



HEAL NETWORK NUGGETS

July 6, 2009

Hello everyone,

The listserves are being flooded with lots of nuggets of good information at the moment. Also, thank you to those of you in the Network that have passed information along to share... sharing is knowledge.

The following items and links may be of interest to many of you. Please note the application deadlines on the funding links, many are time-sensitive.

In good health!

Christine

LOCAL CONNECTIONS

There is a brand new community garden in downtown Prince George at Victoria and 7th Avenue. The garden is filled with recycled garbage containers that have been repurposed for gardening. They are especially handy for people with physical disabilities as they are completely portable.

The organizers are looking for extra hands to help or adopt a container. If you're interested or would like more information please send me an email and I'll make the connection for you.

christine.glennie-visser@northernhealth.ca

If there are other opportunities for people to connect within your community in the Northern Health region, please let us know and we'll get the word out through the HEAL Network and highlight your opportunities.

FUNDING / SCHOLARSHIPS & GRANT OPPORTUNITIES

FIRST NATIONS SINGLE PARENT STUDENTS – Health Careers Bursary

Application Deadline: 5 pm EST, Monday, September 15, 2009

Apply for a First Nations Single Parent Health Careers Bursary!

http://www.naho.ca/firstnations/english/youth_bursary.php

HEART and STROKE FOUNDATION

Deadline: September 1, 2009

Application forms and guidelines for the Heart and Stroke Foundation (HSF) and the Heart and Stroke Foundation of Canada (HSFC) funding opportunities for the 2010-2011 competition are now available on the HSFC Research website at <http://www.hsf.ca/research/>.

In addition to the usual HSF funding opportunities offered, HSFC, in partnership with the CIHR Institute of Circulatory and Respiratory Health (ICRH), is pleased to announce the inaugural edition of Jump Start Resuscitation. HSFC is also pleased to launch the second instalment of the Research Scholarship program.

Jump Start Resuscitation

Application Deadline: November 6, 2009

The partnered HSFC and CIHR-ICRH Jump Start Resuscitation is a brand new personnel award program that offers Master's Studentships, Doctoral Research Awards, Research Fellowships, and Research Scholarships.

The goal of the program is to build capacity for resuscitation research in Canada and to support the next generation of researchers who will contribute to advancing knowledge and improving the quality of patient care and outcomes in this important area. For more details, please visit:

<http://www.hsf.ca/research/en/strategic-funding-opportunities/jump-start-resuscitation-2009.html>

Research Scholarship

Application Deadline: September 1, 2009

The HSFC Research Scholarship is a two-year salary award designed to attract and foster heart disease and stroke investigators, who hold a faculty appointment, from a variety of health professional disciplines, including, but not limited to, nursing, social work, pharmacy, physiotherapy, occupational therapy, respiratory therapy, speech-language pathology, nutrition, dentistry and medicine. At least 60 per cent of applicants' research must focus on applied research in any one of the following three health research themes: clinical, health services/systems, or population health For more details, please visit:

<http://www.hsf.ca/research/en/guidelines-for-applicants/guidelines-for-applicants.html#2>.

SUSTAINABLE VENTURES JURIED PRIZE PROGRAM

Submissions are due by August 7, 2009

**Prospective candidates are requested to send a Notice of Intent to
2009ODBPrize@SustainableVentures.us**

Sustainable Ventures (a project of Vital Systems, vitalsystemsca.com) is hosting a juried, \$10,000 Prize for case studies of socially just and environmentally beneficial proven and proposed food and farming practices that assure the availability of affordable and nutritious food. Interdisciplinary teams are encouraged.

The overall goal of the Prize program is to grow collective knowledge by educating stakeholders and the public about effective actions toward achieving sustainability in food and farming. The outreach program includes presentation of the Prize at SRI in the Rockies (<http://www.sriintherockies.com/>), the annual meeting of over 600 socially and environmentally responsible investing professionals and activists, in October, 2009. Jurors will qualify the 20 best formal written submissions for a planned anthology. Candidates for the 2009 Our Daily Bread Prize must include a video component that communicates key messages to a wide, diverse audience. Submissions without a video component are also welcome, but will be considered only for the anthology.

For more details, see Vital Systems' website, http://www.vitalsystemsca.com/prize_page/, and the Call for Submissions (http://www.vitalsystemsca.com/download/2009_ODB_Prize_Flyer.pdf).

UBCM COMMUNITY EXCELLENCE AWARDS

Applications deadline: Friday, July 24, 2009

The UBCM Community Excellence Awards program is an opportunity to showcase municipalities and regional districts who "lead the pack", take risks to innovate, establish new partnerships, question established ways of doing business and pioneer new customer service practices. Download the [2009 Application Form](#).

