

Canadian Intramural Recreation Association of Ontario

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CANADIAN INTRAMURAL RECREATION ASSOCIATION  
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 ASSOCIATION CANADIENNE DE LOISIRS INTRAMURIERS

Volume 18 No. 7 June 1999

## CIRA 1999

NATIONAL INTRAMURAL RECREATION CONFERENCE

**Ride to the Edge  
and Don't Look Back!**



**CIRA Rules!**



**To the Edge and Back!**



**Let's Get CIRAOusly!**

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## CIRA Ontario Executive

President: Pat Doyle  
Vice President: John Byl  
Vice President: Herwig Baldauf  
Vice President: Carolyn Nixon  
Vice President: Andy Raithby  
Vice President: Steve Young  
Executive Assistant(s):  
Michelle Harkness  
Karen McQuigge

**INPUT** is a quarterly publication produced by the Canadian Intramural Recreation Association of Ontario (CIRA Ontario).

### CIRA Ontario

PO Box 2034  
Hamilton, ON  
L8N 3T2

**Phone:** (905) 575-2083

**Fax:** (905) 575-2264

### Internet E-Mail:

harknem@mail.mohawkc.on.ca

mcquigge@mcmaster.ca

### Web Site:

<http://www.mohawkc.on.ca/cira>

Ideas, activities and articles are needed for future **INPUT** issues. If you have any ideas, suggestions, special events, etc., please send them to the CIRA Ontario office at the address above.



Active  
Schools

## PAT'S PATTERN

This issue of the Input will put a close to a rather successful 1998-1999 year for CIRA Ontario. It was only fitting and rewarding that we finished with a flurry, culminating by hosting the National Conference at Redeemer College on the weekend of May 14-15.

At our AGM in April we were able to show a profit for 1998-1999 through our many resource sales. Those sales have also affected our demand for workshops and that has kept our entire executive busy. They are a great bunch of volunteers who are energetic, resourceful, and a lot of fun to be around. This executive is a knowledgeable group of CIRA thinkers. You can rest assured that their constant efforts will ensure that CIRA Ontario continues to answer the needs of its members.

A special thanks to Michelle Harkness at the CIRA Ontario Office, who continues to be the stabilizing force for this organization.

What is ahead for 1999-2000? We have booked five workshops at OPHEA in the fall and will spend two days at OELC (Ontario Educational Leadership Centre) this July and August. As well, we will be speaking at the Sarnia YMCA in June and our newest resource will be on the shelves by next spring.

Have a good summer everyone. ☺

Pat Doyle  
CIRA Ontario President

## ANNOUNCEMENTS!!

Judging from the feedback, the **1999 CIRA National Conference** was an overwhelming success. Many thanks to the organizing committee for their efforts. *Great job guys!*

**CIRA Alberta** announced they will host the next national conference in October 2000.

Congratulations to the 1999 recipients of the CIRA Founder's Award. **Joyce Hopkins, Christine Preece, Brian Cressman and Laurie Farquharson** were presented their awards at the recent national conference.

CIRA Ontario also recognized the achievements and efforts of four individuals during the conference. Congratulations to **Dave Lane**, Honourary Award, **Rene Gauthier**, Rookie Award, **Laurie Farquharson**, Honour Award and **Karen McAllister-Kenny**, Intramural Achievement.

CIRA Ontario extends special thanks to Gary Schauerte, Sport and Recreation

Program Advisor with the Government of the Northwest Territories for the generous gift of the Arctic Sports Training Manual and Video. Andy Raithby has used the video at Lisgar Public School in Mississauga and during his *Inuit Games* presentation at the recent CIRA conference.

CIRA Ontario Executive members have been extremely busy this spring traveling throughout the province to workshops and conferences. Presentations have been made in Grand Bend, Talisman, Kingston, Ottawa and Scarborough.

October 6, 1999 is **Walk a Child to School Day** in Canada. For more information, contact Go for Green at 1-800-UB-ACTIV (822-2848) or visit their website at [www.goforgreen.ca](http://www.goforgreen.ca).

