

June is Recreation & Parks Month

At last, spring has arrived. The sun is shining, flowers are blooming, families and friends are riding their bikes. You can hear children laughing and playing in our parks; residents and visitors are walking and running on our trails. Tennis courts and ball diamonds are busy, and everyone seems to have a smile on their face.

June is *Recreation and Parks* month, a time to celebrate the benefits of recreation and parks to individuals, families, neighbourhoods, communities and the province as a whole. Recreation and parks is all about healthy lifestyles and the immeasurable value our natural environment has for our physical and mental health.

For the month of June, you'll see a series of articles to help you enjoy being active in the great outdoor playground that surrounds us. Upcoming articles will focus on the importance of children's connection with nature; celebrating our forests and trails; cycling in and around Banff; and water recreation. As part of June's celebration we have created a contest for all children and youth, up to and including grade 12. In each of our articles you will notice a scrambled word. Once you have unscrambled the word, visit www.banff.ca to find the related article and submit your response. Each correct response (limit one per week per person) will enter you into a draw for a \$50 gift certificate donated by Snowtips/Bactrax and a seedling for you to plant with the Town of Banff, Grounds Department.

We look forward to celebrating outdoor recreation with you wish you good luck in our contest! Please visit the Town of Banff at www.banff.ca or Parks Canada at www.parkscanada.ca for more information.

Week 1 Word Scramble: neortacier & kaspr