

Bulletin


"The Voice of Intramurals in Canada"
«La voix des loisirs intra-muros au Canada»

October/November - octobre/novembre 1996 Vol. 22 No. 2

ISBN 1187-0818



"Active Trail Mix" is a new, life sized game board that's a hit with kids of all ages in Calgary. (see page 6). «Active Trail Mix» est un jeu de table grandeur nature populaire auprès des jeunes de tout âges. (voir à la page 6).

CIRA  **ACLI**

**CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS**



CIRA Board Members

President

Rob Stinson*
Work: (403) 220-6479
E-mail: rstinson@ucdasvm1.admin.ucalgary.ca

Special Board Appointee/Student Leadership

Cathy McCartney*
Work: (604) 923-4206
E-mail: cathy.mccartney@sd72.cn.camriv.bc.ca

Special Board Appointee/Bulletin Editor

Christine Preece*
Work: (519) 383-8331 ext. 515
E-mail: cpreece@sar.hookup.net

Provincial/Territorial Directors

Alberta/N.W.T.

Mike Boyles
Work: (403) 220-4413
E-mail: mboyles@ucdasvm1.admin.ucalgary.ca

Nova Scotia

Joanne Burns-Thériault
Work: (902) 457-6369
E-mail: joanne.burnstheriault@msvu.ca

British Columbia/Yukon

Angie DiFonzo
Work: (604) 599-2005
E-mail: angelina@kwantlen.bc.ca

Ontario

Pat Doyle
Work: (519) 749-0834
E-mail: lacrosse@ionline.net

Manitoba

Wade Gregg
Work: (204) 474-1301

PEI

Glenn Campbell
Work: (902) 859-8713
E-mail: campbell@barney.icodata.com

New Brunswick

Gerald Sullivan*
Work: (506) 392-5115
E-Mail: sulligew@nbeb.nb.ca

Quebec

Gaston Guevremont
Work: (514) 491-3366

Newfoundland/Labrador*

Andrew Battcock
Work: (709) 896-2214
E-mail: abattcoc@calvin.stemnet.nf.ca

Saskatchewan

Harold Robertson
Work: (306) 683-7430
E-mail: river.librarian@sbe.saskatoon.sk.ca

* denotes a CIRA Executive Board Member.



AIR CANADA

is the Official Airline of the
**Canadian Intramural
Recreation Association**



Health Canada Santé Canada

CIRA National Office

1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4

Tel: (613) 748-5639

Fax: (613) 748-5737

E-mail: cira@rtm.activeliving.ca

Rick Turnbull

Executive Vice President
Home: (613) 837-1765
E-mail: rturnbul@rtm.activeliving.ca

Ian Anderson

Director of Youth Leadership
E-mail: cira@rtm.activeliving.ca

Angèle Beauséjour

Administrative Assistant
E-mail: abeausej@rtm.activeliving.ca

Carl Clements

Director of Programs CALC
E-mail: cclement@rtm.activeliving.ca

Wendy Overton

Programs Administration Assistant
E-mail: woverton@rtm.activeliving.ca

Anik Long-Nadeau

Coordinator, Health In Perspective Project
E-mail: alongnad@rtm.activeliving.ca

Hazel Marshall

SL Secretary/Receptionist
E-mail: cira@rtm.activeliving.ca

Robert Lamothe

Publication Fulfillment Clerk
E-mail: cira@rtm.activeliving.ca

Rhéo Pilon

Financial Officer
E-mail: cira@rtm.activeliving.ca

Editor

Christine Preece

Desktop Publishing

Angèle Beauséjour

Sorry!

Please find enclosed the "Active Living A little goes a long way" brochure as explained in the September issue Vol. 22 No. 1.

Unfortunately, the material was inadvertently left out of the mailout.

This "art work" is ready to copy or print, fold and distribute to your active living consumers

CIRA ACLI

ION ASSOCIATION
SIRS INTRAMUROS

Submission of Articles

The CIRA Bulletin is published eight times per year between September and June. CIRA is pleased to consider all written submissions from its members. Articles should be two to three pages long, typed, double-spaced and sent to the Editor at least eight weeks in advance of the Bulletin publication.

