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WHO WE ARE

Alberta Recreation & Parks Association

OUR STORY

In 1961, recreation and parks professionals from across Alberta collaborated to create ARPA. Almost sixty years later, ARPA is a provincial not-for-profit organization working tirelessly alongside our members to ensure all Albertans have access to recreation and parks.

We believe recreation and parks includes everything from play, to sports, to arts, culture and outdoor pursuits. All activities are essential for creating beautiful and thriving communities that foster healthy and happy citizens.

Through professional development, community health initiatives, and other programs and services, we strive to help all Albertans experience the benefits of recreation and parks.

MISSION

We envision an Alberta, and the communities within, that embrace and proactively use recreation and parks as essential means for enhancing the wellbeing of individuals, communities and our natural and built environments.

VISION

ARPA strives to collaborate with our members and partners to build healthy citizens, communities and environments, enhancing the wellbeing of all Albertans.
Board of Directors

Board Executive

Susan Laurin
President

Glenn Jensen
Vice-President (External)

Heather Cowie
Vice-President (Internal)

Rob Copeland
Treasurer

Mike Roma
Immediate Past President

Directors-at-Large

Beverly Beckett

Geoff Lynch

Steven Norton

Candace Nykiforuk

Stephen Price

Post-Secondary Student Representative

Sarah Jorgenson

Regional Board Members

Patrick Brothers
Region 1 Member (North)

Ken Luck
Region 2 Member (Central)

David Ellis
Region 3 Member (South)

Ex-Officio Board Members

Roger Kramers
Culture and Tourism

Steve Donelon
Environment and Parks

Stuart Ray
Recreation Facility Personnel
Committees & Task Groups

EDUCATION & PROFESSIONAL DEVELOPMENT COMMITTEE
Chair: Deb Comfort
Susan Dack
David Mitsui
Stuart Ray
Todd Reade
Alison Stutz

CHILDREN & YOUTH COMMITTEE
Chair: Heather Wicksted
Heather Cowie
Karina Damgaard
Amanda Ebert
Ashley Fox
Tim Fox
Jennifer Goeres
Jessica Gray
Vicki Harber
Pearl Kapitzke
Sarah Kemmers
Shelley Kwong
Matt Leung
Stephanie Mitschke
Jodi Smith
Graham Thompson
Nadine Van Wyck
Keely Willment
Lindsay Wright

PARKS & OPEN SPACE COMMITTEE
Chair: Paul Feser
Leah Arnason
Margo Brenneis
Lyle Douglas
David Ellis
Doug Evans
Cliff Lacey
Doug Marter
Helen Meyer
Peter Millar
Dean Ohnysty
Danielle Podlubny
Don Polinski
Steve Schlese
Geoff Smith
Jeff Schurek
Trevor Zahara

HIGH FIVE® TASK FORCE
Co-Chair: Stephanie Mitschke
Co-Chair: Jen Goeres
Hollie Cressy
Karina Damgaard
Ashley Fox
Tammy Goodwin
Deb Menard
Kayla Mercer
Tracy Morgan
Shelagh Pyper
Heather Wickstead
Amy Wood

2016 YDRS SYMPOSIUM PLANNING COMMITTEE
Chair: Stephanie Mitschke
Sarah Kemmers
Matt Leung
Kayla Mercer
Jessica Monk
Katelyn Richards
Graham Thomson
HIGH FIVE® Master Trainers:
Karina Damgaard
Jen Goeres
Heather Wickstead

2016 CONFERENCE COMMITTEE
Adam Clarkson
Conference Chair

Program Committee
Chair: Glenn Jensen
Julie Booke
Pat Brothers
Craig Cameron
Eddo Cancian
Jena Clarke
Adam Esch
Evan Goldstrom
Victoria Lavery
Chris McCord
Alyssa Watson

Social/Guest Program Committee
Chair: Megan Shur
Rikki Christie
Karna Germshield
Kylee Haining

Facilities, Accommodations and Transportation Committee
Co-Chair: David Hutchinson
Co-Chair: Jordan Naturkach

Student Committee
Jessica Pana

Connecting through Research Committee
Julie Booke
Nicole Genereux
Howie Harshaw
Nick Holt
Tristan Hooper
Kyle McCallum
Scott Richter
Staff

William Wells
CEO
Steve Allan
Director of Finance & Operations
Lori Simmonds
Administrative Coordinator
Anna Holtby
Communications Coordinator
Kate Wright
Business Development Officer

Pamela Jones
Children & Youth Programs Coordinator
Lisa McLaughlin
Communities ChooseWell Program Manager
Patrick MacQuarrie
Communities ChooseWell Program Officer
Chantel Churcher
Communities ChooseWell Program Officer
Janet Naclia
Programs Manager

Craig Cameron
Recreation Liaison
Karen Snethun
Communities in Bloom Provincial Coordinator
Evelyn Cranston
Graphic Design & Marketing Assistant
Maria Neumann
Event & Program Officer
Benjamin Jonah
Event & Program Officer
Partners

We continue to build relationships with other associations and institutions with shared goals. We have formal partnerships with the following organizations:

ASSOCIATIONS

• Active Living Alliance for Canadians with a Disability (ALACD)
• Alberta Urban Municipalities Association (AUMA)
• Alberta Association of Municipal Districts and Counties (AAMDC)
• Alberta Association of Recreation Facilities Personnel (AARFP)
• Alberta Association of Agricultural Societies (AAAS)
• Alberta Community & Co-operative Association (ACCA)
• Alberta School Boards Association (ASBA)
• Alberta School Councils’ Association (ASCA)
• Alberta Public Health Association (APHA)
• Alberta Therapeutic Recreation Association (ATRA)
• Alberta Association of Landscape Architects (AALA)
• Western Canada Turfgrass Association (WCTA)

UNIVERSITIES

• University of Alberta, Faculty of Physical Education and Recreation
• University of Alberta, School of Public Health
• Mount Royal University, Faculty of Health and Community Studies Physical Education and Recreation Studies
• University of Calgary, School of Environmental Design

PROVINCIAL GOVERNMENT

• Province of Alberta Ministry of Culture and Tourism
• Province of Alberta Ministry of Environment and Parks
• Province of Alberta Ministry of Health

We also have working relationships with:

• The Wellness Foundation
• Prescription to Get Active Initiative
• Alberta Centre for Active Living
• Be Fit for Life Network
• Ever Active Schools
• Alberta TrailNet
WHAT'S IT LIKE TO BE A MEMBER?

