CONFERENCE PROGRAM

GROWING RECREATION TOGETHER

2019 ARPA CONFERENCE & ENERGIZE WORKSHOP / ATRA SYMPOSIUM

October 24 - 26, 2019
Fairmont Chateau Lake Louise, Lake Louise, Alberta
This year ARPA is excited to partner with the Alberta Therapeutic Recreation Association (ATRA) to co-host our Annual ARPA Conference and Energize Workshop alongside of the ATRA Symposium. We are expecting up to 600 delegates to join us this year as we return to the iconic Fairmont Chateau Lake Louise to celebrate the theme of Growing Recreation Together!

This year’s Conference/Symposium planning committee is comprised of over 50 volunteers from across Alberta representing both ARPA and ATRA! This Conference cannot be put together without the time and commitment of these volunteers. I would also like to thank our long list of corporate sponsors whose important support makes this Conference possible.

The program is one of the largest ever including:

- 6 Pre-Conference Workshop options including a traditional Blackfoot Tea Dance Ceremony
- 45 breakout sessions including the addition of two ATRA streams as well as the continued success of our Indigenous and Connecting through Research streams
- Three keynotes, which we can proudly say, are all Alberta-based!

We would like to highlight our partnership with the Ministry of Culture, Multiculturalism and Status of Women for the Energize Workshop portion of the Conference with content specifically geared towards elected and appointed officials.

Attending our conference enhances personal and professional development, it provides you with tools and skills, which cannot be taught in-house or online, and it allows you the opportunity to dig deep into focused learning for our sector. On behalf of the ARPA Board of Directors and staff, we look forward to seeing colleagues, sponsors, volunteers and elected officials this fall in Lake Louise.

Heather Cowie
ARPA President
PROFESSIONAL DEVELOPMENT

Add value to your conference experience!

PARKS AND RECREATION PROFESSIONAL

Educational conference sessions can be counted towards the CPRA Parks and Recreation Professional Certification.

- Earn up to 8.75 learning credits (LC) for attending all of conference
- Earn 1 LC for attending most education sessions (i.e., keynotes and presentations)
- Earn up to 3 LC for attending half-day pre-conference workshops, and 6 LC for attending the full day workshops

The Parks and Recreation Professional certification (PRP) is the Canadian standard for those who want to be leaders in their profession. The PRP certification shows that you have the unique knowledge, skills and abilities needed to drive the profession forward. It also demonstrates your commitment to ongoing professional development.

To find out why the PRP might be right for you, visit www.cparpdc.ca

*Attendees must attend the entire session or workshop to earn the credits. Please note that non-educational sessions are not eligible for LCs. See the conference app and onsite guide for further information on session credits.

ALBERTA THERAPUTIC RECREATION ASSOCIATION - CONTINUING EDUCATION UNITS

Welcome Alberta Therapeutic Recreation Association (ATRA) members to this year’s conference! ATRA is the professional association for Recreation Therapists in Alberta. www.alberta-tr.org

Professional Membership with ATRA requires mandatory participation in a Continuing Competence Program (CCP). This commitment ensures Albertans receive therapeutic recreation service from capable, knowledgeable and skilled practitioners who are able to apply advances in the profession. ATRA members maintain their membership by completing 45 continuing education credits (CEU) every three years. By attending educational conference sessions, you can earn ATRA CEUs.

- Earn up to 9.5 CEUs for attending all of conference
- Earn up to 3 CEUs for attending half-day pre-conference workshops, and 6 CEUs for attending the full day workshops
- CEU pre-approval is in process. ATRA (American Therapeutic Recreation Association) and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs. No NCTRC CEUs will be available for ARPA stream 1 to 7.
- Webinar will be offered for all sessions in ATRA stream 1.

Attendees must attend the entire session or workshop to earn CEUs. 1 hour of education = 1.0 CEU. Non-educational sessions are not eligible for CEUs, for example: activity sessions or receptions.
## CONFERENCE AT A GLANCE

### THURSDAY, OCTOBER 24

<table>
<thead>
<tr>
<th>Time</th>
<th>PC1</th>
<th>PC2</th>
<th>PC3</th>
<th>PC4</th>
<th>PC5</th>
<th>PC6</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 – 6:00 pm</td>
<td><strong>Cocktail Reception / New Delegate Reception / Communities ChooseWell Awards Reception</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 – 8:00 pm</td>
<td><strong>Opening Ceremonies Dinner / Keynote Address</strong></td>
<td><strong>Dr. Reg Crowshoe – Opening Prayer and Creation Stories</strong></td>
<td><strong>Michael Kerr – Inspiring Workplaces – Creating the Kind of Workplace Where Everyone Wants to Work</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 – 11:00 pm</td>
<td><strong>Thursday Entertainment: The Wardens</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FRIDAY, OCTOBER 25

<table>
<thead>
<tr>
<th>Time</th>
<th>A1</th>
<th>A2</th>
<th>A3</th>
<th>A4</th>
<th>A5</th>
<th>A6</th>
<th>A7</th>
<th>A8</th>
<th>A9</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:30 am</td>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 – 9:30 am</td>
<td><strong>Plenary Speaker - Connecting through Research</strong></td>
<td><strong>Dr. Nicole Cobs-Reed: Utilizing our Recreation Facilities and Programs to Support Wellness: An Example from Cancer &amp; Exercise</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 – 10:00 am</td>
<td><strong>Refreshment Break</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Done by 4:00 pm**

- **10:00 – 11:00 am**
  - **Active Workplace Audit Tool – How Can We Move More & Sit Less in the Office?**
    - Dr. Christina Loitz
  - **Play Streets – Come out & Play**
    - Shauna Richard
  - **We’re in Deep: How We Learned to Play in the Sandbox Together**
    - KI Wilson, Jordan Higgs & Heather Acres
  - **The Future of ARPA**
    - ARPA Board of Directors
  - **Its Good Enough – Its Not Good Enough**
    - Chris Rutherford
  - **Learning from the Land: Elder and Youth Culture Camp**
    - Dr. Reg Crowshoe, Janet Naclia, & Christy Morgan
  - **Recreation and Parks Focused Research in Alberta – A Dialogue / Poster Session Presentation (CTR)**
  - **Addiction & Mental Health Community Recreation Therapists Successful & Innovative Community Partnership Program**
    - Deanna LeSage & Amy Decker
  - **Through Their Eyes: Social Isolation of Indigenous Seniors**
    - Sandra Ngo & Susan Morrissey

---

**We’re in Deep: How We Learned to Play in the Sandbox Together**

**Ki Wilson, Jordan Higgs & Heather Acres**

**9:00 AM – 4:00 PM**

**Dr. Reg Crowshoe**

**Blackfoot Tea Dance Ceremony**

**Noon – 4:00 PM**

**High Five – Principles of Healthy Aging**

**9:00 AM – 4:00 PM**

**Karina Damgaard**

**Recreation and Parks for Elected Officials**

**9:00 AM – 4:00 PM**

**Greg Krischke**

**Promoting Inclusive Play in Alberta**

**9:00 AM – 4:00 PM**

**Jennifer Lee, Kelly Arbour-Nicitopoulos, Marco Di Buono, & Heather Cowie**

**Using Data to Improve your Park Management and Operations**

**½ Day**

**Chris Rutherford and David Ellis**

**Fundamentals: The Secret Formula for Your Events & Community Investment Strategies**

**½ Day Workshop**

**Kate Callagher**

**Through Their Eyes: Social Isolation of Indigenous Seniors**

**Sandra Ngo & Susan Morrissey**

**Its Good Enough – Its Not Good Enough**

**Chris Rutherford**

**Recreation and Parks Focused Research in Alberta – A Dialogue / Poster Session Presentation (CTR)**

**Deanna LeSage & Amy Decker**

**Learning from the Land: Elder and Youth Culture Camp**

**Dr. Reg Crowshoe, Janet Naclia, & Christy Morgan**

**Using Data to Improve your Park Management and Operations**

**½ Day**

**Chris Rutherford and David Ellis**

**Active Workplace Audit Tool – How Can We Move More & Sit Less in the Office?**

**Dr. Christina Loitz**

**Play Streets – Come out & Play**

**Shauna Richard**

**We’re in Deep: How We Learned to Play in the Sandbox Together**

**KI Wilson, Jordan Higgs & Heather Acres**

**The Future of ARPA**

**ARPA Board of Directors**

**Its Good Enough – Its Not Good Enough**

**Chris Rutherford**

**Learning from the Land: Elder and Youth Culture Camp**

**Dr. Reg Crowshoe, Janet Naclia, & Christy Morgan**

**Recreation and Parks Focused Research in Alberta – A Dialogue / Poster Session Presentation (CTR)**

**Deanna LeSage & Amy Decker**

**Addiction & Mental Health Community Recreation Therapists Successful & Innovative Community Partnership Program**

**Deanna LeSage & Amy Decker**

**Through Their Eyes: Social Isolation of Indigenous Seniors**

**Sandra Ngo & Susan Morrissey**

**High Five – Principles of Healthy Aging**

**9:00 AM – 4:00 PM**

**Karina Damgaard**

**Recreation and Parks for Elected Officials**

**9:00 AM – 4:00 PM**

**Greg Krischke**

**Promoting Inclusive Play in Alberta**

**9:00 AM – 4:00 PM**

**Jennifer Lee, Kelly Arbour-Nicitopoulos, Marco Di Buono, & Heather Cowie**

**Using Data to Improve your Park Management and Operations**

**½ Day**

**Chris Rutherford and David Ellis**

**Fundamentals: The Secret Formula for Your Events & Community Investment Strategies**

**½ Day Workshop**

**Kate Callagher**
# Conference at a Glance

**Friday, October 25**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 – 11:30am</td>
<td><strong>Transition Break</strong></td>
</tr>
<tr>
<td>11:30am – 12:30pm</td>
<td>Bridging Generations - Seniors &amp; Intergenerational Programming at Your Local Library (B1)</td>
</tr>
<tr>
<td></td>
<td>Addressing Important Safe Policy Implications in Community Recreation - Concussions &amp; Harassment, Abuse &amp; Discrimination (B2)</td>
</tr>
<tr>
<td></td>
<td>Citizens Engaging Citizens - Kristin Walsh, Heather Acres, &amp; Allan Macaulay (B3)</td>
</tr>
<tr>
<td></td>
<td>Effective strategies for finding grant opportunities and achieving success - Arny Gomez (B4)</td>
</tr>
<tr>
<td></td>
<td>Rising &amp; Resilient from the Ashes of Treemagedon - Planting, Pruning &amp; Partnerships - Todd Reichardt, Trish Kuane &amp; Nikki Anguah (B5)</td>
</tr>
<tr>
<td></td>
<td>Applied Knowledge - Indigenous Sport &amp; Recreation Certificate Alumni - Jill Cameron (B6)</td>
</tr>
<tr>
<td></td>
<td>Traversing the Continental Divide / Asset Costs of Sports Turf Infrastructure (CTR) - Michelle Murphy &amp; Eric Lyons (B7)</td>
</tr>
<tr>
<td></td>
<td>ABBY - Ambient Tools and Managing Responsive Behaviour - Nicole Kulba, Nicole Brander &amp; Shayana Reddy (B8)</td>
</tr>
<tr>
<td></td>
<td>Ernest. + Ernie. - Lighting Up Your Morning with Independent Dressing - Julie Kuhn &amp; Taryn Wallace (B9)</td>
</tr>
<tr>
<td>12:30 – 2:00 pm</td>
<td>ARPA Volunteer Recognition Awards Luncheon (C1)</td>
</tr>
<tr>
<td></td>
<td>ATRA Awards Luncheon</td>
</tr>
<tr>
<td>2:00 – 3:30pm</td>
<td>Cultivating Healthy Eating in Recreation Settings - Lisa McLaughlin (C2)</td>
</tr>
<tr>
<td></td>
<td>Making Policy Relevant for Community Recreation Practitioners and Decision Makers (C3)</td>
</tr>
<tr>
<td></td>
<td>Recreation and Parks Facilities and Programming in Smaller Communities - Jade Dawson &amp; Barbara Pedersen (C4)</td>
</tr>
<tr>
<td></td>
<td>The Road Less Traveled: School, school and more school or work, work, work... which road is right for you? - Panel of Sector Professionals (C5)</td>
</tr>
<tr>
<td></td>
<td>The changing nature of play in Calgary: Play Charter, Mobile Adventure Playground &amp; Nature Play - Stephanie Van &amp; Chris Hicks (C6)</td>
</tr>
<tr>
<td></td>
<td>Exploring our Shared History - Blanket Exercise - Christy Morgan &amp; Jessica Smith (C7)</td>
</tr>
<tr>
<td></td>
<td>Queering it Up / Group Exercise Program / UWALK (CTR) - Dr. Judy Davidson, Evelyne Felber Charbonneau, Erin Comman (C8)</td>
</tr>
<tr>
<td></td>
<td>Optimizing our Practice through a LTC &amp; Supportive Living Recreation Therapy Framework - Michelle Richard and Patti Lanigan (C9)</td>
</tr>
<tr>
<td>3:30 – 6:00 pm</td>
<td><strong>Outdoor/Activity Session</strong> RFLF Spooktacular Scavenger Hunt</td>
</tr>
<tr>
<td>5:30 – 6:30 pm</td>
<td><strong>Energize Reception</strong></td>
</tr>
<tr>
<td>6:00 – 7:30 pm</td>
<td><strong>ATRA Professional Advancement Session</strong></td>
</tr>
<tr>
<td>6:30 – 9:30 pm</td>
<td><strong>Trade Show - Dinner, Drinks and Networking</strong></td>
</tr>
<tr>
<td>9:00 pm</td>
<td><strong>Indigenous Storytelling and Music around the Campfire</strong></td>
</tr>
</tbody>
</table>

