

# REC CENTRE RECORD



## \$4 million – We're 80% there!

With less than 6 months until the opening of the Regional Recreation Centre, we are entering the final leg of our fundraising campaign. Conquering the last \$1 million will not be easy, but with the undeniably positive support we have received thus far, we will reach our goal!

Over 600 donors have contributed to the campaign, a number that grows each day. Many others have expressed their support for the project and we are encouraging them to get their pledge forms in. The time is now!

The design is underway for the donor wall at the centre. All gifts of \$5,000 and above will be permanently recognized on the wall.

Together, we are impacting the lives of residents today, tomorrow and in the future. The health, recreation, social and economic benefits of the centre will translate into a happier, healthier and stronger Grey Bruce. Help us keep the momentum moving forward and encourage others to donate as we take this campaign **'OVER THE TOP!'**

## Natural light and striking views are unique to the Rec Centre

Exuding a feeling of light and airy openness, the rec centre is unlike any other facility in the region. Designed with large windows, sky lights and glass walls, natural light flows from one end of the building to the other.

Walkers and runners will enjoy beautiful outdoor vistas and unobstructed views into the Aquatic Centre, gymnasium and main corridor, while on the 2<sup>nd</sup> level, two lane track.

Arena spectators will experience sports from new heights in the 2<sup>nd</sup> level seating areas. The warm seating area provides comfort and excellent views into both arenas. Each surface also has its own cold seating area allowing spectators to cheer on their favourite team loud and proud!

Large windows connect the arena and the Family Y, allowing users to view activities taking place in the Aquatic Centre and the east arena from the main corridor. Window slats in the west arena allow natural light to flood in.

Calmed nerves, improved mood, balanced hormones and improved sleep patterns are cited as benefits associated with exposure to natural light. The use of glass, natural light and the 2<sup>nd</sup> level, open concept design will provide users with a truly unique recreation experience.

## December 31<sup>st</sup> – don't let it surprise you

Don't forget to get your 2011 pledge payments in before December 31<sup>st</sup> in order to receive a 2011 tax receipt. 2011 receipts and thank you letters will be sent out in early January.



2011 Rec Centre All-Stars

## A big win for the Rec Centre

The Rec Centre scored big on September 17<sup>th</sup> when it was announced that over \$76,000 had been raised from the 2011 Rec Centre Hockey Challenge presented by Bruce Power. The action packed game featured a girls vs. boys scrimmage between high school students, a playful fight between opposing goalies 92.3 The Dock's Bob Wallace and 94.5 The Bull's J Stevens and a lot of team camaraderie. Ultimately, the Rec Centre All-Stars were victorious and raised The Rec Centre Cup proudly.

The evening included a draw for a custom designed Curtis Sanford autographed goalie mask. The one-of-a-kind mask, donated by Curtis and his family, paid homage to Owen Sound legends Harry Lumley and Billy Bishop. Rod Moore was the lucky winner of the mask which brought in close to \$1,000. Malinda Sanford and sons' Landon and Kenrik drew the winning ticket.

The winners of the Air Canada Fly Anywhere raffle were also drawn at the game. Both local residents, Ellen van der Meer won the grand prize – airfare for two to any destination worldwide, while Traci Smith won the second prize. Thank you to everyone who purchased or helped to sell tickets – we couldn't have done it without you!

Organized in partnership with MP Larry Miller, the success of the event is attributed to over 20 generous sponsors, two raffles, a live auction and all of the attendees, volunteers and players. Special thanks to the MPs and NHL Alumni Brad May, a contestant on CBC's Battle of Blades, who travelled to Owen Sound by plane, train and automobile to support our cause!



Help us protect the environment and save on mailing costs. Request this newsletter by email. Contact Lisa Billing at [lbilling@ymcaowensound.on.ca](mailto:lbilling@ymcaowensound.on.ca) or (519) 376-0484 ext. 222

## DID YOU KNOW? Stories of our community

996,438 – litres of water in the 8 lane, 25m pool

15 – kilometers of cooling pipe under each rink

60 – showers in the entire facility

90,000 – interior cement blocks

41 – toilets and 5 urinals in the entire facility

265,211 – litres of water in the warm water pool

6 – tractor trailer loads of tile for the entire centre

This past summer, the kindergarten group at the Family Y Child Care centre set up shop on the front lawn of the Family Y to sell lemonade and homemade cookies for the Regional Recreation Centre. They collected \$48.25.

In September, a young girl named Anne (who is an avid swimmer at the Y) asked for donations rather than presents at her birthday party. Designing a special donation box, Anne collected \$200.00.