Table of Contents

What's New in Fitness Programming?	3
Book Review	4
Quick Games	5
Program Model	6
Intramural Kick-Off!	7
Games for Teens and Adults	8
Frisbee Golf	9
Forest Valley Students Walk	10
Fast Food Guide	11
Announcements	12

What's New in Fitness Programming?

Cycle Reebok

Studio Cycling is a new fitness phenomenon rising up in health clubs and studios across the world.

Studio Cycling/Spinning is an addicting, exhilarating, body-changing class that keeps your members coming back for more.

Cycle Reebok is an athletic training program that utilizes the most innovative sports psychology, including guided imagery, visualization and other motivation techniques to prepare both the mind and body for ultimate performance. This class is a safe way to develop your cycling skills, while getting a phenomenal workout.

Cycle Reebok was developed by Reebok University in tandem with a team of experts in exercise physiology, cycling biomechanics and sports psychology.

Cycle Reebok training sessions address riding for enthusiasts of all levels, from the deconditioned to the skilled athlete. Instruction includes Basic, Endurance and Interval Training. Many men and women who don't participate in traditional group exercise activities are getting involved, all you need is the ability to sit on a bike and adjust the tension to fit your workout pace. Typically, group cycling classes last about 40 to 60 minutes, incorporating an interval training format.

Reebok hosts training sessions for fitness leaders and demo classes for health clubs. Watch for a demo class in your area and experience "the ride of your life".

Submitted by Joanne Burns-Thériault, Mount Saint-Vincent University, Halifax, Nova Scotia.



FREE CIRA MEMBERSHIP!!!

HOW WOULD YOU LIKE TO HAVE YOUR MEMBERSHIP FREE FOR A YEAR?

YOU CAN! SIMPLY BY HAVING 5 OF YOUR COLLEAGUES JOIN CIRA BEFORE MARCH 31, 1997.

IT'S VERY EASY! ALL YOU HAVE TO DO IS TALK TO 5 OF YOUR COLLEAGUES WHOM YOU BELIEVE WOULD FIND CIRA AN EXCITING ORGANIZATION TO BELONG TO AND HAVE THEM JOIN.

PHOTOCOPY THE MEMBERSHIP PROMO FLYER ENCLOSED WITH THIS BULLETIN, AND AND PASS THEM ALONG TO YOUR COLLEAGUES. DON'T FORGET TO ADD YOUR NAME IN THE SPACE PROVIDED, SO WE CAN KEEP TRACK OF "YOUR" MEMBERS.

IF YOU NEED MORE FLYERS OR ADDITIONAL INFORMATION ON CIRA, PLEASE CONTACT YOUR PROVINCIAL/TERRITORIAL DIRECTOR (LISTED ON PAGE 2 OF THE BULLETIN) OR CONTACT THE NATIONAL OFFICE (613) 748-5639.



Book Review

Creative Play Activities for Children with Disabilities - 2nd Edition 215 pages

by written by Lisa Rappaport Morris and Linda Schulz

Creative Play Activities for Children with Disabilities is an easy to use, practical reference book for anyone working or living with a child who has a disability. The book is organized in seven small chapters, beginning with a chapter called "Tips for Successful Playtimes" that stresses the importance of picking suitable games for the child's level, adapting an activity, and encouraging participation from everyone involved in the child's life. The next six chapters encourage family involvement in a child's development through play. The exploring chapters are:

- The World of the Senses
- The Worlds of Water Play
- Outdoors
- Make-Believe
- The World of Arts and Crafts
- World of Music and Rhythm

The resource activities are designed for infants to 7 year olds. They are easy to coordinate since the supplies required are "around the home" items. As well, the activity descriptions include adaptations for children with a hearing and/or visual and/or physical impairment. The preamble to the activities offers the reader safety cues and gives insight about the development the activities encourage.

In summary, the book is written in a positive nature that invites all family members to participate in playtime. This invitation is easily transferred to a classroom environment whereby everyone can take part in the activities.

