

Thanks to our sponsors and supporters:

Britannia Community Association
 Collingwood Community Policing Office
 The Edge Climbing Centre
 Hastings Community Association
 Kensington Community Association
 Moosum Bob's Youth Jigging Dance Troupe
 MoreSports
 PEDAL (Pedal Energy Development Alternatives)
 Sharon Urton
 Trout Lake Community Association
 Trout Lake Youth Program
 Urban Aboriginal Community Garden Project
 The VSB First Nations Workers
 and more....



RED FOX TRAIL TRACKER

FOLLOW RED FOX'S TRACKS
TO
ADVENTURES
IN FITNESS & FUN



On your mark....

Red is the colour of the body,
and the Fox is the animal of strength
and transformation.

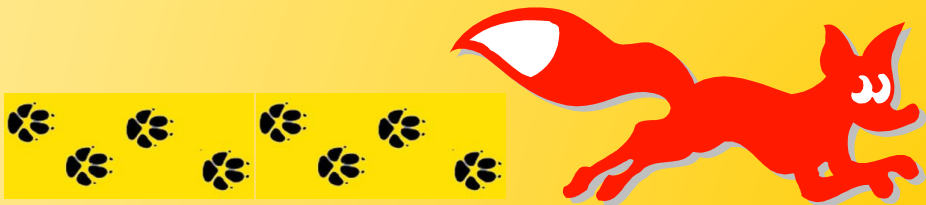
The RED FOX shows us ways to be active,
so that we become stronger and healthier.

Get set....

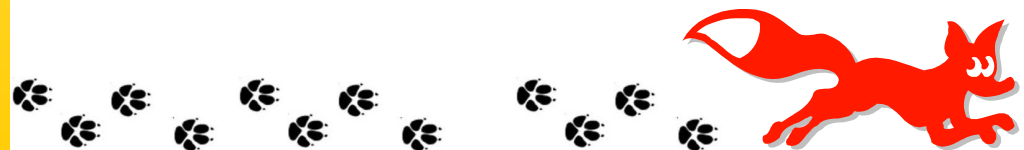
The Vancouver Park Board and
Helping Spirit Lodge
have joined together to host free,
fun activities for Aboriginal families and friends
to be active together,
from February 17 to April 28th, 2007.

Track!

If you or someone close to you is Aboriginal,
if you live in East Vancouver,
and if you want to explore ways to be active,
then this Trail Tracker is for YOU!



Keep track on-line
at
www.ActiveOutreachActiveLiving.com



RED FOX POINT TRACKER

Every time you exercise, mark it down,
to score Fox Points to win Prizes!

Date	Type of Activity	5 points for each half hour	Adult's Initials
Eg. Feb. 28	skipping	10 (one hour)	Mrs. Fox
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			

To join in the fun, read the TRACKER to find out what and where the activities are.

To register for the program, call Emma at 604-319-2571.

Join us for fun activities in your community.
Earn points for being active, and win prizes by earning points.

All events are for you, your family and your friends.
Kids under 10 must be accompanied by a family member, except for ACTIVE KIDS, which is for kids ages 6 to 12.

On some days, a shuttle van will be available from Selkirk, Queen Alexandra and Nightingale Schools.
Other pick up locations may be arranged.



Want to KNOW MORE?

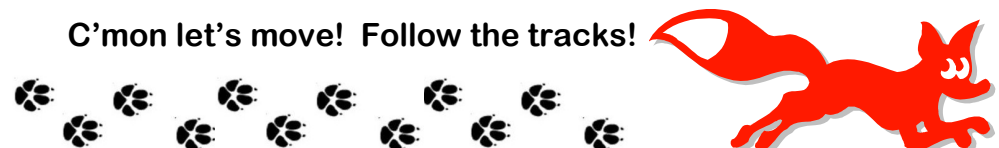
Want to SIGN UP?

Go to

www.ActiveOutreach.ActiveLiving.com

or call Emma at 604-319-2571

C'mon let's move! Follow the tracks!



Countdown the Olympics & Tour Nature



Score your first Fox Points!
Do a Nature Tour of the beautiful
Sanctuary at Hastings Park.
Then, come inside the Coliseum
for hours of Olympic Excitement.

Where?

Hastings Park
The Pacific Coliseum
2901 East Hastings Street

When?

February 17th
11 am — 3 pm

Need a Ride?

Sign up and **hop in the van** at
Helping Spirit Lodge,
Selkirk, Nightingale or
Queen Alexandra School.