Earlier this month, the Owen Sound Crescent Club Midget Lacrosse

Team stopped in at the Family Y to deliver a donation of \$324. The team decided to donate the surplus money from their season, recognizing that they will benefit from the rec centre and the second arena surface.

Stories like these continually inspire the campaign volunteers and positively reinforce the impact of this project on the community!



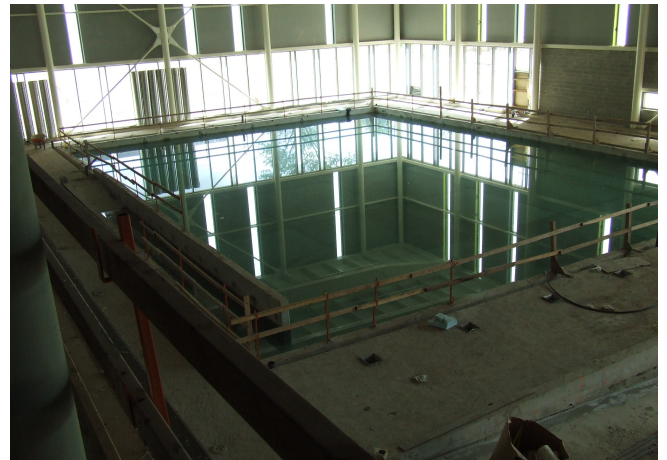
2011 Owen Sound Crescent Club Midget Lacrosse Team

## Stay healthy, avoid temptations

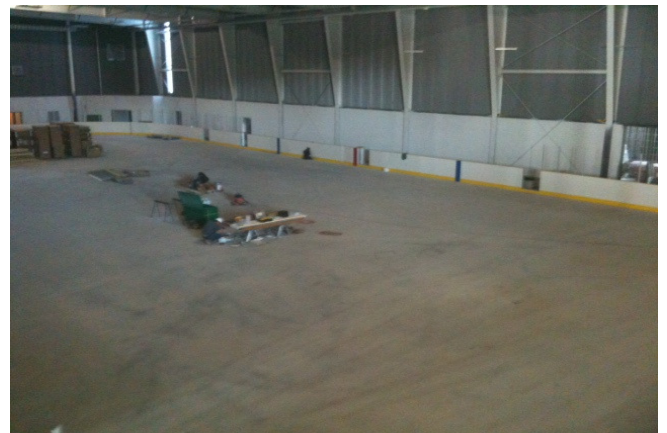
Thanksgiving, Halloween and holiday parties! This is the time of the year when mindful eating, health and recreation take a back seat to parties, camaraderie and good cheer! Here are tips to keep you healthy while you enjoy the festivities in the months ahead.

- Do not arrive at a party hungry, you will over indulge
- Eat slowly
- Dance the night away
- Surround yourself with positive, happy people
- Go skiing, snowshoeing, skating and tobogganing
- Serve bite-sized, low fat desserts – guests will love the easy-to-eat treats
- Exercise = energy. Schedule it into your routine
- Take a walk in the neighbourhood and enjoy the decorations
- If consuming alcoholic beverages; choose lighter options and have a glass of water between each drink

*Enjoy a safe, healthy and happy festive season! \**



Fantastic views of the 8 lane pool from the walking/running track. The pool is filled with water for pressure testing.



Boards have gone up in both arenas. Shown here is the east arena surface. It will be used for lacrosse during the summer.

## Successful summer on site – 75% complete

At 75% complete, the great summer weather leaves the rec centre in the ideal position for a spring 2012 opening.

Paving equipment has arrived. 98% of the curbs and 65% of the exterior concrete is poured. The parking lot will be lit with 32 light standards and pathway lighting.

Tile for the entire facility arrived on-site and tiling is underway in the arena showers and change rooms. Dry wall is being installed, change rooms are painted and block sealer has been applied in the gym. Lockers are set to arrive at the end of October.

The cycling studio is framed and ready for glass inserts. Tracks are installed in the elevators. Equipment is ordered and scheduled to arrive over the next few months.

All of the main power lines have been run into the facility and heat will be on at the end of October. With 25% to go, the project is on time and on track.

## Looking for the perfect holiday gift?

Consider making a gift on someone's behalf to the Regional Recreation Centre fundraising campaign. It is the gift that will give back to our community for years to come and will provide fitness and recreation opportunities for people of all ages. Tax receipts will be issued for all donations over \$25.00.

\* Healthy holiday tips courtesy of [www.goodreads.com/story/show/30163-heart-healthy-holiday-tips](http://www.goodreads.com/story/show/30163-heart-healthy-holiday-tips)