

"The Voice of Intramurals in Canada"

«La voix des loisirs intra-muros au Canada»

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CIRA's Latest resource Snow Fun! was launched at the CIRA/CASAA National Conference in Calgary, Alberta. This winter activities resource is packed full of fun and games for outdoors or indoors. (1- Rick and Trevor display their ice dancing skills, 2 & 3 The Snow Ball Relay and 4- the Snow Fun! Champs

Photo by Carolyn Nixon

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CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

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President's Message

HAPPY NEW YEAR!



I hope that everyone had a wonderful, happy and safe holiday season. It is the start of the New Year, have you made your resolutions? If you have not already done so, I would like to suggest a resolution that is easy to keep and fun to work on.

It is a simple one and one that includes CIRA. Join us in a workshop, check out our website, become involved in your Provincial CIRA Association. Becoming involved in CIRA is one New Year's resolution that will be easy to keep.

Here is a brief update on what has been going on around CIRA in the last few months and what the New Year holds for us.

As I am sure most of you are aware, CIRA has moved its National Office from the 1600 James Naismith location to our new location on Belfast Road in Ottawa. Moving is disruptive at the best of times and trying to keep a professional office running 'normally' during a move is an enormous task. Congratulations to Rick Turnbull and the rest of the National Office staff on having survived the move and for maintaining the service that we, as members, have come to expect from CIRA throughout the years. This was no small feat.

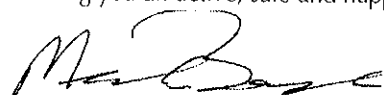
We also have had some changes in our National Office staff. Earlier this fall our Financial Officer, Rhéo Pilon, retired and this past month, Receptionist/Publications Clerk, Hazel Marshall retired from the CIRA family. We will all miss Rhéo and Hazel, not only for their professionalism and dedication to CIRA, but for the friends they have become and the memories we have shared. I think Hazel said it best, "I can honestly say it has been a wonderful experience for me to be part of CIRA and to share in all it stands for." We will miss you both. The only good part about saying good-bye is that you get to say hello to someone new. Kathy Hare is becoming accustomed to being our Financial Officer and Anne Turpin has just joined our National Office staff as Publications and Customer Service Assistant. Welcome Anne to the CIRA family.

I am personally very excited about the possibilities in this new year. 2000 was a strong year for CIRA and 2001 promises to be even better. CIRA will continue to strive to provide practical resources and professional development opportunities for our members, teachers and educators across Canada. Our Provincial CIRA Associations have plans to run workshops, distribute catalogues, network with other provincial associations and promote intramurals and active living at the grassroots level. I encourage you to take advantage of the opportunities that CIRA can provide you, both professionally and personally, and I hope that if you are not already involved in your Provincial CIRA Association, that you will consider it as your New Year's resolution. Believe me, you will not regret it one bit!

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Wishing you an active, safe and happy 2001.


Mike Boyles/CIRA President



Health Canada Santé Canada



CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

International Year of Volunteers 2001

I Volunteer.

Two strong words in a year to celebrate volunteers.

I Volunteer.

Two powerful words that encompass the tremendous range and diversity of how and why people give of themselves.

I Volunteer. We Volunteer.

There are seven and a half million of us in Canada. Celebrate us. Recognize us.

Talk about us.

There are as many reasons to volunteer as there are volunteers. There are millions of us out there, and what we do is only sometimes glamorous and it is sometimes hard and sometimes wet or lonely. And sometimes immediately gratifying, but not always.

We read and coach and walk and drive and visit and cook and telephone and canvas and run and protest and feed. We write and paint and organize and coordinate and sew and speak and clean and prepare and direct and chair and give.

We are parents and friends and seniors and children and teenagers and people who work for a living and people who don't. We are from everywhere. We are Canada.

Some of us call it volunteering and some of us have other words for what we do. Helping out. Doing what's right. Giving our time. Giving back. Having fun.

Through volunteering we connect – to each other, to what matters within us, to our vision of what we want this country to be.

We create plays and music and festivals of authors and dinners and little league games and comfort and research funds and awareness. We make a difference.

We find friends and experience and satisfaction and meaning and fulfillment and each other.

It gives our lives meaning – often more meaning than what we do to put bread on the table. When we put our hearts and minds to it, we find there is nothing we can't do. We can change the world.



