



Assiniboine Valley Recreation

2017 ANNUAL REPORT

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TABLE OF CONTENTS

Letter from the Chair	3
Summary of Accomplishments	4
Organizational Breakdown	5
Partners in Commission.....	5
Board of Directors	5
Mission, Vision Values.....	5
National Framework for Recreation in Canada.....	6
Annual Activities	10
2017 Program Offerings.....	10
2018 Program Plans.....	27
Partnerships.....	27
Grants	28
Financials	30
2017 Financial Statements	31
2018 Budget.....	33
Municipal Expenditures on Recreation	34

LETTER FROM THE CHAIR

Assiniboine Valley Recreation formerly Russell & District Recreation Commission has had a busy and productive year under our Recreation Director Michelle Horncastle. The first is our name change and a new logo in an effort to engage our members and residents of the Parkland area.

Michelle has done a terrific job working with all the user groups from the youth, adults and seniors to promote a healthy lifestyle for our residents. The young people are able to attend, speed camps, rock climbing, soccer and hunter safety courses to name a few. Michelle also attended our career fair to promote careers in recreation. In efforts to fundraise Michelle brought in Winnipeg's Manitoba Theatre Exchange's annual children's production based on the stories of Robert Munsch to Binscarth that was well received. Adults benefited by having the opportunity to partake in trapping and hunter safety workshops, paint night (ceramics classes) and a community favorite; overseeing the wine tasting event.

Michelle also represented the recreation board during our annual Beef and Barley Festival running a new event "Touch a Truck" that was extremely well received. For the senior population Michelle secured grants for pickle ball and spin bikes which will be a great addition to the Russell Multiplex and our regular programming for years to come.

As a board we are very pleased with this years' activities and Michelle's ability to make sure all segments of our population benefit from the Recreation Commission. The Board is thrilled with Michelle's enthusiasm and professionalism for her job and are excited for the upcoming year.

Yours Truly,

Brent Havelange

Chair, Assiniboine Valley Recreation

SUMMARY OF ACCOMPLISHMENTS

2017 was the first full calendar year that I served as the organizations Recreation Director. It was a year of many firsts and many changes. Our biggest change was the renaming of our organization in December to establish ourselves as a regional organization. Earlier in 2017 we introduced a logo for the first time in the organizations history. Having an image that the public can recognize has helped to establish an awareness of what programming and events the recreation commission offers. Our second key accomplishment this year was building partnerships with established community groups to build and enhance already successful community events and collaborate to bring forward new projects.

At the 45th annual Beef & Barley Festival in Russell in October, Assiniboine Valley Recreation organized Russell's first Touch-a-Truck event. This event was a tremendous success with participation from many organizations, industries and businesses. Both children and parents had a great time enjoying getting close and personal with all the vehicles on display in the Russell Memorial Multiplex parking lot.

Assiniboine Valley Recreation has now been a part of the Russell & District Chamber of Commerce Santa Shops Late events taking place in December for two consecutive years. These events encourage local people to shop locally but also enjoy the town's beautiful main street by enjoying horse drawn sleigh rides, hot chocolate, bonfires and a parade during the holiday season.

In May 2017, Asessippi Parkland Tourism and Assiniboine Valley Recreation partnered to bring a Yorkton based radio station to broadcast a live show in Russell and offer free rock-climbing on a portable rock climbing wall. By pooling both our resources we attracted a great crowd for the event and all three parties (104.9 The Rock, Assiniboine Valley Recreation and Asessippi Parkland Tourism) were pleased with how the event unfolded.

The future of the recreation commission looks bright with many exciting projects coming into place in 2018 including the addition of 10 spin bikes through the *New Horizons for Seniors Grant* and a sub-committee working on a bid to bring the 2019 Manitoba 55+ Games back to the Parkland for the first time in over eighteen years.

Michelle Horncastle,
Recreation Director

ORGANIZATIONAL BREAKDOWN

Partners in Commission

Municipality of Russell Binscarth	Population: 2,442
Rural Municipality of Riding Mountain West	Population: 1,420
Russell Agricultural Society	
Park West School Division	(joint use agreement in place)

