

2024 BCRPA SYMPOSIUM



# Sharing our Stories

Shaping our Future

May 1-3 · Penticton





## Invitation from the President

Welcome to Symposium, BC Recreation and Parks' flagship conference. This year, we are honoured and respectfully acknowledge that we will be gathering on the unceded and traditional lands of the Syilx Okanagan People in the beautiful lake-side city of Penticton.

This year's theme, **"Sharing Our Stories, Shaping Our Future,"** reflects an opportunity to weave together the wealth and diversity of our shared experiences to collaboratively create our sector's future. Our program features five inspiring session streams: **Active Health, Parks and Open Spaces, Recreation Capacity, Supportive Environments, and Reconciliation, Inclusion and Access.**

Session leaders will share promising practices and innovations, and support delegates to learn how best to tell their stories to attract diverse talent, motivate teams, create respectful connections and reciprocity, and transform our plans into action to shape our future.

**This year's keynote speakers will provide tools to transform how we work and live.** Elaine Alec (telxnitkw) is a storyteller and facilitator from the Syilx and Secwepemc Nations, CEO of Naqsmist (nux-meest) and seasoned lead in Indigenous planning processes. She will take delegates through how to decolonize workspaces while cultivating safety and inclusion. Dr. Susan Biali Haas, an expert in wellness and resiliency, will close Symposium by sharing powerful methods for reducing stress and burnout in today's world.

Make sure to also save time to move your body and connect with your peers. Find your colleagues and head to our Tradeshow on Wednesday for lunch and networking or during our social hour. Then hop on two wheels for our fifth annual **Tour de BCRPA** sponsored by Carscadden Stokes McDonald Architects and explore Penticton's beautiful natural spaces or join your colleagues to learn the importance of talking circles.

You'll also have the chance to integrate your conference-wide learnings in Symposium's final education session to help hit the ground running when you return home. Then join your peers Thursday night for a lively evening of celebration to wrap it all up at Symposium's Storybook-themed banquet and dance.

It's sure to be a dynamic and transformative conference. I look forward to seeing each of you there.



Elizabeth Ayers,



BCRPA President



## **Special Thanks**

### ***Symposium 2024 Program and Events Advisory Committee***

**Ayla Van Agteren**, City of Delta

**Darcey Godfrey**, City of Penticton

**Derek Linwood**, Vancouver Board of Parks  
and Recreation

**Dylan Myers**, Vancouver Board of Parks  
and Recreation

**Jennifer Folkersen**, Langara

**Karin Carlson**, City of Fort St. John

**Linda Stride**, City of Kamloops

**Lisa Lehive**, Westshore Parks and Recreation

**Lisa O'Daly**, City of Penticton

**Luke Balson**, Vancouver Board of Parks  
and Recreation

**Paula Parman**, Langara (student)

**Rachael Ince**, Capital Regional District

**Sarah Yu**, City of Burnaby

**Susan Bullock**, Comox Valley Regional District

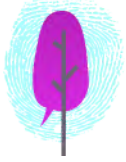
**Suzi Rosenberg**, City of Richmond

**Traci Addison**, City of Burnaby

**Sage Kruger**, Trails BC

**Wade Thoreson**, District of Saanich

**Willa Thorpe**, Port Alberni



## Thank You Sponsors



## 2024 BCRPA SYMPOSIUM **At-a-Glance Schedule**

TIMES	Tuesday, April 30	TIMES	Wednesday, May 1	TIMES	Thursday, May 2	TIMES	Friday, May 3
3:00 pm – 5:30pm	Regional Engagement Sessions	7:30 am – 3:30 pm	Registration	7:30 am – 3:30 pm	Registration & Breakfast	9:00 am – 1:00 pm	Workshop: HIGH FIVE® Principles for Healthy Child Development
		7:30 am – 8:30 am	Morning Pastries & Light Refreshments	7:30 am – 8:30 am	Morning Pastries & Light Refreshments		
		8:30 am – 9:00 am	Welcome, Land Acknowledgment & Opening Remarks	8:30 am – 9:45 am	Panel Presentations		
		9:00 am – 10:00 am	Opening Keynote	9:45 am – 10:15 am	Transition Break & Refreshments		
		10:00 am – 10:15 am	Symposium Group Photo	10:15 am – 11:15 am	Sessions C		
		10:15 am – 10:30 am	Transition Break & Refreshments	11:15 am – 11:30 am	Transition Break		
		10:30 am – 12:00 pm	Dialogues	11:30 am – 1:00 pm	Awards & AGM Luncheon		
6:00 pm – 8:00pm	Welcome Reception & Trivia Game, Sponsored by HDR	12:00 pm – 1:30 pm	Tradeshow, Lunch & Networking	1:00 pm – 1:15 pm	Transition Break		
		1:30 pm – 2:30 pm	Sessions A	1:15 pm – 2:30 pm	Operational Sessions: Implementing What You've Learned		
		2:30 pm – 3:00 pm	Transition Break & Tradeshow Café	2:30 pm – 3:00 pm	Transition Break		
		3:00 pm – 4:00 pm	Sessions B	3:00 pm – 4:00 pm	Closing Keynote		
		4:00 pm – 5:30 pm	Tradeshow Games & Social	4:00 pm – 4:15 pm	Closing Remarks & Prizes		
		5:15 pm – 7:35 pm	Social and Networking Opportunities	4:15 pm – 6:00 pm	Free Time		
				6:00 pm – 7:00 pm	Reception, Sponsored by hcma		
		7:00 pm – midnight	Banquet & Dance				

Movement and Activity
  Plenary Sessions
  Education Sessions

# Registration Information

It pays to register early!



**EARLY BIRD RATE DEADLINE EXTENDED ► March 20, 2024**

Members save even more! Learn more about member benefits [here](#).

To register for Symposium online, visit the [conference registration webpage](#).

Online registration closes: Monday, April 22, 2024, 12 pm PST

## May 1 - May 2 SYMPOSIUM FEES

**Full Symposium Registration includes:** Daily refreshments (morning and breaks), daily lunches, Wednesday evening Tradeshow Games & Social, and Thursday evening Reception, Sponsored by [hcma](#) and the Banquet & Dance.

**Wednesday, May 1, Single Day Registration includes:** Daily refreshments (morning and breaks), Tradeshow lunch and Tradeshow Games & Social.

**Thursday, May 2, Single Day Registration includes:** Daily refreshments (morning and breaks) and Awards & AGM luncheon.

**Separate fees and registration apply** to Social and Networking Opportunities on Wed, May 1, and the HIGH FIVE® Workshop on Fri, May 3. **Guest meal tickets for lunches and evening events** are also available separately.

DATES	CATEGORY	MEMBER RATE	NON MEMBER RATE
EARLY BIRD RATES (ending Mar 20, 2024)	Full Registration for Wed, May 1 and Thu, May 2	\$855	\$1030
	Single Day Registration Select Wed, May 1 <u>or</u> Thu, May 2	\$486	\$570
REGULAR RATES (starting Mar 21, 2024)	Full Registration for Wed, May 1 and Thu, May 2	\$990	\$1195
	Single Day Registration Select Wed, May 1 <u>or</u> Thu, May 2	\$560	\$665
STUDENT MEMBER RATES	Full Registration for Wed, May 1 and Thu, May 2	\$450	N/A
	Single Day Registration Select Wed, May 1 <u>or</u> Thu, May 2)	\$340	N/A

**All conference attendees** are welcome to attend the Welcome Reception & Trivia Game, Sponsored by [HDR](#) on Tuesday, April 30.