- BEST PRACTICES
- BEST PRACTICES, Website
- BEST PRACTICES, Annual Reporting
- LEADERSHIP & INNOVATION
- PARTNERSHIPS – Health

COMMUNITY BASED AWARENESS (CBA) PUBLIC AWARENESS GRANTS

Application Deadline: July 31, 2009

Public Awareness grants of up to \$4,000 are available to communities through the BCRPA to support marketing campaigns promoting physical activity using the **Marketing Action Plan (M.A.P.)**, tools and templates. **M.A.P.** is designed to provide the information you need to promote multiple community events, programs and initiatives and ensure your campaign messages reach your target audience. Grant funds are flexible and can be applied towards the production of marketing materials or towards hiring support staff to coordinate the campaign.

This funding opportunity is open to local governments, aboriginal communities, registered charitable organizations and workplaces.

For more information visit: <http://www.physicalactivitystrategy.ca/index.php/community-based-awareness/community-based-awareness-grants/> to learn more about this funding opportunity.

Public Awareness Program Guide

<http://www.physicalactivitystrategy.ca/pdfs/Public%20Awareness%20Grant%20Program%20-%20Phase%202.pdf>

Public Awareness Application Form

<http://www.physicalactivitystrategy.ca/pdfs/CBA Phase 2 Grant Application Form.doc>

OTHER FUNDING SOURCES FOR BC COMMUNITIES

<http://communityfutures.com/cms/index.php?id=168>

FOOD SECURITY

FOOD, INC.

This acclaimed documentary opens in Vancouver on July 8th, 2009.

You are what you eat. It's a simple expression that bears scary implications as you watch the acclaimed documentary, Food, Inc. (watch the trailer [here](#)). www.thetyee.ca

THE NORTHLANDS WINTER GREENHOUSE MANUAL

Greenhouse Goddess Enterprises is a community supported agriculture business in western Minnesota that started in 2006. For an annual fee, they provide vegetables from the greenhouse to 18 families in their northern Minnesota community every week from October through April. They also raises a variety of vegetables outdoors in the summer that store well and supplements the weekly, winter deliveries of fresh greens with everything from squash to cabbage. Their newly developed manual will be published later this summer.

<http://www.wctrib.com/event/article/id/54137/>

<http://gardengoddessnetwork.ning.com/>

HEALTHY EATING and ACTIVE LIVING

HOW THE FOODMAKERS CAPTURED OUR BRAINS

Below is a link to this eye-opening article from the New York Time's Health Section that provides insights on modern day issues of cravings, overeating and will power and the art/science of blissful food production. http://www.nytimes.com/2009/06/23/health/23well.html?_r=1&th&emc=th

HEALTHY WAISTS

An additional measure of overall health to add to the traditional measures of weight and BMI charts.
http://www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.4018791/k.8708/Healthy_Waists.htm?src=home

THE FOOD SLEUTH

The Food Sleuth is a new weekly 1/2 hour radio program – taped interviews with innovative, insightful and interesting guests who will help listeners "think beyond their plates" and connect the dots between food, health and agriculture.

The show airs on Thursdays at 5:00 p.m. CST which is 3:00 Pacific Standard Time. You can listen live on line at: www.kopn.org or listen to podcasts as they're posted. KOPN is a 35-year-and-still-going-strong community-owned, volunteer-run radio station – Free press at its finest with NO commercials.

July 9th - An interview Robyn O'Brien, author of The Unhealthy Truth: How our Food is Making Us Sick and What We Can Do About It.

INFORMATION UPDATES FROM THE RURAL TEAM BC

From: Brandon Hughes

Regional Advisor, BC Rural Secretariat
Agriculture and Agri-Food Canada - Government of Canada

1. Northern Development's Expanded "Community Funding Resources" Section Now Online. The Northern Development Initiative Trust website now includes a Community Funding Resources section. Visit Northern Development's Community Resources section at:
<http://www.northerndevelopment.bc.ca/community-funding/resources-2>

2. Community Transition Toolkit - The Community Development Initiative has combined available community transition best practices with its own Economic Emergency Transition Toolkit (created in partnership with the District of Mackenzie). In partnership with Omineca Beetle Action Coalition (OBAC), we now have a suite of tools for assisting community transition and preparedness planning. Community Transition Toolkit reports are available at: <http://www.unbc.ca/cdi/toolkit.html>

3. ENP - Enterprising non-profits has completed our fall workshop schedule, we will visit 17 communities across the province! This fall we will have both an Introduction to Social Enterprise workshop for those interested in starting or new to social enterprise, and a Strengthening Social Enterprise workshop for those operating more than three years. Attendance at the workshop qualifies the organization to apply for enp technical assistance grants. For more information go to our website at http://www.enterprisingnonprofits.ca/projects/grant_program/orientation_sessions.