Assiniboine Valley Recreation

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2017 Board of Directors

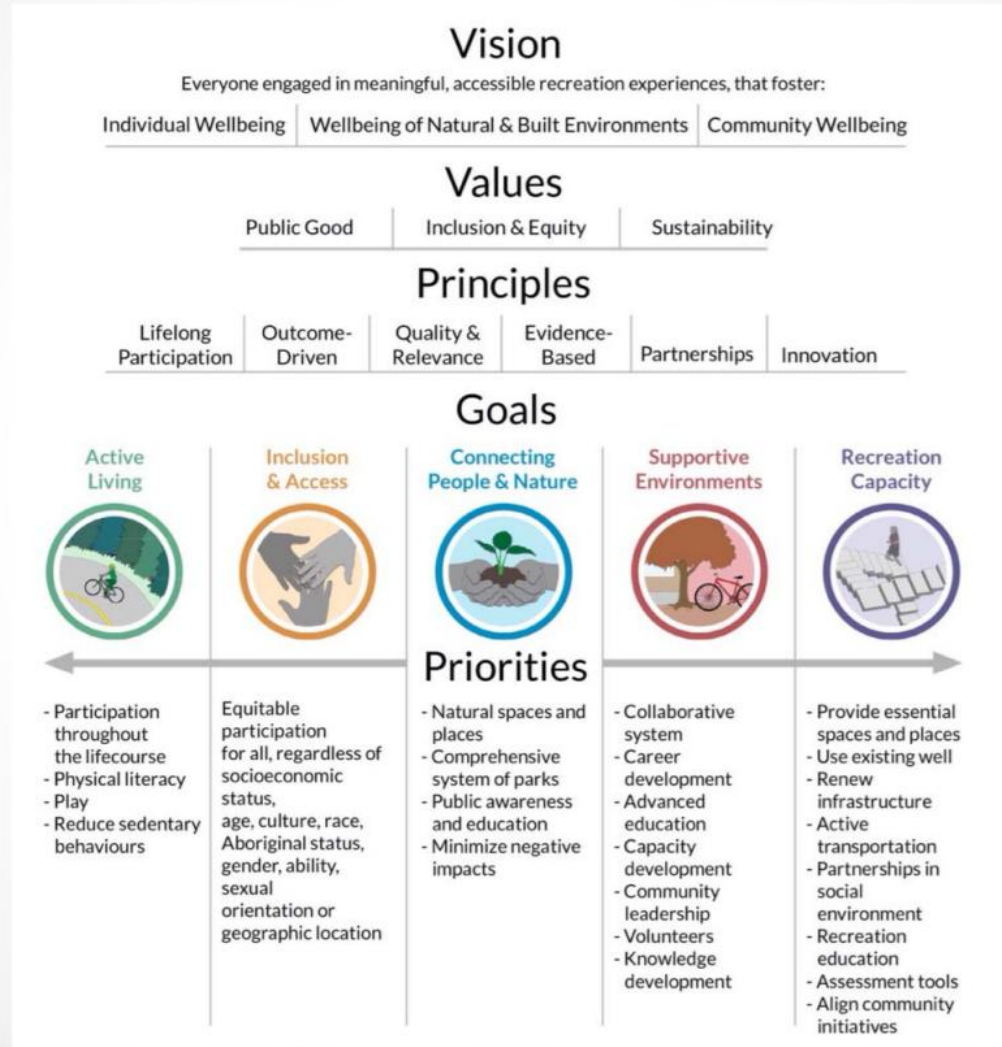
<u>Position</u>	<u>Name</u>	<u>Representation</u>
Chairperson	Brent Havelange	Municipality of Russell Binscarth
Vice Chair	Todd Eckert	Municipality of Riding Mountain West
Board Member	Robert Laferriere	Municipality of Russell Binscarth
Board Member	Amy Anderson-Tweet	Municipality of Russell Binscarth
Board Member	Colin Plante	Municipality of Russell Binscarth
Board Member	Becky Flundra	Municipality of Riding Mountain West
Board Member	Adam Coder	Municipality of Riding Mountain West
<i>Resigned June 2017</i>		
Board Member	Cody Hok	Municipality of Riding Mountain West
<i>Appointed October 2017</i>		
Recreation Director Michelle Horncastle		

Mission, Vision & Values

Our mandate is to provide diverse recreational programming for area residents which includes programming geared toward youth, adults, and seniors. For us, recreation is a broad term that includes physical, social, intellectual, creative pursuits that enhance individual and community wellbeing. In addition to programming, Assiniboine Valley Recreation assists local non-profit organizations with fundraising projects, grant proposals, and special event planning. Our office is located in Russell, Manitoba inside the Russell Memorial Multiplex.

The National Framework for Recreation in Canada

The Framework – Diagram



Our definition of recreation is based on the National Framework that defines recreation as “the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.”



Renewed Vision for Recreation:

- Individual wellbeing: Individuals with optimal mental and physical wellbeing, who are engaged and contributing members of their families and communities.
- Wellbeing of our natural and built environments: Natural and built environments that are appreciated, nurtured and sustained.
- Community wellbeing: Communities that are healthy, inclusive, welcoming, resilient and sustainable.

Assiniboine Valley Recreation has adopted the five goals of the National Framework as key areas to focus on:

Goal 1: Active Healthy Living.

- Foster active, healthy living through recreation.
 - 1.1 Enable participation in physically active recreational experiences throughout the life course;
 - 1.2 Incorporate physical literacy in active recreation programs for people of all ages and abilities;
 - 1.3 Support the child’s right to play and to participate fully in age appropriate recreational experiences;
 - 1.4 Inform the public about the importance of reducing sedentary behaviours, and enable the implementation of strategies and interventions.

Goal 2: Inclusion and Access.

- Increase inclusion and access to recreation for populations that face constraints to participation.

- 2.1 Implement strategies to ensure that no families or individuals are denied access to recreation opportunities as a result of economic disadvantage;
- 2.2 Enable people of all ages to participate in recreation;
- 2.3 Build trust and participation through the provision of recreational opportunities and experiences that are respectful and appropriate for various ethno cultural groups;
- 2.4 Recognize and enable the experience of Aboriginal peoples in recreation through traditional values and culture;
- 2.5 Enable and encourage women and girls to participate fully in all types of recreation;
- 2.6 Enact policies of non-discrimination on the basis of gender identity and gender expression;
- 2.7 Facilitate full participation in recreation by people of all abilities across all settings;
- 2.8 Address the unique challenges and capacities in rural and remote communities.

Goal 3: Connecting people and nature.

- Help people connect to nature through recreation.
 - 3.1 Provide natural spaces and places in neighborhoods, communities and regions through the retention and addition of natural areas, forests, parks, trails and recreational waters;
 - 3.2 Work collaboratively to maintain a system of parks and protected areas that allow year-round access to nature;
 - 3.3 Develop public awareness and education initiatives to increase understanding of the importance of nature to wellbeing and child development;

Goal 4: Supportive environments.

