



# RECREATION

## NOVA SCOTIA

### **Annual Report**

### **2019-2020**

Annual General Meeting  
Tuesday, November 10, 2020  
Held Virtually

Recreation Nova Scotia acknowledges we are in Mi'kma'ki – the unceded territory and ancestral homeland of the Mi'kmaq Nation. Our relationship is based on a series of Peace and Friendship treaties between the Mi'kmaq Nation and the Crown, dating back to 1725. We acknowledge with respect the diverse histories and culture of all the Mi'kmaq Peoples of this province. In Nova Scotia we recognize that We are All Treaty People.

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## **AT A GLANCE**

Recreation Nova Scotia (RNS) is a not-for-profit organization dedicated to building and sustaining active healthy lifestyles and communities in Nova Scotia. RNS exists to lead, inspire and support Nova Scotians toward healthier futures through recreational experiences. Established in 1998, the Association is a central resource agency for members and stakeholders of the recreation industry. The Association provides leadership, training, and support to help meet national, provincial and local priorities. Through a diverse network of partners and extensive programs and services, RNS actively advocates accessibility and inclusiveness to recreation. RNS has a strong membership, which includes community leaders, practitioners, students, academics, elected officials, and voluntary sector organizations across Nova Scotia who are the direct providers of recreation and related opportunities at the community level.

## **STRATEGIC DIRECTIONS**

- Champion, promote and advocate for recreation as an essential element in building healthy, caring and vibrant communities.
- Facilitate the education and development of recreation professionals & volunteers.
- Promote connectivity between recreation sector professionals, influencers and beneficiaries.

## **MISSION STATEMENT**

Recreation Nova Scotia inspires and supports a diverse and comprehensive network of partners committed to addressing the recreation needs of all Nova Scotians, through provision of leadership and a strong provincial voice.

## **BOARD OF DIRECTORS**

President .....	Heather Kelday, Nova Scotia Sea School
Vice President of Finance.....	Mark Muise, Director of Finance, Annapolis County Municipal Housing Corporation
Vice President of Monitoring.....	Misty James, Municipality of Barrington
Recording Officer.....	Clare Steele, Pictou County
President Elect.....	Gordon Tate, Municipality of Chester
Director at Large (2 years).....	Britt Vegsund, Municipality of Lunenburg
Director at Large (2 years).....	Josh Kennedy, Village of Bible Hill
Director at Large (1 year).....	Jeannine Faye Denny, Eskasoni First Nation
Director at Large (1 year).....	Mike McIsaac, Canada Games Centre
Director at Large (Student Rep).....	Kevin Waters, Dalhousie University

Dept. of Communities, Culture and Heritage (non-voting) Robin Norrie, Recreation Manager

Recreation Nova Scotia Staff (non-voting)..... Crystal Watson, Executive Director (Ex-officio)

## Message from President and Executive Director Heather Kelday and Crystal Watson

Thinking back, the 2019-20 fiscal year could be best characterised by the word change. RNS Board of Directors approved investments in increased staff and operational capacity contributing to two new staff, Jared and Anjeanette. Fawn leaving allowed us to welcome Jacqueline to our team. We added a new initiative to our work, NS Before and After Program and amplified HIGH FIVE® with the Principles of Healthy Aging training. We moved into our new and vibrant office space, which itself holds much potential for organizational change however by December, the rumblings of an infectious disease and the subsequent entrance of COVID-19 to end off our fiscal year sent us into a whirlwind. All that to say, it would have been very easy to forget how much RNS has accomplished this past year.

We spent the latter of 2018 and early part of 2019 doing a deep dive into the Shared Strategy with our Sharing Tour spending time in community with learnings that have been the springboard for what is to come for our organization. This tour proved that we have much work to do in ensuring that we centre those that have been marginalized and that we collaborate with provincial and community-based recreation organizations to do so. We collaborated with organizations such as Engage Nova Scotia to highlight the importance of the community development work that recreation practitioners do and its importance to our individual and community health and wellbeing. We supported three internship students; developed stronger relationships with provincial recreation organizations; we visited Glooscap First Nation and met with their Recreation Council; we presented at Dalhousie's Recreation degree Program's recreation orientation; we started the planning for what was to be the best ARFC conference ever in St. John's, NL; we represented Nova Scotia at the national Parks Conference in Quebec; and of course, held our very own successful conference in the *Fundy* region where new professionals joined our board and we bid farewell to others! These are just a few things that kept 2019-2020 hopping!