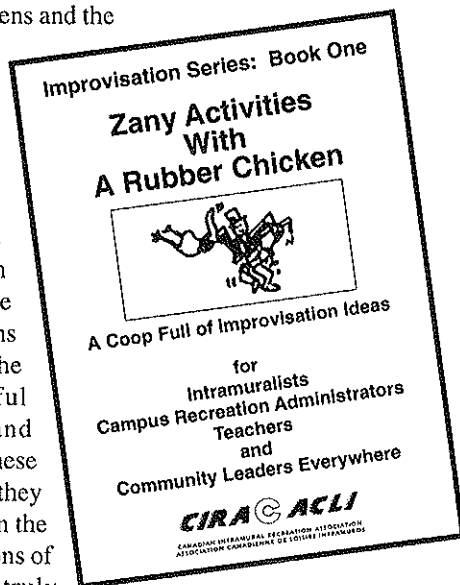
This book and many other great resources are available through CIRA National Office. For more information or a publication catalogue please write:

CIRA
1600 James Naismith Drive
Gloucester, ON K1B 5N4
Tel: (613) 748-5739 Fax: (613) 748-5737
E-mail: cira@rtm.activeliving.ca
<http://www.activeliving.ca/activeliving/cira>

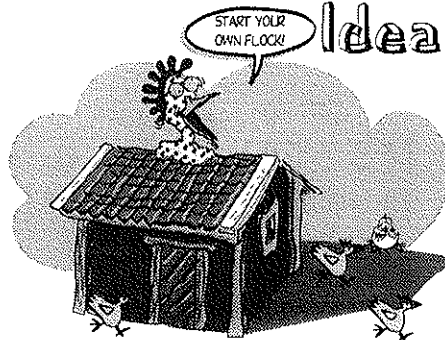
Reviewed by Angie Di Fonzo, Kwantlen University College, Surrey, British Columbia.

"Zany Activities with a Rubber Chicken"









Without a doubt these chickens and the wild activities created with them have enhanced every living thing I've used them on. Kindergarten to University, retirement homes to Oktoberfest, these rubberized meteorites have set the creative minds in motion across Canada. There is NO, repeat NO limitations to what can be created. The booklet is a wonderful beginning to games and activities one can play with these rubber peckers but the ideas they stimulate will enlighten even the Fat Alberts and Motor Morons of this universe. But the truly wonderful sight that is witnessed every time these appear is the endless SMILES and LAUGHTER that accompany them. The best investment in equipment for play with kids I've ever made.



A Coop FULL of
Improvisation
Ideas



Guaranteed to capture the interest of children and youth. This easy-to-follow resource with "graphic" graphics contains zany activities for:

- | | | | |
|--|------------|---|-------------------|
|  | promotions |  | group development |
|  | challenges |  | tag games |
|  | relays |  | target games |
|  | team games |  | special days |

Reviewed by Pat Doyle, John Darling P.S., Kitchener, Ontario.

Quick Games

Shoes are the clues!

What would you do if you could wear any shoe? Let's find out.....

1. Tell children they will be taking a series of "Imagination Trips." They will pretend to be wearing a different kind of shoes on each trip.
2. Tap out a variety of rhythms on a drum or wood block as children move quietly in tempo.
3. Change the beat periodically. Each time you change the beat, make an announcement: "You are wearing tennis shoes; show us how you would move on a tennis court." Help to create the mood by using vivid imagery: "The sun is hot and you're in your tennis shorts. You can feel the warm concrete under your shoes. You feel nice and light as you bounce around. What are you holding? Show us in pantomime."
4. Change beat, continue instructions: "Now you're wearing heavy galoshes and you're knee-deep in snow. Show us how you would move in the galoshes. The snow is getting deeper!"
5. Change the kind of shoes frequently. Use ballet slippers (dancing), astronaut boots (floating), and so on.

Try This

- Use tools instead of shoes: a hammer (carpenter), a drill (construction worker), hair clippers (barber), and so on.

Beach out!

This problem-solving game promotes a feeling of togetherness.

Preparations: Show a ball of yarn to the class. Ask, "How would it feel to become a ball of yarn?"

1. Circle formation. Children close their eyes, extend one arm forward and move slowly toward the center of the circle.
2. Each child must grasp and hold onto the hand of another child. There should be no free hands.
3. The resulting configuration should look like a maze or a giant ball of yarn.
4. The remaining task is to unravel the human ball of yarn; however, hands must remain clasped. It can be done - have fun!

Try This

- The children keep their eyes open as they head for the center of the circle.

Group Gravity

Travel through imaginary worlds and overcome amazing obstacles! Children must concentrate and respond to suggestions made by leader.