CIRA Ontario extends great sympathies to the family of **Jim Matchett** in acknowledgment of his recent passing. Jim was a long time employee of Fanshawe College and a strong CIRA supporter. ☺

# STUDY NOW COMPLETE!

## —1999 Post Secondary Intramural Program Study—

Dorothy Pitzel, Laurentian University

I would like to thank everyone who took the time to participate in the 1999 Post Secondary Study and pass on a few of the findings.

Survey groups were divided into large (greater than 8,000 students) and small (less than 8,000 students) institutions in order to give findings a frame of reference.

Both large and small universities serve 25 % of their total population. Large colleges serve 8%, while small colleges serve 21 % of their respective populations.

First time participants of Intramural programs are 26% of large universities, 41% of small universities, 46% of large colleges and 51% of small colleges user groups.

With the exception of small colleges, over 85% of institutions surveyed allow their part-time students to participate in Intramural Sports.

The survey showed that, a greater number of on campus students are participating in intramural programs than their off campus counterparts. This may be due to public transportation schedules, the time of the events, the increasing need for students to work or competing local events. It is suggested that institutions wishing to increase their off campus participation, survey their own users to identify and remove barriers to entry.

The survey also looked at staffing.

Generally, large institutions carry the same number of full time staff members as the smaller institutions. The span of

control is greater in bigger institutions and more part-time employees are appearing. Compared to the 1991 survey results, it appears that all institutions have reduced the number of staff in their programs. For the most part, salaries and hourly wages with the majority of institutions have increased only slightly since 1991.

It is interesting to note that, most of the institutions offered leagues which were of similar size, regardless of the size of the institution. Smaller groups offered fewer event choices. Budgets and available personnel seem to be the key to program size and offerings.

It appears that most sports use uncertified officials. The qualifications required to officiate seem to be sport specific and commiserate with the inherent risk levels.

Where certified officials are used, (higher risk sports), they are almost always paid more.

Finally, volunteers are heavily used in intramural programs and this is a growing trend. It is nice to see such a strong volunteer influence and special efforts should be made to recognize and encourage this group.

I would like to thank CIRA (National Office), CIRA Ontario, Laurentian University and Mr. Rick Turnbull, Executive Vice President CIRA, for both their financial and practical support.

The Post Secondary Intramural Program Study results are available by calling (905) 575-2083. **C**

## SOFTWARE SOLUTIONS

Last summer the University of Waterloo investigated what other universities and colleges were using for registration software and departmental integration. Based on their findings, Waterloo purchased a system that was originally implemented at the University of Western Ontario. The vendor allowed Waterloo to develop the software around their needs instead of changing business to conform to the shortcomings

of an off the shelf software solution. The software is completely integrated which eliminates flipping back and forth between applications.

The software is being used for the following applications.

- registration for instructional programs and intramural leagues
- membership sales

*continued on p. 6*



## TIME MANAGEMENT

### Accomplish More in Less Time

*How many times in the last week have you heard someone say "I'm so busy, I just don't have enough time to do that," or "I don't even have time to think"? Everyone has been overwhelmed by a busy schedule at one time or another. However, by making a few changes, you can make your life simpler and less stressful.*

#### First, reassess your priorities.

Make a list of all of your responsibilities, and analyze your procedures. Do you reach the desired result by the shortest route? Or do you continue to perform routine task out of habit?

#### Simplify your goals.

Consider the worst thing that could happen if some of your goals were not accomplished. Are you shortchanging important goals by setting too many?

#### Learn to compromise.

Compromise does not mean settling for less than first rate. It simply means that everything is not black or white. Learn to accept some gray areas. Stress usually builds not from major crises, but from small ones piled one upon another. Next time you are uncertain about a decision, either in business or your personal life, try to find the middle ground.

#### Don't rush.

If you hate getting up in the morning, you will hate it just as much at 6 a.m. as 5:30 a.m., but if you are constantly running late, that extra 30 minutes can make a world of difference in your attitude.

#### Cut down on clutter.

Go through your mail and pitch the junk. If you know you will not use an item constructively, don't let it clutter your desk or your mind.

## IDEAS FOR action

### JUST US GIRLS

Brenda Cavanagh from Alberta Parks and Recreation Department shares a unique idea. Their department offers a four day camp titled "Just Us Girls"! The day camp is designed for girls 6-9 years and encourages them to be active through a variety of exciting activities.