We see our members as partners. Becoming a member opens up program and professional development opportunities to improve recreation and parks in your community setting, but also ensures you are an essential part of our mission to build a healthier and happier Alberta.

We believe in collaboration, open communication, and building meaningful connections across our sector. Thank you to our members who work alongside us daily to achieve these goals.
1. LEADERSHIP & ADVOCACY

Through the efforts of ARPA, the recreation and parks sector will be widely recognized and supported for its vital contributions to enhancing overall individual wellbeing, community wellbeing and the wellbeing of our natural and built environments.

ARPA will be recognized as a respected, forward-thinking leader in recreation and parks development, advocacy and innovation and for being a primary voice for recreation and parks.

The wellbeing of Albertans will be enhanced through strategic and collaborative involvements of allied stakeholders.

The experience of Indigenous peoples in recreation and parks will be recognized and enabled with a holistic approach drawn from traditional values and culture.

2. MEMBER EXCELLENCE

Association members will experience ongoing professional development, have increased capacity to network and be acknowledged for their standards and contributions to the wellbeing of all Albertans.

The Association will garner increased membership through quality member benefits, communications, programs and services.

Association members will have the appropriate data collection and planning tools to make evidence-based decisions.

3. ACTIVE & ENGAGED COMMUNITIES

Alberta’s communities will be enriched, engaged and supported through ARPA programs, services and initiatives.

Albertans will have heightened awareness and appreciation of, and experience the significant benefits associated with enhanced participation in recreation and parks activities.

Albertans will experience enhanced social inclusion and equitable access for participation in recreation and parks programs, services and facilities.

Alberta will foster a diverse, vibrant and cohesive parks community that conserves, inspires, engages and magnifies the benefits of connecting with nature for current and future generations.
Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

- A Framework for Recreation in Canada 2015: Pathways to Wellbeing
President's Report

My first year as ARPA President was filled with exciting progress and innovative change. At the beginning of my term, the ARPA Board adopted a Strategic Plan for 2017 - 2019 to guide our decisions and direction. The Strategic Plan is unique to our organization history and Alberta context, and also supports A Framework for Recreation in Canada: Pathways to Wellbeing.

In February 2015, the Framework for Recreation was endorsed by the federal, provincial and territorial ministers responsible for recreation in Canada. It was subsequently endorsed by the Federation of Canadian Municipalities. Since then, municipalities have publicly endorsed the Framework and others have incorporated it into their master plans, while post-secondary institutions are building it into their courses. In May 2018, ARPA will participate in a national meeting where each Canadian jurisdiction will report on their progress towards achieving the Framework goals and priorities. We can all share in the pride of knowing this national guiding document started here in Alberta with our National Recreation Summit in 2011.

We are also proud to have assertively pursued specific goals and priorities within the Framework. To fulfill the goal of better data collection, we intentionally developed Excellence Series modules to address performance measurement and aid informed decision-making in arenas, indoor pools, human resources and healthy foods in recreation facilities. We are also working with other CPRA members to establish a performance measurement suite of services.

To fulfill other Framework goals, we’ve further developed a national professional development program. ARPA members have not only been early adopters of the CPRA Professional Development Certification, but have enrolled more participants than the rest of Canada combined in the first two years.

In 2015, ARPA committed to undertaking goal three of the Framework, “Connecting People and Nature.” We hosted a Canadian Parks Summit in 2016 in Canmore and a Canadian Parks Conference in 2017 in Banff. In addition, ARPA initiated the development of a Parks for All framework document, which should be available in final version this fall.

Finally, we developed a three-year plan to pursue the implementation of the Framework for Recreation in Alberta as our contribution to the Municipal Recreation Engagement Strategy. We look forward to opportunities to partner with the Ministry of Culture and Tourism to advance the Framework.

As for Association advocacy, we submitted a number of recommended changes to the Municipal Government Act over the past year or so. A number of our recommended changes were included in the amendments, including our suggestion to offer access to “off-site levies” for recreation facilities. Alongside CPRA, we presented to the Honourable Amarjeet Sohi, the federal minister responsible for infrastructure, for a recreation stream within the Social Infrastructure Fund. We were delighted to see our recommendation included in the recent federal budget.

As part of our advocacy with all MLAs, we began by inviting members of the NDP caucus to a reception this past spring and eagerly welcomed 20 MLAs and a couple of senior ministerial staff to that event. The Board has also adopted an advocacy policy to focus and guide our efforts to raise the awareness of the sector and the profession.
We also continue to strengthen and grow our Tripartite Agreement with the University of Alberta and the Ministry of Culture and Tourism. The Connecting through Research conference stream is an exciting initiative rooted in the Tripartite, and an example of things to come from the relationship.

At the beginning of the summer, ARPA was selected in an international competition to act as the Secretariat for the World Urban Parks Association, and ARPA took over those duties from the New Zealand Recreation Association on August 1, 2017.

We continue to build relationships with Indigenous communities and organizations across Alberta. We are now engaging with more than half of the Indigenous communities in Alberta. In collaboration with the Recreation for Life Foundation, the ARPA Board has established a bursary for the recently established Indigenous Sport and Recreation Post-Baccalaureate Certificate at the University of Alberta.

The Board has also undertaken a discussion with several of our partners around issues associated with rural recreation.

I want to thank and acknowledge the member volunteers and staff for their hard work on behalf of the Association and our profession. Over the past year they have tirelessly pursued each of these initiatives, and many more I have left unmentioned.

Last but not least, the 2016-2017 ARPA Board is a diverse group of dynamic, respected and knowledgeable professionals who are always ready to meet challenges and contribute time and advice in the interest of our members. On behalf of my fellow board members, we sincerely thank you for your trust and support. We look forward to the coming year where we can build on our momentum and further the recreation and parks agenda on a local, provincial and national scale!

Susan Laurin
ARPA President
GOOD NEWS ON GRANTS

In the past year ARPA secured grants from a number of our partners to continue our work in making Alberta a healthier and happier province.

In January 2017 HIGH FIVE® Aboriginal received funding from the Government of Alberta, Telus and the Edmonton Community Foundation.

