

Mayor

From: Mayor
Sent: Tuesday, March 15, 2022 1:35 PM
To: Mayor
Subject: FW: RHWAC March 16th

Recreation, Health and Wellness Advisory Committee (RHWAC)

IMPORTANT NOTICE - VIRTUAL MEETING

This is a virtual meeting being held electronically. To ensure transparency, a recording of this meeting is being livestreamed on YouTube on the Village MW Committees YouTube Channel found at

<https://www.youtube.com/channel/UCaziXdLjthm3FWWYIz53y7Q/featured>.

AGENDA

March 16, 2022 at 7:00 p.m.

1. Call to Order (Mayor Struthers as ex officio)
2. Disclosure of Pecuniary Interest and Nature Thereof
3. Approval of Agenda
4. Approval of Minutes (?)
5. Appointment of Chairperson.....Secretary
6. ParticipACTION Community Better Challenge
7. Ministry for Seniors and Accessibility (MSAA) Inclusive Community Grants
8. Discussion re Committee Meeting Schedule
9. Next meeting date
10. Adjournment

2022 GRANT APPLICATION GUIDELINES



Overview

The ParticipACTION Community Better Challenge is an annual event that gets Canadians across the country moving together. From June 1st to June 30th, 2022, we are calling on ALL Canadians to get active and incorporate physical activity where they live, learn, work and play

As individuals or as part of an organization, we are asking Canadians to get active and track their physical activity minutes in an effort for their community to be recognized as one that champions active living. At the conclusion of the challenge, we'll recognize and celebrate community achievements, crowning provincial / territorial winners and ultimately appointing one community with the designation of **Canada's Most Active Community!**

ParticipACTION has developed a micro-granting program that will support community organizations who are planning to host participatory in person or virtual activities or leverage physical activity-related programming during the challenge period. Micro-grants range from \$500 to \$1,500 and can support qualified instructors, equipment, rental cost, marketing and promotion and other costs that will make the activity even more impactful, inclusive and accessible. Sample activities include try-it sessions, multi-sport or multi-activity programs, open-houses, school events, mayor's challenges, neighborhood fun runs as well as virtual events such as virtual runs or zoom classes (note: as safety is very important to us, all local public health protocols and recommendations must be followed).

The ***ParticipACTION Community Better Challenge*** is supported by the **Public Health Agency of Canada, Sport Canada, our premier partner Saputo and the provinces of Newfoundland and Labrador and Saskatchewan.**

Timing

Grant applications will be accepted from **9:00 a.m. ET on Monday January 17th, 2022, to 5:00p.m. ET on Monday February 21st, 2022.**

There will be one grant cycle. All applicants will be informed of the funding decision by email approximately one month following the application deadline. One hundred per cent of the funds will be distributed in one payment, approximately two-to- three weeks following the decision.

Eligible Groups

Applications may be submitted, individually or in partnership, by:

- Community, not-for-profit organizations and associations that can offer physical activity or sport participation opportunities in their community, either through events or programs
- Municipalities

- Schools
- First Nations, Inuit and Métis communities
- National Sport Organizations, Multi-sport Organizations, provincial and local sport organizations
- Organizations that can reach targeted segments of the Canadian population - i.e. LGBTQ2S+, youth, seniors, individuals with disabilities, racialized groups, newcomers to Canada, groups representing rural areas, minority language communities, Indigenous groups, and low-income populations.
- Organizations that can deliver multi-sport programming to Women & Girls (further details below)

Women & Girls Multi-Sport Funding (NEW FOR 2022)

- ParticipACTION will be providing a minimum of \$60,000 in grants to groups and community organizations that can offer multi-sport experiences to women and girls that experience health inequity.
- Organizations that meet these criteria will be asked to identify themselves and provide further details within the grant application
- The program or event must be specifically targeted to women and/or girls and must offer the opportunity to try or participate in at least 2 different sports.

Eligibility Guidelines

The following factors will be considered in choosing successful applications:

- The activity must take place in Canada.
- The activity must take place within the month of June, either in its entirety or in part. For sake of clarity, the following examples ARE ELIGIBLE:
 - June 8
 - June 8 to June 11
 - May 25 to June 8
 - June 8 to July 3
 - May 1 to August 1
- You may only track minutes for the portion of your program or event that takes place in June.
- The activity must be registered and tracked through the ParticipACTION website. The registration portal will be available in late April or early May.
- Organizations that are planning various activities within the month of June should submit as one application.
- Chapters, branches or departments from within the same organization may submit separate applications if they are hosting different programs/events during the Challenge timeframe.

- All recipients **must track the physical activity that their grant supports during the challenge at www.participaction.com/challenge**
- All recipients **must complete a post-event online survey within one month after the program or event ends.**
- Failure to track physical activity minutes and complete the survey will make the organization ineligible for future grant applications with ParticipACTION.

Application and Criteria Assessment

Applications will be assessed according to the following criteria:

- Demonstrate inclusive and equitable practices that maximize sport, recreation, and physical activity opportunities for everyone in the community. Priority will be given to programs and events that can engage a large number of people and/or that can specifically target groups that experience health inequity.
- Specific to Women & Sport funding, demonstrate the ability to offer multi-sport experiences to women and girls that experience health inequity. Potential of the activity to inspire and encourage sport and physical activity participation within local public health guidelines and limits. E.g. if indoor restrictions / gathering limits are in place activities could be outdoors, physically distanced, multiple smaller programs or events, or virtual
- Financial need – what additional value could the funding provide to your event/program that otherwise would not be possible?
- Events and programs are accessible to people of all abilities, at little or no cost.
- Events and programs are strongly encouraged to use qualified instructors where appropriate (e.g., NCCP, First Aid, High Five, Physical Literacy 101 or other skill development program certification).
- Ability of the event or program to connect individuals with the **ParticipACTION Community Better Challenge** through marketing, promotion or onsite signage/handouts and encourage individuals to register and tracking of their physical activity minutes by downloading the ParticipACTION App or on the ParticipACTION website
- Consideration will be given to the geographic distribution of funds throughout the various regions of Canada and to programs or events that are inclusive of the diversity of Canada and accessible for people of all abilities.

Selection Committee

- Eligible applications will be evaluated by a review panel consisting of ParticipACTION staff and partners from the physical activity, sport and recreation sector. The panel will base its recommendations on the eligibility and assessment criteria described in these guidelines, within the context of the applicant's organizational, community and regional needs.

Expenses

- Expenses must be directly related to costs incurred for delivering a physical activity or sport participation experience or helping to make it accessible and inclusive. Eligible expenses include:
 - Sporting equipment
 - Coaching/trainer expenses
 - Venue/space rental etc.
 - Transportation
 - Nutrition
 - Costs associated with delivering a virtual activity
 - Cost that helps the activity meet public health guidelines
 - Childcare for participants during an event
 - Honoraria and small prizes and incentives for participation and volunteers
 - Any accommodations that may be required for full participation such as ASL, captioning, personal assistance etc.
- The Community Better Challenge will not support events that do not have a physical activity or sport component. Examples of activities that would not be supported include public year-end team celebrations and private parties.
- Other ineligible expenses include
 - Performance fees
 - Capital expenditures (renovation, construction, computer equipment)
 - Deficits incurred from past activities
 - Competitions or expenses incurred prior to funding support issue.

Conditions and Limitations

Successful grant applicants must:

- Acknowledge The ParticipACTION Community Better Challenge is supported by the Government of Canada and Saputo where possible on materials related to the funded event. A digital toolkit including logos, guidelines, promotional materials and social media tools will be available on ParticipACTION's website by mid-April 2021.
- Register and track their program or event on ParticipACTION's website and complete a post-program or event online survey. A link to this survey will be e-mailed to the event organizer.
- Keep a record of how the grant funds were used in support of your program or event and agree to cooperate with the Auditor General of Canada should ParticipACTION be audited.
- Indemnify ParticipACTION and the Government of Canada for any damages as a result of the activities undertaken with the funding.
- Protect itself, through an appropriate policy of insurance, against any liability resulting from anything done or omitted in carrying out activities under this Agreement.

By applying to the Community Better Challenge, ParticipACTION can publish the successful applicant's organization name and final funding amount. By completing the application, you agree to the above conditions.

**To apply or for more on the *ParticipACTION Community Better Challenge*, please visit:
<https://www.participaction.com/en-ca/programs/community-challenge>**

**Want to learn more on how to submit a grant application or how the Community Better Challenge can help your community get active?
[CLICK HERE](#) to setup a quick chat with our program coordinator!**

For general questions, please contact:
info@participaction.com



ParticipACTION Community Better Challenge Grant Question List 2022

Thank you for applying for the Community Better Challenge microgrant program. As you are creating your application, there are a few important things to note:

Submitting your application

The application cannot be saved part way through and cannot be edited after you press submit. A template of the application that includes all grant questions is available for download on our Community Better Challenge webpage. We encourage you to use this template to answer questions in advance to ensure that your work is not lost.

Grant Criteria

Your event or program must take place between June 1- 30. If your program starts before June 1 or end after June 30, it is still eligible as long as activities take place in June. Efforts should be made to create barrier free and inclusive programming.

For more details, please review the grant guidelines on the Community Better Challenge webpage.

On planning for COVID-19

We know it is difficult to plan an event or program months in advance, especially with the uncertainty of the pandemic. We want to assure you that as a funder for these projects going on across the country that we will be flexible. Do your best to plan for what is possible and think about effective and creative alternatives. Keep in mind that we know that what you put in your application may not be the exact thing you end up doing and that is ok. The goal is to get your community active in a safe and inclusive manner.

We know that public guidelines are constantly evolving so we encourage you to apply for what you would ideally like to host understanding that adaptations to events may be needed. You can also consider applying for multiple smaller events, virtual events, outdoor events or to add value to existing programs if needed. Remember to always follow local public health guidelines, even if that means cancelling the event entirely.

Grant Recipient Expectations

All grant recipients are expected to track the physical activity of their program participants on the ParticipACTION website.

All grants recipients are expected to complete a survey that will be emailed to you shortly after the challenge ends.



Organization Details (Step 1)

- 1) Organization legal name **(This is required if a grant is issued to your organization)**

- 2) Organization Sector **(Select the one sector that best represents your organization)**
 - a) Sport
 - b) Recreation/Physical Activity
 - c) Health
 - d) Education / School
 - e) Government / Municipality / Band
 - f) Corporate / Workplace
 - g) Community / Social
 - h) Other

- 3) Organization Contact Information
 - a) First Name
 - b) Last Name

- 4) Physical Address **(This mailing address will be used if a grant cheque will be sent to you)**
 - a) Street
 - b) City
 - c) Province / Territory
 - d) Postal Code
 - e) Phone Number (work)

- 5) Email Address **(Please enter the same email that will be used to register and track your activity in June. This email address should correspond with the organization contact, and will be used to notify you if your grant application was successful)**

Do you consent to ParticipACTION sending you additional information about other ParticipACTION initiatives? **(Yes/No)**

Do you consent to ParticipACTION sharing your contact information with other grant applicants in your community to coordinate efforts in the challenge? **(Yes/No)**



My Event (Step 2)

- 1) Event Name **(100 character limit)**
- 2) Event Description **(300 character limit)**
- 3) Does your event include sport participation? (ie. Are users learning a sport skill or participating in a sport such as soccer, pickleball, cricket, running or swimming)?
(Yes/No) Please note this is for funder reporting purposes and will not affect the outcome of your grant application.
 - a) If YES, to the previous question, what type of sport participation will take place during your event/program?
- 4) How many sessions will your event/program include? **(Numbers only, e.g., 2 not two)**
- 5) Estimated number of participants per session? **(Numbers only, e.g., 50 not fifty)**
- 6) How long, on average, will the participants be active per session?
- 7) Which of the following age groups does your event/program serve?
 - a) Children (0-12)
 - b) Youth (13-17)
 - c) Adults (18-64)
 - d) Older Adults (65+)
 - e) General Public (all ages)
- 8) Which of the following populations demographics does your event/program specifically target? **(Select the one primary target)**
 - a) Persons with disabilities
 - b) Indigenous groups
 - c) Newcomers to Canada
 - d) Ethnocultural groups
 - e) 2SLGBTQI
 - f) Women and/or Girls
 - g) Low Income
 - h) None of the above
- 9) Does your event/program target any other populations? If so, please select.
 - a) Persons with disabilities
 - b) Indigenous groups
 - c) Newcomers to Canada
 - d) Ethnocultural groups
 - e) 2SLGBTQI
 - f) Women and/or Girls
 - g) Low income