Volunteers impact every aspect of Canadian Society. Work in health and social services, education, the environment, in faith organizations, arts and culture, in sports and recreation is enhanced by volunteers. In, 2001, 77 nations around the world will participate in a global celebration of volunteers. International Year of Volunteers (IYV) 2001, will honour the enormous contribution that volunteers make to the social and economic fabric of our society.

On December 5, 2000, Volunteer Canada launched a social marketing campaign using the key phrase, **I Volunteer**. The campaign presents both a visual and poetic description of the diverse and meaningful array of stories that is volunteering in Canada. For each "I" who volunteers there is a different reason and a different reality.

The **I Volunteer** campaign invites us all to think about why we volunteer and to tell our story.

For more information about IYV 2001 in Canada, contact your local volunteer centre or Volunteer Canada:

Tel: (800) 670-0401

Fax: (613) 231-6725

Visit the Canadian IYV 2001 site at <http://www.iyvcanada.org>

Source: Volunteer Canada

Post-Secondary Spotlight

Inner-Tube Water Polo – Campus Recreation University of Saskatchewan

Inner-tube water polo may not be the next Olympic sport, but it sure is a lot of fun! Campus Recreation at the University of Saskatchewan offers this crazy water sport to all its students. Since we



have offered this program, it has continued to grow in popularity. It is similar to a game of water polo, however the players must float around the pool in big inner-tubes. Players must remain seated in their inner-tubes throughout the match. Teams consist of six “floaters” plus one goalie. Only the goalie is allowed to touch the bottom at any time. To score points, players must get the ball into a hockey net sitting pool-side at the ends of the pool. The only major rule is no hanging on to, or pushing off of, another players’ tube. This unfortunately means no tipping!

One of the best aspects of this team game is the equalization of the skill level by using the inner tubes. This allows pretty much anyone who wants to get some exercise to come out, have fun, learn a new game, and meet new people. The teams consist of both men and women. To encourage female participation, a goal scored by a woman is worth double points. In many student experiences this has greatly reduced any hard feelings caused by “ball hogs” and lets everyone have a chance to score. The implementation of the Fair Play rule has also increased team spirit and participation. After every game, each team is rated by one another and by the referee. This rating is a score out of five, based on the level of spirit and fairness that the other team exhibited. Any teams not having an average score of 3.5 at the end of the season are not allowed to enter playoffs.

Student participation is what keeps Campus Recreation in business. Sports such as Inner- Tube Water Polo encourage participation of a wide variety of people. It is a great way to get some exercise if you’re not into more strenuous sports like basketball. Features of Campus Recreation sports such as a non-competitive attitude and the Fair Play rule also allow everyone to have the best athletic experience possible.

Source: Sarah Pooler, Campus Recreation Student Board Member, University of Saskatchewan

Spirit and Game Philosophy of the UQAMicales League

The new Sports Centre was created to encourage students to be active and increase their well-being by being healthy, having fun, and relaxing in a safe environment. The “Leagues” will follow this same rule. It focuses on participation and fair-play while maintaining a competitive spirit. Students often play in a strained environment where their only focus is victory. That environment becomes more enjoyable when the focus is shifted to fun and relaxation.

We have taken some measures to ensure that the competitive spirit remains moderate. They include a points system, the addition of a few rules and adequate officiating. We not only want to modify certain behaviours but also change the participants’ attitudes and values concerning team sports. Our goal is to build a team spirit among all students from all academic programs.

Points system

1. Points for competition (9 points maximum)

Win: 3 points (3 games per meet)

Tie: 2 points

Loss: 1 point

Forfeit: 0 point (minimum of 5 players with the goalie)

2. Points for fair-play (9 points maximum)

2.a Participation (4 points maximum per meet)

One half-point per attendance. The player is not considered present if he/she arrives after the first game.

2.b Attitude (5 points maximum per meet)

One point lost per major penalty or misconduct.

3. Bonus points

Players have the opportunity to win bonus points. An impartial jury will award points to the teams having the best costumes, the best college yell and team choreography during a theme week (Halloween during the fall term and Valentine’s Day during the winter term).

3 points for first place

2 points for second place

1 point for each participating team

Source : Eric Dion, Intramural League Officer, Sports Centre, Université du Québec à Montréal

Activity Centre

As a part of any intramural program or physical education class, there needs to be an effective and fun warm-up that really gets students active. Here are a few low-organized games that can be done either as warm-up activities or as a part of a low-organized games unit:

Mission Impossible (K-12)- The object of the game is to hit everybody else with a gatorskin ball, making them sit down cross-legged. The impossible mission is to be the last participant standing.