ARPA also received funding for Indigenous content at the 2017 Canadian Parks Conference and the 2017 ARPA Annual Conference & Energize Workshop from The Calgary Foundation and Alberta Culture and Tourism’s Community Initiatives Program.

Finally, Communities ChooseWell renewed their grant funding through Alberta Health, securing a three-year grant to support their efforts.
INNOVATIVE EVENTS

In March, ARPA hosted the 2017 Canadian Parks Conference in Banff. The event included over 100 speakers, drew significant media attention and sparked necessary conversations on Canada’s parks, protected areas, open spaces and public places.

The conference kicked off with a celebration of Indigenous culture from the Treaty 7 area. The event included a performance of traditional dancing and drumming from the award-winning Blackfoot Confederacy group.

In April, ARPA invited NDP MLAs to an informal reception at The Common in downtown Edmonton where our board and staff built connections with the elected officials and communicated ARPA’s goals.

PROGRAM PROGRESS

Communities in Bloom launched the Novice Program, allowing new communities to be judged non-competitively, and receive comments and feedback rather than official scoring.

The CPRA PDC, a national program facilitated by ARPA, celebrated its first graduate, Lori Mambella, in fall 2016.

Communities ChooseWell hosted their first-ever provincial symposiums in March 2017, welcoming 80 wellness champions to participate in sessions and networking activities.

Six communities joined the Novice Program!
The 2016 ARPA Conference and Energize Workshop hosted over 500 delegates at the beautiful Fairmont Jasper Park Lodge. The conference theme was “Charting the Course,” which furthered connections to the *Framework for Recreation in Canada 2015: Pathways to Wellbeing*. The conference also included a stream of sessions focused on Indigenous communities and in response to the *Truth and Reconciliation Commission of Canada – Report and Calls to Action*.

This year’s conference saw the continuation of two partnership programs initiated in 2015. First, the Connecting through Research (CtR) program stream had another successful year, making use of the partnership between ARPA, Mount Royal University, and the Faculty of Physical Education and Recreation at the University of Alberta. Secondly, ARPA continued its collaborative relationship with the Recreation and Physical Activity Division (RPAD) of Alberta Culture and Tourism to develop a Municipal Recreation Engagement Strategy (MRES). The MRES is intended to create stronger connections between ARPA, RPAD and municipal recreation and parks stakeholders.

Other highlights included hosting our first-ever Aquatics Forum, which was held prior to the Conference to provided aquatics-focused professional development. Over 50 delegates attended the Forum and feedback has been positive in response to offering more aquatics programming in the future. The 2016 Conference also featured the brand new 5K Superhero Fun Run/Walk hosted by the Recreation for Life Foundation. Over 100 participants joined the event, with funds raised for the Foundation.

Many thanks to the members across Northern Alberta who volunteered their time and talents to ensure the success of the 2016 ARPA Conference and Energize Workshop.

*Adam Clarkson, Chair*
**Education Sessions**

46

**Energize Delegates**

103

**Keynote Speakers**

3

**Exhibitors & Sponsors**

511 Delegates

53

---

**Conference Partners**

[Calgary University] [University of Alberta Faculty of Physical Education and Recreation] [Mount Royal University]
The 2017 Canadian Parks Conference, held March 8-11, welcomed 300 delegates from across the country to the iconic peaks of Banff to discuss unified goals for our natural spaces.

This event marked the second consecutive year that ARPA hosted a national event focused on fostering Canada-wide dialogue on parks, protected areas, open spaces and public places. This conversation started at the 2016 Canadian Parks Summit, where the sector built towards the goal of a collaborative vision for Canada’s parks system, from local community open spaces to national parks, and from conservation to recreation.

The 2017 conference featured over 100 speakers, mobilizing important voices from across the sector, including Indigenous communities, all three levels of government, non-profits, businesses and post-secondary schools. The event included addresses by federal minister of environment and climate change, Catherine McKenna, provincial minister of environment and parks, Shannon Phillips, the mayor of Banff, Karen Sorenson, six-time Olympic medalist, Clara Hughes, and Treaty 7 Elders, Norton Eagle Speaker and Alvine Eagle Speaker.

The summit was co-chaired by Michael Nadler, vice-president of external relations and visitor experience for Parks Canada, and Nancy McMinn, parks superintendent for the city of Charlottetown.
YOUTH DEVELOPMENT THROUGH RECREATION SERVICES SYMPOSIUM (YDRS)

The 2016 YDRS Symposium was held at Red Deer College from November 3-5, hosting over 80 delegates. The symposium is a biannual event focused on advancing knowledge and skills around how recreation programs and services play an essential role in child and youth development.

The event theme was “Strengthening Children’s Mental Health through Recreation Services.” The committee focused on providing two streams for delegates, splitting the program into personal and professional development. The college setting provided a welcoming environment for both youthful and academic programming. Keynote Dr. Nicole Sherran, Scientific Director of the Palix Foundation, presented research on healthy brain development and the types of experiences that both support and derail it.

The delegate demographic was primarily made up of students and young frontline recreation programmers and coordinators. The Symposium schedule was balanced with traditional sessions and strategic, facilitated, and spontaneous networking breaks. In the end, comments and feedback were overwhelmingly positive. The delegates were particularly thankful for the welcoming and close environment which allowed for meaningful connections.

"As a new professional in the youth recreation field, I gained valuable tools to use in my everyday work and great advice for dealing with youth."
- YDRS Delegate
COMMUNITIES CHOOSEWELL

Communities ChooseWell is a provincial program that stimulates and strengthens community action, using recreation and parks as a catalyst, to prevent disease, promote wellness and build healthy communities by enabling all Albertans to eat well and be active.

Participation

Participation in the 2016-17 program was strong with:

- **234** total registrations
- **207** unique communities
- **218** unique “ChooseWell champions”
- **21** Indigenous communities

Learning Events

Communities ChooseWell provides many learning opportunities for champions, local government leaders and recreation practitioners on topics related to building active, healthy communities. Here’s a snapshot of what was offered in 2016-17:

- **8** Presentations
- **11** Webinars
- **2** Healthy Community Symposiums
- **4** WalkABle Workshops/Consultations
- **3** Community of Practice Meetings

A highlight from our learning events this year was hosting our first-ever provincial Healthy Community Symposiums in Nisku and Calgary in March 2017. More than 80 people attended, and through speakers, activities and networking, ChooseWell Champions gained ideas and resources to enhance wellness in their communities.
Funding

Reducing Barriers to Community Wellness Seed Grants provided $30,000 to support 15 communities, including seven Indigenous communities or organizations, to implement community initiatives that reduce barriers to healthy eating or active living.