Grant Details (Step 3)

- 1) Grant funding total amount requested (please enter a dollar amount between 500 – 1500, e.g., 500 not \$500) ***Please try and accurately estimate the funding needs of your program or event to be successful given this is a competitive process.***
- 2) Are you applying for grant funding that includes multi-sport opportunities (at least 2 different sports) for Women & Girls? **(Yes/No)**
- 3) Briefly describe how the funds will be used to impact your event/program?
- 4) How will your event or program be accessible and welcoming to all members to all members of the community including equity-seeking groups and people with a disability?
- 5) Will there be qualified instructors or coaches delivering the physical activity or sport opportunities? (High Five, NCCP etc.) **(Yes/No)**
- 6) Is there a cost for participants to take part in your program or event? **(Yes/No)**
 - a) If YES, what is the approximate cost per participant (please enter a dollar amount, no \$)
- 7) How will your event promote the ParticipACTION Community Better Challenge? (A communications kit will be available in May to support additional promotions)
 - a) *Post on social media (Facebook, Twitter, Instagram, TikTok) either your owned channels or on those of local groups*
 - b) *Promotion or article in local newspaper*
 - c) *Posters in community centres and local businesses*
 - d) *Direct outreach to local groups to attend*
 - e) *E-mail to membership list*
 - f) *Promote on your website*
 - g) *Include ParticipACTION Community Better information in your existing promotions e.g. local recreation guide*
 - h) *Local radio announcement or interview*

Other (please specify)
- 8) Is there anything else you would like us to consider in reviewing your application?

Request an Event Kit (Step 4)

- 1) Would you like to receive a free event celebration kit (banners, posters, prizes) while supplies last?
 - a) Yes
 - b) No



2) Kit language preference

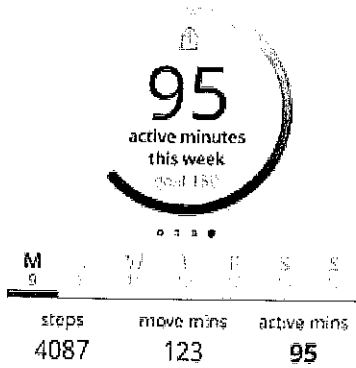
- a) English
- b) French
- c) Both

3) Shipping Details

a) Same as Organization Details? **(Y/N)**

(If NO, then provide new shipping details)

- b) First Name
- c) Last Name
- d) Phone number
- e) Street Address
- f) City
- g) Province/Territory
- h) Postal Code



The active app for workplaces

Staying active isn't just about looking better, it's about living better.

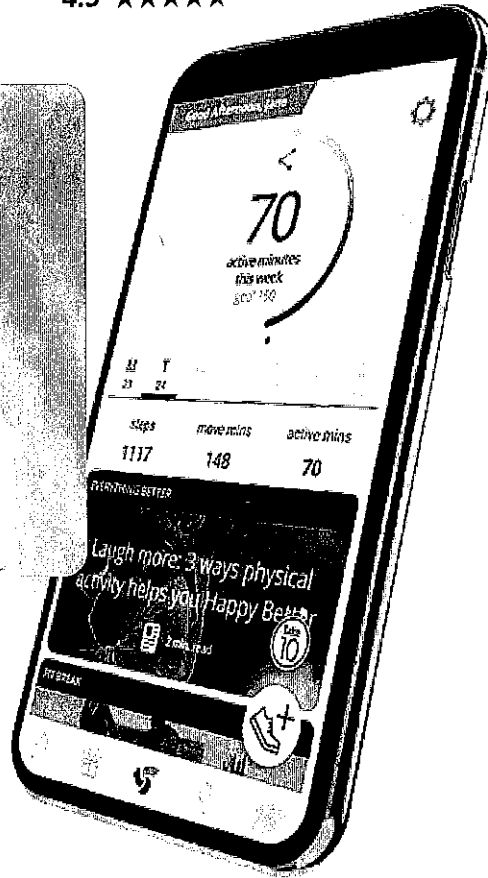
Text me a download link





4.6 ★★★★★

4.5 ★★★★★



Everything gets better when you get active



There are endless benefits to getting active, and even a ter
burst of heart-pumping movement can help you Unwind Better
Better. Focus Better and most importantly Happy Better!

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The free ParticipACTION app is a fun, **evidence-informed tool** that empowers you on your physical activity journey no matter where you live, work, or play!



Receive
credible,
trusted
support

Text me a
download link





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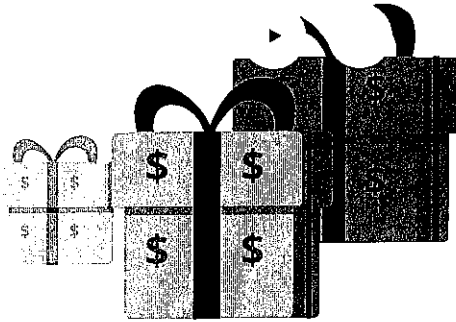




**Get rewarded
just for moving**

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Monthly

Over 35,000 prizes awarded to date!

Just by using the app or syncing with a fitness tracker, you're automatically entered for a chance to win weekly, monthly and quarterly prizes! **The more active you are, the more chances to win!**

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Celebrate your accomplishments

Earn badges in the app for getting active, reaching your goals, reading articles and more, to show you how far you've come and reward you for a job well done.

Build and maintain connections with others

Compete in 7-day challenges

Schedule some friendly competition against family, friends or colleagues and see how you rank on your team leaderboard - top 3 spots earn shiny medals!



Get active as a team for even more prizes

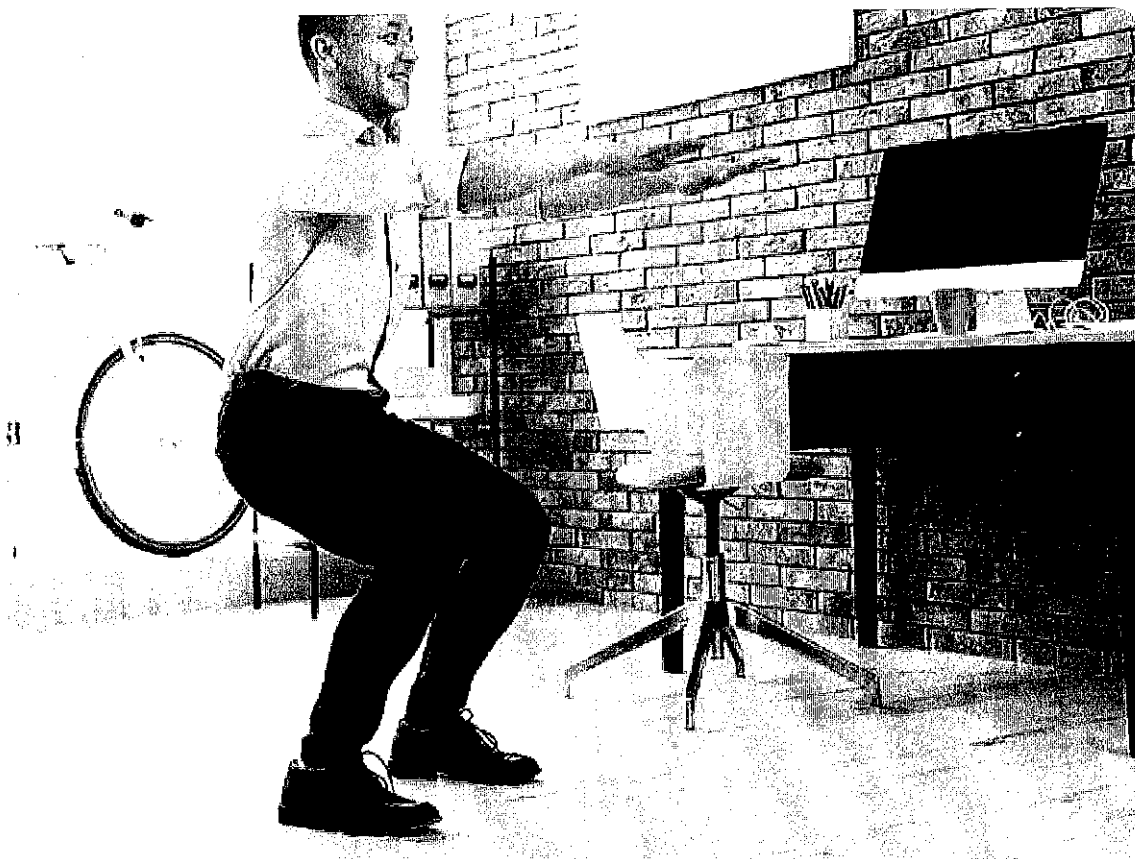
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PRIZES

Collaborate with your teammates during special team challenges every few months and earn a chance at even bigger prizes - in addition to the usual weekly, monthly and quarterly ones!



Build workplace engagement, virtually!

Healthy Workplace Culture=Happier Workforce. If you are looking to increase productivity through employee engagement, we can help!

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LEARN MORE



Stay accountable and motivated

Friendly notifications keep you on track

Whether you're crushing your weekly goals or need a bit of a push, **tailored messages** nudge you along your physical activity journey.

Customized stream of health tips & guides

Get handy articles, workout videos and motivational content suggestions that **dynamically adjust based on your personal profile** and interests.

At-home Exercise

Video

Text me a download link





Videos

Looking for more ways to move? Check out our custom workout videos, designed to help get you moving no matter where you're at on your physical activity journey. Whether you are at home, at work or on the go, these videos are **the perfect way to sneak some activity into your day.**

We've recently teamed up with the YMCA Greater Toronto Area to create a series of videos to promote physical activity to help Canadians stay healthy in mind, body, and community spirit. Check them out in the app today in the "Video" Content Stream!

In partnership with



Get up and
running
quickly
and easily



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Automatically track your activity

Connect to Google Fit, Apple Health, Apple Watch, Garmin and Fitbit to automatically rack up your activity in the ParticipACTION app.



