

NEWSLETTER

Vol. 4 No. 5 June, 1984

ARVO TIIDUS RETIRES

On June 30, 1984, Arvo Tiidus will be retiring from his position as Co-Ordinator of Recreation at York University. He is a Life Member of C.I.R.A./O.I.R.A. and will be the first member of the associations to retire.

Arvo has contributed a great deal to the area of intramurals and recreation over the years. He attended the first Directors' Conference held at Geneva Park in 1969 with the other 12 directors. He was instrumental in developing a totally co-ed intramural program at York University and he has been the leading force in getting many students involved in the field of intramurals/recreation.

He received his physical education degree from his native Estonia and received his Master of Science degree from the University of Illinois. When he first came to Toronto, he worked for



Arvo gives his farewell address at the OIRA Annual General Meeting at Geneva Park.

many years for the YMCA. He was extremely involved in the fitness area and was one of the first instructors to conduct conditioning to music classes at the central YMCA in Toronto, Ontario.

In addition to being a fitness fiend, Arvo was also the Head Coach of the Championship Canadian Pan-American Volleyball team from 1959 to 1963.

With his background, Arvo came to York University in 1966 as the Co-Ordinator of Recreation. He began intramural programming for 500 students and has developed a dynamic program over the years to meet the needs of approximately 15,000 students.

He has wisdom, patience and an understanding of human nature that is second to none. He is a man that anyone can trust and he is a man that has an excellent sense of humor.

Simply stated: To know him is to love him.

Best of Luck, Arvo!
C.I.R.A./O.I.R.A.

Jean Kennedy Steps Down As OIRA President

The past 2 years have seen many changes for the Ontario Intramural Recreation Association but the person most instrumental in making these changes happen has been the president of OIRA - Jean Kennedy. Jean's term of office officially ended in April at the CIRA VI Conference. The new president, John Catterick, has said "following in Jean's footsteps is going to be a hard act."

Indeed, Jean is a hard act to follow because of her hard work, her leadership talents and her dedication to OIRA. However, these talents will not be lost to the association. Jean will continue

on the executive for the next 2 years as Past President.

Jean is presently the Intramural Director and Co-ordinator of the Faculty of Physical and Health Education Department at Ryerson in Toronto. Prior to joining Ryerson in 1971, she taught physical and health education at Central Peel S.S. in Brampton and was head of Girls' P.E. Department at Sir Robert L. Borden S.S. in Scarborough. Her expertise is not only in intramurals. She has lectured in Gerontology and Personal Resource Management at Ryerson and has designed and implemented two credit



M. Jean Kennedy - OIRA President 1982 - 84. courses at Ryerson - Planning Skills for Group Activity and Physical Education for the Child. She also coached

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Read This And Change Your Life

Fitness Ontario En forme

Are you just a mess of jangled nerves? Do you jump when a phone rings? Do you keep trying to beat the clock by running around faster and faster and actually achieve less and less? As daily

(Jean Kennedy - con't.)

Varsity Women's Volleyball from 1971 to 1976 at Ryerson.

Professionally, Jean has been the chairperson for the 1980 and 1984 OIRA Conferences, the chairperson for the CIRA Curriculum Committee, an executive member of CIRA from 1980 to 1984, and Certification Chairman Parks and Recreation Federation of Ontario in 1983-84. She has presented at many OIRA and CIRA conferences and is presently writing a text on creative games.

Jean keeps fit by jogging daily and is an active tennis player. She has two children, Erin and Mike, who are also very active in school sports.

OIRA is thankful for the contribution Jean has made and looks forward to her advice and continuing leadership in the area of intramurals and recreation.

O.I.R.A. Board Structure

The Board Structure of O.I.R.A. is made up of the elected executive and various committees. The committees are as follows:

1. Certification: Chuck Mathies, Sandy Henderson. Needed two high school representatives.
2. Book Resource: Carol Sybenga.
3. Media Slide Show: Karen Lavell.
4. Nominating: Secretary/Treasurer.
5. Finances: Treasurer needed (two representatives).
6. By-Laws: Sharon Bradley.
7. Membership: Vice President.
8. Conference Liaison: Pat Kitchen.
9. Speakers Bureau: Meg Innes.
10. Directors Conference:
 - Mike Dollack
 - Don Fairweather
 - Nancy Falls
 - John McIntyre
 - Barb Prysuk
 - Carol Sybenga

pressures build, does your fuse get shorter? Is life becoming more of an obligation and less of a joy?

Many of us get caught up in the hectic lifestyle of the twentieth century without realizing how we harm ourselves. Stress weakens our hearts and worries rob us of potential happiness.

HOW CAN WE CHANGE?

Nadine Stair, an 85-year-old woman, was asked what changes she would make to her life if she had the chance to live it over.

She said: "If I had to live my life over again, I'd make MORE mistakes. I'd relax.