- Provide supportive physical and social environments that encourage participation in recreation and help to build strong, caring communities.
 - 4.1 Provide recreation facilities in under-resourced communities based on community needs and resources;
 - 4.2 Work with partners to increase the use of existing structures and spaces for multiple purposes, including recreation;
 - 4.3 Lead and support community efforts and municipal planning processes for active recreation;
 - 4.4 Create supportive social environments in the settings where people live, learn, work and play;
 - 4.5 Develop and implement targeted recreation education campaigns that increase knowledge about the benefits of recreation;

- 4.6 Adopt a strategic approach to community building that features alignment and collaboration with other community initiatives.

Goal 5: Recreation capacity.

- Ensure the continued growth and sustainability of the recreation field.
 - 5.1 Increase collaborative efforts between government, volunteer organizations, private sector, and Aboriginal communities to support a vibrant recreation system;
 - 5.2 Implement career awareness, preparation and development strategies to attract new leaders;
 - 5.3 Develop a strategy to enhance community-based leadership;
 - 5.4 Update volunteer strategies to engage volunteers.

ANNUAL ACTIVITIES

2017 Program Offerings

At a glance summary

Total number of programs and events = 31

New programs/events= 27

Total attendance figures for the year reached 4,738
(3,238 not including Beef and Barley Festival)

Total number of free programs and community events=13

Incorporating the 5 Framework Goals into Programming

Active Living= 15 Programs

Inclusion and Access= 18 Programs/Events

Connecting People to Nature= 10 Programs/Events

Supportive Environments 17 Programs/Events

Recreation Capacity= 6 Programs/Events

Ongoing Programming

Gym Kids (ages 18 mos. – 8 yrs.)

March/April Attendance- 38

October-November- Attendance 51

Framework Goals:

- Goal 1- Active Living
- Goal 4 Supportive Environments

The Gym Kids program continues to be a success. Initial funding received from Living Legacy Community Foundation in addition to funding through Manitoba in Motion provided the capital to purchase equipment for the program a number of years ago. The program has been one of the most well received kids' programs thanks to the outstanding instructor we are fortunate to have in our community. Operating in a space three times larger this fall classes are able to handle more participants in each session. In the first session in the new space the program saw record numbers with over 50 children registered. We are searching for grants to allow the purchase of additional equipment to attract more male participants and older children in the 8-10 age range and to offer a "Ninja Warriors" inspired class.

Paint "Nite" Ceramic Series- September 27, October 25, and November 22

Attendance: 11

Framework Goals:

- Goal 2 Inclusion and Access

This program started as a series of three classes where the group would paint a ceramic piece each month, once a month for three months. It was then opened up to people to sign up to participate in one or two classes if they didn't want to attend all three sessions. At the conclusion of the series they would have three pieces. As an open style class with all the materials and supplies provided as well as some guidance from the instructor some people opted to make a matching bowl and platter set along with a third bonus item. However this class gave all participants the creative freedom to paint the ceramic pieces to their own individual tastes. After the class ends each month the instructor takes the painted pieces home and glazes them before each piece is fired in a kiln. This process ensures all the pieces are food safe.

1st quarter Programming (January- March)**MunschBusters- Prairie Theatre Exchange-** March 19, 2017

Attendance: 75

Framework Goals:

- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments

The Vagabond Theatre in Binscarth served as the perfect venue for a community performance of Winnipeg based Prairie Theatre Exchange (PTE)'s production of "MunschBusters". MunschBusters is a children's live theatre production based on the books of Robert Munsch with a Ghostbusters theme. Having a local theatre to host productions like this is very special for the community. Performances like this assist in building an appreciation for arts and culture. They also attract visitors from surrounding communities to showcase the community of Binscarth, their facilities and boost local spending at nearby businesses.

**2nd quarter Programming (April- June)**

Coyote/Beaver Trapping Clinic-

April 1, 2017

Attendance: 32

Framework Goals:

- Goal 2- Inclusion & Access
- Goal 3- Connecting People to Nature

For this workshop we partnered with the Manitoba Trapping Association and the Provincial Manitoba

Wildlife and Fisheries Branch to host a full day Beaver and Coyote Trapping educational workshop. This full day, practical course was free and open to anyone to attend (attendees under the age of 18 had to be accompanied by an adult). Thirty

three individuals attended the workshop.

Prairie Storm Athletics- Speed/Power Camp- April 22, 2017

Attendance: 11

Framework Goals:

- Goal 1 Active Living

This camp was designed to benefit athletes from any sport background. Both individual sport and team sport athletes need to develop speed and power, which are essential athletic abilities. Athletes were taught fundamental movement skills, how to accelerate and how to properly develop speed and power, so regardless of what sport they are in they can increase their ability to move faster, become more powerful and move more efficiently. This session was facilitated by Bryce



Koscielny, Director of Prairie Storm Athletics in Neepawa and Provincial Athletics Coach for Team Manitoba at the 2017 Canada Summer Games in Winnipeg.