Throughout all of that, we have continued to work hard at keeping the sector connected through our various communication tools. We are currently identifying diverse revenue streams to ensure the long term growth and sustainability of the organization and deeply committed to, and actively engaged in, a strategic planning process guided in partnership with Common Goods Solutions, in an effort to increase knowledge and understanding of the sector's needs and our role in serving our members and communities. We hope to continue to build on that as we strive to stay engaged with and current to needs with the recreation community and beyond. The brief reports that follow provide a glimpse into the past year but know that despite the state of emergency spurned by the pandemic, we are still excited about the work that needs to be done at Recreation Nova Scotia as we work to be your voice for the sector.



Sharing Tour

**RECREATION NOVA SCOTIA  
FINANCIAL SUMMARY  
FISCAL YEAR APRIL 1, 2019 – MARCH 31, 2020**

Baker Tilly Nova Scotia Inc. was engaged to perform an independent audit of the Financial Statements for the fifth consecutive year. A clean audit opinion was signed on October 1, 2020.

As detailed on the Statement of Operations, RNS ended fiscal 2020 with a deficit of \$104,700 (2019 – surplus \$34,185). This is a result of an increase in administrative expenses (rent and salaries) - as future programming continues to grow it is expected that additional funding will be received to offset these increased costs.

We had a strong statement of financial position as of March 31, 2020 with a cash balance of nearly \$300K and current assets in excess of current liabilities of over 15 times.

Based on fiscal 2020 operating results, our acceptable net ceiling would be between \$781K and \$1.2M. Our current net asset balance is \$256K.

Significant changes on the Statement of Financial Position from the prior year include a decrease in cash of \$70K which is a result of a decrease from operations of \$37K and a decrease from investing activities relating to additional purchase of a GIC and office furniture purchases totalling \$33K, and an increase in deferred revenue of \$57K which is due to funds received for BAP and Principles of Healthy Aging programs relating to future years.

**RECREATION NOVA SCOTIA  
STATEMENT OF OPERATIONS  
FOR THE YEAR ENDED MARCH 31, 2020**

	2020	2019
	\$	\$
<b>REVENUES</b>		
Program (Schedule 1)	697,316	768,460
Core Funding - Communities, Culture & Heritage	156,680	156,680
Membership dues	29,885	24,270
Non-Core Funding	40,000	-
Other	60,993	31,238
	<b>984,874</b>	<b>980,648</b>
<b>OPERATING EXPENSES</b>		
Program (Schedule 2)	694,406	705,700
Administration (Schedule 3)	395,168	240,763
	<b>1,089,574</b>	<b>946,463</b>
<b>EXCESS (DEFICIENCY) OF REVENUES OVER OPERATING EXPENSES</b>	<b>(104,700)</b>	<b>34,185</b>

**RECREATION NOVA SCOTIA  
STATEMENT OF FINANCIAL POSITION  
AS OF MARCH 31, 2020**

	2020	2019
	\$	\$
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	295,595	365,720
Term deposits (Note 3)	182,500	177,145
Accounts receivable (Note 4)	33,649	51,483
Prepays	7,854	797
	519,598	595,145
<b>CAPITAL ASSETS</b>	25,965	2,989
	545,563	598,134
<b>LIABILITIES</b>	1,089,574	946,463
<b>CURRENT</b>		
Accounts payable and accrued liabilities	34,027	39,180
Deferred revenue (Note 5)	255,934	198,652
	298,961	237,832
<b>NET ASSETS</b>		
<b>INTERNALLY RESTRICTED (Note 6)</b>	2,844	2,844
<b>UNRESTRICTED</b>	252,758	357,458
	255,602	360,302
	545,563	598,134

## A YEAR IN REVIEW

### RECREATION NOVA SCOTIA ANNUAL CONFERENCE

The 22nd Annual conference themed, “Pathways to Wellbeing” was held in Truro at the Best Western - Glengarry October 22nd-24th, 2019. Over 200 delegates from across the province attended. Sponsors for the conference included: the Town of Truro, the Province of Nova Scotia, Nova Scotia Gaming Support 4 Sport, and the Municipality of the County of Colchester.

