



Saskatchewan
Parks and Recreation
Association

2018-19
ANNUAL REPORT
A YEAR IN STORIES



We envision a Saskatchewan in which all people have equitable access to recreation experiences that contribute to their health and wellbeing; resulting in connected and engaged community members; and provide connection and attachment to the natural environment.

This Vision is the common thread bridging our 2014-2019 SPRA Strategic Plan to our future direction and new Strategic Plan. In this Annual Report, you'll find many examples that demonstrate how we are bringing our Vision to life.

Through the stories within this report, we champion your successes, promote active and engaged communities and give you a taste of the value recreation has in our communities. Together, we are making a difference and it shows!

As you reflect on the impact we've had over the past year, we want to thank you - our recreation practitioners, volunteers and partners - for being part of our journey!



SPRA BOARD OF DIRECTORS

Back Row: Taylor Morrison - Director for Villages, Tonia Logan – Director for the North, Ken Ottenbreit – Director for Cities, Jaime Helgason – Director for Towns and TJ Biemans – Director at Large

Front Row: Coralie Bueckert - President, Guylaine Green - Director at Large, Jody Boulet – Director at Large and Chrisandra Dezotell – Director at Large

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PRESIDENT'S MESSAGE

Our Annual Report is more than a collection of numbers and dollar signs, it is a showcase of how we are working together to enhance the health and wellbeing of the Saskatchewan people. The stories we are sharing are your stories – they show first hand how individuals, groups and communities are impacted by recreation. We hope you see yourself in the successes we will share in the following pages!

We are looking forward to even more success as we energize and change lives through recreation, using our new 2019 – 2024 SPRA Strategic Plan as the road map. It has been over a year in the making and we are excited about the future direction we shaped together. Your engagement throughout this process shows just how invested we all are in improving the quality of life in Saskatchewan through recreation.

Our Strategic Plan is a living document – it is a catalyst for important conversations about the Framework for Recreation in Canada and changes with the needs, wants and trends of the sector, SPRA and the people in Saskatchewan. We are working towards a province where everyone has the opportunity to enjoy recreation and feel more connected to nature, our communities and ourselves – and you are all part of this vision.

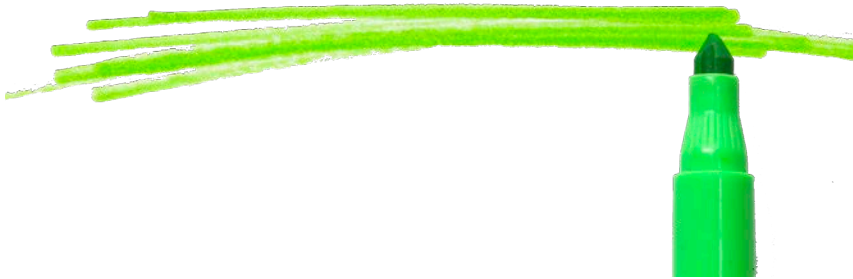
As we celebrate our accomplishments over the past year and look forward to the future, we are thankful to have continued support for recreation, sport and culture from the Government of Saskatchewan and the Ministry of Parks, Culture and Sport through the renewal of the Lottery License Agreement. This funding is a commitment to the wellbeing of individuals, families, communities and the province as a whole. For our recreation community, this is an opportunity to continue our collective work in building capacity to deliver safe, quality and inclusive recreation environments, programs and services.

Please take some time to reflect on the stories in our Annual Report, because with each story we invite others to better understand how essential recreation is in our lives. Storytelling gives us a traditional way of showing how we are difference makers and quality of life creators. Let these stories motivate you, let them inspire you!



Coralie Bueckert - SPRA President

what is your story?



Encouraging Active Living

We play an essential role in developing active, healthy communities. Our commitment to developing fitness leadership contributes to a more active Saskatchewan, increasing physical activity and reducing sedentary behavior for people of all ages.

FITNESS LEADERSHIP CERTIFICATION

403

Fitness Leaders
are increasing the
physical activity
levels of

35,575

individuals across
Saskatchewan.