Park West School Division Career Fair – May 11, 2017

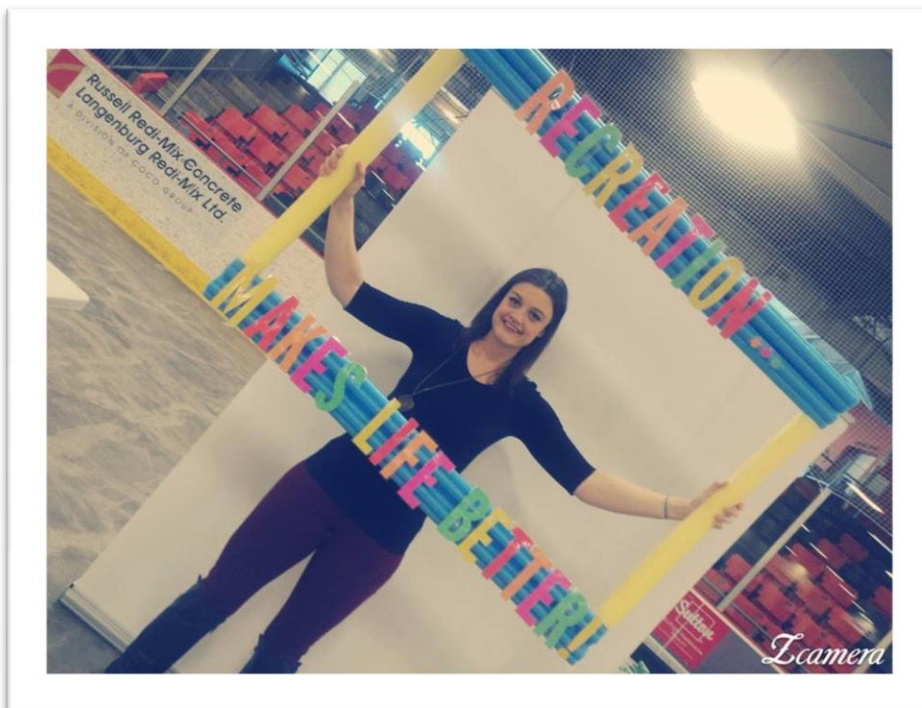
Attendance Estimate 500

Framework Goals:

- Goal 5
Recreation
Capacity

Students from across Park West School Division were brought to Russell for the divisional career fair which included over 500 students attending. Myself and the Recreation Director from Rossburn worked together to set up a booth to promote careers and studies in Recreation. Our booth featured a

“selfie” booth that said “Recreation Makes Life Better!” that students could take photos with and we gave away prizes courtesy of Recreation Connections MB and three swell water bottles thanks to a donation from the Canadian Parks and Recreation Association.



NCCP Course: Let's Ride Community Cycling Initiation facilitated by the Manitoba Cycling Association- May 13 & 14, 2017

Attendance: 16

Framework Goals:

- Goal 1 Active Living
- Goal 3 Connecting People to Nature
- Goal 4 Supportive Environments
- Goal 5 Recreation Capacity

The Manitoba Cycling Association in partnership with the Coaching Association of Canada and the Canadian Cycling Association offers development programs for coaches within the National Coaching Certification Program (NCCP). Let's Ride! Community Cycling-Initiation (CCI) is the NCCP context for coaches who will

primarily work with novice cyclists at the community level, including participants in the Active Start, FUNdamentals and early Learn to Train stages of athlete development. The focus of the program is on having participants develop skills which are utilized in Mountain Biking, BMX, and road cycling. The first workshop provided information on ethical coaching, practice planning, equipment and other important information for coaches of beginner cyclists. The second workshop provided an opportunity for "on-bike" practice, skill teaching and analysis, practice coaching and use of provided lesson plans. We partnered with the Manitoba Cycling Association to offer this NCCP course in Russell. This was the first time the association had ever run a coaching course outside of Winnipeg and it was an astounding success with over sixteen coaches from the Parkland region getting trained from the following communities (Kids of Mud Clubs): Russell, Dauphin, Swan River, McCreary and The Pas.



Kids of Mud- Introductory Youth Mountain Biking Program May/June 2017

Attendance: 10

Framework Goals:

- Goal 1 Active Living
- Goal 3 Connecting People to Nature

Kids of Mud (KOM) is the official youth cycling program of the Manitoba Cycling Association (MCA) and Cycling Canada. KOM is a learn-to-ride and learn-to-race program for kids 16 and younger covering the Fundamentals, Learn to Train and Train to Train stages of the Long Term Athlete Development pathway. Through the help of coaches, riders learned the basic skills of off-road cycling with an opportunity to challenge their skill and fitness. Training with Kids of Mud includes safety, braking, gears, hills, racing, riding over small and large obstacles, trail riding & trail etiquette, and more.



Outdoor Rock climbing with "98.5 The Rock"- May 16th, 2017

Attendance Estimate- 200

Framework Goals:

- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments
- Goal 5 Recreation Capacity

Asessippi Parkland Tourism and Assiniboine Valley Recreation partnered together to attract a Yorkton based radio station to come to Russell to broadcast live, and offer free rock climbing to members of the community. The portable thirty five foot rock climbing wall was set up at



the IGA parking lot and attracted a lot of attention on Main Street. Over a three hour span approximately two hundred people came out to climb the climbing wall. This event attracted participants from preschool age to teens and adults. The broadcast included interviews with the following community groups and organizations: Aseissippi Parkland Tourism (Sadie McCauley), Russell Alliance Church (Barry Butler), Russell Park & Playground Committee (Juniper Blyth) and Assiniboine Valley Recreation (Michelle Horncastle).

FREE Community Bike Ride(s) - June 11, 18, 25, 2017

Attendance: 47

Framework

Goals:

- Goal 1
Active Living
- Goal 2
Inclusion and Access
- Goal 3
Connecting People to Nature
- Goal 4
Supportive Environments



To celebrate Parks and Recreation Month recognized by the Canadian Parks and Recreation Association three free community bike rides were organized these rides gathered people of all ages and backgrounds together as a group at a leisurely pace to cycle together through town, Russell's Millennial Park as well as some trail riding on a portion of the Trans Canada Trail. Events like this are put on to offer an incredibly affordable recreational opportunity for families. It also showcases some of our community's greatest strengths; the streets in town are well kept, clean, quiet and safe, We are fortunate to have a community park that provides a large green space for community events and for families to enjoy. Millennium Park also features a paved path and connects to the Trans-Canada Trail. Each night we had between six and eighteen riders attend.

