

Mar. 61



The
SOCIETY OF DIRECTORS OF MUNICIPAL RECREATION OF
ONTARIO

THE SOCIETY OF DIRECTORS OF MUNICIPAL RECREATION
OF ONTARIO

-B U L L E T I N-

K.J. Burgess - Editor

March - 1961

"FINALLY ITS READY"

As this is my initial effort as a bulletin editor, I hope that you will bear with me throughout 1961.

In order to make this medium of Society affairs a meaningful and interesting voice in the life of our profession, your assistance is sincerely solicited. Without the volumes of new articles and program highlights forwarded by the "total" membership, this bulletin will not fulfill its intended role. My sincere thanks to the recent contributors - PLEASE KEEP SENDING ARTICLES IN.

In viewing the 1960 issues produced by past editor Laurie Branch, I feel the organizational "Colour Code" pattern established proved to be most successful and it will be retained in 1961 as follows. The "white" section deals with Executive and Society information; the "buff" covers membership, district and personal items and the "pink" section includes news from other allied fields and the "back cover" section for the Classified Department. Thanks again Laurie for your guidance. I certainly hope that the 1961 issues will attain the high standards set in 1960.

By now, you will have noticed a newly designed cover. We are indebted to Mr. Jim Sinclair, London P.U.C. Display Department for his time and talent.

Remember your articles and highlights of local activities are essential to the success of the bulletin.

You are invited to forward any comments or suggestions which will assure better publications.

Ken Burgess,

Editor.

SOCIETY OF DIRECTORS OF
MUNICIPAL RECREATION OF ONTARIO

1961 Executive Members

President	W.R. Jones
Vice-President	R.E. Watts
Treasurer	J.J. Keay
Recording Secretary	L.G. Branch
Corresponding Secretary	E. Davis
Member at Large	K. Robinson
Member at Large	W. Brewster
Past President	G. Kormos
Registrar	R. Standen

Board of Regents

	Past President - G. Kormos
J. Cropley	K. Robinson
K.L. Young	T.W. Thompson
R.N. Davidson	W.J. Pillsworth
Registrar -	R. Standen

Director of Training - J. Dane

Committee Chairman

Training Committee	J. Dane
(a) In-Service Training	R.N. Davidson
(b) Undergraduate Training	W. Pillsworth
(c) Institute	I. Thomson
Membership	J. Maxwell
Past Presidents	G. Kormos
Policies and Procedures	
Honours and Awards	D. McLaren
Constitution	C. Sutton
Bulletin	K. Burgess
Public Relations	J. Thorsen
Historical and Custodial	M. Phillips
Physical Fitness	W. Hare

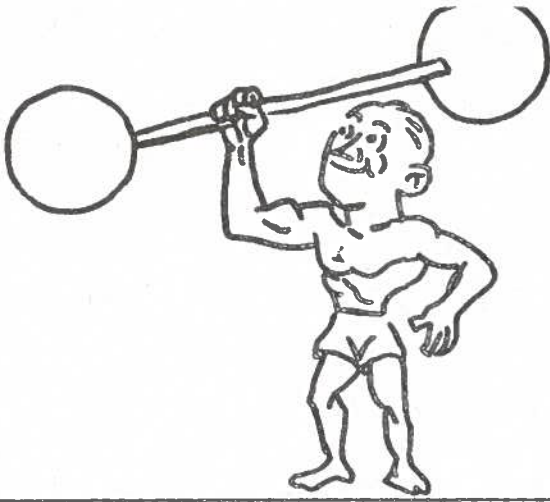
Liaison Officers

C.P.B.	Bill Jones
O.R.A.	Earl Davis
N.R.A.	Jack Dane
N.I.R.A. (Industrial)	Miss C. Summers
C.A.H.P.E.R.	Jerry Love
A.I.P.E. (Park Executives)	Dave Appleton
Parks & Rec. Assoc. of Can.	O.R. Dalzell
Ont. Arena Assoc.	Frank Westoby
Can. Medical Assoc.	Bill Hare
Boy Scouts Assoc.	Gerry Strickland
Educational Groups	Dick Watts
Can. Jr. Bowling Council	Bob Sones Sr.

"FAREWELL TO KEN YOUNG"

How does one explain the sensation he feels when a good friend and colleague suddenly "passes on to his reward?" You remember the last time you shook his hand -- had a cup of coffee with him -- reached for a match to help him light his cigarette (but he had his lighter out first). You knew it had to come, because he had been ill for some time. But you forced the thought aside as time went by. Ken was a very good friend to us in the Society. He had a fine mind, and he wasn't afraid to use it. He worked hard -- too hard considering everything, but perhaps he figured there was just so much time available. Ken was very proud of the Recreation Movement in Ontario, and he had a right to be. He saw what a fine relationship could develop among the Society, the Branch, the O.R.A. and the consumer throughout the Province. He played a crucial role in guiding "our dream" through to reality. Ken won't be forgotten in our time; he wasn't the kind of fellow that one forgets. His place is secure in the history of Recreation in Ontario. Farewell, Ken, we're glad you were here. You had a life purpose; you fought the good fight; and you won your share of the battles. You were liked and respected by your colleagues. What mortal can hope for more.

(Earle Zeigler)



THE CASE FOR PHYSICAL FITNESS (by Thomas Kirk Cureton)

If you sit at a desk all day, says a conditioning expert, you are probably flabby and growing old before your time. His remedy: A practical program for getting more work, more play, more living out of your body.

The author is Professor of Physical Education and Director of the Physical Fitness Research Laboratory, University of Illinois. For 33 years, Dr. Cureton has directed human fitness research work, has tested 50,000 men and women, and has personally reconditioned several thousand. He has also written many books and research papers on physical fitness.

It will come as a shock to the sedentary American male that his body is middle-aged by the time he is 26. A startling statement, yes, but it's backed up by hard, cold facts.

In Geiger counter tests on 500 industrial workers, Dr. Hardin Jones, of the University of California, discovered that the average 18-year-old has 25 cubic centimeters of blood passing through one liter of muscle. At 25, this drops to 16 cc., or 40 per cent less, and by 35 it is down to 10 cc. - 60 per cent less. What does this prove? It proves that men - even young men - aren't doing enough vigorous exercises to keep the blood flowing through the muscles - an important key to physical fitness. It proves that physiological aging comes upon modern man with astonishing rapidity, particularly the sedentary businessman who is probably tied to a desk from 9 to 5, and often longer.

All society has been drifting away from hard work, the type done by our pioneer forefathers. Mechanical machines of all types have reduced physical labor. In this day and age, all kinds of gadgets, shaking chairs, vibrating couches, electrical massagers, in addition to pills, slats and patent medicines, are devised to make people thin and healthy.

But in the face of the great activity of chemists and engineers to design gadgets which carry the halo of health, study after study shows that there is no easy way to improve the physical powers of the body, any more than there is an easy way to improve the mathematical powers of the mind. It has been discovered that even casually played sports, without emphasis upon repetitious work dosage, are relatively ineffective for developing muscle tone, oxygen intake capacity, endurance and better circulation.

Health, endurance, nutrition and general well-being are all dependent on a common denominator - circulatory fitness. The only way to get it is by a systematic method of exercise.

How such exercise can improve the circulation is more or less a mystery to most men, who may prefer weight training because they can see some effect in their muscles, but not in the capillaries. Exercise opens up capillaries which are not otherwise open.

Why are these tiny vessels so important? The muscles, spinal cord, brain, lungs, nerves and organs in general are penetrated by countless numbers of capillaries. The large arteries from the heart diminish in size until they are called arterioles, then these branch out and get smaller to become the capillaries. No matter how small, these smallest vessels are controlled by microscopic nerves which are called fibrils. Exercise effects these nerves and causes them to produce dilation in the vessels. Thus, the capillaries are not fixed in size, but expand according to need. And when we work up enough energy and heat by exercise they will expand so that more blood can be distributed throughout

the body.

But under tensions, various types of anxiety, or while smoking, these small vessels contract and the circulation is impaired.

As man (or woman) gets older, youth gradually disappears in proportion to the ebbing of metabolism and circulation. To retain the physical capacities of youth, then, he must maintain his circulatory and muscular fitness. The fight is mainly to keep his capillaries open by constantly working the body. Otherwise, he will grow old prematurely, participate less in vigorous sports and lose his physical courage to some extent. Forced to give up youthful pleasures, he will become more and more introverted with such tendencies as: anxiety, oversensitiveness, overeating, and overdrinking, mental fatigue, boredom, lack of mental-physical integration.