- **PARK SESSION**
- **RELEVANT TO ENERGIZE DELEGATES**
- **INDIGENOUS SESSIONS**
- **STUDENT SESSIONS**
- **atra session**
# CONFERENCE AT A GLANCE

**SATURDAY, OCTOBER 26**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 - 8:30am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 - 10:30am</td>
<td>ARPA General Meeting</td>
</tr>
<tr>
<td>10:30 - 11:00am</td>
<td>Refreshment Break</td>
</tr>
<tr>
<td>11:00am - 12:00pm</td>
<td>D1 Active After School Alberta</td>
</tr>
<tr>
<td>12:00pm - 1:30pm</td>
<td>Luncheon – Minister of Culture and Tourism</td>
</tr>
<tr>
<td>1:30pm - 2:45pm</td>
<td>E1 Reflecting on 20 Years of Success – Aboriginal Sport Circle of the NWT / Grassroots Sports</td>
</tr>
<tr>
<td>2:45pm - 3:00pm</td>
<td>Refreshment Break</td>
</tr>
<tr>
<td>3:00 - 4:00pm</td>
<td>Closing Keynote Speaker and Closing Remarks – Chris Koch – If I Can...</td>
</tr>
<tr>
<td>6:00 - 8:30am</td>
<td>ARPA Presidents Awards Banquet</td>
</tr>
<tr>
<td>8:30 - 1:00am</td>
<td>Saturday Night Social – Evening Entertainment and Halloween Themed Dance Party</td>
</tr>
</tbody>
</table>
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Conference Overview</td>
<td>8</td>
</tr>
<tr>
<td>Keynote Speakers</td>
<td>10</td>
</tr>
<tr>
<td><strong>SESSIONS</strong></td>
<td></td>
</tr>
<tr>
<td>Pre-Conference Sessions</td>
<td>13</td>
</tr>
<tr>
<td>A Sessions</td>
<td>16</td>
</tr>
<tr>
<td>B Sessions</td>
<td>19</td>
</tr>
<tr>
<td>C Sessions</td>
<td>22</td>
</tr>
<tr>
<td>D Sessions</td>
<td>25</td>
</tr>
<tr>
<td>E Sessions</td>
<td>28</td>
</tr>
<tr>
<td>Speaker Bios</td>
<td>32</td>
</tr>
<tr>
<td><strong>DETAILS</strong></td>
<td></td>
</tr>
<tr>
<td>Guest &amp; Delegate Experience</td>
<td>40</td>
</tr>
<tr>
<td>Evening Social Events</td>
<td>41</td>
</tr>
<tr>
<td>Venue and Accommodation</td>
<td>43</td>
</tr>
<tr>
<td>Registration</td>
<td>44</td>
</tr>
<tr>
<td>Sponsors</td>
<td>46</td>
</tr>
</tbody>
</table>
CONFERENCE OVERVIEW

GROWING RECREATION TOGETHER

This year, the Alberta Recreation and Parks Association (ARPA) and the Alberta Therapeutic Recreation Association (ATRA) are joining together to host the 2019 ARPA Conference and Energize Workshop & 2019 ATRA Symposium. This Conference / Symposium will attract upwards of 600 delegates over three days of education, networking and connecting.

ARPA is a charitable not-for-profit organization founded in 1961, committed to building healthier and happier communities and citizens by developing and promoting recreation and parks.

ATRA is an association founded in September 1985, representing over 600 professionals working in the field of Therapeutic Recreation in Alberta. ATRA exists to improve the health and quality of life the public by advancing therapeutic recreation practice.

Growing Recreation Together is a fitting theme as both organizations’ missions are aligned to improving the health and quality of life of all Albertans. Even though this will mark the first time both organizations are collaborating on their main professional development event, the past programs for both events have shared common themes and topics. Both organizations are excited to be able to learn and share from our respective leaders and members.

The recreation, parks and therapeutic recreation sectors are quite diverse in terms of the work done and rely on nurturing partnerships and collaboration among:

- Public, not-for-profit and private providers of recreation and parks experiences
- Public and private planners and developers (urban and rural)
- All orders and levels of government (local, regional, provincial/territorial, federal and Indigenous communities)
- Multiple sectors and disciplines that influence wellbeing and share common goals (e.g. health, tourism, education, arts and culture, nature conservation, etc.)
- People who care about and influence the wellbeing of individuals, families, communities and our natural and built environments (e.g. parents and other family members, elected officials, recreation staff, early childhood educators, caregivers, teachers, school boards, coaches and volunteer leaders in community programs.

We invite you to continue Growing Recreation with other sectors and stakeholders through the combination of this Conference / Symposium. Together, we can enhance wellbeing among individuals, communities and our built and natural environments as we learn and Grow Recreation Together.
CONFERENCE OVERVIEW

ENERGIZE WORKSHOP
The Energize Workshop provides a forum for everyone from elected officials to local community volunteers. The Workshop is an idea-exchange and knowledge-sharing forum regarding the recreation sector and its contribution to healthy communities.

Together, the Energize Workshop and ARPA Conference focuses on a program that combines learning from our history with creating the recreation and parks opportunities that we want for our communities in the future. The Workshop gives delegates the knowledge and tools to bring back to their communities to ensure excellence in the recreation and parks sector.

We will also be hosting an Energize breakfast as well as a Reception that will be held specifically for our elected official delegates. This is the 25th year of partnership between the ARPA Conference and Energize Workshop. Sessions with content relevant to Energize delegates have been identified with the Energize logo as seen below.

INDIGENOUS PARTNERSHIPS
We are honoured once again to be partnered with Indigenous communities from across Alberta to offer a full stream of Indigenous-related sessions and speakers. This year's stream includes a Blackfoot Tea Dance Ceremony, discussions about an incredible Elder and Youth Culture Camp, creation stories around the camp fire, a Blanket Exercise, and more! We are excited to hear the stories and insights of our Indigenous partners and promote the necessary conversations around recreation and reconciliation. We'd like to thank the Government of Alberta and the Faculty of Kinesiology, Sport and Recreation at the University of Alberta for their support of this year's Indigenous stream of programming.
OPENING CEREMONY & PRAYER

Thursday October 24, 2019 6:00 PM

DR. REG CROWSHOE

ARPA is pleased to welcome Dr. Reg and Rose Crowshoe back as our Elders for this year’s Conference. The Crowshoes are honoured Blackfoot Elders and Traditional Knowledge Keepers. Together they have been advisors for many committees with national, provincial and local scopes focusing on work with Elders, youth, culture and the environment. They are both instrumental in the development of the upcoming Indigenous Gathering Place of Calgary.

Dr. Crowshoe will provide an Opening Prayer as well as discuss the important role of territorial acknowledgements and introduce us to the power of creation stories. Dr. Crowshoe, a former Chief of the Piikani Nation, is also a regular lecturer at academic institutions like the University of Calgary and was influential in the development of the education program at the Head-Smashed-In Buffalo Jump. He also co-authored the book Akak’sstiman which explores Indigenous concepts of justice and sentencing circles.

KEYNOTE

MICHAEL KERR

Creating the Kind of Workplace Where Everyone Wants to Work

Thursday October 24, 2019 6:00 PM -8:00 PM

Leadership guru Peter Drucker once said, “Culture eats strategy for breakfast.” And for good reason: Workplace culture drives success, and successful organizations don’t leave their culture to chance. If you want phenomenal results, it starts by being intentional about building a great workplace culture. People do not just want to be inspired at work; they need to be inspired at work.

Inspiring Workplaces is a fun, high-energy presentation that challenges conventional thinking about the workplace and reminds people of the vital role work plays in our lives. Because the presentation takes a holistic look at the workplace, Michael touches on many different topics, which means that everyone will find something that resonates with them.

Bio

Michael Kerr, CSP (Certified Speaking Professional), Speaking Hall of Fame member, is a business speaker, very funny motivational speaker, and the author of six books including Putting Humor to Work. He is known as one of North America’s leading speakers on humor in the workplace and how safe humor can be used to create more productive, less stressful, more creative, and more inspiring workplaces. His hilarious, inspiring and thought-provoking programs are often known for introducing practical ideas that audiences can put to work immediately. Michael Kerr is listed as one of Canada’s most requested funny motivational business speakers.
PLENARY SPEAKER

CONNECTING THROUGH RESEARCH

Friday October 25, 2019 8:30 AM– 9:30 AM

S. NICOLE CULOS-REED, PHD

Utilizing our Recreation Facilities and Programs to Support Wellness: An Example from Cancer and Exercise

This session will examine how we can build partnerships with existing facilities, programs and personnel to support the delivery of wellness in the management of chronic disease. The mantra of “don’t reinvent the wheel” is central to building upon the capacity of existing resources – recreation facilities and the trained fitness professionals who work there – to aid the health care system in the integration of wellness into care models. Using examples of evidence-based projects to develop practice-based evidence in cancer and exercise, this work highlights a clinic-to-community model that is built upon disease-specific training, the essential role of partnerships, and how using an evidence-informed practice to build sustainable community practices is essential for success.

Bio

Dr. Culos-Reed is a Professor of Health and Exercise Psychology and is the Associate Dean Graduate in The Faculty of Kinesiology; Adjunct Professor in the Department of Oncology in Cumming School of Medicine; and Director of the Health and Wellness Lab/Thrive Centre. She holds a Research Associate appointment with the Department of Psychosocial Resources at the Tom Baker Cancer Centre. Dr. Culos-Reed’s research takes a multidisciplinary approach to understanding and improving the quality of life of cancer survivors by developing physical activity programs to address the physical and psychological challenges survivors throughout treatment and survivorship. This research includes national and international collaboration, including project funding from Prostate Cancer Canada, the Movember Foundation, the Canadian Breast Cancer Foundation, the Alberta Cancer Foundation, and the University of Calgary, Alberta Innovates, CIHR, and SSHRC. Her ongoing work includes the development of an Alberta Cancer Exercise (ACE) program to bring exercise into standard of care for all cancer survivors. The ACE program was awarded five-year funding through the Cancer Prevention Research Opportunity (CPRO) offered by Alberta Innovates – Health Solutions, and is also supported by the Alberta Cancer Foundation.
CLOSING KEYNOTE SPEAKER & REMARKS

Saturday October 26, 2019 3:00 PM – 4:30 PM

CHRIS KOCH

If I Can...

Chris Koch does not let limitations or obstacles stand in his way. Despite being born without arms and legs, Koch grew up like any other small-town kid — playing road hockey, causing mischief at school, and helping out on his family farm. Neither he nor his family treated his disability like a tragedy, and instead used it to fuel his dreams. Today, Koch is a motivational speaker who inspires his audiences to continually challenge themselves and build the life they dream of. Born in Lethbridge, Alberta, Koch was raised in the small farming and ranching community of Nanton, Alberta. Early on, he learned that he would not be raised with pity or sympathy. Sure, he had to do things a little differently and some tasks took him a little longer to complete than others, but he was determined to be just like the rest and was always treated just like the rest. After all, he still had a good head on his shoulders and with that, anything is possible. Koch loves sharing his story and spreading his message of, “If I Can...” An avid traveler, marathoner, and farmer, his presentation reflects his full life. Simply put, Koch says, if I can do what I have done so far in my life, what is stopping others from doing the same?

Bio

Koch is a motivational speaker who inspires his audiences to continually challenge themselves and build the life they dream of. Chris Koch doesn’t let limitations or obstacles stand in his way, despite being born without arms and legs. An avid traveler, marathoner, and farmer, his presentation reflects his full life. Koch loves sharing his story and spreading his message of, “If I Can...” Simply put, Koch says, if I can do what I’ve done so far in my life, what’s stopping others from doing the same?
**PRE CONFERENCE SESSIONS**

**THURSDAY OCTOBER 24 | FULL DAY - DONE BEFORE 4:00 PM**

**PC1 /** How do We Grow Diverse and Healthy Communities Together?  
- Blackfoot Tea Dance Ceremony

**Half Day | Noon - 4:00pm**  
Dr. Reg Crowshoe  
**PRICE:** No Cost

As you explore concepts around wellness in your community, how are you framing your own approach to developing healthy communities within a diversity context? Communities often approach ARPA looking for guidance on the issue of inclusion. This year, ARPA through its Communities ChooseWell initiative - is working together with Dr. Reg Crowshoe (a respected Blackfoot Elder, Traditional Knowledge Keeper, and former Chief of the Piikani Nation) to explore these questions experientially and in collaboration with community. Using a Blackfoot Tea Dance Ceremony, Dr. Crowshoe will create a safe and ethical space that will allow participants to explore how ideas surrounding diversity, wellness, and the creation of healthy communities can interconnect and grow together. Many thanks to Communities ChooseWell as well as Alberta Culture and Tourism’s Anti-Racism Community Grant Program for their support of this session.

