PROGRAM OF RUP-REC

THE
NEW CIVIC CENTRE
fills a great community need in Prince Rupert. We are happy to extend our congratulations to the CIVIC CENTRE COMMITTEE RECREATIONAL COUNCIL, and THE CITIZENS who have worked to achieve it!
RUPERT BAKERY
OYSTER BAR CAFE
SUNRISE COMPANY LTD.

Although relinquishing control of its former recreation centre, Y.M.C.A. War Services will continue a full-time service for men and women of the armed forces in this area.

We Congratulate
Prince Rupert on acquiring the New Civic Centre Building!
FASHION FOOTWEAR
A. J. Dominato

We now have our
Civic Centre
IT IS SOUND CITIZENSHIP TO SUPPORT IT.
R. E. MORTIMER
Insurance

We are happy indeed!
To get this fine Civic Centre Building after so many years of work and planning is a source of gratification to those who have been identified with the CIVIC CENTRE effort. To make it successful we must, even more than in the past, pull together. In this regard, Prince Rupert has a chance to lead the rest of Canada. Let us do it!
Philpott, Evitt
COMPANY LIMITED
T. N. YOUNGS, Manager

Healthy Minds and Healthy Bodies For Prince Rupert Folk

By GEORGE McGREGOR, Rup-Rec Director

A healthy mind and body, each kept in its proper trim and working in harmony one with the other, are the objectives of Rup-Rec training. Since September 1945 Rup-Rec has conducted 245 classes with an overall attendance of 3683 members. In those classes training for fitness of mind and body have been the keynote. Many people will ask the question: "Fitness—for what?" and the question may well be answered as: "Fitness for Living." The end for fitness should be the ability to lead a life full of utility, action and healthy enjoyment, providing for the individual and family needs and taking a full share in social and community life. The motto selected for the Rup-Rec emblem, "Fitness First" to be properly understood, must be given a broad interpretation. It is customary, when fitness is mentioned to interpret the word in its narrowest sense, i.e. physical fitness. To do this is to miss the true meaning of the motto entirely. The dictionary definition of fitness is: "conforming to a standard of right, duty, taste or propriety." This is the Rup-Rec interpretation.

For our purpose fitness is fourfold including physical fitness, social fitness, mental fitness and physical fitness.

The accomplishment of the ideal of a fit community is a major project and it is only by the close co-operation of all the institutions of the city that it can be realized. The family, the school and the church must do their share in leading the way to community and national fitness.

Significant Aspects of Rup-Rec

One of the ideals of Rup-Rec is seen in the emphasis placed upon all-roundedness, rather than specialization. The star athlete idea has been superseded by the "Everyone an athlete" ideal. The Rup-Rec program is based upon this premise, promoting activities which require a minimum in accommodation and equipment, yet which best "suit everyone," irrespective of age, sex stature or physical development — in short, activities which assure active participation as against passive spectatorship so common in modern athletics. Everyone is not expected to become an outstanding performer but everyone is encouraged to take part and "play the game" for its own sake.

Thus highly competitive sports and formalized "physical jerks" are discarded in favor of enjoyable rhythmic gymnastics, group games, folk and tap dancing, elementary tumbling, box vaulting and other apparatus activities designed to develop strength, flexibility and

During the summer months outdoor activities will predominate in an organized and supervised playground program, in swimming diving and lifesaving classes at Salt Lakes and in track and field events, baseball and softball in the city and hiking in the nearby mountains. To train leaders as instructors for the summer program it will be necessary to organize a second leaders course.

The First Leaders Training Course conducted at the I.O.D.E. Hall, began on Sept. 9, 1945, and continued for six weeks. The purpose of this course was to train instructors and leaders for the winter program and instruction in all indoor gym activities was given. Once the summer training course is organized, I feel certain the instructors and leaders of winter program will volunteer to take the Summer Training Course and continue their valuable services and assist in providing full recreational opportunities for every citizen.

The formation of the entire winter and summer program which will take in the arts and crafts, music and drama, is based upon a growing realization on the part of the people that physical education does not stop upon graduation from school. No more than does education of the mind and the soul. It is a life-long development. Throughout the whole of Canada thinking people have come to realize that fitness is as important for work as it is for play.

Wide Variety of Activities

The active program of Rup-Rec which in the past has been hampered by the need for adequate building accommodations will with the opening of the Civic Centre, be expanded to the fullest. A variety of activities will insure a wide appeal and encourage active participation by every member, irrespective of age and sex. The program has been arranged to promote activities for various age groups, and classes and group work of all kinds will be provided for the juveniles, juniors, intermediates and senior members.

Rup-Rec will seek to maintain an all-year-round recreational program, outdoors in summer and indoors in winter, promoting a happy mixture of gymnastics, sports, games, cultural and social activities. The value inherent in such a project is obvious.