Our Fitness Leaders are the cornerstones of healthy, active living and play an integral part in empowering their communities, clients, friends and family to become physically active everyday!

We are nationally and internationally affiliated through the National Fitness Leadership Alliance which ensures leading practice, career portability and professional recognition for fitness certification.

Courses offered and number
of leaders trained:

Exercise Theory - 66

Group Fundamentals - 64

Total Body Conditioning - 46

Step and Choreography - 7

Cycle - 19

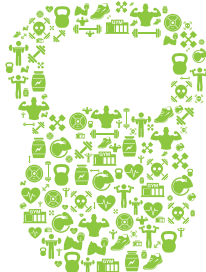
Exercise for Older Adults - 13

Aquatic Exercise - 34

*"As an SPRA Fitness Instructor,
I am fortunate to belong to an organiza-
tion that provides on-going training to
certify instructors in a variety of exercise
disciplines, resources to assist in prepar-
ing classes and conferences to maintain
current certification."*

SASKFIT

Fitness leaders travelled from across Saskatchewan to attend the province's Premier Fitness and Health Conference - SaskFit! Saskfit provides both theoretical and practical learning experiences delivered by experts in the field and helps our leaders to keep their knowledge and credentials current.



200+

Fitness Leaders
attended
SaskFit 2018

FOREVER...IN MOTION

This Saskatchewan based program helps older adults become physically active through volunteer, peer or staff led physical activity groups.



The benefits of physical activity for older adults:

builds stronger bones and muscles, reduces risk of falling, delays and prevents chronic diseases, reduces anxiety and depression and helps people remain independent.

403

Leaders
are available
to Saskatchewan
communities.

11

Communities
received a total of

\$8,000

through the **Forever...in motion**
grant program

for the development and implementation of
Forever...in motion programming in their
community.

38

New Leaders
trained this year to
provide safe exercises
to Saskatchewan's
seniors!



AGELESS FITNESS



Forever...in motion participant, Simone Magotiaux (pictured centre), is showing us there is no age limit on fitness! Simone is 101 years old...yes, you heard me right...and participates in the **Forever...in motion** class in Redvers with her daughter Zoey and son Albert. She is enjoying the weight training component of the program and recently asked the instructor to increase the weights in the class from one pound to two!

"Forever...in motion is an opportunity to spend time together as a family.

It keeps me mobile, moving and gets my heart going"

Supportive Recreation Environments

We ensure Saskatchewan's recreation community has the tools, training and leadership to deliver safe, welcoming and quality experiences in facilities across our province.

HIGH FIVE® is Canada's quality standard for sport and recreation programming and is committed to assisting participants along the path of healthy development and engaged participation.

HIGH FIVE®



738
Individuals Trained
an increase of
168
from 2017-18.

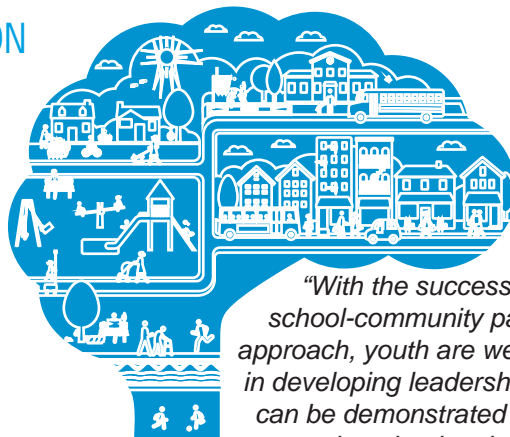
New HIGH FIVE® Principles of Healthy Aging (PHA) workshop provided insight into the unique needs of older adults participating in recreation activities in municipal or retirement communities.

6
New Trainers
Principles of Healthy
Aging.

62
Individuals trained
Principles of Healthy
Aging.

YOUTH COMMUNITY EDUCATION THROUGH RECREATION

SPRA in partnership with, Saskatchewan Association for Community Education presents Take the Lead!, HIGH FIVE®, Play Leadership and Youth Fitness Leadership as a continuum for community education directed towards youth leadership skill development.



