

PEACE RIVER LIARD REGIONAL CULTURE AND RECREATION NEWSLETTER

SEPTEMBER '85



*file
over
BC Parks*



The Terry Fox Run
FOR THE MARATHON OF HOPE

September is a special month in the year traditionally this month initiated preparation for the winter months - the harvesting and preservation of food, the preparation of shelter and clothing and strengthening of ties with family members and friends.

Today, in addition, some of us will volunteer for school and/or community development projects, join a community club or commission, register in an educational/recreation program, administer and/or manage a youth oriented recreation program, assist in a daycare, nursery or care facilities and in many other ways contribute to community life.

Interestingly, all of these activities are associated with our leisure or free time in which we freely choose to participate.

For most of us we volunteer because it makes us feel good, feel part of the community and feel the community is better for our involvement.

Life, be in it!!!

Board Chairman - Shirley Pomeroy

Recreation and Culture Committee Chairman - Albin Peirce

Administrator - Moray Stewart

Recreation Co-ordinator - Andrew Verigin

Sub-Regional Recreation Programmer - Paul Solmes

PEACE RIVER LIARD REGIONAL DISTRICT
Box 810, 1981 Alaska Avenue,
Dawson Creek, B.C. V1G 4H8
Telephone: 782-5891 or Zenith 2770

Information for Amateur Performers

GENERAL

- : To present B.C.'s best on a world stage, Expo '86, the B.C. Pavilion will be conducting 12 auditions throughout the Province to select outstanding talent to participate in Regional Week programs to be hosted at the Pavilion.
- : Auditions will be held in the January/March period of 1986. Local dates and locations of auditions and regional themes will be announced by September 1985.
- : Performance categories can include music, dance, theatre (short sketches), native, multicultural, storytelling, sport performance (ie. figure skating, gymnastics), and general entertainment. When developing your program, please keep in mind that performances on-site during Expo should not exceed 15 to 20 minutes. It is recommended that proposals be discussed with Regional Program Producers prior to submitting applications.
- : Performers selected at these auditions will be provided with honorariums for travel expenses, free admission to Expo each performance day, plus a complimentary three-day pass.

GUIDELINES:

- : All performers must be B.C. residents.
- : Preference will be given to performances related to the region's theme.
- : Performers must be available during the dates of the Region's Week on-site at the B.C. Pavilion during Expo '86.

FANTASTIC FITNESS WEEKEND
DAWSON CREEK, B.C.

Friday, September 27 - 7:00 p.m.

CELEBRITY WORKOUT WITH DAVID CREIGHTON
Trainer of Fitness Leaders, Past Chairperson,
Fitness Branch, BCRA. Director Centennial Community
Centre, New Westminster, B.C.

Cost: \$5.00

Do not miss this dynamic class with a celebrity
fitness leader.

!!!!!!!!!!!!

Saturday, September 28 - 2:00 to 4:00 p.m.

FIT FOR ALL - DAVID CREIGHTON
Aimed primarily at the participant, a motivating and
instructional workshop on the why's and how-to's of
fitness. For novice and seasoned participants
alike. (Also invaluable for instructors).

Cost: \$15.00

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Sunday, September 29, 1985 - 9:30 a.m. to noon.

INSTRUCTORS ONLY

Down and dirty on the floor - a practical, all day
workshop aimed at honing the skills of a
professional fitness leader. New moves, tips on
training effect and technique, motivation and much
more.

Cost: \$ 35.00

REGISTRATION: Register for any selection or all
three (\$50.00)

Nancy Alexander Telephone: 782-3652 H
Fitness Factory : 782-5288 O
1405 - 106th Avenue,
Dawson Creek, B.C. V1G 2P4

BRITISH COLUMBIA TALENT SHOWCASE

continued

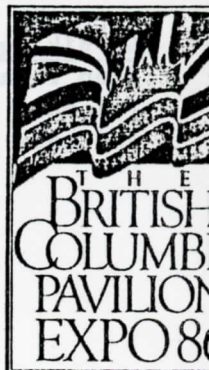
GUIDELINES:

- : All performances are subject to review by B.C. Pavilion adjudicators, talent scouts, or staff to assure acceptable standards of quality are maintained.
- : The number of performances during the region's week will be limited by suitable venues available on-site.
- : Travel honorariums and complimentary 3-day passes to Expo will be subject to BCPC maximum budget allocations for this program. Details will be available by November 1985.
- : Groups and individuals interested in participating in the Regional Auditions will be subject to an application and screening process, as the auditions will be limited to a two or three day time period.
- : Applications for Regional Auditions must be submitted to Regional Program Producers by October 1, 1985.
- : Applications for Regional Auditions will be reviewed by Regional Advisory Committees by October 15, 1985, and approved by the BCPC. Applicants will be notified by November 15, 1985.

DEADLINE: OCTOBER 1, 1985

Information/return applications:

Ms. Susan E. Popesku
9920 - 113th Avenue,
Fort St. John, B.C. V1J 4P6
Telephone: 785-1986



Anything that gets you and your family moving is good exercise. If it is also fun, you will do it more often.

Start small. Trying to do too much too soon is more of a discouragement than a benefit. A short hike in the woods, a jog around the block or a bike ride in the park are good for starters.

Jog. Jog together to the park. Pack a light lunch and enjoy the natural pleasures. Once you are all refreshed and relaxed, jog back home. It is not so important how far you go. It is going together that counts.

See the World at 3 Miles Per Hour. In other words, walk. Walking is the #1 best all-around exercise. And you do not need a thing to get started. Want to know more about walking? Ask your park and recreation department for a copy of the "Life. Be In It." Walk Book - tips, facts and fallacies about America's #1 exercise.

De-Automate your Family. Instead of having things done for you - do them yourselves. Instead of taking the car to the car wash, get out of the house and wash it together in the driveway. Do you always drive or get driver anywhere that is less than a mile or so away? Why not walk, jog, ride a bike, run or even rollerskate there instead? There are lots of fun ways to get from one place to another. For some suggestions, ask your park or recreation department for a copy of the "Life. Be In It." Ride Guide - 27 serious and not so serious ways to have fun on the move.

Go Biking. Out to the country. Into the City. Even to another state. Have a bike 'rally' with friends, just like the car rallies, with checkpoints and maps you can draw yourselves.