

# Parks, Recreation & Culture Newsletter



## OLYMPIC TORCH RELAY FUN FACTS

- The Vancouver 2010 Olympic Torch Relay will be the longest relay held within the borders of the host Country in History
- The torch will visit over 1,000 communities
- 12,000 torchbearers will carry the torch
- The journey will be 45,000 kilometres
- The relay route will take the torch within an hour's drive of 90% of the Canadian population
- The final torchbearer to light the cauldron in Nanaimo will be Paralympic gold medal winner Michelle Stilwell
- The torch burns a blend of propane, isobutene and hydrocarbons
- The torch weighs 3.4 pounds
- The 2010 Winter Games motto 'With Glowing Hearts' is engraved on the torch
- The flame of the torch will originally ignited by the light of the sun, its rays concentrated by a mirror will create an intense heat allowing the flame to ignite

## Calendar of Upcoming Events

There is a lot happening in our community over the next couple of months! Here are a few options.

### OLYMPIC TORCH RELAY COMMUNITY EVENT

Saturday, October 31, starting 5:45pm  
at Maffeo Sutton Park

Celebrate the arrival of the Olympic Torch on day two of the cross Canada relay. Enjoy trick or treating, live entertainment, activity booths, main stage performances, the arrival of the torch and Olympic cauldron lighting and fireworks over the harbour. This is an all-ages event. For more information, visit [www.nanaimo.ca](http://www.nanaimo.ca).

### CHRISTMAS CRAFT BAZAAR

Friday, November 20, 12-8pm  
Saturday, November 21, 10am-5pm  
Sunday, November 22, 10am-5pm  
Beban Social Centre (2300 Bowen Rd)

Get a jump start on your holiday shopping. Browse this popular market showcasing hundreds of locally made products.

### WINTER WONDERLAND 2009

Monday, December 28 to Friday,  
January 1  
Frank Crane Arena

Come one! Come all! The Frank Crane Arena will be transformed into a "Winter Wonderland" with a winter sports theme. All sessions only cost a loonie, and all skate and helmet rentals are free. See our Leisure Guide or website for session times.

### FINALE 2009

Thursday, December 31, 7pm-12am  
Beban Park (2300 Bowen Rd)

Nanaimo's biggest and best family New Year's Eve Party! This is a great way to celebrate the New Year as a family, as it includes swimming, skating, rock band contests, karaoke, crafts, food and great live entertainment. Tickets are only \$25/family of 5 or \$8 each.

## DID YOU KNOW...

The current Leisure Guide lists programs that run through until the spring of 2010? You'll find something for all ages and interests. Registration for programs happens year round, and what a great gift idea! Register online at [www.ireg.nanaimo.ca](http://www.ireg.nanaimo.ca), by phone at 250 756 5200 or in person.

Tell us what you think of our Leisure Guide by participating in our on-line survey.



Give the gift of recreation! Parks, Recreation and Culture gift certificates are available in \$5, \$10, \$20 and \$50 denominations. They can be used for program registration, public admission and so much more!

## ECONOMY TICKET UPDATES

- You now have the ability to buy your economy tickets on an electronically-loaded card. The minimum is 10, but you are welcome to "load up" as many scans as you like. Convenient, easy and helps you save money on your admissions!
- New this Fall is our Shower Economy Pass. Buy a 10-time economy shower pass for only \$30! Use it at Oliver Woods, Beban Pool and Nanaimo Aquatic Centre and get a locker token with each shower.

## Wonders of Walking

We are blessed here on Vancouver Island with a climate that allows us to enjoy our outdoor assets year round (even in the snow that OCCASIONALLY falls!). There are some who enjoy more physically challenging pastimes, such as running or cycling; however, there is something to be said for the simplicity of walking. There are so many wonderful parks, trails and road routes in Nanaimo to be explored.

But how do I get started you ask? Easy-head out your door, be it the door to your office building at lunch or your home. Walk for ten minutes around the neighbourhood or nearest park and then head back. From there, simply add five minutes to your route until you've reached your walking goal- be it for time or for distance. For most people, general health benefits will be gained by simply walking 30 minutes a day.

From my desk here at Bowen Park, I see folks heading out all day long for their walks. There is an older gentleman in particular that comes to mind that walks his elderly dog at least five times a day

through the trails along the Millstone Creek. He is a fixture here at Bowen Park always ready with a friendly wave or a quick conversation. Even on the rainiest of days when it would be easy just to eat lunch at my desk, I see him, and his beaming grin makes me roll back my chair, lace up my shoes and head out for a stroll.

So grab a walking partner or load up your iPod with some good tunes and get out there! If you are looking for more inspiration and/or guidance, check out page 53 of the current Leisure Guide for an array of walking programs. For more information about City trails, pick up a copy of the "Explore Our Parks and Trails" brochure at any City facility.



## Park Update: Richard's Marsh

The parks trail crew recently completed a boardwalk across Richard's Marsh in Cinnabar Valley. Completing the 450 foot boardwalk was no easy task with crews working in chest high mud for much of the installation. Their hard work has resulted in what can only be described as an impressive structure that allows visitors to the area to really get up close and enjoy the natural surrounds.

The area is rich with wildlife and marsh plants and has already become a popular bird watching spot. The boardwalk connects two neighbourhoods and is expected to be well used by residents in the area. Public access to the marsh is at 69 Ranch View Drive. For more information about City trails, pick up the latest "Explore Our Parks and Trails" brochure at any City facility.

Next newsletter  
available in  
December!

## CONTACT US

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