

ROAR CONFERENCE SCHEDULE AND SESSION OUTLINE

MONDAY, September 19, 2016

WELCOME & EARLY REGISTRATION - 9:00 – 10:00 am

There's no need to rush! Relax before the conference officially begins and enjoy new activities, laze by the pool or meet new people. Start networking right away. Registration will take place at O'Brien's Building - (please follow signs once you have checked in at the main hotel) If you arrive early, take advantage of everything that Calabogie Peaks Resort has to offer. Hike along the hillside or attempt to make your way to the top of the mountain to experience autumn colors and picturesque views of the beautiful Ottawa Valley.

GOLF

11:00 – 4:00 pm

Bring your clubs and spend the day at Calabogie Highlands, an 18-hole course minutes away from the resort. Absorb the scenery before the conference kicks off with a little green time! This is a great way to get to know new people. Best-ball format – No experience needed!

Golf Green Fees: \$30 (includes Cart)



WHITEWATER RAFTING

10:00 – 5:00 pm

Interested in knowing why the Ottawa Valley is known as the "Whitewater Capital of Canada"? Join an introductory raft ride down the famous Ottawa River. We will meet at Calabogie and carpool to Wilderness Tours Rafting.

Rafting Fees: \$50 (Includes lunch and wetsuit rental)

LATER REGISTRATION

Welcome! Once you have checked-in at the main hotel, follow the signs to O'Brien's to Register. Don't miss the EVENING SOCIAL, a great way to meet fellow recreationists.

6:00 – 7:00 pm

Registration is at
O'Brien's

EVENING SOCIAL

Take the opportunity to meet new people and catch up with old friends from across Ontario. Grab a bite to eat and join us around the campfire at the base of the Ski Hill and help kick-off the week!

7:00 – 9:00 pm



TUESDAY, September 20, 2016

BREAKFAST

Enjoy a continental breakfast featuring cereals, toasts, fresh fruit, juice, coffee and tea to start your day. Please note a break/snack table will also be available throughout each day, at your convenience.

8:00 – 9:00 am



Black Donald's Restaurant located at Ski Lodge

REGISTRATION

If you are arriving the morning of the conference, get ready to jump in, full of energy, to network, share, and learn. We look forward to meeting you! Please register by 9:00 am.

8:30 – 9:30 am

Registration is located in the Ski Lodge lobby

WELCOME & KEYNOTE SPEAKER - Christie Andrus

9:00 am

Leading Others and Self – Opportunities to See Beyond Status Quo

Let go of old assumptions and unlock the door to new possibilities. With an uplifting approach to problem solving and figuring out what makes people tick, Christie will share her notes from 25 years in the people business and have you revisiting what you can bring to your next interactions at work.

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MORNING SESSIONS

10:15 – 11:45 am

COOKING CLASS – Don't forget to Kiss the Cook

Find out ways to get cooking classes started in your community. Where to look, what to do before you start, who to contact and all the right steps to take to get you cooking!

Ben Macpherson ~ Municipality of South Dundas
& Rick Gwalchmai ~ Town of Arnprior

ONLINE BOOKING SYSTEMS – From Prehistoric to the Way of the Future

As recreation turns from the days of paper and pen, we now book classes online, take registration by computer, and provide more web-based services. Find out about systems and resources and what they can offer to your community.

James O'Brien ~ Director, Legend Recreation Software Inc.

LUNCH

12:00 – 1:00 pm

Let everything you've learned sink in or, further discuss your new ideas with friends. Sit down to lunch and let the brainstorming begin.

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AFTERNOON SESSION

1:15 – 2:45 pm

WEBSITES AND APPS – This is How You Make Your First Impression Online

Is your municipality or organization unhappy with their website? Are you not REALLY an online presence? Find out what your customers are missing through websites and apps and how you can reach out to current clientele or future customers.

Dan Renaud ~ Whitewater Creative

STAND UP PADDLE BOARDING – Get Up, Stand Up!

This session has become a tradition since year 1! Whether you want to try it for the first time or want a refresher, join us on the water for a great active session and find out why it's so much fun!

Colin Coyle ~ Town of Petawawa

BREAK

3:00 – 3:30 pm

Coffee, tea, juices and various snacks will be available at breaks and throughout the day.

AFTERNOON SESSION

3:30 – 5:00 pm

PAINTING BY YOGA – A New Way to Make a Pretty Picture

This is something you have to try! Experience yoga and art colliding in a class that is sure to leave your feeling relaxed and creative. Make sure to wear clothes that can get dirty!

Erin Norris ~ Awe Yoga

HAND DRUMMING WORKSHOP – Make A Joyful Noise

Without music, there is no joy. Without joy, there is no music. Join Renfrew County's drum instructor Jenn Foley for this hands-on West African drumming workshop.

Jenn Foley ~ Djembefoley

DINNER and LOCAL DISCUSSION

5:30 – 6:30 pm

Reflect on the day and share your observations with other participants.

HEALTHY KIDS COMMUNITY CHALLENGE - Open Forum

What challenges are you presenting, what challenges are you facing. This is a time for Renfrew County committee members to come together to discuss our successes and challenges and share what is working and not working. Let's work together to create and ensure this is a sustainable community project!

Emma Holman ~ Renfrew County

HKCC

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LIVE MUSIC

7:00-7:30 pm

Listen to **Uhuru**, Ottawa Valley's West African Drumming group play their rhythms with the campfire crackling nearby. Time to relax for the day!