Rules:

1. If somebody hits you, you sit down and keep your eye on them. When he/she gets hit and sits down, you stand up and rejoin the game.
2. If you have a ball, you must throw it. You cannot walk with the ball.
3. You can hit someone anywhere except in the head.
4. If you catch someone's ball in the air, he/she must sit down.
5. If a ball rolls to you while you are sitting down, you pick it up and hold it over your head. When someone comes to you, give him/her the ball and tell him/her to hit the person who hit you.

Bombadier (K-12)- The object of the game is to protect your pylons (that have balls on top of them) while knocking your opponent's balls of their pylons.

Set-up:

Divide the gymnasium into four equal quadrants using saucer markers (or regular pylons). Divide the class into 4 groups, 1 in each quadrant. At this point, each quadrant should have 2 or 3 pylons with a gatorskin ball on top of each pylon. Each pylon should have a hula hoop around it (placed on the floor). Each team is also given 1 or 2 gatorskin balls to throw. **Note:** It is easier to have two different coloured balls (red for the pylons and blue for throwing).

Rules:

1. No player is allowed to place any part of their body inside or over top of the hula hoops while guarding the pylons.
2. Once a ball is knocked off a pylon, it is placed inside the hoop. These balls cannot be thrown.
3. You are allowed to hold a ball for only 5 seconds.
4. You are only allowed to hold 1 ball at a time.
5. You cannot walk with the ball.

Sharky Larky (K-5)- The object of the game is to run to the opposite side of the gymnasium, when the main colour of your shirt or pants is called, without being tagged. The taggers in the center of the gymnasium signal you to run with the words....."Sharky Larky says ... (a colour)". Everybody runs when Sharky Larky says rainbow. **Note:** It is a good idea to have students wear pinnies.

Rules:

1. You are caught if:
 - you run on the wrong colour
 - if you run when a colour is called without the words "Sharky Larky"
 - you are tagged
2. Once tagged, you sit down cross-legged.
3. You can save yourself and get back up from sitting cross-legged, if you tag someone else while on the ground.
4. "Sharky Larky says rainbow" can only be called when all of the students are on the same side of the gymnasium.

Submitted by: Don Baxter, Fort Rouge School, MB

SNOW FUN!

Snowmobile Tag

Objective: To avoid being tagged


Skills: Running

Age: 5 and up

Space/Location: Large area

Duration/Time: 10-15 minutes

Equipment: None

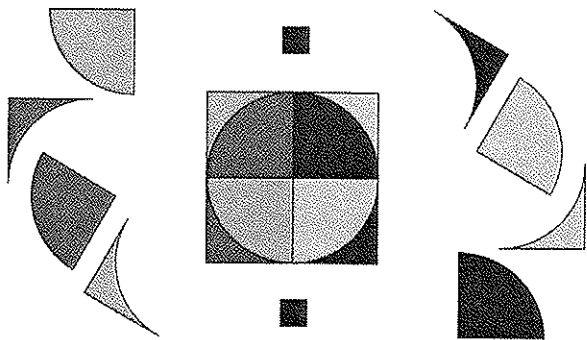


Description:

- You run around the designated area, and you try not to get tagged by "IT".
- The person that is "IT" is a snowmobile.
- Keep everyone "driving" in same direction.
- Designate trail boundaries.
- If you are caught you are "IT" and you pick your own vehicle.

This resource is available through CIRA National Office at a cost of \$15.00 for CIRA members or \$20.00 for non-members plus shipping and handling. Please call the office to order (613) 244-1594

Snow Fun! is a collection of games and activities from across Canada, that are guaranteed to keep the winter blues away and the children happy and warm during our Great Canadian Winters!



The/Le LEADER

January 2001

Vol. 9 No. 3

Thanks Steve!

Steve Peng, the Student Leadership Chairperson has retired from the position after serving in this position from 1997 to October 2000. Prior to this, Steve was Ontario Student Leadership Chairperson from 1994 to 1997.

He is currently the Department Head for Physical and Health Education at Waterloo-Oxford District Secondary School, but has also taught PE at the elementary school level.

In addition to presenting at numerous workshops on student leadership and intramurals locally, provincially and nationally, he has been active on the CIRA Ontario Executive in marketing, including promotion through the CIRA Ontario web site.

