



Rec Room!

Winter Skateboarding????

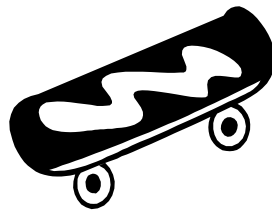
An idea that may be more cost effective than you think...

When recreation and youth service professionals think of skateboards and skateboarding it conjures up both positive and disapproving thoughts. Regardless of your position one thing is clear...skateboarding is hot and is here to stay.

Unfortunately many of us struggle with how to best meet the needs of the youth in our communities, while keeping in mind all of the issues surrounding safety, vandalism, and prudent budget management.

So what is the solution? Perhaps the creation of an indoor skateboarding 'facility' is an option worthy of contemplation...?

One Toronto community has taken a very proactive approach to offering youth in the community a safe, inclusive area to practice their skateboarding....



The idea is really quite simple...Take a space you already have (in this case a gym with a wooden floor), engage skateboarders to help design and build elements, start small and most

of all reverse the challenge of 'dealing' with young people by taking this opportunity to engage a group that is ordinarily left out of leadership roles.

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PSP Community Recreation

Volume 3 Issue 1

December 2004

Did you know that FREE volunteer resources can be ordered through Volunteer Canada—www.volunteer.ca for details

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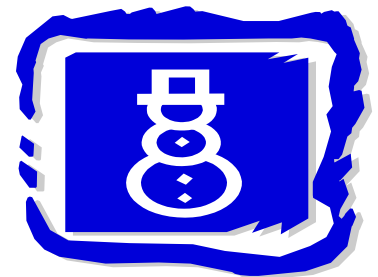
Communications Corner

From the CFPSA Communications Team

Admit it. ... You take bad pictures. If you have ever held a camera, it's destined that the bulk of the pictures you have taken with it include such greats as headless grandma blowing out her 75th birthday cake (how could you screw up such an important shot). Even professional photographers of the film era worked with the expectation of getting only one good picture per roll of film, which is to say that we take a lot of bad pictures, too.

Of course, technology has changed. As digital photography eliminates the largest everyday cost in photography – film – shooting twenty pictures now costs the same as shooting two. And so we enter into a new era, one where images are in focus, well composed and interesting.

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Winter skateboarding???!...continued from page 1

But, but, but...
Sure there are many questions...

What about?

Liability? - in the City of Toronto this is viewed in the same fashion as any other drop in program and treated as such as far as insurance goes. Within the NPF world, it is viewed in the same light as other supervised activities provided safety rules are posted and safety equipment use is mandatory.



these elements in an unsupervised, outdoor environment...move it inside and many communities have found that the youth concentrate on their sport and being active instead engaging in counter-productive behaviour.

Cost??? - Must be expensive to build one...and what about damage? - The cost to build this type of park will surprise you...how does the whole kit and kaboodle for less than \$5000 sound? The elements can all be constructed from G1S plywood, 4X8 sheets of masonite and some pine or spruce 2X4s...the elements

Drugs and graffiti? - True there are issues with



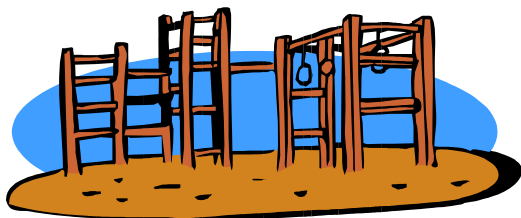
are inside and therefore don't have to be weatherproof...and as a result there is less maintenance required. As for damage...most communities have found that there has been no major damage to the indoor area including the wood floor (nothing that could not be removed through buffing).

Safe Kids Week 2005 Summer Safety May 30 - June 5, 2005

Every spring, Safe Kids Canada and Johnson & Johnson join forces in a major national campaign on children's safety. This year the Summer Safety program will examine wheeled activities, playground, pedestrian and water play - all popular summer activities and all at risk for serious injury.

For more information on Safe Kids Week 2005 visit:

www.safekidscanada.ca



By engaging these youth, your community has a much better chance of finding youth and younger adult mentors who have designed, built and maintained a 'skatepark', providing young people with a place to be active even during the winter.

In the City of Toronto, on average their 'park', which is open several times a week, attracts 50-100 youth weekly. So successful has been the endeavour that they have introduced dedicated instruction time (including an intro class for girls only). The City has also purchased a set of loaner boards and helmets for use during instructional sessions. Monies, for the purchase of these items were fundraised at competitions held at the park.