The classes conducted to date have made provision for energy outlets for the "big emotions" and have focused the young people's interests upon healthy and wholesome subjects. A better attitude towards sport has been developed and the centres have been helpful in social adjustment and in the expression of personality. Physical education well organized and demonstrated is a first line of defence in the field of preventative medicine and is effective in reducing the wave of juvenile crime that is presently sweeping the nation.

With the co-operation of the schools, the social service workers, the churches and in fact all sports and youth organizations in the city it will be possible to assure every child the opportunity to develop himself to the fullest extent and realize the benefits of good health, increased vitality and a happier outlook on life.

In Kelowna where a Pro-Rec program has been functioning for the last 15 years, its activities are financed wholly by money raised through athletic and gymnastic displays.

"No man can afford to be an amateur at physical education."

RECREATION LEADERSHIP IMPORTANT

Meet Those in Charge Rup-Rec Instruction

Good leadership largely determines the success of any organization and recreation is definitely no exception. Much has been heard about the Rup-Rec leaders and on March 6 you public will be able to see them perform in a display to be held at the Auditorium of the Civic Centre.

Actually, it takes three years of continued leaders' training courses and "in-service" training to become a qualified instructor. The first year is spent as a leader, the second as an assistant instructor and, after passing the necessary practical and theoretical examinations, you may qualify as an instructor. Each year, members of the open classes, who have the necessary leadership qualities, a sturdy physique and a high degree of peuro-muscular skill will be chosen for leader training. In this way, Rup-Rec will always have an abuntant supply of talented people to direct its activities.

In our first year of operation we chose instructors at the close of the Fall Leaders' Training Course on the basis of ability and previous training. In this regard, we were extremely fortunate in having a few outstanding members who had had previous training in Pro-Rec Classes in Prince Rupert, and in other parts of the province. The instructresses who have done such outstanding work in the Junior Girls' classes, the Ladies' Gymnastic classes and the Ladies' Keep Fit classes are **Mrs. Yelland, Mrs. M. Gogal, and Miss Marjorie Jackson.**

The fully qualified instructors for men's and boys' classes are **Eric Freeman and Ted Parkhouse.**

Mrs. Mary Gogal was born in Manitoba. When she married and took up residence in Prince Rupert, she brought with her a wealth of knowledge of recreation, gained from 8 years as a member of the classes sponsored by the Dept. of Health and Recreation in Calgary. Apart from excelling at gymnastics and dancing, Mrs. Gogal was the pitcher of the girls' softball team, which held the Wheat Belt Championship for 5 years. In addition to this, she was one of the star players of the championship basketball team for this district. All of which goes to prove the point that the coordination, timing, flexibility and grace which is built up through fundamental gymnastics has a definite carry-over to other sports and games. If you believe you haven't time to attend recreative gymnastic classes, remember that Mrs. Gogal is also a housewife and the mother of two children.

Miss Marjorie Jackson is an attractive brunette. She came to Prince Rupert from Vancouver. She is now acting as secretary for W. D. Fulton, local barrister. Sport has always been Marjorie's chief hobby. She skis, hikes and swims, and was a members of Pro-Rec in Vancouver for some time. Marjorie typifies the ideal of Rup-Rec, insofar as she is a keen participant of many sports, rather than a specialist in one.