Tests have shown that all these traits are inversely related to the amount of time that he can run on a treadmill or do a similar endurance test. Hence, endurance and circulation are tied up with personality.

In a study by Dr. John C. Tappen at the University of Michigan, 294 professors (80 per cent in the 50 - 60 age span) were shown to have a much higher than normal incidence of diabetes, gastrointestinal, nervous and cardio-vascular disorders. The same may be true of executives, professional men - any group which spends most of its waking hours sitting in an office chair. Our experience at the Physical Fitness Research Laboratory, University of Illinois, is that systematic, rhythmic endurance exercise will alleviate such disorders.

Many middle-aged people refrain from exercise because they believe that hard work harms the heart, or that strenuous athletics in youth will predispose an individual to heart disease in later years.

"Heart strain through exercise" is an untenable theory. After a lifetime of study, Dr. Ernest Jokl, of the University of Kentucky, states that evidence against such a theory is overwhelming.

Actually, studies point to the fact that an athlete will maintain his circulatory fitness much longer if he continues to exercise throughout life. This is particularly true of some of the great runners of the world - Hannes Kohlehtainen, Joie Ray, Lauri Pihkala - whose endurance continues to be good even beyond 60 years of age because they have kept it up all their lives. Exercise, then, is good for the heart - and good for circulation - at any age.

By way of illustration, let's have a look at the mechanics of circulation, or moving the blood. The heart is not a vacuum pump and cannot suck the blood up against gravity, but it will get strong by working on a large column of blood passing through it. And the muscles, when they are exercised, will "squeeze" the blood back to the heart.

All of the blood from the body returns to the right ventricle of the heart and is pumped to the lungs before it can return to the left ventricle through the pulmonary veins. It is then pumped out through the arteries to the muscles and organs of the body. As the lungs are pressurized by the right ventricle forcing blood again and again into the capillaries, and as body heat gradually rises in exercise, more and more capillaries function, and more and more blood goes to the left side to be fed to the body. Vigorous exercise, then, results in deeper breathing, which aids development of the enormous capillary bed in the lungs. This is how exercise improves circulation.

The lungs may be thought of as a bottleneck to circulation if they are untrained, as in sedentary men and women. If such constriction is long continued, it may cause considerable reduction in circulation, headaches, poor endurance and even poor nutrition.

The legs are also important to circulation. When they are moved passively, without much effort, little blood is circulated or moved. But when they are moved vigorously - walking, jogging or running - more blood is pumped back through the veins to the heart. When in vigorous use, therefore, the legs may be thought of as auxiliary pumps.

In our studies at the University of Illinois, we have seen many debilitated men improve their circulatory functions by taking part in our progressive conditioning course which runs from October to June every year.

An example of this is a prominent insurance executive who participated in the course as a test case. He greatly improved his endurance, made relatively tremendous changes in his circulatory -respiratory fitness, markedly reduced his fat and heart size and weight, and had much lower diastolic blood pressure after a workout.

Many cases like this are in our files. For over 17 years we have consistently trained men to take hard exercise. But we have crept up on it, proceeding from Low Gear to Middle and then to High. We know that progressive physical training of the right kind and amount is the most effective procedure for improving circulation.

There are important reasons why our exercise program is effective, and we are certain that a casual amount of sports for fun does not have the same effect. We have tested many men, both on and off the program. Some of the "off" ones play a little golf or volleyball, bowl or walk for exercise. Still, they do not gain as the men who take the systematic program do. Most games are too intermittent. That is, we make a quick stroke, then rest. And all tensing activities, such as weight lifting, pushing a heavy wheelbarrow, carrying heavy buckets, shoveling snow, working continually at pushing and pulling, will hinder the return of blood to the heart.

It would take much more space than we have to describe our program in full, but it resembles the same progressive "long, slow buildup" now widely advocated for best athletic training.

It will help to take a good medical examination first; to be appraised as to power, abilities and needs by a competent physical director; to be careful about overeating, overdrinking and all excesses.

LOW GEAR

To begin, walk more, perhaps a mile a day, with deeper breathing and longer steps than normal. When the walk is over, take a few hard exercises like pushups, situps, squat-jumps, and leg raisings while lying on the back. Then take a bath and a vigorous rubdown with a towel. Try this daily for a week.

If your muscles are not very sore, extend the walking to two miles or walk the mile faster. Add more to the exercises at the end. Run in place briskly for a full minute. Add sitting tucks and leg raisings from a side leaning rest. Take baths in slightly cooler water. Continue this program for two weeks.

Try to find a place to swim at the end of the walk. Extend the walk to two miles, faster and faster, day by day. Use the harder exercises as continued warmup for the swim. Build up the swimming distance until you can go for at least 10 minutes before stopping. Continue this for two or three months.

MIDDLE GEAR

When the whole program above can be done without feeling it much, and more fitness is desired, you should begin a more vigorous program. But if the low gear program leaves you tired, you are not ready to shift.

If you are ready, try the "block circuit," unless you have a track at a YMCA or a road, or the edge of a field to run on. Jog a block, walk a block; repeat five or six times to equal a mile (12 blocks total). In the pool, swim a lap and loaf or walk back; repeat 10 times. If you cannot swim, finish off your workout with chinning the bar, combination situps and leg raisings (20 each), and various muscular endurance exercises. Substitute a barbell if you like. Keep the whole workout going for an hour.

HIGH GEAR

After six months or more in middle gear, you may want to go after even longer and harder workouts. The reduction of fat, cholesterol and relatively better protection against coronary attack comes with gradually achieving the ability to work in high gear. This may take a year or more to achieve. And unless you can do it and recover fully within an hour, you are not ready.

But supposing you are ready. Then:

Run a block, walk half a block; repeat 15 to 20 times. Run the last two or three vigorously. Warm, then cold shower with vigorous rubdown.

On another day, swim 100 yards, then loaf or walk a lap; repeat 10 to 20 times.

Take three test exercises, then run a mile.

Alternate hard workouts of this type, day by day.

Rest completely one day per week.

After you have been working out for a while, judge what you have accomplished. This is determined by how you feel, by taking tests - if there is someone competent to test you. Muscles should get firmer, fat should be less. The wind (breath holding and ease of breathing) should improve; energy should increase; soreness should go away; muscular endurance should increase; blood pressures should usually decline a bit, especially after exercise. If you are concerned with cholesterol or metabolism, heart, kidneys or lungs, have your physician check you. Nutritional blood level tests may be very important.

THREE PRINCIPLES

There are three fundamental principles that are universally accepted by physiologists of exercise:

1. Improvement requires overload, whether the change be in strength or circulatory fitness. Overload means work at more than half capacity. Easy exercise will not improve a person very much.
2. Improvement from low to middle to high levels of fitness requires progression from easy to hard and then to harder exercises, either in terms of strength effort, speed or endurance duration. An individual who does just the same moderate exercise program day by day will not improve beyond an initial amount.
3. A hard workout requires adequate rest and proper nutrition for recovery. Recovery should be reasonably complete before taking another hard bout.

The body can be trained to take more and more stress, and in the process it makes adaptations to resist stress. A weight lifter who builds up to 300 pounds by gradually hoisting more and more will think little of lifting 10 pounds. This principle not only applies to strength efforts, it applies to cardiovascular stress. After a few weeks, the person who runs progressively faster and/or longer, thinks little of the dosage he began with.

We have seen men of 50 improve gradually so that they think little of running three miles without stopping. The circulatory system must be worked progressively harder to open up as many capillaries as possible, to strengthen the heart on a relatively large rather

than a weak blood flow, and to use up the excess fat of the heart and muscles so that circulation can have a chance.

For one who has been sedentary, hard pressed with social and business affairs, taking up routine exercise for an hour or two a day may mean a revolutionary adjustment. In any case, it will usually take three or four months to become adjusted to exercise.

The facts show that physical efficiency can steadily rise for as long as 10 years if the work is properly graduated in progressive training.

(Reprinted from "Think", September 1958)
(Condensed in Science Digest, December 1958)

E D I T O R ' S N O T E

"Some folks, like old rusty nails,
would be in better condition if they'd
been in use instead of idly lying around".