Steve was actively involved in the revision of the CIRA elementary and secondary Student Leadership Development Program Manuals and coordinated the development of the Leadership Workshop Manual.

Steve credits his inspiration to energetic and exciting students and practitioners from all across Canada. His retirement from this SLDP position will allow Steve more time for his recently expanded family and we know Rhonda will appreciate having him around home a little more while we will miss having him around as the Student Leadership Chair

Steve is succeeded as SLDP Chair Jim Berry, who is the principal at Lincoln Avenue Senior Public School in Cambridge Ontario.

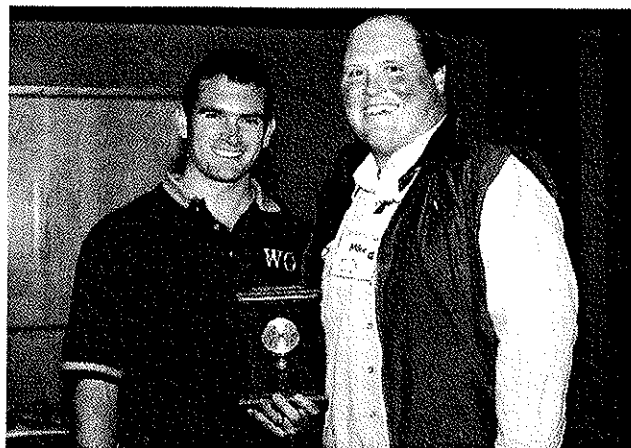


Photo by: Rick Turnbull. (Left to right Steve Peng & Mike Boyles)

CIRA Manitoba Presents

TWO GREAT CONFERENCES OFFERED IN 2001

The Farside of Intramurals

1. Brandon - Betty Gibson School
Wednesday - January 31, 2001
2. Winnipeg - David Livingstone School
Friday - March 2, 2001

\$65.00 Current CIRA members

\$75.00 New CIRA member

WHY ATTEND?

- Excellent workshop with lesson plans - Intramural ideas provided
- CIRA Manitoba Membership
- CIRA National Membership
- Resources for all educational levels
- 8 Bulletins per year, packed with new games, ideas and news
- REDUCED PRICES!!!!

Both of prices includes workshop package, lunch, wine & cheese

To register for the Brandon Conference call Dave Shyjak (204) 729-3100 and for the Winnipeg Conference call Sue Zajac (204) 488-4245

PLEASE REGISTER PRIOR TO JANUARY 14, 2001

CIRA PEI Holds Successful Student Leadership Conference

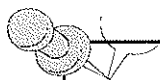
On Wednesday, November 29th, CIRA PEI hosted a successful high school student leadership conference at the University of Prince Edward Island. Seventy-five student leaders from eight high schools attended the event, along with their teacher advisors.

The day began with an ice-breaker activity to help the students get acquainted. Following that, students attended concurrent sessions on a variety of topics including promotions, team building, and rubber chicken activities. We were very fortunate to have Frank MacIntyre, the coach of Canada's gold medal Goal Ball Team run a session on goal ball and wheelchair basketball.

Teacher advisors held a session to become acquainted with the Student Leadership Program, including the Awards Program for institutions and individual students. Other CIRA resources were displayed for them to review.

Other activity sessions for the students included jive dancing, Largo, Omnikin activities, and an afternoon 10-station circuit. Feedback from the students and advisors were positive as they picked up ideas to bring back to use in their own schools.

A big thank you goes out to the CIRA PEI members who put the day together. They include Terri Bontempo, Glen Campbell, Clint Evens, Dana Barron, Sheila Bell, Gloria Whelan, Robyn Aitken, Jenn Victor, Mark MacDougall, and Brenda Howard.



Student Article

Pavillon St-Pierre, novembre 2000

Hi, my name is Jessica Bourgeois-Bergeron and I am coed in high school. I've been involved in the student council committee for two years now as a representative to my group-class.

Friday, November 10, with the other members of the student council, we were in a workshop to become better "leaders" with our school. This day enabled me to acquire new knowledge and to develop new skills regarding the leadership which I was unaware of.

During this day, we took part in various workshops relating to the identification of qualities of a leader; on how to address itself to a group, how to direct a meeting and especially how to work well in teams and other things. Like the other young people of my school, I especially appreciated the teamwork and the efforts made by the organizers to make the exercises interesting.