I'd limber up.

I'd be sillier than I have been on this trip.

I'd take fewer things seriously.

I'd take more chances, take more trips, climb more mountains, swim more rivers."

You see, I'm one of those people who live seriously, sanely, hour after hour,

day after day.

Oh, I've had my moments, but if I had to do it all over again, I'd have more of them.

If I had to live my life over, I would start barefoot in the spring, and stay that way until late in the fall.

I'd go to more dances.

I'd ride more merry-go-rounds.

I'd pick more daisies."

Mrs. Stair wanted to be more active and grab for all the gusto life offers.

Perhaps it's time you slowed down to smell the roses. Perhaps you should think about playing just as hard as you work. Maybe you should try to get more exercise and maintain a balanced nutritional diet.

It's never too late to enjoy your life. And it's the only way to live.

For more free facts on Fitness Activities write:

Fitness Ontario
Ministry of Culture and Recreation
Queen's Park
Toronto M7A 2R9

Coming Out to Play?

by David Bean

- reprinted from *The AIRA Newsletter*

Because we are adults and we have to concern ourselves with survival of one kind or another on a day-to-day basis, we often tend to regard the child's world outside the classroom as somewhat inconsequential. It is, in fact, very significant. Children spend a large portion of their waking lives engaged in what is, to them, the serious business of play: play that has significant educational value because of its purposefulness.

In large part, children learn to become social beings through play. Granted, adult guidance is provided through home and school, but it is play that provides the proving ground where all manner of real-life situations can occur or be continued to that trial-and-error learning takes place. Ideas can be tried and risks can be taken with the knowledge that the results of mistakes won't be too painful. The essence of young children's play is exploration, discovery, and experimentation as a means of learning how to come to terms with the world around them and to develop confidence in themselves as individuals.

So much is new, fresh, and exciting that the sophisticated and blase adult, parent, or teacher has difficulty perceiving the importance of the ex-

periences and challenges awaiting youngsters in each day's play. We tend to impose unnecessary adult structures upon their activity and hurry children on to things that we consider more significant. We should probably ask ourselves just what can be of more significance than learning the rights and wrongs of social relationships, the elements of sharing and cooperation, and the mastery of new skills. We should recognize the importance of the role playing that is a frequent part of young children's play, for it is through this role playing that feelings, attitudes, and emotions are projected.

For the teacher or parent observing children's play, play can be subtle indicator of balance and well being, since young children naturally play wholeheartedly and without self-consciousness. Aggression, immaturity, and withdrawal may become evident as children play, and this would indicate that specific individuals may actually need to be taught how to play.

Well-adjusted children play easily both alone and with others; their play is varied, and serious conflict is rare. It is a marvelous learning experience. Next time the opportunity arises, why not watch a little more closely as children play, and try to recognize the significance of what you see.

CIRA VI - How Sweet It Was

- by John Catterick, Central Algoma S.S.

We weren't there for a long time, but a good time. Although some who attended the CIRA VI - Fitting Together Conference may have thought it was a long time. It certainly seemed like it to me. However, I think that everyone who attended would agree that it was a good time. The friends you met, the contacts you made, the ideas you shared and the fun you had certainly made this Conference worthwhile.

The success of the CIRA VI Conference was attributed to many people. The planning committee only "set the wheels in motion." The Student Hel-

The Mock Trial gave us all good cause to re-examine our philosophies and programs.

Some delegates have still not recovered from the Dancersize programs. And I just know all of you are still working hard to master your juggling talents.

The sponsorship of Fitness Canada, Participaction, Coyle and Greer, Labatt's, and all the other displayers was greatly appreciated, not only for the conference, but for CIRA.

As hosts, Geneva Park was more than



The Labatt's hot air balloon was enjoyed by many delegates.



Delegates share fun and laughter.

pers certainly made our job a lot easier and more enjoyable. But what made the Conference a true "emotional high" were the speakers and delegates. The speakers were superb, offering many ideas and concepts that we can take back to our own programs for implementation. However, the delegates are to be given the major credit for the success of the Conference. Your interest, compatability, willingness to participate, thirst for knowledge, and participation in all facets of the program were appreciated by the Committee.

We owe a vote of thanks to Tom DeLuca and the volunteers who made his show such a success. My sides were sore for a week due to the laughter. Scooter, John and Ethyl never realized they were such entertainers. Maybe they still don't.



The "entertainers" from the Tom DeLuca Show.

accomodating, in providing a lovely setting, good food and facilities.

A special thank-you goes to Jean Kennedy, the Conference Chairperson. Without her enthusiasm, planning and desire, all other efforts would have been fruitless. The committee should be recovered from the scars of her whip by July.

At this stage we are all recovering and looking forward to our next regional Conference and/or CIRA VII to renew old acquaintances and reap more benefits for our programs.