Projects included a collective kitchen, indoor and outdoor community gardens, physical activity programs, an active and safe routes to school project, a women’s recreation program, training on inclusive physical activity for fitness leaders, and a traditional skills program for Indigenous mothers and daughters.

Communities ChooseWell also partnered with Alberta Health Services to support walkability initiatives in four communities by providing WalkABle workshops or consultations and a total of $10,000 to support walkability projects.

Information & Resources

Communities ChooseWell continued to provide information and resources to participants in 2016-17, including monthly newsletters, an improved website including a searchable resource toolkit and community profile pages, a promotional video, articles in partner newsletters, and program logos and templates.

Recognition

The annual Healthy Community Awards were held on October 20, 2016 in Jasper, where 20 Alberta communities were recognized for their efforts to foster healthy eating and active living through offering educational opportunities, creating supportive environments, developing healthy policies, and building community capacity. The Overall Healthy Community Champion Award was given to a community that demonstrated success in multiple award categories, and the Most Significant Community Change Award was selected by ChooseWell champions. The Community Wellness Leadership Award was awarded to an elected local government leader who actively championed healthy, active living to enhance community wellness.

Coaldale
Overall Healthy Community Champion Award

Slave Lake
Most Significant Community Change Award

Dave Anderson (Strathcona County)
Community Wellness Leadership Award
Healthy Eating Environments in Recreation Settings

Communities ChooseWell enables ARPA to support members to develop healthy food environments in recreation settings. In 2016-17, ChooseWell helped coordinate the Collaborative for Healthy Eating Environments in Recreation Settings (CHEERS), a provincial group of multisector partners. ARPA also continued to be a member of the Expert Working Group for the Alberta Report Card on Healthy Food Environments and Nutrition for Children and Youth and was invited to join an Alberta Health Services committee focused on nutrition in recreation settings.

Collaboration

Communities ChooseWell works with many other organizations and initiatives in our efforts to build healthy, active communities. Key collaborators in 2016-17 included:

- Aboriginal Native Friendship Centres of Alberta
- Alberta Association of Recreation Facility Personnel
- Alberta Cancer Prevention Legacy Fund
- Alberta Centre for Active Living
- Alberta Food Matters
- Alberta Health
- Alberta Health Services
- Alberta Policy Coalition for Chronic Disease Prevention
- Alberta Urban Municipalities Association
- Be Fit for Life Network
- Confederacy of Treaty Six First Nations
- Edmonton Federation of Community Leagues
- Ever Active Schools
- Federation of Calgary Communities
- Heart and Stroke Foundation
- Indigenous Sport Council of Alberta
- SHAPE – Safe Healthy Active People Everywhere
- Treaty 7 Corporation
- University of Alberta School of Public Health

Our Impact

Based on a survey and focus group of ChooseWell champions conducted at the end of the 2016-17 program year:

100% of ChooseWell champions reported that Communities ChooseWell contributed to the development of healthy eating/active living initiatives in their community.

93% of ChooseWell champions reported that their participation in the program increased their access to resources and supports needed to address healthy eating/active living.

92% of ChooseWell champions reported that ChooseWell made a positive contribution to enhancing support from local political leaders for healthy living initiatives and policies.

97% of ChooseWell champions reported that ChooseWell contributed to creating or strengthening collaboration in their community related to healthy eating/active living.

"The feedback from ChooseWell, winning another award and seeing what other communities are doing, really spoke to our Council. It's affirmation that we are on the right track."

- ChooseWell Champion, Sexsmith
COMMUNITIES IN BLOOM

PEOPLE, PLANTS & PRIDE...GROWING TOGETHER!

ARPA has been successfully coordinating Alberta’s Communities in Bloom program for 12 years. Hundreds of communities have taken the opportunity to enhance and sustain the visual appeal of their neighbourhoods, parks, and public spaces – all while building community, economic development and civic pride. The National Symposium and Awards celebration was held in Ottawa in September 2017 and featured a visit to the MosiCanada Gardens.

The Cold Lake Communities in Bloom Committee hosted the 2016 CiB Alberta Provincial Awards Ceremony on September 17, 2016. The event included a tour of the City of Cold Lake and the Cold Lake military museums, complete with a fish fry at the Marina, and a pruning workshop. About 80 delegates from across Alberta attended, including Mr. Scott Cyr, MLA for Bonnyville-Cold Lake.

In the spring of 2017, we launched the brand new Novice Program, a category within CiB Alberta designed to provide a smooth transition for communities new to the program. The Novice category allows judges to do a non-competitive, mini-assessment of the community, and provide comments and feedback, rather than an official score or bloom rating. The launch of the Novice Program was a success, with six communities joining.

Besides creating a new category, in the past year the CiB program has also attended industry trade-shows, built electronic community information packages, and sent extensive media advisories prior to Evaluation Day.

In the past year we also reached a sponsorship agreement with FORTIS Alberta. FORTIS is investing in certain areas of the program, including CiB judges training, the CiB Alberta Provincial Conference and Awards, regional community workshops and seed funding for communities.

Communities in Bloom is an excellent fit under the ARPA mission of building healthier citizens, communities and environments, and community involvement is viewed as the overarching principle of the CiB Alberta program.

"We are so pleased to be a part of the program. Information comes through in a timely fashion and CiB representatives are great to deal with. We love the feedback from the judges coming through our community. It helps to reinforce to Council and Administration the significance of what we do."

Town of Bon Accord CiB

"This initiative allows communities to share ideas with others. It is a great opportunity to learn new ways of pushing the community forward."

Town of Irricana CiB

28 ALBERTA COMMUNITIES IN CI B ALBERTA

21 ALBERTA COMMUNITIES IN CI B NATIONAL

18 VOLUNTEER JUDGES

With support from

FORTIS ALBERTA

STOPDED
CHILDREN & YOUTH

The implementation of ARPA’s Children and Youth Programs and Initiatives are supported by a Children and Youth Committee, whose mandate is to focus and advance the role that recreation plays in the positive development of children and youth across Alberta.