In conclusion, I would like to say that this marvellous day will help me to affirm me more, because I have the impression to better know myself. That could help me much in my future career.

Source: Jessica Bourgeois-Bergeron.

Quotes to remember

Life...Be in it!!

- Unknown

Deep inside we all know our truth and what there is to do next...The art of living is to allow it to emerge and learn to trust and accept it.

- Sophia Kelly

Adventure is not in the guidebook and beauty is not on the map. Seek and ye shall find!

- On the Loose

A hundred years from now it will not matter how much money I had made, the kind of car I drove, or the size of house I lived in, but that the world may be a better place because I was important in the life of a child.

- Unknown

Get inspired by your new challenges, hold on tight and enjoy the ride.

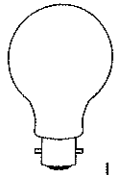
- Unknown

Some people dream of worthy accomplishments, others stay awake and do them.

- Unknown

Only as high as I reach, can I grow,
Only as far as I seek, can I go,
Only as deep as I look, can I see,
Only as much as I dream, can I be!

- Unknown



Elementary Bulletin Board

Getting Connected

Ages: 5+
Location: indoor / outdoor
Duration: 10 - 20 min.
Materials: none

Starting with a group mingling about, the caller yells "getting connected" and everyone must find a random partner. The caller proceeds to give several commands for the partners to position themselves such as "head to head", "toe to toe", "elbow to knee".

Each partner pack must follow the instructions and hold all three positions at the same time. Next, the caller will yell "mingle" and the group will do so until they hear "getting connected" again, everyone will find another random individual and listen to further instructions.

PRUI

Ages: 12+
Location: indoor / outdoor
Duration: 5 - 15 min.
Materials: your choice for blindfolds

Have everyone in the group spread out and close their eyes, their eyes will remain closed for the entire game. Once their eyes are shut, one individual needs to be chosen to be "PRUI" (it is important that the group does not know who this person is).

Once this person has been chosen, the game can begin. Everyone must start to mingle, with their eyes closed, shake hands and ask, "PRUI?". If you are not "PRUI" then you respond with the same question; "Prui"? If you are "PRUI" then you say nothing, the person you just meet becomes part of PRUI by linking arms. At no time does the "PRUI" say anything. The game continues until there is one big PRUI.

Quack!

Ages: 8+
Location: indoor / outdoor
Duration: 3 - 5 min.
Materials: sense of humor



Everyone bends over at the waist and walks backwards, mingling and saying hello. When bums bump, those individuals then look between their legs and yell "Quack!"

Object: plain silliness and lots of laughs.

Quick square-up

Ages: 12+
Location: indoor / outdoor
Duration: 5 - 10 min.

Ask your group to form a square around you (you are in the middle). You may find that your group will form a circle, so without telling them where they should be, ask leading questions: What is so special about a square? They answer: "4 corners, 4 equal sides...and so on" then ask, "What do we need to do to form this perfect square?" Let them do the talking and the work. Don't give in until you are satisfied with the square.

Next, you tell the group that this activity is called "quick square-up". The group's task is to make this exact formation every time they hear "quick square-up". At this point, tell the group to look to their left, look to their right, know who they are standing beside. Know where they are in relation to you; are they in front of you? behind you? to your side? or on an angle?

Next, you stay in the center, but jump and rotate your position and yell "quick square-up". The players must remember where they were in the square and in relation to you. Watch for the confusion to unfold and the leadership to emerge. Then, you need

to run out of the square, reposition yourself and yell "quick square-up". Do this several times.

This is a great activity to regroup your class when you want them.

Finger Swords

Location: indoor / outdoor
Duration: 5 - 10 min.
Materials: none

Have the group find a partner. If the partners are both "right-handed", have them stand right-toe to right-toe. Next have them put their right hands up and interlock their thumbs. Then ask the players to stick out their index finger their sword. This now becomes a tag game. Within the partner packs the players want to tag their partner with their finger sword. Anywhere on the body is legal to tag EXCEPT: the forearm of the finger sword or the head.