"With the success of this school-community partnership approach, youth are well supported in developing leadership skills that can be demonstrated not only at recess time, but in other capacities at school and in the community."

TAKE THE LEAD!®

Take the Lead!® fosters leadership skills in youth ages 11-14. Youth are trained as Leaders and are empowered to plan and execute safe, fun and inclusive play opportunities for their peers. Take the Lead! also trains adults as Leadership Coaches to support youth leadership development.

\$7,000

of funding
distributed to

17

schools and communities
organizations to offer Take the
Lead! programming.

560

Youth Leaders Trained

an increase of 25%

from 2017-18.

46

new Leadership
Coaches

30%

self-identified as
Indigenous.



RECESS GETS RESUSCITATED



Take the Lead!® is
nationally recognized and
endorsed by Physical and
Health Education Canada.

Elementary recess at Whitewood School has taken a new dimension thanks to our selfless Take the Lead!® (TTL!) Youth Leaders who organize interesting, fun and inclusive games every Tuesday and Thursday during lunch recess.

Guided by the seven grandfather teachings of Love, honesty, respect, wisdom, courage, truth and sharing, our TTL Leaders' knowledge of these teachings is constantly demonstrated in the way they facilitate, and organize different games and resolve conflicts amongst their peers during recess. "Our TTL leaders not only create opportunities for active play, they create and lead their own original games too!"

They are very committed, dedicated and always ready to serve others. Students look forward to the games as no child ever has to be by themselves without anyone to play with during recess.

"We have more students indicate their interest to be trained as Take the Lead leaders because of the positive impact our leaders have made."



Embracing Inclusion and Accessibility

We celebrate and embrace the diversity of Saskatchewan people, and believe recreation should be accessible to everyone. Our programs, initiatives and research are working to improve access to recreation services and reducing barriers to participation.

GRANTS AND FUNDING

Our Grants and Funding opportunities empower communities and organizations to deliver high quality recreation experiences to more people.

\$14,500

distributed through the Community Cultural Diversity Inclusion Grant

15

new recreation programs and events, or enhanced existing recreation opportunities for diverse populations in their communities.

"Safety signage in the Kinsmen Sportsplex pool in Moose Jaw was updated with pictograms. These changes make recreation facilities welcoming and easily navigatable for new Canadians."

\$24,610

distributed to

14

communities to develop recreation programming for Indigenous populations.

RESEARCH

We conduct annual research to better understand the barriers to participation faced by many people, including First Nations, Métis, LGBTQ2S, Newcomers, people with disabilities, and other populations.



86%

of Indigenous

85%

of Newcomers

agree it is important that providers of recreation are certified or have professional training in arena operation, parks maintenance and fitness leadership.

INDIGENOUS FITNESS LEADERSHIP CERTIFICATION

Through the Fitness Leadership Certification Program, Indigenous leaders learn to deliver culturally specific fitness and physical activity programming in their own communities.

25

participants from

22

First Nation communities
earned the SPRA Indigenous
Fitness Leadership Certificate and
are empowering others to lead more
active lives.

EMPOWERING CHANGE

Alexander Tawpisim (featured right) shares his journey in fitness and advocacy. I came from a background which was severely impacted by Residential Schools. The trauma of my mother's experience had a trickle down effect. She raised me as a single mother and did the best she could. I was always overweight and we didn't have the means to put me into sport or recreation programs.

Fast forward to adulthood and I found myself weighing over 350 pounds. That was four years ago - until I made fitness a priority in my life. I now weigh 282 pounds and can honestly say that fitness has changed the way I feel about myself, how I feel about my marriage, my job and who I am as a parent. I want to use what I have learned in the Indigenous Fitness Leadership Certification Program and share it with people and help develop programs to show Indigenous people - that fitness is for everyone, regardless of their upbringing.

"Taking this certification has given me the confidence and tools to impact my community in a positive way.