A highlight of the conference was the Regional Games, which were greatly enhanced by the NSCC’s Community Recreation class. A huge thank you to all of them for their hard work and planning such fun activities.

### RECREATION NOVA SCOTIA AWARDS

Last year, we distributed 12 awards celebrating the accomplishments of individuals and groups in the recreation sector. Special thanks to Peter McCracken for hosting the awards and Céline Thimot for the entertainment. The 2019 awards recipients included:

- Bluenose Award - Colter Simmonds & Truro Run Tribe
- HIGH FIVE® Trainer Excellence - Seana Jewer
- Innovation – HRM’s Active for Life Committee & Girls on Boards
- Mayflower – Chedabucto Lifestyle Complex & The Yarmouth County Trail Development Association
- The Natural Environment Award - Jordan Smith, MPAL for Glooscap First Nation, Garnet McLaughlin, Owner of Cobequid Consulting, & Peter Steiner, Pollinator Project Coordinator for Confederacy of Mainland Mi’kmaq
- Professional Achievement Award - Craig Burgess
- Honourary Life Membership Award - Dr. Brenda Robertson

Special thanks to our 2019 Awards Committee for selecting Award Recipients and their recent review of the awards process. Our Committee was comprised of: Rae Gunn, Josh Rivera Nicholson, and Cara Sunderland.

### RECREATION FOR MENTAL HEALTH

The Recreation for Mental Health (R4MH) in person training was delivered to 65 people including recreation practitioners, newcomers, recreation therapists and students. In March 2020, one of our facilitators travelled to Yellowknife to deliver this workshop to 22 community folks from the Yukon. Seana Jewer was accepted into the Spark program and she worked on exploring other ways to translate the knowledge from the Recreation for Mental Health research into tools for use by practitioners. With the onset of the Covid-19 pandemic, Seana, together with our Recreation for Mental Health Management team began work on the creation of an online version of the training with plans for delivery in the fall of 2020. We continue to sell copies of the R4MH Game to Nova Scotians as well as to practitioners and educators living in other parts of Canada. We’ve sold approximately 30 R4MH games this past year. Plans for the 2020-21 year include piloting the online version of training and further promotion of the training and the game.



## HIGH FIVE IN NOVA SCOTIA

Recreation Nova Scotia has had a very positive response to the new HIGH FIVE® Healthy Aging standard that is dedicated to enhancing the quality of older adult recreation programs. Last year we trained 103 leaders who work with older adults. We received a grant from the NS Department of Seniors to train 40 PHA Trainers in this province and held our first Trainer Workshop in Sydney in January 2020, where we certified our first nine Trainers. Plans were in place to host two more Trainer workshops – in Halifax and in the Valley but both were postponed due to Covid-19. These two workshops along with two others planned for the South Shore and Highland regions are on hold until we feel it is safe to move forward with training.

In organizations serving children, we trained 615 frontline leaders in PHCD or HIGH FIVE Sport and certified 8 new Trainers. HIGH FIVE National released their 4-hour PHCD and HIGH FIVE Trainers across Nova Scotia were upgraded to teach the new training. They also began work on an online PHCD – Covid-19 version.

We welcomed a new Registered Organizations to HIGH FIVE - Creative Kids Child Care and a new Academic Institution, NSCC Waterfront Campus. HIGH FIVE continues to be the recognized industry standard of quality for children's program in Nova Scotia and is supported by a growing number of provider organizations.