Screaming Eyeballs

Ages: 9+
Location: indoor / outdoor
Duration: 3 - 5 min.
Materials: none

Players stand in a circle so that they can see everyone. No sunglasses are allowed for this game. The caller yells "look down" (or anything else more creative) and everyone looks down at someone else's toes. Then the caller yells "look up" (or something more creative) and everyone looks up following the body of who's toes they were looking at. Players continue looking up until they reach eye level, if two players make eye contact, they both scream as loud as they can and take a step back out of the game, if no one makes eye contact, nothing is said and the game continues. The caller says "look down" find some new toes, "look up" ...the game is played until there are two players remaining.

CIRA has moved to a new location!

NEW ADDRESS

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Recreation Northwest 2000

CIRA was invited to present a workshop at the Recreation Northwest 2000 conference... "Explore the Possibilities" ... in Thunder Bay, Ontario, October 26-28.

The conference - a great success - was attended by a vast cross-section of employees and volunteers in all facets of the recreation world, community health, youth group workers, fitness and lifestyle, municipal and First Nations Band Councillors and educators.

The opening keynote address was presented by Dr. Martin Collis...scientist, coach, author, professor, musician and world authority on workplace wellness. Dr. Collis used the M.E.L.L.O.W. approach to wellness: mind, exercise, love, laughter, optimal nutrition and wonder. This set the tone for the entire conference.

Congratulations to the organizing committee chairperson Peter Gallagher, program co-ordinator Donna Perrault and their wonderful committee.

Submitted by Carolyn Nixon, Provincial/Territorial Director of CIRA Ontario.



Photo: Razzle Dazzle workshop presented by Carolyn Nixon

Quote Corner

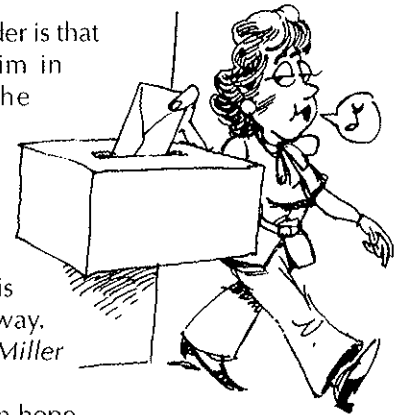
On Leaders

The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on.

- Walter Lippmann

The real leader has no need to lead - he is content to point the way.

- Henry Miller



A leader is a dealer in hope.

- Napoleon I

Our deeds determine us as much as we determine our deeds.

- George Eliot

On Greatness

There is a great man who makes every man feel small. But the real great man is the man who makes every man feel great.

- G.K. Chesterton

On Health

Those who think they have not time for bodily exercises will sooner or later have to find time for illness.

- Edward Stanley, Earl of Derby, 1873

An Athlete's Prayer

I thank you, O god, for giving me a body that is specially fit and strong, and for making me able to use it well.

In my training,

Help me never to shirk the discipline which I know that I Need and that I ought to accept.

In my leisure,

Help me never to allow myself any indulgence that would make me less fit than I ought to be.

When I compete with others,

Help me, win or lose, to play fair.

When I win, keep me from boasting; when I lose, keep me from making excuses.

Keep me from being conceited when I succeed, and from being sulky when I fail.

Help me always with good will to congratulate a better athlete who beat me.

Help me to live so that I will always have a healthy body and a healthy mind.

Source: unknown

Secondary Round-up

Relays

Almost any kinds of relays are fun and exciting but the crazier the better. Make sure to keep lines small (maybe a maximum of four people to a team), and move quickly from the one relay to the next.

With Scooters

Swimming Relay

Place a gymnastic mat on top of four scooters.

- The person lies on the mat and performs the desired swimming stroke to advance to the end of the 'pool' and back.
- Free style involves lying face down on the mat and alternating hands.
- Breaststroke involves lying face down and using both hands at the same time.
- Backstroke is trickier.

Slalom Race

A person sits on two scooters and advances through a short obstacle course by pushing with two plungers.

Caterpillar Race

- A team lines up in single file.
- Each person lies on a scooter board and holds the ankles of the person in front of them.
- At the starting signal, the caterpillar moves forward and around a marker till the front person touches the finish line.
- The front person can use their hands.
- The last person can use their feet.

Indianapolis 500

- One of the competitors sits on two scooters with a helmet on.
- The rest of the team takes turns pushing the seated competitor around the track.
- When the pusher gets tired, have a 'Pit area' where a new pusher can be picked up.
- Make sure the corners are far enough away from the walls to prevent crashes.