Fit Kidz, Healthy Kidz Motion Zone at Russell's Canada 150- May 20, 2017

Attendance Estimate:
250

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments
- Goal 5 Recreation Capacity

Russell's 150 Canada Celebration took place on the May long weekend. Friday the town had a parade downtown to celebrate local Special Olympian Darren Boryskavich's medal wins in Austria, followed by a ceremony and cake at the multiplex. That night the Russell

Memorial Multiplex had a cabaret featuring country music artist Ryan Keown. Saturday featured a pancake breakfast and a various outdoor activities including live local music, food, face painting, a petting zoo and an obstacle course "Motion Zone" put on by Fit Kidz Healthy Kids. Our organization worked alongside Asessippi Parkland Tourism and with the volunteer parade committee on this weekend's events. The motion zone area was targeted to kids aged 3 to 10 years of age, although arguably some adults and parents had a blast testing the balance boards and different play stations as well. This play zone area provided an opportunity for children and youth to test their balance, agility, speed, strength, and flexibility in a non-competitive environment with various equipment and engage in unstructured play.



Binscarth Soccer Club (K-2) - May and June- 2017

Attendance: 26

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access

This spring a new youth recreational soccer club launched with the assistance of Sport Manitoba. This program is a great example of how recreation at its best is driven by individual members within the community. Gina and Michael Bustin who live in Binscarth and have three young children wanted to bring a program to the community that got children active and outdoors. Previously, the only organized sports program for youth in Binscarth was minor baseball so adding this program was a huge benefit for the community as a whole. Binscarth is a community with many young families; the K-8 school has roughly 90 students in a town of 300. This recreational soccer league was targeted for kindergarten to grade two children; half of each practice was focused on soccer specific skills and developing key fundamental movement skills. The remainder of practice consisted of fun soccer based games and each session featured a fifteen minute scrimmage. The purpose of the program was to get each child active and moving. This program was built on a similar program that has been operating in Inglis (forty minutes away for a couple of years). The eight week program ran on Monday's from 6-7pm. This program was a huge success with over twenty five children participating.

3rd quarter Programming (July- August)**Drop in Pickleball- June- August**

Attendance: 9

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access

In the warmer months Pickleball was offered outdoors on Tuesday mornings in Binscarth and Thursday mornings in Russell. For this program we were very fortunate to be able to borrow equipment from the Active Living Coalition for Older Adults (ALCOA). Pickleball is a racquet sport played on a badminton sized court. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allows the game to be accessible to people of all ages and abilities while still challenging the more competitive players.

Athletics Manitoba- Track & Field Day Camp- July 3, 4 & 5, 2017

Attendance: 13

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access

Working alongside with Athletics Manitoba in Winnipeg we were able to offer a community track and field camp for youth eight to fourteen years of age. They would do an hour and a half session in Russell in the morning and then offer the same session in Binscarth in the afternoon. Participants learned about acceleration, speed and proper running mechanics as well as long jump and throwing events with



modified shot put and javelin equipment over the two day camp. On the last day I instructed an hour session in Inglis and was evaluated by the facilitators. I passed the evaluation and am now a certified NCCP Run, Jump, Throw instructor. I plan to introduce the Run, Jump Throw program in the future now that I have been through the training and certification process.

Binscarth Park'n'Pool Day Camp- August 14-18, 2017

Attendance: 22

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access
- Goal 3 Connecting People to Nature

Assiniboine Valley Recreation partnered with the Binscarth Park'n'Pool to host a weeklong day camp at the park for children aged eight to twelve. The camp had twenty two children between the ages of 6-10 years old. Each day the camp began with an active component to get the kids active and moving. After getting everyone moving a snack was provided to all the participants followed by games, crafts or activities that tested their creativity and imagination.

Challenger Sports British Soccer Camp- August 21-25, 2017

Attendance: 9

Framework Goals:

- Goal 1 Active Living

2017 marked year two of our three year contract with Challenger Sports British Soccer Camp. This day camp takes place over five days in communities across the USA and Canada. With an innovative curriculum that develops skills, speed and confidence in players of all ages and abilities, British Soccer Camps provide an opportunity for children and youth to receive high-level soccer coaching right in their own community. In addition to teaching new skills and improving game performance, each British Soccer Camp provides lessons in character development, cultural education and prioritizes having fun while learning the sport they love.

**Kayaking Clinic at Lake of the Prairies- August 26, 2017**

Attendance: 4

Framework Goals:

- Goal 1 Active Living
- Goal 3 Connecting People to Nature
- Goal 4 Supportive Environments

Instructed by Newell Johnston a Paddle Canada certified instructor. This basic Kayak skills course, gave participants an opportunity to try kayaking in a controlled setting. This course introduced participants to the basics of kayaking rescue techniques (how to get back in your kayak after a mishap), how to launch a kayak, and the various kayak strokes.

4th quarter Programming (September- December)**Mass Registration September 7, 2017**

Attendance Estimate- 900

The popularity of the town wide registration evening continues to grow and be recognized as a great opportunity to learn about fall/winter programming in sports,

leisure, arts, and charitable organizations. We use the venue to inform the public about planned events including fundraisers, entertainment, trade shows, etc that are being held both in the Multiplex and the region. This year representatives from Sport Manitoba, Prairie Mountain Health and Assiniboine North Parent-Child Coalition also attended.

Volleyball Manitoba Officiating Clinic (Level 1) - September 16, 2017

Attendance: 8

Framework Goals:

- Goal 5 Recreation Capacity

Coordinated a Level 1 Volleyball Clinic with Volleyball Manitoba and Manitoba Volleyball Officials Association in Russell and had seven people take the one day course.

