use of the trail at night, especially weekday evenings. Lighting was installed along a section of a 15 km ski trail in a 300-acre park located in the city's centre. Financed by community services, Kinsmen have agreed to pay back the city over a ten year period.

Now people use the trail in the winter evenings for cross-country skiing. There is a relay race along that area. The cost for the project was \$350,000 and is being repaid by the Kinsmen at the rate of \$35,000 per year for the next ten years. The ambiance with the lighting is beautiful. Not-for-profit groups do services to help repay the cost of the lighting. Solar power may be an option in your community.

Jocelyn Cahoon

Moncton Department of Community Services, Moncton NB

Ph: (506) 853-3516

Fax: (506) 859-2629

Integration Facilitator Program - Helping People With Special Needs

In response to the need to help isolated older adults and persons with disabilities to be active in winter, the City of Regina recruited and trained volunteers who worked with these residents one-on-one to help them in a variety of ways: providing transportation to and from activity sites, gathering information about facilities and events, finding proper equipment and pairing with "buddies" with similar interests.

City of Regina Community Services, Regina, Saskatchewan

Ph: (306) 777-7145

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Winter Active Birthdays - Workplace Team-Building

A large organization situated in an urban office building decided to celebrate employees birthdays the winter-active way! Staff organized a moonlight cross-country ski or walk to celebrate employee birthdays. Car pools were arranged to get people to ski trails and employees shared equipment.

Leisure Access Program - Increasing Participation Among Low Income Populations

In Vancouver, the department of municipal recreation developed a pass for low income families and individuals to encourage participation and access to municipal facilities such as ice rinks, swimming pools, fitness centres and racquet courts. The pass also entitles holders to reduced rates for lessons at facilities.

Applicants are screened to make sure only low income families who live in the city receive cards and the reduced fee. Roughly 20% of Vancouver residents qualify.

Carol Sogawa

Leisure Access Program

Vancouver Park Board (Stanley District Office)

2099 Beach Avenue

Vancouver BC

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Ph: 9604) 257-8482

Fax: 9604) 257-8501



Seniors Skating Club— Breaking Down Physical Barriers to Participation

A group of older adults approached the Moncton Parks and Recreation Department with an idea— a skating Club for older adults who hadn't skated for years. The club now has over 500 members and has produced its own instructional video. Members also designed a 'skate-sled' that allows beginners and people with disabilities to join, helping many older adults to remain physically and socially active in winter.

Jocelyn Cahoon

Moncton Department of Community Services, Moncton NB

Ph: (506) 853-3516

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Year-Round Playground Planning— Safety and Accessibility for Winter

Playgrounds have to be built with year-round use in mind. In Watson Lake, Yukon, summer playground equipment was designed with features such as non-slip surfaces that help extend its use into the winter. Equipment was also carefully placed to leave the hill available for tobogganing.

Watson Lake, Yukon

Ph: (403) 536-2246

Outdoor Rinks—Creating Sustainable Facilities through Community Ownership

A partnership between local community associations and the city of Saskatoon has helped to make ice rinks accessible to all community residents. The community association operates the rinks, using a modest grant and maintains it with volunteers.

Jeanette Schultz

City of Saskatoon, Saskatoon, Saskatchewan

Ph: (306) 975-3181

Fax: (306) 975-3185

Scarth Street Mall Skating Rink - Active Living Is Good For Business!

The Regina Downtown Business Association created an outdoor rink as a solution to an economic problem -a decline in business in winter because shoppers were opting for the warmth and comfort of indoor malls. The rink on the Scarth Street Pedestrian Mall attracted all kinds of skating enthusiasts. Skates were provided for free. At Christmas time events were planned to draw people to the rink creating a festive atmosphere.

City of Regina Community Services, Regina Saskatchewan

Ph: (306) 777-7145 Fax: (306) 777-6828

Environmental Awareness Through Winter Green

At Sacred Heart Elementary School in Marystown, Nfld., kids had little opportunity to get out and enjoy the countryside. So teachers, parents and other volunteers decided to combine active learning with active living. Everyone worked together to organize a winter outing, including learning about local geography, history, culture and the environment. Cross county skiing, caplin fishing, cooking over an open fire and skating on the ponds were a few of the activities. This project helped kids learn outdoor skills, team work and built school spirit.

Pat Baker

Hart Elementary School, Marystown, Newfoundland

Ph: (709) 279-1661



Moonlight Walking for Older Adults

In Trois Rivières, Quebec, Kino-Quebec consultants, Diane Lemay and Lorraine Croteau took advantage of a province-wide winter activity campaign developed by Kino-Quebec to reach inactive community residents in winter, particularly inactive women over 50. The purpose was to promote the practice of walking as a winter activity for older adults. In all, over 800 residents joined in the walks.

Lorraine Croteau

Director of Public Relations

550 rue Bonaventure, Trois-Rivières, Quebec
G9A 2B5

Arena turned greenhouse

A hockey arena in Inuvik was converted into a greenhouse by removing the original roof and replacing it with greenhouse glazing glass. 4000 sq. ft. will be commercial where they will sell produce and pay for the building. The other section will contain 60 or 70 garden plots which will be rented for people to garden in from May to September.

If you have a success story you would like to share with us please contact info@goforgreen.ca

Re-use & Save!

On a regular basis, families in St-Tite, Quebec, have the opportunity to buy and sell kids' skates and hockey equipment from each other at their local arena – organized through the local Leisure Services Department.

Most sales occur during August and September. There is usually nothing left by the end of February. An idea that just makes *cents!*

Contact:

Mrs. Andrée Perron

St-Tite, QC

Tel: (418) 365-5765

Resource:

Prenez l'air...de famille! Ses idées à partager.

Kino Quebec, 1995