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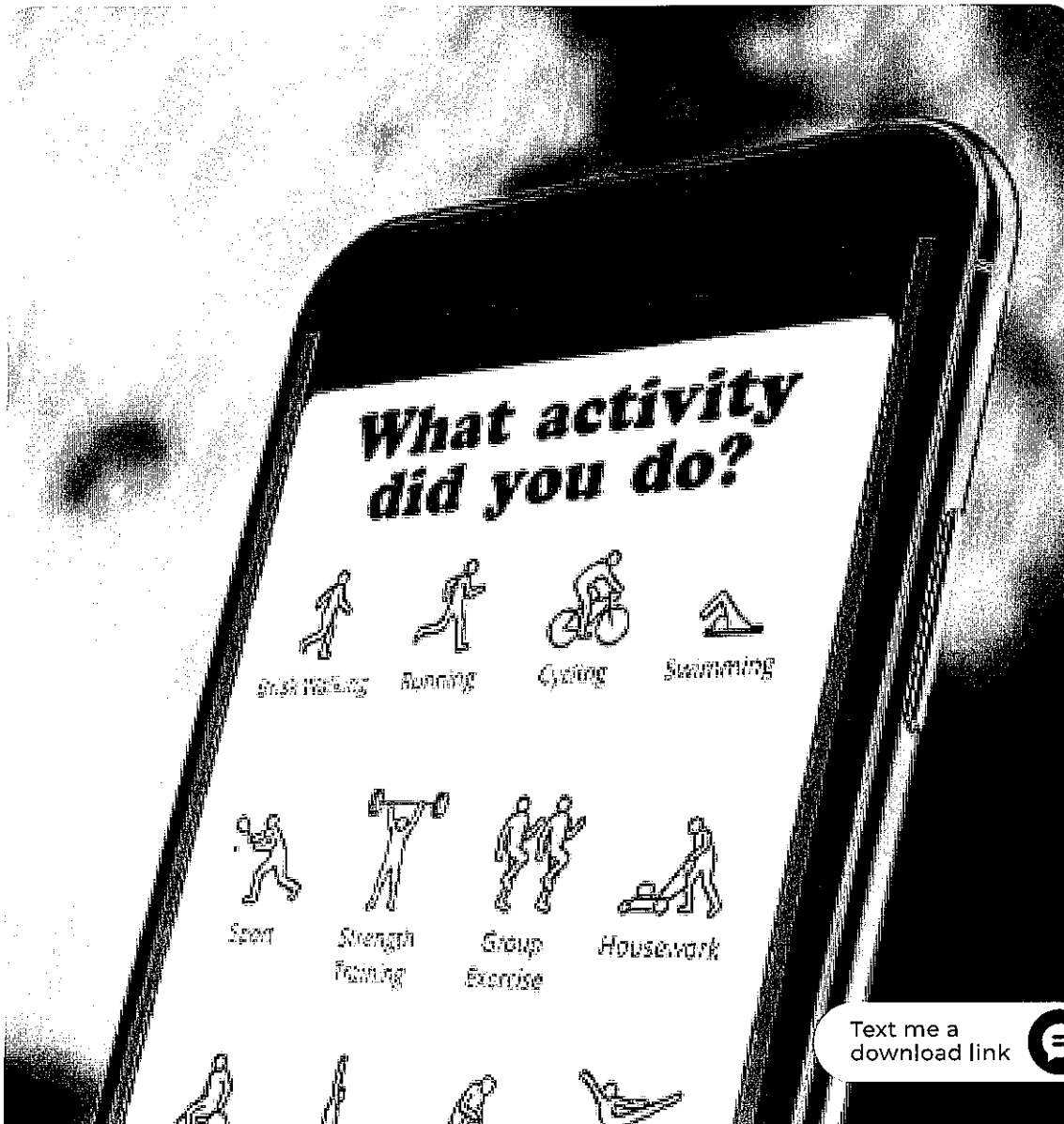


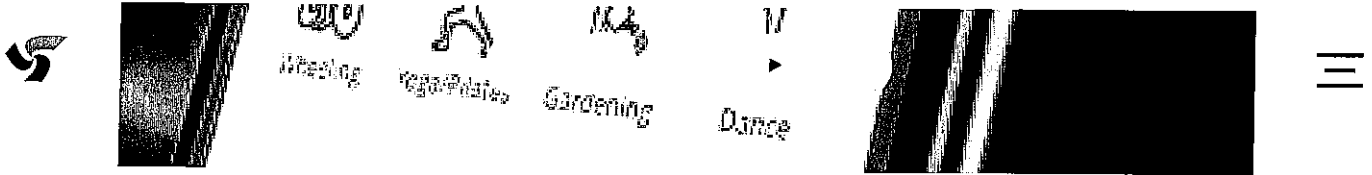


No tracker? No Problem!

Did you know you have free access to a fitness tracker?

[Learn more](#)





Want to track on your own?

You can track your activity manually in the app. Choose from a list of activities like brisk walking, housework or Yoga/Pilates and simply enter your time and voila!

As featured on



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Global 

strategy



What they're saying...



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Have questions? View our app FAQ

APP FAQ

More from ParticipACTION

Children & Youth Report Card



Adult Report Card



Community Better Challenge



**24-Hour Movement Guidelines for
Adults**

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Impact Report



A dose for better

Get news, tips and tools to achieve your Better.

SIGN UP

Partners & Funders



Public Health
Agency of Canada



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CANADIAN KINESIOLOGY ALLIANCE
ALLIANCE CANADIENNE DE KINÉSIOLOGIE



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Community Better Challenge Competing Communities List

Updated May 27, 2021

Alberta	2
British Columbia	4
Manitoba	7
New Brunswick	9
Newfoundland and Labrador	11
Nova Scotia	13
Northwest Territories	14
Nunavut.....	15
Ontario	16
Prince Edward Island.....	20
Quebec	21
Saskatchewan	27
Yukon.....	29



Alberta

Acadia No. 34, Youngtown	Cold Lake	John d'Or Prairie 215
Airdrie	Consort, Veteran	Kehewin 123
Alberta Beach	Crossfield	Killam, Strome
Alix, Clive	Crowsnest Pass	Kitscoty, Marwayne
Athabasca	Cypress County	Kneehill County
Athabasca County	Daysland, Heisler	Lac la Biche County
Banff	Devon	Lac Ste. Anne County
Barrhead	Didsbury	Lacombe
Barrhead County No. 11	Drayton Valley	Lacombe County
Bashaw	Drumheller	Lamont
Bassano	Duchess	Lamont County
Beaumont	Eckville	Leduc
Beaver County	Edmonton	Leduc County
Beaverlodge, Hythe	Edson	Legal
Bentley	Elk Point	Lesser Slave River No.124
Big Lakes County	Ermineskin 138	Lethbridge
Birch Hills County	Fairview	Lethbridge County
Black Diamond	Flagstaff County	Linden, Acme, Carbon
Blackfalds	Foothills County	Lloydminster (Part)
Blood 148	Forestburg	Louis Bull 138B
Bonnyville	Fort Saskatchewan	Mackenzie County
Bow Island	Forty Mile County	Magrath
Brazeau County	Fox Creek	Manning
Brooks	Fox Lake 162	Mannville, Innisfree
Bruderheim	Gibbons	Mayerthorpe
Calgary	Grande Cache	McLennan
Calmar	Grande Prairie	MD of Bighorn
Camrose	Grande Prairie County No. 1	MD of Bonnyville
Camrose County	Greenview County	MD of Peace
Canmore	Grimshaw	MD of Pincher Creek
Cardston	Hanna	MD of Provost
Cardston County	Hay Lakes, New Norway	MD of Smoky River
Carstairs	High Level	MD of Wainright
Chestermere	High Prairie	MD of Willow Brook
Clear Hills County	High River	Medicine Hat
Clearwater County	Hinton	Milk River
Coaldale	Innisfail	Millet
Coalhurst	Irricana	Minburn County No. 27
Cochrane	Jasper	Morinville



Mountain View County
Mundare, Chipman
Newell County
Nobleford
Norther Sunrise County
Northern Lights County
Northern Sunrise County
Okotoks
Olds
Onoway
Opportunity No. 17
Paintearth County
Paintearth County No. 18
Parkland County
Peace River
Penhold
Piikani 147
Pincher Creek
Ponoka
Ponoka County
Provost
Raymond
Red Deer
Red Deer County
Redcliff
Redwater
Rimbey
RM of Wood Buffalo
Rocky Mountain House
Rocky View County

Saddle Hills County
Sexsmith
Siksika 146
Slave Lake
Smoky Lake County
Special Area No. 2
Special Area No. 4
Spirit River, Rycroft
Spring Lake, Wabamun
Spruce Grove
St. Albert
St. Paul
St. Paul County No. 19
Starland County
Stettler
Stettler County
Stirling
Stoney 142, 143, 144
Stony Plain
Stony Plain 135
Strathcona County
Strathmore
Sturgeon County
Sturgeon Lake 154
Sundre
Swan Hills
Sylvan Lake
Taber
Thorhild County
Thorsby, Warburg

Three Hills
Tofield, Ryley
Tsuu T'ina Nation
Turner Valley
Two Hills
Two Hills County
Unipouheos 121
Utikoomak Lake 155
Valleyview
Vegreville
Vermilion
Vermilion River County
Viking, Holden
Vulcan
Vulcan County
Wabamun 133A
Wainwright
Warner County
Wembley
Westlock
Westlock County
Wetaskiwin
Wetaskiwin County
Wheatland County
White Fish Lake 128
Whitecourt
Willow Creek No. 26
Woodlands County
Yellowhead County



British Columbia

Abbotsford	Central Kootenay J	Duncan
Alberni-Clayoquot A, B, C	Central Kootenay K	East Kootenay A
Alberni-Clayoquot D	Central Okanagan	East Kootenay B
Alberni-Clayoquot E	Central Okanagan J	East Kootenay C
Alberni-Clayoquot F	Central Saanich	East Kootenay E
Alert Bay	Chase	East Kootenay F
Anmore, Belcarra	Chetwynd	East Kootenay G
Armstrong	Chilako River, Nechako	East Saanich 2
Barlow/Barkerville	Chilcotin	Elkford
Barriere	Chilliwack	Enderby
Bella Bella 1	Chilliwack River Valley	Esquimalt
Bowen Island	Christina Lake	Fernie
Bulkley-Nechako A	Clearwater	Fort St. John
Bulkley-Nechako B	Coldstream	Fort Ware 1
Bulkley-Nechako C	Columbia-Shuswap A	Fraser Valley A, B
Bulkley-Nechako D	Columbia-Shuswap C	Fraser Valley C
Bulkley-Nechako E	Columbia-Shuswap D	Fraser Valley F
Bulkley-Nechako F	Columbia-Shuswap F	Fraser Valley G
Burnaby	Colwood	Fraser Valley H
Burns Lake	Comox	Fraser-Fort George A
Burrard Inlet 3	Comox Valley A	Fraser-Fort George F
Cache Creek, Clinton	Comox Valley B	Fruitvale
Campbell River	Copper Desert Country	Garbriola, DeCourcy
Canim Lake/Forest Grove	Coquitlam	Gibsons
Capilano 5	Cortes Island	Gitanmaax, Kispiox
Cariboo D	Courtenay	Gitwangak, Gitsegukla
Cariboo F	Cowichan	Gold River
Castlegar	Cowichan Bay	Golden
Cawston	Cowichan Valley B	Grand Forks
Central Coast A, C	Cowichan Valley C	Greater Vancouver A
Central Kootenay A	Cowichan Valley F	Greenwood, Midway
Central Kootenay B	Cranbrook, Kootenay 1	Halfmoon Bay
Central Kootenay C	Creston	Harrison Hot Springs
Central Kootenay D	Crooked River, Parsnip	Highlands
Central Kootenay E	Cumberland	Hope
Central Kootenay F	Dawson Creek	Houston
Central Kootenay G	Delta	Hudson's Hope
Central Kootenay H	Dolphin Island 1	Invermere
Central Kootenay I	Duck Lake 7	Iskut 6