WEDNESDAY, September 21, 2015

BREAKFAST**8:00 – 9:00 am**

A continental breakfast featuring cereals, toasts, fresh fruit, juice, coffee and tea to start the day off. A break/snack table will also be available throughout each day at your convenience.

THE SCOREBOARDMAN

PAUL S. LESKEW & ASSOCIATES INC.

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REGISTRATION**8:00 - 8:30 am**

Arriving today? Register with the conference team and get oriented at the resort.

Ski Lodge Lobby**MORNING SESSION****9:00 – 10:15 am****INCLUSIVE PROGRAMMING ~ Creating an Inclusive Community**

Through conversation, examples, and hand-on activities, learn how to provide inclusive programming for children with varying needs and abilities.

Tanis Mathieson ~ County of Renfrew**BODY & SOUL**

Get ready to move your body through a slow flow session set to soulful music.

Ro Nwosu ~ Yoga with RO**MORNING SESSION****10:30 – Noon****55+ IS THE NEW 40 – The Fountain of Youth is Real!**

55+ is the NEW 40! More and more 55+ adults are telling us: *"I am not ready for Bingo or a retirement home!"* Find out what activities those ACTIVE 55+ are looking to do and what they want from their Recreation people.

**Colleen Kunopaski ~Recreation Therapist
Bonnehochere Manor Long Term Care****MOUNTAIN BIKING – Grab Life By the Handle Bars**

Find out first hand why mountain biking is such a fast growing sport. Get outside and break a sweat, make sure to dress appropriately and bring a bottle of water. Bring your own bike or try one from Gearheads.

Carey Dedo ~ Gearheads**TRADESHOW****10:00 – 2:00 pm**

DO NOT MISS the ROAR conference TRADESHOW! This is a great opportunity to meet the businesses, companies and organizations who support the recreation field through supplies, products, and services which support of many day-to-day tasks, making your life easier.

LUNCH**12:00 – 1:00 pm**

There's been a lot of information to take in so what better time to let it digest than over lunch?

Black Donald's Restaurant**AFTERNOON SESSION****1:15 – 2:45 pm****GPS Treasure Hunting**

Learn how to create a healthy, work team environment through a variety of games, activities and challenges. Sure to bring any team together.

Rick Klatt ~ Renfrew County Catholic School Board**PLANNING FOR THE FUTURE – Get your DeLorean up to 88mph**

Are you prepared for the future? Find out how to start your planning and get up to speed. Whether it's planning for your next Strategic Plan or creating a Master Plan for your Recreation Department or organization, start to get the planning done now.

Steve Nason ~ Dovercourt Recreation Centre @ Clem Pelot ~ Mills Community Support**TEAM BUILDING****3:00 – 5:00 pm**

Your job sees you organize events, ensure everything is running smoothly and confirm everyone is having fun every day, now it's your chance to cut loose! **RY J's Climbing Adventures** will be providing various activities for everyone to try. Come and have a few laughs! Bring your game face because you're going to need it.

Base of the Ski Hill. Please dress appropriately for active outdoor games (running shoes, weather appropriate clothing for having fun outside)
Sponsored by: RY J's Climbing Adventures

KEYNOTE SPEAKER – Joe Kowalski

5:30 - 6:30 pm

Creating Large Events and Business Through Partnerships

Join us in welcoming our Key-Note Speaker from Wilderness Tours Rafting ~ Joe Kowalski. Joe created a world-renowned rafting company that that resides right here in rural Ontario. Find out how Joe started off this little business, continues to work on partnerships to grow his business and others around him and hosted the WORLD KAYAKING CHAMPIONSHIPS in little old Beachburg, Ontario.

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BBQ DINNER AND ENTERTAINMENT

6:30 – 11:00 pm

Remove the tie, kick off the dress shoes and have fun! Wear what you find most comfortable as we dine on BBQ Chicken & Ribs. Following dinner, we'll head down to the base of the ski hill for a fun and social evening together.

Sponsored by Jet Ice



THURSDAY, September 22, 2016

BREAKFAST

9:00 – 9:30 am

A continental breakfast featuring cereals, toasts, fresh fruit, juice, coffee and tea to start the day off. A break/snack table will also be available throughout each day at your convenience.



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MORNING SESSION

9:30 – 10:45 am

ENNEAGRAM

Learn your basic personality type. There are 9 Enneagram personalities. Join Hilary to learn more about yourself and others as you identify with one or more of these 9 types. Apply what you've learned in your everyday encounters.

Hilary Veen

OUTDOOR PLAY - Children + Space - Adults = Play

Get ready for a fast-paced session exploring risk-tolerance, outdoor play spaces, and the related role of adults in our communities. Ivan has worked with educators internationally but has always called Ottawa Valley home.

Ivan Saari ~ RCDSB

CONFERENCE CLOSING

11:00 am

Our time together must end. Say "See You Soon!" to your new friends. Swap business cards, exchange email addresses, and remember that you now have a strong network of professionals to help you with everything you need for success in the future. Boxed lunches are available for those who have a long journey home.

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**PLEASE! REMEMBER TO THANK OUR SPONSORS
AND MANY VOLUNTEER SESSION SPEAKERS WHO
MADE THIS CONFERENCE POSSIBLE.**



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