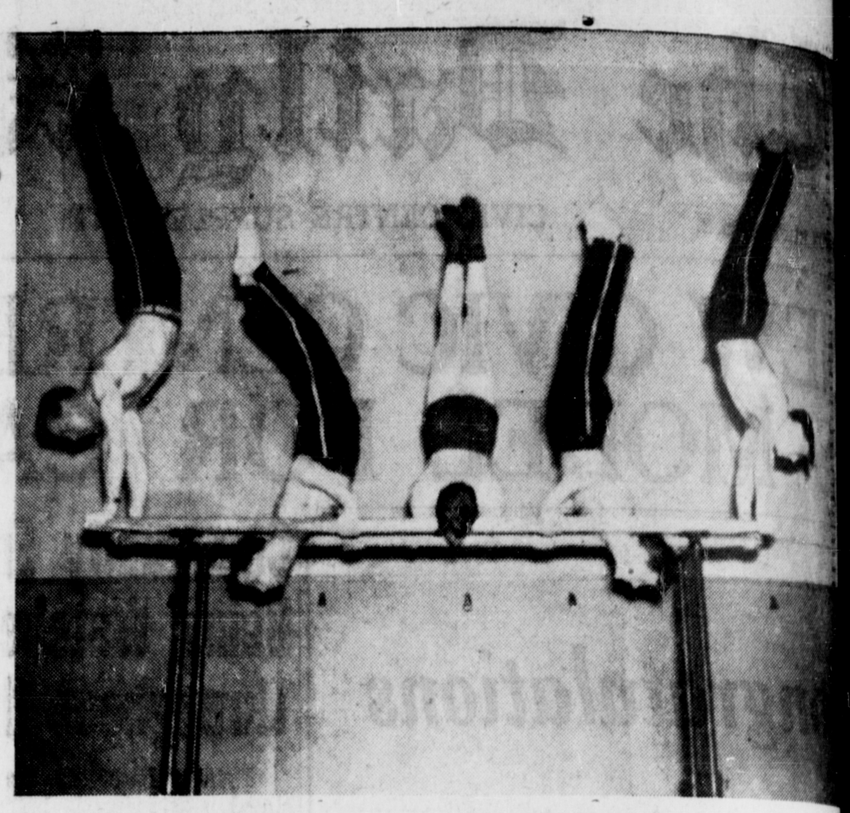
Mrs. Eilleen Yelland, like Marjorie, was born in Vancouver and had her early education there, but all her high school days were spent in Prince Rupert, and she became captain of the girl's High School basketball team. During Pro-Rec days in Prince Rupert prior to the war, Eilleen was a keen gymnast, and was especially outstanding in tumbling. When the Pro-Rec ended, due to lack of accommodation for classes, Eilleen turned to badminton, hiking and swimming for athletic recreation, and she is proficient in all three. Eilleen is now happy back in gymnastic work but finds time to look after the needs of Ken, her husband, and their two little girls.

Eric Freeman was born in Kamloops and spent most of his life there until coming to Prince Rupert in 1942, to work for the C. N. Telegraphs. From an early age Ken belonged to the Kamloops Athletic Association and went on tour with that famous aggregation when they were putting on gymnastic displays in various parts of B.C. Eric plays basketball, badminton, bowls and swims, and he was table tennis champion of Kamloops and district at one time.

Ted Parkhouse was born in North Battleford, Saskatchewan, but received most of his education in Saskatoon. During his High School days he played soccer, softball, football and basketball. Most of his leisure time was spent in sport, and he was a daily visitor at the "Y" pool, where he became an expert swimmer and diver. He came to Prince Rupert in 1941, to work for Mott Electric, and just prior to this, he spent a winter in Vancouver during which time he was outstanding in Pro-Rec work. He assisted in putting on the Pro-Rec annual spring display at the Forum, where he competed in the gymnastic championships. At this time, Ted specialized in mat tumbling and box vaulting. Since coming to Prince Rupert, Ted has been a keen soccer player. In December, 1944, he married a local girl, Inez Berg, and they have just become the proud parents of a baby boy.

Denis O'Neill was born in England but came out to Canada at a fairly early age. He was active in baseball in Victoria, and played football on the Nanaimo team during his stay in that town. Denis has resided in Prince Rupert for three and a half years, and prior to coming here was a

(Continued on Page 4)



MAYBE IT'S A MOUSE down there which is causing these Rup-Rec leaders to keep the feet so high. Officially it is described as a pyramid on parallel bars, and it is one of the most difficult routines of Rup-Rec training. Leadership training is an arduous but interesting course, and will attract many now that the Civic Centre is available. Pictured, left to right in this heads-down pose are George McGregor, Eric Freeman, Johnny Thompson, Don Wilson and Ted Parkhouse.

OUR CIVIC CENTRE...
For Years We've Wanted It!
NOW WE HAVE IT!
Let Us Make the Best Possible Use of It.
FAIRWAY FOOD MARKET
(Ross Ingram)

PRINCE RUPERT'S HEADQUARTERS FOR SPORTING AND OUTDOOR EQUIPMENT EXTENDS BEST WISHES FOR THE FUTURE OF THE CITY'S NEW CIVIC CENTRE.
Kaien Hardware Co.
W. J. (Joe) SCOTT, Proprietor

THE LACK OF RECREATION FACILITIES WHICH HAS HAMPERED THIS CITY IN THE PAST EXISTS NO MORE. IN ANTICIPATION OF A BROAD PROGRAM OF SOCIAL, CULTURAL AND ATHLETIC ACTIVITY, WE JOIN IN CONGRATULATING THE CITIZENS OF PRINCE RUPERT, THE CIVIC CENTRE, AND RUP-REC.
CRAWLEY & DIDRICKSEN
Boat Builders Cow Bay

Good Luck...
TO THE CIVIC CENTRE AND RUP-REC. BOTH HAVE DONE AN EXCELLENT JOB IN THE PAST. WE LOOK FORWARD TO GREAT COMMUNITY WORK IN THE FUTURE. CITIZENS, SUPPORT THE CIVIC CENTRE!
S. E. PARKER LTD.
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