Juan de Fuca	Nanaimo G	Popkum, Bridal Falls
Kamloops	Nanaimo H	Port Alberni
Kamloops 1	Nanaimo River	Port Alice
Kelowna	Nelson	Port Coquitlam
Kent	New Denver, Slocan	Port Hardy
Keremeos	New Hazelton	Port McNeill
Kimberley	New Songhees 1A	Port Moody
Kitimat	New Westminster	Powell River
Kitimat-Stikine A,D,F	Nisga'a	Powell River A
Kitimat-Stikine B	North Cowichan	Powell River B
Kitimat-Stikine C	North Okanagan B (Vernon)	Powell River C
Kootenay Boundary A	North Okanagan C	Powell River D and E
Kootenay Boundary E	North Okanagan D	Prince George
Kyuquot, Nootka-Sayward	North Okanagan E	Prince Rupert
Lac La Hache/108 Mile	North Okanagan F	Princeton
Ladysmith	North Oyster, Diamond	Puntledge, Black Creek
Lake Country	North Saanich	Qualicum Beach
Lake Cowichan	North Vancouver	Queen Charl., Skidegate 1
Langford	Northern Rockies	Quesnel
Langley	Oak Bay	Quesnel West/Bouchie Lake
Lantzville	Okanagan 1	Red Bluff/Quesnel South
Lax Kw'alaams 1	Okanagan-Similkameen A	Revelstoke
Lillooet	Okanagan-Similkameen C	Richmond
Lions Bay	Okanagan-Similkameen D	Robson Valley, Canoe
Logan Lake	Okanagan-Similkameen E	Rossland
Lone Butte/Interlakes	Okanagan-Similkameen F	Rural Grand Forks
Lower Columbia-Old-Glory	Okanagan-Similkameen G	Rural Sicamous, Malakwa
Lumby	Okanagan-Similkameen H	Saanich
Mackenzie	Oliver	Sahtlam, Glenora
Maple Ridge	One Hundred Mile House	Salmo
Masset, Port Clements	Osoyoos	Salmon Arm
McBride, Robson Valley	Oyster Bay, Buttle Lake)	Saltair, Gulf Islands
Merritt	Parksville	Saltspring Island
Metchosin	Peace River B	Sayward, Quinsam 12
Mill Bay, Malahat)	Peace River C	Sechelt
Mission	Peace River D	Sicamous
Musqueam 2	Peace River E	Sidney
Nakusp	Peachland	Skeena-Queen Charlotte
Nanaimo	Pemberton	A,C,D,E
Nanaimo A	Penelakut First Nation	Skowkale
Nanaimo C	Penticton	Smithers
Nanaimo E (Nanoose Bay)	Penticton 1	Sooke
Nanaimo F	Pitt Meadows	South Lakeside/Dog Creek



South Saanich 1
Southern Gulf Islands
Spallumcheen
Sparwood
Squamish
Squamish-Lillooet B, C
Squamish-Lillooet D
Stewart
Stikine Region
Strathcona C
Stswecem'c Xgat'tem First
Nation
Summerland
Sunshine Coast A
Sunshine Coast D
Sunshine Coast E
Sunshine Coast F
Surrey

Tabor Lake, Stone Creek
Taylor
Telkwa
Terrace
Thompson-Nicola B
Thompson-Nicola E
Thompson-Nicola I
Thompson-Nicola L
Thompson-Nicola M,N
Thompson-Nicola O
Thompson-Nicola P
Thornhill
Tofino
Trail
Tsinstikeptum 10
Tsinstikeptum 9
Tumbler Ridge
Tzeachten 13

Ucluelet
Valemount
Vancouver
Vanderhoof
Vernon
Victoria
View Royal
Warfield
Wells Gray Country
West Fraser/Nazko
West Kelowna
West Vancouver
Whistler
White Rock
Williams Lake
Woodpecker, Hixon
Youbou, Meade Creek



Manitoba

Alexander	Flin Flon (Part)	Norfolk-Treherne
Alonsa	Fort Alexander 3	North Cypress-Langford
Altona	Garden Hill First Nation	North Norfolk
Arborg	Gilbert Plains	Norway House 17
Argyle	Gimli	Oakview
Armstrong	Glenella-Lansdowne	Opaskwayak Cree Nation
Beausejour	Grahamdale	Peguis 1B
Berens River 13	Grand Rapids 33	Pembina
Bifrost-Riverton	Grandview	Pinawa
Boissevain-Morton	Grassland	Piney
Brandon	Grey	Pipestone
Brokenhead	Hamiota	Poplar River FN
Carberry	Hanover	Portage la Prairie
Carman	Harrison Park	Prairie Lakes
Cartier	Headingley	Prairie View
Cartwright-Roblin	Kelsey	Pukatawagan 198
Chemawawin 2	Killarney - Turtle Mountain	Reynolds
Clanwilliam-Erickson,	La Broquerie	Rhineland
McCreary	Lac du Bonnet	Riding Mountain West
Coldwell	Lakeshore	Ritchot
Cornwallis	Little Grand Rapids 14	Riverdale
Cross Lake 19A	Long Plain (Part) 6	Rockwood-Stonewall-Teulon
Dauphin	Lorne	Roland
De Salaberry	Louise	Rosedale
Deloraine-Winchester	Macdonald	Rosburn
Division 23	Melita	Rosser
Division No. 19, Unorganized	Minitonas-Bowsman	Russell-Binscarth
Division No. 21, Unorganized	Minnedosa	Sandy Bay 5
Dog Creek 46	Minto-Odanah	Sapotaweyak Cree Nation
Dufferin	Montcalm	Selkirk
East St. Paul	Moose Lake 31A	Shamattawa 1
Ebb and Flow 52	Morden	Sifton
Ellice-Archie	Morris	Sioux Valley Dakota Nation
Elton	Mossey River	Snow Lake
Emerson-Franklin	Municipality of Roblin	Souris-Glenwood
Ethelbert	Municipality of WestLake -	South Indian Lake
Fairford (Part) 50	Gladstone	Split Lake (Part) 171
Falcon Beach	Neepawa	Springfield
Fisher	Nelson House 170	St. Andrews
Fisher River 44	Niverville	St. Clements



St. François Xavier
St. Laurent
St. Theresa Point
Stanley
Ste. Anne
Ste. Rose
Steinbach
St-Pierre-Jolys
Stuartburn
Swan River
Swan Valley West

Taché
The Pas
Thompson
Two Borders
Victoria
Victoria Beach
Virden, Miniota
Wallace-Woodworth
Wasagamack
Waywayseecappo First
Nation

West Interlake
West St. Paul
Whitehead
Whitemouth
Winkler
Winnipeg
Winnipeg Beach
Woodlands
Yellowhead



New Brunswick

Aberdeen, Centreville	Devon 30	Manners Sutton
Acadieville, Lepreau	Dieppe	Maugerville, Sheffield
Allardville	Doaktown, Blissfield	McAdam
Alnwick	Dorchester	Memramcook
Andover, Aroostook	Douglas	Minto
Atholville	Drummond	Miramichi
Balmoral	Dundas	Moncton
Bas-Caraquet	Durham	Musquash
Bathurst	Edmundston	Nackawic, Dumfries
Beaubassin East	Eel River Crossing	Neguac
Belledune	Elgin, Riverside-Albert	Nelson Carleton, Chatham
Beresford	Esgenoôpetitj 14	New Bandon
Bertrand	Florenceville-Bristol	New Maryland
Blacks Harbour	Fredericton	Newcastle
Blackville	Gagetown, Kars	Nigadoo, Pointe-Verte
Blissville	Glenelg	Northampton
Botsford	Gordon	Northesk
Boucrouche	Grand Bay-Westfield	Norton
Bright	Grand Falls	Oromocto
Brighton	Grand Manan	Paquetville
Burton	Grande-Anse	Peel
Cambridge, Cambridge	Greenwich	Pennfield
Narrows	Hampton	Perth
Campbellton	Hanwell	Perth-Andover
Campobello Island,	Hardwicke	Petitcodiac
Fredericton Junction	Hartland Tract 8	Petit-Rocher
Canning Pabineau	Havelock	Plaster Rock
Canterbury	Hillsborough	Prince William
Cap-Pelé	Hopewell, Harvey, Alma	Queensbury
Caraquet	Inkerman	Quispamsis
Cardwell	Johnston, Wickham	Red Bank
Charlo	Kedgwick	Richibucto
Chipman	Kent	Richibucto 15
Clair, Saint-Francois	Kingsclear	Richmond
Cocagne	Kingsclear 6	Riverview
Coverdale	Kingston	Rivière Basile
Dalhousie	Lac Baker, Brook	Rogersville
Denmark	Lamèque	Rothesay
Derby, Eel Ground	Lincoln	Sackville



Saint Andrews
Saint Croix, Dufferin
Saint David
Saint George
Saint James
Saint John
Saint Martins
Saint Mary
Saint Marys
Saint Masionnette
Saint Patrick, Dumbarton
Saint St. Baker
Saint Stephen
Saint-André
Saint-Antoine
Saint-Charles
Sainte-Anne
Sainte-Anne Notre
Sainte-Marie-Saint-Raphaël,
Le Goulet

Saint-Isidore
Saint-Jacques
Saint-Joseph
Saint-Léonard
Saint-Louis
Saint-Louis de Kent, Rexton
Saint-Quentin
Salisbury
Shediac
Shippagan
Simonds
Southampton
Southesk
Springfield
St. George
St. Paul Harcourt
St. Stephen
Stanley
Studholm
Sussex

Sussex Corner
Tide Head
Tobique, Lorne
Tracadie
Tracy, Petersville
Upham
Upper Miramichi
Wakefield
Waterborough, Northfield
Waterford, Hammond
Weldford
Wellington
West Isles, Millville
Westfield
Westmorland
Wicklow
Wilmot
Woodstock



Newfoundland and Labrador

Anchor Point	Fermeuse	Middle Arm, Hampden
Arnold's Cove	Flatrock	Milltown-Head of Bay
Badger, Buchans	Fleur de Lys	d'Espoir
Baie Verte	Fogo Island	Mount Carmel-Mitchells
Bauline	Fortune	Brook-St. Catherine's
Bay Bulls	Gambo	Mount Moriah
Bay L'Argent, Grand le	Gander	Mount Pearl
Pierre	Garnish	Musgrave Harbour
Bay Roberts	Glovertown	Nain
Bishop's Falls	Grand Bank	Natuashish, Postville
Bonavista	Grand Falls-Windsor	New-Wes-Valley
Botwood	Greenspond	Norman's Cove
Burgeo	Happy Valley-Goose Bay	Norris Arm, Glenwood
Burin	Harbour Breton	Norris Point
Burlington	Harbour Grace	North River, South River
Cambelton, Comfort Cove	Harbour Main-Chapel's	North West River
Cape Broyle, Aquaforte	Cove-Lakeview	Old Perlican
Cape St. George	Hare Bay, Dover	Paradise
Carbonear	Heart's Delight-Islington	Parkers Cove
Carmanville	Holyrood	Pasadena
Cartwright, Flower's Cove	Hopedale, Makkovik	Peterview
Centreville-Wareham-Trinity	Humber Arm South	Petty Harbour-Maddox
Channel-Port aux Basques	Irishtown-Summerside	Cove
Charlotte	Isle aux Morts, Burnt	Placentia
Clareville	Islands	Point Leamington
Clarke's Beach	King's Cove	Port au Choix
Come By Chance,	King's Point	Port au Port
Sunnyside	Kippens	Port Blandford,
Conception Bay South	Labrador City	Musgravetown
Conception Harbour	L'Anse au Loup	Port Hope Simpson
Cornack, Gillams	LaScie	Port Saunders
Corner Brook	Lawn	Portugal Cove-St. Philip's
Cow Head, Parson's Pond	Lewisporte, Birchy Bay	Pouch Cove
Cox's Cove, Lark Harbour	Logy Bay-Middle Cove-	Ramea
Cupids	Outer Cove	Reidville, Steady Brook
Daniel's Harbour	Lourdes	Robert's Arm
Deer Lake	Lumsden Indian Bay	Rocky Harbour
Eastport, Traytown	Mary's Harbour	Roddickton-Bide Arm
Embree	Marystown	Salmon Cove
Englee	Massey Drive	Samiajj Miawpukek



Smallwood Reservoir
Smith Sound Inlet
South Brook, Port Anson
Spaniard's Bay
Springdale
St. Alban's
St. Anthony
St. Bride's
St. George's
St. George's Town
St. Jacques-Coomb's Cove

St. John's
St. Lawrence
St. Lunaire-Griquet
St. Mary's
Stephenville
Stephenville Crossing
Summerford
Terrenceville
Torbay
Trepassey
Trinity Bay North

Triton, Brighton
Trout Brook Cove
Twillingate
Upper Island Cove
Victoria
Wabana
Wabush
Whitbourne
Whiteway
Winterton
Witless Bay