Intramurals: The Pause That Refreshes

- by Barb Prysruk, Grand River C. I.

This was the theme of Waterloo County's Staff-Student High School Intramural Conference which was held Wednesday, May 4th at the University of Waterloo. There were over 160 delegates who enjoyed a full day of activity, fun and learning.

When the students from each school arrived at 8:30 a.m., they enthusiastically started setting up a display in the Marketplace. This display was to include anything which was related to each school's Intramural Program: photos, slide presentation, events, slogans, mascots, sample awards, etc. In addition, each school designated a "barker" who would later encourage others to examine the display during the Scavenger Hunt. These displays were judged on creativity, information, neatness, overall presentation and the student barker, with the winning school receiving a colour photo of their Intramural team members at their display area.

Once the Marketplace Display area had been set up, it was time to "get physical". Dave Carmichael, a fitness instructor from Toronto, led the staff and students in an "Aerobics Eye Opener" session. This was a great way to start the day, with every muscle in our bodies being stretched and worked. The remarkable outcome — everyone was smiling at the end of the session and had really enjoyed the 40 minutes of continuous exercise.

Now that everyone was "wide awake", it was time for the students to take part in the Scavenger Hunt. In the allotted time, each student was to observe the displays and ask questions of the barkers in the Marketplace, in order to find out as much as possible. When the time was up, the students found the other members of their team (at registration, students received a name tag indicating the team that they were on — 1984 Olympic sports were used). The team members put their heads together to answer the Scavenger Hunt questions about the Marketplace.

Staying in these teams, the students proceeded to the gymnasium for the Activity Circuit. The 10 teams rotated

through a 5 station circuit which included initiative tasks, relays, scooter-board soccer, "kill the peg" and preparations for their 1 minute team commercial based on the theme of the day "Intramurals: The Pause That Refreshes".

This concluded the morning program and the participants stopped for lunch in order to replenish their energy stores. After lunch, the students participated in brain storming sessions which centred on the theme "We Have It Here in Waterloo County". During this time, the Intramural Staff advisors met and shared ideas and concerns about their programs.

Following these brainstorming sessions, the students were fortunate enough to have full use of the sports facilities at the University. In this "Organized Free Play" session, students chose one of six areas — swimming, weight training, squash and racquetball, volleyball, badminton and breakdancing. In each area, there were student leaders to supervise and to look after equipment. This one hour session of informal play was really enjoyed by the participants. It gave them the chance to use the excellent facilities and to participate in new and different activities.

After this session, the students gathered in the gymnasium. These intramuralists now had the chance to become performers. Each team presented their 1 minute commercial. The commercials were evaluated by a panel of "astute" judges and given a score out of 10.

The hour had finally arrived — 2:45 p.m. This was what the teams had been waiting for all day - the AUCTION. One representative from each team had the chance to bid on "super" prizes which were concealed in ten boxes of varying sizes. The money that they bid with, was money that had been won during the day by their team through the team competitions such as the scavenger hunt, activity circuit, team commercial and by individual team members through bonus prizes, i.e.: swam 8 lengths of pool during free

activity time. There was suspense in the air as the auctioneer started the bidding. By the end of the auction, each team had received a box of "unknown goodies" for their team.

The auction marked the end of the day. The excitement, the enthusiasm and the smiling faces of the students and staff clearly indicated that Intramurals are "The Pause That Refreshes" and that the Waterloo County Staff-Student Intramural Conference had been a positive experience for everyone involved.

*DON'T JUST
THINK ABOUT IT
-DO IT!*



Burnout - It Can Be Avoided

Burnout is often an individual's reaction to extended distress (as opposed to Seyle's eustress, which is positive stress). The predominant feeling is one of exhaustion. Those who are on 'the road to burnout' likely have one area in their life that is disproportionately important to them and may identify so clearly with their activities that if these activities fall apart, so do they. They may be unable to relax and always worry about their image. Such people are stressed.

Stress is usually viewed as an outside force acting upon the individual. Sometimes it is, but 99% of the time stress is the result of our own individual reactions to our environmental situation and thus the key to controlling our stress levels is to take responsibility and control of our own reaction (of the body; emotion and spirit). In other words, we must respect and care for all parts of ourselves recognizing that if one part is left unattended, the rest of the body will be affected.

Our bodies require carefully applied

exercise. The tendency today is to participate in the exercise program currently in vogue. This program may not have what your individual body requires everyday - or ever. The unique needs of our bodies must be listened to. Our bodies also require a given amount of **total** relaxation everyday - an example of meeting this need might be two 20 minute sessions/day of the relaxation response. Diet is of extreme importance - there is truth in the statement, "you are what you eat". A balanced diet following the Canada Food Rules is recommended, excluding all refined and processed foods, additives (and preservatives) and sugars.

