

Wellness



Mohawk College's Wellness Committee has been in existence for the past 4 years. Operated under the auspices of the Intramurals and Recreation Department the committee's membership consists of eight representatives. They include a member from each of the following areas: Student Life, Medical Services, Human Resources, Faculty, Support Staff, Administrative Council, Recreation & Leisure Studies and Part Time Studies.

The committee motto is "Well by Choice" and the logo is an Apple. The motto and logo are patented.

The goal of the committee is to encourage and support the health and well-being of college employees. The objectives are as follows:

- identify employee's needs
- identify existing wellness opportunities within the college community
- develop a coordinated wellness program
- publicize and promote the wellness program

The committee supports a balanced approach to Corporate Wellness that encompasses three areas:

1. EAP - Employee Assistance Program
2. Wellness Education and Support
3. Organizational Wellness and Corporate Climate

Some activities sponsored by the Wellness Committee include:

30 Minutes for Me

A monthly lunch hour series promoting healthy lifestyles and leisure pursuits. Internal and community speakers are invited to present on a variety of topics including: Putting your Garden to Rest, Sport Injuries, How to Read Grocery Labels, All you Wanted to Know About Menopause and Skin Cancer.

Apple Week

An annual activity organized to promote Mohawk's Wellness Committee and activities. Apples are distributed to all college employees along with promotional items such as a scratch pad or button.

Monthly Memo

Monthly Memo is a college wide publication circulated to all Mohawk employees. A page in each edition memo is dedicated to the Wellness Committee. Subject material includes: healthy employees and how they stay well, the latest wellness facts, upcoming wellness committee events and contests.

Stress Dots

In April of 1991 the Wellness Committee distributed Stress Dots to all employees in the college. The activity was initiated to promote the profile of the committee and provide tension relief during a time of the year when stress levels are high.

Employee Volleyball Tournament

An annual tournament held each March. Run and organized by the students in Recreation Leadership the event attracts eight teams each year.

Breakfast with the Brass

This series of breakfast meetings are open to all college employees. Each session is hosted by a member of the President's Reporting Group and focuses on building a positive organization climate.

Once every eight to ten weeks, one of Mohawk's senior administrators is invited to lead a discussion on topics such as management philosophy, leadership styles and personal motivation.

Out and About

"Out and About" is a field trip/excursion program to interesting locations in Hamilton and Southwestern Ontario. The trips are open to all college employees, their friends and families. Destinations include: Waterloo's Farmers Markets and St. Jacobs and the SkyDome to take in a Blue Jays Game.

Health Fair

Mohawk's Wellness Committee hosts a Health and Wellness Fair every other year. The 1992 event will be geared to

the entire college community including faculty, staff and students. Internal and community health and fitness departments and agencies are invited to take part.

Employee Picnic and Children's Christmas Party

The Wellness Committee is responsible for running the Annual Employee Picnic and Children's Christmas Party. Sponsored by the Support and Faculty Unions in addition to the college's Board of Governors, the events are largely subsidized.

Employee Golf Tournament

An annual tournament held each June. The college's President allows all employees half day release time to participate.

For more information on Mohawk College's Employee Wellness Program contact, Michelle Harkness at (416) 575-2075.

Student Wellness Councils

Youth Promoting Wellness in Secondary Schools

Be sure to look for detailed information on this ever-growing topic of the 90's in future *INPUT* editions.

This publication is printed on recycled stock



INPUT



Vol. 12 No. 2

December 1991



Catching the Fun!!

Are you offering a well-rounded intramural program?

Provide "Something for Everyone"

A good starting point in assessing your intramural program is determining if you are indeed offering activities that attract a wide variety of students. A comprehensive intramural program includes team sports, individual and two-person sports, and some non-traditional events. It is also important to provide women's and coed leagues along with the men's league for most of your team sports.

Students who can only devote a small amount of time for recreational sports should not be overlooked in an intramural program. Graduate students, students who hold part-time jobs, and non-traditional students who spend little time on campus may be unable to commit to participating in a lengthy intramural team sports schedule, but they may wish to spend an hour or two at a special event or an individual sport competition.