**PC2 /** HIGH FIVE - Principles of Healthy Aging

**9:00am - 4:00pm**  
Karina Damgaard  
**PRICE:** $29 ARPA Members/ $39 Non-Members/ $29 Students

This one-day training provides insights into the unique needs of older adults when participating in recreation or leisure activities in municipal centers or retirement communities. It provides evidence-based approaches to improve the experience of participants by implementing the HIGH FIVE Principles of Healthy Aging. Through experiential learning activities, scenarios and group discussion, leaders will gain knowledge, tips, and resources to enhance their programs as well as their relationships with participants and other staff members. Topics include ageism, program planning, as well as the importance that physical literacy plays in sustained long-term health, increased social connectedness, improved mental and physical well-being and a better quality of life.

**PC3 /** Recreation and Parks for Elected Officials

**9:00am - 4:00pm**  
Greg Krischke  
**PRICE:** $199 ARPA Members/ $229 Non-Members/ $59 Students

It is widely understood that a high quality of life is essential to the economic wellbeing of a community and a key aspect of quality of life within a municipality’s controls is their recreation and parks programs and services. ARPA with the support and encouragement of the AUMA, RMA and the Government of Alberta, have developed a professional development workshop on recreation and parks in Alberta for elected officials.
**PRE CONFERENCE SESSIONS**

**THURSDAY OCTOBER 25** | **FULL DAY – DONE BEFORE 4:00 PM**

**PC4 / Promoting Inclusive Play in Alberta**

9:00am – 4:00pm  
Jennifer Leo, Kelly Arbour-Nicitopoulos, Marco Di Buono, & Heather Cowie

**PRICE**: No Cost.

Highlights will include: an overview of the Blueprint for Quality Participation, preliminary findings from playground research related to the Play Finds a Way initiative, professional development resources such as the Coaching Kids of All Abilities online training module, and engagement with professionals to gain insights that will be used to inform the development of intentional play programming. We will offer insights into what it means to deliver inclusive play programming outside of traditional facility-based settings in urban spaces such as Calgary and Edmonton and we will look for input from workshop participants to gather rural perspectives. We will show case national efforts to increase participation in play-based activities among Canadians with disabilities with discussions directed towards the creation of quality play experiences. To support professionals in the field who are interested in quality play experiences, we will use examples from The Steadward Centre and the Play Finds a Way initiative to lead discussion around how to evaluate programs and engage stakeholders in meaningful ways.

**PC5 / Using Data to Improve your Park Management and Operations**

Half Day | 1:00 – 4:00pm  
Christopher Rutherford & David Ellis

**PRICE**: No Cost.

Innovation and better management of your parks is achieved through the sharing of knowledge and information. Park managers developed Yardstick for the industry as a benchmarking tool to collect, share and compare vital information to measure current performance and drive future improvements. The Yardstick Parks Overview presentation is an opportunity for Parks managers to get together and find out more about how Yardstick can provide essential tools to collect and compare both management and user information.

Chris Rutherford, Project Director with Yardstick will provide a summary presentation that will include a brief review of the results of the project for 2019 and a discussion on how the use of these results can benefit your management and operations. As part of the workshop, we will be looking at the specific Canada benchmark questions for relevance and potentially adding/deleting some of these for 2020.

David, Ellis, Parks Manager with the City of Lethbridge will share specific examples of how his municipality uses the Yardstick data to help inform and implement changes to their park planning, development and operations and use these results to better inform practice.
PC6 / FUNDamentals: The Secret Formula for Your Events & Community Investment Strategies

Half Day ~ 1:00 – 4:00pm
Kate Gallagher

FUNDamentals is a half-day workshop series that is changing the way corporations and communities approach their event and community engagement.

Presented by the talented crew at KMG Events – a team of seasoned vets who have provided support for dozens of nonprofits, corporate and community groups over the past 14 years through hundreds of events and strategic planning. This team will present on topics encompassing revenue generation, committee and board management and succession of asks, volunteer management, event logistics, event marketing, psychology of spending, six degrees of fundraising, and corporate community investment strategies: there is truly something for everyone in this series.

FUNDamentals is all about empowering YOU to strategize, manage, and execute your events like a PRO! With a motto of, “Don’t Hire Us, You Got This”, you can expect to learn all of the trade secrets - or dare we say FUNDamentals - you will need to maximize your engagements! AND, you’ll be able to do this all on your own! Simply apply our FUNDamentals Formula and, presto!
A1 / Active Workplace Audit Tool - How can we move more and sit less at the office?

Dr. Christina Loitz

Alberta Health Services and the Centre for Active Living partnered on a project to improve how Alberta workplaces can support employees to move more and sit less. This session will review the development of the Active Workplace Audit (AWA) tool using evidence-based public health methods; explore how workplaces and office setting influence employees’ physical activity and sedentary behavior; and engage in a workplace audit. Attendees will participate in an audit that demonstrates: i) how to build the case ii) how to assess the workplace using the AWA tool iii) Where to find resources to create an active workplace, and iv) how to move towards an active workplace?

A2 / Play Streets - Come out and PLAY!

Shauna Richard

Remember shouting “CAR!”? Play streets are events that allow neighbors to play together in residential streets closed off to vehicle traffic. The event involves a temporary street closure to allow children and adults more and different accessible public spaces to play and be physically active. Organized activities may take place or the event may simply exist as a time frame during which children and adults are invited to engage in whatever play they wish. Play streets can range greatly in frequency from periodic closures to regularly scheduled, frequent closures that run year-round. The organization of Play Streets is typically carried out through neighborhood volunteer efforts. This presentation will highlight how the City of Edmonton has adopted Play Streets, and how we currently promote and support the Play Streets initiative by providing planning and operational assistance. This session will demonstrate how participants can offer Play Streets in their own communities, including suggestions on planning, site selection, potential activities, and permitting.

A3 / We’re in Deep: How We Learned to Play in the Sandbox Together

Ki Wilson, Jordan Higgs & Heather Acres

In the beginning, there was a sandbox. In that sandbox, worked a bucket, a spade and a watering can. Each of them was working diligently to make the sandbox a safe, happy, vibrant place to be but it was always independently. This is the story of how the bucket (recreation), the spade (community development) and the watering can (FCSS), intentionally decided to build sandcastles together in Devon, Alberta. By seeking to align their work and values to develop stronger foundations, become more creative and innovative, and use this alignment to actively support capacity building within the community, they have collaboratively achieved some outstanding results that have been recognized both regionally and provincially. This presentation serves as a step-by-step guide to show how this was done and how it could work for other small to medium sized municipalities.
A5 / It’s Good Enough - It’s Not Good Enough
Christopher Rutherford

Chris Rutherford, Deputy Chair of World Urban Parks will provide commentary on what we are doing with our parks internationally, balanced against our maintenance and design in Canada. The session is intended to take a look at areas where we could do better and aspects that we do so well with a mixed Canadian/International approach. The session intends to challenge the mediocrity of some aspects of parks provision and management that I have observed and reflect on some of the better things we are doing internationally. The session will highlight small things that we can do better to increasingly make a difference to our parks users’ experience.

A6 / Learning from the Land: Elder and Youth Culture Camp
Dr. Reg Crowshoe, Janet Nacila & Christy Morgan

This past June, ARPA in collaboration with Indigenous Elders from across the province and organizational partners including the Boys and Girls Club Calgary and Pathways hosted a 4-day culture camp on the land in Treaty 7. This event was anchored on National Indigenous Peoples Day and aimed at creating social and cultural capacity for Elders, Helpers, and urban Indigenous youth. The focus of the event included: traditional teaching from the land, introductions to protocols and ceremony, storytelling, and other Elder-led activities. This session will share the learnings from this camp, highlight successes, and demonstrate how different organizations and peoples from across many cultures can come together to help create resilience and grow recreation in our communities.
Growing in Recreation: Conference Program

**A7 / Recreation and Parks Focused Research in Alberta – A Dialogue**

Reception Style Session - Open Event

The Connecting Through Research stream at Conference is designed to create a space where practitioners and researchers (both academic and practitioners) can identify issues and solutions. While the number of sessions is limited, the Research Reception is designed to allow for a networking opportunity between practitioners and researchers.

So bring…. your issues and challenges - you might find others who share your issue or who have an answer for your challenge,
Or…your research results and help to improve the quality of life for Albertans by providing solutions.
At a minimum come to the reception and meet some motivated and engaging folks.

**A8 / Addiction & Mental Health Community Recreation Therapists Successful & Innovative Community Partnership Program**

Deanna LeSage & Amy Delday

Infusion of the Leisure Well-Being Model into existing programming provides a theoretical framework to enhance therapeutic experience and well-being. Community Addiction and Mental Health Recreation Therapists have incorporated the Leisure Well-Being Model into an innovative gardening partnership program at Lady Flower Gardens. The program facilitates social connectedness, community engagement, virtuous leisure and promoting physical health. Qualitative and quantitative data is collected throughout the season, which allows for continuous evaluation of client and program outcome measures.

**A9 / Through Their Eyes: Social Isolation of Indigenous Seniors**

Sandra Ngo & Susan Morrissey

Social participation and social support are strongly connected to good health and well-being throughout life, argues the World Health Organization. Indigenous peoples have a unique heritage that precedes Canadian history while also surviving colonization. Resilience plays a significant role in coping with one’s environment, without knowledge of their experiences, needs and desires, it will be extremely challenging to ensure all Indigenous seniors are treated with respect and fully engaged in their communities. The Edmonton Social Planning Council undertook a qualitative descriptive study with Indigenous seniors, caregivers and service providers to understanding strategies to address social isolation. This session will provide historical context, examples from professionals and caregivers responding to challenges, and how Indigenous seniors view the issue of social isolation bringing voices to the community.
B1 / Bridging Generations - Seniors & Intergenerational Programming at Your Local Library
Lisa Weeks & Charlene Fletcher
To address the gap in service and accessibility for programs focusing on reducing ageism and increasing social inclusion in rural communities, the development and delivery of intergenerational literacy and active living (physical literacy) initiatives in Chinook Arch Regional Library System member libraries is underway. The implementation of a “Seniors and Intergenerational Program Developer” position with Chinook Arch addresses these gaps including the training of regional library staff to carry on the programs upon pilot project completion. Best practices and program development resources will be highlighted. Participants will learn the challenges and successes of implementing this program from members of the Chinook Arch Partnerships and Community Development team.

B2 / Addressing Important Safe Policy Implications in Community Recreation: Concussions and Harassment, Abuse and Discrimination
Recreation and Physical Activity Branch Representatives
Federal Provincial/Territorial Ministers responsible for sport, physical activity and recreation recognize the need for keeping participants safe in community sport, recreation and physical activity programs and that doing so is a collective responsibility. Concussions are a major public health concern that includes, but is not limited to the sport sector. In addition, all Canadians deserve to participate and compete in sport, recreation and physical activity, free from harassment, abuse or discrimination, regardless of sex, gender identity or expression, ethnicity, religion, language, age, sexual orientation, ability, or any other basis. As such, the Government of Alberta and sector partners will share tools and the policy landscape and implications to inform discussions on potential courses of action for decision makers and practitioners in a community recreation context. This session will provide valuable policy information related to recent legislation and explore implications at the local level, including opportunities to discuss and share current leading practices. Take part in this holistic conversation about the role you play within your municipality and your community groups.
B3 / Citizens Engaging Citizens
Kristin Walsh, Heather Acres & Allan Macaulay

How can a group of citizens raise their capacities to develop and deliver a sophisticated community engagement strategy for the improvement of a beloved park? It started with an engagement framework, a love of their park, and the courage to try something new. This is the story of how Devon’s citizens, with support from the Town of Devon, learned to collaborate with their community to develop a plan for the improvement of Devon’s Voyageur Park. The citizen-led committee used a variety of engagement techniques, that normally a consultant would be hired to execute, to hear from the most diverse and widespread voices. Both the Town staff and citizens learned some poignant lessons along their journey. The story concludes with a master plan for the park that everyone can support, as well as a phased implementation plan that citizens are interested in helping to build. The plan satisfies not only the community’s vision for the park but also ties into the National Framework for Recreation in Canada and the Parks for All action plan.

