



Measuring-Up Fund Final REPORT

Section One - General

1. Community Name: _____ Canim Lake Band _____

2. Primary contact information:

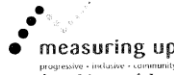
Name:	Tish Diamond	Organization:	Canim Lake Band
Title:	Recreation Coordinator	Email:	tishdiamond@hotmail.com
Phone:	250 397 2227	Fax:	250 397 2769
Address:	Box 1030 100 Mile House	Postal Code:	V0K 2E0

3. Attach a final summary of your initiative, including stories illustrating how the community has benefited. Please include specific details about activities undertaken as a result of receiving your Measuring Up grant. (5-pages maximum).

The Canim Lake Band Tsq'escen Community

The Canim Lake Band (Tsq'escen') Community is located 20 miles east of 100 Mile House on the Canim/Hendrix Road. The nearest municipality with sports programs, fitness services and groomed trails are located in 100 Mile House. Many band members do not have access to transportation needed to access these amenities. The Canim Lake Band feels that Sports and Health & fitness are very important for all community members. It has put in place a five-year strategic plan: part of this plan includes, development and implementation of a comprehensive community-based recreation plan for all age groups including developing internal capacity for coaching and training with in the community. To build a multi use trail system connecting its three main subdivisions, part of which will be wheel chair accessible. One main priority is to reduce the possibility of diabetes; as such diseases have affected many First Nations Communities. Another goal is to prepare individuals youth and adults for regional, provincial and national sports to ensure that community members have the opportunity to participate both at the recreation and competitive level.

Involvement in activities such as soccer, gymnastics, hockey, walking, running, cycling, weight training, aerobics and cross-country skiing is on the rise, blood pressure, body weight and incidences of diabetes are dropping. Community members are reaching many goals such as making healthy lifestyle changes and competing in various competitions



Due to support from: 2010 Legacies Now; Measuring Up and Inclusion Fund; Active Communities; Promotion Plus; Interior Health Authority and The Canim Lake Band, has made it possible to offer many more healthy opportunities within the community. For those community members who are more interested in walking or running, the walk/run program in the spring of 2006 prepared the community during the lead-up to Move for Health Day. The community hosted a two-kilometre walk on May 10, which 74 community members participated in.

Once people started exercising outdoors, they realized they needed a safe trail, away from the highway. This has been made possible, thanks to support from the Interior Health Authority, Measuring Up Accessibility and Inclusion Fund, Active Communities, and in-kind donations from the Canim Lake Band. One kilometre of the trail (2 kilometers total out and back) is wheelchair accessible. Our Summer Explorations Program has used the trail for taking groups of students on guided bike tours. One of our special needs community member who is in a wheel chair tried the trail and was very excited. We also had a lady from another community test the trail in her wheel chair, she was very impressed as the access to the trail was right of the highway yet once on the trail it felt quite remote. The Canim Lake walk run program has used it for their program and the trail will also be used for cross-country skiing in wintertime.

Canim Lake Band is definitely seeing the benefits of their five-year strategic plan, which is to give all community members the opportunity to become more physically active and offer more sports programs and safe places to exercise with in the community.

4. Attach a list of members of your Measuring Up Committee, including the organization (if applicable) that they represent.

- Angela Peter's-Oddy (School teacher)
- Pam Theodore (Lands Administrator)
- Irene Gilbert (Forestry office)
- Marty Dixon (Three Feathers Construction)
- Evan Daniels (Special needs representative)
- Melissa Christopher (youth representative)

5. Did you hire people to help complete this initiative?

- ✓ Yes (please complete this section) No (please skip to Question 6)

How many people were hired? _____5_____

Do any of the people hired have a disability?



Yes

/ No

Was money from the Measuring Up grant used to pay the people you hired?

✓ Yes

No

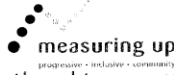
- 6. Attach copies of any media coverage related to your initiative.
- 7. Attach pictures (if applicable) of any related activities or projects.

Section Two - Financial Information

Please provide final budget information in the format below:

Expenditures	AMOUNT	IN KIND RESOURCES		MEASURING UP FUND
		Amount	Source	Amount
Planning Meetings	\$2,000		Canim Lake Band	
Administration Costs	\$1,000			\$1,000
Clearing/grub wages	\$2,000			\$2,000
Finishing Trail I can send a more detailed report on this if you need it.	\$12,000			\$12,000
Safety Fencing (material Delivery & labour)	\$2,000		Three Feathers Construction Company	
Totals:				

Section Three - Measuring Up Guide



1) Attach a summary of any comments, thoughts or suggestions you have for changes to the Measuring Up Guide. Please be specific. (1-page maximum)

2) Did you develop additional tools to support your use of the Measuring Up Guide?

Yes (please complete this section) / No (please skip to Section Five)

Attach copies of these tools along with comments about why and how these tools were developed. (1-page maximum)

I used the Guidelines for Accessible Outdoor Recreation Facilities

Section Five - Report Declaration

I certify that:

- To the best of my knowledge all the information contained in this Report and any attachments is true and complete.
- Measuring Up, 2010 Legacies Now and the Province of BC were given appropriate recognition as a funding partner as per the Guidelines provided in the Contribution Agreement.
- I have submitted the Final Report in accordance to the approved deadline.

Authorized Representative:

Name (please print): Tish Diamond

Position: Recreation Coordinator

Signature: 

Date: Dec 16 2008

Mail completed AND signed Final Reports to:

Measuring Up Fund
2010 Legacies Now
400 - 1095 West Pender
Vancouver, British Columbia V6E 2M6
Phone: 778-327-5153



Measuring Up was created by 2010 Legacies Now in partnership with the Vancouver Agreement, the Province of BC and over 80 disability organizations throughout the province. Measuring Up helps BC communities assess and improve how accessible and inclusive they are for people with disabilities.