Nova Scotia

Amherst	Eskasoni 3	Queens
Annapolis	Guysborough	Richmond
Antigonish	Halifax	Shelburne
Argyle	Hantsport	St. Mary's
Barrington	Indian Brook 14	Stellarton
Berwick	Inverness	Trenton
Cape Breton	Kentville	Truro
Chester	Kings	Victoria
Clare	Lunenburg, Bridgewater	West Hants
Colchester	Membertou 28B	Westville
Cumberland	New Glasgow	Windsor
Digby	Pictou	Wolfville
East Hants	Port Hawkesbury	Yarmouth



Northwest Territories

Aklavik
Behchokò
Colville Lake
Déline
Enterprise
Fort Good Hope
Fort Liard
Fort McPherson
Fort Providence

Fort Simpson
Fort Smith
Gamètì
Hay River
Inuvik
Lutselk'e
Norman Wells
Paulatuk
Sachs Harbour

Sambaa K'e
Tsiigehtchic
Tuktoyaktuk
Tulita
Ulukhaktok
Wekweètì
Whatì
Wrigley
Yellowknife



Nunavut

Arctic Bay
Arviat
Baker Lake
Cambridge Bay
Cape Dorset
Chesterfield Inlet
Clyde River
Coral Harbour
Gjoa Haven

Grise Fiord
Hall Beach
Igloolik
Iqaluit
Kimmirut
Kugaaruk
Kugluktuk
Naujaat
Pangnirtung

Pond Inlet
Qikiqtarjuaq
Rankin Inlet
Remote Nunavut
Resolute
Sanikiluaq
Taloyoak
Whale Cove



Ontario

Addington Highlands	Blind River	Cobalt
Adelaide-Metcalf	Bluewater	Cobourg
Adjala-Tosorontio	Bonfield	Cochrane
Admaston/Bromley	Bonnechere Valley	Cochrane, Unorganized,
Ajax	Bracebridge	North Part
Akwesasne (Part) 59	Bradford West Gwillimbury	Collingwood
Alberton	Brampton	Cornwall
Alfred and Plantagenet	Brant	Cramahe
Algoma, Unorganized, North	Brantford	Curve Lake First Nation 35
Part	Brighton	Dawn-Euphemia
Algonquin Highlands	Brock	Deep River
Almaguin Highlands	Brockton	Deseronto
Alnwick/Haldimand	Brockville	Douro-Dummer
Amaranth	Brooke-Alvinston	Drummond/North Elmsley
Amherstburg	Bruce Mines, Jocelyn	Dryden
Anishinabe of Wauzhushk	Brudenell, Lyndoch and	Dutton/Dunwich
Onigum	Raglan	Dysart et al
Armour	Burlington	Ear Falls
Armstrong	Caledon	East Ferris
Arnprior	Callander	East Garafraxa
Arran-Elderslie	Cambridge	East Gwillimbury
Ashfield-Colborne-	Carleton Place	East Hawkesbury
Wawanosh	Carling	East Zorra-Tavistock
Asphodel-Norwood	Casselman	Edwardsburgh/Cardinal
Assiginack	Cavan Monaghan	Elizabethtown-Kitley
Athens	Central Elgin	Elliot Lake
Atikokan	Central Frontenac	Emo
Attawapiskat 91A	Central Huron	English River 21
Augusta	Central Manitoulin	Erin
Aurora	Centre Hastings	Espanola
Aylmer	Centre Wellington	Essa
Baldwin	Champlain	Essex
Bancroft	Chapleau	Factory Island 1
Barrie	Chatham-Kent	Faraday
Bayham	Chatsworth	Fort Albany (Part) 67
Beckwith	Chippewas of the Thames	Fort Erie
Belleville	FN	Fort Frances
Big Trout Lake	Clarence-Rockland	Fort Hope 64
Black River-Matheson	Clarington	French River
Blandford-Blenheim	Clearview	Frontenac Islands



Gananoque	Kenora, Unorganized	McDougall
Garden River 14	Killaloe, Hagarty and	M'Chigeeng 22
Georgian Bay	Richards	McKellar
Georgian Bluffs	Kincardine	McNab/Braeside
Georgina	King	Meaford
Goderich	Kingfisher Lake 1	Melancthon
Gore Bay	Kingston	Merrickville-Wolford
Grand Valley	Kingsville	Middlesex Centre
Gravenhurst	Kirkland Lake	Midland
Greater Madawaska	Kitchener	Milton
Greater Napanee	La Vallee	Minden Hills
Greater Sudbury	Laird	Minto
Greenstone	Lake of Bays	Mississauga
Grey Highlands	Lakeshore	Mississippi Mills
Grimsby	Lambton County	Mono
Guelph	Lambton Shores	Montague
Guelph/Eramosa	Lanark Highlands	Moonbeam
Haldimand County	Larder Lake	Moosonee
Halton Hills	LaSalle	Morris-Turnberry
Hamilton	Laurentian Hills	Mulmur
Hanover	Laurentian Valley	Muskoka Lakes
Hasting Country	Leamington	Neebing
Hastings Highlands	Leeds and the Thousand	Neskantaga
Havelock-Belmont-Methuen	Islands	New Tecumseth
Hawkesbury	Lincoln	Newmarket
Hearst	London	Niagara Falls
Highlands East	Loyalist	Niagara-on-the-Lake
Hornepayne	Lucan Biddulph	Nipigon
Horton	Macdonald, Meredith and	Nipissing
Howick	Aberdeen	Nipissing 10
Huntsville	Machin	Nipissing, Unorganized,
Huron East	Madawaska Valley	North Part
Huron Shores	Madoc	Norfolk County
Huron-Kinloss	Magnetawan	North Algona Wilberforce
Ignace	Malahide	North Bay
Ingersoll	Manitouwadge	North Dumfries
Innisfil	Mapleton	North Dundas
Iroquois Falls	Marathon	North Frontenac
Johnson	Markham	North Glengarry
Kapuskasing	Markstay-Warren	North Grenville
Kasabonika Lake	Marmora and Lake	North Huron
Kawartha Lakes	Mattawa, Calvin	North Kawartha
Kenora	Mattice-Val Côté	North Middlesex



North Perth
North Stormont
Northeastern Manitoulin
and the Islands
Northern Bruce Peninsula
Norwich
Oakville
Ojibways of the Pic River FN
Oliver Paipoonge
Oneida Nation of the
Thames
Orangeville
Orillia
Oro-Medonte
Oshawa
Osnaburgh 63B
Otonabee-South Monaghan
Ottawa
Owen Sound
Parry Sound
Parry Sound, Unorganized,
Centre Part
Peawanuck
Pelham
Pembroke
Penetanguishene
Perry
Perth
Perth East
Perth South
Petawawa
Peterborough
Petrolia
Pickering
Pikangikum 14
Plympton-Wyoming
Point Edward
Poplar Hill
Port Colborne
Port Hope
Powassan
Prescott
Prince

Prince Edward County
Puslinch
Quinte West
Rainy River
Rainy River, Unorganized
Ramara
Red Lake
Red Rock
Renfrew
Richmond Hill
Rideau Lakes
Russell
Sables-Spanish Rivers
Sachigo Lake 1
Sandy Lake 88
Sarnia
Saugeen Shores
Sault Ste. Marie
Schreiber
Scugog
Seguin
Selwyn
Severn
Shelburne
Shuniah
Sioux Lookout
Six Nations of the Grand
River
Slate Falls
Smiths Falls
Smooth Rock Falls
South Algonquin
South Bruce
South Bruce Peninsula
South Dundas
South Frontenac
South Glengarry
South Huron
South Stormont
Southgate
Southwest Middlesex
South-West Oxford
Southwold

Spanish
Springwater
St. Catharines
St. Clair
St. Joseph
St. Marys
St. Thomas
St.-Charles
Stirling-Rawdon
Stone Mills
Stratford
Strathroy-Caradoc
Sudbury, Unorganized,
North Part
Summer Beaver
Tay
Tay Valley
Tecumseh
Temiskaming Shores
Terrace Bay
Thames Centre
The Blue Mountains
The Nation
Thorold
Thunder Bay
Tillsonburg
Timiskaming District
Timiskaming, Unorganized,
West Part
Timmins
Tiny
Toronto
Trent Hills
Trent Lakes
Tweed
Tyendinaga
Uxbridge
Val Rita-Harty
Vaughan
Wabaseemoong
Wainfleet
Wapekeka 2
Wasaga Beach



Waterloo
Wawa
Weagamow Lake 87
Welland
Wellesley
Wellington North
West Elgin

West Grey
West Lincoln
West Nipissing
West Perth
Whitby
Whitchurch-Stouffville
Whitefish Bay

Whitewater Region
Wikwemikong Unceded
Wilmot
Windsor
Woodstock
Woolwich
Zorra



Prince Edward Island

Alberton	Hazelbrook	North Rustico
Bedeque	Kensington	O'Leary
Borden-Carleton, Kinkora	Linkletter	Scotchfort
Brackley	Miltonvale Park	Souris
Breadalbane	Miminegash	Stratford
Cardigan	Miscouche	Summerside
Charlottetown	Montague	Tignish
Clyde River, Lot 30	Morell, St. Peter's Bay	Tyne Valley, Lennox Island
Cornwall	Mount Stewart	Union Road
Crapaud	Murray River	Warren Grove
Georgetown	New Haven-Riverdale	



Quebec

Acton Vale	Bromont	Danville
Adstock	Brossard	Daveluyville
Akulivik	Brownsburg-Chatham	Dégelis
Akwesasne	Bury	Déléage
Albanel	Cacouna	Delson
Alma	Candiac	Desbiens
Amherst	Cantley	Deschaillons-sur-Saint-Laurent
Amos	Cap-Chat	Deschambault-Grondines
Amqui	Caplan	Deux-Montagnes
Ange-Gardien	Cap-Saint-Ignace	Disraeli
Armagh	Cap-Santé	Dolbeau-Mistassini
Asbestos	Carignan	Dollard-Des Ormeaux
Ascot Corner	Carleton-sur-Mer	Donncona
Austin	Cascapédia--Saint-Jules	Dorval
Ayer's Cliff	Causapscal	Drummondville
Baie-Comeau	Chambly	Dudswell
Baie-du-Febvre	Chambord	Dunham
Baie-D'Urfé	Champlain	East Angus
Baie-Saint-Paul	Chandler	East Broughton
Baie-Trinité	Chapais	Eastern Pontiac
Barraute	Charlemagne	Eastmain
Basse-Côte-Nord	Châteauguay	Eastman
Beaconsfield	Château-Richer	Eeyou Istchee Baie-James
Beauceville	Chelsea	Farnham
Beauharnois	Cheneville	Ferme-Neuve
Beaumont	Chertsey	Fermont
Beaupré	Chesterville	Forestville
Bécancour	Chibougamau	Fort-Coulonge
Bedford	Chisasibi	Fossambault-sur-le-Lac
Beloil	Chute-aux-Outardes	Frampton
Berthier-sur-Mer	Clermont	Franklin
Berthierville	Coaticook	Frelighsburg
Blainville	Compton	Frontenac
Boisbriand	Contrecoeur	Gaspé
Boischatel	Cookshire-Eaton	Gatineau
Bois-des-Filion	Coteau-du-Lac	Godmanchester
Bonaventure	Côte-Saint-Luc	Gore
Boucherville	Cowansville	Gracefield
Brigham	Crabtree	



Granby
Grande-Rivière
Grande-Vallée
Grand-Remous
Grenville
Grenville-sur-la-Rouge
Hampstead
Hatley
Haute-Mauricie(QC)
Hébertville
Hébertville-Station
Hemmingford
Henryville
Hérouxville
Hinchinbrooke
Howick
Huberdeau-Arundel
Hudson
Huntingdon
Ile d'Orléans
Inukjuak
Irlande
Ivujivik
Joliette
Kahnawake
Kamouraska
Kangiqsualujjuaq
Kangiqsujuaq
Kangirsuk
Kiamika
Kingsey Falls
Kipawa
Kirkland
Kitigan Zibi
Kuujjuaq
La Conception
La Doré
La Guadeloupe
La Macaza
La Malbaie
La Minerve
La Pêche
La Pocatière