B4 / Effective Strategies for Finding Grant Opportunities and Achieving Success
Amy Gomez

In this session, Amy Gomez from AG Grant Development, will share how to locate and navigate the broad range of grant opportunities available to charities, not-for-profits and municipalities. Amy will share strategies to help you develop the best proposal possible with the best chances of success. Amy will also share direct comments from Alberta’s most common funding agencies as they relate to frequently asked questions, most common mistakes and suggestions for success. This session will not only provide relevant and useful information but will inspire you to seek the funding you need to make the impact your organization is striving for.

B5 / Rising & Resilient from the Ashes of Treemagedon - Planting, Pruning & Partnerships
Todd Reichardt, Trish Kluane & Nikki Anguish

In 2014 Calgary’s Urban Forest faced Treemagedon: an early September snowfall that damaged nearly 500K trees. Four years later from the ashes, Calgary has developed & deployed several innovations to build a resilient forest network: 1) a robust inventory to prioritize tree pruning based on the risk of each tree; 2) a GPS-based tree watering system that deployed water trucks to visit 45,000 trees nearly 208,000 times in 2018, and; 3) an innovative partnership with the Calgary Board of Education to increase the tree canopy on private land. Join us and learn how to rise from the ashes and build a resilient urban forest network.

B6 / Applied Knowledge - Indigenous Sport and Recreation Certificate Alumni
Panel of ISRC Alumni led by Jill Cameron

A panel of Alumni from the Indigenous Sport and Recreation Graduate Certificate will speak to the applied knowledge gained from the Certificate. This will focus on what they learned and how they have applied it to their current role. How it has advanced their programs, positions, community, and partners. What is next after completion, the connections that were made, and what their cohort meant to them.
**B7 / Part 1: Traversing the Continental Divide: A Disconnected Journey Along Canada’s Great Divide Trail 1966-1976**

Michelle Murphy

A resurgence of interest in the Great Divide Trail (GDT) brings the need for this research to examine the earlier demise of the trail. With analysis of the early GDT proposal in the 1960’s, this presentation will touch on the future considerations for not only the GDT, but for future trail development in provincial and national parks.

**Part 2: Asset Costs of Sports Turf Infrastructure**

Eric Lyons

The session will emphasize the importance of natural and synthetic sports fields as assets to parks and city infrastructure needs to serve the needs of society. This session compares 30-year costs of natural and synthetic sports fields under a number of construction and management regimes using a cost model to compare different systems.

**B8 / ABBY – Ambient Tools and Managing Responsive Behavior**

Nicole Kulba, Nicole Brander & Shayona Reddy

ABBY™ is a non-pharmaceutical, activity based approach to managing responsive behaviors in persons living with moderate to severe levels of dementia. Come and learn from two recreation therapists from two different AHS continuing care sites, about the successes and challenges of implementing this technology and the impact that it has had on their sites.

**B9 / Ernest. + Ernie. – Lighting Up Your Morning with Independent Dressing**

Julie Kuhn & Taryn Wallace

Ernest. + ernie. are both dressers that help those living with dementia dress themselves independently every morning. They were made in response to the important need for those with dementia to hold onto as much independence as they can for as long as they can. This lecture will cover the benefits of collaborative work between Recreational Therapy Specialists and Industrial Designers. We will discuss the process and outcomes of our project and we welcome you to come interact with ernie, which has been prototyped. An opportunity for questions and comments will be provided.
C1 / Cultivating Healthy Eating in Recreation Settings: A Growing Movement Across Canada
Lisa McLaughlin and TBD

Recreation cultivates individual and community wellbeing, and the idea that offering a healthier food environment in recreation facilities is an important part of this mission has firmly taken root in many communities across Canada. Studies have shown that most recreation managers support the idea of offering healthier foods and beverages, but that concerns about financial risk, consumer expectations, equipment and skills needed, and so on make change a daunting endeavor. Come and join members of Alberta’s Collaborative for Healthy Eating Environments in Recreation Settings (CHEERS) and people working on the ground to learn about and discuss strategies and approaches to address common barriers to change that are helping to create more fertile ground for healthier recreation facilities and a healthier population.

C2 / Making Policy Relevant for Community Recreation Practitioners and Decision Makers
Panel including representatives from the Recreation and Physical Activity Branch, Alberta Centre for Active Living and the Active Alberta Coalition

The Government of Alberta has recently partnered with sector organizations to explore ways we can collectively implement pan-Canadian policies in Alberta at the local level. As community decision makers and practitioners in Alberta’s recreation sector, you have played an important role in informing policy. This session will help you understand how to navigate and bridge what happens between policy development at a pan-Canadian level and implementing programs and services in your community. Interactive opportunities for discussion will take place to address what is required to move forward on complimentary pan-Canadian policy outcomes. Participants will leave the session with an increased understanding of how policy outcomes align as well as practical ways to incorporate and implement these strategic priorities into your organization’s business and strategic plans.

C3 / Recreation and Parks Facilities and Programming in Smaller Communities
Jade Dawsen & Barbara Pedersen

Recreation and parks is figuratively and literally, a different ball game in smaller communities. The first part of this session will start by showcasing some innovative programming ideas to provide sustainable recreation and parks services. The Town of Consort will share their ideas on turning single use spaces into adaptable and multi-use spaces for all season use. The second part will move into a facilitated workshop to allow for further discussion, exploration and sharing on issues, opportunities and best practices for recreation and parks in smaller communities.
C4 / The Road Less Traveled: School, school and more school OR work, work, work...which road is right for you?

Panel of Sector Professionals

Attending university and college is an exciting time, but what happens when it ends? Want to know how you can seek out both formal and informal education opportunities? Need advice on building your resume? Well then look no further. Recreation and parks and therapeutic recreation is an incredibly exciting and diverse sector and your education can lead you down many career paths. The 2019 ARPA/ATRA student session aims to provide some helpful advice in regards to further formal and informal education opportunities and job hunting in the field. There will be opportunities to have any questions you may have answered. You will hear from non-profit, private and public sector professionals as well as academic and research focused individuals from both fields of focus. Please come prepared with questions as this session will be both informative and interactive.

C5 / The changing nature of play in Calgary: Play Charter, Mobile Adventure Playground and Nature Play

Stephanie Won & Chris Hicks

It has been over six years since the concept of active outdoor play began to re-emerge as a priority for Calgary Parks and Calgary Recreation. Come hear about how we’ve evolved over that time, have a peek at the ‘How to Guides’ for a community Play Charter and Mobile Adventure Playground developed in partnership with ARPA, Government of Alberta and U of A. Learn how Calgary Parks took their nature education programs, infused the element of free play, integrating all elements and developed new programs. They realized that while connection to nature is good, providing free time to explore and play in nature increases that connection, and adding a social element to the equation amplifies the experience even further. You'll gain some practical tips on how to do this in your programs.

C6 / Exploring our Shared History - Blanket Exercise

Christy Morgan & Jessica Smith

As the focus of this session, attendees will go through a hands-on, experiential and interactive activity on our shared history in Canada with Indigenous peoples. This activity was developed by KAIROS and is a unique way of walking through experiences that have impacted Indigenous communities in Canada. Attendees will be led through the exercise and then engage in a final debrief. This session in highly recommended for those interested in reconciliation and developing a deeper understanding of our shared history with Indigenous communities.

C7 / Part1: Queering it Up: Physical Activity and Accessibility for LGBTQISA+

Dr. Judy Davidson

This presentation will report on preliminary findings from a community-based research project. The research identifies barriers to fitness accessibility for queer, non-binary and trans folks, the importance of trauma-informed programming, and the necessity for body positive exercise spaces and the effects of body shaming and diet culture.
Part 2: Group Exercise Program: Instructors Creating a Supportive Environment for Older Adults

Evelyne Felber Charbonneau

The purpose of this research project was to examine older adults’ perspectives on how exercise instructors can successfully support exercisers in a group environment. In this session, results and practical implications will be shared and small group discussions will be used to discuss implications of the study on program service delivery.

Part 3: UWALK: Next Steps for the Online Physical Activity Promotion Platform

Erin Gorman

UWALK is an online platform that promotes physical activity. Developed in 2013 by the University of Alberta and transitioned to Alberta Health Services (AHS) in 2018, UWALK provides a tool for users to track their physical activity and compete with groups. AHS is building upon UWALK’s previous success to create an up-to-date and useful physical activity promotion tool for Albertans.

C8 / Optimizing our Practice through a LTC and Supportive Living Recreation Therapy Framework

Michelle Richard & Patti Lanigan

Join us as to learn about our Recreation Therapy Continuing Care Framework, a collaborative effort between the North and Central Zones of Alberta Health Services (AHS). This person-centered framework is intended to enhance therapeutic practice, optimize roles, utilize evidence-based practice and establish efficiency and effectiveness in service delivery. We will provide an overview of the framework, share our vision, experiences, future plans and engage you in discussion.

C9 / Time Slips – Connect Through Creativity

Margaret Ushko

TimeSlips is designed to support those looking to create meaningful moments with and for people with memory loss by creating value, meaning and purpose through creative engagement. Let your imagination soar. TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. We can improve the quality of life of elders and the circle of care that surrounds them - family, friends, and care teams. This is a creative and interactive workshop to introduce the TimeSlips approach.
**D | SESSIONS**

**SATURDAY, OCTOBER 26 | 11:00AM - 12:00PM**

**D1 / Active After School Alberta**  
Kerri Murray

Did you know the province of Alberta released the Provincial Activity Guidelines for After-School Programs in Alberta in 2018 to help get kids more active, more often? Come learn about the guidelines and the community of practice that has formed to support all providers of after school care to incorporate activity into their programming. Get a chance to preview the free, online learning module, which opens the door to further supports, including conference-style trainings, on request professional development, resources and opportunities to connect with other programs across Alberta.

**D2 / Asset Management and Aging Recreation Facilities**  
Panel

Asset management not only looks at life-cycles and full cost accountability, but can also be used by any and every department within a municipality to guide infrastructure planning and development. It helps ensure responsible stewardship for the public works sector, administrative accountability and public transparency. This session will provide an overview of asset management for municipal infrastructure and introduce the Asset Management Course provided by AUMA. A municipal case study will also be overviewed and show how asset management has lead to improved infrastructure condition, planning and management.

**D3 / Taking the Stress out of Public Engagement Event Planning**  
Lisa Reinders

Public engagement is no longer optional, it is essential for municipalities to share the responsibility of decision-making with citizens to collaboratively tackle the complex problems facing communities today. Planning a public engagement event is not an easy task and this session provides practical tips and tools to create, plan and implement a meaningful virtually stress-free event. You will learn why public engagement is important, how to incorporate culture and an easy step by step process to develop a successful event. The discussion also includes smart practices and innovative ideas for you to use when planning your next event.
**D4** / MRU Student Presentation - National Recreation Framework  
Claire Mieszkalski, Chad Bullock, Gen Fleurke & Tegyn Heale

Mount Royal University students in both the Ecotourism & Outdoor Leadership and Sport & Recreation majors are required to take a course called Program Planning. A key objective of this course is to design and create a unique, detailed program plan and complementary program commercial, using one of the five goals in the Framework for Recreation in Canada. This year’s presenters focused on the development of a traveling outdoor education and backpacking program for vulnerable youth in the city of Calgary. Within the presentation, the students will discuss their approach to program development, the opportunities and challenges encountered in the process, and their key take-away’s as they have begun using that they have learned in the real world.

**D5** / A Tale of a Trail: The Last 30 km to One Connected North Saskatchewan River Valley  
Brent Collingwood

In 2007, seven municipalities bordering the North Saskatchewan River came together to create a Plan of Action for connecting 100 km of river valley from Devon to Fort Saskatchewan. This Alliance of municipalities is one of the most innovative and creative endeavors ever undertaken to create one of the largest metropolitan river valley park systems in the world - one that’s never been duplicated in all of North America. Today, only 30 km is remaining to be connected and the organization is taking things even further by building an actively engaged community around connecting people to the river valley and each other.

**D6** / Healing Power of Sacred Centres  
Quintina Adolpho & Robert Bearchief-Adolpho

Indigenous culture has a lot of meaning and power that can heal. It is a matter of tapping into our Sacred Centres by first coming to an understanding of this knowledge and then implementing that understanding. In the past, our people were healthy both physically and mentally because of this knowledge and way of life. This presentation will introduce participants to this knowledge of Sacred Centres and how relationships with each other, the land, and cosmos can help a person heal.

**D7** / Part 1: The framework for recreation in Canada 2015, Pathways to well being: Implementation factors in Alberta municipalities  
Benjamin Jonah

This study explored how Alberta municipalities have implemented the goals and priorities from the 2015 Framework for Recreation as a means of understanding the impact of the document. This research report will assist recreation practitioners in municipal settings by articulating how the Framework for Recreation was, and can be, implemented in Alberta municipalities.
Part 2: Online leisure education intervention (ONLEI) to improve well-being and active living among rural Albertans – A vision and plan

Shintaro Kono & Jingjing Gui

To address health service inequalities and barriers to leisure education in rural communities, the recreation researchers will present the idea of online leisure education intervention, or ONLEI. The presentation will discuss potential benefits of ONLEI, while also showing examples that can be readily used by practitioners, especially those in the therapeutic recreation field.

