

Type of Decision									
Meeting Date	Friday, July 18, 2014				Report Date	Wednesday, July-16-14			
Decision Required	X	Yes		No	Priority	X	High		Low
Direction	X	Information Only			Type of Meeting	X	Open		Closed
#18/07/14/1201 – ROAR Conference Calabogie									

Subject:

Review of Council mileage expense claim policy and direction on specific case.

RECOMMENDATION:

That Council review and formalize the rules for compensation for mileage.

WHEREAS funding exists in Recreation and audited Surplus for 2013 which have not been allocated to specific purposes;

AND WHEREAS participation and education in conferences focused to specific needs along with networking with others in similar positions is an effective method of learning about new initiatives, programs and funding for programs in our municipality;

AND WHEREAS this new conference has been created in Eastern Ontario for Eastern Ontario small rural municipalities focusing on recreation;

THEREFORE BE IT RESOLVED THAT the Council of the United Townships of Head, Clara & Maria does hereby authorize two representatives of Head, Clara & Maria to attend the Rural Ontario-east Active Recreation (ROAR) Conference in Calabogie from September 22 – 25 covering all costs of registration, accommodation and mileage as per municipal policy.

BACKGROUND/EXECUTIVE SUMMARY:

Conference schedule is attached.

Costs for registration are low for this type of event at \$225 per person.
Mileage per day if traveling daily is approximately \$180.
Accommodation is \$99 per night single.

Depending on who attends, if they drive back and forth or stay over, total costs are approximately \$1,000 for two people.

The benefits to attendance at this conference include networking with similar positioned Council, staff and/or volunteers from similar sized and located municipalities. The opportunity for meeting someone to share funding opportunities, ideas, resources, programing and/or equipment with is increased due to location and target market.

With a newly formed Social Programming Committee, Council dedicated funding towards social programming and new volunteers coming on board, it is an excellent time to attend this type of conference.

It would be recommended that staff participate but existing responsibilities prevent taking on much more. Perhaps one member of Council and one member of the Social Programming could attend? Someone who has shown their support and involvement in community gathering and an interest in recreation and social programming for our municipality.

It would be incumbent on the people attending to report back to the social programming committee, staff and Council upon course completion and work with staff to implement any recommendations.

Financial Considerations/Budget Impact:

It is staff recommendation that the \$1,000 to sponsor two people from the municipality to attend would be well returned through contacts, information and networking.

Policy Impact:

As per policy, request permission from Council for funding something not previously budgeted for.

Others Consulted:

Approved and Recommended by the Clerk

Melinda Reith,

Municipal Clerk

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ROAR CONFERENCE SCHEDULE AND SESSION OUTLINES

MONDAY, September 22, 2014

WELCOME & EARLY REGISTRATION - 12:00 – 9:00 pm

There's no need to rush! Arrive early and relax before the conference and enjoy new activities, relax by the pool or meet new people and start your networking right away. **Registration is across from Hotel Check-in desk (Algonquin Room)**

Arrive early and take advantage of everything that Calabogie Peaks Resort has to offer. Hike along the hillside or attempt to make your way to the top of the mountain to experience autumn colors and picturesque views overlooking the beautiful Ottawa Valley. Laze by the indoor pool or just relax and take it all in.

GOLF - 2:00 – 4:00 pm

Bring your clubs and watch your back swing. Join Glenn Arthur, *Director of Recreation Services - Town of Arnprior* for an afternoon out on the fairways! Take in the scenery before the conference kicks off with a little green time! This is a great way to get to know new people and start your networking.

Cost: \$15.00 (9 holes) **limited spaces available**

KAYAK / STAND UP PADDLE - 2:00 – 4:00 pm

Take in the scenery from the water. With every stroke let the stress drip away and experience what nature has to offer. This is a guided trip with all equipment and basic instruction provided. Sit on top kayak or try Stand up paddle board along Calabogie Lake.