4. Volunteer Futures – Volunteer Futures is Volunteer BC's annual training event for boards of directors from around the province, a forum where board members come together to learn, grow their organizations

and draw energy and inspiration from interacting with other volunteer leaders from BC's voluntary sector. During September 25-26, 2009, Volunteer BC will host two substance-packed days of workshops for members of boards of directors of voluntary organizations. A variety of workshop options will be offered including:

- A workshop on understanding and applying findings from the most recent Canadian Survey on Giving, Volunteering and Participation
- Board basics such as Robert's Rules of Order, understanding the legal responsibilities of directors, understanding financial reporting for the non-accountant, and best practices in governance, by-laws and tips for operational boards.
- Volunteer management, recruitment and recognition
- Trouble-shooting common challenges faced on boards: inactive members, staff/board relations, succession planning, and more
- Fundraising and social enterprise options
- Tools, technology and good resources for board development and sustainability

Contact us to request a registration form: email volbc@vcn.bc.ca or call 604.873.5877

If you are a board member from outside of the Lower Mainland and would like to apply for a travel stipend, please email us to request a Travel Support Application Form.

For information about membership with Volunteer BC, please contact us or visit our website.

5. On the Frontlines of Climate Change Grants - With assistance from the Government of Denmark, the Frontlines Forum is now calling for community-level projects focusing on local experiences with climate change impacts and adaptation. Projects could explore any topic relating to climate change and local communities. For example: Local observations and understandings of climate change impacts (negative or positive) on communities, livelihoods or local environments; Ways that your community is adapting to or dealing with climate change; Strategies and practices developed by local communities to cope with changes in the environment; Local impacts (positive or negative) of measures to fight climate change. For example, planting trees to reduce greenhouse gases (through carbon sequestration); or building hydroelectric dams or avoiding deforestation (e.g. REDD) to reduce emissions of greenhouse gases. <http://www.climatefrontlines.org/en-GB/node/191>

6. Volunteer Vancouver Leaders Forum - VV has now opened registration for our Leaders Forum 2009 featuring [Peter Brinckerhoff](#), author of Mission-Based Management: Leading Your Not-for-profit in the 21st Century. We are very excited to have Peter, an expert in not-for-profit management and governance, join us for a full day training session looking at: Building Better Boards, Staff Management, The Wired Not-for-Profit, Mission-Based Marketing, Financial Empowerment, Planning, and Social Entrepreneurship. Click [here](#) for online information and registration, or copy and paste the following url into your web browser:

https://www.netforumondemand.com/eWeb/DynamicPage.aspx?Site=vv&WebCode=EventDetail&evt_k ey=1cc1cce3-7643-4585-ad76-6cc99895bda6.

ROAD TO COMPASSION WORKSHOP

Compassionate Communication: Tools for Life Workshop

July 11th 9:30 – 5:00 at the Native Friendship Center in Prince George. For more information:

www.roadtocompassion.com

Road to Compassion Presents:

COMPASSIONATE COMMUNICATION

TOOLS FOR LIFE WORKSHOP

July 11
9:30 - 5:00
The Native
Friendship Centre
1600 3rd Ave.

Workshop Fee
Early Bird - \$80
After June 27 - \$100
I would like to make this workshop available to all who are inspired to attend. If this fee presents a challenge please contact Eric Bowers.

Transforming Conflict and Building Thriving Relationships
AT HOME, AT WORK AND IN COMMUNITY

Learn Skills for

- Expressing honestly without blame or judgement
- Resolving conflict peacefully and compassionately
- Developing self-awareness and self-empowerment
- Deepening trust and understanding

This workshop is part of Eric's ROAD TO COMPASSION summer journey across BC. Partial Proceeds go to the COMPASSION IN THE CLASSROOM project.



Eric Bowers is a certified Nonviolent Communication trainer. His work with Compassionate Communication includes workshops, consulting, mediation, and personal sessions. Eric works with individuals, groups, businesses, and organizations.



Register at
Books & Company
1685 3rd avenue
Or contact Pat Powick
250-564-0450

Visit www.roadtocompassion.com. Contact Eric at 250.551.4260 or eric@roadtocompassion.com