**All conference attendees and BCRPA Members** are also welcome to attend the Regional Engagement Sessions on Tuesday, April 30.

**Please RSVP for the Tuesday, April 30 events when you register for the conference.**

## GUEST MEAL TICKETS

**Guest meal tickets are available for those who would like to join us.**

**Additional fees may apply for Single Day Registrants.** See the information above for what's included with Single Day Registration.

GUEST MEAL TICKETS	RATE
Wednesday, May 1 ► Tradeshow, Lunch & Networking	\$60
Wednesday, May 1 ► Tradeshow Games & Social	\$50
Thursday, May 2 ► Awards & AGM Luncheon	\$65
Thursday, May 2 ► Banquet & Dance	\$130

# Registration Information continued



## SOCIAL AND NETWORKING OPPORTUNITIES AND WORKSHOP

Additional registration and fees apply for these Social and Networking Opportunities and HIGH FIVE® workshop.

SOCIAL AND NETWORKING OPPORTUNITIES ▶ WED, MAY 1	MEMBER RATE	NON MEMBER RATE
<b>Tour de BCRPA</b> (active session) <i>Sponsored by <a href="#">Carscadden Stokes McDonald Architects</a></i> <b>▶ 5:15 pm – 7:35 pm</b> Bike and helmet rentals, and a complimentary souvenir t-shirt are included in the registration fee.	\$120	\$145
Upgrade to an e-bike is available. Limited numbers available.	\$165	\$190
<b>Talking Circle</b> <b>▶ 5:30 pm – 7:00 pm</b> Join your colleagues to learn the deeply respected protocols the Syilx Okanagan People follow during a talking circle.	\$25	\$30

WORKSHOP ▶ FRI, MAY 3 / 9:00 am – 1:00 pm	RATE
<b>HIGH FIVE® Principles of Healthy Child Development</b> <b>Location:</b> Penticton Community Centre (325 Power St, Penticton)	\$99

## Refunds & Cancellations

### ▶ Conference Registrations and Meal Tickets

Cancellation requests received prior to **April 1, 2024** for conference registrations and Guest Meal Tickets will receive a partial refund of 70%. Cancellations made starting April 2, 2024 are non-refundable. Registrations are transferrable. All requests for cancellations must be submitted to the BCRPA office [by email](#) and received within the cancellation times noted above.

### ▶ Social and Networking Opportunities on Wednesday, May 1

Cancellation requests for Social and Networking Opportunities received prior to **April 1, 2024 at noon** will receive a 100% refund. Cancellation requests received after the deadline are non-refundable. Registrations are transferrable. All requests for cancellations must be submitted to the BCRPA office [by email](#) and received within the cancellation times noted above.

### ▶ HIGH FIVE® Workshop on Friday, May 3

This training is non-refundable; however, requests for registration transfers are considered on a case-by-case basis and are available on a one-time basis only. At least 7 business days' notice is required. To request a registration transfer, please [send us an email](#).

## Continuing Education Credits (CECs)

BCRPA Fitness CECs are available for attendance. Check-in procedures must be followed in order to receive CECs.

- ▶ Wednesday, May 1, 2024 – one day attendance: 4.5 CECs
- ▶ Thursday, May 2, 2024 – one day attendance: 4.25 CECs

British Columbia Society of Landscape Architects (BCSLA) credits and Planning Institute of BC (PIBC) CPLs are available for attendance.

Information on claiming credits is [available on the website](#).

## Policy on Conference Program Content

The presentations at Symposium belong to the presenters — BCRPA assumes no responsibility for any errors or omissions in the information presented. In addition, the views and opinions of the presenters are not necessarily those of the Association.

The Symposium program content is subject to change without notice.

## Policy on Event Photography and Recording of Presentations

The policy on recording presentations and event photography is in effect.

All conference policies are available online [here](#).

# Accommodations

We have secured special group rates at local hotels for our delegates. Book early to avoid disappointment.

## ► Four Points by Sheraton | 1903 Vernon Avenue, Penticton

To receive the group rate at Symposium’s preferred hotel, reserve your room prior to March 30, 2024.

To reserve your room:

- Individual call-in reservations can be made directly through the Hotel, through the toll-free reservations telephone line at 1-888-236-2427 and reference **BC Recreation and Parks Association**.
- Or book online on the [Four Points by Sheraton reservation page](#) using the group code: **BC4**

Guest room rates start at \$169 per night for rooms with 2 queen beds. Prices do not include provincial (7%), service (5%) or hotel tax (16%).

Visit the [Four Points by Sheraton website](#) to learn more.



## ► Sandman Hotel | 939 Burnaby Ave, Penticton

To receive the group rate, reserve your room prior to March 30, 2024. **We encourage reservations to be made prior to February 1st 2024, for the best availability and choice.**

To reserve your room:

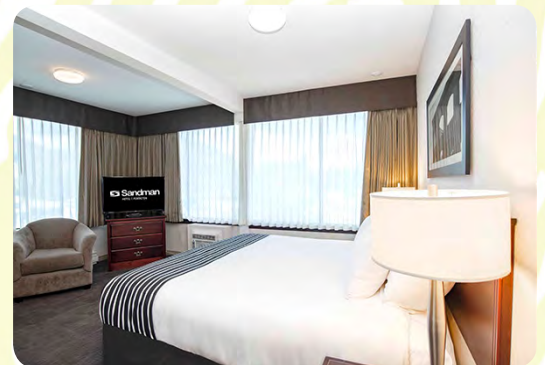
- Book online at the [Sandman Hotel Penticton website](#). Follow the instructions below:
  - 1) Select “**Book now**” – *Site may say that dates are unavailable – Ignore this message and continue*
  - 2) Scroll down and select “**Add Code**” then “**Promo Code**”
  - 3) Select “**Web Group Code**” and enter **2304BCRECR - ADD**
  - 4) Follow the prompts and complete your booking
- Or send an email to the [Reservation Desk](#) and reference **BLOCK CODE 2304BCRECR**
- Or Phone: Central Reservation 1-800-726-3626 / 1-800-SANDMAN or Hotel Direct (250) 493 7151  
*Reference SANDMAN HOTEL PENTICTON– BLOCK ID # 156889 or BLOCK CODE 2304BCRECR*

Available rooms and rates/night (subject to availability):

Standard 1 Queen bed.....	\$130
Standard 1 Queen bed, kitchenette.....	\$140
Standard 2 double beds.....	\$140
Standard 1 King bed, Sofabed.....	\$140

\* Prices do not include provincial (7%), service (5%) or hotel tax (16%).

Visit the [Sandman Hotel Penticton website](#) to learn more.





# Accommodations continued

► **Fairfield Inn & Suites Penticton** | 602 Eckhardt Ave W, Penticton

To receive the group rate, reserve your room **prior to March 20, 2024**. Group rates are valid for stays between **Tue, Apr 20, 2024 and Sat, May 4, 2024**.

Reserve your room online [here](#).

Available rooms and rates/night (subject to availability):

Rooms with Queen beds start at \$140

Rooms with King beds start at \$179

\* Prices do not include provincial (7%), service (5%) or hotel tax (16%).

Visit the [Fairfield Inn & Suites Penticton website](#) to learn more.