PRESIDENT'S MESSAGE

Once again it is my pleasure to extend "Greetings" to all the members through the media of our Bulletin. I trust that all went well with you at "Budget" time and with your winter program.

The Executive of the Society have met twice since the Annual Meeting. The first meeting was held early in December and the second meeting towards the end of January. Committee appointments have been made concerning all phases of Society business and new committees formed as directed at the last Annual Meeting. I am very pleased to report on behalf of the Executive that all committees have been confirmed and the committees are hard at work. Although it is too early to evaluate I feel these committees will do a wonderful job if enthusiasm and interest is a gauge.

Vice President, Dick Watts, will be reporting some of the happenings of the Executive in detail, but there are one or two points that I would like specifically to draw to your attention.

Our new Membership Chairman is Jim Maxwell from Scarborough, who completes Bev McCauley's term of office. Bev, as you know, is now a member of the C.P.B. staff and will be District Representative in the North West. We wish Bev all the best. Please contact Jim with any Membership problems you may have.

The tentative dates for the Annual Meeting have been set as November 9, 10, and 11th with the Annual Meeting being held on the Thursday, followed by the Training Institute on Friday and Saturday.

The Director of Training, Jack Dane, and the able Training Committee - Bob Davidson, Scotty Thomson, and Bill Pillsworth - are already hard at work on the Training Institute and the other aspects of Training.

Recently the Society lost a good fellow member and ardent supporter with the death of Ken Young. The contribution Ken has made to the field of Recreation is immeasurable and he will be sorely missed. I know that you join with me in sending our heartfelt sympathy to Mrs. Young.

Best personal regards,

W.R. Jones

VOICE OF THE VICE PRESIDENT

Jim Maxwell is now the Membership Chairman. He reports that we have 92 members; 45 Fellow, 38 qualifying, 7 Associate and 2 Student members. Membership cards are being distributed.

Chairmen have been appointed for all committees and are preparing an outline of the work they propose for 1961. Each Chairman has been asked to prepare enough copies of all his reports so that executive members can study them before executive meetings. Bill Jones was authorized to give direction and approval to committee projects until the next executive meeting.

Jac Cropley and Ken Robinson have accepted appointment to the Board of Regents. Ron Standen will retire as Registrar in November after five years of very valuable service in that position. The Executive spent a great deal of time considering a replacement for Ron. We wrote a list of criteria for a Registrar and reviewed the entire membership twice to find persons who came close to the requirements. We arrived at a list of five, and they will be asked to be nominees for the position. At the next meeting we will make a decision on behalf of the membership. Here is what we are looking for:

A member who:

- (a) will serve the Society, to a degree, as an Executive Secretary;
- (b) has long and intimate knowledge of the R.D.F.O. and the S.D.M.R.O. so that he can advise the Society on matters of past performance and procedure;
- (c) has the vision to assist the Society to advance and mature;
- (d) has the presence, appearance and deportment to be a representative of the Society who will symbolize the highest ideals of a Director of Municipal Recreation.

Well - a man's reach should exceed his grasp.

The Blueprint Committee, made up of past presidents under George Kormos' championship, have met for a full day and evidently put most of us through an imaginary line-up. They are talking, among other things, about THE IMAGE of the Director of Municipal Recreation. All of this reminds me that each of us is daily creating that image. The Blueprint Committee will be meeting again soon for more prolonged deliberations in an attempt to get down on paper some objectives and a plan of attack.

At its last meeting, the Executive had some discussion on the use of S.D.M.R.O. as part of the name of a zone, district, association or what have you. There were some pretty clear differences of opinion on this and it seemed to me that we decided to let it come out in the wash.

The East Central District are setting up a Resources file. They feel that we as professionals should have access to technical information to assist us in planning, deciding and recommending. Such things as marina design and snow machines were mentioned. I don't think they are ready to receive it yet, but I am sure we will all have valuable information for such a file. Someday the Bulletin could include this kind of information.

Crests are now available at a new low price, \$7.50, because we are able to purchase them cheaper, but still of the same quality.

We set the dates for the Annual Meeting and Institute, November 9, 10, 11 and decided to hold the Annual Meeting first so that we would be in finer fettle to handle Society business.

Apparently the MONOGRAPH is out to the schools. Would whoever has them please let

the rest of us in on it!

Jack Dane submitted a comprehensive training report which will be studied further at the next Executive meeting. Jack's committee proposed to submit a policy to cover all facets of training that the Society will or should undertake;

- (a) Bob Davidson is developing the Tutor system along with John McNeil;
- (b) make a complete report on the "one year course", re: its acceptability as a prerequisite for Society Fellowship;
- (c) the post-graduate In-Service Training program is under study;
- (d) the University Training committee is awaiting a report from Western University.
- (e) the subject of the next institute is "Communications" it will include: speaking, reporting and writing;
- (f) home study is an integral part of the next institute and of proposed future training programmes.

Ted Storey wrote recently. He is in the Department of Recreation and Parks Management at the University of Illinois and still working on his PhD in recreation.

R. Watts

RECREATION IN THE COMMUNITY - WHY?

- 1. Are there any social values that one expects to result from a recreation program?
- 2. Recreation stands on its own feet. It is an end in itself and not a means to an end. What is that end?
- 3. Is there any relationship between citizenship and recreation - democracy and recreation - the brotherhood of man and recreation - Christian ideals and recreation
- 4. What is to be said about program centered or person centered recreation? Are they mutually exclusives?
- 5. If recreation promotes good community living, what is good community living? Are we concerned with social or religious understanding and inter-group tensions in our town - civic responsibility - general community well being?
- 6. Is there any relationship between family life and community recreation patterns - church attendances and observances - juvenile delinquency - adult education - town spirit-prides?
- 7. If the recreation movement has any sound viewpoint, how do you seek to effect it?
- 8. What would you add or subtract from the statement re recreation?

PRAYER

Ever insurgent let me be,
Make me more daring than devout;
From sleek contentment keep me free
And fill me with a bouyant doubt.

Open my eyes to visions girt
With beauty, and with wonder lit ---
But let me always see the dirt,
And all that spawn and die in it.

Open my ears to music; let
Me thrill with Spring's first flutes and drums --
But never let me dare forget
The bitter ballads of the slums.

From compromise and things half done,
Keep me with stern and stubborn pride,
And when, at last, the fight is won,
God, keep me still unsatisfied.



PAST PRESIDENT'S COMMITTEE REPORT

The Past President's Committee held their first meeting January 26th at Central "Y" in Toronto. This was a brainstorming session to bring out as many ideas as possible concerning a "Blueprint" for the growth of the Society. The discussion was lively and brought out some completely new thinking

on the Society and the recreation picture in general.

It was decided that the best plan of attack on this extremely important subject would be a concentrated 3 day meeting at some secluded spot. In this way we would be able to roll up our sleeves and really get down to some serious thinking and start putting things down on paper. We expect the pattern and scope of the Committee's work will evolve from this meeting.

Meantime, we would welcome any suggestions and ideas from any member of the Society. This is probably the most important piece of work the Society has ever undertaken, and all suggestions will be greatly appreciated. Send your suggestions along to the undersigned.

George Kormos

Chairman

Past President's Committee.

DIRECTOR OF TRAINING
REPORT

A PROGRESS REPORT ON SOCIETY TRAINING



All appointments have not yet been made to each of the committees under "Training." In some instances we await confirmation or acceptance of the appointment. A breakdown looks something like this at present.

(1) Training Committee

1. Jack Dane - Chairman
2. Bob Davidson, Chairman, In-Service Training
3. Bill Pillsworth, Chairman, University Training
4. Scotty Thomson, Chairman, Training Institutes

(2) In-Service Training

1. Bob Davidson - Chairman
2. Jac Cropley
3. Don McLaren*
4. Al Miller
5. John Thorsen
6. Sam Jacks *

(3) University Training

1. Bill Pillsworth - Chairman
2. Bill Hare
3. Bill Jones
4. Dick Watts

(4) Training Institutes

1. Scotty Thomson - Chairman
2. Hank Labatte
3. John McNeill
4. Jerry Love.

* Not Yet Confirmed.

(1) TRAINING COMMITTEE:

One meeting of this committee has been held for the purpose of defining the objectives of the committee, and to explore the various areas in which each of the committees under Training will work.