Cost: FREE **limited spaces available**

EVENING SOCIAL 7:00 – 9:00 pm

Please join in for a light evening social gathering and the opportunity to meet new people and catch up with old friends from across Eastern Ontario. **Canthooks Restaurant**

Sponsored by:

Please note that meals on Monday are not included with your registration package. Canthooks Restaurant located on the main floor of the resort will be open and has a variety of meal choices to order.

TUESDAY, September 23, 2014

BREAKFAST 7:00 – 8:30 am

A continental breakfast featuring cereals, toasts, fresh fruit, juice, coffee and tea to start the day off. Please note break/snack table will also be available throughout each day at your convenience.

Black Donald's Restaurant located in Algonquin Ski Lodge

Sponsored by:

REGISTRATION - 8:00 – 9:00 am

If you are arriving the morning of the conference be ready to jump in full of energy and ready to network, share and learn, we are looking forward to meeting you too. Please make sure to register no later than 9:00 am

Registration is located across from Hotel Check-in desk

MORNING ACTIVITY - 8:00 – 9:00 am

Outdoor Boot Camp - Krista Jefferies, *Arnprior Parks and Recreation*

Get up just a little bit earlier and take part in an active morning activity and be energized for the rest of the day. **limited spaces available**

WELCOME 9:30 – 10:00 am

ROAR would like to bring everyone together to officially kick off this inaugural conference. Welcoming address from County of Renfrew, Warden Peter Emon, who will be bringing us together before the conference sessions commence.

SESSION ONE 10:00 – 11:30 am

Connecting Recreation & Tourism

There is a direct relationship between recreation and tourism, as well as the opportunity to create great partnerships for events and the promotion of your community. Find out what other communities are doing to make this work and share your experiences, challenges and successes as well as the numerous benefits that you can see across your community.

Facilitated by: Susan Ellis, *City of Pembroke*

Cyndy Phillips McCann - *Town of Petawawa*

ROOM:

Risk and Liability

What's the worst thing that could happen? This session will educate staff and volunteers about liability, risk management, planning and implementation. Bring your organization's waivers and contracts with you.

Facilitated by: Donna Roggie - *Johnston & Mackie Insurance*

Cowan Insurance - *Debra Murphy*

Jeff Jackson - *Co-author of Managing Risk, Systems Planning for Outdoor Adventure Programs*

ROOM:

Families Who Play Together...

Times are quickly changing! With busy family schedules and costs of programs on the rise there is a trend emerging that is seeing more and more families recreating together. There are many ways we can all support this movement with numerous programs, events and activities. Share what you are doing in your neighbourhood or network with others to find new ideas what you can bring back to your community.

Facilitated by: Shawna Babcock, *KidActive*

ROOM:

LUNCH 11:30 – 12:30 pm

Let everything you've learned sink in or further discuss your new ideas with new friends. Sit down to lunch and let all of the brainstorming begin.

ROOM: **Black Donald's Restaurant located in Ski Lodge**

Sponsored by:

SESSION TWO - 12:30 – 2:00pm

Physical Literacy & Healthier Communities

In this hands on session, learn about the Canadian Assessment of Physical Literacy (CAPL) and how communities are teaching physical literacy and fundamental movement skills.

Facilitated by: Dr. Pat Longmuir – Scientist- *Healthier CHEO Kids*,
Charles Boyer - *Research Coordinator Healthy Active Living and Obesity Research Group*
Bil Smith - *Community Resource Centre Killaloe*

ROOM:

Growing Trends in Recreation

Professionals and volunteers who plan recreation services today must be aware of the many trends which influence the changing needs of residents. This is especially true in Ontario's rural communities, which have their own unique trends affecting recreation services. This interactive workshop will help participants understand the impact of trends in rural recreation and what strategies can be developed in response to those trends.