Some of the most popular special events at Princeton University include a bowling tournament; a three-way golf scramble (an event in which three team members tee off and continue through the course with only the best of the three shots counting for each turn); the annual "Sportnighter" (an event in which the whole gymnasium floor is divided into four sections and different non-traditional sports such as kickball and dodgeball, are played in each of those sections. In this event, participants can wander from section to

section and get involved in whichever activity they choose for however long they want); and a home run derby (an event in which each batter gets 10 pitches, and the person who hits the most home runs wins). The challenge of reaching potential participants in these events may force you to seek new avenues of publicity and to carefully determine optimum scheduling times.



Make Participation Easy

Because college features an environment where time is a precious commodity, intramural participation should require little "off the playing field" time. Most students tell us, "We don't want to know the rules, we just want to play," so we've established our intramural policies with this in mind. We've created a system in which

players only have to spend a minimal amount of time taking care of administrative details.

First of all, we allow captains of team sports to add players to their rosters at any time. Students are considered to be members of a team simply by signing the scoresheet at the game.

Having intramural fields and/or a recreational gym in a central location is a big plus for making participation easy. If this is not feasible, you should distribute equipment at the game site instead of from the intramural office to avoid delays due to a shortage of equipment.

It's always important to schedule competitions at times that are most convenient for the students. Your campus registrar's office can help you determine when the largest percentage

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CIRA-Ontario acknowledges the financial support of the Ministry of Tourism and Recreation

of students have finished their classes for the day, and to achieve optimum attendance, you should consider scheduling events to begin shortly thereafter. We have found that Friday and Sunday afternoons are the best times to schedule outdoor games due to the limited hours of daylight time during the week.

Another good idea is to modify the sports so that they can involve fewer people. Although, as recreation professionals, we want to see masses of students playing and our facilities packed full of action, it's not always possible to organize full teams of students, given their diverse academic and social schedules. Organizing flag football, soccer, and ultimate frisbee for six-person teams, which can play their games on smaller fields, can be very successful and also require less playing space.

Making information about intramural programs readily available throughout the season will be greatly appreciated by your students. Post schedules, results, and other information in an area that will be visible to all players, and, if possible, introduce an "Intramural Hotline". At Princeton, for our hotline, we list the day's intramural events on an answering machine tape. Intramural participants can check their game time or location simply by calling the hotline number. We also utilize this telephone line to announce game cancellations or postponements due to inclement weather.

Do not let enthusiasm for an intramural sport wane by organizing a long season that takes up too much time. The best way to maintain interest at the fields and on the courts is to keep students engaged in good competition. Because "no shows" tend to occur as the season progresses and academic deadlines approach, shorter seasons prevent "no show" teams from draining the enthusiasm from opponents. In addition, by dropping teams that forfeit regular season contest from playoff competition, attendance at regular-season games will become more critical.

Use Student Leaders

The best way to find out exactly what the students want is to enlist the help of student leaders. Working with student

leaders not only capitalizes on the important "word of mouth" publicity network, but it increases the communication between the intramural office and participants. At Princeton, students can be elected intramural managers, sit on the intramural board of directors, and/or become sport captains, all of who help shape our intramural program.

Prior to the start of competition in each individual sport, a captain's meeting is held to discuss rules and intramural policies. At this meeting, any rule changes that have been suggested before the season or that have been brought up during the meeting are discussed and voted on. The students appreciate that we use a democratic process in determining sport rules, and they tend to feel that the meetings are more worthwhile if their roles are participatory.

Provide Recognition

Recognizing winners and student leaders can be accomplished in many different ways. Prizes and publicity are usually the best methods.

Individual and team sport champions should usually be rewarded with some sort of prize for their winning efforts. The standard prize tends to be the championship T-shirt.

At Princeton, we list the intramural champions from the previous year on the back of the T-shirts that we use during the current school year. This fosters a sense of pride for the past champions and serves as an incentive for current teams to make it onto the champion's shirt.