The establishment of a long-range training policy for the Society was also attempted along with studying the one year In-Service Training Course for university graduates. The policy, or statement, will cover all facets of training that the Society will or should undertake. Included in this is University Training, In-Service Training, Training Institutes, Home Study, Zone Training, and Inter-Departmental Training.

Since the personnel of the various committees under Training had not been appointed and it was felt prudent to include the members of each committee in discussions leading up to the formation of a recommended policy, each Committee Chairman agreed to prepare terms of reference for his own committee before proceeding further.

Copies of the outline of the complete one year course have not yet been made available to the Training Committee. Only half of the Course, or Section A as it is known, is available at this writing. Each section of the Course (sections A & B) calls for the completion of eight assignments as follows:

	<u>Section A</u>	<u>Section B</u>
Recreation & Recreation Techniques	3	3
Community	2	1
Government	1	1
Applied Psychology	1	2
Recreation Facilities	1	1
	<u>8</u>	<u>8</u>

Each participant in the Course is required to complete and submit all of his answers to Section A in one mailing, which should be sent in adequate time to reach the Extension Department of the University, not later than January 31st, 1961. Similarly, the deadline for Section B is June 15th, 1961.

The material in Section A would indicate that it is a worthwhile course and one that requires a lot of research and study. A complete report on its acceptability as a prerequisite for Society Fellowship will be made in the near future.

(2) IN-SERVICE TRAINING:

Community Programmes Branch feels that a Tutor's Committee might assist the twenty-six students presently enrolled in the Course who are not keeping up with assignments. The Branch has agreed to work closely with the Socceity and assist in any manner possible. One of the first steps is the setting up of a card index system to keep a running account on all persons enrolled in the Course. Bob Davidson and John McNeill are working out the details of this.

Bob has struck his committee of Tutors and hopes to have some information for them soon. Bob is conducting a pilot project in Central Zone, amongst the people in the Course, which should act as a format for the rest of the province.

The Post-Graduate In-Service Training program will be thoroughly investigated by Bob in terms of compulsory enrollment, certification, increased grants, etc.

(3) UNIVERSITY TRAINING:

One meeting of this committee has been held to determine Course content and acceptability by the University. To date no definite action has resulted because Bill L'Heureux has been tied up with the Physical Fitness Study for the Provincial Government. A meeting with the Dean of Arts & Science and Dr. Maine will be called in the very near future. This will be followed by a meeting with Community Programmes Branch to relate the Course to the Ontario Department of Education regulations. Dr. Maine at the moment is favourable to a one year diploma course for graduates with a general E.A. degree.

He feels that the general B.A. requirements and the specific recreation courses could not be condensed satisfactorily in a three year course.

Each member of this committee has been asked to prepare something in the way of terms of reference. This will include course content, length of course, how the course can relate to Provincial Certification, recruiting methods, financial assistance, such as bursaries and scholarships, and job placement - both during training and upon completion of it.

(4) INSTITUTE TRAINING:

The subject of "Communications" will be dealt with at the next Training Institute set for Prudhomme's on Thursday, Nov. 9th, and Friday, Nov. 10th, 1961. The material to be covered will include: speaking on your feet, report writing, letter writing, writing minutes of meetings, writing of articles, etc.

Central Zone Executive has agreed to do a study project on report and other writing to establish a level of acceptability for the Training Institute. This matter is at present in the preliminary stages. The matter of "Zone Training" is implied here.

Considerable "Home Study" will be required for the next institute which will also require - "Recommended Reading." These are two other facets of the overall training program.

"Inter-Departmental Training" has to do with the relationship of one municipal department with another and the development of ways and means of better working relationships. This would include School Departments as well as other departments of a municipal government.

At present Etobicoke Township is conducting a program between the Recreation Department and the Parks Department. Items to be covered include: Composition of Boards and Committee, Legislation, Relationships to Council, Organization, Responsibilities, Philosophy Planning and Master Plan. We are looking on this as a step toward plotting a course that would be conducted to great advantage anywhere in the Province.

Respectfully submitted,

Jack Dane

Director of Recreation



1. Society crests suitable to wear on navy blazers are now available at \$7.50 per crest. Send cheque or money order together with application for crest to Ron Standen, Mimico, Ontario.

DESCRIPTION OF THE CREST OF THE SOCIETY OF MUNICIPAL DIRECTORS OF RECREATION OF ONTARIO

On a field of navy blue, a royal red circle supported by two golden Unicorns rampant. Superimposed over the circle, lengthwise, a Grecian Torch, gold and burning. Superimposed over the centre of the Torch, a silver edged scroll with a navy blue field. Embossed on the scroll a silver trillium.

At the top of the crest, superimposed over the flame, an extended scroll having a navy field, in gold letters the words, "Famam extendimur factis".

NOTE: For certain usage the name of the Society appears in letters gold, applied in a circular manner to conform, as illustrated.

Derivation of the Motto

Famam - (your) character. Extendimur - we judge, we estimate, we value. Factis - (by your) actions, deeds, facts.

Literal Translation - You will be judged by your deeds; or By your deeds you will be known.

Symbols and Their Meanings

The Circle - The Community

The Grecian Torch - Learning, education, everlasting (flame)

The Trillium - The official flower of Ontario

The Unicorn - A mythical monster dating back to the time of the Crusades; attributed with pride, endurance, and a matchless spirit.

2. The Ontario Association for Retarded Children Conference will be held Friday, April 28th and Saturday, April 29th at the Royal York Hotel in Toronto. Two sessions of interest to recreation directors are
 - (a) A Panel Presentation on "Community Services for the Retarded"
 - and
 - (b) "Recreation Workshop"

For further information contact Mrs. June Braaten, Director of Recreation Services O.R.A.C., 48 Deepwood Crescent, Don Mills, Ontario.

SOCIETY OF DIRECTORS OF MUNICIPAL RECREATION
OF ONTARIO

APPLICATION FOR CREST

Name

Address.

I am enclosing a cheque ..., money order..., for \$7.50
plus exchange for a Society Crest suitable for sewing on
a Jacket.

*

*

*

Please mail this application form to:

R. Standen, Registrar,
S.D.M.R.O.,
c/o Rotary Youth Centre,
316 Church Street,
MIMICO, Toronto 18, Ontario.

*

*

*

I certify that the applicant is qualified to wear
the Society Crest

.....
Registrar, S.D.M.R.O.

When the Registrar has approved this application, he will
forward it with your cheque to the Treasurer who will issue
the crest.

C O M M U N I T Y N E W S

FOREST HILL RECREATION COMMISSION

The Annual Closing Shows for Adults and Children participating in the winter programmes will take place in the early part of March. The Forest Hill Hockey League will windup the season with the Pee Wee and Bantam finals on Monday evening February 27th, the Midgets will end it all on Tuesday February 28th and the Juveniles on Thursday, March 2nd. The Basketball League Finals will be held on Saturday Afternoon March 18th, with the bantam and midget finals. The Bantam and Junior Bowlers will complete their finals on March 25th, followed by pop and hotdogs.

The Figure Skating Club will hold their Annual Ice Carnival at the Forest Hill Artificial Ice Rink on Saturday Morning March 4th, starting at 11:00 a.m. The Children's Drama Club will present several plays in the Junior High Auditorium on March 17th and the Art and Oil Painting Classes will hold forth in the main hallway the same evening.

The Ballet Class will present a recital on March 18th at the West Prep School. This will give the parents a chance to see how their children have progressed during the season.

The Adult Classes will hold their Annual Closing Shows on March 7th, 8th, 9th and 13th, and the programme will include Badminton, Bridge and Archery Tournaments, plus a Golf Putting Contest for the Golf Class members. There will also be a Pottery and Art Exhibition and it will be held on Thursday, March 9th. The Glee Club will perform at the March 13th closing show. So all and all it should be a busy march for the residents of Forest Hill.

KITCHENER

Laurie Branch and Don McLaren have begun an eight hour course for learners of summer programs. The course curriculum is contained in a 40 page manual published by the Recreation Directors of West Central Ontario. Its main headings are Local Administration, Programming, Leadership, Safety. The Introductory Course is not designed to train leaders fully for summer work, but rather to teach them the basics in preparation for the more intensive 5 day course at the end of June.

This venture is not new to many, but the content of the course is something of interest, even in its untried state. We feel we can be justly proud.