D8 / Working Together: Bringing Together Multiple Perspectives to Develop a Resource on Exercise and Disability

Jennifer Leo & Shannel Corodas-Brown

This presentation will provide insights into the collaborative process that led to the development of an Online Training Module about Exercise & Disability for the Canadian Society of Exercise Physiology (CSEP). Bringing together the perspectives of academic researchers from the Canadian Disability Participation Project (CDPP), fitness and adapted physical activity professionals, therapeutic recreation professionals and student, and members of the disability community, we developed a module that used real life scenarios based on professional and personal experiences, evidence-based information, and practical strategies and recommendations to build capacity in the delivery of exercise and fitness for people experiencing disability. This presentation will reveal challenges and successes of the collaborative, community-based approach that we used for development, along with the research and evaluation plan to measure the impact of the module delivery, which will be available via the CSEP online learning platform.

D9 / YouQuest Building Well Being Through Community Collaborations

Melissa Olin & Beverly Hillman

The perception is that dementia is an “old person’s” disease, but in Alberta, over 10% of those diagnosed are between the ages of 40-64. Typically, they are still productive and physically active, yet services designed for seniors don’t support the unique challenges that critically affect their lives. YouQuest is a wellness community for people with young onset dementia to enjoy an active lifestyle using a therapeutic recreation model. YouQuest works to fill the gap in services by providing relevant and purposeful social and recreation options aligned with each individual’s strengths and abilities while giving family caregivers full day respite. YouQuest invites collaboration with community organizations to support social connections, autonomy and independence for people to have improved quality of life without the stigma of dementia.
E1 / **Part 1: Reflecting on 20 Years of Success - Aboriginal Sport Circle of the NWT**  
*Beth Hudson & Carson Roche*

2019 marks the 20th anniversary that the Aboriginal Sports Circle of the NWT has been serving northern communities. In this lecture, we will go over a brief history of the organization and services we offer, as well as share our stories of success. The ASCNWT is now a premier sport and recreation partner in the Northwest Territories and serves all 33 communities through a variety of programs and initiatives. Our mandate includes offering workshops in Traditional Northern and Dene Games, Archery/Lacrosse/Dog Mushing/Canoeing/Snowshoeing programming, managing Team North for the National Aboriginal Hockey Championships, and planning and organizing the Traditional Games Championships. This lecture will offer insights into how we operate as an organization, and how we seek to best serve the communities in the NWT.

---

**Part 2: Grass Root Sports**  
*TBA*

---

E2 / **Grande Prairie Regional Recreation Initiative**  
*Corey Beck, Anna Underwood & Jackie Clayton*

This session shines a light on the Grande Prairie Regional Recreation Initiative. This innovative project is a collaboration of seven municipalities working together to plan, develop and deliver recreation services in the North. A panel of Elected Officials from the City of Grande Prairie, County of Grande Prairie No 1 and Town of Wembley will share the background, recent successes, ongoing challenges and future vision for the newly formed Grande Prairie Regional Recreation Committee. The committee also includes the Village of Hythe, Town of Sexsmith, Town of Beaverlodge and the MD of Greenview. The panel will happily answer questions from the floor at the end of the presentation.

---

E3 / **Part 1: Building and Sustaining a Healthy Community: Rural Settlement Services and Best Practices for Newcomers**  
*Candy Weisner & Fleeaha Ahmad*

A case study of Cochrane, Alberta is regarding welcoming and inclusion efforts for newcomers. An overview is presented of a timeline of developing a committee and services to meet the needs of immigrants to Cochrane and involve them in the community. Discussion includes possibilities and achievements for newcomers through engaging the strength of community partnerships, service providers, volunteers, and community involvement. These collaborative efforts have resulted in increased awareness, welcoming, and inclusion by the general community residents, businesses, and agencies. Various community building events are highlighted which focus on welcoming and inclusion and a community celebration of heritage for newcomers and long-term residents.
Part 2: Recreation for All Youth: Addressing social issues in Jasper

Lisa Riddell, Yvonne McNabb & Jeremy Todgham

In 2018, the Jasper Community Team (JCT) identified that local youth were experiencing high levels of anxiety and stress. The JCT identified that increasing local youth’s access to recreation might help to address this issue. The Jasper Community Team suggested that our local Municipal Council grant free access to the Fitness and Aquatic Centre for local youth for the 2018/2019 school-year. Over the year the Municipality gathered feedback from youth, parents and Fitness and Aquatic Centre staff to measure the impact of this pilot initiative. The increase in access to recreation for youth not only ended up reducing anxiety, but also successfully increased local youth’s sense of belonging and connection to community. In July, 2019, Council voted to keep youth passes to the Fitness and Aquatic Centre free for local youth after seeing the positive impact recreation had on the lives of local teens. Jasper is a rural, remote community and this is a look at an innovative, community-driven initiative that used recreation to address the social needs of local youth. A summary of the project and results will be shared.

E4 / Exploring Co-creation Strategies and Future Trends in Parks & Recreation

Kris Kelly-Frere, Moraig McCabe & Anthony Bourque

Exploring Co-creation Strategies is an experience comprised of two parts. First, we propose a series of fireside chats hosted around the fire pits at the Chateau Lake Louise. These informal gatherings would be scheduled to take place during the first two days of the conference. During the discussions our team would engage delegates with “big juicy questions” around the future of parks & rec as well as therapeutic recreation (Ex are parks relevant anymore? Should we abandon nature?). The findings of these fireside chats would be presented in a wrap-up panel discussion moderated by the Vivo Play Team on the final day of the conference with panelists selected from those with the most provocative opinions during the fireside chats. The purpose of “Firestarter” is rooted in our desire to use opportunities like this conference to identify signals about our evolving sector. Our “secret sauce” at Vivo is leveraging co-creation through small-scale human conversations to discover key trailheads leading to the future of our field.
E5 / Collaborating to Strengthen Alberta’s Aquatic Professionals Showcase
JoAnna Dautel, Jenn McManus, Davi Grossi & Susan Laurin

Historically four organizations have defined the leadership in aquatics in Alberta. In the recent past these four organizations have agreed that by collaborating more can be achieved based on the following principles:

- Acting in the interests of Aquatics personnel is our cornerstone and our collective goal
- Each of the key organizations having unique and intersecting interests and roles
- Municipal/employer budgets are constrained for education, training and professional development
- Identifying and acting on opportunities to collaborate on issues and events is in the interest of aquatics personnel
- Seeking clarity and transparency of our respective roles amongst ourselves as vital before we can advance and advocate for the sector
- Emphasizing best practices
- Respecting choices in training, education and professional development
- Displaying evolutionary and transformative thinking and planning in aquatics

The goal of this joint panel is to explore with delegates in attendance how these values could be manifested in 2020 and beyond.

E6 / How to Grow Community: Food Stories from Indigenous Communities
Jessica Smith & Kacey Yellowbird

For many communities across Alberta, access to fresh and affordable food sources is a major challenge. However, Indigenous communities have discovered effective solutions to food disparity through the development of community gardens, communal food and hunting projects, and other similar community growing projects. Communities ChooseWell invites you to attend a panel session with speakers from Indigenous communities who will highlight the food-related projects that have been successful in their communities. They will also explore the many side benefits of these initiatives, like the decrease in isolation and the increase in the social capacity of their community members. These Indigenous ChooseWell champions will share what worked for them, challenges to avoid, and some of the key partnerships that made their community food-related projects possible.

E7 / Part1: Parks, Recreation, and Wildfire: The role of therapeutic recreation, park management, and effective communications
Dr. Shintaro Kono, Dr. Elizabeth Halpenny, Mu He & Farshid Mirzaalian

This presentation will consist of sub-sections from the perspectives of therapeutic recreation, parks management, and sustainability. The first author will discuss how recreation can help wildfire survivors cope with and heal from their stress and traumatic experiences. The second author will present her research, on how visitors to Canada’s Rocky Mountain parks discuss wildlife in social media and its impact on their visitor experience.
**Part 2: Our inherent connection to nature: Urban Nature**

**John Buchko**

Stemming from doctoral research on human’s inherent need for nature contact and the health benefits of routine contact, this presentation will demonstrate trends of human affinity for urban nature. The presentation will identify the types of ecosystems people feel most connected to and have the highest level of perceived safety within.

**E8 / The Benefits of a Wellness – Based Group for Post-Concussion Syndrome**

**Tiffany Morin & Casey Lalonde**

Through a collaborative approach between recreation therapy and social work, a four-week wellness-based program for clients who have post-concussion syndrome has been in practice with Community Accessible Rehabilitation for over two years now. The evidence gathered thus far has shown the positive benefits of a peer-support based group. This session will walk through the development process, the session outlines, and outcome measures of the group.

**E9 / Recreation Builds Resilience**

**Zaheen Nanji**

When individuals are faced with a health challenge, some will handle it with optimism, but most will fall into a victim or unhealthy mindset. How do you help the individual shift their mindset? Mindsets are the way we see the world and how we see ourselves interacting with the world itself. As recreation and health professionals you want to improve the health of Albertans, and it first comes with understanding how to create a resilient mindset. The good news is, recreation is the first step in helping clients master stress and anxiety in real time! With specific tools and the 3R formula, you’ll easily be able to shift your clients into a healthy mindset so they can make resilience their first reflex!
SPEAKERS

Heather Acres
Heather Acres works for the Town of Devon as the Community Development Facilitator where she wrote the academically acclaimed Community Engagement Framework. Heather was previously co-founder and co-coordinator of an internationally recognized Healthy Communities initiative. Her career has been dedicated to community engagement and building the capacity of leaders to better enable them to collaborate and make positive change.

Quintina Adolpho
Quintina Adolpho, PhD is a member of the Siksika Nation and was raised by her parents, Clement and Theresa Bear-Chief. She is married to Robert Adolpho and together they have six children and three grandchildren. Dr. Q has a Master’s degree in Counseling and School Psychology, and a PhD in Counseling Psychology. She has worked in this profession for almost twenty years and has held the office of Councilor for Siksika Nation’s Chief & Council.

Fleeha Ahmad
Fleeha Ahmad brings over five years of experiential knowledge as a Settlement worker and Team lead working with newcomers and with community programs and events. Fleeha’s advocacy is in working with communities to advocate for and to create conditions that would foster inclusion and assist newcomers to lead engaged and healthy lives.

Nikki Anguish
Nikki Anguish is an Urban Forestry Superintendent with Calgary Parks. With 15 years’ experience in municipal urban forestry, Nikki has most recently worked on the Re-Tree project; following a late summer snow storm dubbed “snowtember a.k.a. treemagedon” the project focused efforts on response, recovery and resiliency rebuild of Calgary’s urban canopy. Growing up in small-town Saskatchewan, she has always had a passion for trees and is fortunate to use her passion to benefit present and future Calgarians.

Kelly Arbour-Nicitopoulos
University of Toronto and the Canadian Disability Participation Project

Robert Bearchief-Adolpho
Robert grew up in Hauula Hawaii where he was raised by hard-working parents that taught him the value and importance of family, hard work and persistence. Robert spends most of his time teaching his children the importance of both the Hawaiian and Blackfoot culture. Robert enjoys working out, surfing, and boxing.

Corey Beck
Serving his second term as Councillor for Division 9 of the County of Grande Prairie, Corey Beck is deeply committed to his community. He’s served on various board and committees, including the County’s Recreation Advisory Board. Corey believes in sustainable growth of the community including enhancing recreational and cultural opportunities.

Anthony Bourque
Anthony Bourque is a person of many talents. He is currently working on his Masters Degree in Outdoor Play, and has worked locally and around the world building capacity in youth to facilitate play in countries like Cambodia, Thailand, and Peru.

Nicole Brander
Nicole graduated from the U of A in 2004 with a BA in Recreation and Leisure Studies for Special Populations and has been working in the field ever since. She has a passion for dementia care and is a member of the Provincial Professional Practice Council with AHS.

John Buchko
John is a professional landscape architect and environmental planner, working across central and western Canada. John’s doctoral research focused on biophilia and the health benefits associated with routine human contact with nature. He now applies this knowledge to many of his firm’s parks projects. John is the Principal of EDS Group Inc., an Alberta-based environmental design firm. EDS is a small design firm that works in numerous municipalities, primarily in Alberta and British Columbia.
SPEAKERS

**Jill Cameron**
Jill Cameron is the Manager of International and Community Education in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. Her main focus is the Indigenous Sport and Recreation Graduate Certificate and the new Sport and Recreation Management Graduate Certificate. Jill was also the Project Manager for Mountains 101—a massive open online course that had over 25K students registered to date.

