

Congratulations!

Years of undying efforts have brought success to the Civic Centre Committee and their supporters.

KEEP UP THE GOOD WORK!



WILLIAM F. STONE

Clothes of Distinction

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OBTAINING THE NEW CIVIC CENTRE BUILDING WAS BOTH GOOD FORTUNE AND AN ACHIEVEMENT.

TO OPERATE IT TO THE BEST ADVANTAGE WILL BE A CHALLENGE TO THE WHOLE COMMUNITY.

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Recreational Activity Co-ordinated

The Worst Is Over—

DESPITE HANDICAPS, RUP-REC HAS MADE IMPRESSIVE PROGRESS

With the amalgamation of the Recreational Council and the Civic Centre Association to form a Civic Recreational Board, the outlook for the continuation and expansion of Rup-Rec activities became much brighter. With the newly appointed Recreational Board taking over the direction of sports and recreation, this is an appropriate time to present a brief review of the work that has been accomplished so far by the Recreational Council.

The Recreational Council was formed on June 8, 1945, to meet the immediate need for a co-ordinated and far-reaching recreational program for the young people of the city. This organization was to become later the operational body of the Civic Centre.

During the months of July and August the Recreational Council provided supervision for four city playgrounds.

On September 11, an executive meeting was held and plans for a winter recreational program, to provide activities for as many citizens as possible, with emphasis on the needs and interests of young people, were outlined. A brief survey was made of recreational buildings and equipment, the problem of the community, and the available leadership. It was apparent that there was a great need for recreation, that there was a shortage of trained leadership and that there would be some difficulty in obtaining a suitable building, to be used as a permanent recreational centre. It was suggested classes would be started immediately with whatever equipment and buildings could be utilized, and a building committee was appointed to search for a permanent centre. The executive committee authorized, as well, the opening of a leaders' training course for both men and women, to train

SYMMETRY IS THE KEY-NOTE of this fundamental gymnastic exercise portrayed by this girl's leaders' class in the Civic Centre gym. Pictured, left to right, are Marjorie Jackson, Laverna Linney, Jean Krause, Marjorie Shrubbsall, Betty Hamilton, Frances Webber, Eileen Yelland, Jean Faught and Mary Gogal.

Geo. McGregor Has Impressive Leader's Record

With a background of accomplishment in physical instruction and recreational training which makes him highly suitable for the position of recreational director here, George McGregor has laid the foundation for the Rup-Rec program under difficult conditions since coming to Prince Rupert last September.

Undoubtedly his assignment in the last six months has been among the most difficult of his career, having to start the city's recreational program from the bottom with extremely inadequate facilities. With the new Civic Centre building at the disposal of Rup-Rec, Mr. McGregor anticipates a far broader field of activity.

His ability to develop such a program is indicated by his background in physical education leadership, which began back in 1936 when he joined the Department of Education's Re-



GEORGE MCGREGOR

creation and Physical Education branch as one of the original Pro-Rec instructors in Vancouver.

Born in Vancouver in 1916, Mr. McGregor attended schools in that city, culminating his academic education by being graduated from the University of British Columbia with the degree of Bachelor of Arts in Psychology and Philosophy. He is also a graduate of the Vancouver Technical High School and the B.C. School of Pharmacy and Science.

He has always been keenly in-

terested in sports and athletics and evidence of his muscular development is revealed by the fact that he is a former B. C. light-heavyweight weight lifting champion.

Other odds and ends of evidence of his sports proficiency are revealed in the fact that he won the U.B.C. golf championship in 1945 and, while in high school, won the B.C. archery championship on the Brockton Point range in Vancouver's Stanley Park. He later won the British Empire trophy for rifle shooting.

After acting as instructor for Pro-Rec in the years before the war, Mr. McGregor was loaned to the Alberta government in 1939 to organize and instruct in the senior section of an instructor's summer school conducted by the province's department of health and recreation.

Back in Vancouver during the early part of the war he was employed by McDonald's Remedial Institute and by the Workmen's Compensation Board as a specialist in medical gymnastics and therapeutic exercises.