### PENNIES FOR THE PLAYGROUND

Students at Central Public School collected pennies to improve their playground. Jars were placed in each homeroom and at the end of each month the money was taken to the office to be counted. The class that collected the most pennies received a special surprise and the top three classes had their pictures placed in the hall for everyone to see.



### GUESS WHO?

This is a fun guessing game which should bring a lot of smiles. Pass out little strips of paper to everyone in the group. Have them write the most embarrassing thing that has ever happened to them on the piece of paper. Make sure it is not anything inappropriate. Everyone then folds up the papers small and they are collected. One by one the strips are read aloud and everyone has to guess who the person is.



### BICYCLE BONANZA

How about organizing a bike safety and mechanics course at your local school? A bike rodeo could help teach safety and rules of the road. Workshops could help riders of all ages learn about maintenance and repair. Other ideas include: maps of local bike routes, *sharing the road* information for bikers and drivers, and displays on protective clothing. Your local police, public health, bicycle clubs and bike shops could assist in such an event.

# EXEMPLARY INTRAMURAL

## Tim Ball, St. Anne's Elementary School, Peterborough, Ontario

The physical education program at St. Anne's Elementary School is delivered by classroom teachers. As a result, the majority of their Quality Daily Physical Education (QDPE) is provided through the school's intramural program.

Each year, Tim organizes an Elementary Student Leadership Day in his region using CIRA's Student Leadership Resource as a model. In 1998 fifteen schools sent students from Grades 7 and 8 to learn how to organize and implement intramural programs. The students that attended the workshop learned how to set up a basketball league. This exercise helped provide a framework for organizing other intramural programs at their schools.

Throughout the year the Student Leadership Team at St. Anne's organizes a volleyball and basketball house league. The emphasis of these programs is on participation and having fun. In addition to following standard score keeping systems, each team receives 1 point for each student on their team who participates in the game. Thus, the team with the best players may not always win the game. The team that wins the house league represents the school at the championship against house league teams from other schools.

*Tim can be contacted at (705) 742-3342.*

## Pat Doyle, John Darling Public School, Kitchener, Ontario

Pat Doyle has set up an exemplary intramural program for the students at his elementary school.

Intramurals are ran five days a week, one day for each grade level, for 40 minutes during the lunch hour. The program is based on an open forum concept in that everyone who comes plays.

Approximately 200 students attend intramurals each week. Scores are rarely kept with the emphasis on playing and having fun. Pat gradually involves a Student Leadership Club in running the



intramural programs so that eventually, the students run the entire lunch hour activity.

Pat also runs programs during recess, such as Non-Elimination Basketball 21 Tournament.

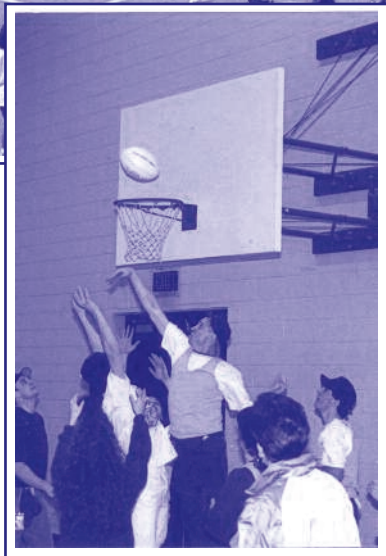
*Contact Pat at (519) 749-0834 or e-mail him at lacrosse@ionline.net*

## Ian Press, Quinte Secondary School, Belleville, Ontario

All of the intramural activities at Quinte Secondary School are organized by the Student Athletics Association, (SAA) supervised by Ian Press.

The SAA organizes all the intramural programs for the first semester during a two day retreat in August. Their goal is to offer an activity on every school day of the year. Four to five students are responsible for organizing and implementing each activity with minor

# RECREATION PROGRAMS



assistance from two teacher facilitators. In essence, the students control the whole program and the adults merely supervise.

The SAA has also provided several fun physical activity leagues, theme weeks, and events. Some of the most popular activities included Swing Dancing, Buddy Week (participation in activities while tied to a partner) *Obstacles Baseball* and *Topple Ball*.

*Ian can be contacted at (613) 962-9295.*

## **Merill Pierce, Westvale School, Waterloo, Ontario**

Intramural programs at Westvale School are organized by a student group called VOLT (Voyageur Outstanding Leadership Team). Grade 6 students meet once a week to plan intramural activities for the school.