Chariot Races

- Same as the Indianapolis 500 except that the person holds onto a rope and is pulled.
- If the scooters are too fast, you might want the riders to be sitting on square pieces of carpet.
- Keep corners well away from walls.

Submitted by John Byl, Redeemer College, Ancaster, Ontario

Four Corner Individual Soccer

Divide the class into four teams. Have the students stand in the four corners with their legs spread apart. Number each of the students for each of the four teams. (If there are 28 students, students on each team would be numbered from 1 to 7).

To start the game, the teacher places a ball in the centre and calls out a number (eg. 2). When the teacher calls out the number, all the 2's from the four teams must race out to the middle to get the ball and dribble it back to their corner. In order to get a point, the player must dribble towards their team and shoot on the ground so that the ball travels through the legs of his/her teammates.

After the point is scored, the ball goes back into the centre for a different number to be called out.

When making the teams, you want to ensure that there is a variety of skill levels on each team. One way to do this would be to have students pair up with a friend. Friends would then be split to compete against one another.

Four Corner Soccer or Basketball

Divide the class into four teams. Give three teams different colour pinnies, the fourth team can be "shirts". Each team has one goalie and five players out. Place a bench at a 45 degree angle to the wall to make a goal. Two balls are used at once.

The first lines on each team play normal soccer to try and score on one of the opposing nets. As a goal is scored, the team that was scored upon is out. The team receives a value of either 1, 2, or 3 following the order in which they were knocked out. The team that wins, or scored upon gets four points (for being the last team left.)

Once there are no teams remaining except for the winning team, the second line or shift comes out onto the floor. The teams will now usually work together against the team with the highest total, which in this case is the team that won the first round. At the end of the second round, the first line comes back on.

If no teams are scoring, and the game is dragging on, limit the length of the game. The game continues until a certain point total is achieved or time expires.

This game can also be played with four basketball hoops if you have them placed evenly around the gym.

Submitted by David Sands at Como Lake Middle School Coquitlam, BC.

On The Wellness Front

Canada declares war on office fat 'Desk potatoes' need to get active, minister says

by Zev Singer, The Ottawa Citizen

Federal Health Minister Allan Rock wants to trim the fat out of Canadian offices, one overweight employee at a time.

Canada is preparing to declare a war against fat, fearing that the increasing girth of Canadian office workers will bankrupt the health care system.

At a press conference today, a Health Canada-sponsored group, the Canadian Council for Health and Active Living at Work, will unveil a new strategy intended to get serious with the obesity of the nation's "desk potatoes."

The group says that the initiative will "tackle the serious health risks faced by the majority of Canadian workers who sit for most of their waking hours and are dangerously sedentary."

Under the new strategy, Health Canada will try to get companies to promote physical activity among employees. But the government will try to create the necessary incentive by pitching companies hard on the idea that obesity eats into profits.

According to the Web site of the Canada Safety Council, a co-sponsor of the project, the government has decided that only dollars and cents will convince companies to take an interest in the health of their employees.

"The risks of physical inactivity include premature death and disability and several chronic diseases," the Web site states.

"However, for workplaces to institute policies that encourage employees to be active, senior decision makers must see a bottom-line benefit."

Gearing up for the war on fat, Mr. Rock said in a speech earlier this month: "Healthier employees result in lower health care costs, fewer medical claims, lower turnover rates, reduced absenteeism, higher productivity and improved employee morale."

After citing his own commitment to a healthy lifestyle, Mr. Rock added, "Just as we convinced Canadians to buckle up in their automobiles, we now need to help them unbuckle themselves from the confines of their couches."

The new government initiative includes the release of a Health Canada publication which makes the case that Canadian workers are "more sedentary than ever before, as well as more stressed and driven to perform."