La Prairie
La Présentation
La Romaine
La Sarre
La Tuque
Labelle
Labrecque
Lac Mégantic
Lac-au-Saumon
Lac-aux-Sables
Lac-Beauport
Lac-Bouchette
Lac-Brome
Lac-des-Écorces
Lac-Drolet
Lac-Etchemin
Lachute
Lac-Mégantic
Lacolle
Lac-Simon
Lac-Supérieur
Lambton
L'Ancienne-Lorette
L'Ange-Gardien
Lanoraie
L'Anse-Saint-Jean
Larouche
L'Ascension-de-Notre-
Seigneur
L'Assomption
Laurier-Station
Laurierville
Laval
Lavaltrie
L'Avenir
Lawrenceville
Lebel-sur-Quévillon
Lefebvre
L'Épiphanie
Léry
Les Cèdres
Les Coteaux
Les Éboulements

Les Escoumins
Les Îles-de-la-Madeleine
Les Méchins
Lévis
L'Île-Perrot
Lingwick
L'Isle-aux-Allumettes
L'Isle-aux-Coudres
L'Islet
L'Isle-Verte
Listuguj
Lochaber-Partie-Ouest
Longue-Rive
Longueuil
Lorraine
Louiseville
Low, Kazabazua
Lyster
Macamic
Magog
Malartic
Maliotenam
Manawan
Mandeville
Maniwaki
Manseau
Mansfield-et-Pontefract
Maria
Marieville
Mascouche
Mashteuiatsh
Maskinongé
Matagami
Matane
Matapédia
McMasterville
Melbourne
Mercier
Messines
Métabetchouan--Lac-à-la-
Croix
Métis-sur-Mer
Mille-Isles



Mirabel
Mistissini
Mont-Carmel
Montebello
Mont-Joli
Mont-Laurier
Montmagny
Montréal
Montréal-Est
Montréal-Ouest
Mont-Royal
Mont-Saint-Grégoire
Mont-Saint-Hilaire
Mont-Tremblant
Morin-Heights
MRC Abitibi-Ouest
MRC Témiscamingue
Namur
Nantes
Nemaska
Neuville
New Carlisle
New Richmond
Nicolet
Nomingue
Normandin
Notre-Dame-de-l'Île-Perrot
Notre-Dame-de-Lourdes
Notre-Dame-des-Bois
Notre-Dame-des-Neiges
Notre-Dame-des-Prairies
Notre-Dame-du-Bon-Conseil
Notre-Dame-du-Laus
Notre-Dame-du-Mont-Carmel
Notre-Dame-du-Portage
Nouvelle
Obedjiwan
Oka
Orford
Ormstown
Otter Lake
Otterburn Park

Palmarolle
Papineauville
Paspébiac
Percé
Pessamit
Piedmont
Pierreville
Pincourt
Plaisance
Plessisville
Pohénégamook
Pointe-à-la-Croix
Pointe-aux-Outardes
Pointe-Calumet
Pointe-Claire
Pointe-des-Cascades
Pointe-Lebel
Pontiac
Pont-Rouge
Port-Cartier
Port-Daniel--Gascons
Portneuf
Potton
Prévost
Price
Princeville
Puvirnituk
Quaqtaq
Québec
Racine
Ragueneau
Rawdon
Repentigny
Richelieu
Richmond
Rigaud
Rimouski
Ripon-Montpelier
Rivière-Beaudette
Rivière-Bleue
Rivière-du-Loup
Rivière-Héva
Rivière-Ouelle

Rivière-Rouge
Roberval
Rosemère
Rougemont
Rouyn-Noranda
Roxton Pond
Sacré-Coeur
Saguenay
Saint-Adolphe-d'Howard
Saint-Agapit
Saint-Aimé-des-Lacs
Saint-Alban
Saint-Albert
Saint-Alexandre
Saint-Alexandre-de-Kamouraska
Saint-Alexis-des-Monts
Saint-Alphonse-de-Granby
Saint-Alphonse-Rodriguez
Saint-Amable
Saint-Ambroise
Saint-Ambroise-de-Kildare
Saint-Anaclet-de-Lessard
Saint-André-Avellin
Saint-André-d'Argenteuil
Saint-Anicet
Saint-Anselme
Saint-Antoine-de-Tilly
Saint-Antoine
Saint-Apollinaire
Saint-Armand
Saint-Arsène
Saint-Aubert
Saint-Barnabé
Saint-Barthélemy
Saint-Basile
Saint-Basile-le-Grand
Saint-Benoît-Labre
Saint-Bernard
Saint-Bernard-de-Lacolle
Saint-Bonaventure
Saint-Boniface
Saint-Bruno



Saint-Calixte
Saint-Casimir
Saint-Césaire
Saint-Charles-Borromée
Saint-Christophe-
d'Arthabaska
Saint-Chrysostome
Saint-Claude
Saint-Clet
Saint-Colomban
Saint-Côme
Saint-Côme--Linière
Saint-Constant
Saint-Cuthbert
Saint-Cyprien
Saint-Cyrille-de-Wendover
Saint-Damase
Saint-Damien
Saint-Damien-de-Buckland
Saint-David
Saint-David-de-Falardeau
Saint-Denis-de-Brompton
Saint-Denis-sur-Richelieu
Saint-Dominique
Saint-Donat
Sainte-Adèle
Sainte-Agathe-des-Monts
Sainte-Angèle-de-Monnoir
Sainte-Anne-de-Beaupré
Sainte-Anne-de-Bellevue
Sainte-Anne-de-la-Pérade
Sainte-Anne-de-Sabrevois
Sainte-Anne-des-Lacs
Sainte-Anne-des-Monts
Sainte-Anne-de-Sorel
Sainte-Anne-des-Plaines
Sainte-Béatrix
Sainte-Brigitte-de-Laval
Sainte-Catherine
Sainte-Cécile-de-Milton
Sainte-Claire
Sainte-Clotilde
Sainte-Clotilde-de-Horton

Sainte-Croix
Saint-Edmond-les-Plaines
Saint-Édouard
Sainte-Élisabeth
Sainte-Félicité
Sainte-Hélène-de-Bagot
Sainte-Hélène-de-
Kamouraska
Sainte-Hénédine
Sainte-Jeanne-d'Arc
Sainte-Julie
Sainte-Julienne
Sainte-Justine
Sainte-Justine-de-Newton
Saint-Élie-de-Caxton
Sainte-Luce
Saint-Elzéar
Sainte-Marguerite
Sainte-Marguerite-du-Lac-
Masson
Sainte-Marie
Sainte-Marie-Madeleine
Sainte-Marie-Salomé
Sainte-Marthe
Sainte-Marthe-sur-le-Lac
Sainte-Martine
Sainte-Mélanie
Sainte-Monique
Sainte-Perpétue
Saint-Éphrem-de-Beauce
Sainte-Sabine
Sainte-Sophie
Saint-Esprit
Sainte-Thècle
Sainte-Thècle/Saint-Tite
Sainte-Thérèse
Sainte-Thérèse-de-Gaspé
Saint-Étienne-des-Grès
Saint-Eugène
Sainte-Ursule
Saint-Eustache
Sainte-Victoire-de-Sorel
Saint-Fabien

Saint-Fabien-de-Panet
Saint-Faustin--Lac-Carré
Saint-Félicien
Saint-Félix-de-Kingsey
Saint-Félix-de-Valois
Saint-Ferdinand
Saint-Ferréol-les-Neiges
Saint-Flavien
Saint-François-de-la-Rivière-
du-Sud
Saint-François-du-Lac
Saint-François-Xavier-de-
Brompton
Saint-Frédéric
Saint-Fulgence
Saint-Gabriel-de-Brandon
Saint-Gabriel-de-Rimouski
Saint-Gédéon
Saint-Gédéon-de-Beauce
Saint-Georges
Saint-Georges-de-
Clarenceville
Saint-Germain-de-Grantham
Saint-Gervais
Saint-Gilles
Saint-Godefroi
Saint-Guillaume
Saint-Henri
Saint-Hilarion
Saint-Hippolyte
Saint-Honoré
Saint-Honoré-de-Shenley
Saint-Hubert-de-Rivière-du-
Loup
Saint-Hugues
Saint-Hyacinthe
Saint-Ignace-de-Loyola
Saint-Isidore
Saint-Isidore de Clifton
Saint-Jacques
Saint-Jacques-le-Mineur
Saint-Jean de Dieu
Saint-Jean-Baptiste



Saint-Jean-de-Dieu
Saint-Jean-de-Matha
Saint-Jean-Port-Joli
Saint-Jean-sur-Richelieu
Saint-Jérôme
Saint-Joachim
Saint-Joachim-de-Shefford
Saint-Joseph-de-Beauce
Saint-Joseph-de-Sorel
Saint-Joseph-du-Lac
Saint-Jude
Saint-Juste-du-Lac
Saint-Lambert
Saint-Lambert-de-Lauzon
Saint-Lazare
Saint-Léonard-d'Aston
Saint-Léon-de-Standon
Saint-Léon-le-Grand
Saint-Liboire
Saint-Liguori
Saint-Lin--Laurentides
Saint-Louis-de-Blandford
Saint-Louis-de-Gonzague
(Beauharnois) QC
Saint-Louis-de-Gonzague
Saint-Louis-du-Ha! Ha!
Saint-Lucien
Saint-Ludger
Saint-Majorique
Saint-Malachie
Saint-Marc-des-Carrières
Saint-Marcellin
Saint-Marc-sur-Richelieu
Saint-Martin
Saint-Mathieu
Saint-Mathieu-de-Beloeil
Saint-Mathieu-du-Parc
Saint-Maurice
Saint-Michel
Saint-Michel-des-Saints
Saint-Michel-du-Squatec
Saint-Modeste
Saint-Narcisse

Saint-Nazaire
Saint-Norbert
Saint-Ours
Saint-Pamphile
Saint-Pascal
Saint-Paul
Saint-Paul(QC)
Saint-Paul-d'Abbotsford
Saint-Paul-de-Montminy
Saint-Paulin
Saint-Philémon
Saint-Philippe
Saint-Pie
Saint-Pierre-de-Broughton
Saint-Pierre-les-Becquets
Saint-Placide
Saint-Polycarpe
Saint-Prime
Saint-Prosper
Saint-Raphaël
Saint-Raymond
Saint-Rémi
Saint-Robert
Saint-Roch-de-l'Achigan
Saint-Roch-de-Richelieu
Saints-Anges
Saint-Sauveur
Saint-Siméon
Saint-Simon
Saint-Stanislas
Saint-Stanislas-de-Kostka
Saint-Sulpice
Saint-Sylvestre
Saint-Théodore-d'Acton
Saint-Thomas
Saint-Tite
Saint-Tite-des-Caps
Saint-Ubalde
Saint-Ulric
Saint-Urbain
Saint-Urbain-Premier
Saint-Valère
Saint-Valérien-de-Milton

Saint-Vallier
Saint-Victor
Saint-Wenceslas
Saint-Zacharie
Saint-Zénon
Saint-Zotique
Salaberry-de-Valleyfield
Salluit
Sayabec
Scott
Senneterre
Sept-Îles
Shannon
Shawinigan
Shefford
Sherbrooke
Sorel-Tracy
Stanstead
St-Antoine-sur-Richelieu
St-Augustin-de-Desmaures
St-Blaise-sur-Richelieu
St-Bruno-de-Montarville
St-Charles-de-Bellechasse
St-Charles-sur-Richelieu
St-Cyprien-de-Napierville
Ste-Agathe-de-Lotbinière
Ste-Anne-de-la-Pocatière
Ste-Brigide-d'Iberville
Ste-Catherine-de-Hatley
Ste-Catherine-de-la-Jacques-Cartier
St-Édouard-de-Lotbinière
Ste-Geneviève-de-Batiscan
Ste-Lucie-des-Laurentides
Ste-Marcelline-de-Kildare
St-Gabriel-de-Valcartier
St-Lazare-de-Bellechasse
St-Majorique-de-Grantham
St-Mathias-sur-Richelieu
St-Maxime-du-Mont-Louis
St-Michel-de-Bellechasse
St-Narcisse-de-Beaurivage
St-Norbert-d'Arthabaska