LEASIDE

Leaside Recreation Committee recently instituted a Charm School designed primarily for teen-aged girls. Response was so overwhelming that a similar group was set up for ladies, and the combined registration was closed at 125. This activity will be offered again in the Fall.

Our new Spring Swimming term is now in progress with 332 persons registered at the various levels of Red Cross, Royal Life, and special activity instruction.

The Recreation Committee's 13th Annual Spring Open House will be held in Leaside High School on Thursday evening, March 23rd. This will be held jointly with the Board of Education Night School classes, as was done very successfully last year.

PETERBOROUGH

Peterborough Recreation Commission have opened two community centres to the 4,000 unemployed workers in the area, as a common meeting place where they can enjoy light recreation such as cards, checkers, darts, movies, etc. In two weeks of operation the centres drew close to 400 men. Because of the tremendous response to the programme, a full time supervisor was hired to see that the men enjoyed their recreation. To support the cause many industries and residents have contributed reading materials, games and free passes to recreational activities such as bowling and movies. The city fathers are behind the movement 100% and have given their full support to the programme.

Peterborough Recreation Commission commences Spring Craft Classes - February 1st. Courses are for 10 weeks duration and the courses offered are: Weaving, pottery, leathercraft, and Chair Cane.

East Central Zone Bowling Tournament to be held in Peterborough March 18th, at Lakeview Bowling Lanes. The East Central Directors are acting as score keepers for the Junior Bowlers.

Plans for the East Central Ontario Playground Leaders Training Course are underway with - Cecil Nobes as Camp Director, Course Directors being W. Brewster and John Thorsen, and Camp Manager in the person of Lloyd "Red" Doran.

SIMCOE

Rural Teachers in this area are always on the look-out for new physical education and games ideas. Recently the staff of the Simcoe County Recreation Service were invited to demonstrate a variety of such activities to a group of teachers in Sunnidale Township. We tried to make this session as creative and interesting as possible and had the teachers taking part in gymnastics, rhythmic and dramatic activities, and finally a discussion on how they could foster leadership ability in their pupils.

A Women's Fitness Class with nursery school for pre-school youngsters is underway in Collingwood. It is sponsored by a church group which enlisted our organizational help and advice. It promises to meet an important need and both mothers and children are enthusiastic.

Drama seems to be in the limelight right now. The third of a series of weekend drama workshops was held early in January about 10 miles south of Barrie, and featured production and stage design. Russ Waller gave leadership to the Workshop and everyone gained a great deal from it. He went into every aspect of production, including the necessary set-up of a little theatre organization and the duties which have to be performed. He dealt in detail with staging, lighting, make-up and costumes.

A small group of people from Barrie and district, who attended this Workshop, are now working toward the development of a drama organization in this centre. As the first stage, they are planning a twelve weeks' drama course to be directed by Mr. Henry Zoder. Mr. Zoder was formerly with the Ministry of Schools and Culture in Czechoslovakia and is highly recommended by Community Programmes Branch, which is assisting in this venture.

WATERLOO

As immediate past Bulletin Editor, I would certainly be remiss if I did not send in some material for the first edition of the 1961 Bulletin. So, to practice what we have preached, we offer the following; FALL-WINTER-SPRING PROGRAMME: highest registration ever in our Adult Craft Classes - 170 people registered in nine courses offered - pottery, sewing, leathercraft, silver jewellery, photography, metalcraft, china painting, furniture refinishing and upholstery. NINE OUTDOOR NATURAL ICE RINKS being successfully operated by Community Committees. OTHER WINTER ACTIVITIES include a Junior Bowling programme and a Working Teens Club (the latter jointly with the Kitchener Recreation Department). LEADERS TRAINING COURSE conducted jointly with the Kitchener Recreation Department includes close to 100 High School and College students who have applied for Summer Programme employment. The Course is being held from 5:30 to 7:30 p.m. on four consecutive Monday evenings to be followed by examinations, interviews, appointments and Training Camp Courses. SUMMER PROGRAMME FEATURES: a major revision has been made to our summer programme to include a breakdown of age groups - Junior-Intermediate Playgrounds, Senior Playgrounds, a Teen Playground Centre and a Daycamp. A Special Event crew will be employed along with supervisory staff and specialists.

One of the biggest projects for 1961 will be the return of the Waterloo Band Festival to be staged by the Waterloo Recreation Department on Saturday, Sept. 9th. This event will feature the Canadian Drum Corps (Trumpet Bands) Championships at Seagram Stadium, but will include all types of bands in the mammoth 6:00 p.m. parade.

Our best wishes to the new Bulletin Editorial Staff.

LONDON

The five Adult Community Centres have just completed their tenth season of successful operation with a total membership of 2,700, consisting of 22 different activities and 100 classes in 6 schools. The total attendance for the 1960 - 61 season was 35,000. The most popular activities over the ten year period are millinery, sewing, painting, bridge and badminton. In recent years golf instruction, women's keep fit, men's physical fitness personal development and grooming and square dancing have increase in popularity. At the completion of each season, Open Houses are held at which the numerous articles are displayed. Annual banquets conclude the season with the following social activities: bingo, euchre, and bridge. Members of the Community Centres take an active part in the planning and execution of the above mentioned special season end programs.

The P.U.C. Recreation Department, recognizing the need for regular exercise and professional assistance in learning proper techniques, have sponsored 3 Keep Fit classes in which 250 women have participated and 2 Men's Physical Fitness classes (with 90 men enrolled). Under the leadership of Professor Michael Yuhasz, Professor E. Berzins, Miss Peggy Duncan - Physical Education Teacher, and Mrs. Dorothy Scruton, these classes have been very successful. A systematic procedure of tests and measurements have been devised to evaluate the results of these programs. The tests reveal the location of excess body fat, the increase in muscular strength and the pluse recovery rate after strenuous exercise. The results of these programs have been so good that additional classes will be rescheduled during the spring and summer seasons.

Due to an interest shown in Volleyball, the Department sponsored a City Volleyball League with 9 teams entered in the ladies division and 8 teams in the Men's section. Plans for the future include expansion in both leagues.

The fall term of the P.U.C. Children's Theatre School included 75 children ranging in ages from 8 to 19 years. They received basic instruction in all phases of drama including set design, properties, costumes, acting, make-up, and lighting. Casting is being conducted for a summer spectacular which will be held at the Kiwanis Memorial Bandshell in Victoria Park

WATER SAFETY CONFERENCE



A Water Safety Conference sponsored by the Ontario Water Safety Division of the Canadian Red Cross and the London Recreation Department will be held on Sat. April 1 at Red Cross House in London. This Conference is open to members of Water Safety Committees, Recreation Directors and Assistants and anyone else who has the responsibility for planning and operating water safety programmes and pools. Many interesting topics are scheduled to be discussed including plans for Water Safety week, standards of instruction and lifeguards, the operation of pools and publicity etc. Anyone interested may write to the Recreation Department, Public Utilities Commission for a programme folder. Return registration form by April 10th.

T O W N S H I P N E W S

TOWNSHIP OF TORONTO Recreation Week '61

Another first will be credited to the Township of Toronto Recreation Department when on April 4th to 9th a new type of Community Display will be instituted.

"Find New Worlds Through Recreation" will be the theme of Recreation Week '61, and this will be the time we highlight the importance of leisure in the Township. The programme will provide Township and Area residents with an opportunity to learn what Recreation is and what it means in our present-day living; what the Recreation Department is; how it functions and what Services it is set up to provide; what activities are going on in the Township and it would be a "show-case" of these activities!

Religious leaders are being asked to co-operate and use the Sunday as an occasion to deliver sermons on the moral obligation to be wise stewards of our leisure.

Educations, civic groups, corporations, and libraries will also be co-operation to make this a success.

Further information can be obtained by contacting Elearnor S. Blake, Assistant Director of Recreation, Township of Toronto Recreation and Parks Department at TA 2-1605.

Word has been received of the appointment of William J. Hare to the Advisory Committee on International Services of the National Recreation Association of America. The appointment is for three years from January, 1961 to December, 1963.

Mr. Hare is one of two Canadian appointees to this Committee, the others being Dr. S.F. Maine of the University of Western Ontario. The International Advisory Committee forms a consultation and correspondence service to agencies and individuals concerned with recreation programming, administration and trends around the world. In the past year, 152 requests for assistance from 49 countries were processed through correspondence and consultation by members of this Committee. This Committee makes recommendations to the National Recreation Association as to programme content for the annual congress which is held in the fall of each year and involves delegates from the United States and Canada in a series of discussion on seminar topics each year.