It has also been a platform to building happier, healthier homes and communities."









This program supports the 89th Call to Action of the Truth and Reconciliation Commission, ensuring that barriers to participation in physical activity and fitness are reduced and fitness programs are inclusive of Indigenous Peoples.



Connecting People with Nature

Green and growing spaces are essential to the health and vitality of our province's ecosystem. Celebrating and caring for these natural assets is our passion!

Communities in Bloom continued to connect people with nature while encouraging active living and community involvement. Community efforts are focused on:

- | | |
|---|---|
|  Tidiness |  Landscape |
|  Environmental Action |  Urban Forestry |
|  Heritage Conservation |  Floral Displays |

"People, plants and pride... growing together"

COMMUNITIES IN BLOOM



36





Communities
participating
provincially and

4

Communities
participating nationally

PARKS AND OPEN SPACES COURSES

In response to member need and industry trends, We launched four new courses this year!

-  A Basic Overview of Landscape Design
-  Urban Forest Pests and Diseases
-  Tree Identification for Saskatchewan
-  Tree Planting, Site Selection and Basic Maintenance

"The Urban Forest Pests and Diseases Course was very informative. I liked the practical components where we were able to see the trees, identify the issue and discuss how to correct the issue."

SPRING EDUCATION AND TRAINING SYMPOSIUM

The Symposium provides participants with the knowledge, skills and resources necessary for quality parks and open spaces and the operation of safe, efficient recreation facilities.

100+
participants
attended the Symposium



Safe and Efficient Recreation Environments

Workers, operators, volunteers and directors are certified and licensed to perform their jobs in accordance with provincial standards.

JUNE IS RECREATION & PARKS MONTH

June is Recreation & Parks Month (JRPM) celebrations kicked off with Rosthern hosting this year's launch event. 79 JRPM Ambassadors hosted events across the province. These celebrations, hosted by Ambassadors, recognized community volunteers, showcased the importance of park spaces and recreation activities and most importantly, got people outside.



79

JRPM Ambassadors
celebrated by hosting
recreational events in
their communities!

76

Grants
distributed to
communities for JRPM
Celebration Events.

COMMUNITY SPIRIT

When residents were asked, "What makes Craik a great place to live?" The answers were: **Good Community Spirit, Everyone comes together, plays their part and volunteers their time and the activities and events in the community.** These responses are evidence that Communities in Bloom has made a difference in Craik.

They got involved in the program in 2001, with the goal of beautifying the community and energizing their residents and they have accomplished so much beyond that! The Communities in Bloom program fit well within their vision of how Craik and area could work together to improve the look and engagement of the region.

To date, the volunteer group of 14 has built Cornerstone Park next to the library, began a community greenhouse and spruced up a number of play parks around town and there are many more projects to come! This group has been cultivating engagement beyond their community as well. They have embraced Facebook as a way to connect with area residents and promote their events and volunteer opportunities. We were so fortunate to have them participate in one of our social media panels, sharing their experience on growing their community engagement through this program.



"Through events like our Community BBQ's and our projects such as Cornerstone Park and Story Walk with the library, we are making our community a better place!"

Expanding Recreation Capacity

Through our support, recreation leaders, organizations and volunteers have the capacity, training and resources to help recreation thrive in their community.

FACILITY TRAINING

We trained, educated and certified facility operators to meet provincial standards.

Courses offered and number of participants trained:

Arena Operator Level 1 - 33

Arena Operator Level 2 - 15

Building Maintenance Level 1 - 22

Ball Diamond Maintenance Course - 55

"Taking the Arena Operators course has really helped the community in developing a more efficiently run arena. We have been able to better identify what is expected of the facility, employees and renters. Also, the knowledge gained has enabled us to modify the operating procedures and keep more detailed records of maintenance tasks."

\$35,000
distributed through the
Leadership Development Grant
to
22
communities to
develop human resources in
recreation.



LEADERSHIP DEVELOPMENT GRANT

The Leadership Development Grant gave members the opportunity to develop human resources needed to continue building community capacity, thereby advancing recreational opportunities.