► **Ramada by Wyndham, Penticton Hotel & Suites** | 1050 Eckhardt Ave W, Penticton

To receive the group rate, reserve your room **prior to March 31, 2024**.

Reserve your room online [here](#). Once the link is selected, please hit “search rooms” and the group discounted rates will appear.

Or call 250-492-8926 Ext. 0 to reach the front desk.

Reference the group code **043022BCR** to receive the discounted pricing.

Available rooms and rates/night (subject to availability):

Two Queen – Upper Level.....\$159

Two Queen – Ground Level.....\$184

One King.....\$184

One King Business Room, Jetted Tub .....\$199

One King Efficiency Kitchenette.....\$219

\*Prices do not include provincial (7%), service (5%) or hotel tax (16%).

Visit the [Ramada by Wyndham, Penticton Hotel & Suites website](#) to learn more.



# Air Travel

Airline discounts are available for Symposium delegates coming from out of town.

## Pacific Coastal Airlines

Promo code: BCRPA24

Applicable Fare and Markets: 15% off Basic, Bravo, and Classic fares to/from YYF

Sale Period: Feb 15 – March 14, 2024

Travel Period: Apr 29 – May 5, 2024

### Terms and Conditions:

- Discount is applicable to Basic, Bravo, and Classic fare types (base fare only)
- Limited uses available
- New bookings only
- Fares and seats are limited and subject to availability at the time of reservation
- May not be combined with any other program, promotion, or discounts
- Subject to applicable fare terms and conditions

Book online [here](#).



## WestJet Discount

WestJet is offering 5% off Econo\* and 10% off EconoFlex and Premium fares for travel within Canada and 2% off Econo\*, 5% off EconoFlex and 10% off Premium base fares for guests travelling Trans-border. No discount will apply to Basic or Business class bookings. To take advantage of this offer, you will need the discount code listed.

Discount is valid for travel between April 24, 2024 to May 9, 2024 to Kelowna Airport (YLW) or Penticton Airport (YYF)

Book online at [WestJet's Convention webpage](#) and use code: **2B0P3NI**

TRAVEL AGENTS, if booking in GDS, use promo code: **YBH07**

# Keynote Speakers



## Opening Keynote

**Elaine Alec**

**Cultivating Safe Spaces: Sharing Our Stories and Shaping Our Future**

► Wed, May 1 | 9:00 am – 10:00 am

Cultivating Safe Spaces Training is a worldview-shifting framework that empowers individuals who may be struggling to understand what decolonization and reconciliation look like.

This training takes participants from a place of insecurity and overwhelmed to a state of focus and empowerment. Cultivating Safe Spaces is a framework that supports systems change and shifts in policy, process, and agenda development and encourages participants to work from their best selves by centering well-being to promote effectiveness and productivity.

*wáy x̣ast ṣx̣əḷx̣çált* My name is **telxnitkw**, (**pronunciation**) it translates into “Standing by Water” and was given to me on the day I was born. I am from the Syilx and Secwepemc Nations.

**Elaine Alec** is a storyteller and facilitator and CEO of **Naqsmist** (nux-meest) which translates into “many coming together as one.” She is an expert in Indigenous planning processes and has extensive experience working with Indigenous governance and decision-making and shifting systems and engagement pathways to support self-determination.

She is author of “Calling My Spirit Back” and belongs to the Syilx (**pronunciation**) and Secwepemc (**pronunciation**) Nations from the southern interior of British Columbia and Washington State and is registered with the Penticton Indian Band where she spent most of her life.



## Closing Keynote

**Dr. Susan Biali Haas**

**The Resilient Life: Reducing Stress and Burnout in Today's Wild World**

► Thurs, May 2 | 3:00 pm – 4:00 pm

With stresses in work and life at all-time highs, we need new ways of working and living. Dr. Susan will start with the fundamentals for recognizing, preventing and recovering from burnout. Next, you'll learn to build work-life boundaries in ways that enhance your well-being and your performance at work. You'll also learn how to manage personality factors that may make you vulnerable to burnout, and how find time in your life for what matters most.

**Dr. Susan Biali Haas** is an award-winning medical doctor and keynote speaker who is an internationally recognized expert in stress management, burnout prevention and human resilience. She provides virtual and in-person keynote presentations and workshops to audiences worldwide, and has worked with a broad range of organizations, including the United States Navy, Google, the Massachusetts Institute of Technology (MIT), McKinsey & Company, Deloitte, AT&T, The Coca-Cola Company and many others.

Dr. Biali Haas overcame burnout and depression at the beginning of her career, quickly becoming an internationally recognized influencer in health and well-being. With over two decades spent studying wellness and resiliency, eighteen years of clinical experience with thousands of patients, and more than ten years coaching leaders and high performing professionals, Dr. Biali Haas is exceptionally skilled at equipping people to live better lives.



# Special Features



Tuesday, April 30

## Regional Engagement Sessions

▶ 3:00 pm – 5:30 pm

Join your Regional Liaison for an open and generative discussion about pertinent issues in your region.

All delegates and Members are welcome. **Please RSVP for this event when you register for the conference.** Location to be determined.

## Welcome Reception & Trivia Game, Sponsored by [HDR](#)

▶ 6:00 pm – 8:00 pm

Join us at the Welcome Reception & Trivia Game, *Sponsored by [HDR](#)* for some networking and fun (prizes included!). Meet up early with friends and colleagues at Slackwater Brewing (218 Martin St, Penticton). Enjoy some light refreshments and pick up your registration package.

All delegates are welcome. **Please RSVP for this event when you register for the conference.**



Wednesday, May 1

## Dialogues

▶ 10:30 am – 12:00 pm

Collaborate with your peers in facilitated discussions focused on pressing topics of the day, as decided by the participants.

**DL1: Physical Inactivity**

**DL2: Equity, Diversity, and Inclusion**

**DL3: Reconciliation**

**DL4: Climate Change**

## Tradeshow, Lunch & Networking

▶ 12:00 pm – 1:30 pm

Grab your lunch and head to the Tradeshow to explore the newest products and services from across the recreation and parks sector. Connect with your business contacts, meet new vendors and suppliers, and start new conversations.

## Transition Break & Tradeshow Café

▶ 2:30 pm – 3:00 pm

Visit the Tradeshow Café for a cup of tea or coffee. Continue your exploration of the tradeshow exhibits with new and old friends.

## Tradeshow Games & Social

▶ 4:00 pm – 5:30 pm

Play games, win prizes and enjoy some appetizers and beverages at the Tradeshow Games & Social. Continue conversations and strengthen partnerships with vendors, delegates and guests! **All delegates are welcome.**

## Special Features continued



Wednesday, May 1 continued...

### Social and Networking Opportunities

Registration for these social and networking opportunities is available separately from the conference.

**RP1: Tour de BCRPA**, Sponsored by [Carscadden Stokes McDonald Architects](#) (active session)

► 5:15 pm – 7:35 pm

Get energized and inspired by Penticton's beautiful outdoors (rain or shine). Join us for our fifth annual Tour de BCRPA, sponsored by Carscadden Stokes McDonald Architects! This 2-hour "out and back" guided cycle tour with comfort bikes is a beginner-intermediate ride, which includes some up-hill cycling. Bike, helmet rentals, and a complimentary souvenir t-shirt are included in the registration fee.

Participants must sign a waiver form prior to the tour. Please note: Helmets are mandatory.

Participants will be picked up at the Penticton Convention Centre at 5:15 pm, and dropped off at 7:35 pm.