1. Whole class forms a circle.
2. One student (the teacher for primary grades) is the caller. This person says, "You are moving through molasses. It's thick and sticky". The caller has a drum or tambourine and beats a slow rhythm.
3. The caller must then say, "You are trying to hurry through the molasses. You are struggling...faster and faster". The caller speeds up the beat.
4. Caller may change the setting whenever desired.
5. Change the caller every few minutes.

Try This

- Walk on the moon (remember, there is less gravity there than on the Earth), or float in outer space.
- Walk on different surfaces such as sand, mud, water, snow, ice, and rock.
- Vary the temperatures and combine them with different substances. For example, when walking through snow, the sun suddenly comes out, the weather warms up, and the snow begins to melt.

Pass the ball

Who knows what will happen next in this story telling game?

1. Divide class into five groups, with approximately five players each.
2. Each group sits in a circle.
3. In each group, a ball is passed to one of the players. This player starts a story, "Once upon a time, there was a _____," and continues to tell a story for 20 seconds or so.
4. Player passes the ball to another player in the circle who must continue the story. The story-building continues until everyone has had a turn.

Try This

- Have someone in each group summarize the completed story.
- Tell familiar as well as original stories in the circle.
- Act out parts of the story as it is told.
- Act out a complete story after it is told.

Source: These great activities were taken out of the book *Great Action Games For Creative Movement* which was written by Milton Polsky & Jack Gilead.

Submitted by Glenn Campbell, O'Leary Elementary School, O'Leary, Prince Edward Island.

Program Model

Creativity Breeds Participation

At Saint Mary's Academy in Edmunston, N.B., student leadership forced creativity. With 220 students in a K-12 school, there often were not enough competitors to set up traditional competition or tournaments. Striving for 100% participation had to be goal #1. Here are two not-so-common activities that have gone over well.

"The Maze" was a noon hour participation activity initially designed for the K-5 classes. It eventually caught the attention of the older students because it was a non-competitive fun activity.

The leadership students set up a maze on the gym floor by standing crash, gymnasium and wrestling mats up on their side. In the maze were hidden about 15 stuffed toys. The gym lights were turned off and only the dim lights were left on.

In small groups of 2-4 students, depending on their age, the students would go through the maze, picking up as many stuffed toys as they could find on their way. When they came out the other end, they were congratulated, sometimes with a hug. The toys were then returned to the maze simply by tossing them over the top anywhere inside. A new group was sent in.

Although this activity took some set-up time, the advantages of this activity were the excitement, the anticipation, 100% involvement, and safety. Great fun in a safe environment.

Another successful student led activity, called Fun Fair Friday Night, was planned as a fund raiser for the Children's Network Telethon.

Fun Fair Night, held in May, saw 12 activity centres operate for two hours, from 6-8 p.m. The activity centres included:

- a dunking booth
- a pie throwing auction
- dart toss
- hang your hat toss
- bowling
- hit the target hockey shot
- crown and anchor
- blind basketball
- frisbee toss
- ring toss
- coin toss
- a "guess how many smarties" bottle

To avoid having money in circulation at the activity booths, participants, aged 2-95 years, bought tickets at the door. The tickets cost \$0.25 and each activity cost one ticket. The goals at each activity were not set too high so that winning was quite easy.

Upon winning, the participant received a prize entry form on which they wrote their full name and phone number. With the completed entry form, they went to the prize display table, which consisted of community solicited prizes advertised on slotted and labelled 2 litre ice cream buckets, and put their entry in a bucket that represented the prize they wanted. Each winner could have all their entries in the same bucket or one entry in different buckets – it was their choice. There were 80 prizes buckets valued between \$2.00 and \$30.00. Prizes ranged from ski passes to jewellery to toys. There was something for everyone!

At 8:00 p.m. everyone sat or stood throughout the prize draw which lasted 30-40 minutes. At the end of it all, a good time was had by all and some money was made for the Children's Miracle Network.