Merill acts in a supervisory capacity and other teachers sign up to supervise the daily activities when they are available. The focus of the program is on cooperative games that maximize participation. Each gym is divided in half to allow for four games to take place at once. Ninety children per day (2 grades per day) are involved in the program.

Two gymnasiums are used. One hundred and fifty students are involved in In-School Sport Leagues that take place before and after school hours. The schedule is coordinated with other school activities to avoid conflicts for students. The school has chosen to offer in-school sports rather than inter-school sports to their students for one main reason, inter-school leagues only allow 20 children to participate on each team, while in-school teams get 150 children active.

*Merill can be reached at (519) 746-6724.*

## **Karen Reeves, St. Paul's School, Norwood, Ontario**

Karen Reeves, the principal at St. Paul's School, believes that *You don't need to have a whole lunch hour available in order to hold an intramural program, it can be done in as short as a recess.*

According to Karen, almost all of the primary and junior students at her school participate in student organized schoolyard games to provide students with an opportunity to be physically active during the recess and lunch hour periods.

The program is fully organized by intermediate students who take student leadership training to learn how to organize, coach, referee and make teams. Primary grades play *Stones*, the juniors play soccer and the intermediates play basketball. The children love it, it cuts down on playground problems and lets the children develop skills, both playing and organizing.

*Karen can be reached at (705) 639-2191. C*

## **BE TRUE TO YOUR SCHOOL!**

In past years the student council at Walkerton District Secondary School has had difficulties encouraging the students to sell chocolate as part of a fundraising activity. So they decided to give the students some incentive. The girls promised to dye their hair blue (our school colour), and the boys promised to shave their legs, if all the chocolate was sold. To advertise the deal they wrote TV theme songs.



### **FRIENDS THEME SONG**

So no one told you chocolate  
was gonna taste this way  
For only two bucks you can  
buy it all today.  
If you sell all the chocolate in  
our school  
We the S.A.C. have got a deal,  
that's made for you.  
*(girls only)*  
I'll dye my hair blue  
*(boys only)*  
I'll shave my legs too.  
*(together)*  
We'll do this for you if you sell  
all the chocolate.

The school ended up selling all the chocolate and they were forced to follow through with their deal. The girls had blue hair for a week, and for the boys, well their hair is still growing back!



### **PENALTY-FREE SWEEPSTAKES**

For the past twelve years, the Hockey Development Centre for Ontario has been the co-ordinating and administrative centre for the highly successful Penalty-Free Sweepstakes (PFS). The contest is open to all amateur hockey teams in Ontario who play a penalty-free game during the contest period (December to January).

A random draw for a wide variety of prizes is held at the end of the contest, but each team receives a memento and other items just for entering.

The Penalty-Free Sweepstakes was developed to promote skills, safety and sportsmanship in Canada's most popular sport. To date, we have had more than 55,000 teams and over 110,000 participants enter the contest.

For more information contact the HDCCO office at (416) 426-7252 or toll-free at 1-888-843-4326. You are also welcome to visit their web site at [www.hdco.on.ca](http://www.hdco.on.ca)

## RESOURCE FILE

### ARCTIC SPORTS RESOURCE MANUAL AND VIDEO

The Government of the Northwest Territories through its community Development Division has available an excellent resource on Arctic Sport. The charge for the Manual and Video is \$50.00 and can be ordered through Gary Schauerte at (867) 920-6192.

### OPHEA LAUNCHES NEW WEBSITE

Don't be a fool... be sure and visit our web site. Redesigned for '99, [www.ophea.org](http://www.ophea.org).

### NUTRITION NEWSLETTER VIA E-MAIL

Nutrition News Focus is a free nutrition newsletter which provides brief news reports five days a week via E-Mail. The editor is Dr. David Klurfeld, editor in chief of the *Journal of the American College of Nutrition*, and chairman of the Department of Nutrition and Food Science at Wayne State University. This publication provides background information on current hot topics and research findings. It does not recommend treatments, foods or supplements.

### GREAT ACTIVITIES NEWSLETTER

The 1-800 number for *Great Activities Newsletter* does not work in Canada. Call 919-493-6977.