## NOVA SCOTIA OUTDOOR NETWORK (NSON)

In April 2019 the NS Outdoor Network hosted a Summit at Cabot Shores, Cape Breton. The 3-day event brought outdoor leaders, practitioners and stakeholders together around the theme of 'Outdoors For All'. The Summit combined panel discussions with outdoor learning sessions with opportunities for the approx. 50 attendees to network and share learnings.

The NSON Leadership Team also hosted a pre-conference session in October 2019 in partnership with Heartwood Centre for Community Youth Development. Facilitators from Heartwood delivered a session on engaging youth in the outdoors with the workshop taking place in Victoria Park in Truro. The RNS Conference also provided an opportunity for the NSON to host a panel discussion highlighting some fantastic examples of work being done across the province to encourage more people to spend time outdoors in their community.

NSON stayed connected with the outdoor community through our monthly newsletter and via social media. We have 1,192 Facebook followers, 982 Instagram followers, and 164 people who subscribe to the newsletter. We ran a successful Trail of the Week social media campaign from July 2019-March 2020, reaching 43,760 people.

Looking ahead, the NSON Leadership Team are examining the strategic plan that was developed in 2016 to refocus and direct the work for the coming years.

## TAKE THE ROOF OFF WINTER (TTROW)

Take the Roof Off Winter is our winter active campaign that includes a winter photo challenge, highlights local events and winter tidbits. This past year we secured seven sponsors for the photo challenge prizes, received 146 photo submissions, named five winners, and reached 41,616 people with our social media campaign. We promoted events put on by École Beau-Port, Nova Scotia Trail Federation, and Pro Kids.



Students at École Beau-Port

## NOVA SCOTIA CONNECT

This year saw the exciting launch of the Nova Scotia Trail Guide. The guide is a result of partnership with NS Trails, RNS, NS Connect, and the Province of Nova Scotia to deliver an online guide for trails around the province as well as linking people with trail management groups. The site aims to be the go to place for details on all types of trails from hiking to biking to paddling with the launch event taking place in January 2020.

Seasonal social media campaigns have been ongoing with focuses on outdoor family activities in the Winter months and equipment loan programs. Regional training has also been ramped up to upskill current users of the platform as well as help new partners come on board. Fundy region held a number of in-person training sessions around the region with more planned for other regions in the future.

Across all Connect platforms (Regional and Provincial), 188,297 users viewed 433,295 pages last year (1st April 2019 to 31st March 2020). On social media there are 1,166 followers on Facebook, and 546 followers on Instagram. Two new banners and 10,000 bookmarks were created for events/workshops/networking.



NS Trail Guide launch

## INCLUSION & ACCESS TASK TEAM

The Inclusion & Access Task Team continued to work on a Framework for Positive Change in Recreation with a Person-Centered approach. The model was presented at the RNS Conference in October 2019 with an interactive session in order to gain feedback from the sector.

A focus has been on bringing the model online along with a collection of resources, training, research, and first-voice stories for people to search and navigate.

## SHARED STRATEGY

A committee stemming from the Shared Strategy Working Group undertook regional engagement sessions around the province, 'The Sharing Tour' during the Spring/Summer of 2019. In a series of facilitated sessions we connected with over 300 leaders, staff, volunteers, community members, and key stakeholders in recreation across the province thanks to support from CCH Regional Offices and Mi'kmaw Physical Activity Leaders.

Results and findings of the discussions around challenges and successes in the different regions/communities will help inform the work of RNS and the next Strategic Plan.

## R AND R LOTTERY

In 2019, we launched the R and R Lottery Fundraiser. We secured five sponsors including Charlotte's Rose Inn, GAEL Tours, Petit Passage Whale Watch, White Point Resort, and Eskasoni Cultural Journeys, who donated \$1640 worth of prizes. There were 5,197 tickets sold, and \$2,333 raised.



## **SUPPORTING PROVINCIAL RECREATION ORGANIZATIONS**

The first year of the Administrative Support Manager position has seen many successes with a focus on supporting the Provincial Recreation Organizations with Goal #5 of the Shared Strategy, Recreation Capacity. One of the major successes with all the PROs has been the constant contact with CCH to create a filtered line of communication for questions and other relevant concerns and therefore increasing the quality of performance.