**RP2: Talking Circle**

Facilitated by [Anona Kampe](#)

► 5:30 pm – 7:00 pm

Anona Kampe will lead participants through the disciplined and deeply respected protocols the Syilx Okanagan People follow during a talking circle. These include full attention on the speaker, no side-talking or electronics, staying seated while a person is speaking, and full confidentiality within the circle. Anona will lead the circle in four rounds and share the importance of these protocols, including the purpose behind the direction of the talking circle and why it is so useful.



Thursday, May 2

### Panel Presentations

► 8:30 am – 9:45 am

Two concurrent discussion panels will explore topics that can help you with planning for climate change, and increasing access to recreation programs. Discussion panels include:

**P1: Intersection Between Recreation, Parks and Climate Change**

**P2: Innovative Subsidized Recreation**

### Awards & AGM Luncheon

► 11:30 am – 1:00 pm

Celebrate the innovative work in the sector and catch up with what's happening around the province.



## Thursday, May 2 continued...

### **Operational Sessions: Implementing What You've Learned**

► 1:15 pm – 2:30 pm

These sessions will help you develop the concepts you've learned at Symposium and pull it all together with more precision. Connect with others and dive further into your learnings so you can hit the ground running when you return to your community.

Operational sessions include:

**OL1: Fostering Unity: Cultivating Shared Purpose**

**OL2: Tell the Right Stories to Attract Top Talent and Inspire Teams**

**OL3: Turning Good Intentions into Incredible Impact**

**OL4: Measuring the Impact of Sport, Physical Activity and Recreation**

### **Reception, Sponsored by [hcma](#) and Banquet & Dance**

► 6:00 pm – midnight

Join us at the Reception, Sponsored by [hcma](#) from 6:00 pm to 7:00 pm, and the Banquet & Dance from 7:00 pm to midnight for a final evening of Symposium festivities. Come dressed in costume for this year's theme: Storybook. Have fun playing, eating, dancing, and connecting with new and old friends! All BCRPA members and conference delegates are welcome!

Please note: Full Symposium Registration includes your ticket to the Banquet & Dance. Single Day Registrants and Guests may purchase tickets online.



## Friday, May 3

### **Workshop: HIGH FIVE® Principles of Healthy Child Development**

**Facilitated by Derek Linwood**

► 9:00 am – 1:00 pm

The Principles of Healthy Child Development (PHCD) equips front-line leaders (anyone working with children aged 4 to 12 — i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading. It provides essential training in the HIGH FIVE® Principles of Healthy Child Development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met.

**Location:** Penticton Community Centre (325 Power St, Penticton)

***Derek Linwood** is the Sport Services Coordinator with the Vancouver Board of Parks and Recreation, and has been a HIGH FIVE® trainer since Spring 2022. In his role, Derek provides HIGH FIVE® PHCD training for all staff and instructors that work with children ages 4-12 in Vancouver's recreation system. With an extensive background in youth sport and inclusive programming, Derek draws on his own experiences to make his HIGH FIVE® sessions fun, engaging, and relevant across all recreation contexts.*

## Daily Matrix

## TUESDAY, APRIL 30

3:00 pm – 5:30 pm	<b>Regional Engagement Sessions</b> (Location to be determined.)
6:00 pm – 8:00 pm	<b>Welcome Reception &amp; Trivia Game</b> , Sponsored by <a href="#">HDR</a> (Slackwater Brewing, 218 Martin St, Penticton)

## WEDNESDAY, MAY 1

7:30 am – 3:30 pm	<b>Registration</b>
7:30 am – 8:30 am	<b>Breakfast Pastries &amp; Light Refreshments</b>
8:30 am – 9:00 am	Welcome, Land Acknowledgment and Opening Remarks
9:00 am – 10:00 am	<b>Opening Keynote:</b> Cultivating Safe Spaces: Sharing Our Stories and Shaping Our Future — <i>Elaine Alec</i>
10:00 am – 10:15 am	<b>Symposium Group Photo</b>
10:15 am – 10:30 am	<b>Transition Break &amp; Refreshments</b>
10:30 am – 12:00 pm	<b>DIALOGUES</b> <b>DL1</b> Physical Inactivity <b>DL2</b> Equity, Diversity, and Inclusion <b>DL3</b> Reconciliation <b>DL4</b> Climate Change
12:00 pm – 1:30 pm	<b>Tradeshow, Lunch &amp; Networking</b>
1:30 pm – 2:30 pm	<b>SESSIONS A</b> <b>A1</b> The Future Health Systems Built by Communities <b>A2</b> How a Colonial Audit Can Change Your Real Life <b>A3</b> Traditional Storytelling: The Ant and The Boulder <b>A4</b> Hiring and Retention in Aquatics – Where Have All The Aquatics Professionals Gone? <b>A5</b> What is the role of Parks and Recreation in Homelessness Response?
2:30 pm – 3:00 pm	<b>Transition Break &amp; Tradeshow Café</b>
3:00 pm – 4:00 pm	<b>SESSIONS B</b> <b>B1</b> Volunteering: Community Wellness and Leaders of Tomorrow <b>B2</b> From Our Communities to Our Province: Developing a Toolkit for Inclusion, Diversity, Equity and Access (IDEA) <b>B3</b> Changing Patterns In a Changing Climate <b>B4</b> Managing Risk in Recreation Spaces <b>B5</b> Transforming Organizational Culture
4:00 pm – 5:30 pm	<b>Tradeshow Games &amp; Social</b> (all delegates welcome)
5:30 pm – 7:00 pm	<b>OPTIONAL: SOCIAL AND NETWORKING OPPORTUNITIES</b> <b>RP1</b> Tour de BCRPA, Sponsored by <a href="#">Carscadden Stokes McDonald Architects</a> (active session) <b>RP2</b> Talking Circle

## THURSDAY, MAY 2

7:30 am – 3:30 pm	<b>Registration</b>
7:30 am – 8:30 am	<i>Breakfast Pastries &amp; Light Refreshments</i>
8:30 am – 9:45 am	<b>PANEL PRESENTATIONS</b> <b>P1</b> Intersection Between Recreation, Parks and Climate Change <b>P2</b> Innovative Subsidized Recreation
9:45 am – 10:15 am	<i>Transition Break &amp; Refreshments</i>
10:15 am – 11:15 am	<b>SESSIONS C</b> <b>C1</b> Thrive: Seven Ways to a More Vibrant, Resilient and Impactful Life <b>C2</b> Have a More Diverse and Inclusive Culture with This One Practice <b>C3</b> Mapping Tomorrow: Innovation in Operations Through GIS and the Power of Co-Op Collaboration <b>C4</b> Recreation Prescription and Social Prescribing <b>C5</b> A Net Zero Recreation Facility: What Is It? Is It Possible? Is It Affordable?
11:15 am – 11:30 am	<i>Transition Break</i>
11:30 am – 1:00 pm	<b>Awards &amp; AGM Luncheon</b>
1:00 pm – 1:15 pm	<i>Transition Break</i>
1:15 pm – 2:30 pm	<b>OPERATIONAL SESSIONS: Implementing What You've Learned</b> <b>OL1</b> Fostering Unity: Cultivating Shared Purpose <b>OL2</b> Tell the Right Stories to Attract Top Talent and Inspire Teams <b>OL3</b> Turning Good Intentions into Incredible Impact <b>OL4</b> Measuring the Impact of Sport, Physical Activity and Recreation
2:30 pm – 3:00 pm	<i>Transition Break</i>
3:00 pm – 4:00 pm	<b>Closing Keynote:</b> The Resilient Life: Reducing Stress and Burnout in Today's Wild World — <i>Dr. Susan Biali Haas</i>
4:00 pm – 4:15 pm	<b>Closing Remarks &amp; Prizes</b>
4:15 pm – 6:00 pm	<b>FREE TIME</b>
6:00 pm – 7:00 pm	<i>Reception, Sponsored by <a href="#">hcma</a></i>
7:00 pm – midnight	<i>Banquet &amp; Dance</i>