For more information on this event contact:

Toni O'Brien
Saint Mary's Academy School
52 Marmen Ave.
Edmunston, New Brunswick
E3V 2H2
(506) 735-2066

Life Size Game Board a Hit with Kids of all Ages!! (cont'd from cover page)

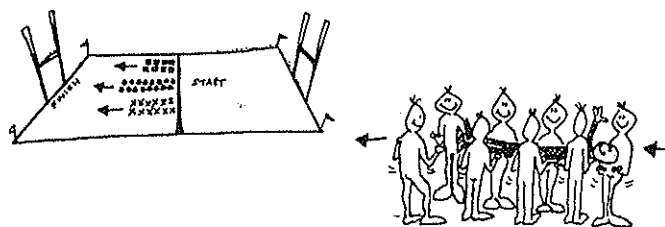
The University of Calgary's Be Fit For Life Centre has recently unveiled the "Active Trail Mix" game for use at the community events and displays promoting active living. A modification of Twister, this life-size game board is made up of a number of "stones" which mark the Active Trail. To advance on the trail, participants roll the large die and move themselves around the "board", doing the activities marked on the stones where they land. Activities include: jumping jacks, crab walk, stretches, doing a full lap of the board and more! The game was designed to accompany active living displays and has been a hit at such events as Canada Day, Corporate Challenge and Sneaker Day. For more information on active living and the "Active Trail Mix" call Lea at (403) 220-8011.

Submitted by Mike Boyles, University of Calgary, Calgary, Alberta.

Intramural Kick-Off!

Kick-Off Event #1 Hit It!

- A grade competition which involves firing water balloons from a giant sling shot attached to the football uprights toward a variety of targets.
- Each grade has about 50 water balloons and 3 minutes in which to launch them!
- Targets: 100 points per hit - balloon caught on a blanket held by students from that grade
300 points per hit - hit our car mascot
400 points per hit - Vice Principal or teacher direct hit
- Bonus: 25 points per student participating



Safety Suggestions:

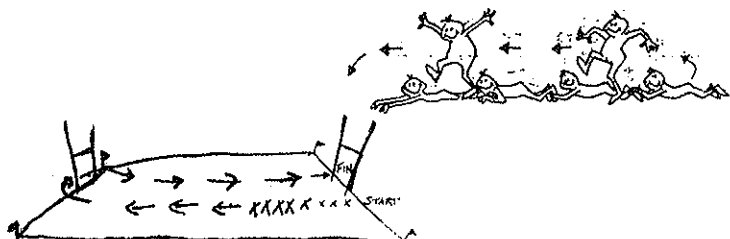
- Have a student spotter to catch the bodies being passed...as they arrive at the end of their line!
- Have teachers keeping the group standing close together.
- Alternate stronger and weaker people.

Kick-Off Event #4 The Gauntlet

- A two-part grade competition involving water!
- 1st Part: Running the Gauntlet
 - The object is for the group to carry water in small containers on a towel in groups (a minimum of 4) down the field to put as much water into a pail as possible in 3 minutes.
 - While the group is running, they are being bombarded by water balloons by randomly selected students called "Stormtroopers" (some are throwing and some have sling shots for the water balloons).
 - Points are awarded for the amount of water in the pail.
- 2nd Part: Dump Off
 - Each grade selects two students to represent them.
 - Five targets (three teachers and two co-presidents) are seated on stools and wearing helmets - they have a sign around their neck indicating their point value (400, 600, 1,000 pts).
 - Two students from different grades go at a time. They are blindfolded and have a pail of water. By following the instructions from the yelling crowd, they attempt to dump the water on the target worth the most points. (Target order and values keep changing) (2 minute limit).

Kick-Off Event #2 Circle It!

- A grade competition which involves students forming a large circle by running and stepping over the rest of their group and lying on their stomach, forming a chain around the football field.
- It is a timed event to see who can move the whole group all the way around in the shortest time.
- A small group runs many times to make it around.
- A large group may only have to circle once (our grade 9 class won the event with 1 large circle and 1 runner).



Kick-Off Event #3 Hands Up!

- A grade competition which involves students passing people down the line to the end to move the line to the end of the field (covered half a football field).
- Students form two lines facing each other, standing shoulder to shoulder and holding the wrist of the person across from you.
- Students are "passed" down the line on top of the arms of the students in the line.
- The first group to cross the line wins.
- After trial runs to practice, all five grades go at the same time.

Combined Points: determine the winning grade.

Submitted by Mark Harper, Mary Field Keenan Waterloo-Oxford H.S.S.

Games for Teens and Adults

Loose Caboose

Take the basic idea of a game like Elbow Tag, add a fantasy, and we can create a New Game with rather different qualities - such as this combination of tag and a railroad switchyard gone haywire.