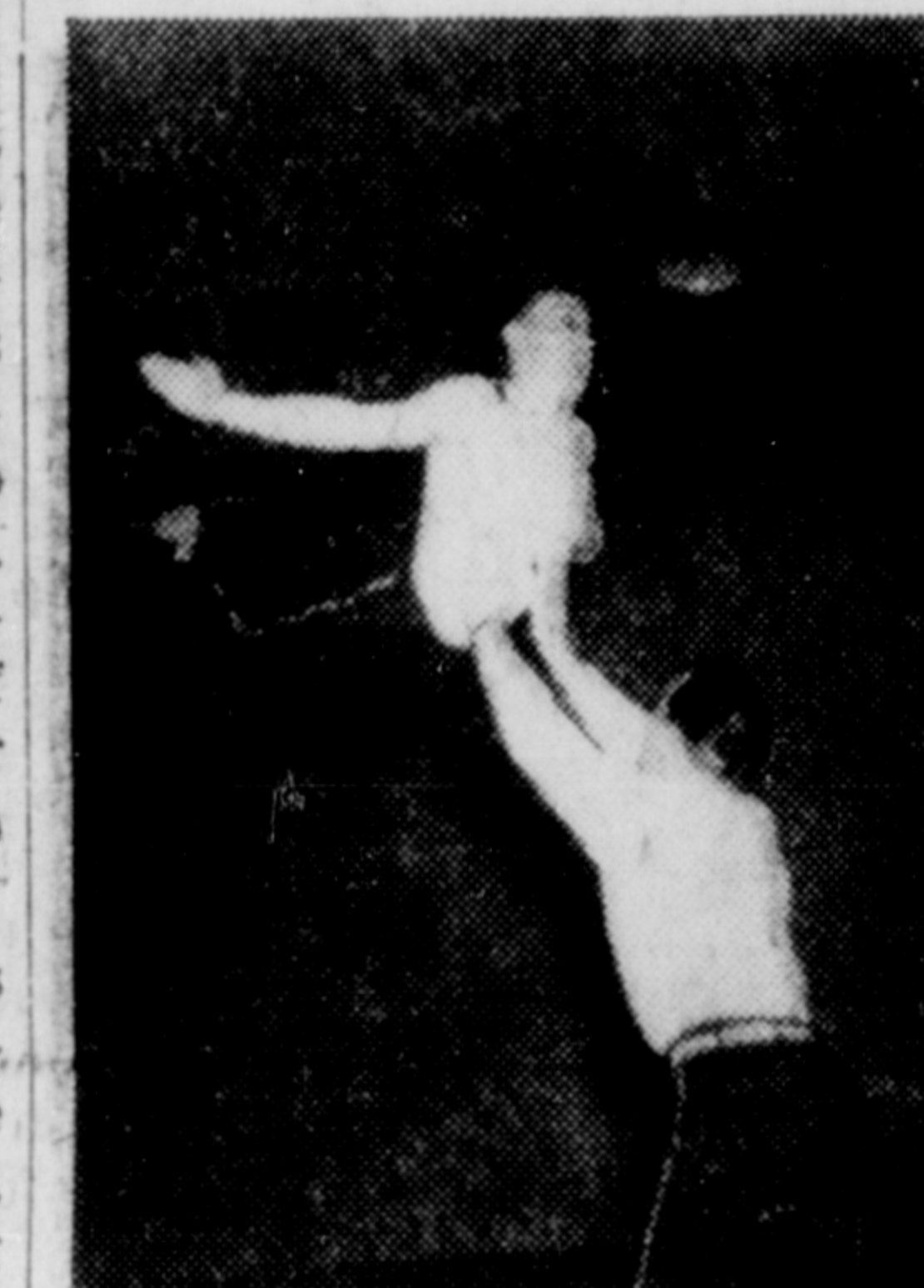
With this background and leadership training which he has already carried out here, the directors of the Prince Rupert Recreational Council and Civic Centre feel that he is excellently suited for the work that lies ahead.

The opening of the Civic Centre enables Rup-Rec to concentrate boxing classes within the new building along with other recreational activities, and the picture for the future indicates that the manly art will make an impressive comeback here.

voluntary leaders. Orders were placed with a local firm for gymnastic equipment.

Leader training course commenced on September 20, and was completed on November 9. At the latter date, Rup-Rec had 25 trained leaders to instruct and assist in numerous classes, held in all parts of the city. During the course, the leaders worked and studied with great enthusiasm and, after graduation, gave liberally of their time and efforts in organizing and directing classes, and much of the success that has been accomplished so far may be explained in terms of good leaders.

The first Rup-Rec class was held on September 19, for junior boys (6 to 12 years of age). During this first week of activities in September, five classes were held, including leader training classes. By November 30, with the assistance of 25 trained leaders, 19 weekly classes were in progress. A glance at the attendance report gives a clear picture of the steady increase in the number of class-



COMING IN FOR A LANDING

—After taking a swan dive from a springboard, Instructor Ted Parkhouse makes contact with Instructor George McGregor, who will assist him to earth. Springboard training is difficult, requiring co-ordination, but is effective for muscular development and spectacular for displays.

Month	No. of Classes	Attendance
September	9	152
October	32	152
November	42	783
December	51	392
January	71	992

es and in over-all attendance. Once the shortage of trained leadership was overcome, the full expansion of the program was hampered only by a lack of a permanent recreational building. The gymnasium that could be obtained for recreational classes were for the most part entirely unsuited for a program of sports and games. Apart from making impossible the expansion of the program to the extent of using all available quarters, these make-shift quarters greatly increased the difficulty under which the instructors and instructresses worked. Building committees steadily engaged since the first meeting in September in an attempt to locate a permanent building. This search has culminated in the acquisition of the Civic Centre.

Future Plans Far Reaching

Far-reaching plans, which included all phases of recreation, were designed by the executive of Rup-Rec in September 1945, but, in the beginning it was thought advisable to concentrate on a mass recreational gymnastic program, including net and group games. This, it was suggested, would give recreational opportunity to the greatest number of people at a very low per capita cost. The basic program was divided into juvenile, junior, intermediate and senior divisions for members. Provision was made for the progression of talented members, with leadership ability, to the rank of leader, assistant instructor and, finally, instructor, through leader-training courses. A year must be devoted to training in each of these three categories so that three years' training is required in order to become a fully qualified instructor. In the beginning, five instructors were appointed, upon graduation from leaders' training course, and this was justified on the basis of their previous experience.

From this initial organization, gathered around the symbol "Rup-Rec", it was arranged to differentiate group activities. These included educational and cultural crafts groups, or hobby groups, general building recreation and cultural clubs. Four committee chairmen were appointed at a meeting of the Rup-Rec executive on January 22, 1946, to survey the possibility of getting groups of this sort

started. With the opening of the Civic Centre tomorrow Rup-Rec, hampered in the past by the lack of a suitable building, will realize one of its objectives—a permanent recreational centre. It will be possible then to extend re-

creative gymnastic classes to all age groups, to encourage organized sports and games and to expand the community program to include cultural activities, hobby groups, adult educational classes, social activities and numerous other casual activities.

Our Best Wishes

to the people of Prince Rupert on the historic association of taking over their new Civic Centre.

We feel certain that the increased opportunities it presents for social and recreational life will be employed to the fullest advantage.

Support the CIVIC CENTRE!



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are extending their heartiest congratulations to the Civic Centre Association with best wishes for continued progress.

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