## FRIDAY, MAY 3

9:00 am – 1:00 pm	<b>OPTIONAL WORKSHOP</b> HIGH FIVE® Principles for Healthy Child Development
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# Educational Sessions

## Wednesday, May 1

9:00 am – 10:00 am

### Opening Keynote ▶ *telxnitkw (Elaine Alec)*

#### Cultivating Safe Spaces: Sharing Our Stories and Shaping Our Future

Cultivating Safe Spaces Training is a worldview-shifting framework that empowers individuals who may be struggling to understand what decolonization and reconciliation look like.

This training takes participants from a place of insecurity and overwhelmed to a state of focus and empowerment. Cultivating Safe Spaces is a framework that supports systems change and shifts in policy, process, and agenda development and encourages participants to work from their best selves by centering well-being to promote effectiveness and productivity.

10:30 am – 12:00 pm ▶ **DIALOGUES**

Collaborate with your peers in facilitated discussions focused on pressing topics of the day, as decided by the participants.

-  **DL1 Physical Inactivity** — *Facilitated by Monica Jako, Silas Radies and Jill Lawlor*
-  **DL2 Equity, Diversity and Inclusion** — *Facilitated by Kelsey Johnson and Betty Lepps*
-  **DL3 Reconciliation** — *Facilitated by Lauralee March and Julie Kaufmann*
-  **DL4 Climate Change** — *Facilitated by Neal Aven and Carol Sheridan*

Wed, May 1 continued

1:30 pm – 2:30 pm ► SESSIONS A

 **A1 The Future Health Systems Built by Communities** — *Tammy Hoefler, Rachel Schmidt and Katie Fenn*


In this interactive session, participants will identify challenges and opportunities between health care and communities affecting effective partnerships. We will explore key principles, inclusive methods and cooperative strategies for successful health care-community partnerships with a focus on the principles of co-production. The overall goal is to gain actionable insights and practical steps for establishing enduring partnerships grounded in co-production principles, enhancing collaboration within participants' respective roles and communities.

 **A2 How a Colonial Audit Can Change Your Real Life** — *Rena Soutar and Emily Dunlop*

Rena Soutar will share experiences in developing a colonial audit and working in a First Nations government construct. Rena will share successes, redirects, learnings, and resources to build strong, reciprocal, and meaningful relationships with First Nations peoples and government.

 **A3 Traditional Storytelling: The Ant and The Boulder** — *Anona Kampe*

Join Anona Kampe as she takes you on an entertaining and interactive journey by sharing traditional Syilx Okanagan stories called captik<sup>w</sup>t (chap-teek). The Syilx Okanagan People spread knowledge through an oral history spanning thousands of years. She will introduce you to the characters, explaining why they are significant and share traditional teachings within the story. Participants can expect an engaging session.

 **A4 Hiring and Retention in Aquatics — Where Have All The Aquatics Professionals Gone?** — *Vanessa Der*






Where have all the aquatics professionals gone? The hiring and retaining of new and/or experienced aquatics professionals has gotten more challenging following the COVID-19 pandemic. This workshop will uncover specific reasons why the aquatics industry is experiencing a hiring and retention slump and discuss the operational impact on our programming, facilities, and communities. Obtain practical solutions and tools to help recruit, hire, and retain aquatics professionals. This session will conclude with group work where participants can apply learnings to current operational challenges.

 **A5 What is the role of Parks and Recreation in Homelessness Response?** — *Bruk Melles and Betty Lepps*

In this session, we will explore the opportunities and challenges for parks and recreation sites and programs to participate in homelessness response. We will consider the role of parks and recreation as a community amenity/public good in delivering recreational opportunities and supporting acute and emergency circumstances.

Wed, May 1 continued

3:00 pm – 4:00 pm ► **SESSIONS B**

-  **B1 Volunteering: Community Wellness and Leaders of Tomorrow — *Courtnea Stolting***  
This presentation will outline the positive impacts of mentoring youth volunteers in leadership roles, in areas of mental and physical wellbeing, community resiliency, and the organization. This past summer, the City of Courtenay received amazing feedback on how volunteer opportunities had various positive impacts on multiple levels. Treating youth volunteer hours as an opportunity to mentor and develop skills with them will create more resilient youth, communities and is a great opportunity to grow your pool of future leaders.
-  **B2 From Our Communities to Our Province: Developing a Toolkit for Inclusion, Diversity, Equity and Access (IDEA) — *Presenter to be announced***  
Join members from BCRPA's provincial advisory group as they walk through the process of engagement and development of the multi-year IDEA project. Launched in late 2024, the IDEA project is anchored in rigorous engagement practices understanding the need for intersectionality in order to reach those that our current state recreation and parks services are under-serving or excluding.
-  **B3 Changing Patterns in a Changing Climate — *Egan Davis***  
Impacts from climate change are creating challenges in parks. Many conventional approaches to parks design and operations are not working anymore. In order to continue to provide communities with thriving green spaces, we need to adapt our practices and change the way we do things. Egan Davis will present examples of innovative climate adapted practices currently being implemented in the City of Richmond, including long grass meadow management, invasive plant management and community planted mini forests. Find out how elements of natural systems and plant ecology have been modelled into the success of these initiatives.
-  **B4 Managing Risk in Recreation Spaces — *Jenn Houtby-Ferguson***  
Are you ready? In today's changing world, effectively identifying risks is a key competency for leaders at all levels. How can you deliver effective programming when your facility becomes a community hub in an emergency? How do we counter misinformation when everyday issues are quickly amplified into full-blown crises? From wildfires and floods to geopolitical issues and incidents, recreation professionals must be ready to lead and respond.  
#PreparedNotScared
-  **B5 Transforming Organizational Culture — *Augusto Romero and Kim Corrigan***  
Picture this: A gathering filled with delicious food, prizes, engaging activities, and mind-stimulating games. Here, we reward honesty, risk-taking, and boldness. It's not just interactive — it's a platform for building relationships and gaining insights, all while having a blast. And yes, amidst all this, we'll talk about organizational culture. We'll have a candid conversation about the ins and outs, the trends, and the driving forces of organizational culture, but will keep it simple and have fun doing so. "Everything affects the culture, and the culture affects everything," — IBM CEO Louis Gerstner, Jr.


**Thursday, May 2**
**8:30 am – 9:45 am ► PANEL PRESENTATIONS**
**P1 Intersection Between Recreation, Parks and Climate Change**

 — *Luke Balson, Darcey Godfrey and Jason Brolund*

West Kelowna Fire Chief Jason Brolund will share experiences from the McDougall Creek Wildfire and how his community rose to the challenge of a devastating disaster event. Chief Brolund will speak to how the community pulled together in the face of hundreds of homes being destroyed. He will share lessons learned and some thoughts for future challenges.