To start, we set boundaries and form trains - each with a locomotive and three or four cars and each made up of players with their hands on the hips of the players in front of them. The number of trains depends on the number of players, but there should be at least three trains, and we need two additional people as well - one to be the switcher and the other to be (you guessed it!) the loose caboose.

The object of the game is for the switcher, who is armed with a Nerf ball, to try to tag the loose caboose with the ball before the caboose can hook on to the back of a train. If the caboose does manage to link up, the locomotive of her train breaks away to become the new loose caboose.

If the switcher tags the caboose, the caboose becomes the new switcher, and the old switcher gets a free trip around the switchyard to hook on to the back of any train and release a locomotive as the new loose caboose.

The key feature of this game is that each train should do its utmost to avoid the loose caboose. This should make for more tagged cabooses, and thus keep the game moving at a fast pace.

For a variation, how about letting the switcher hook up to the end of a train, too, releasing a locomotive as a new switcher? The roles might get confusing in this version of the game, so each new switcher should announce his status by giving us a loud blast of his human steam whistle.

All aboard!

Yurt Circle

The name of this game is derived from that ingenious Mongolian nomads' tent in which the roof pushes against the walls in perfect equilibrium, keeping the structure standing. If we all work together, we can get our own Yurt supporting itself in no time.

We form a circle with an even number of players. All of us face the center, standing almost shoulder to shoulder and holding hands. We then go around the circle and one person says, "In", the next says, "Out" and so on. When we're finished, each In should be standing between two Outs and vice versa.

Then we count to three, and the Ins lean toward the center of the circle while the Outs lean back. We all keep our feet stationary and support ourselves with our held hands. With a bit of practice, we can lean amazingly far forward and backward without falling.

Once our Yurt is stable, we can try counting to three and having the Ins and the Outs switch roles while we continue holding hands. If we get really proficient, we can try switching back and forth in rhythm.

A Yurt stays upright because each part is responsible for supporting the whole, with an interplay of forces in opposition and in harmony at the same time. What could be a better metaphor for New Games?

Quick Lineup

This is one of the few New Games that's played in a square rather than a circle. It also is a great way for four teams to test wits and group spirit.

We start by lining up shoulder to shoulder in four teams, each team forming one side of the square, with everyone facing the center. One person goes into the center of the square as the spinner. She

stands still for a minute, facing one of the teams, and this is a crucial moment in the game. Each team member has to remember, first, the order in which his team is lined up - that is who he is next to in line - and second, where his team is lined up in relation to the spinner; it can be to her left or right side: or it can be behind her. If we're not clear on this, we're going to be very lost, very soon.

Once we all know where we are, the spinner spins around and when she comes to a stop (facing a different team, presumably) she calls, "Quick lineup!" That's the signal for the teams to regroup around the spinner in their original positions; that is, to the spinner's front, left, right, or back. To do this everyone will have to scramble across or around the square (without collisions, please!) and get into the right spot in relation to the spinner and his teammates.

As soon as each team is back in its original order and its original orientation to the spinner, all its members join raised hands and shout, "Quick lineup!" indicating that their team is without question the most together of the four.

The spinner can continue to spin and stop as long as she wants, launching the teams on their dash to put matters back in order. Players should be warned of some typical spinner tricks: coming to a stop in the same position she was in the last round or bending over. And what would we do if the spinner came to a stop lying on her stomach?

Taffy Pull

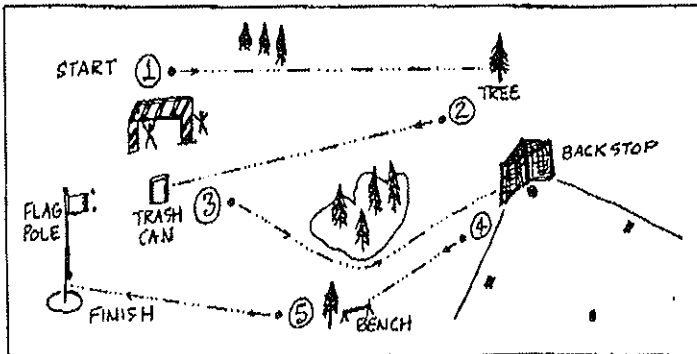
The ingredients in this recipe are all of the human variety. Amidst the tugging, some of our ideas about playing hard may get stretched too.