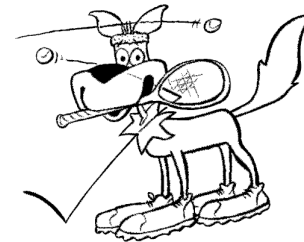
Need a Fox Friend?

Kids, if you are over 10 and your
adults can't go with you, sign up and get a **Fox
Friend** to do the activities with.

To sign up, call Emma at 604-319-2571
Or go to www.ActiveOutreachActiveLiving.com

It's Back to the Farm! April 14

Hop on the school bus and join the gang
for a day of adventure with the Urban Aboriginal
Community Kitchen Garden Project.
Grow food! Go on a Nature Scavenger Hunt.
Feast on farm food. Space is limited, so sign up
early. For the whole family.



Fox Finale

Time for prizes and awards!

April 28

Stay tuned for more details.

Go to

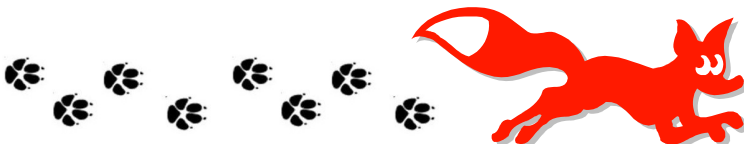
ActiveOutreachActiveLiving.com



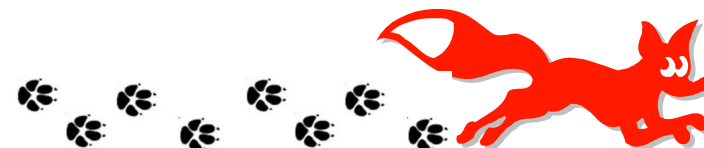
Red Fox Waking, a project of Active Outreach, is
designed and delivered by **PeripheralVisionaries.com**.
Thanks to the Union of BC Municipalities for funding this
project and to the Vancouver Park Board and Helping
Spirit Lodge for hosting the first phase of Red Fox.

Helping Spirit Lodge Society is dedicated to assisting in
the alleviation of family violence in the Aboriginal communities.

- * To provide safe, protective shelter to Aboriginal women and children
- * To provide holistic educational programs of enhancement
- * To provide support and advocacy to Aboriginal people



I Scored
10
Fox Points!



I Scored
20
Fox Points!

Youth Appreciation Day

Active Kids Perform!

Hey kids, invite your family and friends to watch you perform circus arts and hip hop dance. Play active games together.

Where?

Britannia Community Centre Cafeteria

When?

March 31
2pm—4pm



Fox Friends Forest Bike Ride

To thank our hard-working Fox Friends, we're taking them on a bike ride in the woods. Thanks to our sponsor, PEDAL.

Need a Ride or a FOX FRIEND?

Call Emma at 604-319-2571

or go to

ActiveOutreachActiveLiving.com

April 7

Easter Long Weekend.

Fox is taking a break...

See you next week.

Make a Splash at Britannia Pool!

Grab the rope and jump into Britannia Pool! Bring your whole family for an afternoon of frolic and fun in the water.



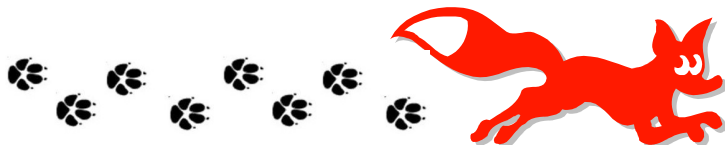
Where?

Britannia Pool
1661 Napier Street

When?

February 24th
1 pm — 2:30 pm

Thanks to Fox Friends leaders for helping out.



I Scored
20
Fox Points!



I Scored
20
Fox Points!

Kids Activity Day!

Be Growing Kids!



Meet Ross and Ron from the Urban Aboriginal Community Garden Project
Play games and listen to stories with Ross the Elder.

Learn about growing food! For the Whole Family.

Where?

Britannia Centre Cafeteria
1661 Napier Street

When?

March 3
12pm to 3:30pm

Active Kids! (ages 6 - 12)

Like Hip Hop Dancing? Playing Games? Performing?
Want to walk on stilts?

Then Active Kids is for YOU!

Try out fun and easy ways to be active at home and in your own backyard in a playful theatre setting.

With Fox Friends helping out.