St-Odilon-de-Cranbourne
Stoke
Stoneham-et-Tewkesbury
St-Patrice-de-Sherrington
St-Paul-de-l'Île-aux-Noix
Stratford
Stukely-Sud
Sutton
Tadoussac
Tasiujaq
Témiscouata-sur-le-Lac
Terrasse-Vaudreuil
Terrebonne
Thetford Mines
Thurso
Tingwick
Tring-Jonction
Trois-Pistoles
Trois-Rivières

Uashat
Umiujaq
Upton
Val-Brillant
Valcourt
Val-David
Val-des-Bois
Val-des-Monts
Val-d'Or
Val-Joli
Vallée-Jonction
Val-Morin
Varennes
Vaudreuil-Dorion
Vaudreuil-sur-le-Lac
Venise-en-Québec
Vercheres
Verchères
Victoriaville

Ville-Marie
Warwick
Waskaganish
Waswanipi
Waterloo
Waterville
Weedon
Wemindji
Wemotaci
Wendake
Wentworth-Nord
Westmount
Whapmagoostui
Wickham
Windsor
Wotton
Yamachiche
Yamaska



Saskatchewan

Ahtahkakoop 104	Dalmeny	La Loche
Assiniboia	Davidson	La Ronge
Baidon No. 131	Deer Forks No. 232	Lac La Hache 220
Balgonie	Division No. 18, Unorganized	Lacadena
Barrier Valley No. 397	Dufferin No. 190	Laird No. 404
Battle River No. 438	Dundurn No. 314	Lajord No. 128
Battleford	Dundurn, Whitecap	Lakeland No. 521
Bayne No. 371	Edenwold No. 158	Lampman
Beaver River, Parkdale	Esterhazy	Langenburg
Bengough	Estevan	Langham
Big River	Eston	Lanigan
Big Stick No. 141	Excelsior No. 166	Leader
Biggar	Fertile Belt No. 183	Lemberg, Neudorf
Birch Hills	Fertile Valley, Dinsmore	Leroy, Muenster
Blucher No. 343	Flett's Springs No. 429	Little Pine 116
Bratt's Lake No. 129	Flin Flon (Part)	Lloydminster (Part)
Britannia No. 502	Foam Lake	Longlaketon No. 219
Bruno, Grant No. 372	Fond du Lac	Loon Lake
Buckland No. 491	Fort Qu'Appelle	Lumsden
Buffalo Narrows	Frenchman Butte No. 501	Lumsden No. 189
Buffalo River Dene Nation	Frontier No. 19	Macklin
Cambria No. 6	Garden River, Wahpaton	Maidstone
Candle Lake	Gravelbourg	Makao (Part) 120
Canora	Grenfell	Makwa Lake 129B
Canwood No. 494	Gull Lake	Maple Creek
Carlyle	Herbert	Martensville
Carnduff	Hudson Bay	McKillop No. 220
Caronport	Humboldt	Meadow Lake
Carrot River	Île-à-la-Crosse	Meadow Lake No. 588
Central Butte	Indian Head	Melfort
Chicken 224	Ituna	Melville
Chitek Lake 191	Kamsack	Meota No. 468
Churchbridge	Kelvington	Mervin No. 499
Connaught No. 457	Kerrobert	Midale
Corman Park No. 344	Kimosom Pwatinahk 203	Milestone
Coteau No. 255, Elbow	Kindersley	Montmarte
Coulee, Whiska Creel	Kindersley No. 290	Montreal Lake 106
Creighton	Kipling	Montrose No. 315
Cumberland House	Kyle, Cabri	Moose Jaw



Moose Jaw No. 161
Moose Range No. 486
Moosomin
Moosomin 112B
Morin Lake 217
Morse No. 165
Naicam
Nipawin
Nipawin No. 487
North Battleford
One Arrow 95
Orkney No. 244
Osler
Outlook
Oxbow
Pelican Narrows 184B
Pense
Perdue
Pilot Butte
Pinehouse
Pleasantdale No. 398
Ponteix
Poorman 88
Porcupine Plain
Preeceville
Prince Albert
Prince Albert No. 461

Radville
Raymore
Redvers
Regina
Regina Beach
Reno No. 51
Riverside No. 168
Rocanville
Rockglen
Rosetown
Rosthern
Rosthern No. 403
Rouleau, Avonlea
Saskatoon
Shaunavon
Shellbrook
Shellbrook No. 493
Shellbrooke
Sherwood No. 159
Shields, Thode
South Qu'Appelle No. 157
Southend
Southey
Spiritwood
Spiritwood No. 496
St. Andrews, Elrose
St. Louis No. 431

St. Peter No. 369
Star City No. 428
Stoughton
Strasburg
Sturgeon Lake 101
Swift Current
Swift Current No. 137
Tisdale
Torch River No. 488
Unity
Usborne, Wolverine
Val Marie, Auvergene
Vanscoy No. 345
Wadena
Wakaw
Waldheim
Warman
Watrous
Watson, Englefeld
Webb
Weyburn
White City
Wilkie
Wilton No. 472
Wynyard
Yellow Grass
Yorkton



Yukon

Beaver Creek
Burwash Landing
Carcross
Carmacks
Dawson
Destruction Bay
Faro
Haines Junction
Ibex Valley
Lake Laberge 1
Macpherson-Grizzly Valley
Marsh Lake
Mayo
Mt. Lorne
Old Crow
Pelly Crossing
Ross River
Tagish
Teslin
Watson Lake
Whitehorse
Yukon, Unorganized



HAVE QUESTIONS?

ParticipACTION Community Better Challenge FAQs

Last updated: January 11, 2022

General

What is this Community Better Challenge?

The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community.

It is open to everyone and all minutes tracked on the app and website from June 1 – 30, 2022 count toward a community's total score. After June 30, 50 finalist communities will be invited to submit an application explaining why they deserve to be Canada's Most Active Community.

At the conclusion of the challenge, one community will earn the top prize of \$100,000 and title of being Canada's most active. In addition to the national winner, there will also be additional prizing for the most active community in each province and territory.

Which of my minutes from the app contribute to my community's total? Which minutes from the Community Better Challenge website count?

All move minutes from your app, which include both active minutes and your light or incidental activity, will count toward your community's total in the Community Better Challenge. This includes movement from synced fitness trackers, Apple Health or Google Fit, as well as any manually tracked activity.

If you're tracking your activity on the Community Better Challenge website, all minutes you manually track there will boost your community's total. So, what are you waiting for? Get tracking!



If you are already tracking your physical activity on the App, please do not track those minutes on the website or vice versa.



Can I contribute my minutes to another community?

The minutes you track on the ParticipACTION app or ParticipACTION website will go towards the competing community associated with the postal code in your profile. We encourage all participants to sign-up with the postal code of the community where they reside.

During which time period will my move minutes count toward my community's total?

June 1st – June 30th. If you are tracking on the website, please ensure all minutes have been tracked by 11:59pm PST on June 30th, 2022. Remember you need to open the ParticipACTION App to sync and register your minutes.

Can I track minutes for my organization using the app?

You cannot track minutes in the app on behalf of a group or organization – this can only be done through the [Community Better Challenge](#) website.

How do I know if my activity is counting toward my community's total? Does it need to be a certain intensity or length of time?

Great question! The goal of the Community Better Challenge is to get Canadians moving. As a result, we haven't set parameters on how intense your activity needs to be. From walking to the grocery store to backyard spring cleaning, we want you to track it all! In terms of duration, every minute counts! The shortest duration of activity you can track is one minute, while the longest is 180 minutes.

Can I track more than one bout of physical activity for a given day?

Yes! There are no limitations on how many times you can track physical activity for a given day. Note that the most minutes one individual can track for one activity, however, is 180 minutes.

How old must I be to participate?

You have to be at least 17 years of age to create a ParticipACTION app profile and log minutes toward your community's total in the Community Better Challenge. On the Community Challenge website, users must be 17 years of age to track their own minutes.

Parents and caregivers can track on behalf of their dependents and group instructors, teachers and coaches can track for users under 17 when tracking for a group or organization.

Tracking on the website



The Community Better Challenge website isn't letting me add my activity in minutes and seconds.

Congrats on completing some well-earned move minutes! We accept tracked time in minutes *only* (between one and 180 minutes) but encourage you to round up to the nearest minute.

When the challenge wraps, can I still see my website dashboard with my move minute totals?

Yes, your dashboard will remain available for viewing for a couple weeks following the Challenge. However, no new minutes can be added to the dashboard after June 30th, 2022.

Will the Community Better Challenge website allow me to add all my family members so I can track on their behalf?

Yes, you may add up to 10 family members to your Community Better Challenge individual account. If you have more family members that want to participate, we recommend creating accounts for more than one adult and dividing the family members among those accounts.

What about my workplace or my soccer team? Can I track for them as well?

Yes, once you're logged into your account you will be asked if you're tracking for you and your family or on behalf of a group/organization. From there, we will ask for a few details about your group activity and then you'll be able to submit minutes for the entire team.

My family members completed move minutes without me. Can I still track for them?

Yes, you can easily log activity that your family members completed by going to 'track an activity' as you usually would. Assign yourself zero minutes and indicate how many minutes each of your family members completed on the given date/time.

Should organizations encourage attendees to track activity on the ParticipACTION App?

Considering that the overall community score is a combination of both organization and individual tracked minutes, we strongly encourage organizations to tell their attendees about the ParticipACTION App. The App can be used as a motivational tool to promote and track healthy physical activity during the challenge and throughout the year. The more people using the ParticipACTION app, the closer we are to achieving our vision of a Canada where physical activity is a vital part of everyday life.

Individuals should refrain from double tracking their physical activity minutes from Community Challenge events if they know that their minutes are already being tracked by



the organizers. ParticipACTION reserves the right to review & remove any minutes that are deemed to be duplicate minutes.



I have more questions about the app, where can I find help?

No problem, please see the [mobile app-specific FAQs](#).

Postal Codes and Communities

How is my competing community determined?

Competing communities are largely made of individual municipalities and bands with a population of 1,000 people or more. Municipalities and bands with populations fewer than 1,000 people have been grouped with neighbouring communities to meet the population threshold. The boundaries for a competing community are determined by postal codes.

For example, the competing community of Deer Lake Newfoundland and Labrador has a population of 5,249. There are 327 postal codes connected to Deer Lake. Any individual or organization who puts in one of those 327 postal codes on the ParticipACTION App or website as part of their profile will be tracking activity that will go to Deer Lake's overall score.

How can I see how my community is doing?

Starting June 1st, ParticipACTION App users will be able to follow their community's progress within the App! Track your minutes and help your community move up the leaderboard. In addition, we will have a leaderboard on the [Community Better Challenge](#) website. The website leaderboard will allow you to see the top 20 communities per province and territory and the ParticipACTION app leaderboard will show you exactly where you place in your province or territory.

What if I feel like I don't belong to the identified community? Is there a way to change where my minutes are being directed?

We understand that not everyone will necessarily associate themselves to the community that has been assigned to their postal code. In order to meet the community size criteria, we have done our best to define communities based on Canada Post Data files that outline how postal codes are defined across Canada. ParticipACTION welcomes feedback as we continue to improve our structure. Feel free to drop us a [note](#) and we would be happy to look into your suggestion for CBC 2023.

Do we need to formally register our community?