**Brent Collingwood**
The River Valley Alliance is a not-for-profit organization created by 7 municipalities whose boundaries touch the North Saskatchewan River. Their mandate is to connect all trails in the river valley to make North America’s longest connected trail system. As Executive Director, Brent oversees a small staff and works with a Board of municipally appointed and Directors-at-Large. He has a Bachelor of Physical Education and a Master of Education both from the University of Alberta.

**Jackie Clayton**
Jackie has lived in Grande Prairie since 1999 and has been deeply involved in the Grande Prairie community ever since. Jackie's entire family is also passionate about the Community and Sport, and they are proud to be part of Sport & Recreation in Grande Prairie. Jackie was elected to City Council for her first term in 2014.

**Shannel Corodas-Brown**
Shannell Corrodas-Brown is a recent graduate from the recreation therapy program at the University of Alberta in the Faculty of Kinesiology, Sport and Recreation. Practicing as a recreation therapist in the Specialized Rehabilitation Outpatient Program (SROP) at the Glenrose Rehabilitation Hospital with the pediatric population, Shannell values the role that therapeutic recreation, leisure and physical activity hold throughout the lifespan.

**Heather Cowie**
Heather is the General Manager of Community and Protective Services at the City of Fort Saskatchewan and is the current President for the Alberta Recreation and Parks Association.

**Dr. Reg Crowshoe**
Dr. Reg Crowshoe is an honored Blackfoot Elder, Traditional Knowledge Keeper, and former Chief of the Piikani Nation. He is a regular lecturer at academic institutions like the University of Calgary and the University of Lethbridge and was instrumental in the development of the education program at the Head-Smashed-In Buffalo Jump. He is also the advisor for many committees with national, provincial, and local scopes focusing on work with Elders, youth, culture and the environment.

**Karina Damgaard**
Karina works part time for the City of Calgary, Recreation as a Learning and Development Coordinator. As for HIGH FIVE, she is a Master Trainer, a committee member and past chair of the HIGH FIVE Task Force with the Child and Youth Committee with ARPA.

**JoAnna Dautel**
Auquatics Stream Rep, Alberta Association of Recreation Facility Personnel

**Dr. Judy Davidson**
Dr. Judy Davidson is an Associate Professor in the Faculty of Kinesiology, Sport, and Recreation. Her research is in the area of queer and feminist theory as it applies to sport and leisure phenomena.

**Jade Dawsen**
Jade is the Recreation Director for the Town of Consort.

**Amy Delday**
Amy Delday graduated with a BSc Psychology in 2002 from McGill University and BA Specialization, Therapeutic Recreation in 2006 from Concordia University. Amy started her career at as a Recreation Therapist in the Forensics Department of Alberta Hospital Edmonton. She spent three years at the Phoenix Program and two and half years at Turningpoint Program. Amy is currently employed with DiverseCity Housing (EMHC) and enjoys the fast paced, challenging nature of her job.

**Marco Di Buono**
Associate Vice President of Programs & Operations, Canadian Tire Jumpstart Charities

**David Ellis**
Parks Manager with the City of Lethbridge
**SPEAKERS**

**Evelyne Felber Charbonneau**
Evelyne Felber Charbonneau is a doctoral student in health, exercise, and sport psychology at the University of Calgary. Her research focusses on social relationships and social support to encourage physical activity among adults aged 55 years and older in a variety of settings.

**Charlene Fletcher**
Charlene Fletcher is Seniors & Intergenerational Program Developer for Chinook Arch Regional Library System. Having held a number of roles in rural libraries including management, administration and programming, Charlene is now pursuing a degree in Therapeutic Recreation Gerontology.

**Kate Gallagher**
Kate Gallagher, the owner of KMG Events has over 25 years of extensive experience in the Marketing, Event and Fundraising industries. Kate has been integral in the non-profit fundraising community within Canada for over 14 years, helping raise almost $15 Million Dollars for local, regional and national organizations. She has been instrumental in providing direction and consulting services for NGO’s, Corporate & Community Groups with a proven track record of exceeding client expectations.

**Amy Gomez**
President and CEO of AG Grant Development. Amy Gomez has over 10 years’ management experience in the charitable sector and over 7 years’ experience in fund development with a specific focus on grant and proposal development. Since launching AG Grant Development in June of 2018, Amy has worked with numerous organizations in diverse sectors including recreation, health care, seniors care, childcare, recreation, housing and various human and social services.

**Erin Gorman**
Erin Gorman is a Health Promotion Facilitator for Alberta Health Services. Her work focuses on chronic disease prevention through the promotion of active living. She has a Bachelor of Human Kinetics and a Master of Science in Experimental Medicine from the University of British Columbia.

**Davi Grossi**
Davi is the president of the Lifesaving Society Alberta and Northwest Territories Branch.

**Jingjing Gui**
Jingjing Gui is a PhD candidate in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. Her research focuses on leisure meanings and daily emotional experiences among Chinese people from cross-cultural and cultural psychological perspectives.

**Dr. Elizabeth Halpenny**
An Associate Professor at Canada's University of Alberta, Elizabeth Halpenny's teaching and research address marketing, tourism and protected area management. Current projects focus on visitor engagement via social media, the role of conservation brands in travel decision making, agritourism and sustainability, as well as tourism operators’ adaption to and mitigation of climate change.

**Me Hu**
Mu He, a PhD student studying in the Faculty of Kinesiology, Sport, and Recreation. Her research interest is in the impacts of climate change on tourism.

**Chris Hicks**
Chris Hicks completed his Bachelor of Recreation in 2003 from Memorial University of Newfoundland & Labrador. He has been working with the City of Calgary for more than 10 years, and with Calgary Parks for more than 4 years.

**Jordan Higgs**
Jordan is a physical education graduate from the University of Alberta and has been working with the Town of Devon for 5 years overseeing Devon’s programs, community events, and supporting community led special events. A High Five™ facilitator and physical literacy advocate, Jordan takes a community development approach which has brought both innovation and increased attendance to recreational programming and events.

**Beverly Hillman**
Beverly has over 30 years’ experience as a Recreation Therapist in: dementia programming, memory cognition, creative intervention for clients, caregivers and families. Beverly’s passion is in providing caregiver support, volunteer and staff training, public education.
SPEAKERS

and group facilitation. Over the past 10 years she has facilitated the Memory PLUS community program for individuals and caregivers coping with early stages of dementia. Recognizing the great need to support individuals diagnosed with Young Onset Dementia, Beverly has joined the YouQuest team in effort to increase awareness and develop effective programing alternatives in a community-based setting.

Beth Hudson
Beth Hudson currently lives in Yellowknife and works for the Aboriginal Sports Circle of the NWT. She is passionate about working with Indigenous communities to find ways to enhance their health and wellness through community-based needs and resources.

Benjamin Jonah
Benjamin Jonah is a project coordinator with ARPA and has been with the organization for over two years. He has most recently completed his Masters of Arts in Sport and Recreation Studies from the University of New Brunswick. At UNB his area of focus was on implementation factors of the Framework for Recreation into Alberta municipalities.

Kris Kelly-Frere
Kris Kelly-Frere is an architect by profession and a social innovation designer by practice. He has staked his career on the idea that people will rise to the challenge if asked the right question.

Trish Kluane
Trish Kluane is an Urban Forestry Superintendent with the City of Calgary. She coordinates and leads citywide tree planting and watering programs, as well as manages the Pine Creek Civic Tree Nursery. Trish earned a diploma in Landscape Horticulture from Dalhousie University’s Faculty of Agriculture in Truro, Nova Scotia. She is also an International Society of Arboriculture Certified Arborist. After several years working in the landscape construction and golf course industry, Trish joined the City of Calgary Urban Forestry team in 2003 and discovered her true passion is arboriculture. In her free time, Trish enjoys gardening, hiking and traveling with her family.

Dr. Shintaro Kono
Dr. Shintaro Kono is an Assistant Professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. His research interests involve the effect of recreation experience on participants’ subjective well-being. He publishes his works in both leisure studies and positive psychology.

Greg Krischke
“Since graduating from the University of Alberta in 1975 with a Bachelor’s degree in Physical Education Mr. Krischke has been a passionate supporter of recreation and parks. Greg has been involved in sport and recreation at a community, provincial, and national level. Starting in 1995 Greg served on Leduc City council for 22 years including the last 13 as Mayor. Since 2004 the City of Leduc doubled in size, built a 309,000 square foot recreation facility, constructed more than 60 kms of multiway paths and hosted many provincial, national and international events. Greg has served on the boards of the Alberta Recreation and Parks Association (ARPA), the Recreation For Life Foundation (RFLF) and the ARPA Energize sub-committee. Among his several awards, Greg is most proud to have received the Lieutenant Governor’s inaugural Active Community, Elected Official award and in 2016 was named the Canadian Sport Tourism Champion of the year.

Julie Kuhn
I am an Industrial Designer newly graduated from the University of Alberta’s Bachelor of Design Program. As a designer I work to solve problems that strive to address justice and inclusion for the people living with disabilities.

Nicole Kulba
Originally from the East coast Nicole has been working in the field of Therapeutic Recreation for 10 years. She moved with her family to Alberta in 2014 and has been a member of ATRA and Recreation Therapist working in Long-term care for 5 years. Nicole completed the required TR courses at Dal Housie University and became CTRS certified in 2013. She enjoys reading, crafting and traveling as much as she can with her family.

Casey Lalonde
Casey Lalonde is registered social worker who completed a B.A. in psychology in 2004 and a masters of clinical social work in 2010 from the University of Calgary.
**SPEAKERS**

Casey has been working in the area of medical social work since 2011 and over the last 7 years has worked as a social worker on an outpatient neurorehabilitation interdisciplinary team. Casey is an avid walking enthusiast and is passionate about helping clients build and incorporate wellness practices into their daily lives on the road to recovery following illness and injury.

**Patti Lanigan**
I began my career as a recreation therapist in my hometown of High Prairie, Alberta and gained 22 years of invaluable experience, working primarily in Long Term Care. In 2012, I became the Recreation Therapy Clinical Lead for the North Zone of Alberta Health Services and in that same year, moved to Jasper with my family. In addition, I worked as a recreation therapist in McLennan for seven years before obtaining a recreation therapist position in Supportive Living within my community in March 2019. My educational foundation is a Bachelor of Physical and Health Education Degree and a Recreation Therapy Diploma. In 2012, I became certified as a CTRS and in 2017, I obtained NCTRC Specialty Certification in Geriatrics. I have had the pleasure to serve as President of ATRA from 2014 - 2018. In 2017, I was honoured to receive ATRA's Distinguished Service award. Living in Jasper is a dream come true. It is an inspiring place to explore and experience a variety of leisure pursuits. My passions include mountain biking, kayaking, X-C skiing, exploring nature with my husband and our golden Retriever, and enjoying a good book. I am also a proud mother of two young men who are finding their passions and paths in life's journey.

**Deanna LeSage**
Deanna LeSage graduated from the University of Alberta in 1990 with a Bachelor of Arts in Recreation Administration with a specialty in Special populations. Deanna is a Recreation Therapist II with Young Adult Services -Addictions and Mental Health Edmonton Zone - Alberta Health Services. Currently, she is the clinical lead for the recreation therapists in community mental health and she coordinates the Challenge by Choice program, which is a wellness oriented, recovery focused, and social recreation program for young adults 16 to 25 years of age with addictions and/or mental health concerns. Previous work experience includes 20 years of providing recreation therapy services in the mental health field to youth (12 to 18 years of age), adult forensic and acute psychiatry clients.

**Susan Laurin**
Susan Laurin is the Community Services Manager with the Town of Okotoks and is the immediate Past President with the Alberta Recreation and Parks Association.

**Dr. Jennifer Leo**
Jennifer Leo, PhD is the Director of The Steadward Centre for Personal & Physical Achievement in the Faculty of Kinesiology, Sport, and Recreation, University of Alberta. With over 15 years of experience conducting research and evaluation in community-based settings, Jennifer brings insight to the continuum of services and programming from rehabilitation to community-based active recreation. Focused on increasing family activity through inclusive play, Jennifer understands the challenges and opportunities for research and practice.

**Dr. Christina Loitz**
My work over the last decade has focused on the promotion of physical activity using population health strategies. I work for Alberta Health Services on the provincial Healthy Living department. My role is to support the development, implementation and evaluation of evidence-informed physical activity interventions. Our team explores ways to help Albertans incorporate active living in the way they work, live and play. This work requires strong relationships across organizations and sectors.

**Dr. Eric Lyons**
Dr. Eric Lyons is an Associate Professor in the Department of Plant Agriculture and Director of the Guelph Turfgrass Institute at the University of Guelph. Dr. Lyons oversees research to aid sports turf managers and focusses on outreach and education to further the turfgrass industry.