### CHECK IT OUT

Doug Dodd at the University of Guelph recommends this website, [www.internationalsport.com](http://www.internationalsport.com).

## GET THE MOST OUT OF YOUR E-MAIL

Email has exploded onto the workplace and, coupled with countless other forms of communication available in the office, many employees feel they are drowning in information overload. A study by Pitney Bowes Inc. released in May '98 says the average worker receives 190 email messages each day.

### *Is there a way to make email work for you rather than against you?*

In short yes—email is manageable and really quite beneficial. It is just a matter of knowing how to organize it.

#### Be Selective in Responding to Email

Unless the matter is really urgent, don't respond too quickly. People who respond to every message within 5 or 10 minutes probably are paying more attention to their email than their job. Most email services allow you to mark messages for follow up at a later date - enabling you to sift through what needs your urgent attention.

#### Filing Your Email Each Day Keeps The Chaos Away

Set up electronic folders to categorize and store emails. Take time every day to go through your inbox, immediately discard what you can and file what you must. Handy folders to include are *to-do*, *contacts* and *personal*.

Sift through the urgent. As you sift through your incoming messages, some email packages allow you to color-code and *tag* emails by priority. If you are waiting for an important email from a client, you have it automatically coded red when it arrives so it is immediately called to your attention.

#### If You Don't Use it—Lose it

Make sure the mail you get at work is the type of mail that makes the best use of your limited-time during work hours. Why not have your personal email directed to another account. One free option is an email account from MSN Hotmail, (<http://msn.ca>), an e-mail service which offers fast, reliable e-mail anywhere there's a PC with Web access. Besides if it's your own address, you don't have to worry about the boss reading your personal e-mails.

#### Use E-mail as Your Own Personal Secretary

Keeping track of information on the road is always difficult—but e-mail is actually as easy to check as voice mail. Web-based e-mail services, like Hotmail, can become

your virtual suitcase. Have your office e-mail automatically forwarded to your Hotmail account. This way you can check your e-mail from any PC in the world with Web access. You don't have to rely on difficult phone line connections back to your office, potentially wasting precious time and leaving you out of the loop on important business decisions.

#### Signing off

Though it might only take a few seconds, signing your name and title to every e-mail can add up to a lot of time. And leaving them off can frustrate people trying to reach you. Most e-mail services have an "Auto signature" feature that will automatically add your title and contact information to the bottom of your e-mails. It's especially handy for those days when you are so busy you don't think you can remember your own name. **C**

### SOFTWARE SOLUTIONS

*continued from page 3*

- building access
- point of sale (lockers, merchandise, equipment)

The system provides valuable financial reporting including daily sales totals and excellent reports for class, attendance, and waiting lists. The software is easily set up on as many workstations as needed. Waterloo currently operates off of 12 stations allowing Unit Coordinators to monitor revenue, registrations and facility usage.

Waterloo has been extremely pleased with the software, its functionality and the technical support and service they have received. The software is very easy to use. Waterloo is in the process of having a scheduling package, equipment check out, and inventory program integrated into the system. The computerization of their locker system and complete web integration is a future possibility.

If you are in the market for any new software, or are looking to integrate all of your business functions I strongly recommend BNW Software Inc.

For more info on the company go to <http://www.bnwsoftware.com>. For complete information on the software functionality in its present form go to <http://www.bnwsoftware.com/integrated-pos/>