First, we make sure we're not wearing any sharp jewellery or belt buckles. When we divide into teams - the taffy team and the taffy pulling machine team. The taffys all sit down and link hands, arms

Continued on page 9...

Frisbee Golf

Body Awareness: throwing skills
Equipment: one Frisbee per student; "golf" course



Procedure: This game is played like a regular game of golf, except that a Frisbee is used in place of a golf ball. The students are either paired up one against another or in small teams of two or more players. The object of the game is to "hole out" in as few throws as possible. Each player starts from the tee area and has to throw the Frisbee toward a tree or other object that is designated as the hole.

If you are playing as small teams, each player rotates the throws in order. The Frisbee must hit the tree or other object to successfully count. You can design a small Frisbee golf course such as the one shown or let your students make up their own.

Variation: To make the game more challenging, the players themselves can design their own holes with multiple tasks, such as throwing the frisbee around a tree before landing it on a park bench.

Submitted by Wade Gregg, Churchill High School, Winnipeg, Manitoba.

Games for Teens and Adults (cont'd)

...Continued from page 8

and legs in a tangled mass of sweet humanity. They might want to decide what flavour they are and chant an appropriate confectionery cheer, like "butterscotch, butterscotch." The taffys will need all the spirit and cohesiveness they can muster.

The rest of us are the taffy pulling machine team, and our job is to pull the taffy mass into human-sized bites. We might start with the parts of the taffy that appear to be the most stretchable, and firmly (but gently) tug at them until they come loose. Keep in mind that the best taffy is made by smooth stretches - if we yank too hard, the taffy will snap. And it's up to each bit of taffy to decide how much he wants to stay part of the mass. With these two important rules in mind, none of us should have to worry about getting hurt.

Our New Games taffy pulling machine gets more powerful as it does its job. Each piece of taffy that gets separated from the mass joins the machine, until the last two die hards are pulled apart. Then it's time for the original teams to switch roles for a new round of tasteful tugging, if everyone will stick with it.

Submitted by Rick Rowley, E.D. Feehan High School, Saskatoon, Saskatchewan.

Alumni Star Search

Did you coach Jim Carrey in intramural volleyball? Maybe you played intramural hockey with Eric Lindros? CIRA is currently trying to locate any intramural alumni who have gone on to prominent leadership positions in industry, entertainment, sports and/or politics.

Any members knowing of influential alumni, including themselves, are encouraged to supply this information to Ian Anderson at CIRA National Office. These individuals could be used as media spokespersons, which could be a great help in marketing programs such as the Student Leadership Development Program, securing sponsorship and donations, or event promotion.

Forest Valley Students Walk



Walking for fun, for fitness, to be with friends, to get healthy and strong and to look at nature were all reasons students at Forest Valley Elementary School gave when asked why they were involved in this exciting new venture at the school.

Last April, Marge Duncan, a primary special needs teacher at the school, suggested a walking program to the four Grade 1 classes at the school. The teachers and students were keen to give it a try as well as a group of parent volunteers.

Three days a week, right after morning recess, over 90 students, teachers, and parents set off on a 1 to 1.5 km walk on the paths and streets around the school in Orleans. It started out as a fairly slow stroll in April, but within a month it became a fairly brisk walk through the treed parkland surrounding the school.

"Fantastic!", was the comment from several of the students who did the walk, when I was invited to join them on their regular Wednesday walk. The students also observe the environment around them and told of the flowers, blossoms, birds and squirrels that they had seen in the spring.

They now look forward to their treks and begin their stretching and warm up exercises before recess ends, to get themselves "ready to roll" explains Mary McKay, a Grade 1 teacher whose class participates.

We have different parents willing to help with the supervision on a regular basis. "One of the parents brings her mother, who travels with the students in her wheelchair", states Duncan. "It's very encouraging to receive the support from all the parents", she adds.

Forest Valley Principal, Michel Lamoureux, encourages the activity for the children. "Balanced education is important and we don't want to leave the 'physical' out of education", says Lamoureux. "Another benefit is the 'no cost' aspect of this venture, which is a real plus in these days of shrinking budgets", he adds.

The children receive regular physical education classes 3 times per week for 40 minutes, but this supplementary recreational activity has really caught on with students, teachers and parents alike. The PE teachers have noticed that the students' stamina, during physical education class, has increased since they have implemented this walking program. The students also settle down more quickly and are more attentive during their regular classes, leading to more productive learning time.