Darcey Godfrey, from Recreation Penticton will showcase how they have adapted to the changing landscape imposed by weeks of wildfire smoke, necessitating a shift from the status quo. Amidst these challenges, the community centre not only maintained its commitment to the City, but also emerged as a resilient force by offering tailored activities and a reprieve from the weather. This experience serves as an example of the broader imperative to re-evaluate and alter our operational strategies in response to the overarching issue of climate change.

Luke Balson, from Vancouver's Board of Parks and Recreation, will speak to how extreme heat and wildfire smoke are impacting the City of Vancouver. As we have seen, hotter temperatures and prolonged smoke impacts air quality during the summer months, and the role of recreation is evolving. The use of community centres and outdoor cooling spaces are being activated as spaces of refuge to these hazards to a much greater degree than in the past.

**P2 Innovative Subsidized Recreation — *Vanessa Harris, Joanne Schroeder and Danielle Lacroix, moderated by Susie Saunders***

This session will focus on the possibilities and challenges of accessible community recreation programs from both an urban and rural perspective. We'll also hear about the issues that are driving the push for accessible recreation for all.

Danielle Lacroix, Recreation Services Manager with the City of Delta, will share the implementation and success of the Delta Youth Pass program, which offers free drop-in recreation for all Delta Youth ages 10-18, as well as the Super Senior Pass, which offers the same for Delta Seniors ages 75+.

Vanessa Harris, Recreation Manager with the City of Fort St John, will speak about the challenges and opportunities of providing accessible recreation, arts & culture programs from a rural and northern context.

Joanne Schroeder, Professor and Chair in the Department of Recreation and Tourism at Vancouver Island University, will discuss the systemic changes that are needed to make recreation free for all. How does understanding power and privilege in society impact our thinking about recreation services? While we are creating all kinds of policies, passes, access and free services, what are the deeper issues of recreation as a social good for society and therefore exploring its service roots of "Free for All".

Thu, May 2 continued

10:15 am – 11:15 am ► SESSIONS C

-  **C1 Thrive: Seven Ways to a More Vibrant, Resilient and Impactful Life** — *Dr. Susan Biali Haas*  
In this energizing, evidence-based presentation, Dr. Susan Biali Haas shares key insights and actions to help you shape a vibrant, healthier life that makes a difference. You'll learn which consistent choices can increase your resilience, energy, capacity and joy. The result: You'll bring more enthusiasm and impact to everything you do.
-  **C2 Have a More Diverse and Inclusive Culture with This One Practice** — *Crystal Henrikson*  
What if you could be the catalyst of equity, diversity and inclusion (EDI), no matter your position or level of authority, by incorporating one practice? Would you do it? Regardless of how new or advanced EDI is to you and your organization, you will learn a practical approach that can be used to improve your efforts and outcomes.
-  **C3 Mapping Tomorrow: Innovation in Operations Through GIS and the Power of Co-Op Collaboration** — *Ysabel Contreras*  
Public use and interest in parks has greatly increased in the last few years. For a growing city like Penticton, there is an urging demand for park staff to match this growth and address the increasing complexities of essential services and infrastructure. To ensure the delivery of high-quality services to the community, it is imperative to explore avenues for organizational excellence that can thrive in changing environments and meet the demands of the future. This presentation will discuss the intersection of technology, collaboration, and forward-thinking strategies that are propelling our operations for the future, in order to continue a high standard of delivery of services. Through engagement with staff and co-op students, we seek to develop innovative solutions that not only enhance efficiency, but also actively contribute to the community's development. We will delve into the existing realm of operational excellence, leveraging the power of GIS and co-op innovation.
-  **C4 Recreation Prescription and Social Prescribing** — *Joanne Schroeder, Darcie Osborne and Amanda Johnson*  
Some youth are heading down a path of ill health that can lead to a myriad of negative, long-term personal and social effects. In this session, we'll review a case study of the Recreation Prescription Project which showcases how community-based health science interventions and leisure opportunities can benefit the health and well-being of youth and other target populations. With an interdisciplinary approach and multi-sectoral partnerships, community health improvements can be made through recreation programming. Learn ways you can create similar programs, tailored for your community.
-  **C5 A Net Zero Recreation Facility: What Is It? Is It Possible? Is It Affordable?**  
— *Peter Duckworth-Pilkington and Benjamin Ellah*  
As federal, provincial and municipal governments have adopted "net zero" targets, staff are left to implement, operationalize, and define the details. In this session, architect Peter Duckworth-Pilkington from HDR and mechanical technologist Benjamin Ellah from Stantec will discuss the differences and the importance of net zero emissions vs. energy and strategies to achieve net zero. They will also present case studies demonstrating that net zero is not only possible, but also financially responsible.

Thurs, May 2 continued

**1:15 pm – 2:30 pm ► OPERATIONAL SESSIONS: Implementing What You've Learned**

These sessions will help you develop the concepts you've learned at Symposium and pull it all together with more precision. Connect with others and dive further into your learnings so you can use hit the ground running when you return to your community.

**OL1 Fostering Unity: Cultivating Shared Purpose** — *Facilitated by Tammy Hoefler and Rachel Schmidt*

Join us for an engaging and transformative workshop on "Fostering Unity: Cultivating Shared Purpose." In today's dynamic and interconnected workplace, fostering a sense of shared purpose among team members and key partners is crucial for achieving collective success. This workshop is designed to equip participants with the tools and insights needed to create a unified vision that inspires collaboration, innovation, and a sense of fulfillment in our work.

**OL2 Tell the Right Stories to Attract Top Talent and Inspire** — *Facilitated by Shannon Peel*

To attract the best talent, motivate others, and foster empathy, leaders need to tell the right kind of stories. Learn how to change your narrative, motivate team members, and attract the right people to your organization by using storytelling techniques. Attendees will leave with an understanding of whom they are talking to and what they want from the experience to craft engaging stories.

**OL3 Turning Good Intentions into Incredible Impact** — *Facilitated by Crystal Henrickson*

You have invested your time and attention to learning concepts that have potential, but maybe you're having trouble with converting it into action. Before you leave, attend this facilitated action-planning workshop, led by a Professional Coach who will guide you in transforming the intangible into something meaningful. Participants are welcome to bring their learnings, insights and ideas from the conference.

**OL4 Measuring the Impact of Sport, Physical Activity and Recreation**  
— *Facilitated by Dr. John Spence and Michael Roma*

The Canadian Fitness and Lifestyle Research Institute and Canadian Parks and Recreation Association have partnered to develop innovative research, tools, and resources to show the impact of the sport, physical activity and recreation sector. This session will highlight key findings and illustrate how the data can be used in jurisdictions.

**3:00 pm – 4:00 pm****Closing Keynote ► Dr. Susan Biali Haas****The Resilient Life: Reducing Stress and Burnout in Today's Wild World**

With stresses in work and life at all-time highs, we need new ways of working and living. Dr. Susan will start with the fundamentals for recognizing, preventing and recovering from burnout. Next, you'll learn to build work-life boundaries in ways that enhance your well-being and your performance at work. You'll also learn how to manage personality factors that may make you vulnerable to burnout, and how find time in your life for what matters most.