Facilitated by: Kelly Williams – Manager of Parks and Recreation, *Town of Petawawa*
Clem Pelot - *Director of Community Supports and Services at Mills Community Support in Almonte*

ROOM:

Using Your Community Resources

With limited budgets, space and resources using what you've got is a daily reality for most rural Ontario communities. Find creative ways to use what is right under your nose. From creating partnerships with community organizations to creating facility use agreements with community schools. Find ways to use what you've got to create a multitude of possibilities and potential.

Facilitated by: John Leitch – Principal, *St. Francis of Assisi School*

Kelly Thomson – CEO, *Petawawa Library*

Mary Cahill, *Renfrew County District School Board*

ROOM:

BREAK 2:00 – 2:30 pm

Coffee, tea, juices and various snacks including fresh fruit will be available throughout the day and during breaks.

Sponsored by:

ACTIVE SESSION THREE - 2:30 – 4:00 pm

Stand Up Paddle boarding

This is your chance to try the fastest growing water-sport in North America. This activity is a lot easier than it looks. All ages from children to seniors can get on a board and go the first time on. Come on out and find out why this is such a fun growing trend. Please make sure to dress appropriately (swim wear or clothing that you do not mind getting wet).

Facilitated by: Joey & Daryl- Lisa Hitchins - *Liquid Skills Kayak & SUP School*

ROOM: *Beach front – please meet in parking lot located directly in front of the hotel.*

Please dress appropriately for active outdoor games (appropriate clothing for water sports)

Piloxing

A NON-STOP, CARDIO FUSION OF STANDING PILATES, BOXING AND DANCE

PILOXING® cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina. The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. Add to that exhilarating dance moves and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered!

Facilitated by: Lesley Levinski

Room: *Algonquin Hall*

Please dress appropriately for active outdoor games (running shoes, appropriate clothing)

Nature – Its in Your Backyard

It is surrounding you so why not learn more about it and share its many benefits. That's right Nature, and it's right in your backyard. Learn activities, benefits, events and great tidbits and facts about being outdoors and using it as way to improve your programming and event possibilities, all while reconnecting with nature.

Facilitated by: Ian Pineau – Algonquin College Outdoor Adventure Naturalists Program

ROOM: please meet outside front door of Hotel

Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing)

TEAM BUILDING – 4:00 – 5:30 pm

ORIENTEERING

Orienteering: the original adventure sport that no one has heard of. Orienteering began as a military land navigation exercise at the turn of the 20th century in Norway and Sweden. It has since become a highly competitive and recreational sport enjoyed by millions around the world and it's growing rapidly in Eastern Ontario. This is your chance to find out what it's all about. In this hour and a half session two coaches from Orienteering Ottawa will teach you everything you need to know to get started in this sport of navigation racing. The group will head out into the woods to learn the basic orienteering map reading skills in an interactive way and learn some fun activities that can be used to intro kids and adults alike to the sport.

Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing)

Facilitated by: Jeff Teutsch and Jennifer Anderson from Orienteering Ottawa

ROOM:

DINNER 5:00 – 7:00 pm

Black Donald's Restaurant located in Algonquin Building

Sponsored by:

EVENING ACTIVITY 8:00 – 11:00 pm

Music by the fire and a few fun and games with everyone. Time to let your brain relax and have a good time before you have to do it all over again tomorrow.

Sponsored by:

WENESDAY, September 24, 2014

MORNING ACTIVITY- 6:45 – 7:45 am

Aquafit - Krista Jefferies, Arnprior Parks and Recreation

Get up just a little bit earlier and take part in an active morning activity and be energized for the rest of the day. limited spaces available

BREAKFAST 7:00 – 8:30 am

A continental breakfast featuring cereals, toasts, fresh fruit, juice, coffee and tea to start the day off. Break/ snack table will also be available throughout each day at you convenience.

Black Donald's Restaurant in Ski Lodge (upstairs)

Sponsored by:

SESSION FOUR 8:30 - 10:00 am

Working with Small Budgets

From programs with no budgets to small budgets. There are still many ways you can make things happen. Finding groups that provide funding for program materials and equipment, grants that are available to support activities and projects and how to create successful grant applications.