When attending school a teacher will tell you, you must not cheat by copying but when you grow older it is different. So the Township of Toronto Recreation and Parks Departments are cheating by copying material from the Ring of Square Dance, Sam Jacks. A Square Dance Caller Club has been set up in the Township of Toronto and with 12 new callers it has been found necessary to standardize the method of calling so, Sam was contacted and forwarded to Yours Truly, a manual of instruction on Square Dancing. Now the Township of Toronto has an instruction book called the 11 basic steps to Square Dancing. Thanks Sam Jacks from Bob Sones Sr.

TOWNSHIP OF ETOBICOKE

The In-Service Training course for Parks and Recreation Supervisory employees has been scheduled for 8 lectures, four of them complete to date. Presentations to date have covered Board function, relationships - departmental organization - philosophy - planning Board function and relationships. Future lectures will include the "Master Plan", Recreation Organization in the Community Playground Planning and Board-Staff relationships. The first Concert of the Etobicoke Philharmonic Orchestra, Harman Haakmann, Conducting is to be held February 22nd, 1961.

Frank Hayden, former Playground Director, has completed his doctorate at the University of Illinois and is now posted in the Physical Education Department, University of Toronto as research specialist. One of his first projects is study of Physical Programmes for Retarded Children.

TOWNSHIP OF NORTH YORK

North York Parks and Recreation Department have recently completed staff hirings and rearrangement of various positions. This now brings our office in Recreation up to full strength.

Mr. Sid Smith, formerly the Assistant Superintendent of Recreation of York, Pennsy; joined our staff as a Recreation Assistant and has subsequently been appointed to the position of Supervisor of Aquatics upon the resignation of Mr. Sam Hawkins.

Mr. Peter Heibert, formerly the Director of the Carlton Boy's Club and previous to that West End Y.M.C.A. Aquatics Director; has been appointed as a Recreation Assistant, working in the Aquatics Division along with Miss Jean Mowat, also a Recreation Assistant.

Mr. Herb Carnegie, formerly Supervisor of Athletics, was recently appointed to the position of Supervisor of General Programme to replace Mr. James McGuire, who recently returned to Scotland with his family. Herb will be working with the assistance of Miss Shirley Clouse, Recreation Assistant, and also with Mr. Jim Reid, recently appointed as a Recreation Assistant and who was formerly Assistant Boy's Work Secretary and Assistant Physical Director of the London Y.W. - Y.M.C.A.

Mr. Frank Burch who was previously a Recreation Assistant in the Athletics Division, was promoted to the position of Supervisor of Athletics and Mr. Don Shave, formerly the Director of Recreation of Penetanguishene; has joined the North York Staff as a Recreation Assistant working with Frank Burch in Athletics and also Mr. Jack Bland, formerly the Assistant Arena Manager in Leaside, has been appointed as the Arena Manager of the Don Mills Arena and is also working as a Recreation Assistant in Athletics.

North York Council, through the Parks and Recreation Committee, recently expropriated a large area of land in the Jane Street, Wilson Avenue district for the construction of a second arena in the municipality, which will be operated by the Parks and Recreation Department. Plans are presently being prepared and arenas in other municipalities throughout the province are being studied. Future plans also indicate a third arena to be constructed in the central region of the Township, bringing total arenas in North York to three.

The artificial ice rink which was formerly at Harrison Road School in North York has been moved to its new location and was officially opened on November 30. It is located at York Mills Park and is a very attractive artificial rink and a very useable and well designed building is available for the housing of the machinery, the provision of an outdoor swimming pool and change facilities.

Construction is well underway in North York for the seventh indoor swimming pool, all of which are operated by the Parks and Recreation Department. This latest addition will be constructed at the Emery Collegiate School site, at a cost of \$150,000.00 and will be similar to the other six schools in the Township.

TOWNSHIP OF EAST YORK

The residents of the Township of East York pulled on the heavy sweaters and the bonnie wee Tams to invade East York Arena to Curl on five colourful sheets of ice. Tuesday of each week had been set aside and membership swelled rapidly to a peak. Mornings have been taken by a number of men who are on shift work or have retired while the ladies have taken time out of their busy daily routine to join in for a friendly game in the afternoon. As soon as the old school bell sounds to end classes the younger set take to the ice during supertime hours in two league competitions each game consisting of six ends. During the evening hours the adults show in full force to compete in a mixed league with two series operating. This is a first in the Township and the East York Recreation Committee is proud to say that a successful programme is operating to satisfy the needs of a total of 250 members.

YORK TOWNSHIP

Personals - Dave Appleton, Director, is back on the job after an extended illness, Mr. M. Lee is our new Athletic Director, who will be enrolled in the Directors' Course.

D I S T R I C T N E W S

NORTH WEST DISTRICT

The semi-annual Zone meeting was held at the Quetico Conference and Training Centre. The attendance was not up to its usual standard due to a number of complications. New faces at the meeting were Bev. McAuley, C.P.B. representative, and John Copoc, director of recreation at Atitkokan. The agenda included about twenty items including Playground Supervisors' Course, Swimming & Water Safety Courses, Life Guard Clinics, O.R.A. Zone Conference, Youth Conference, Tennis & Badminton Clinics, Drama Festival & Workshop, Winter & Summer Art Courses, Craft Courses and other items.

Kenora is the newest community in our area to have a full-time recreation director (Miss Margaret Phillips). The following report from Kenora is an indication of the tremendous progress made since Marg. took over her duties less than a year ago.

"Teens in 'he Jet Age", the theme adopted for the 9th Annual Northwestern Ontario Youth Conference is most apt, as the Kenora teenagers are certainly moving at "Jet Age" speed in their preparations for this Conference which will be held in Kenora, April 6, 7, and 8th. An anticipated total of 375 delegates from twenty or more communities in this Zone of the province will attend the Youth Conference which is sponsored by the N.W.O. Zone of the S.D.M.R.O. and hosted by the Ken - Teen - Ville with the co-operation of the Kenora Recreation Committee. At present, nearly one hundred Kenora teenagers are involved on the various committees, either raising money for the project or working on the mechanics of the Conference. It is indeed a pleasure to watch the maturing confidence, poise and growth apparent in the young people who are so ably accepting their responsibilities in conducting this tremendous programme.

In between the 10 or 12 weekly Youth Conference meetings, we are managing to encourage numerous other Recreation programmes. Minor Hockey involves 500 boys, and we have recently formed a 4-team Ladies Hockey League. Over 100 girls and boys have registered for "Learn To Ski" classes. The Kenora Ski Club is host to the Manitoba Ski Zone Alpine Races on January 29th.

The Lake of the Woods Players (adult drama that is) has just completed a hilariously successful production of Arsenic and Old Lace, and are now busy with three one-act plays for the local Drama Festival. The children's Drama School is preparing for the Festival also, and will put on The Absent One, an original play written by one of the Adult group's members.

A three-day Square Dance Callers' and Round Dance Instructors' Workshop was held January 23 to 25th with C.P.B.'s Harold Harton instructing.

A newly formed Weaving Class are looking forward to "Bunty" Muff's visit the latter part of this month.

In the Parks area, we are assured of major developments occurring this year in a combined Tourist and Municipal Park. On the suggestion of several Chiefs of nearby Indian reserves, this area is being named "Anicinabe Park". (Those not familiar with Objibway may write for translation).

Town Council's approval of many "Do It Now" projects assures us of a number of park and waterfront improvements being completed before summer programme time.

For any of you who lack good winter weather for your outdoor programmes, a cordial invitation is extended to visit Kenora and see winter at its best - 'twas 41 below yesterday!

CENTRAL DISTRICT

The Central District held their Annual Broom Ball game at the Don Mills Arena on Thursday January 12th, 1961. The East Team, headed by Leaside's Bob Davidson scored a 4 to 1 upset victory over Jack Dane's West Team.

Following the broom ball game, the monthly meeting was held at the Don Mills Bowl where all the tired warriors sat down for lunch. The highlight of the meeting was the Election of Officers for the Central District with Gordon Hutchinson of North York

Recreation Commission moving in as President, Jerry Love as 1st Vice-President, Alice Milhausen 2nd Vice President, Bud Fanning Secretary and Jim Maxwell Treasurer.