Trials Bike Demo and Bike Skills Clinic

- September 23, 2017



Attendance
Estimate 35

Framework Goals:

- Goal 1
Active Living
- Goal 2
Inclusion and
Access
- Goal 3
Connecting People
to Nature
- Goal 4
Supportive
Environments

Adrian Alphonso who sits on the Manitoba Cycling Association Board of Directors came to Russell Saturday, September 23rd to put on a free 30 minute trials demonstration

followed by forty five minutes of cycling skills development. Adrian is also a member of Fat Levels a Winnipeg Manitoba based Bike Trials demo team. They do bike demonstrations for schools and for many other events. This event was for all ages and skill levels. This event had over 30 people attend and impressed beginners just learning to ride a bike to teens and adults with a passion for riding. Trials skills can benefit both BMX and Mountain Bikers.

Hunter Safety - September 23, 2017

Attendance: 15

Framework Goals:

- Goal 3 Connecting People to Nature

Due to laws relating to Hunting License procurement there is an ongoing need for the delivery of Hunter Safety Courses both for youth and adults. We have a strong relationship with an instructor who returns on an annual basis to deliver the course.

Unrestricted Canadian Firearms Safety Course September 24, 2017 & November 4, 2017

Attendance: 24 (12 each session)

Framework Goals:

- Goal 3 Connecting People to Nature

Changes to the Federal legislation with regard to firearms and ammunition purchase, as well as storage and transportation of firearms there is ongoing requests for the delivery of firearms safety training.

Restricted Canadian Firearms Safety Course November 5, 2017

Attendance: 12

Changes to the Federal legislation with regard to firearms and ammunition purchase, as well as storage and transportation of firearms there is ongoing requests for the delivery of firearms safety training.

ATV/Snowmobile Safety Presentation- September 25, 2017

Attendance: 154

Framework Goals:

- Goal 2 Inclusion and Access
- Goal 3 Connecting People to Nature

Safety Services Manitoba came out and did presentations at Binscarth School, Major Pratt School and an evening community presentation at the Russell MultiPlex about the unique hazards of ATVs and snowmobiles. The presentation focused how to develop safe riders for life. ATVs and snowmobiles have unique hazards that new riders must understand to ride safely. The workshop instructs novice riders of all ages how to be better ATV and snowmobile riders through real-life stories and practical tips. This hour presentation covered: Age requirements for off-road licensing, Proper riding gear, Laws for operating ATVs or snowmobiles and riding

guidelines, Pre-ride checklist, Hand signals, Driver impairment, Survival and first aid kits. Presentations are conducted by seasoned riders and experienced certified trainers.

After School Improv- September/October

Attendance: 6

The After School Improv program gave children aged eight to twelve an opportunity to be spontaneous, creative and have fun! Improv combines the art of storytelling with the spontaneity of unscripted drama. Participants had to exercise their minds and bodies as they learned to react and respond to different situations in fun and creative ways. This program was instructed by Kevin Deane. Deane has been doing improv competitively and recreationally for over ten years. He's taught improv workshops in schools all over the country and even to Canada's Federal government. Due to unforeseen circumstances in our first session of offering this program we had a few guest instructors (Caleb Driedger and Michelle Horncastle) step in for weeks five and six. We hope to bring the program back when Kevin's availability will allow us to offer another session of this program.

Let's Talk Science Outreach- University of Winnipeg- September 30, 2017

Attendance 70

Framework Goals:

- Goal 2 Inclusion and Access

Let's Talk Science, is a national non-profit organization that connects communities and educators to engage youth with science based programming. All their programming is run by university student volunteers and is free of charge. Their mandate is to deliver a wide variety of meaningful science, technology, engineering and mathematics (STEM) learning experiences in



both school and community settings. We had the University of Winnipeg chapter do community science workshops for youth aged four to fourteen in both Binscarth and Russell throughout the day on Saturday, September 30th. This event reached over sixty youth and a number of parents. The Lets Talk Science facilitators also led a private workshop on the Physics of Flight with the 677 Royal Canadian Air Cadet Squadron on Friday evening.

Russell Beef & Barley Festival October 2-9, 2017

Attendance Estimate 1500

Framework Goals:

- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments

The Russell Beef and Barley Festival has been a community tradition for forty five years. The annual festival takes place in October during the week leading up to Thanksgiving. This Festival is held to celebrate our region's strong agricultural tradition of both the past and present. The cattle tradition is so strong that a bull statue was erected outside the Town's Travel Information Centre along the Yellow head Highway. This statue became known as "Arthur the Bull" and was inspired by the long running Beef and Barley Festival. Beef and Barley is The Festival of the Year in Russell. The Recreation Commission is contributed to the festivities by attending many committee meeting and hosting Russell's own 'Touch the Truck' event in the Multiplex parking lot on the Saturday afternoon of the weeklong festival.

Touch-a-Truck- October 9, 2017

Attendance Estimate 350

Framework Goals:

- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments

Kids love all the vehicles that they see every day! The problem is they simply aren't allowed to get close and check them out. This family-friendly event allows children and their parents an opportunity to see, touch, and learn about a wide variety of vehicles and how they serve our community. Our event featured a grader from the Municipality, a loader and excavator from Russell Redi-Mix, a semi truck from Brendonn-Holdings, a local Mud Truck, Ambulance from Prairie Mountain Health, hearse from

Braendle-Bruce Funeral Home, tow- truck from Fetch's Retrieving and various fire trucks from the Russell-Binscarth Fire Department. The event was a huge success with hundreds of children and their families coming through the parking lot and getting inside and up close to all the various vehicles.

**Russell Wine Tasting- October 19, 2017**

Attendance Estimate: 250

We have been hosting an evening Wine Tasting every two years at our community's local hall the George P. Buleziuk Centre every two years. This event attracts members of our community at this social event tickets are sold in advance and at the door. This year we partnered with Manitoba Arts Network to have the wine tasting take place alongside with their opening reception. In addition to over forty types of wine to sample the event featured a visual art exhibition and a vendors market with local artisans.