For more information on this innovative approach to service provision Devin Fan, Youth Outreach Worker with the City of Toronto can be contacted at: dfan@toronto.ca or at 416-392-6779.



The National Recreation and Youth Services Team wishes you and your families a happy and safe festive season.

EMPLOYEE ZONE ACCESS ON THE CFPSA WEBSITE

Following is the process for employees who do not have access to the NPF network to obtain a password to get into the secure CFPSA HR web site with employee information:

1. Access the CFPSA website from the Internet
2. On the red bar, approx. 1/4 of the way down the

BAD PICTURES...FROM PAGE 1

For the next event that you're asked to cover, take 10 times more pictures than you would normally. Move around and try shooting from different angles. Delete any images that are not technically or otherwise properly 'exposed'. Keep other pictures that look good but don't represent your best work in a separate folder that you can easily delete once the needs for the picture you have submitted have been met.

Below are more tips that address other common problems.

- Photography is a subtractive art. Your viewfinder contains a canvas packed with activity. Your challenge is to creatively and judiciously eliminate anything that isn't necessary to your image.
- Scan the top, sides and bottom of your viewfinder. Your main subject should nearly touch these boundaries. If it doesn't, move closer to the subject.
- Always use a flash when taking pictures of people outdoors, especially when it's sunny. The sun casts harsh shadows and the face is a veritable landscape of hills and valleys.
- When shooting indoors, move your subject away from walls to avoid your flash casting heavy shadows. It is also good form to avoid reflective surfaces (such as the mirrors in all of the gyms)

After you've mastered the above, make sure at least one of your shots in every series breaks at least half of these rules.

Lyndon Goveas is a Photographer at CFPSA.

home page of the CFPSA site, there will be a link to "Employee Zone"

3. Press the link to "Employee Zone"
4. Press OK at the Security Alert Prompt
5. Sign-in instructions appear on this page. Press "Link to CFPSA Network Request Form" in the first paragraph of text and follow instructions to obtain a password from IM/IT.

HELPING EXPECTANT MOTHERS STAY ACTIVE DURING PREGNANCY... PART 2

In the last edition of the Rec Room we provided suggestions on how to help expectant mothers stay healthy and fit during pregnancy. As a follow up to that piece we would like to highlight a resource developed by fitness experts including a number from the CFPSA which assists CF members who are expecting maintain a healthy and active lifestyle throughout pregnancy.

The 'Guide to Fitness During and After Pregnancy in the CF' is a dynamic new training tool intended to assist a demographic who, until now, had been largely ignored in the fitness industry.

The resource, the first of its kind here in Canada, offers pregnant women information on nutrition, injury prevention, training, safety and comfort during all three trimesters, as well as, the period after pregnancy.

If you are interested in accessing a copy of this valuable resource, they are available from the Fitness and Sports staff at your local fitness facility.



PSP Community Recreation

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NRYSM can be reached at: 613-995-7802 or ogilvie.la@forces.gc.ca
NRYSC can be reached at: 613-992-4642 or rooke.lara@cfpsa.com

Got a success story you would like to share? Why not submit it to APROPOS—the NPF staff newsletter. To submit, or for more information, contact Brigitte Smiley at: smiley.brigitte@cfpsa.com

Serving Those Who Serve



CANADIAN FORCES
PERSONNEL SUPPORT AGENCY



AGENCE DE SOUTIEN DU PERSONNEL
DES FORCES CANADIENNES

The next edition of the Rec Room! is due out late spring and submissions are always welcome. Send them electronically to rooke.lara@cfpsa.com along with any pictures you might have. We welcome stories of any length.
Thanks to all who contributed to this edition!!!!

QUESTION FOR THE FIELD.....What types of fundraising opportunities/activities exist at your location? Please forward replies to Lara Rooke at rooke.lara@cfpsa.com

**Looking for a Good CLEAN fundraiser? -
Consider National Car Wash Day**



Looking for a way to assist your clubs and youth committees fundraise?

Armor All® National Car Wash Day is a fun and easy way to raise money! Armor All® supplies everything you need to hold a car wash — you supply the people and the water. Plus, every dollar goes directly to your cause.



Visit www.nationalcarwashday.com/en/home.php for more information on application and to download the FREE publicity kit. Start planning now—Spring is just around the corner.