No, all municipalities are automatically participating in the Community Better Challenge based on their postal codes. Municipalities can support the challenge by doing the following:



Registering and tracking their programs, events and activities offered in June at <https://www.participaction.com/challenge>

Encouraging local community organizations to host programs and events and track activities for their members,

Encouraging local residents to [download the app](#)

Using ParticipACTION's [resources](#) to help get your community active.

Crowning Canada's Most Active Community

How do you decide which communities win?

Winning communities are determined by a two-step process.

Identifying Finalists

The Finalists for each province and territory are decided by three factors:

- 1) Total minutes tracked
- 2) Number of individuals and family members participating
- 3) Number of organizations participating

All three factors will be evaluated with consideration of the total population of the community.

Determining the Winner

Immediately following the challenge, 50 finalist Communities will be invited to complete a brief submission to support their case as to why their community should be selected as Canada's Most Active Community.

The winners are determined based both on a combined score including both their minutes, participation and finalist submission.

Does my community have a fair chance to win if we live in a small town?

Everyone has an equal chance to win. The scoring formula is based on total minutes, individual participation and organization participation. The population of the community is also factored into the overall score.



How can the prize money be used?

The money must support physical activity opportunities in the community for example:

Capital builds (playgrounds, trails, renovation, etc.)

New or existing programs serving inactive or underrepresented groups

The acquisition of equipment and supplies to enhance physical activity programs within the community (sport and recreation equipment for a community centre, recreational groups, etc.)

Physical activity strategy development and implementation

What are the prizes?

Canada's Most Active Community will receive the grand prize of \$100,000 to support local physical activity initiatives.

One community in each of the remaining 12 provinces and territories will each receive between \$7,500 and \$15,000 prize to support local physical activity initiatives (depending on whether there was a provincial or territorial contribution to prizing).

In addition to the community prizing, there will be weekly prizing awarded to individuals and teams who track on the App! Click [here](#) for the details!

Programs and Events

Can my organization register regularly occurring recreation events/programs to count towards our minutes?

Yes, any group physical activity can be tracked – whether in-person or virtual. Ongoing recreation activities such as a group fitness class, a sport club practice or a school Physical Education class are all eligible for tracking. Additionally, virtual classes and events that encourage people to participate on their own time can be tracked.

To ensure tracking accuracy, the local recreation centre coordinator, instructor or teacher is responsible for tracking the activities. Consider amplifying what you're already doing by encouraging participants to bring a friend during the challenge or having a 'try-it' opportunity for non-members.

Please remember to regularly review and practice the recommendations put forth through local public health guidelines.



Community Challenge Grant Recipients



What if COVID-19 has changed the event or program plans that I submitted as part of my grant application?

Thanks for taking the initial step in getting your community active. We know it is difficult to follow a plan that was submitted months ago with the ongoing uncertainty of the pandemic. We want to assure you that as a funder for these projects we realise the need for flexibility. At the end of the day, we are looking to support local organizations who are able to get their communities active in a safe and inclusive manner.

As you determine what is feasible based on the circumstances, do your best to plan for what is possible and think about effective alternatives. Here are some considerations:

- 1) Consider outdoor venues for your program or event that allow for physical distancing
- 2) Consider hosting an event or program with staggered start times and dates to avoid having large groups in the same place at the same time.
- 3) Consider implementing a system for people to register and having a cap on how many people can participate in person at once.
- 4) Consider how you could make your event virtual for some or all participants.
- 5) Reviewing our digital toolkits that are built to support schools, community organizations and workplaces host safe and inclusive programs.
- 6) Please remember to always follow local public health guidelines, even if that means having to cancel your event entirely. You are encouraged to promote participation in ParticipACTION offered Facebook live events as well as individual physical activity tracked through the app or on our website.

Grant Applications (open until February 21)

Is my event eligible for the women and girls multi-sport funding?

ParticipACTION has received \$60,000 from Sport Canada to support micro-grants of between \$500 and \$1500 for activities operating from June 1 – 30, 2022. To qualify for this funding your activity must:

1. Be exclusively offered to women and/or girls
- 2.. Include **at least two** different sports or fundamental sport skills.
 - a. A Sport is an activity involving physical exertion and skill in which an individual or team competes against another or others. This can include both organized and unorganized



sport and can be at a recreational or competitive level. Some examples include pickleball, soccer, gymnastics, lawn bowl, softball, netball or athletics.



b. Sport based skills are the fundamental skills needed to play each sport such as kicking, throwing and hitting a ball, learning to skate, swim or bike, balancing on a beam, or running at different speeds/directions.

Physical activities that are not a sport or fundamental sport skill do not qualify (e.g. hiking, gardening, yoga, Zumba classes).

If you are unsure if your event qualifies, please write a brief event description and email it to projects@participaction.com

Who can I contact with unresolved questions?

We're happy to help! Please contact info@participACTION.com with any questions.



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The ParticipACTION Community Better Challenge

June 1 – 30, 2022

Did you know that *Everything gets better when you get active?*
Even communities! Participate in the challenge this June to get
moving, connect with others and help your community get
crowned **Canada's Most Active Community.**

The challenge is proudly supported by:

Canada *Saputo*

Already have an account? [LOG IN](#)

Let's Community Better, together

Top Prize - \$100,000



The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active and become Canada's Most Active Community.



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At the conclusion of the challenge, one community will earn the top prize of \$100,000 and title of being Canada's most active. In addition to the national winner, there will also be prizeing for the most active community in each province and territory.

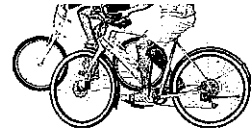
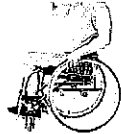
Now, more than ever, physical activity and sport participation need to be prioritized to help Canadians stay healthy in mind, body, and community spirit.

Participate as a group, school, municipality/band or organization

Organizations, schools, sport groups, recreation centres and workplaces can participate in the challenge by tracking the group activities they organize like in-person or virtual group exercise classes, practices, events or even lunchtime walks on the Community Better Challenge website from June 1 – 30. All tracked group physical activity counts.

Every minute tracked goes toward your municipality's score. The more organizations that participate the better the municipality's chances of being named Canada's Most Active Community. So spread the word, engage your community in physical activity and have a lot of fun while you're at it!





2022

Apply for a Community Better Event Kit now!

Organizations can request a free event toolkit (while supplies last) to help put on great physical activity events during the challenge.



Host a better event with our digital toolkits

To help you make your event the best it can be, download one of our toolkits. The toolkits include event manuals, posters, and social media content.

Coming soon..

Help Your Community Win

Track your personal physical activity minutes on the ParticipACTION app to help your community win! You also have the chance to win great prizes for yourself when you use the app. Check out the Apple App Store or Google Play and download the ParticipACTION app today.

(Tracking now closed)





Program Resources

Podcast and Research Report

Engaging Newcomers in Physical Activity



TRANSCRIBED PODCAST



Check out our conversation with Kabir Hosein, Senior Manager of Operations and Newcomers Engagement, Sport for Life, and Nancy Clement, Manager of the Community Engagement Team at the PEI Association for Newcomers to Canada! The conversation focuses on progress we've made in developing programs, barriers that still need to be addressed and advice for the future

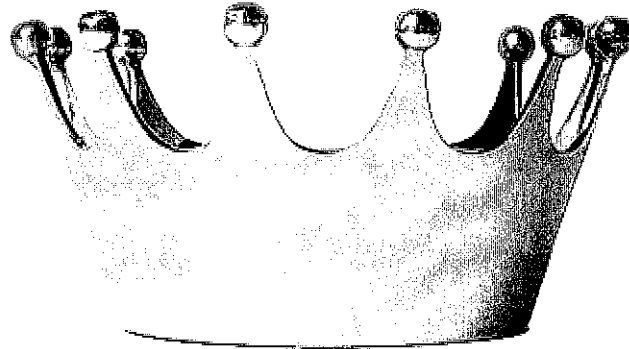
RESEARCH REPORT

Take a read through our research report that summarizes key learnings from our focus group sessions, organizational interviews and surveys focused on Newcomer Engagement in Physical Activity programming.

ParticipACTION gratefully acknowledges the financial contribution of the Ontario Trillium Foundation and the Public Health Agency of Canada.



Are you ready to win it?



Canada's Most Active Community will be awarded \$100,000 to support local physical activity initiatives. In addition, one amazing community in each province and territory will also be recognized and receive a cash prize to support local physical activity initiatives.

Not to mention, tracking your physical activity on the app enters you into draws for even more prizing for you and your team!

Meet the 2021 Community Better Challenge Winner!

North Grenville is named Canada's Most Active Community! Located in Eastern Ontario, the Municipality of North Grenville is a small community that took up the challenge with



gusto, generating over 9 million physical activity minutes with a population of roughly 16,000. Residents in North Vancouver are encouraged to be active and bring the community together, like a 12-hour marathon tennis match and a cartwheel competition led by their Mayor!



Get in Touch



For general inquiries about the challenge, please email info@participACTION.com



Partners & Funders

A big shout-out and thank you to our partners. Without your support, the challenge would not be possible. Thank you!

Canada

Saputo



Newfoundland Labrador

CORUS.



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Kirsten Rahm

From: Stephen Ireland
Sent: Friday, March 11, 2022 1:15 PM
To: Kirsten Rahm
Cc: Doug Robertson; Brad Cole - Public Works Department; cbo; Economic Development Officer; Mayor; Bob Foster; Timothy Molloy; Michael Cameron
Subject: RE: 2022 draft budget

Hi Kirsten,

Thank you for the draft budget presentations this week. Your response to the following will help Council carry out our fiduciary duty on the proposed budget and tax increases:

1. Please provide 2020 and 2021 actuals tabulated beside the summary roll-ups on p.1 along with percentage change to 2022 for each line item.
2. Please provide the total assessments for 2020, 2021 and 2022.
3. The status of our capital reserve account(s) is an important part of understanding which items should be funded from capital vs. the tax base, as well as the amount that needs to be transferred to reserves. To this end, please provide the logic for each of the "Recommended Capital Projects" items (p.19/20) that are allocated to the tax base. As it stands, and similar to my previous question about the fire truck ~10% allocation to tax base, my position on these items is they need to come from reserves so that the amounts do not get "built in" to the tax base at a higher rate than is required to pay for the items over their expected lifetime.

Thank you,
Steve.

From: Kirsten Rahm
Sent: March 7, 2022 11:16 AM
To: Doug Robertson; Brad Cole - Public Works Department; cbo; Economic Development Officer; Mayor; Bob Foster; Timothy Molloy; Michael Cameron; Stephen Ireland
Subject: 2022 draft budget

Hi

Attached is the 2022 draft budget. Our focus today is the operating budget.

If anyone would like a hard copy of the budget, please email me and I will print it out for you.

Regards,

Kirsten Rahm
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finance@merrickville-wolford.ca

Kirsten Rahm

From: Michael Cameron
Sent: Friday, March 11, 2022 3:46 PM
To: Kirsten Rahm
Cc: Doug Robertson; Mayor; Stephen Ireland; Bob Foster; Timothy Molloy
Subject: Budget

Kirsten, could you please pervade some back ground on the increase in compensation over last years, 2021 actuals 1,475,890.00 vs 2022 buget of 1,837,962.00 if I did my math right that is a difference of 362,072, and 439,396 over 2020 actuals of 1,398,566.00 thanks.

Under Capital Projects, can we rethink some of the recommended projects so we can avoid a tax increase. I have concern with the 2.92 % as we have spent a large amount of tax dollars this past year.

My thoughts are we could move some items purposed in this budget to 2023, as a small Municipality we should hold our Capital spending around 1,000,000, to keep within our means, perhaps grants through the coming year could offset the need to raise taxes.

Planning request, would you be able to pervade the average number pre- pandemic.

The land fill, after the purchase of the new compactor, we were to receive a report from the M.O.E , have we received that report and has the life expediency increased, has this effected our strategy in regards to budgeting .

And as requested, could you please forward an updated list of reserves

Thank you.
Mike