Rhyme Time- Parent Tot- Reading/Literacy – November/December 2017

Attendance- 9

Framework Goals:

- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments

This program was developed by Prairie Mountain Health. The funding, training of staff and materials is done through The Assiniboine North Parent Child Coalition. This free parent/tot program ran for six week at the Binscarth Library the program featured story time, crafts and a snack for all participating parents and children.

Shake, Rattle, Roll- Parent Tot-Physical Literacy - November/December 2017

Attendance: 32

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments

This program was developed by Prairie Mountain Health. The funding, training of staff and materials is done through The Assiniboine North Parent Child Coalition. This free parent/tot program ran for six week at the Russell Memorial MultiPlex and had over 32 parents/caregivers and children under four registered.

Canada 150 National Skating Day December 10, 2017

Attendance Estimate 200

Framework Goals:

- Goal 1 Active Living
- Goal 2 Inclusion and Access
- Goal 4 Supportive Environments
- Goal 5 Recreation Capacity

The Recreation Commission hosted one hour of free public skating from 6:00-8:00pm at the Russell Memorial Multiplex. The event featured live holiday music by a local musician and Santa also made an appearance on skates and skated with youth and families. Off the ice the event featured a photo booth area with a festive theme and a craft space where people decorate their own Canada 150 Christmas Tree Ornament.

2018 Program Plans

In addition to offering many of the same programs in 2018 that were offered in 2017 the following is a list of new programming that is being worked on to offer in 2018.

NEW PROGRAMS
Steve Nash Youth Basketball Program
Kids of Mud Youth Cycling Program (in partnership with West204 Cycling Club)
Run, Jump, Throw Youth Track and Field Program- Athletics Canada
Spin Classes
Zumba Classes
Sport Manitoba and Coaching Manitoba Workshops

Partnerships

Organizations the commission works in partnership with, liaises with, provides resources to etc

Local	Provincial/National
Asessippi Parkland Tourism	Sport Manitoba
Asessippi Parkland Settlement Services	Manitoba Cycling Association
Binscarth Park'n'Pool	ALCOA- Active Living Coalition Older Adults Manitoba
Binscarth Canada Day Committee	Manitoba Trappers Association
Binscarth Drop-In Centre	Manitoba Recreation & Regional Services
Binscarth Curling Rink	Athletics Manitoba
Binscarth Lions	Fit Kidz Healthy Kidz Manitoba
Binscarth Skating Rink	Prairie Theatre Exchange
Field of Dreams Committee	Gymnastics Manitoba
Senior Services Banner County	Manitoba Wildlife and Fisheries Branch
Russell Ag Society	Challenger Sports
Russell Banner	Let's Talk Science- University of Winnipeg
Russell Beef & Barley Festival	Baseball Manitoba
George P. Buleziuk Centre	Volleyball Manitoba
Russell & District Chamber of Commerce	Manitoba Government- Arts Branch
Russell Leisure Centre	Recreation Connections MB
Russell Lions	Canadian Parks and Recreation Association
Russell Minor Hockey	
Russell Minor Ball	
Russell Lots-a-Tots Day Care	
Russell Park'n'Playground Committee	

Russell Skating Club	REGIONAL
Russell Swimming Pool	Rosburn Recreation Commission
Vagabond Theatre	Valley Recreation (Birtle)
Major Pratt School	Parkland Association of Recreation Professionals
Binscarth School	Prairie Storm Athletics
Inglis School	Assiniboine North Parent Child Coalition
	Park West School Division

Grants

- Not including the Provincial Partners in Leisure Grant with the Province of Manitoba valued at \$18,000 we were fortunate to obtain the following six grants totaling **\$4,942**.
 - 1) Sport Manitoba-Regional Sport Development Grant- Binscarth Soccer \$210
 - 2) Sport Manitoba-Regional Sport Development Grant- Kids of Mud- \$620
 - 3) Government of Manitoba- Community Festivals & Events- Russell Beef & Barley Festival - \$1,887
 - 4) Sport Manitoba- Coaching Grant- Michelle Horncastle \$136
 - 5) Assiniboine North Parent Child Coalition- Shake, Rattle, Roll in Russell & Rhyme Time in Binscarth- \$849
 - 6) Department of Canadian Heritage- Canada 150 Skating Day- \$1,000

Financial Statements for the year ending Dec. 31, 2017

Note: Audited Financial Statements will be provided when they are completed.

Assiniboine Valley Recreation
Balance Sheet As at 12/31/2017

ASSET

Current Assets

Chequing Bank Account	30,052.42
Share	5.00
Surplus Share	11.00
Accounts Receivable	345.00
Misc Accounts Receivable	<u>133.50</u>
Total Receivable	<u>133.50</u>
Total Current Assets	<u>30,546.92</u>

TOTAL ASSET 30,546.92

LIABILITY

Current Liabilities

EI Payable	146.71
CPP Payable	342.38
Federal Income Tax Payable	<u>685.92</u>
Total Receiver General	<u>1,175.01</u>
Total Current liabilities	<u>1,175.01</u>

TOTAL LIABILITY 1,175.01

EQUITY

Retained Earnings

Retained Earnings - Previous Year	25,085.05
Current Earnings	<u>4,286.86</u>
Total Retained Earnings	<u>29,371.91</u>