Jane Varley [jkvarley@uwaterloo.ca](mailto:jkvarley@uwaterloo.ca) **C**

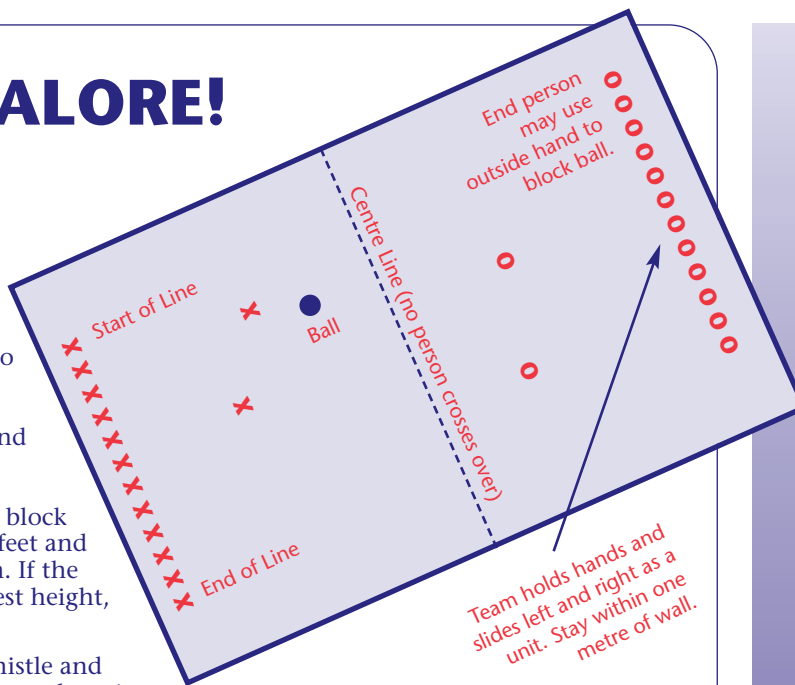
# GAMES GALORE!

## SLEDGEBALL

You will need one nerf ball and two teams to play this game. Each team forms a line at the end of the gym and holds hands to form a chain. The students from the start of each line move to the playing area and try to throw the ball at the opposing team's wall. The opposing team attempts to block the shot with their bodies/feet and without breaking the chain. If the ball hits the wall below chest height, a goal is scored.

After a minute blow the whistle and have the two players that were throwing the ball when the whistle blew connect themselves to the end of the chain and instruct the next two to come out from the starting end of the line.

Recommended for Grades 3-8.

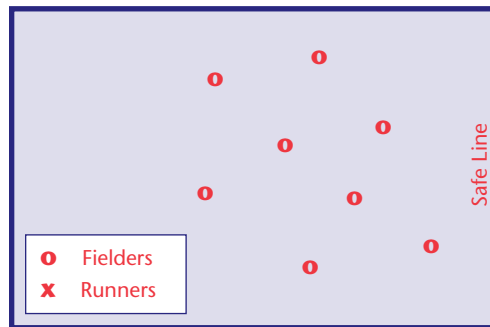


## GOANNA BALL

This is a great warm-up game for sports requiring throwing, ie. softball, baseball, cricket. It originated in outback Australia where sporting equipment was scarce. Early days saw rocks thrown but now the goannas *bite* is softened through the use of volleyballs or nerf balls.

The game involves two teams. The *running* team aims to score runs by throwing a ball into the field of play and running to a safe zone without being hit. The "fielding" team tries to eliminate runners from the other team by hitting them below the waist with the ball.

XXX X  
XXX X



In pairs, each *runner* throws a ball into the playing area. If the *runners* make it to the safe zone, they score a run. If hit, they are eliminated.

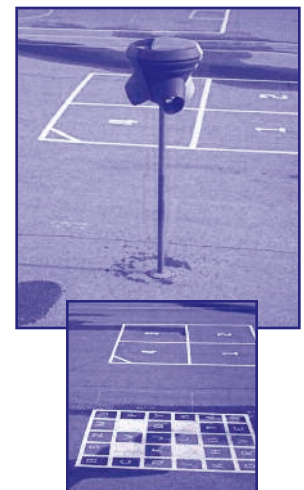
If they make it safely to the zone they can then attempt to return on the next *runners* turn. If successful that again scores a run. The teams switch when everyone has had an opportunity to run. **C**



### MARKING LINES FOR SCHOOLS IN SOUTHWESTERN ONTARIO

With a little imagination and some paint, schools and community centres can transform their asphalt surfaces into a lively and exciting play area.

CALL ROB AT  
**TARMAN**  
(905) 522-4717

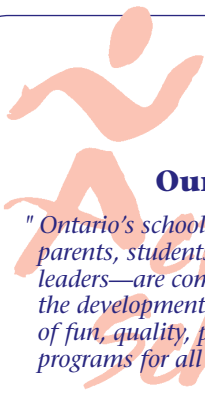




## Active Students Make the Grade

Active Schools can help your school community provide its students with opportunities to live an active, healthy lifestyle...every day.