**Dr. Allan Macaulay**
Throughout his volunteerism, Macaulay has dedicated himself to bettering his community and bringing environmental awareness. Allan is the co-founder of the Devon Nature Club and the Devon Lions Club Environmental Committee. He served as chair of the Voyageur Park Improvement Committee to develop a plan for the area, consulting community members and user groups on what features they would like to see included. In 2018 Allan was the recipient of both an Alberta Recreation Volunteer Recognition award and the Stars of Alberta Volunteer award.
SPEAKERS

Moraig McCabe
Biomedical scientist turned community imaginist (like an activist, but with sprinkles), Moraig likes nothing better than to tackle a challenge head on and make good things happen for her community. She is passionate about transit, public spaces, play, getting residents involved in their community, and cake. Never forget the cake.

Lisa McLaughlin
Lisa has worked with ARPA’s Communities ChooseWell program since 2011, supporting communities to create local conditions that enable their community members to eat well and be active. For six years, Lisa has been working with a provincial multi-sector collaborative to stimulate and support healthy change to food environments in recreation settings. She has also worked in school health promotion. Lisa’s favorite recreation activities are hiking, running, kayaking, and traveling.

Jenn McManus
Vice President, Alberta and Northwest Territories Red Cross

Yvonne McNabb
Yvonne has worked for the Municipality of Jasper as the Culture and Recreation Director for the past 23 years. She has been involved in recreation/culture from the age of 14 when she first started teaching swimming lessons. She enjoys working with events such as Winter Games, Special Olympics and planning conferences. She really enjoys seeing projects unfold from a random idea to a reality. It is especially rewarding to know that all the children in Jasper have an opportunity to become better swimmers and keep recreation as part of their everyday lives.

Farshid Mirzaalian
Farshid Mirzaalian, B.Eng., MBA, is a PhD student in tourism marketing at the University of Alberta, Canada. Farshid’s research interests focus on sustainable tourism development with special attention to tourism destination competitiveness, destination loyalty, tourist perceptions of climate change, and niche tourism markets. His research centers on the novel uses of social media analytical methods such as sentiment analysis and opinion mining, text analytics, and spatial analysis in the hospitality and tourism industry.

Christy Morgan
Christy Morgan is a proud First Nations woman from the Bonaparte Band, which is a part of the Shuswap Nation, in British Columbia. She holds a Degree in Social Work from the University of Calgary and is the current Director for Indigenous Initiatives with the Boys & Girls Clubs of Calgary. She was named one of the Top 40 Under 40 by Avenue Magazine in 2011 and was awarded the Dr. Douglas Cardinal award for Community Leadership in 2015 by the University of Calgary Student Association and Native Centre. Christy enjoys networking with others and spending time back home with family.

Tiffany Morin
Tiffany Morin is a Recreation Therapist with the Community Accessible Rehabilitation program in Calgary with 18+ yrs experience in the field. She has a degree in Community Rehabilitation from the University of Calgary, and is starting her MSc in September 2019. Tiffany is also a Certified Therapeutic Recreation Specialist (CTRS), receiving this designation in January 2018. When she has free time, you will find her out exploring in the mountains or cities around the world.

Susan Morrissey
Susan Morrissey has been with the Edmonton Social Planning Council (ESPC) for over 13 years. ESPC is an independent social research and analysis organization, which supports organizations and agencies who advocate and serve the needs of individuals living in low income. As Executive Director, Susan works collaboratively with others towards moving the needle on the bigger social issues facing the community. Susan is a member of the End Poverty Edmonton (EPE) Stewardship committee but her involvement dates back to 2013 when she was a member of the original Poverty Elimination Strategy Steering committee. She is also involved in developing and disseminating the annual Vital Sign report in partnership with the Edmonton Community Foundation. Prior to going to ESPC, Susan oversaw operations at Eldercare, which provided community-based support and services to the frail elderly. Susan was instrumental in establishing one of the first community based caregiver support programs in Edmonton for family members struggling to care for their cognitively impaired loved ones. During this time, she was also Co-chair of the Edmonton Task Force on Community Services for Seniors which eventually established the Edmonton Seniors Coordinating Council. In 2002 she was the recipient of the YWCA Women of Distinction award in the category of Business Management and the Professions and in 1994 and 2001 she was voted by her peers as Professional of the Year by the Alberta Therapeutic Recreation Association.
SPEAKERS

Michelle Murphy
Michelle is a PhD student at the University of Alberta in the Faculty of Kinesiology, Sport, and Recreation. Her research examines the environmental and cultural history of the Canadian Rockies from an interdisciplinary perspective. Michelle has also completed an MA from the same faculty, and a BSc. from the University of Alberta, Faculty of Agricultural, Life, and Environmental Sciences.

Kerri Murray
Kerri holds a Bachelor of Science degree in Exercise and Health Physiology from the University of Calgary. Her career has centered around health promotion, primarily in the public sector. She has a special interest in population health strategies for school-aged children and youth, with experience in facilitating a comprehensive school health approach. She currently oversees projects with Ever Active Schools, a provincial initiative that aims to improve health and learning outcomes of Alberta students.

Janet Naclia
Janet Naclia is a Programs Manager with ARPA. She has worked on ARPA’s community developmental programs as well as with both Indigenous and diverse communities. Janet’s current focus is working with Alberta’s Indigenous communities (First Nation, Metis, and urban Indigenous) but also works extensively with ARPA’s Communities ChooseWell initiative.

Zaheen Nanji
One of most in-demand speakers on resilience in North America today, Zaheen Nanji has shared her presentations to enthusiastic audiences such as health professionals, educators and leaders. Zaheen is a TEDx speaker and has been featured on the front cover of Positive Health Magazine and on various broadcast media outlets in UK, USA and Canada. She’s a two-time best-selling and award-winning author. Zaheen and her husband own Shanti Wellness & Laser Centre in Alberta, Canada.

Sandra Ngo
Sandra is the Research Coordinator for the ESPC where she uses data and research to advocate for those of us in poverty. Previously she designed food security programming that serves migrant newcomer families as part of community-based research at the University of Alberta. She holds a M.Sc. in Agricultural Economics.

Melissa Olin
Melissa Olin has more than 18 years’ experience as a Recreation Therapist, with strong skills in disability adjustment and transition strategy for wellness during life change after injury, palliative care, mental health and dementia diagnosis. Melissa specializes in community resource management, assessment and community re-integration. Melissa joined the YouQuest team, because she believes in the benefits of appropriate meaningful community based therapeutic programming.

Barbara Pedersen
Barb is the principal of Barbara Pedersen Facilitation Services Inc. She specializes in group and process facilitation, strategic and organizational planning, community development and community engagement, training, public participation, team building, research and writing, research and consultation about leisure, culture, and recreation.

Shayona Reddy
Recently graduated from the Therapeutic Recreation Degree program at University of Lethbridge. I had the pleasure of completing my final placement at Tofield Long-Term Care. Prior to this experience, I have been working in this field for about 5 years as a Therapy Assistant for a Geriatric Rehabilitation program. During my off time, I enjoy playing soccer and traveling!

Todd Reichardt
Todd has over 20 years of senior park management experience leading portfolios including grounds maintenance, business & asset strategies, water management & urban forestry. He is keenly interested in mashing up innovative technologies and asset management principles to improve park service delivery models. He actively applies his business process improvement, financial acumen & analytical skills as Manager-Parks N&W Region for the City of Calgary. Todd holds a M.Sc. in Entomology from the University of Manitoba.

Lisa Reinders
Lisa is a passionate community developer with over 25 years’ experience empowering people to make a positive difference for their communities. She facilitates unique and engaging events including community, asset mapping and design charrettes. She has project managed multi-sectorial partnerships building skateboard parks, spray parks, pathways, trails, playgrounds and facilities.
**SPEAKERS**

**Michelle Richard**  
I have been employed as a Recreation Therapist for Alberta Health Services for 20 years. Throughout my career I have had the pleasure of being an integral part of interdisciplinary teams providing therapeutic recreation to all ages and populations. I have had many rewarding experiences as a recreation therapist including: 6 years at Halvar Jonson Centre for Brain Injury in Ponoka, AB; Stroke Rehabilitation at Red Deer Hospital for 11 years; as well as 2 years in Acute and Palliative Care. I am currently the Professional Practice Lead for Recreation Therapy in the Central Zone, and began this exciting challenge in 2017 providing practice support for therapists and Allied Health Managers. I have been an ATRA member since 1998 and have been enjoying the position of Communication Director on the ATRA Board of Directors since 2017. I was the proud recipient of the 2017 Broadening Horizon’s ATRA award for innovative practice in the field of Therapeutic Recreation.

**Shauna Richard**  
Shauna Richard is a community builder and neighborhood coordinator in the City of Edmonton, and she is encouraging kids (and their grownups) to get outside and play... in the streets. Through her work with community leagues, she was inspired by the work being done in other North American and European cities promoting the benefits and opportunities of street play initiatives. Shauna has taken best practices from other urban municipalities to build a unique Play Streets model. As a civil servant, Shauna will share her journey through a child friendly municipal lens, lending insight and learnings on the hurdles and rewards of bringing PLAY back to City streets.

**Lisa Riddell**  
Lisa is the Community Development Manager for the Municipality of Jasper. She engages all sectors of the community in identifying social trends and working collaboratively to tackle social issues impacting residents. She has worked on several special projects in Jasper that foster inclusion, promote positive development and wellbeing, reduce isolation and celebrate diversity in the community.

**Carson Roche**  
Carson Roche, from Deline, NT, is currently working for the ASCNWT as their Program Coordinator, and has traveled as far as Grise Fiord, Nunavut (the most northern community in Canada) sharing his knowledge of traditional games and finding fun ways to get communities active. A graduate from the U of A Augustana Kinesiology program, Carson is already finding unique ways to implement amazing programs across the North.

**Christopher Rutherford**  
Chris is the Deputy Chair of World Urban Parks and a leading Kiwi advocate for better parks and open spaces. He continues to lead and develop best practice solutions for the industry in both New Zealand and internationally. Originally, a qualified arborist and recreation manager he has worked for 5 municipalities in the UK and NZ and for the past 20 years has developed the now leading Australasian Parks and Recreation Consultancy Company Xyst Limited.

**Jessica Smith**  
Originally, from the Ojibwa traditional territory, now based in Calgary in Treaty 7, Jessica Smith is an up-and-coming, young Indigenous leader and female role model for her community. As a Program Coordinator of Indigenous Initiatives for the Boys and Girls Club of Calgary (BGCC), Jessica works tirelessly with multi-Nation, urban Indigenous youth developing opportunities for them to connect to both their culture and to nature using recreation as the catalyst. Jessica had a large role in helping the BGCC’s iyilka’kimaat program win a Communities ChooseWell “Providing Health Education” Award for their work with the growth of an urban, community garden that not only connected urban Indigenous youth to the land but also to the teaching of Elders. Jessica was also the lead on a garden tower project (also supported by Communities ChooseWell) for one of our BGCC program sites that helped youth and their families fight food insecurity issues due to high food costs in Calgary and increase opportunities for access to healthy food.

**Jeremy Todgham**  
Jeremy is the Fitness & Aquatic Centre Manager in Jasper Alberta. He has 2 kids, that he uses the pool with regularly. Jeremy has been a lifeguard since 2002, and also spent 15 seasons as a river guide in Jasper. When he is not busy working, he enjoys reading, board games and learning new things. He is passionate about management, and regularly listens to the Manager-Tools podcast.
SPEAKERS

Anna Underwood
Anna Underwood has been an active volunteer in her town of Wembley for the last 12 years. She enjoys participating and helping in the community. This passion prompted her to run for council on a platform of “Working Together for the Community”. Anna has been on council for the last four years and has enjoyed the many learning opportunities it has provided her. She has been an active member of the Park and Recreation Board for many years and believes in the importance of having these services accessible to all.

Margaret Ushko
I have been working as a Therapeutic Recreation Professional in the Edmonton area for many years. After completing a Bachelor of Science Degree at the University of Alberta, I was able to complete the Therapeutic Recreation Gerontology Diploma from Lethbridge College. For 20 years, I have been studying the art of karate and enjoy mentoring to both children and adults. I also enjoy swimming, gardening, sewing, music, and painting and many other leisure pursuits.

Taryn Wallace
Taryn is a new graduate from the Bachelor of Therapeutic Recreation program at the University of Lethbridge. She has experience working with individuals with dementia and other disabilities/health conditions from past practicum, internship, volunteer and work experience. As a new graduate, she values exploring unique opportunities for collaborations to benefit individuals from various populations who experience disabilities.

Kristen Walsh
Driven by an innate understanding that good planning is citizen-driven, Kristin was the driving force behind the DIY Recreation Master Plan in Devon Alberta. With degrees in both recreation and science and over 10 years of municipal experience, she has honed her communication skills to break down barriers and enable conversation. Never one to follow a path well-trodden, Kristin uses her wit, humor, and belief in the process to engage at a meaningful level.