Sign up at 604-319-2571



I Scored 10 Fox Points!	I Scored 20 Fox Points!
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Sporty Families Day

at

Kensington Community Centre



Explore different ways to be a sport.

Scale a Climbing Wall!
Learn soccer basics with MoreSports youth coaches.

Then, play Family Soccer with Aboriginal athletes.
And more.

Where?

Kensington Community Centre
5175 Dumfries Street

When?

March 23
12pm—3pm

Need a Fox Friend?

Call Emma at 604-319-2571 or go to ActiveOutreachActiveLiving.com



I Scored 20 Fox Points!	I Scored 20 Fox Points!
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Make Waves in a Pool!

Slide down the slide.
Swim some laps. Fun for
the whole family.

Where?

Killarney Pool
6260 Killarney

When?

March 21
12:30pm—3:30pm

Growing Kids go Farming!

Hop of the school bus and join the gang for a day of adventure with the Urban Aboriginal Community Kitchen Garden Project. Grow food! Go on a Nature Scavenger Hunt. Feast on farm food. Space is limited, so sign up early. For the whole family. Thanks to the Garden Project for sponsorship.

Where?

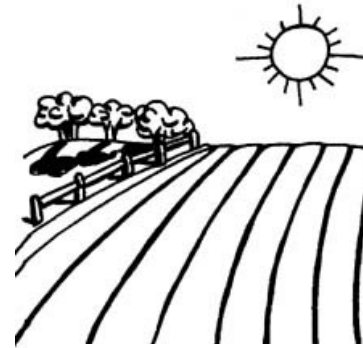
UBC Aboriginal
Farm.

When?

March 22
11am—4pm



I Scored 20 Fox Points!	I Scored 20 Fox Points!
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Be Growing Kids Some More!

Play *more* active games.
Listen to *more* stories.

This time, we'll grow our own food inside! Later, in March and April, we'll grow food outside on the Urban Aboriginal Farm.

Where?

Trout Lake Community
Centre
3350 Victoria Drive

When?

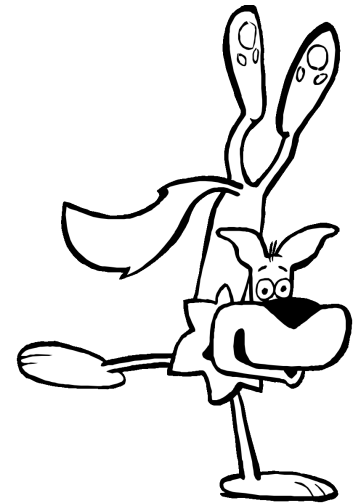
March 10
1pm—2:30pm

Skate at Trout Lake!

Kids, grab your friends and family and come down to your neighbourhood rink for fun times on the ice.

When?

March 10
3pm — 4:30pm



Need a Ride or a Fox Friend?

Call Emma at 604-319-2571 or go to
ActiveOutreachActiveLiving.com



I Scored 10 Fox Points!	I Scored 20 Fox Points!
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Active Kids and Jigging!

Active Kids (ages 6 - 12)

Be a Pop Star! Juggle!
Learn new games!
With Fox Friends helping out!

Sign up at 604-319-2571



Dance a Jig!

Join Elder Mooshum Bob and his youth dance troupe and try out this traditional Metis dance. Fun for all ages. Bring your family!

Where?

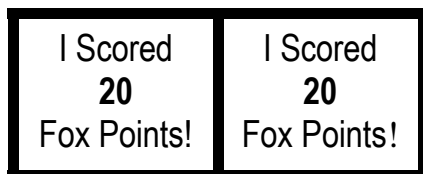
Britannia Centre Cafeteria
1661 Napier Street

When?

March 17
12pm—4pm

Need a Ride or a Fox Friend?

Call Emma at 604-319-2571 or go to
ActiveOutreachActiveLiving.com



Fox springs out for Spring Break!



Active Family Carnival At Trout Lake Community Centre

Play DodgeBall and
3-Generations Basketball!
Score with Fooseball, PingPing
and Pool Tournaments!
Try out ACTIVE KIDS!
Learn and play Soccer with
MoreSports youth leaders.
Run the Mini Police Recruit Training Circuit!
Win Prizes! Enjoy snacks!

*In collaboration with Trout Lake
Youth Programs.*



Where?

Trout Lake Community Centre
3350 Victoria Drive



When?

March 20
Carnival from 1 pm to 4pm
Loonie Skate from 3:30pm to 5pm