The Society of Directors Municipal Recreation of Ontario, (Central District) Annual Pee Wee Hockey Tournament was held at Maple Leaf Gardens on Saturday, March 4th, 1961; The Communities taking part are: Toronto Township, Scarborough, North York, Weston, Etobicoke, Forest Hill, York Township and East York.

The new executive have lined up a number of special events for the Central District members such as: Bowling Tournament, Curling Bonspiel and a golf Tournament.

At the present time the executive are laying plans for meetings dealing with report writing and also home study for the next seminar.

There will also be meetings dealing with the In Service Training Course which will be handled by Bob Davidson.

EAST CENTRAL

At the January 12th meeting in Peterborough the following executive was elected:- Chairman - W. Ogden, Oshawa. Vice-Chairman - C. Nobes, Colborne; Secretary - T. Wood, Peterborough; Treasurer - D. Rigg, Bowmanville; Publicity Chairman - J. Ward, Oshawa; Tutor - L. Doran, Belleville. Planning has begun on our Playground Leaders Training Course which is held at Camp Quin-Mo-Lac south of Madoc on Moire Lake. This campsite is owned by the United Church of Canada and each year before their camping season gets underway we use it for this worthwhile purpose. This year there has been an addition to the camp completed. We are discussing the possibilities of using this new site also for a more advanced leadership course. A Committee comprised of W. Brewster, D. Church, D. Maddocks, J. Eilbeck, J. Thorsen, K. Robinson, has been selected to discuss the set-up and course content. To make meetings a little more interesting and to practice recreation as we preach it we have planned for a morning's outing on the curling lanes in Cobourg for our March meeting. Last summer this type of get-together was inaugurated when we held a golf tourney in Cobourg.

On Saturday March 18th the 3rd Annual Junior 5 pin Bowling Tournament sponsored by the Directors of this area will get underway at 10:30 a.m. at the Lekview Bowling Lanes in Peterborough. There will be teams representing 10 or 12 different communities. The East Central Ontario O.R.A. Zone Conference will take place at the Campbellford and District High School on Saturday April 15th with Mr. Ken Robinson, Director of Recreation of Peterborough, being the key speaker. He will speak on the role of the Director in the community.

WEST CENTRAL

1961 Executive: Past President - D. Watts (Brantford), President - J. Ross (Oakville), 1st Vice President - B. Ballantyne (Burlington), 2nd Vice President - F. Westory (Dundas) Secretary - B. Bones (Kitchener), Treasurer - F. Vigor (Guelph).

The monthly meetings for 1961 have been divided into self training sessions which will include: Interchange of ideas pertaining to programme, administration, facilities, etc. (b) Speakers, (c) Demonstrations (d) Excursions (e) Research and part time leader training which will include (a) playground and daycamp leader's training, (b) pool personal training and (c) Teen programme training. Already, the January meeting was devoted to taking a closer look at Playgrounds. Here the results of two studies and three papers on the subject were presented. As well in 1961 this Zone is entering upon a pre-training camp programme for summer leaders to get them better prepared for the week of extensive training at camp. A nature Lore Camp for Day Camp Leaders during the Victoria Day weekend will be sponsored by the Zone this year in addition to the regular training courses held at the end of June.

In addition to the regular Playground and Day Camps Leaders' training camps, the Recreation Directors Association of West Central Ontario (West Central Zone) will be sponsoring a Nature Leaders' Training Camp. This Camp will be held on the 24th of May holiday weekend, May 19, 20, 21, 22 at Camp Avalon near Pt. Dover.

The Campers will come into camp on the Friday evening, and leave early on the Monday afternoon. The fee for this camp will be \$10.00 per person. This covers food, lodging, etc.

The camp is planned especially to train Day Camp leaders to instruct in Nature Lore, however, it will be of great benefit to other leaders in Scouts, Cubs, Guides, Brownies, Y.M.C.A. etc. Aside from regular instruction in Birds, Trees, Mammals, etc. it will include Projects, and Teaching Techniques. I have seen the list of instructors, and have been in contact with them at the Hamilton Naturalist's Camp. Take it from me, they are tops in their field. Mr. Bob Elstone, the Past President of the Hamilton Naturalist Club is the Course Director, and has done excellent work for us in our Day Camp, and Playground training camps.

If anyone would like further information or an application form for the camp, have them write myself, 2321 New Street, Burlington, Ontario and I will be glad to send them the information.

Bob Ballantyne



The S.D.M.R.O. Newsletter

will be published in June.

A great deal of district and personal articles are required to make the publication meaningful.

NEWS DEADLINE - JUNE 1st.

NORTHERN ONTARIO

The most recent meeting of the Northern Ontario Recreation Directors Association was held January 16th in New Liskerd. At that time Directors from 9 communities and C.P.B. staff were present to discuss, Society Executive Business, Playgrounds, Hockey Lifeguard Training, Arena Legislation, In-Service Training, Playground Leaders, Courses, etc. Mr. Bob Bateman was elected Chairman for 1961 and Jim Maxwell of South Porcupine, Secretary

The northern gang were pleased to welcome Mr. Dean McCubbin as our new Branch representative, we are sure that Dean will enjoy himself with us here in the "little north". At the same meeting we were sad to learn that Bev McCauley of Deep River is leaving us to go with C.P.B., best of luck to Bev.

Arena Legislation

The very excellent report by Dr. Archie Aiken and Jac Cropley on Arenas and the need for legislation to insure their being checked for safety was dealt with. This Study has been placed in the hands of the O.R.A. for presentation to the Province. All Recreationists are urged to contact their local M.L.A. for his support should this matter be brought to the Legislative Assembly (Copies of this recommendations of this Report are available through Jac Cropley, Deep River).

Lifeguard Training

The need for a standardized course on the procedures of lifeguarding beach operations was discussed. Several meetings have been held in this regard with the Red Cross and Royal Life Saving Society. From our Chairman of this Committee we learned that a course of this type is to be held in the Toronto area this spring.

N.O.P.H.A.

The Northern Ontario Playground Hockey Association - Jamboree which was organized by Recreation Directors in this area was held in New Liskeard on March 18th. This Jamboree represents the culmination of a hockey programme involving some 12,000 youngsters.

The next meeting of the N.O.P.D.A. is to be held May 29/61 in Temagani.

Regards to all

Bob Bateman

SOUTHWESTERN ZONE OF RECREATION DIRECTORS

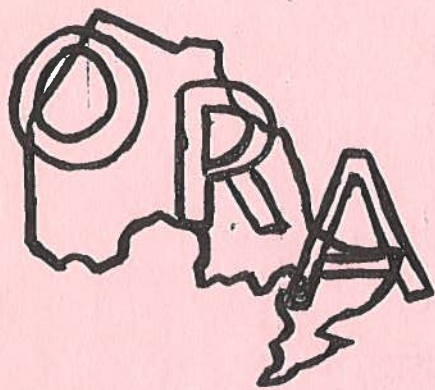
At the January meeting the following persons were elected to serve on the 1961 executive - President - Stan Willimott, Vice-President - Gerry Dawson, Secretary - Mrs. Audrey Turner, and Treasurer - Miss Kitty Summers, Mr. Robert Pearson, City Editor, Windsor Daily Star conducted a workshop on "Publicity".

The S.W. Zone has undertaken a project to produce a Social Recreation Manual which will include ice breakers, party mixers, social dancing, party records, dinner table antics, stunts, social games and party singing.

Plans for the 1961 Playground Leadership Training Camp are being finalized.

On Saturday, April 15th a Red Cross Water Safety Workshop will be held in London for all Southwestern Ontario.

Mr. Bill "Whipper" Watson, C.P.B., S.W. District Representative is leaving our Zone. He has accepted a position as Director, Community Relations, Social Planning Council, Toronto. A farewell party will be held in London at the Iroquois Hotel on Saturday, April 15th. Each and every member of our Zone will miss Bill's personality and helpful guidance. Good luck - "Whip" in your new position.



ONTARIO RECREATION ASSOCIATION

The 1961 O.R.A. Conference will be held in Hamilton, May 5, 6, and 7th. The general theme for this year's Conference is "PRESCRIPTION FOR FAMILY LIVING".