Local businesses may also contribute to the program by supplying prizes, and the intercollegiate athletic department can sometimes help with publicity. For our annual "punt, pass, and kick" competition, a local clothing store in Princeton donated rugby shirts to the winners. The intercollegiate athletic department then allowed the final passing event and distribution of the awards to be held during the halftime of a varsity football game, making an intramural event the center of attention before the home crowd.

Asking a student newspaper to cover intramural events is one of the best

ways to recognize and publicize winners and student leaders. If you aren't able to receive coverage, you might consider starting your own newspaper and distributing it from the recreation office or another central area in your recreational facility.

Thanking student leaders for their participation in the intramural program should not be overlooked. A nice way to do this is to send a personal note.

Potential intramural participants have a host of obligations to fulfill and schedules to meet. The successful intramural programmer has a challenge that is two-fold: He or she must give the students the programs that they want, and must make it hard for them to forget the fun that they've had.

Reprinted with permission by Stephanie Ritrievi, past Director of Intramurals and Club Sports at Princeton University, presently the athletic director and teacher for a junior high school in Palo Alto, California.

Stress Management Tip

It is essential for everyone (students, teachers, leaders, etc.) to find a way to deal with their own individual stress.

Being able to laugh at life and the events of life is a way to reduce stress.

Try not to take things too seriously because in many cases you may be making a problem or situation worse.

We all need to find our own ways to deal with stress and stressful situations.

When you have had a really rough and stressful day go home and stand in front of the mirror. Pretend you are a news reporter and the mirror is your television audience. Give a detailed report on the terrible events which took place during the day which caused you stress. **DON'T LEAVE OUT ANY DETAILS!** The more you exaggerate the better!

You will probably find yourself in stitches before you finish your "news report". This is good!

KEEP SMILING!

Intramural Extravaganza



Santa's Gift Bag of Ideas:

Get your students and teachers into the Christmas Spirit.

Ideas:

- door decorating contest
- selling/distribution of candy canes (fundraiser)
- Christmas hat, tie and shades day
- Christmas tree decorating contest
- toy drive for charity
- Christmas trivia (can be run as a lunch hour special event/distribute in the cafeteria and/or to classrooms)
- Christmas bake sale (fundraiser)
- Christmas craft sale (fundraiser)
- Santa Claus look-alike contest
- Christmas parade around the school
- sleigh ride/pull
- red and green dress-up day
- theme day: dress up in the Christmas spirit (have the students come dressed up representing their favourite part of Christmas - the students can dress up as a Christmas tree, Santa Claus, a wreath, a present, baby Jesus, a wiseman, etc. Have the judging take place either in the gymnasium or the cafeteria at lunch hour)

GREAT IDEAS

The following games/activities were reprinted from the book *Great Ideas-Games and Activities for Youth*, by Youth. For more information contact: CIRA, 1600 James Naismith Dr., Suite 601, Gloucester, Ontario, K1B 5N4

Bag the Birdie

Aim: To successfully return the most *birdies* and transfer the most bean bags from one side of the court to the other.

People and Space: Four players per badminton court

Things You'll Need:

- One badminton net and one shuttlecock (birdie) for every four players.
- One badminton racquet per player.

- Twenty bean bags or other small objects per court.
- Four large paper bags per court.

Before You Begin:

- Set up as illustrated on each court.

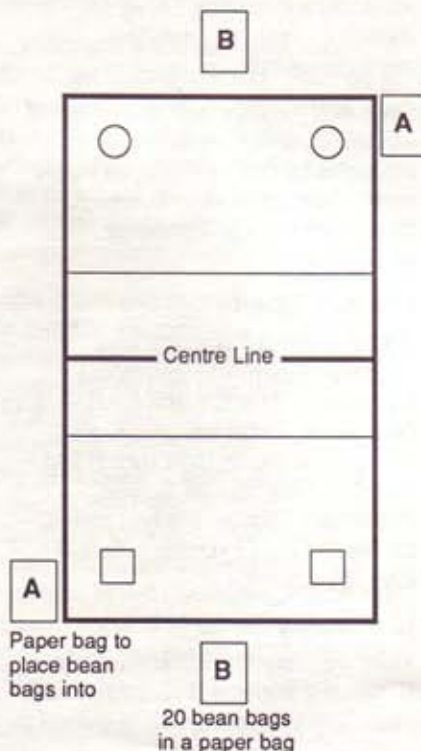
Playing The Game:

- Follow the general rules of regular badminton.
- Two partners on a doubles team alternate between returning the birdie and running a bean bag from one paper bag to the other. Players can only "run" a bean bag after successfully hitting the birdie over the net.
- If your shot is unsuccessful, your partner returns the last bean bag to its original paper bag.
- Bean bags must be placed, not thrown, in the paper bag.

Changing Roles:

- The first team to successfully transfer all the bean bags to their other paper bag wins.
- When a winner is decided, find a new partner and start a new game.

*Kuldeep Basna
Lake Cowichan Secondary School,
British Columbia*



Mogul Madness Relay

Aim: To be the fastest team to climb up, then slide down a snow covered slope using a series of different sliding methods.

People and Space: Two teams made up of equal groups of four players, a timekeeper, and a slope free of hazards such as trees, rocks, etc.

Things You'll Need:

- Snow.
- Markers to set up two identical parallel courses down the slope. Markers should be brightly-coloured toques, pylons, or other objects which will not cause injury if players collide into them.
- Plastic disks, garbage bags, or pieces of cardboard for each player to slide on.
- Two stopwatches.

Before You Begin:

- Set up the courses and determine four or more safe methods for sliding (ie/the group of four slides down one after the other; the group of four slides down as pairs with partners in continuous contact; the group slides down in one long chain; the group slides down one after the other...backwards!).
- Divide teams into groups of four players each.
- Identify the pathway each team takes to scramble up the hill.

Playing the Game:

- On the "Go!" command, the timekeeper starts both stopwatches and the first group of four from each team scrambles to the top of the slope and slides down their course

continued...

using the first method.

- As soon as each group reaches the start point at the bottom of the hill, their next group of four scrambles until the whole team has participated and the watch is stopped.
- Times for each team are recorded.
- The game starts again, this time groups of four slide using the second method, and so on.
- The team with the fastest cumulative time is declared the winner.

Add To The Fun:

- Dress up in team costumes.

*Aaron Clark
Admiral High School
Admiral, Saskatchewan*



Fast Trax

Aim: To score goals on the opposing team's net using all your soccer skills - except that you'll be wearing snowshoes outdoors, in the wintertime.

People and Space: Two teams of eight players or more, and a soccer field.

Things You'll Need:

- Snow
- Soccer nets or goal posts.
- Enough pairs of snowshoes to go around.
- A medium-size rubber ball.
- Pinnies or toques to differentiate between teams.

Game Plan:

- Follow the general rules of soccer.
- Manoeuvre the ball into the other team's net by kicking the ball from player to player while wearing snowshoes.
- When you have possession of the ball, you can take up to five steps before you must pass the ball to a teammate.

Safety:

- Avoid striking other players with the snowshoes.

*Kerry Nolan
Gloucester, Ontario*

Basevoll

Aim: To score more runs than the other team..while using a volleyball.

People and Space: Two teams of nine to twelve players each and a baseball diamond.

Things You'll Need:

- Three bases and home plate.
- A volleyball or beachball.
- Sound system and tapes.

Game Plan:

- Follow the general rules of baseball.
- Instead of using a bat and ball, a volleyball is used, and it is bumped, set, or spiked to keep it in play. You cannot throw the volleyball.
- To pitch a ball, the pitcher sets the volleyball to the hitter.
- You cannot "fly out", as the hit cannot be caught. If the ball is on the ground, fielders can pick it up and then bump, set, or spike it to their teammates.
- The fielding team can only catch the ball in order to tag a runner out.
- When not involved in the play, all players (both teams) keep moving on-the-spot in time to the music.

*Niva Chow
Churchbridge High School,
Churchbridge, Saskatchewan*

Scooper Duper

Aim: To manoeuvre the ball down a field and into the opposing team's goal using hand-held "scoops".