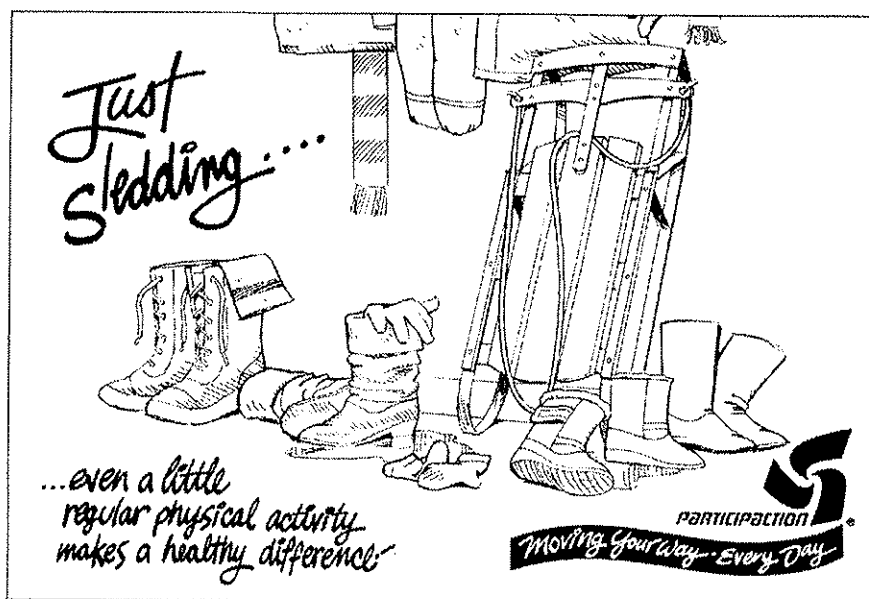
The publication, called Walk and Roll, will encourage office workers to walk and cycle to work.

The booklet will also push the idea of cost savings. Its author, public policy consultant Phillip Nicholson, said a section addresses "how many bicycles you can pack into the space devoted normally to a car on site," and how much money companies can save as a result.

As part of the initiative, Health Canada also plans to maintain a Web site, which Mr. Rock called a "living database of information, evidence, and practical tools that will be updated on an on-going basis."

Mr. Rock has said that taking measures against illness caused by inactivity is important for the sustainability of Canada's health care system.

While Canadians, on average are thinner than Americans or Europeans, obesity is on the rise in Canada. Since 1978, obesity across the country has risen from 6.8 per cent to 12 per cent in men and from 9.6 per cent to 14 per cent in women.



Upcoming Conferences & Workshops

Date	Topic	Contact	Location
January 31, 2001	The Farside of Intramurals	Dave Shyiak (204) 729-3100	Betty Gibson School Brandon, MB
February 22-24, 2001	"Live and Learn Opening Doors to the Future" International Rec. Student Conference	Erin Sarsfield erin.sarsfield@acadiu.ca	Acadia University Wolfville, Nova Scotia
March 2, 2001	The Farside of Intramurals	Sue Zajac (204) 488-4245	Whyteridge Elementary Winnipeg, MB
April 20-21, 2001	2001 Space Odyssey Sponsored by CIRA Ontario & Bluewater Sports Council	CIRA Ontario (905) 575-2083 harkenm@mail.mohawkc.on.ca	Talisman Resort Kimberly, Ontario
May 2001	2nd Annual Post-Secondary Workshop Sponsored by CIRA Ontario	CIRA Ontario (905) 575-2083 harknem@mail.mohawkc.on.ca	

A SPECIAL FAMILY FESTIVAL SKI WEEK!

One of the special activities possible for every Canadian family this winter is a week away in Banff, Alberta, skiing at beautiful Sunshine Village, thanks to the Family Ski Festival put on by the Canadian Association for Disabled Skiing (CADS).

This organization has developed ski teaching techniques and learn to ski programs during the past 30 years, making believers' out of people with a disability and their family members. The annual Family Ski Festival, being held from March 24th to 31st, 2001, provides a prime opportunity for a family which has a member with a disability, to enjoy a winter vacation together and to profit from five full days of continuous ski instruction from some of CADS most experienced and qualified ski instructors. Non-disabled family members can take lessons to improve their technique with CSIA instructors through the local Ski School.

The only thing more exciting than seeing a family of disabled and non-disabled skiers taking a run together is to be that family! Skiing, for a person with a disability, allows a fluidity and freedom of movement not usually possible in day to day living.

One of the most enjoyable aspects of the Family Ski Festival is the *social interaction*. Regardless of ability, everyone is accepted as a skier and everyone enjoys the CADS family ambiance and camaraderie at après-ski social affairs in the afternoons and evenings.

The Closing Awards Banquet is *the* social event of the week! With dresses, shirts and ties replacing ski suits and turtlenecks, people almost don't recognize one another. At the dance, which follows the Banquet, eyes are known to water up as friends both old and new, exchange adieus for another year.

Interested families should contact CADS National Office (250) 427-7712 or by e-mail: cads@rockies.net
Information in French can be obtained at (514) 425-8894.