A symposium on the four aspects of Family Living (Social, Physical, Aesthetic and Intellectual) will highlight the Friday evening banquet.

Twelve discussion groups, dealing with (a) Facilities and Equipment (b) Leadership and (c) Program will be held.

There will be skill Seminars in the following subjects: Municipal Recreation, Administration, Swimming Pool Management, Community Co-operating, Provincial Assistance to Municipalities, Conservation Authorities, Community Centres Act, Parks Assistance Act, Art Programs, Day Camp Programs and Developing Physical Fitness Programmes.

For further information contact Mrs. June Braaten, Executive Secretary, 48 Deepwood Crescent, Don Mills, Ontario.

THE ONTARIO RECREATION ASSOCIATION

Report to Members about the Arena Situation---

You will remember that the O.R.A. Board of Directors wrote to all Municipal Recreation Committees, informing them of the study of arenas made by the Deep River Recreation Committee, and advising that all committees make certain that local arenas and those to which their children go to play games, have been inspected by a qualified engineer and architect.

It was also requested that members of committees approach their local M.L.A. advising him about the study and asking him to push for and support legislation to enforce periodic inspection of all arenas in Ontario.

(1) We now wish to bring you up-to-date on progress: After the last Annual Conference and the resolution re safety of arenas, a letter went to the Minister of Labour - Mr. C. Daley - expressing concern and asking for legislation to prevent further disaster. No reply was received.

(2) The Deep River Study, with an accompanying request for action was sent to Premier Frost. A letter was received from Mr. Frost's office, advising O.R.A. that he would study the report, and requesting four more copies of the Study to send out to departments concerned.

(3) A letter went to the municipalities from O.R.A.

(4) A call was received by Mr. Brookbanks, from Mr. Gibson of the Dept. of Labour, to discuss the situation. Mr. Gibson expressed the sympathy of his Department, and advised us to present the Study to the Royal Commission on Industrial Safety.

(5) November 19 - Mr. Brookbanks presented the brief to the Royal Commission on Industrial Safety. It was favourably received.

(6) Word was received from some of the municipalities about action taken. Keith Brown of Peterborough said that he, provincial representative to the Legislature, would do everything in his power to see that the matter is investigated. Blanche Martin received the written promise of Vernon Singer, Member of the Legislative Assembly, to speak from the floor of the House. Deep River said that Maurice Hamilton, M.L.A., is interested. Norman Greenwood, president of Lake Huron Zone, wrote to all municipalities, urging them to bring the O.R.A. letter to the attention of their municipality for action. It was referred to the Board of Control, endorsed by Ottawa City Council which requested support of local M.P.'s. Simcoe County forwarded the O.R.A. letter to three M.P.'s. Also, Englehart Recreation Committee advised they had written their member.

(7) The Executive of S.D.M.R.O. endorsed the Ontario Recreation Association's action and indicated support. The Workmen's Compensation Board requested the Study to study it.

(8) We contacted Mr. Medland, president of Ontario Association of Professional Engineers. He advised us that the Association had written to all municipal clerks, advising that The Ontario Association of Professional Engineers offers investigate free of charge any arena for any municipality which has not qualified staff to do so. Further information can be obtained by writing the Association at 236 Avenue Road, Toronto.

(9) The Arena Association was kept informed. They endorsed action.

Note: THERE IS STILL TIME FOR ACTION. PLEASE CONTACT YOUR MEMBER OF PROVINCIAL GOVERNMENT. Give him copies of the "Conclusions of the Deep River Study" which were sent to your Municipal Recreation Committee. If your Municipal Council can endorse the action so much the better. Above all, take immediate action to see that your own arena is safe. Please advise us of your action. Write to the Executive Secretary, Mrs. June Bratten, 48 Deepwood Cresc., Don Mills, Ont.

F. Brookbanks,

LAKE JOSEPH CENTRE FOR THE BLIND

Plans for the building of a Summer Residence and Training Centre for the blind of Ontario have now reached the drawing board. Officials at the Canadian National Institute for the Blind report that the property secured late October in Muskoka has been cleared and stands ready for building.

The vacationland setting of CNIB's Summer Residence and Adjustment Training Centre reminds us of the tremendously vital role played by recreation in the rehabilitating of the handicapped. The recent purchase of an 18-acre site in the heart of Muskoka's holiday land, turns into reality the long-planned new dimension in work for the blind. Lake Joseph Centre for the blind will appeal to sightless pre-schoolers, adolescents and adults. Its teams of specialists (Home Teachers, Counsellors and Co-Ordinators) will harness resort facilities and fashion them into effective implements of rehabilitation.

The summer long program will carefully synchronize equipment, individual need and specialists. Parents and their sightless infants will enjoy the benefits of the setting while learning to understand and overcome the limitations of blindness. Sightless school children will take part in healthy outdoor activity. Veteran and newly blind will join in programs specially designed for their needs and interests.

Organized summer activities for the blind of this province began in 1948 when with the co-operation of the Hamilton Lions Club CNIB brought 70 blind men and women from Across Ontario to Ancaster, Ont. It was a new idea which caught on quickly. Individuals who had long since given up outdoor activities suddenly became interested in swimming, horseshoe pitching, lawn bowling and hiking. Since that time more than 1,000 blind Ontarians have taken part in this annual activity. Although the program outwardly appeared to be solely a recreation outlet, its carefully designed activities developed into a firm approach to rehabilitation. The group atmosphere brought veteran and newly blind together into a setting which gave them the opportunity to take part in many activities which previously seemed out of bounds to the blind. It brought well-adjusted individuals in contact with those who were less accepting of their limitations. Campers from 18 to 90 exchanged ideas and experiences to the benefit of each. The new site bordering Highway 69 is located $5\frac{1}{2}$ miles north of MacTier. The site has a 2000' shoreline, 600 of which are sandy. The land itself is of mixed terrain. For the actively inclined, nature trails will be located in the rocky and wooded section at its north end. Dining, recreation and residence units will have a lake view. Tentative plans call for eight 62' x 31' residence units containing 6 double and 2 single rooms, 2 fully equipped bathrooms and a screened-in lounge. The dining hall, flanked by 2 utility units and located immediately behind the large recreation lounge, will be centrally situated between residence unit groupings of 4.

Directly behind the living accommodation a playground area for adults and children is being designed for Jr. and Adult games. Part of this gigantic program will be in effect this coming summer. CNIB authorities suggest that the overall cost of this project will be approximately \$300,000. A great portion of this cost it is hoped will be met by service groups across the province as well as large industrial firms and private individuals, many of whom have already indicated interest in the financing of the project.

Submitted by T.W. Trevelyan

HUNTER SAFETY

Does Municipal Recreation have any business conducting Hunter Safety Courses. This has been considered by the Township of Toronto Recreation and Parks Department, and, through several of the Rifle Clubs in the Township, the recreation areas decided to take on the project of conducting Hunter Safety Classes.

Mr. J.S. (Sandy) Ellis, Fish and Wildlife Division of the Ontario Department of Lands and Forests, states that the Hunter Safety Training programme is now well established in Ontario and has been accepted as a necessary measure. Conservation Clubs, Service Clubs, Police Associations, Scoutmasters and individual sportsmen have voluntarily given their time and experience to promoting safety and sportsmanship in the field to the extent where it is now possible to receive expert instructional courses convenient to all applicants. An Act of Legislation rules that an applicant for a hunter's license must first pass this course and be certified.

In 1959 the Department of Lands and Forests adopted a "Manual of Instruction". This manual deals with knowledge of weapons and ammunition. It familiarizes the hunter or potential hunter with the Game & Fisheries Act, game identification and courtesy in the field in general.

Both the original 30 page manual and the new revised 52 page edition have been prepared by Mr. Jack Davis who is the President of the Lakeview Anglers and Hunters Club and chief instructor of the Hunter Safety Courses. Jack is well known in recreation circles as he is an instructor in Marquetry and past president of the Lakeview Recreation Association. He is also a scout master and coach of a minor hockey team.

The Hunter Safety Manual has been prepared by the Township of Toronto Recreation and Parks Department in mimeograph form and has had wide circulation both in Ontario and Quebec and the latest requests has come from the British Columbia Lands & Forest Dept.

If any Recreation Director is interested in learning more about Hunter Safety, drop a line to Bob Sones Sr. c/o Township of Toronto Recreation and Parks Department, Clarkson, Ont.