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The Community Recreational Initiatives Society unites volunteers and people with disabilities for outstanding nature experiences.

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Our walking club is off to a great start this spring!

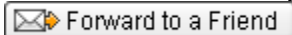
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Park News

A new playground is being planned for Mission Creek Regional Park and you can get a first look at the designs this month.

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QUICK LINKS:

- [Regional Parks website](#)
- [2012 Parks Guide](#)
- [Regional Parks Map](#)
- [Event Calendar](#)
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Parks Phone: 250-469-6232



TeachersCorner

Ponds are teeming with life at this time of year and are the perfect spot for some nature discovery. We offer a pond study program for all grades called *What Lies Beneath* at Shannon Lake and Mission Creek Regional Parks. Call for more details and to book a pond study program:
250-469-6140

Click to download our [School Program Guide](#).

Experience Nature with CRIS

(Article contributed by CRIS)

The Community Recreational Initiatives Society's (CRIS) Adaptive Adventures is a Kelowna based non-profit charitable society established in 2001. CRIS is a unique and powerful program that uses adaptive equipment in nature settings to unite volunteers and people with disabilities to experience nature. Adaptive Adventures is dedicated to not only assisting people with disabilities to get out of their homes to participate in and enjoy firsthand the natural healing properties of nature but also to guide and support them toward improved quality of life and increased abilities. CRIS personnel assist people with disabilities, and their families, to experience nature and explore places they would not otherwise be able to access on their own through the use of human powered adaptive equipment and team work.



Enjoying the view at Rose Valley Regional Park

Any person who has a disability that impedes their ability to get outside and enjoy outdoor activities like hiking, cycling, and paddling is invited to join CRIS Adaptive Adventures. Any person with any physical, mental, or social limitation (or any combination of these) is encouraged to contact CRIS to see what is available to them. People with disabilities seek outdoor adventures for the same reasons people without disabilities do: to get outside, connect with nature, socialize, increase abilities, learn new things, reduce stress, and increase overall quality of life!



Adaptive hiking with a TrailRider at Mission Creek Regional Park

The Adaptive Adventures program is designed to make outdoor activities available to those individuals who often find outdoor recreational activities inaccessible to them. There is a low yearly registration fee of \$50 to assist with administrative and operational costs. Based on an individual's need for financial support to pay the Participant Annual Registration Fee or the suggested donation amount per activity, an assisted payment program is available. This requires a one-on-one confidential meeting and is intended to diminish any financial barriers that may hinder a participant from attending activities.

Over the next little while you will find us adapting our way from Big White to the big waters of the Okanagan lake as Team Ability in the **Ski 2 Sea**, as well as at the **Rick Hansen 25th Anniversary Relay Celebration** on April 28th and assisting the medal bearers across the lake on May 1st, we will also be at the **Cycle for Independence** in Vernon May 6th, and the **Variety Boat for Hope** in June and all over the trails and waterways in our amazing Okanagan Valley, especially in the awesome Regional Parks. So a keep an eye out for our kayaks, bikes and TrailRiders and please don't be shy, say hi!

How to volunteer with CRIS, participate or contribute in other ways:

Online: AdaptiveAdventures.ca

Email: General@coreinso.com

Phone: 250-979-3941

Go Fish!

Our popular Go Fish program will be up and running starting this weekend! Drop by Shannon Lake Regional Park or Mission Creek Regional Park (Hall Road Pond) Saturdays and Sundays in May, 10am to 3pm. Park Interpreters and volunteers will be on-hand to help young anglers learn how to fish. Fishing rods are available on site.

We'll hold our two Go Fish grand opening events on the first weekend in May:

Saturday May 5th at Mission Creek Regional Park (Hall Road pond entrance), 10am-3pm.

Sunday May 6th at Shannon Lake Regional Park, 10am-3pm.

This program is for children 16 and under, with a one fish per day limit. No fishing license is required. This is a free drop-in program weekends in May, no registration required.



Learning to fish at Shannon Lake Regional Park

Community and school groups are encouraged to book a 2 hour fishing program being offered on Thursdays and Fridays in May by the [Freshwater Fisheries Society of BC](#). Call to register for the Thursday and Friday programs.

For more information on Go Fish visit the Regional District website (regionaldistrict.com/parks) or contact the EECO at 250-469-6140, email eeco@cord.bc.ca or drop into the EECO at 2363A Springfield Road in Mission Creek Regional Park.

Thank you to our volunteer partners, the Kelowna and District Fish and Game Club, Lonely Loons Flyfishers Society, and the Peachland Sportsmen's Association, along with the support of the Freshwater Fisheries Society of BC, the Summerland Trout Hatchery, and the Ministry of Environment.