People and Space: Two teams of seven to twenty players each, and a field or gymnasium.

Things You'll Need:

- One scoop made from plastic bleach or juice bottles, washed and cut in half for each player.
- Two tennis balls.
- Hockey nets or waste paper baskets for goals.
- Pinnies or costumes to identify the two teams.

Before You Begin:

- Designate one goalie per team. Only goalies can contact the ball with their hands.

Playing The Game:

- Follow the general rules for floor hockey.
- Using only the scoops, pass the ball and shoot on the other team's net.
- You may take up to five steps before you must pass the ball.
- No kicking or catching the ball with your hands.
- Using your scoop you may tap your opponent's scoop to knock the ball out.
- There's a wrinkle...the goals are mobile! Two teammates move the opposite team's net from side to side - along the end line - to help their teammates score goals. Goalies move with the net.

Safety:

- Avoid striking players with the scoop (whatever it is!)

Add To The Fun:

- Try it on ice with ice skates, or in a rink with roller skates.
- Use a tennis racquet, lacrosse stick, or large rubber boot as a scoop.
- Use other small objects instead of a ball

*Jason Mathers
Pauline Johnson Collegiate
Brantford, Ontario*

It's Coming... It's Coming...

Post Secondary Student Intramural Conference

Striving for Excellence

University of Guelph
February 7 and 8, 1992

Will You Be Ready?

NETBALL... Experience the Thrill

Netball is an international sport played by two teams of seven players and is based on throwing and catching. The object of the game is to score goals from within a defined area (goal circle) by throwing (shooting) the ball through a ring (15 inches to 380 m) attached to a 10 foot high post. The game of Netball is designated for women and girls only.

Netball will teach team work and team play. Each player has to contribute to each goal and thus there is little opportunity to dramatize individual skills. The game will also serve a vital role in enhancing the aerobic capacity of school children.

Netball exposes children to continuance in musculature, good posture, coordination, and motor experience.

Netball can be easily adapted to existing facilities indoors or out and played on basketball or tennis courts, hockey rinks, paved parking lots, and grassy areas. The court can also be scaled down to suit the participating age group.

As far as equipment goes, the ball is small enough and light enough for small hands. Soccer balls or mini basketballs are good substitutes. The netball posts are portable and can be stored in equipment rooms. They can also be adjusted to heights of 8, 9, and 10 feet to accommodate the various age groups in a school.

Duration of the Game

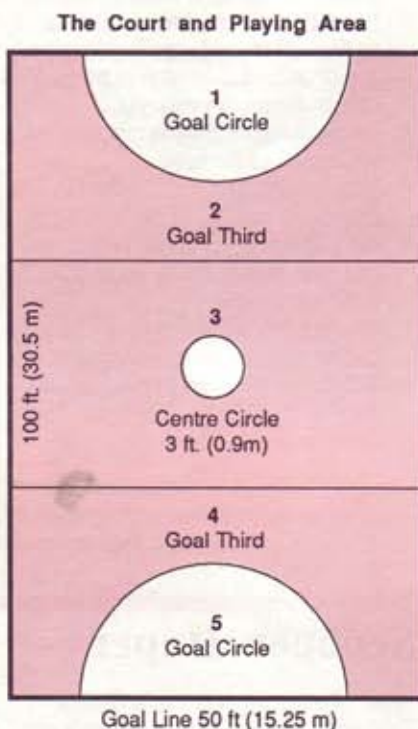
The game consists of four quarters of 15 minutes each, with an interval of three minutes between the first and second quarters and the third and fourth quarters. At halftime, there is another break, a maximum of ten minutes long. The length of the interval is the average of the time requested by the captains of the opposing teams. Teams change ends after each quarter.

The Team

A team consists of the following seven players: *Goal Shooter, Goal Attack, Goal Defence, Wing Attack, Wing Defence, Centre, and Goal Keeper.*

Players are not allowed access to every part of the court during a game. The playing area for each player is shown as follows:

- Goal Shooter (1, 2)
- Goal Attack (1, 2, 3)
- Wing Attack (2, 3)
- Goal Defence/Wing Defence (3, 4, 5)
- Goal Keeper (4, 5)
- Centre (everywhere on the court)



A player is considered offside if any part of her body touches the ground beyond the line bounding her playing area. She may reach over and take the ball from her offside (or when the ball is going outside), provided she does not touch the ground in that area.