Facilitated by: Marc Wolvin - Canadian Tire Jumpstart Program

Michael Barber -- County of Renfrew

ROOM:

Promoting What You've Got

Screaming it from the mountain tops may not cut it anymore. Find out creative ways and tips to promote the many activities, programs and events that occur in your area. From letting your municipality know what is going on around them to spreading the word about large events to let everyone across your county know what you're doing!

Facilitated by: Jennifer Layman

Nicole Whiting - OHTO

ROOM:

Organizing Active Community Events

Small groups of people organize fun and active events that engage their community. Learn what they are doing and bring the framework to your area.

Facilitated by: Cameron Dube -- BORCA Spring Chicken Enduro

ROOM:

BREAK 10:00 – 10:30 am

Coffee, tea, juices and various snacks including fresh fruit will be available throughout the day and during breaks.

Sponsored by:

ACTIVE SESSION FIVE 10:30 – 12:00 pm

Ultimate Frisbee

This is a very low-cost activity that combines aspects of soccer, football and basketball. This sport is self-refereed and requires no more than an open green space and a Frisbee. Come out and learn the basic skills and rules of playing the game. Then the fun part....let's play!

Facilitated by: Colin Coyle - Town of Petawawa

ROOM: Meet in Parking lot area

Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing)

Pickle Ball

This sport is quickly developing in many areas and is great for all ages. A combination of ping pong and tennis and can be played indoors or outdoors all year round. Gaining popularity with active older adults and will be added to the Ontario 55+ games. Take the opportunity to learn, play and plan on how to bring it to your community.

Facilitated by: Geoff Patterson - Township of McNab Braeside,

ROOM: Tennis Courts

Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing)

TRADE SHOW

This is an opportunity to schedule a one on one meeting with the various organizations, companies and businesses that assist recreation in numerous support roles.

ROOM: Algonquin Hall and Annex Room

LUNCH – 12:00 – 1:00 pm

There's been a lot of information to take in so when is a better time to let it digest then over lunch.

Black Donald's Restaurant located in Algonquin Building

Sponsored by:

TRADESHOW 10:00 – 4:00 pm

DO NOT MISS! ROAR conference TRADESHOW

This is a great opportunity to meet the businesses, companies and organizations that support the recreation field through supplies, products services and support of many of the day to day tasks that make your life easier.

ROOM: Algonquin Hall and Annex Room

SESSION SIX 2:30 – 4:00 pm

Getting Around in Your Community

Active Transportation can include numerous methods and modes of movement such as cycling, walking, skateboarding, inline skating and skiing. There are many benefits for communities to encourage this and different ways to get your community moving more. Join other people looking to promote active transportation and moving more and find out how you can be the catalyst of change.

Facilitated by:

ROOM:

Seniors & an Aging Community

People are living longer and healthier lives, but as they age some are lonely, isolated and facing challenges. Learn how to address these types of situations successfully following an innovative partnership model with government, private funders, volunteers, health authority and families to make a difference in people's lives and connect them with their communities, keep them engaged, active and vibrant.

Facilitated by: Shelley McLeod – Eganville and District Seniors

Jennifer Harris - Cardiovascular Disease Prevention and Rehabilitation Outreach University of Ottawa Heart Institute

ROOM:

TRADE SHOW

This is an opportunity to a schedule one on one meeting with the various organizations, companies and businesses that assist recreation in numerous support roles.

ROOM: Algonquin Hall and Annex Room

TEAM BUILDING – 4:00 – 6:00 pm

You organize events, make sure everything is running smoothly and ensure everyone is having fun, now it's your chance to cut loose! RY J's will be providing various activities including; 50ft obstacle course and wrecking ball for everyone to try and have a few laughs. Bring your game face because you're going to need it.

Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing for having fun outside)

Sponsored by

BBQ DINNER AND BEACH PARTY - 6:30 – 11:00 pm

Remove the tie, kick off the dress shoes and have fun! Dress in whatever you find comfortable as we dine on BBQ Chicken & Ribs, then down to the beach for an evening of games, live entertainment and a bonfire. Just to keep you on your toes and guessing we have a special treat for everyone to close the night!

Sponsored By:

THURSDAY, September 25, 2014

MORNING ACTIVITY- 6:45 – 7:45 am

5km run - Rick Gwalchmai and Jane Dowd, Arnprior Parks and Recreation.

Get up just a little bit earlier and take part in an active morning activity and be energized for the rest of the day. limited spaces available.

BREAKFAST 7:00 – 8:30 am

A continental breakfast featuring cereals, toasts, fresh fruit, juice, coffee and tea to start the day off. Break/snack table will also be available throughout each day at your convenience.

Black Donald's Restaurant in Algonquin Building

Sponsored by:

SESSION SEVEN 8:30 - 10:00 am

Active Kids – Active Session

We are going to get you moving and get your heart rate up. Learn new games, activities and fun tips! This session will provide you with hands on practice to participate in activities for children and youth that are no cost, low cost or just plain fun! If you want kids to play the games you have to know how to play them too and what a better way to learn, than by doing.

Facilitated by: Shellan Dament - Town of Petawawa

ROOM: Algonquin Hall & Outdoors

Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing)

You Are What You Eat

Learn to Cook programs, community gardens and healthy eating initiatives are more popular than ever before. Forming partnerships to educate communities makes the process fun and easy. Learn more about the growing trend.

Facilitated by:

ROOM:

Dragon Boat – Active Session

"Twenty paddlers, a steersperson and a drummer - all in one boat - 22 hearts beating together to find perfect synchronicity. The 2,000-year-old Chinese tradition of "Dragon Boat Racing" in the fastest growing team water sport in North America, and for good reason TEAMWORK. The sport is perfect for team building, fostering goodwill and sportsmanship, and boosting confidence and morale in both our Youth and Adult paddlers . The Arnprior Dragon Boat Club guarantees fun from beginning to end including a full-body workout. Paddles-Up and Take It Away"

Facilitated by: Arnprior Dragon Boat Club

ROOM:

Please dress appropriately for active outdoor games (appropriate clothing for water sports)

BREAK 10:00 – 10:30 am

Coffee, tea, juices and various snacks including fresh fruit will be available throughout the day and during breaks.

Sponsored by:

SESSION EIGHT 10:30 – 12:00 pm

Planning Large Events

"Special Events - from beginning to end" Bidding - Planning - Implementation. Whether you are planning an small community event or your small community is hosting a large event this is a session for you.

Facilitated by: Glenn Arthur - Arnprior Parks and Recreation

Brian Henry ,Quality Entertainment, Ottawa

ROOM:

In the Pool, beyond Swimming Lessons – Active Session

Get set, to get wet!! Join us in the pool for three 20 minute mini aqua classes. First off its Aqua Boot camp. The fusion of traditional land boot camp and aqua fitness combine to give you a total workout. Next up take a slow and easy approach in a Pre/Post rehab aqua fitness class. Learn about proper body alignment, core strength and focus on developing and repairing muscles and joint function. Finish it off with 20 minutes of core abdominal focus to make you strong from the inside out!!

Facilitated by: Debbie Gibeault--*Arnprior Parks and Recreation* & Rick Gwalchmai -- *Arnprior Parks and Recreation*

ROOM: Pool (main floor of hotel)

Please dress appropriately for active games (appropriate clothing for water sports)

Council – Friend or Foe?

Learn specific techniques and strategies to ensure Council supports the Capital and Operating funds required to maintain and expand your municipal recreational programs.

Facilitated by: Mayor David Thompson - *Town of Deep River*

ROOM:

LUNCH & CLOSING 12:00 -- 1:00 pm

Sponsored by: