

CB101: Community Building Basics

Overview (DRAFT)

This learning event introduces the basics of community building and demonstrates that recreation opportunities are more meaningful when local people help make them happen. A community development approach engages your community and encourages positive approaches to local issues.

CB101 - Community Building Basics was designed and prepared by Brenda Herchmer with input from Mia Lee and editing by Caroline Sparks. Brenda Herchmer would like to deliver CB101 or agrees that Caroline Sparks may deliver it. Changes to content and materials require consultation with Brenda Herchmer. Development was funded by the Arctic Inspiration Prize.

Week 1 Activities:

Week 1 learning opportunities help us explore the importance of community and recreation.

1. Begin by reviewing the Week 1 Presentation to prepare for the first conference call.
2. Download the handout, a copy of Zach Bell's nomination letter. Complete the tasks listed in Required Learning Activity #1 (below).
3. Participate in the weekly teleconference.

Required Learning Activity #1

Part A:

Be prepared to discuss the following questions during the first conference call.

- Where have you found a sense of community?
- Why is community important?
- What does Zach tell us about the importance of recreation and community?

Part B:

Read Zach Bell's inspirational nomination letter (HO1-NominationLetter-CB101.pdf) for the Tri-Territorial Recreation Training (TRT) Project towards the Arctic Inspiration Prize.

OR

Watch the [3 minute video](#) developed by the Arctic Inspiration Prize.

Be prepared to comment and/or share your thoughts about either one during the conference call.

If you are not able to participate in the call, share your answers in the discussion forum.

Week 2 Activities:

Week 2 learning opportunities will help you explore different perspectives on community building.

1. Begin by reviewing the Week 2 Presentation to prepare for the final conference call.
2. Complete the tasks described in Required Learning Activity #2 (see below).
3. Participate in the final teleconference.

Required Learning Activity #2

1. Choose one of the following three stories.

- [Celebrating Our Stories \(short version\).pdf](#)
- [A Means To A Greater Beginning](#)
- [Makkuttukkuviq Youth Centre story.pdf](#)

Think about how and where community was built during the story.
What were the benefits?

Be prepared to discuss your thoughts during the conference call.

2. Think about your own community. Consider the following questions and be prepared to discuss them during the conference call.
 - How would you describe the personality of your community as it is now?
 - ***You may wish to consider:** If your community was a person, how would you describe this person? Or, if your community was an animal or something in nature, what would it be?*
 - What kind of personality would you like your community to have?
 - How could recreation help your community become that personality?
3. If you are not able to participate in the conference call, post your answers to #1 and #2 in separate posts, to the discussion forum.

References:

Grassroots Enterprises. (Sept 2016). *Scanning Tool: Are We Maximizing the Delivery of the Benefits of Recreation and Parks in Our Community?*
<http://brenda.herchmer.net/>

This scanning tool has been developed using the outcomes articulated by the Canadian Parks and Recreation Association on behalf of their provincial and territorial partners and the Leisure Information Network. See www.benefitshub.ca.