The 2018 SPRA Conference, Recreation Round-up, was developed specifically for recreation practitioners, parks and facility operators and volunteers. Delegates travelled to Maple Creek for the latest information and trends in the parks and recreation field and with a taste of Maple Creek's own heritage and cowtown culture!

200+
participants
attended the
Conference.

SPRA CONFERENCE

"Having just started as the new Recreation Director, I really enjoyed all the sessions, I found the information very valuable and I could see how I could utilize the information in my community."

SCHOLARSHIPS

SPRA scholarships support post secondary individuals pursuing careers in recreation who were enrolled in recreation and leisure programs across Saskatchewan.

3

scholarship awarded
to support our future recreation
leaders

University of
Saskatchewan:
Claire McKenzie

University of
Regina:
Alex Watson

Saskatchewan Polytechnic:
Dallas Burnett

AWARDS PROGRAM

These individuals and communities have made outstanding and extraordinary contributions to the parks and recreation movement in Saskatchewan.

Award of Merit - [CPL Recreation](#)
Community Achievement Award - [Town of Leader](#)
Volunteer of the Year Award - [Richard Thompson](#)
Youth Volunteer of the Year - [Grayson Cherkas](#)
Fitness Leadership Award - [Joel Pedersen](#)
Facility Operations Award - [Fred Meston and Allan Hoag](#)
Parks and Open Space Award - [Janie and Helen Rempel](#)
[Community Garden](#)
President's Award of Distinction - [Bill Samborski](#)

LEADING BY EXAMPLE

Joel Pedersen is a SPRA Fitness Leader, volunteer and organizer dedicated to improving the lives of Saskatchewan's Indigenous people through physical activity and fitness. Joel's company, Fitness 2J2, is a socially responsible community-based Health and Wellness Company based out of Saskatoon, Saskatchewan. With Joel's leadership - Fitness 2J2 provides mentorship; instruction; and the development of potential future Fitness Leaders for First Nation and Métis communities in Saskatchewan. Fitness 2J2 partners with non-profit organizations, schools, the corporate and private industry to provide fitness programming and consulting services.

Joel offers his fitness program in the inner city of Saskatoon and also to northern and remote communities in the province. Joel was instrumental in advocating for and creating an introductory, pre-exercise theory course for Indigenous people, in partnership with the City of Saskatoon and the University of Saskatchewan. Joel has not only helped indigenous people adopt fitness and physical activity into their lives, but has also created leaders who are expanding the joy of movement further across the indigenous population.

["The medicine wheel describes the balance of: Physical; Mental; Emotional; and Spiritual Health which is part of my Indigenous culture. A wonderful holistic prescription for all of us to share and live by. I am grateful for the opportunity to share healthy and positive lifestyle programming, with communities throughout Saskatchewan and Canada."](#)



Expanding Recreation Capacity

Saskatchewan Lotteries is an important fundraiser for more than

12,000

sport, culture and recreation groups.

Proceeds from the sale of lottery products are placed in the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation.



This funding provides stability for our organization, our communities and 33 Provincial Recreation Associations and 7 Recreation, Culture and Sport Districts.

A RENEWED COMMITMENT TO SASKATCHEWAN'S WELLBEING

To us, "Together we all win" is more than a Saskatchewan Lotteries tagline, it describes the strength behind a partnership that is committed to your wellbeing. From initiatives like the Community Grant Program to the Northern Community and School Recreation Coordinators Program, chances are you've been touched by the lottery network in Saskatchewan. Lottery proceeds fund programs for people of all ages and abilities, address barriers to participation and encourage healthy, active living.

All of this is made possible through an agreement with the Government of Saskatchewan and in 2019, this agreement was renewed for another five years. Together with our Partners, Sask Sport and SaskCulture, we are entrusted with managing our respective sections of the Saskatchewan Lotteries Trust Fund and helping recreation, sport and culture thrive.