This year’s focus has been on building capacity and expanding partnerships with rural, Indigenous, mental health and outdoor education organizations to increase training opportunities for those who deliver children and youth-related programs. Additionally, the committee is in the early stages of planning the Youth Development through Recreation Services Symposium 2018, alongside the HIGH FIVE® Trainer Exchange. This is the first year that both events will be offered together, making them more easily accessible for recreation professionals.

Initiatives
ParticipACTION Teen Challenge

ParticipACTION Teen Challenge is committed to breaking down the barriers that prevent teens from getting active. The micro-grants provide funding opportunities to organizations which support traditional and non-traditional teen physical activity programs. By helping provide access to equipment, facilities, nutrition, instruction or transportation, these grants not only help teens establish healthy habits for life, but facilitate stronger connections to their communities and foster social interactions that help build confidence and self-esteem.

Regrettably, the funding for the ParticipACTION Teen Challenge program ended nationally in April 2017. The 10 million dollar project, funded by Coca-Cola Canada, started in 2007 and was fully completed on June 30, 2017. Over the past decade, the grants inspired countless youth towards more active, social and healthy lifestyles.

GRANTS AWARDED

September 2016 - April 2017
$31,678 to 77 physical activity events and programs

September 2015 - August 2016
$41,992 to 94 physical activity events and programs

September 2014 - August 2015
$38,050 to 95 physical activity events and programs
HIGH FIVE®

HIGH FIVE® is currently Canada’s only comprehensive quality standard for children’s sport and recreation programs and ARPA’s largest Children and Youth Program. It was developed with the understanding that the quality of children’s experiences in recreation and sport settings helps to shape how they will develop as adults. ARPA has supported numerous organizations to ensure quality programs for children are being implemented using the HIGH FIVE® framework.

The HIGH FIVE® Task Force is a group of dedicated volunteers who work together to support the growth and development of the program throughout the province. They meet bi-monthly, plan events, create the quarterly HIGH FIVE® Insider Newsletter, provide support to HIGH FIVE® trainers, manage the Alberta & NWT Trainer Facebook page, and participate in and develop new initiatives.

ACCOMPLISHMENTS OVER THE 2016/17 YEAR

Offering 100 trainings across the province
Certifying over 1000 leaders, coaches, recreation staff, teachers and more!
Increasing the number of and partnerships for SCMH training
Assisting with the pilot of HIGH FIVE® Principles of Healthy Aging Trainer Training
Providing Quest 2 training as part of teachers’ professional development

Aboriginal HIGH FIVE®

Aboriginal HIGH FIVE® empowers Indigenous leaders across Alberta to enhance the quality of sport and recreation programs in their communities. These leaders are engaged in adjusting the program to best meet the needs of Indigenous children.

After initially launching in 2015, ARPA received additional funding in January 2017 from the Telus Edmonton Community Board, The Edmonton Community Foundation, and the Government of Alberta to complete the Aboriginal HIGH FIVE® project by 2018.

As part of this project, ARPA provided Quest 2 training, a certification requirement for the HIGH FIVE® Trainer program. ARPA also partnered with NAIT and offered supervisory training in Leadership and Motivation and Enhancing Your Team Leadership to Indigenous leaders.

Trainer Tim Fox contributed to the design of the Training Tips for Consideration Resource led by HIGH FIVE® National.

This coming fall, Aboriginal HIGH FIVE® will be part of the ARPA 2017 Conference & Energize Workshop.

ACCOMPLISHMENTS OVER THE 2016/17 YEAR

82 Participants
3 Sport Trainers Certified
2 SCMH Trainers Certified
The Education and Professional Development Committee remains focused on developing and promoting professional development certification across Alberta and the country. The committee continues to nurture opportunities for new professionals entering or considering a career in the field. We are rooted in the belief that mentorship is identified as one of the strongest ways to support professional growth.

Along with facilitating local mentorship opportunities, ARPA continues its national leadership role in delivering the CPRA Professional Development Certification. The program is entering its third year and continues to build momentum in Alberta and across the country. The recertification process is already underway with workshops set to begin in 2018.

2017 HIGHLIGHTS

Increased participation to include practitioners from eight provinces and one territory:
- BC Recreation & Parks Association
- Alberta Recreation & Parks Association
- Saskatchewan Parks & Recreation Association
- Recreation Connections Manitoba
- Parks and Recreation Ontario (PRO)
- Recreation New Brunswick
- Recreation Nova Scotia
- Recreation Newfoundland and Labrador
- Recreation and Parks Association of the Yukon

Coloured provinces and territories represent participation in the CPRA PDC program

“CPRA allowed me the chance to legitimize myself in this field, and gave me the tools to be better at my practice.”

Sally O’Neill
Municipal Physical Activity Leader, Active Pictou County

10 new practitioners earned their CPRA Professional Development Certification, including 8 from Alberta

“Our profession is never static, so a well-balanced understanding of core competencies, along with the knowledge of the latest industry trends, is crucial.”

Lori Mambella
Programs Supervisor, City of St. Catharines

23 practitioners will be ready to complete the CPRA PDC in 2018
Excellence Series & Yardstick

This has been a year of partnerships for ARPA’s Excellence Series - a set of facility and topic-specific analytical services that use real time comparative data to assess the competencies of an organization or municipality and suggest relevant best practices.

**One of our biggest accomplishments this past year was entering into conversations with our fellow provincial organizations. The focus of these discussions has been a new project surrounding the RecExcel service.**

ARPA is working to advance the scope of our RecExcel service to include a look at how it might allow municipalities across western Canada to gauge how they are working to advance the goals of the *Framework for Recreation in Canada: Pathways to Wellbeing*. This will be a community of practice-based initiative and is open to all ARPA member municipalities.

Work also continues with our RecFocus: Indoor Pools and Arenas services.

Another highlight of 2017 includes the launch of our new RecFocus: Human Resources (HR) module.

And as always, we would like to thank our development partners for the Excellence Series, futureInnovate in collaboration with Yates, Thorn & Associates.

**INDOOR POOLS REPORTING EXAMPLE**

**Utilities Consumption**

![Utilities Consumption Diagram]

**Utilities Costs**

**2015**

<table>
<thead>
<tr>
<th>Natural Gas</th>
<th>Electricity</th>
<th>Water</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>28%</td>
<td>50.5%</td>
<td>16%</td>
<td>5.5%</td>
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</table>

**2016**

<table>
<thead>
<tr>
<th>Natural Gas</th>
<th>Electricity</th>
<th>Water</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>29%</td>
<td>43%</td>
<td>17%</td>
<td>11%</td>
</tr>
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</table>

The Excellence Series is a suite of benchmarking and analytical data services that gives recreation and parks departments and organizations the power to:

- Compare data to other communities across Alberta.
- Inspire decision makers to invest in parks and recreation.
- Manage facilities, programs, and staff more effectively and efficiently.
- Discover new practices and strengthen capabilities.
- Track performance and produce detailed reports in real-time.

Yardstick is a benchmarking tool developed by an international community of facilities and parks managers that collects management and planning data, measures performance, and drives future improvements in parks, open spaces, and recreation facilities.
ARPA continued our partnership with the Yardstick Program, a suite of benchmarking tools that deliver need-to-know information for recreation and parks departments to inform decision making and improve service delivery.

Yardstick is part of ARPA’s Excellence Series, and the program continued its momentum in 2017, with a total of 20 communities in Alberta and British Columbia engaged with at least one Yardstick service.

Yardstick offers benchmark and survey services for both parks and facilities. Facilities Benchmarking offers communities a tool to collect, share and compare vital information to measure current performance and drive future improvement of recreation facilities.

Parks Benchmarking offers communities the opportunity to engage in international parks and open spaces benchmarking, as well as national comparisons.

**ALBERTA**

- Parks Benchmarking
  - ten communities
- Facilities Benchmarking
  - one community

**BRITISH COLUMBIA**

- Parks Benchmarking
  - eight communities
- Facilities Benchmarking
  - one community
COMMITTEE & PARTNERSHIP REFLECTIONS

INDIGENOUS COMMUNITIES

“You might be done with the past, but is the past done with you? Reconciliation smudge is the way.”

Dr. Reg Crowshoe
Statement to the Truth and Reconciliation Commission (TRC)

This past year, ARPA took a more intentional and active role in growing our relationship with Alberta’s Indigenous communities. We collaborated with Indigenous community champions, began many fruitful partnerships with Indigenous organizations, and turned to our Elders for guidance and wisdom.

Following up on recommendations from last year’s environmental scan entitled The Way We Walk in Life, ARPA has introduced a new outcome into our Strategic Plan for 2017-2019. As part of the goal area of “Leadership & Advocacy,” we are continuing our commitment to ensuring “the experience of Indigenous peoples in recreation and parks [is] recognized and enabled with a holistic approach drawn from traditional values and culture.” This is an important step forward for ARPA and for the recreation and parks sector as a whole.

In terms of a holistic approach and the role of wellness, Communities ChooseWell continues its work with First Nations, Metis Settlements, Indigenous organizational partners, and urban Indigenous communities across the province. This year, a ChooseWell Champion from the Stoney Nakoda First Nation worked with ChooseWell, and their project partner Alberta Health Services, to bring WalkABle to her community. This was the very first time in the program’s history that WalkABle worked in collaboration with an Indigenous community. We are excited to see the amazing things happening in our Indigenous ChooseWell communities.
Our Hive Five® Aboriginal program continues to pave the way for future generations by empowering Indigenous leaders across Alberta to enhance the quality of sport and recreation programs in their communities. For the second phase of the Aboriginal High Five project, we received funding from the Telus Edmonton Community Board, the Edmonton Community Foundation, and the Government of Alberta. We are very grateful for this support!

On the note of funding in 2017, we also received grants from the Community Initiatives Program of the Alberta Ministry of Culture and Tourism as well as the Calgary Foundation. With this funding, we enhanced our Indigenous sessions at the 2017 Canadian Parks Conference which took place in March in Banff.

We also took steps to improve the Indigenous Stream of programming that was introduced at our 2016 conference in Jasper. In fall of 2017, the ARPA conference will include an inaugural ARPA Round Dance and our first-ever Gathering for Indigenous Champions. This stream continues our work from last October and highlights the important role of recreation and parks in both reconciliation and in the wellbeing of Alberta’s Indigenous peoples. As in 2016, these sessions will highlight the recreation, sport, and parks-focused action statements from the Truth and Reconciliation Commission (TRC) Report and what we can all do to take action.

We are honoured this year to have Dr. Reg Crowshoe, an honoured Blackfoot Elder, Traditional Knowledge Keeper, and former Chief of the Piikani Nation, speak as part of this 2017 programming.

Thank you to our sponsors:
AWARDS

The 2016 awards and scholarships were presented during the President’s Awards Banquet at the ARPA Conference and Energize Workshop last October. It was a great honour to welcome, for the first time, Her Honour, the Lieutenant Governor Lois Mitchell, to address delegates and present the awards.

For the 2017 nominations, we improved our promotion of the awards program to our members, including a letter to mayors and councils, resulting in an increased number of nominations. The nominations opened April 1 and closed mid-July. The adjudication committees evaluated the nominations, and the recipients will be honoured at the 2017 ARPA Conference at Chateau Lake Louise this October.

ARPA members are encouraged to be an active part of the awards process by submitting nominations for noteworthy individuals, communities and projects across the province. We believe recognizing excellence is an essential part of enhancing recreation and parks in Alberta.