Playing the Game

Play starts with the centre player in possession of the ball and standing inside the centre circle. The opposing centre stays in the Goal Third but is free to move. All other players stand in the Goal Third.

The centre pass can be caught by any player who lands within the Centre Third. A player standing in the Goal Third is not allowed to catch it or a free pass will be given to the other team.

A player may catch the ball with one or both hands. She must pass it or shoot at the goal within three seconds of

receiving it. A player must not deliberately:

- kick the ball
- strike it with a fist
- drop or bounce the ball, they replay it
- toss it into the air then replay it, or
- throw it over a complete third of the court without it being touched by another player.

If a player breaks any of these rules, a free pass is given to the opposing team at the spot where the infringement occurred. In addition, a player must not push, trip, hold, or throw her body against any opponent.

A player is obstructing when she is within three feet of an opponent without the ball and, 1) her arms are outstretched to retain her opponent; 2) movements are employed which take her arms away from the body other than those movements involved with natural body balance.

If a player breaks any of the rules of contact and obstruction, a penalty pass is awarded to the opposing team.

Scoring

Goals can be scored from within the goal circle only by the goal shooter or goal attack. Whenever a goal is scored, play starts again with the centres having possession of the ball alternately.

Penalties

A penalty pass or shot is awarded to a team when a player of the opposing team breaks the rules of contact and obstruction. The player penalized has to stand away from the thrower taking the penalty and may not attempt to intercept the pass or shot. A free pass is awarded to a team when a member of the opposing team breaks any of the other rules. A throw-in is awarded to a team when the ball is put out of play by a member of the opposing team. A throw-up is taken by the umpire when:

- opposing players gain simultaneous possession of the ball;
- opposing players simultaneously knock the ball out of court;
- opposing players are simultaneously offside;
- opposing players make simultaneous contact which interferes with play; or
- after an accident, the umpires are unable to say who had the ball, or the ball was in play when play stopped.

Reprinted with the permission of the Ontario Amateur Netball Association. For more information contact Helen Norman at (416) 248-5884.

Active Living Alliance for Children and Youth

Ten Guiding Principles

1. Focus on the whole person, stressing the physical, emotional, social and spiritual value of living actively.
2. Provide equal opportunities for physical activity, regardless of age, gender, language, ethnic background, ability, educational achievement and economic status.
3. Promote positive self-image, self-esteem and personal control.
4. Be knowledgeable about and respect growth patterns; encourage physical activity at each stage of development.
5. Provide a variety of choices for meaningful activities, based on the needs, interests and abilities of a child or youth.
6. Keep it fun and non-threatening.
7. Encourage a "for youth, by youth" approach.
8. Aim your promotion and programs at appropriate age groups within the children and youth target group.
9. Use contemporary, honest and positive approaches that encourage a sense of belonging.
10. Strengthen and maintain collaboration at all levels (local, provincial and national) and by all sectors working with young people.

Taken from the booklet (soon to be available) *Changing Times: Time to Change, Active Living for Children and Youth*.

For more information contact:

Active Living Alliance For Children and Youth,
1600 James Naismith Dr., Gloucester, ON,
K1B 5N4

Captain CIRA Rentals

If you are interested in using Captain CIRA for a special event at your school, feel free to call the CIRA-Ontario office at (416) 575-2083 for more information.



Helpful Hints for Choosing Partners and Forming Groups

Here's a few ideas for putting your students into partners:

1. Clasp your hands together, check to see whether, as you clasp, your right thumb is over top of your left or your left is on top of your right. Get together with a person who put the same thumb on top as you did.
2. Start hopping around on either your left or your right foot; find a partner who is hopping with the same foot.
3. Put from zero to five fingers in the air and find one other partner so that when you add your fingers to that person's fingers you get an even number.
4. Find a partner who has the same eye colour as you have.