Pictured left to right: Leslie Blyth - Sask Sport Chair, James Rose - SaskCulture President, Coralie Bueckert - SPRA President and Gene Makowsky - Minister of Parks, Culture and Sport

"It helps the recreation community build capacity and focus on bringing our passion to enhance wellbeing for all people within this province.

With lottery funding, we can continue to deliver safe, quality and inclusive recreation environments, programs and services for the people of Saskatchewan."

PROVINCIAL RECREATION ASSOCIATIONS

As the steward for the Recreation Section of the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation, SPRA provides funding to the Provincial Recreation Associations.

\$2,482,957

distributed to

33

Provincial Recreation Associations

to deliver quality recreation experiences to the residents of Saskatchewan.

"Lottery dollars enable us to facilitate leadership development, teamwork and community service, through the provision of recreational opportunities. With it, we are able to reduce barriers to participation and enhance the physical and mental fitness of the children participating in the Cadet program."

- Navy League Saskatchewan Division

THE RIPPLE EFFECT

Canadian Red Cross-Saskatchewan is one of the Provincial Recreation Associations directly benefiting from lottery dollars. "Saskatchewan Lotteries funding helps us to reach new audiences through our programs and this model is the envy of the country" said Yvette Crane, Manager - Foundations, Grants and Health Programming with Red Cross. Working with partners such as the Saskatoon Open Door Society, they have been able to expand their swimming and water safety programs to those that are new to Canada.

Their Indigenous Swim and Water Safety Program has also evolved from a pilot program to become one of their most impactful. Crane describes one community's motivation behind their involvement in the program, "three young people got caught in the current and were pulled too far from shore and couldn't get back without assistance. Recognizing the importance of water safety education, the community postponed all water-related youth activities until after the Red Cross swimming lessons were completed three weeks after this incident."

"Offering swimming lessons and water safety to remote, Indigenous communities has been invaluable in saving lives and encouraging an active lifestyle -

all of this is made possible through Saskatchewan Lotteries."



Financials

Saskatchewan Parks and Recreation Association Inc.
Summarized Statement of Financial Position
June 30, 2019

	2019	2018
ASSETS		
Cash	99,794	102,453
Unrestricted fund investments	2,024,456	1,753,753
Accounts receivable	37,700	24,391
GST receivable	5,044	8,715
Prepaid expenses	148,861	143,516
Capital assets	29,805	33,386
Restricted fund investments	642,067	637,108
	<u>2,987,727</u>	<u>2,703,322</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts and adjudication payable	252,800	244,046
Post retirement benefit payable	62,142	64,532
Grants payable to funders	129,658	89,738
Deferred contributions and unearned membership revenues	176,065	226,840
	<u>620,665</u>	<u>625,156</u>
Net Assets		
Unrestricted	1,724,995	1,441,058
Restricted	642,067	637,108
	<u>2,367,062</u>	<u>2,078,166</u>
	<u>2,987,727</u>	<u>2,703,322</u>

Saskatchewan Parks and Recreation Association Inc.
Summarized Statement of Operations
Year ended June 30, 2019

	2019	2018
Revenue		
Saskatchewan Lotteries Trust Fund	3,763,022	3,748,242
Operations	283,937	225,057
Program Initiatives	142,562	289,295
	<u>4,189,521</u>	<u>4,262,594</u>
Expenses		
Operations	3,505,106	3,506,475
Program Initiatives	395,519	602,275
	<u>3,900,625</u>	<u>4,108,750</u>
Excess of revenue over expenses before the undernoted:	288,896	153,844
Other expenses		
Loss on disposal of capital assets	-	(9,029)
Excess of revenue over expenses	<u>288,896</u>	<u>144,815</u>

Financial information is derived from the annual audited financial statements of the Saskatchewan Parks and Recreation Association Inc.

Detailed audited financial statements are available to members upon request.



Through an agreement with the Government of Saskatchewan, proceeds from Saskatchewan Lotteries are dedicated to sport, culture and recreation organizations to benefit communities throughout the province.