2016 Award & Scholarship Recipients

THE LIEUTENANT GOVERNOR’S LEADERSHIP FOR ACTIVE COMMUNITIES AWARD

VIVO for Healthier Generations
Group Spirit of Community Leadership Award

Mayor Stuart Houston (Spruce Grove)
Elected Community Leader Award

Sue Scott
Wild Rose Award

Angela Lightning (MD of Opportunity)

ARPA AWARDS

ARPA Education & Professional Development Committee
Barbara Hill Merit Award

Strathcona County:
Centennial Park Ball Diamonds, Millennium Place Soccer Fields, Emerald Hills Regional Park
Parks Excellence Award

ALBERTA RECREATION VOLUNTEER RECOGNITION AWARDS

Lorraine Desaulniers
Falher

David Hutchinson
Fort McMurray

Nikola Johnson
Strathmore

Eugene Klym
Vermilion

Melissa Bird
Undergraduate

Heather Crowe
Graduate

AABRD UNDERGRADUATE & GRADUATE SCHOLARSHIPS

Melissa Bird
Undergraduate

Heather Crowe
Graduate

ARPA EDUCATION & PROFESSIONAL DEVELOPMENT COMMITTEE

Barbara Hill Merit Award

Sue Scott
Wild Rose Award
PARKS & OPEN SPACE

The Parks and Open Space Committee is a diverse group of professionals with a passion for the environment and parks. Members represent various sectors, including provincial and municipal governments, not-for-profit organizations, consultants and other commercial organizations working in the parks industry. The Open Space Committee’s formal role is to provide comments, recommendations and advice to the ARPA Board of Directors on issues relating to parks and open spaces, and to bring forward emerging parks and open space issues that exist on a provincial and regional level. In addition to the formal responsibilities of the committee, members actively use the group as a networking and information-sharing platform.

In the past year, the Parks and Open Space Committee was able to play a role in the 2017 Canadian Parks Conference planning, and also offered review comments on the Parks for All – A Shared Vision for Canada’s Parks Community document. The committee continued to assist with the review and comment on parks related connect for the on the modernized Municipal Government Act.

Parks and Open Space Committee meetings are held quarterly and provide a great venue to share ideas with like-minded professionals from across the province. Discussion topics vary and are diverse, including connecting children with nature, urban agriculture, parks and trail development and professional development opportunities.

Paul Feser, Chair

TRIPARTITE

Alberta continues its leadership in the recreation sector through a unique partnership between the Alberta Recreation and Parks Association, the University of Alberta and the Government of Alberta. Since 2009, these organizations have shared knowledge and resources to strengthen the connection between research, teaching, policy, and practice, while also advancing a collaborative approach to building recreation sector capacity.

A recent example of the partnership’s success is the launch of a post-baccalaureate certificate in Indigenous Sport and Recreation through the Faculty of Physical Education and Recreation at the University of Alberta. Through online and distance instruction, this certificate provides working professionals an opportunity to advance their education without taking a leave from work. The certificate was developed in close connection with ARPA and its members, and features a week of study in the Rockies. This includes attending the ARPA Conference and Energize Workshop, creating a practical learning opportunity and a memorable experience.

The certificate is just one of several actions, big and small, that show the benefits of thinking differently about the work that we do in and through recreation. Looking forward, the tripartite will continue to advocate for and support others in embracing a more integrated approach to advancing the quality of life of Albertans.

Craig Cameron
RECREATION FOR LIFE FOUNDATION

The Recreation for Life Foundation (RFLF) was established in 2003 to raise funds to support the initiatives of the Alberta Recreation and Parks Association, and to advocate for the benefits of recreation and parks in the province.

In the past year, the Foundation raised funds through individual donations, grant applications, sponsorships, and a variety of activities at the APRA Conference and Energize Workshop, as well as fundraising events such as the annual golf tournament. Since 2015, the Foundation has provided $25,000 annually to ARPA, specifically in support of the Communities in Bloom and the Children and Youth programs.

This year marked the 15th Annual Charity Golf Tournament, held on Thursday June 8, 2017 at the Derrick Golf and Winter Club, partnering with the City of Lacombe, our featured community. We are proud to announce that we welcomed 115 golfers and raised almost $50,000 in 2017, and over $850,000 in our 15 years. The organizing committee did an amazing job and is already hard at work on the 2018 tournament.

We are sad to share that earlier this year, Wanda Wetterberg, chair of the Foundation Board of Directors, passed away from injuries suffered in an accident on her family farm. Wanda was a dedicated volunteer to ARPA, the Foundation, and the recreation and parks sector as a whole, offering her positive and vivacious spirit to the profession for over 40 years. The board has chosen to honour Wanda’s lifetime of contribution by adding her name to the “Legends of Recreation and Parks in Alberta.”

The Legends fund now recognizes four individuals for their dedication and decades of service - Ron Gorgichuk, Steve Barr, Barbara Hill and Wanda Wetterberg. Donations to the Legends Fund are used to assist post-secondary students and new professionals to participate in ARPA professional development, education events and programs. Approximately $9,000 per year has been budgeted for these purposes in 2017 and 2018.

In the past year, the Legends Fund provided:

- $600 to the best student presentation in the Connecting Through Research stream at the 2016 ARPA Conference
- $1,000 for five MRU students to make a presentation at the 2016 ARPA Conference
- $2,500 to support students attending and presenting at the 2017 Parks Conference
- $2,000 towards the ARPA Bursary for the University of Alberta’s Post Baccalaureate Certificate in Indigenous Sport and Recreation

Over the past year the board has also realigned the Foundation’s fundraising committees to better support ARPA programs and services. The board is excited about the potential for fundraising in the new structure and will be actively recruiting board and committee members this fall.

Our thanks to the ARPA staff who have supported us over the past year.

INDIVIDUAL DONORS

- Anonymous (1)
- Steve Allan
- Donna Christensen
- Heather Cowie
- Susan Dack
- Paul Feser
- Greg and Jo-Anne Krischke
- Susan Laurin

Ken Luck
Candace Nykiforuk
Todd Reade
Michael Roma
Greg Scott
Stephen Slawuta
Sandi Stewart
William Wells
Wanda Wetterberg
2017 GOLF TOURNAMENT

115 Golfers

~50,000 $ in 2017

$850,000 raised over 15 years
FINANCIAL DETAILS

TREASURER’S REPORT

Alberta’s economy faced a rising unemployment rate and decreasing GDP throughout 2016, making it a challenging revenue year for non-profit organizations. The Association experienced a loss of $27,200, and we had to draw on our reserves to cover the shortfall. ARPA continues to invest in projects such as the CPRA Professional Development Certification and the Excellence Series to provide services to our membership and the sector. These services offer our members both personal and organizational development, and have been formed with the goal of being revenue-neutral or providing additional revenue to support other projects.

The board and staff continue to work hard at finding new avenues of funding to provide for our Association and have been successful in securing grants for a number of our projects, such as the HIGH FIVE® Aboriginal project, the 2016 Canadian Parks Summit and the Prescription to Get Active initiative.