## Presenter and Facilitator Biographies *continued*



**YSABEL CONTRERAS** is the Parks Planning and Capital Projects Coordinator for the City of Penticton, holding over 6 years of experience in municipal planning, design and development. Ysabel started her professional career with the City of Penticton in 2018 after completing her degree at the University of Alberta in Environmental Studies and Urban Design through Simon Fraser University. For the last few years, Ysabel's focus has been on long-term planning for Parks, community development, and future-proofing the Parks Department. Her current role allows her to apply her educational background to strategically plan and design parks spaces, catering to the future growth needs of the City. She is passionate about future development of parks and enjoys the opportunity to positively impact the lives of people locally.



**KIM CORRIGAN** hails from Obliqu3, a company that eats, breathes, and sleeps change. With a gazillion years (not quite) of experience in healthcare and municipal government, Kim is enthusiastic about designing services that make a real difference. Her mission is to simplify change work for those learning it, living it, and leading it.



**EGAN DAVIS** is currently the Parks Operations Manager at the City of Richmond. His background includes teaching horticulture and urban forestry courses at the University of British Columbia (UBC), and managing collections at various botanical gardens. Egan is an active industry leader and he promotes connecting elements of plant ecology with operational practice.



**VANESSA DER** has been working within the field of aquatics since 2002. During her career she's had the opportunity to work as a lifeguard, swimming instructor, pool operator, aquatic fitness instructor, pool clerk, programmer, and coordinator within various municipalities in the Lower Mainland. Vanessa utilizes her Occupational Health and Safety degree to promote thriving and communicative workplace culture while encouraging team accountability, trust, and growth. Vanessa is a BCRPA Teacher of Fitness Leaders with an Aquatic Fitness designation where she uses her education, experience, and passion for fitness to train and mentor the next generation of fitness professionals. In her spare time, she enjoys exploring the outdoors with her two sons and traveling to gain deeper understanding of the world we live in.



**PETER DUCKWORTH-PILKINGTON** is an Architect and Sustainable Design Lead at Stantec. He has over 25 years of experience designing and building sustainable recreation and education facilities, including Richmond's first facility targeting net zero and Toronto's first net zero ready community centre. He also walks the decarbonising talk, transitioning his laneway house to using a heat pump and is a four-season cycle commuter.



**EMILY DUNLOP** – Bio to come.



**BENJAMIN ELLAH**, Senior Mechanical Technologist at Stantec, understands that recreation centres are the heart of every community; bringing people together and providing a place where people can learn new skills in a safe and comfortable environment. With over 23 years of experience, Benjamin is an expert in designing high performing mechanical systems for recreational facilities that bring safety, environmental and cost-effectiveness considerations to the forefront.



## Presenter and Facilitator Biographies continued



**KATIE FENN** joined BCRPA as CEO in 2022 after a long tenure in public health focusing on quality systems and improvement at the BC Centre for Disease Control. Her passion is system-level engagement and partnership in health promotion and disease prevention. Katie grew up in recreation and parks, having been a fitness and dance instructor, lifeguard, camp leader/manager, support worker, and festival visual arts coordinator, and participant in the Olympic Academy of Canada. Her connection to recreation continues as a parent and coach, with two active school-aged children busy with soccer, hockey, swimming, dance, music, mountain biking, and many other outdoor pursuits. Her latest challenge is navigating an e-bike commute with some regularity.



**DARCEY GODFREY** – Hailing from the Kootenays, Darcey's journey began with grassroots involvement in community projects, igniting a passion for empowering people. University education equipped her with communication skills to connect with diverse groups. Post-graduation, she led a successful project in Kiev, Ukraine, rescuing and educating street children. This transformative European experience fueled her commitment to community development. Having worked in small towns, the Fort Nelson First Nation Reserve, and downtown Toronto, she deeply values people, their cultures, and their potential. In 2014, Darcey ventured into entrepreneurship, launching a thriving stand-up paddleboard adventure company. Today, she is excited to channel that entrepreneurial spirit into municipal leadership, where she brings professionalism, inspiration, and encouragement to her community and team members, contributing to meaningful and essential work.



**VANESSA HARRIS** is a recreation and fitness professional whose work has taken her across the province of British Columbia. She has experience in non-profit, government, institution, and private consulting sectors and is passionate about providing accessible physical and mental health services, as well as creating safe and inclusive employment opportunities.



**TAMMY HOEFER** brings a wealth of experience and dedication to her role as the Director of Patient and Public Engagement at Health Quality BC (HQBC), a position she assumed in 2019. With a diverse background spanning over two decades at Northern Health, Tammy has showcased her leadership in various capacities. Her tenure included spearheading the Northern Clinical Simulation program, fostering academic partnerships, shaping strategies for patient-oriented research, and playing a pivotal role in the development and delivery of Interprofessional Team training. She holds a Master of Arts in Leadership from Royal Roads University and believes in continually investing in professional development.



**JENN HOUTBY-FERGUSON**, CMP CMM is passionate about emergency preparedness and risk management. With an extensive background in destination marketing, event management and crisis communications, Jenn brings a unique blend of executive-level experience with destination marketing organizations, communities, hotels and non-profits. A tourism professor at Vancouver Island University and an instructor at the Justice Institute of BC, Jenn regularly speaks to organizations throughout the Pacific Northwest about crisis communications, reputation risk management, and emergency readiness.



**CRYSTAL HENRICKSON** – Equipped with a background in culture and community building in a variety of environments, Crystal Henrickson is a Certified Professional Coach, HR and People Operations advisor, and Principal at Talent Collective, a Leadership and Executive Coaching and People Operations Consultancy specializing in inclusive and equitable practices.



**MONICA JAKO** is a professor at Conestoga College and founder of Collegeway Consulting in which she takes a community-based approach to community engagement, sustainability, and youth inclusion. Monica is a long-time champion of sport and physical activity and served as the Chief of Staff of the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games. As an Executive Board member with Canadian Health and Fitness Institute, Monica is working with the University of British Columbia and several BC communities, including West Vancouver, to inspire and support active communities and the healthy ways of Canadians.

## Presenter and Facilitator Biographies *continued*



**AMANDA JOHNSON** is a professor at Vancouver Island University. Amanda is focused on creating learning environments for Recreation and Sport Management students that are relevant in a period of change and innovation. Amanda takes a community development approach to research and teaching and examines community-based meanings of public leisure spaces.



**KELSEY JOHNSON** is the Manager of Recreation, Arts and Culture for the City of Penticton. With over 12 years of experience in recreation services, Kelsey has proven himself to be a proactive visionary committed to advancing and advocating for recreation and community services. Recipient of the 2019 CPRA Emerging Leader Award, Kelsey has been nationally recognized as a dedicated professional who has a strong foundation in recreation services and has made significant contributions to their community. Kelsey has served on BCRPA's Board of Directors since 2021.



**ANONA KAMPE** – My journey so far...

I am the granddaughter of the late Rachel & Basil Paul from the Penticton Indian Band. My grandma, Rachel was the matriarch of our family, her word was law. She joined the ancestors in 2003. When my grandpa Basil made his journey in 2008, I began to immerse myself in our beautiful culture. Before my grandparents passed, it never occurred to me that they wouldn't always be here to answer my questions about our language and culture. Young and dumb as they say! I first enrolled at the En'owkin Centre, a post-secondary school in my community with a mandate of language and culture revitalization, to learn our language, culture and true history.



**JULIE KAUFMANN** is an Aquatics Supervisor for the City of Richmond. Julie is a lifelong learner passionate about advocating for leadership development, barrier free recreation services, and drowning prevention initiatives. She is a BCRPA Registered Fitness Leader (Aquatics Specialty), is HIGH FIVE® certified, and has completed the Pool Operators Level 1 course.