If we are to care for ourselves (and no one else can do it better) then we need to recognize our emotions and express our feelings - the sad ones, the happy ones, the angry ones.....it is o.k. to be angry and feel frustrated.

We have learned many thought patterns that do us harm and again the key is to recognize these patterns and restrain them. For example, we often

deep down believe that we have to be thoroughly competent, adequate and intelligent, and achieving in everything (the superwoman/man syndrome). This puts tremendous stress on ourselves. We often believe that our unhappiness is caused by outside sources; most of the time **we choose** to react so that we are unhappy. We, as North Americans have a tendency to be inundated with "shoulds"...we *should* be such-and-such; they *shouldn't* be acting like such-and-such. What stress! --We are doing it to ourselves.

It is most important to know yourself - your values and beliefs, your changing emotions, your thought patterns, your body and its messages, and the pacing that is best for you. This responsibility for and to yourself includes living a balanced lifestyle. One that includes a balance of time to yourself, to your work, to your home life and to your community. One that also includes close friends with whom you can share and truly be your unmasked self.

- by P.J. Whillans.

A Welcome to New Members

We have 48 new members as of March 31 and we would like to welcome them to O.I.R.A. for the upcoming year.

Nancy McCormick
Janet Bain
Ian Douglass Daisley
Margaret Proctor
Jane Bell
Nancy Missouri
John Matheson
Paul Dekking
Donna Tim
David Robinson
Richard Brooks
Joan Mara
Ryan Trip
Bill Couture
Linda Turcott
Carl Tremblay
Carl Plouffe
Rich Poirier

Charlotte Laforest
Fred Stock
Bernetta Burns
Mary Farbotko
Vince Mercuri
Irene Murphy
Bil Ramor
Robert Smith
Simon Beitler
Donna Skinner
Bob Bryant
Carrie Kotlarchuk
M. Ethier
Ross Butler
Carrie Shaw
Colleen Heibein
Harley Delaronde
Danny Stacey
Russell Curotle
Myran Worywoda

HUG O' WAR

by Shel Silverstein

I will not play at tug o' war,
I'd rather play at hug o' war,
Where everyone hugs
Instead of tugs,
Where everyone giggles
And rolls on the rug,
Where everyone kisses,
And everyone grins,
And everyone cuddles,
And everyone wins.



CONFERENCES

OCT. 11, 12, 13 O.P.H.E.A. '84 KID STUFF GENEVA PARK - ORILLIA

KATHRINE SWITZER
1st female Boston marathoner, committee for '84 Olympic marathon

JOHN BENNETT
international leader in Youth fitness, dancer, musician

ZACHARY CLEMENTS
internationally acclaimed educator, humorist, humanist

ABBY HOFFMAN
4-time Olympian, director of Sport Canada, flag bearer, medalist, activist



ONTARIO TRAINING TEAM



MADCAP MIKE

GREG POOLE - FROM CARLETON U.
JANE BRODIE - TORONTO
WALLY MELLOR - QUEEN'S
CATHY FOLEY - OTTAWA
AUKE VAN HOUTS - LONDON

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For registration information, contact: Don Young, Laurier Secondary School, 450 Millbank Dr., London, Ont. N6C 4W7 1-519-689-2080

O.P.H.E.A. '84 REGISTRATION FORM

NAME Miss _____ SCHOOL _____
 Mrs _____ ADDRESS _____
 Mr _____ ADDRESS _____
 PHONE (_____) _____ PHONE (_____) _____

With whom might you like to share a room? _____
 Late applicants cannot be guaranteed choice accommodations.
 Conference fee: (a) members: \$155.00 (b) non-members: \$170.00
 Send post-dated (to Sept. 15, 1984) cheque to:
 Don Young, c/o Jack Long, P.O. Box 2365, London, Ont. N6A 4G3

'85 OIRA CONFERENCE Geneva Park April 28, 29, 30 - 1985

CIRA National Intramural Conference Association Canadienne De Loisirs Intramuros



7th Annual Conference
7e Congrès Annuel

May 9th, 10th, 11th, 1985
Aurà Lieu Les 9, 10, 11 mai 1985

- Student Leadership Development
 - Games and Activities
 - Model Programs
 - Innovative Intramurals
 - Intramural Issues
 - accountability
 - female participation
 - community interaction
- Formation des dirigeants
 - des jeux et des activités
 - Programmes pilotes
 - innovations en matière de loisirs intramuros
 - Questions d'intramuros
 - la responsabilité
 - la participation de femmes
 - les loisirs intramuros et la communauté publique

Under the BIG TOP Sous Le Grand Chapiteau

REGINA, SASKATCHEWAN
CANADA

For more information or application forms, contact:

Renseignements supplémentaires:
 M. PAUL RENWICK
 Richardson, Sask.
 S4G 4G0



CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

OIRA ontario intramural recreation association

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