Asking players to focus on the task of matching fingers, eye colour or feet seems to make the choosing of partners less threatening.

The same type of strategy works well when forming larger groups:

1. Decide which animal or creature you would rather be. You can only be one. If you feel like being Baby Beluga, go over there. If you'd rather be Kermit the Frog, go over there. If you'd sooner be Winnie the Pooh, come over here. Voila! Three groups.
2. You're thinking about your upcoming winter vacation. Decide whether you would prefer to go on a cruise on the Mediterranean, sunbathe in the Bahamas or take in the sites of Mexico City. Get together into one large group with those people who want to vacation as you do.

It helps if you try to create images for the specific group with which you are working. Play from what the group knows.

Reprinted with permission from the (soon to be available) *101 Games To Play In A New Way*. For more information contact CIRA National Office, (613) 748-5639.

Call for Nominations

CIRA-Ontario Executive Members

In accordance with the by-laws (section 32a) governing CIRA-Ontario, a call for nominations is in order. The position of Vice President: Membership Service, Vice President: Resource Development, Vice President: Publicity, Vice President: Student Leadership will become vacant at the 1992 CIRA-Ontario Annual Meeting. The process for nominations will be as follows:

1. Nomination forms must be forwarded to the Nomination Chairperson no later than January 15, 1992.
2. A slate of nominees will be mailed to each member by February 20, 1992.
3. The ballot must be completed and returned to the nomination chairperson by March 20, 1992.
4. The new executive members will appear in the April edition of *INPUT*.
5. All nominations must be members in good standing.

To acquire nomination forms and for further information: CIRA-Ontario, c/o Sharon Scime, PO Box 2034, Hamilton, ON, L8N 3T2. (416) 575-2083.

Conferences and Workshops

Annual CIRA-Ontario
Intramural Conference

**The 50's & 60's
Rock & Roll Fever!**



April 26, 27, 28th, 1992
Geneva Park,
Orillia, Ontario

For registration information contact
Sharon Scime at the CIRA-Ontario
office (416) 575-2083.

Note: The dates for the conference
which were published in the CIRA
Bulletin are **INCORRECT**. The
above dates are the correct dates
for the conference.

Calling All Speakers!

If you are interested in
making a presentation at the
Annual CIRA-Ontario
Intramural Conference,
please contact the
CIRA-Ontario Office
at (416) 575-2083.

Post Secondary Student
Intramural Conference

**Striving for
Excellence**



February 7 & 8, 1992
University of Guelph
Guelph, Ontario

For further information contact
Laurie Farquharson at
(519) 824-4120 Ext. 2160

Health Conference

**Active Living
for Active Health**



February 20 & 21, 1992
Airport Hilton
Toronto, Ontario

For further information contact the
OPHEA Office at (416) 495-4314.

Regional Advisor's Workshop

by Pat Blundy

Seventeen enthusiastic intramuralists gathered at Canterbury Hills in Ancaster last month to take a critical look at the current structure by which CIRA-Ontario has tried to network with intramural organizers across the three levels of education. After discussing the positive and negative aspects of the current structure which mirrors the 18 OFSAA regions, a consensus was reached that the province should be divided into 10 regions for which a Regional Advisor and Student Leadership Trainer would be identified. Due to the vast size of our province, each Regional Advisor would need to identify several key individuals within their region to assist with the dissemination of information and resource material for the system to work.

Brainstorming was also done about what CIRA members need and what activities or functions would meet these needs. Some of the ideas were:

- publish a regularly updated CIRA-Ontario directory which includes a speakers list
- provide resource materials, i.e. games file, gimmick or promotional ideas
- recognition of individual contributions while still active in program
- a better communication with the three levels of education
- development of certification to attract and motivate others

The weekend concluded with a discussion about the role of the Regional Advisor and revisions to the job description.

If you are interested in helping to promote CIRA-Ontario within your area, please contact Pat Blundy at (416) 845-9430 Ext. 455.

Edited by Sharon Scime—PO Box 2034, Hamilton Ontario, L8N 3T2