**DANIELLE LACROIX** has been involved in leadership roles in sport and recreation for over 15 years. She holds a Master's Degree in Sport Business Management and has a diverse sport and recreation background. Danielle currently serves as the Recreation Services Manager with the City of Delta overseeing the Parks, Recreation and Culture business services. She is passionate about the benefits of an active lifestyle and is heavily involved as a volunteer with several youth sport organizations.



**JILL LAWLOR** is the Senior Manager of Community Services with the District of West Vancouver. Jill has over 30 years of recreation and progressive leadership experience working with community and governance boards. She has worked in all aspects of recreation and community service with both the YMCA and municipal government. As a Métis woman, she is sensitive to creating communities that are culturally safe and welcoming for everyone. She loves the impact that recreation has within municipal government and the ability to collaborate across multiple departments to create communities that are truly inclusive, accessible, and vibrant. Jill has served on BCRPA's Board of Directors since 2023.



**BETTY LEPPS** was appointed by the Vancouver Board of Parks and Recreation in 2022 to help fulfill the City of Vancouver's humanitarian responsibilities and improve safety in Vancouver's parks. Her work on systemic change with vulnerable populations is highly lauded at the local and national levels. Betty brings her years of experience, strong values and collaborative approach to this work, which addresses social issues as part of the Restorative City process.



**DEREK LINWOOD** is the Sport Services Coordinator with the Vancouver Board of Parks and Recreation, and has been a HIGH FIVE® trainer since Spring 2022. In his role, Derek provides HIGH FIVE® PHCD training for all staff and instructors that work with children ages 4-12 in Vancouver's recreation system. With an extensive background in youth sport and inclusive programming, Derek draws on his own experiences to make his HIGH FIVE® sessions fun, engaging, and relevant across all recreation contexts.

## Presenter and Facilitator Biographies continued



**LAURALEE MARCH** is the Community Recreation Manager with the Township of Langley. Lauralee has over 20 years of experience working in the recreation and parks sector, all within the province of British Columbia. She has worked and/or volunteered with private enterprises, municipal organizations, non-profit organizations, and charities. Her BCRPA experience includes volunteering at BCFit®, presenting multiple times at Ripple Effects and serving on its conference planning committee. Lauralee has served on BCRPA's Board of Directors since 2022.



**BRUK MELLES** (she/her), Director of Homeless Services with the City of Vancouver, feels privileged to live on the unsundered lands of the Halkomelem speaking peoples. Bruk has worked in the implementation, support and delivery of supportive housing, outreach and emergency shelter programs for over 20 years, both in BC and Nova Scotia. She has worked in various capacities at the provincial level, the non profit sector and now at the municipal level with the City of Vancouver. She is a passionate and effective relationship builder who thrives on collaboration and strategic initiatives to impact positive change.



**DARCIE OSBORNE** – With over 30 years' experience in the municipal recreation and wellness industry Darcie Osborne has an extensive background in community engagement, staff leadership/development, and facility management. Darcie's motivation is the firm belief that the work Parks, Recreation and Culture does has a profound impact on communities and individual health and well-being. Currently, Darcie is the Director of Recreation and Culture for the City of Nanaimo.



**SHANNON PEEL** is passionate about stories and how they connect people. People describe her as intelligent, quick-witted and creative — all things she takes pride in as she values intelligent thought and solutions-based productivity. Shannon engages audiences by showing them stories that tap into their experiences and asking them to peel back the layers to find the core of their values-based brand story. She challenges people to look at telling their stories from different points of view to foster empathy and build trusting connections with others.



**SILAS RADIES**, a Kinesiologist from Vancouver, BC, is dedicated to enhancing health, fitness, and well-being across the country. With a diverse background that spans scientific research, sport coaching and rehabilitation, music, and active engagement with Indigenous communities in BC, Silas brings a unique blend of skills and experiences. Currently, he is at the forefront of the Canadian Health and Fitness Institute's Active Communities pilot data project, in collaboration with BC municipal governments, and plays a key role in the "Let's Move Canada '24" national physical activity campaign. His work at the Centre for Heart Lung Innovation in St. Paul's hospital examines the role of exercise as preventative, diagnostic, and therapeutic in clinical populations. Silas is fascinated with what moves us all, from molecules, to individuals, communities, and public health systems.



**MICHAEL ROMA** is the Past President of the Canadian Parks and Recreation Association and the current chair of the Canadian Training Network for Parks and Recreation. He has served numerous roles in parks and recreation sector leadership. Mike is also managing partner at RC Strategies, a consulting firm focused on parks and recreation. Throughout his 22 year career, he has constantly be faced with the challenge or quantify the benefit of parks and recreation in communities across Canada.



**AUGUSTO ROMERO's** work at Obliq3 focuses on organizational culture work. He has 20+ years of experience in not-for-profit organizations, including local, provincial governments, and the recreation, health, and arts and culture sectors. In his experience with leading teams and complex initiatives, he emphasizes that doing the "culture thing" isn't easy, but it's the right hill to climb.



**RACHEL SCHMIDT**, BSW, PLC, brings an extensive background in social work, community development, and health care quality improvement to her position as an Engagement Leader within the Patient and Public Engagement team at Health Quality BC. In her previous leadership roles with Doctors of BC and Divisions of Family Practice, Rachel played a crucial role in supporting collaboration among physicians, patients, community partners, and health care teams for various health care quality improvement projects.

## Presenter and Facilitator Biographies *continued*



**JOANNE A. SCHROEDER** is a self-proclaimed PRAcademic. Having worked in municipal recreation across Alberta and BC before moving into academia, she has endeavored to navigate both worlds together. She is currently a Professor and Chair in the Department of Recreation and Tourism at Vancouver Island University and loves hanging out with the Reckies. Joanne lives, works, and plays on the world's 43rd largest Island, Vancouver Island, British Columbia, Canada.



**CAROL SHERIDAN** is the Manager of Parks and Recreation in Oliver on the traditional, ancestral and unceded territory of the Osoyoos Indian Band and people of the syilx (Okanagan) Nation. She has enjoyed a career in recreation programming and facility spanning over two decades in BC including previous positions with City of Penticton, the Town of Osoyoos and Recreation Excellence. Her ongoing journey in learning about and promoting truth and reconciliation through recreation is supported by the relationships she has fostered with local Indigenous community leaders as well as her own experiences, education and lifelong love of land-based activities.



**RENA SOUTAR, CHA'ANDUT** is of Haida descent and is the Manager of Decolonization, Arts and Culture for the Vancouver Board of Parks and Recreation. Her portfolio includes the ambitious goal of decolonizing the Vancouver Park Board. Among other initiatives, she works inter-governmentally with local First Nations on a long-term comprehensive plan for Stanley Park. Rena oversees the first colonial audit of an institution, and is seeking to embed the idea of cultural practice being a core service for community and individual wellness.



**DR. JOHN C. SPENCE** spends most of his time relaxing in the Sedentary Living Laboratory in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. His research focuses on both the benefits and determinants of physical activity and how physical inactivity and sedentary behaviour influence health.



**COURTNEA STOLTING** is a neuro-diverse mom of two who has worked in the child and youth field for over a decade within the City of Courtenay and the neighboring military community. Courtnea's degree and interest in Psychology allows her to take a mental wellness first approach to community interactions and programming.