Ontario Physical and Health Education Association   
Tel: 1-888-446-7432 Web Site: [www.activeschools.org](http://www.activeschools.org) email: [info@ophea.org](mailto:info@ophea.org)



# ACTIVE SCHOOLS

## Our Vision

"Ontario's school community—teachers, parents, students, and community leaders—are committed participants in the development and implementation of fun, quality, physical activity programs for all students."

In the fall 1997, the ministries of Citizenship, Culture and Recreation (MCZCR), and Health (MOH), with input from the Ministry of Education and Training (MET), began implementation of a joint physical activity strategy for Ontario.

The objective of the strategy is to increase levels of physical activity among Ontarians in response to the health, social and economic costs associated with inactive lifestyles. The strategy will be delivered through seven primary settings: community, workplace, schools, homes, recreation, sport and health.

The Ontario Physical and Health Education Association (OPHEA) was identified as the lead agency for the strategy's school setting component, entitled Active Schools. The purpose of this initiative is to support school communities in adopting, implementing, and maintaining school-based physical activity programs so that all children and youth in Ontario have the commitment and capacity to lead healthy active lives.


The goals of Active Schools will be achieved through partnerships and collaboration with organizations representing parents, students, teachers, public health professionals, community recreation and sport groups, networks, and coalitions.

### Active Schools will:

- support teachers with implementation of Ontario's elementary and secondary Health and Physical Education (HPE) curriculum through a variety of strategies including the development of a central inventory of resources and the reproduction of selected materials;
- enhance and coordinate the implementation of existing quality physical activity programs and resources, such as Royal Bank Activ8
- ensure continued quality instruction by providing teachers with enhanced opportunities to upgrade instructional skills and by involving the broader community in the support of school programs;

- ensure that opportunities offered through the school curriculum are supplemented by an adequate range of co-curricular school-based physical activity programs, including intramurals, school sport, and activity-based clubs, as well as youth leadership programs;
- increase public awareness about the issues and need for school-based physical activity through communication and education activities.

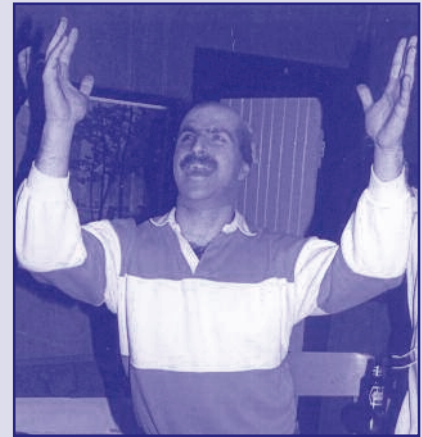
Active Schools fosters the philosophy that children and youth should have access to diverse, FUN physical activity experiences which encourage inclusivity, personal achievement, and healthy views of sport - components that support the development of strong interpersonal skills and social awareness.

For more information call OPHEA, (416) 426-7120, or check the OPHEA Web site at [www.ophea.org](http://www.ophea.org) beginning in April. 

## Where Are They Now!

**GRANT GRISDALE** is currently General Manager and Editor of Canadian Fitness—Canada's National Magazine for Fitness providers. He is also the Education Manager for TRC Fitness—Fitness Equipment Distributors.

At TRC Grant educates fitness professionals and consumers on equipment and programming—and is responsible for Reebok University, a training Institute for fitness professionals.



Grant at 1987 CIRA Ontario Conference

Grant instructs step aerobics, high/low, strength training classes, and a BOOT CAMP class (army style class which is PACKED). As well, he instructs on an annual fitness cruise!

Still involved with promoting active lifestyles to youth, Reebok University is currently working with the Toronto School Board in attempt to establish their program as a credit course in Toronto schools.

Grant started out in intramurals with Waterloo University doing league and fitness programming.

After graduation he moved on to manage a fitness club, and then became the Fitness Director at Ryerson University. After leaving Ryerson he spent time at the Ontario Fitness Council as the Executive Director, finally ending up where he is today.

Teaching fitness classes helps him to keep fit, with eleven classes a week plus on the side shows or events, it's all he really needs. Which is good since as he'd like to fit more sports and recreational activities in, he finds he's often too busy! He admits to enjoying volleyball and racquet sports like squash and racquetball, when he can.

Grant was a conference committee member for the 1987 CIRA Ontario Conference *All that Jazz*. 