Lisa Weeks
Lisa Weekes is Manager of Partnership and Community Development for Chinook Arch Regional Library System, which consists of 33 member libraries across southwest Alberta. Physical literacy and lifelong active living are personal and professional passions that guide her library program and project development.

Candy Weisner
Candy Weisner combines a BA Recreation and MA Community & Cultural Studies with decades of work in and volunteering with community programs and events. She strives to help communities to be welcoming and inclusive for newcomers and all community members.

Ki Wilson
Ki has been working for the Town of Devon for eleven years, five of those as the FCSS Coordinator. Her background in children’s services, workforce training and marketing, and before that as a writer for an international magazine has served her well with creative problem solving and program development. Making places more connected and resilient has always been the fundamental driving force behind her work, and continues to fuel her passion in this field.

Stephanie Won
Stephanie is a Business and Policy Planner with Calgary Recreation at The City of Calgary and has recently been involved in the development of the Play Charter and Mobile Adventure Playground Toolkits.

Kacey Yellowbird
A member of the Samson Cree Nation of Maskwacis, AB, Kacey is the Manager of Samson Youth and Sport Development and has worked with this department for the past ten years. Graduating in 2012 from the University of Alberta with a Health Promotions Degree, he is currently back at the U of A completing a Degree in Kinesiology. He has certification as a Fitness Trainer and several citations of health, wellness, and fitness. A-gifted hunter, Kacey created a community freezer program for Maskwacis by teaching and training the youth and young men the art of hunting, cutting, and preparing meat for the vulnerable members of his community. This includes providing meat for cultural events, funerals, celebrations and feasts. Hundreds of families have benefitted from this program over the past eight years and has been supported by the Community ChooseWell granting program.
GUEST & DELEGATE EXPERIENCE

THURSDAY, OCTOBER 24

Guest and Family Orientation
5:00 – 6:00 PM
Come for an orientation session for guests and families to find out about all of the activities, choices and details for things to do while your spouse is in sessions all day.

FRIDAY, OCTOBER 25

Morning Yoga (12 maximum)
6:30 - 7:30 AM for delegates and guests
No Cost to Participate. Open to all skill levels. Limited Availability.

Wine Tasting Battle
2:00 – 3:30 PM
$50 per person (20 maximum)
The in-house sommelier will lead you through a New Zealand vs. Canada wine battle. You will taste a selection of wine from each country, ultimately deciding which country wins.

Recreation for Life Foundation Spooktacular Scavenger Hunt
3:30 – 6:00 PM
$20 per person
Join us for the 6th annual Recreation for Life Foundation Scavenger Hunt. Be prepared to be scared, but do not enter alone! Put on a costume and grab your best ghoul-friends for a hauntingly fun adventure that will have you searching all over the grounds of the historic Fairmont Chateau Lake Louise. Proceeds will go to support the Recreation for Life Foundation.

Northern & Dene Games Workshop/Demonstration
4:00 - 5:00 PM
Dene games are tests of physical and mental skill that were originally used by the Dene peoples to prepare for the hunting and fishing seasons as well as to provide entertainment. This year at the ARPA conference, we welcome guest presenters Beth Hudson-Warner and Carson Roche, who are both Traditional Games Instructors, to share these games with us in an interactive session. Participants will be shown a demonstration of various Northern and Dene Games and will then have a chance to try them out. So come outside and play with us!

Indigenous Storytelling and Music around the Campfire
9:00 PM ONWARDS
Back for its third year, 2019’s Gathering of Indigenous Champions is taking on a whole new look. Starting with a screening of the film, Sacred by Nature, participants will hear the story behind the reemergence of sacred tobacco growing and its importance in the Siksika Nation. The discussion will then continue outside around the campfire to discuss Indigenous protocols around the use of sacred medicines like tobacco and sweetgrass and how this ties back to important Creation stories. Guest speakers include: Dr. Reg Crowshoe and a special guest Elder from Siksika Nation.
GUEST & DELEGATE EXPERIENCE

SATURDAY, OCTOBER 26

Morning Yoga  (12 maximum)  
6:30 - 7:30 AM for delegates and guests.  
No Cost to Participate. Open to all skill levels.  
Limited Availability.

Guided Hike  
1:30 – 3:30 PM  
$50 per person (20 maximum)

Child Care  
Organized directly through the Concierge.

Meal Tickets  
Meal Tickets are available to guests for purchase  
Thursday Banquet  $75  
Friday Breakfast  $35  
Friday Lunch  $35  
Friday Trade Show  $35  
Saturday Breakfast  $35  
Saturday Lunch  $35  
Saturday Banquet  $75  
*Meals are included for delegates

EVENING SOCIAL EVENTS

THURSDAY

New Delegate Reception  
5:00 – 6:00 PM  
New Delegate? On your own at conference? We’ve got our eye on you!

The New Delegate Reception is a structured networking reception aimed to introduce newcomers to each other and some returning veterans. Fun networking games will be hosted and some fun prizes given out!

In addition to the Reception connect with members of the social committee at mealtimes, socials and special events. Check out the social board located by the ARPA table at conference for details.

The Wardens  
8:00 – 11:00 PM  
With performances equal to the mastery of the ranger trade, The Wardens - Scott Ward, Bradley Bischoff and Ray Schmidt - are a Banff National Park-based trio whose stories rise from the very land they’ve protected for the past 60+ years. The Wardens’ mountain music - blending folk, roots and western styles - is a piece of Canadiana reflecting the pristine wilderness of the Rocky Mountains. The trio have performed at Folk Alliance International, Canmore Folk Fest, Alberta Showcase and shared the stage with Blue Rodeo, Paul Brandt, Scenic Route to Alaska and Ian Tyson.
EVENING SOCIAL EVENTS

FRIDAY

**Energize Delegate Reception**
5:30 – 6:30 PM
Join fellow elected and appointed officials to enjoy a drink and some informal networking time.

**Growing Recreation Together Tradeshow**
6:30 – 9:30 PM
Join us and explore our Growing Recreation Together tradeshow! Our annual silent auction will also be woven in amongst the booths so be sure to place your bids! The Trade Show is an awesome opportunity to network and meet with 40+ exhibitors and sponsors who provide goods and services that are important to your organization.

**Indigenous Storytelling and Music around the Campfire**
9:00 PM ONWARDS
Back for its third year, 2019’s Gathering of Indigenous Champions is taking on a whole new look. Starting with a screening of the film, Sacred by Nature, participants will hear the story behind the reemergence of sacred tobacco growing and its importance in the Siksika Nation. The discussion will then continue outside around the campfire to discuss Indigenous protocols around the use of sacred medicines like tobacco and sweetgrass and how this ties back to important Creation stories. Guest speakers include: Dr. Reg Crowshoe and a special guest Elder from Siksika Nation.

SATURDAY

**Presidents Awards Banquet and Entertainment**
6:00 – 9:30 PM
After the Awards Banquet, stick around for some post banquet entertainment that will include a Halloween Catwalk.

**Halloween Dance**
9:30 PM TILL LATE
End your Conference experience with the now legendary ARPA Halloween Dance Party. This year will include a Halloween Catwalk to showcase all of the creative costumes. Be sure to come and join us for all of the Halloween fun!
VENUE & ACCOMMODATIONS

World famous for its turquoise lakes, the Victoria Glacier, and soaring mountain backdrop, Lake Louise is the site of the venue for this year’s conference. This year’s Conference / Symposium will be taking place at the iconic Fairmont Chateau Lake Louise located in Alberta’s Banff National Park, a UNESCO World Heritage Site, recognized globally for progressive environmental stewardship and responsible tourism.

The Fairmont Chateau Lake Louise is already sold out. They will be taking names for a waiting list as we are expecting some rooms to become available near the beginning of September.

Call the Fairmont Chateau Lake Louise directly at (403) 522-3511 to get your name added to a waiting list for available rooms. Mention that you are with the ARPA Conference/ATRA Symposium.

Room Rates start at $185 plus fees and taxes for Fairmont Room.

Note: If you are an ATRA member/delegate there is a separate online booking link available specific to ATRA. Please email sallan@arpaonline.ca for this link.

SECONDARY ACCOMMODATIONS

Lake Louise Inn

We also have a block of rooms at the Lake Louise Inn and are planning on running a daily shuttle between the Fairmont Chateau Lake Louise and the Lake Louise Inn.

Rooms at the Lake Louise Inn start at $125 plus fees and taxes for a standard room.

Reserve online, by email at info@lakelouiseinn.com or by calling the inn at 1-800-661-9237
REGISTRATION

CONFERENCE FEES: ARPA CONFERENCE

Prices include all educational sessions, socials and scheduled meal. Pre-Conference sessions are not included in these fees.

<table>
<thead>
<tr>
<th>DELEGATE FEES</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
<th>STUDENT*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Rate (before Sep. 30)</td>
<td>$695</td>
<td>$845</td>
<td>$395</td>
</tr>
<tr>
<td>Regular Rate (Oct. 1 - Oct. 18)</td>
<td>$795</td>
<td>$945</td>
<td>$395</td>
</tr>
<tr>
<td>Late/On-Site Rate (Oct. 19-26)</td>
<td>$895</td>
<td>$1,045</td>
<td>$395</td>
</tr>
<tr>
<td><strong>Friday Only</strong></td>
<td>$375</td>
<td>$475</td>
<td>$200</td>
</tr>
<tr>
<td><strong>Saturday Only</strong></td>
<td>$375</td>
<td>$475</td>
<td>$200</td>
</tr>
</tbody>
</table>

Fees do not include GST
*full-time student at a recognized post-secondary institution
**Day rates include educational sessions and lunch on registered day only

ATRA MEMBERS REGISTRATION FEE SCHEDULE

You must be an ATRA member to access these registrations. Prices include educational sessions, socials and activities beginning on the morning of Friday, October 25th through to 4:30 PM on Saturday, October 26th. Excludes Thursday evening dinner, keynote, and entertainment and the Saturday evening Awards Banquet. These can be purchased as add-ons.

<table>
<thead>
<tr>
<th>DELEGATE FEES</th>
<th>ATRA MEMBER</th>
<th>ATRA STUDENT MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Rate (before Sep. 30)</td>
<td>$520</td>
<td>$245</td>
</tr>
<tr>
<td>Regular Rate (Oct. 1 - Oct. 18)</td>
<td>$620</td>
<td>$245</td>
</tr>
<tr>
<td>Late/On-Site Rate (Oct. 19-26)</td>
<td>$720</td>
<td>$245</td>
</tr>
<tr>
<td>Friday Only*</td>
<td>$375</td>
<td>$200</td>
</tr>
<tr>
<td>Saturday Only*</td>
<td>$375</td>
<td>$200</td>
</tr>
<tr>
<td>Thursday Dinner &amp; Keynote Add-on</td>
<td>$100</td>
<td>$75</td>
</tr>
<tr>
<td>Saturday Dinner and Keynote Add-on</td>
<td>$75</td>
<td>$50</td>
</tr>
</tbody>
</table>
REGISTRATION

ATRA WEBINAR STREAM
*Stream 8 only (A8-E8)

<table>
<thead>
<tr>
<th># OF WEBINAR PARTICIPANTS</th>
<th>SINGLE DAY</th>
<th>BOTH DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$75</td>
<td>$150</td>
</tr>
<tr>
<td>2-5</td>
<td>$150</td>
<td>$300</td>
</tr>
<tr>
<td>6+</td>
<td>$200</td>
<td>$400</td>
</tr>
</tbody>
</table>

PRE-CONFERENCE WORKSHOP FEES

<table>
<thead>
<tr>
<th>DELEGATE FEES</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
<th>STUDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC1</td>
<td>No Cost</td>
<td>No Cost</td>
<td>No Cost</td>
</tr>
<tr>
<td>PC2</td>
<td>$29</td>
<td>$39</td>
<td>$29</td>
</tr>
<tr>
<td>PC3</td>
<td>$199</td>
<td>$229</td>
<td>$59</td>
</tr>
<tr>
<td>PC4</td>
<td>No Cost</td>
<td>No Cost</td>
<td>No Cost</td>
</tr>
<tr>
<td>PC5 (½ day)</td>
<td>No Cost</td>
<td>No Cost</td>
<td>No Cost</td>
</tr>
<tr>
<td>PC6 (½ day)</td>
<td>$99</td>
<td>$129</td>
<td>$39</td>
</tr>
</tbody>
</table>

Fees do not include GST

STUDENT BURSARY PROGRAM

We are pleased to once again have The City of Calgary Recreation back for the 12th consecutive year as our Student Sponsor. This sponsorship allows us to provide students registered in a recreation/leisure-related degree or diploma to be eligible to apply for a $200 bursary to help offset the costs of attending Conference.
SPONSORS

Platinum Sponsor

Apple Fitness Store
Get the Advantage

Gold Sponsors

Stantec
Sec Select Engineering Consultants

Silver Sponsors

Connecting through Research Partners

Registration Desk & App Sponsor

Indigenous Stream Sponsors/Partners