All in all it has been a win - win situation for everyone and a program that other classes and other schools can use as a positive model. The old participACTION slogan of "walk a block a day" has found a new beginning and many new young followers at Forest Valley Elementary.




Editor's Note:

The above story was written in June '96. A recent call to the school confirmed that the program began again this fall with over 100 students involved, along with teachers, parents and a local community resident who asked to join. Marge Duncan said that the interest by the students and the support by administrators and parents this fall, has been tremendous.

Written by Rick Turnbull, CIRA, Gloucester, Ontario.

Fast Food Guide

Do you really know how much fat you are eating when you dine out?

Restaurant	Total Calories	Grams of Fat	Percentage of Calories from fat	Sodium (mg)
MacDonald's				
Regular Hamburger	255	13	45	520
Regular Hamburger with Cheese	307	14	41	767
Big Mac	563	33	53	1,010
Quarter Pounder 	424	22	46	735
Filet-O-Fish Sandwich	432	25	52	781
Chicken McNuggets	314	19	54	525
Wendy's				
Regular Hamburger	470	26	50	774
Regular Hamburger with Cheese	580	34	53	1,085
Double Hamburger	670	40	54	980
Double Cheeseburger	800	48	54	1,414
Triple Cheeseburger	1,040	68	59	1,848
Burger King				
Regular Hamburger	290	13	40	525
Regular Hamburger with Cheese	350	17	44	730
Whopper	630	36	51	520
Double Whopper	850	52	55	1,080
Double Whopper with Cheese	950	60	57	1,535
Kentucky Fried Chicken 				
Thigh, original recipe	257	17	61	566
Drumstick, extra crispy	155	9	52	263
Drumstick, thigh, extra crispy with mashed potatoes, gravy, coleslaw, roll	765	44	52	1,480
Pizza 				
Cheese, thin crust, one-half of 10"	359	10	25	1,116
Cheese, thick crust, one-half of 10"	460	6	12	1,132

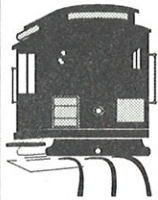
Source: Lambton Health Unit, Healthy Lifestyle Department, Sarnia, Ontario.

Editor's Note:

Did you know that 1 gram of fat has 9 calories? To calculate the percentage of calories from fat, multiply the grams of fat by 9 and divide that total by the total of calories.

Provincial/Territorial and National Conferences

Date	Topic	Contact	Location
November 19, 1996	BC Post-Secondary Network Group Trinity Western University (presenter: Nestor Korchinsky-UBC Intramural)	Cathy Chappow (604) 888-7511 ext. 2422	Langley, BC
January 17-18, 1997	1997 CIRA Ontario Post-Secondary Student Conference "no limits no boundaries" Brock University '97	Andrew Gilchrist Vogt (905) 668-5550 ext. 3574	St. Catherines, ON
April 4-8, 1997	NIRSA 48th Annual Conference	Will Holsberry (541) 737-2088	Louisville, Kentucky
May 8-10, 1997	CIRA National Conference In Concert '97 Band Together for Sport CIRA, PEPSA and BCSS University of BC	Angie Di Fonzo (604) 599-2005	Vancouver, BC



MOVING?

DON'T LEAVE US BEHIND!



Please send your change
of address to:

CIRA
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4

Tel: (613) 748-5639 Fax: (613) 748-5737
E-Mail: cira@rtm.activeliving.ca

CIRA  **ACLI**

CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

Name: _____

Address: _____

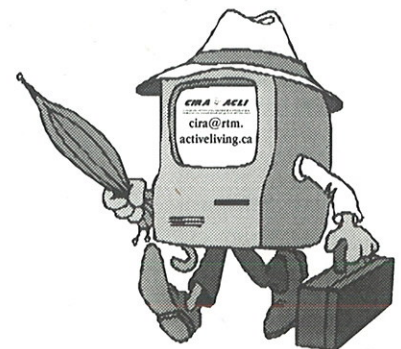
City: _____ Province: _____

Postal Code: _____

Telephone (work): () _____



We invite you
to visit us
on the web!



<http://www.activeliving.ca/activeliving/cira>

Reminder

Our E-mail address is: cira@rtm.activeliving.ca