Take off on a Hike

Enjoy a guided hike in a Regional Park this summer. A Park Interpreter will highlight special features in the variety of parks that you'll visit. All hikes are free of charge. All hikes start at 9am and range from 2 to 3 hours in length.

This year, we're offering themed hikes to celebrate the uniqueness of each park:

Friday May 25th- Whooo's in Woodhaven

Learn more about the Western Screech Owls in Woodhaven Regional Park. Hike meets at the Raymer Road parking lot.

Rating: easy

Friday June 1st- Discover Grasslands

Discover beautiful Rose Valley Regional Park and learn about the ecology of Okanagan grasslands. Hike meets at the Westlake Road parking lot.

Rating: more difficult

Friday June 15th- How Mission Creek was Formed: A Geologic Journey

Hike along phase 2 of Mission Creek Greenway for a closer look at the geology and history of the creek.



Enjoying a guided hike with the Take off on a Hike program

Hike meets at the Field Road parking lot.

Rating: moderate

Friday July 13th- Okanagan Irrigation History

Explore Glen Canyon Regional Park and learn about the early irrigation of the area. Hike meets at the Aberdeen Road entrance.

Rating: moderate

Friday July 27th- Okanagan Heritage Hike

This hike through Trepanier Creek Greenway Regional Park looks at some of the heritage of the area. Hike meets on Trepanier Road off of the Okanagan Connector.

Rating: moderate

Please make sure that you are prepared with appropriate clothing, sturdy shoes, sun protection, water, and a light snack.

These hikes are held in conjunction with the **Community Recreational Initiatives Society (CRIS)** to provide barrier free access to Regional Parks. To learn more about CRIS and to request their services to join one of these guided hikes, visit them online at AdaptiveAdventures.ca.

View the hike schedule in the 2012 Parks Guide online anytime at regionaldistrict.com/parksguide.

For more information visit the Regional District website (regionaldistrict.com/parks), email eeeco@cord.bc.ca or call 250-469-6140.

Tracks Walking Club Update



Tracks Walking Club

more power into their daily walk. On April 30th, Don Wilson and Judy Latta from the Central Okanagan Naturalists Club joined us for our walk and provided very informative birding information as we walked the Greenway. More guests speakers to come in May!

Thank you to all our Tracks walkers for joining us for the first month of our spring program in April. We are already walking for at least forty minutes and we hope to walk for up to sixty minutes by the end of May. Our morning walks along the Mission Creek Greenway have been a real pleasure as we've been able to watch all the plants and animals awaken for spring.

Our last walk for the spring will be on Wednesday May 30th.

On April 18th we welcomed Sheri Simson from KeenFit as she gave a pole walking demonstration to the group. Everyone enjoyed the tips on how to pack

Looking ahead, the fall Tracks program starts Monday September 10th and ends Wednesday October 10th. Our goal will be to participate in the Kokanee Fun Run/Walk on Saturday September 13th.

Registration is required and there is no cost to join; Tracks is a **free** walking program!

To register please call the EECO at 250-469-6140.

Walks meet outside the EECO in Mission Creek Regional Park at Springfield and Durnin Roads in Kelowna at 9am on Mondays and Wednesdays. Rain or shine. Please wear proper walking shoes, come dressed for the weather, and bring a bottle of water.

For more information visit the Regional District website (regionaldistrict.com/parks).

Tracks is a registered [Hearts in Motion Walking Club](#) with the Heart & Stroke Foundation.



Park News

Mission Creek Regional Park Playground Upgrade

The much loved playground at Mission Creek Regional Park is being upgraded later this year- much of the original play equipment is over 20 years old.

Upgrades are required to meet growing usage and to ensure that the playground meets safety requirements and can be efficiently maintained. Upgrades will include a new play area for children aged 2-12, a multisensory play area, and upgraded safety surfacing. The redesign focuses on inclusive play for children of all abilities, both active and passive play opportunities, and using natural play elements appropriate to Mission Creek Regional Park.



The current playground at Mission Creek Regional Park

Community input has been provided by several groups, including Community Action Towards Children's Health, Community Recreational Initiatives Society, and the Central Okanagan Parent Advisory Council.

Construction will begin after September 3rd, 2012.

During the month of May, the redesign plans will be on display at the Mission Creek Regional Park playground, on Springfield Road between Durnin and Ziprick. Questions and comments are welcomed by Parks Services at 250-469-6232, parks@cord.bc.ca.

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