The board and administration continues to operate with reduced expenditures and we strive to continue our record of financial accountability.

The 2016 Annual Conference was another successful event that not only provided delegates with high-quality professional development and networking opportunities, but also generated important revenues for ARPA.

Our membership revenue increased again from last year, as a result of a membership fee increase policy that will see gradual annual adjustments to the membership fee rather than more sporadic large increases.

A casino event in 2016 brought in just over $68,000 of important revenues for the Association. These events, provided by the Alberta Gaming and Liquor Commission, offer ARPA a valuable source funds.

Without the valuable contributions of our funding partners, as well as support from the Recreation for Life Foundation and the private sector, our capacity to provide for you and for Albertans would be greatly reduced. We work closely with several provincial government ministries including Alberta Culture and Tourism, Alberta Health, and Alberta Environment and Parks to deliver many programs and services, such as the Municipal Recreation Engagement Strategy, Communities ChooseWell and the 2016 Canadian Parks Summit.

The Recreation for Life Foundation continues to work closely with the Association and has renewed its focus to raise funds for ARPA. The Foundation met their pledge to transfer a minimum of $25,000 to ARPA in 2016, with a goal of exceeding this in 2017. These funds assist in providing our children and youth programs and the Communities in Bloom Alberta program.

The Board, through its Reserve Fund policy, has established a target of allocating at least 1 per cent of budgeted revenues to a reserve fund until it reaches at least 50 per cent of annual core operating expenses. We unfortunately did not achieve this goal in 2016 due to the challenging fiscal year but are once again budgeting for the reserve fund allocation in 2017.

With direction from the board, the Finance Committee will continue to develop our financial policies and recommend changes that will benefit the association and its long-term financial sustainability. It has been a privilege to serve as the Association Treasurer for the past year. In particular it has been an honor and enlightening to work with Steve Allan, ARPA Director of Finance and Operations. His knowledge of our organization and his expertise in managing a ship with many moving parts (many out of his control) is astounding and not to be taken for granted.

I look forward to serving ARPA in the future.

Rob Copeland, Treasurer
### Summarized Statement of Financial Operations

<table>
<thead>
<tr>
<th>REVENUE</th>
<th>2016</th>
<th>2015</th>
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<tbody>
<tr>
<td>Grants and Contracts</td>
<td>821,915</td>
<td>958,551</td>
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<tr>
<td>Memberships</td>
<td>119,129</td>
<td>105,676</td>
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<td>Conference and Symposia</td>
<td>530,039</td>
<td>601,528</td>
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<td>Projects</td>
<td>428,336</td>
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<td>Casino</td>
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<td>76,622</td>
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<td>Administration</td>
<td>129,386</td>
<td>150,659</td>
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<td>Donations</td>
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<td>688</td>
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<tr>
<td>Interest Income</td>
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<td>682</td>
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<td><strong>TOTAL REVENUES</strong></td>
<td><strong>2,098,030</strong></td>
<td><strong>2,093,549</strong></td>
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<table>
<thead>
<tr>
<th>EXPENSES</th>
<th>2016</th>
<th>2015</th>
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<tr>
<td>Administration - General</td>
<td>48,788</td>
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<td>GST Expenses</td>
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<td>Salaries and Benefits</td>
<td>385,050</td>
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<td>CPRA/Memberships</td>
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<td>Conference and Symposia</td>
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<td>Committee and Network Activity</td>
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<td>Projects</td>
<td>1,149,563</td>
<td>1,087,296</td>
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<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td><strong>2,125,230</strong></td>
<td><strong>2,092,576</strong></td>
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</tbody>
</table>

**Net Gain (Loss) for the year**  
(27,200)  973

**Net Assets, beginning of the year**  
193,742  192,769

**Net Assets, end of the year**  
166,542  193,742

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### Summarized Statement of Financial Position

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
<td>401,105</td>
<td>579,226</td>
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<tr>
<td>Cash</td>
<td>165,511</td>
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<td>Short-term Investments</td>
<td>87,971</td>
<td>87,400</td>
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<td>Accounts Receivable</td>
<td>66,163</td>
<td>144,557</td>
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<td>Prepaid Expenses</td>
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<td>6,358</td>
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<tr>
<td>Advances Receivable</td>
<td>54,016</td>
<td>31,550</td>
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<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>401,105</strong></td>
<td><strong>579,226</strong></td>
</tr>
<tr>
<td>Equipment</td>
<td>6,130</td>
<td>7,785</td>
</tr>
<tr>
<td>Computer</td>
<td>54,772</td>
<td>54,772</td>
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<tr>
<td>Office</td>
<td>32,608</td>
<td>32,608</td>
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<tr>
<td>Subtotal</td>
<td>87,380</td>
<td>87,380</td>
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<tr>
<td>Less Accumulated Amortization</td>
<td>81,250</td>
<td>79,595</td>
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<tr>
<td><strong>Total Equipment</strong></td>
<td><strong>6,130</strong></td>
<td><strong>7,785</strong></td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>407,235</strong></td>
<td><strong>587,011</strong></td>
</tr>
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<table>
<thead>
<tr>
<th>LIABILITIES</th>
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<th>2015</th>
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<tbody>
<tr>
<td>Current Liabilities</td>
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<tr>
<td>Bank Indebtedness</td>
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<tr>
<td>Accounts Payable and Accrued Liabilities</td>
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<td>GST Payable</td>
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<tr>
<td>Deferred Contributions</td>
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<tr>
<td><strong>Total Current Liabilities</strong></td>
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<td><strong>393,269</strong></td>
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<table>
<thead>
<tr>
<th>NET ASSETS</th>
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<tr>
<td>Internally Restricted Funds</td>
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<tr>
<td>Externally Restricted Funds</td>
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<td>Unrestricted Funds</td>
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<td>(37,944)</td>
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<tr>
<td>Equipment Fund</td>
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<td>7,785</td>
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<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>166,452</strong></td>
<td><strong>193,742</strong></td>
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**TOTAL LIABILITIES AND NET ASSETS**  
407,235  587,011

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Full Audited Financial Statements are available from the ARPA office.  
1-877-544-1747
ARPA gratefully acknowledges our funding partner, the Government of Alberta