Some specific successes this year include: delivering the PO Learning Series; facilitating a strategic planning session; updating membership databases and membership structures; and implementing Provincial Recreation Organization Assessment Tool recommendations in all five goal areas, to name a few. This is an important role at Recreation Nova Scotia and as such will continue to be evaluated to avoid duplication with other like positions among the PROs. The focus over the next two years will be to continue to assist the PRO's with their immediate needs and to create a strong organizational effectiveness.

## **NS BEFORE AND AFTER PROGRAM**

The work of the one-year Training and Development Manager position was focused on the provincial rollout of training for staff of NS-BAP (Before and After Program) providers. In the 12 months of work there were strong accomplishments in the training delivery, development of a Train-the-Trainer process, an expansion of the facilitator pool, partnership development, and French language preparations.

Following the initial pilot of 8 provider sites, RNS planned for staff from 35 sites, arranging training hubs in Yarmouth, Bridgewater, the Valley (French), Halifax, Antigonish, and Sydney.

Eighty participants completed the mandatory 4-day in person training in outdoor, loose parts, and risky play, cultural safety, diversity and inclusion, and Coaching Young Athletes with developmental differences. The Yarmouth, Antigonish, and CSAP trainings were cancelled due to school closures associated with Covid-19. An online training has been developed for the 46 staff affected, and will be facilitated by CCH this fall.

An additional 20 facilitators are in the orientation and practice phases of the training delivery, making the provision of training at sites throughout the province possible.

The project involves partners from CCH, DEECD, South Shore Active Communities, Special Olympics, Cultural Safety Consultant Gord Pictou, Nova Scotia Early Childhood Development Intervention Services, CSAP, the Early Years Professional Development Committee, and independent consultants in childhood development and training. RNS' contribution to, and management of, the project has been highly valued.

## RNS Staff



Crystal Watson, Executive Director

Debbie Bauld, Program Manager

Graham Mounsey, Program Manager

Jacqueline Sommerfeld, Communications Assistant

Jared Goad, Administrative Support Manager

Anjeanette LeMay, Training and Development Manager

Christy MacDonald, Clearview Corp

**Volunteers (Please note that RNS staff and Board members have representation on each committee)**

### Conference Planning Committee

#### **Conference Chairs**

Shannon Jarvis & Joel Dawe

#### **Program Chairs**

Vicki Weaver & Corey Skinner

#### **Sponsorship/RecreAuction Chairs**

Craig Burgess & Megan Burgess

#### **Entertainment Chairs**

Peter McCracken & Vanessa Robertson

#### **Student Engagement Chair**

Abby Brothers

#### **Registration**

Teresa McNutt

### Inclusion and Access Task Team

Rachel Bedingfield (Town of Kentville)

Dr. Barb Hamilton-Hinch (Dalhousie)

Brittany Hunter (RFANS)

Dr. Susan Hutchinson (Dalhousie)

Lani Poce (ISANS)

Andrea Waters (IWK -Recreation Therapy)

Sally O'Neill (Active Pictou County)

Courtney Nicholson-Patriquin (Sport NS)

### Shared Strategy Working Group

Lana McMullen

Trudy Payne

Rick Gilbert

Robin Norrie

With staff support from:

Gabrielle Gallagher

### Nova Scotia Outdoor Network Leadership Team

Janet Barlow (Chair)

Sandra Fraser

Britt Vegsund

Heather Hanlon

Alexi Rodriguez

With staff support from:

Ben Buckwold

## Sector Partnership

Special thanks to Canadian Parks and Recreation Association (CPRA) for being an amazing partner!



The Canadian Parks and Recreation Association (CPRA) is a national organization dedicated to realizing the full potential of parks and recreation as a major contributor to community health and vibrancy. Membership includes the 13 provincial and territorial parks and recreation associations and their extensive networks of service providers in over 90% of Canadian communities.

## Thanks to our funding partners



Communities, Culture and Heritage  
Department of Seniors

## Thanks to our sponsors