TOTAL EQUITY 29,371.91

LIABILITIES AND EQUITY 30,546.92

Assiniboine Valley Recreation

Comparative Income Statement

2017

	<u>Budget</u>	<u>Actual</u>
REVENUE		
Municipal & Provincial Revenue		
Mun of Russell Binscarth	35,000.00	35,000.00
RM of Riding Mtn West	7,600.00	11,000.00
Province of Manitoba - Rec Op Grant	<u>18,000.00</u>	<u>18,019.73</u>
Total Municipal & Provincial Rev	<u>60,600.00</u>	<u>64,019.73</u>
Programming		
Program Revenue	9,000.00	9,573.25
Binscarth Soccer Club- Rev	0.00	365.00
Wine Tasting	0.00	3,124.00
Mass Registration	300.00	325.00
Canada150 Skating Day Rev	0.00	1,000.00
Chase the Ace	1,000.00	510.50
Gym Kids	6,000.00	4,862.03
Bank Interest	<u>0.00</u>	<u>8.10</u>
Programming Revenue Total	<u>16,300.00</u>	<u>19,767.88</u>
Other Revenue		
New Horizons For Seniors Grant 2015	0.00	2,660.17
Miscellaneous Revenue	<u>0.00</u>	<u>27.83</u>
Total Other Revenue	<u>0.00</u>	<u>2,688.00</u>
TOTAL REVENUE	<u>76,900.00</u>	<u>86,475.61</u>
EXPENSE		
Payroll Expenses		
Wages & Salaries	45,000.00	44,200.00
EI Expense	1,500.00	1,008.72
CPP Expense	1,500.00	2,014.68

WCB Expense	<u>100.00</u>	<u>100.00</u>
Total Payroll Expense	<u>48,100.00</u>	<u>47,323.40</u>
General & Administrative Expenses		
Audit	1,500.00	2,553.80
Meetings/Conventions	2,500.00	1,659.54
Marketing Branding	0.00	123.72
Memberships	100.00	69.48
Dedicated Contributions	7,600.00	11,000.00
Cell Phone	500.00	480.00
Programs	7,500.00	8,253.19
Binscarth Soccer Club- Exp	0.00	423.12
Office Supplies	500.00	591.06
Advertising	0.00	72.44
Miscellaneous	550.00	256.75
Gym Kids Fitness	5,000.00	4,066.25
New Horizons Program	0.00	2,660.17
Wine Tasting Expenses	0.00	1,638.60
Canada150 skating day Exp	<u>0.00</u>	<u>1,017.23</u>
Total General & Admin. Expenses	<u>25,750.00</u>	<u>34,865.35</u>
TOTAL EXPENSE	<u>73,850.00</u>	<u>82,188.75</u>
NET INCOME	<u>3,050.00</u>	<u>4,286.86</u>

Approved Budget 2018

Russell & District Recreation Commission
Budget 2018

	Budget 2018
<u>Income</u>	
<u>Grants</u>	
Municipality of Russell Binscarth	35,000.00
RM of Riding Mountain West	7,600.00
Province of Mb - Rec Op Grant	18,000.00
	-
<u>Programs</u>	
Programs (Zumba, Hunter Safety)	9,000.00
Gym Kids	6,000.00
Chase the Ace	1,000.00
Wine tasting	3,000.00
Mass Registration	300.00
Total Revenue	79,900.00
<u>Expenses</u>	
Advertising	
Meetings & Conventions	2,500.00
Auditing	1,500.00
Dedicated Funds Expense	7,600.00
Office Supplies	500.00
Mass Registration	150.00
Programs (Zumba, Hunter Safety)	7,500.00
Gym Kids	5,000.00
Wine Tasting Expense	2,000.00
Kids Fitness Equipment	1,000.00
Miscellaneous Expense	550.00
Salaries	45,000.00
EI, CPP Expense	3,000.00
WCB Expense	100.00
Cell Phone	500.00
Memberships	100.00
Marketing Branding	2,900.00
Total Operating Expenses	79,900.00

MUNICIPAL EXPENDITURES ON RECREATION for the year ended December 31, 2017

Name of Municipality	Partner A Municipality of Russell Binscarth	Partner B Municipality of Riding Mountain West
Population	2442	1420
Contribution in lieu of Taxes		
CONTRIBUTION FOR OPERATING EXPENDITURES FOR FACILITIES		
Arena	186310.17	
Curling Rink	13250.00	
Swimming Pool	11176.67	
Museum	634.95	
Library	66245.00	
Beaches & Parks	53823.01	
Community Halls	28500.00	
Golf Course	523.88	
Athletic Fields/Spear Lake	2886.67	
Communities in Bloom	18000.00	
Ice Fishing	500.00	
Lions Prairie Classic Fishing	1000.00	
TOTAL	382,850.35	
CONTRIBUTIONS FOR CAPITAL FACILITY PROJECTS		
OTHER GRANDS/ CONTRIBUTIONS FOR RECREATION PURPOSES (SPECIFY)		
Senior Services of Banner County	6500.00	
Binscarth Canada Day	1000.00	
Binscarth Minor Ball	500.00	
Nursery School/Little Bloomers	200.00	
Binscarth Vision 20/20	1000.00	
Expanding Community Cancer Care	2500.00	
North West Marquette Festival	250.00	
Russell Flying Club	9750.00	
Russell Ag Society	4100.00	
Asessippi Parkland Tourism	5000.00	
Parkland Regional Economic Development	2735.04	
Regional Employment Resource Centre		1000.00
Asessippi Parkland Tourism		6250.00
Shellmouth Community Club		500.00
Silverton Curling Club		100.00
Manitoba High School Rodeo Association		100.00
Minniska Cemetery		100.00
Darren's Olympic Day		250.00
Roblin Ag Society		500.00
Castleavery Cemetery		100.00
Inglis Area Heritage Committee		2000.00

St. George Cemetery		100.00
TOTAL	33,535.04	11,000.00