



HEAL

Dig in & plant the seeds of HEALth in Northern BC

Healthy Eating & Active Living
in Northern British Columbia
Issue #7: April 2003



HEAL Has Heroes

The people on this page are saving our money and saving our lives.

That's no small claim, but the truth of the matter is healthy eating and active living are critical to preventing chronic diseases such as Type 2 diabetes, heart disease, osteoporosis, and certain cancers.

These HEAL Heroes are role models for healthy eating and active living. Here's who they are, in diagonal rows.

Row 1: April Ottesen, Joanne Houghton, Rose Soneff, Bob Scott

Row 2: Kathy Hill, Emma Faulkner, Jovanka Djordjevich, Dave Harris

Row 3: Stephen von Sychowski, Nate Bello, Patrick Lucas, Cyra Frisk, Alice Domes

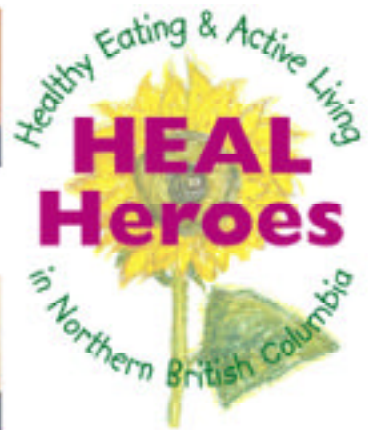
Row 4: Dennis Nore, Caroline von Schilling, Louise Lefebvre

Top group photo: 3 Heroes pictured, left, center and right: Kathy Hill, Yvonna Breed, Bob Scott

Bottom group photo: Wanda Payne front & center
Inside Heroes: Louise Lefebvre & Barry Barone (p. 3), Cyra Frisk (p. 3)

Not pictured: Danielle Sykes, Debbie Unterhofer, Emily Hansen

Get the whole story on the HEAL Web site: <http://healbc.ca>. Next time you see one of these heroes, tell him or her thanks!



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Contributors:

Melanie Sondergaard, Rose Soneff, Crystal Philpott & Cathryn Wellner

News around the North

Northern Root Community Gardens

A sense of fun is part of the Northern Root Community Gardens in Smithers. Pictures and graphics here are from the garden's report to HEAL.



Stone Soup volunteer days, harvest celebrations, canning sessions and gardener Crystal Philpott's popular vegetable pâté all come out of the garden (photo above). The garden's a showcase on the south side of Smithers. Drop by and see for yourself.

SD #27 Nutrition Project a Model for Other Schools

Making healthy choice the easy choice is a major challenge for schools. Advertising, super sizing, shrinking budgets and packed schedules make nutrient-poor foods and sugary drinks part of the daily scene, in school and out.

Four schools in SD #27 accepted the challenge posed by Community Nutritionist Rose Soneff: Come up with a school-based policy to promote healthy eating and activities to support it.

Trustees and district administration backed the plan. HEAL provided seed funding. And Interior Health gave Rose the go-ahead to devote time and energy to shepherding the project.

The result was so successful the project is on its way to becoming a major role model.

What makes this project unique is its bottom-up approach. Each school formed an advisory

Marketing healthy food needs creative strategies and student involvement. Below is a jingle from Nesika School created by Manvir and Chantal, Gr. 7 for fig newtons.

Both: "They have ...chewy fruity insides"

Both: "They have crunchy munchy outsides"

Manvir: "Who are they???"

Chantal: "Just guess"

Both: "NEWTONS ARE THE BEST!!"

council of teachers, parents and students who organized activities and wrote the policies.

What's new in the school?

Water and 100% juice in vending machines, healthy-snacks canteens, alternatives for rewards or parties, and children pressuring families to buy healthy foods are some of the results.

So are children giving each other strange hand signals (a way of demonstrating healthy portion sizes) and choosing healthy food as a vehicle for fun (Fruit & Veggie Walk, anyone?).

These schools are leading the way. Find out how they did it and make plans for your own school by downloading the report from <http://healbc.ca>.



Hazelton's Extraordinary Youth Worker, Cyra Frisk

By Melanie Sondergaard

After almost a year of working with us at the Learning Shop in Hazelton as an intern, Cyra Frisk has headed out to explore the world. Her work at the Learning shop, supported in part by funding from HEAL, has been to support other young people to take action around issues of health.

Some of Cyra's most recent projects have included: supporting two grade 5 students to create and facilitate workshops on diabetes prevention; creating an educational game on healthy choices for use in the schools; participating in an action research project with other youth looking at building personal literacy to take control of one's life; and assisting with two youth forum theatre productions around hunger and balancing power between adults and youth.

During her internship, HEAL also provided the opportunity for Cyra to travel to Seattle to attend a Food Security conference, and to participate in Prince George presenting our work at the most recent HEAL Heroes breakfast.

I asked Cyra some last reflective questions.

How have you grown during your time working here?

"In so many ways! I've developed more hard skills (dealing with people, facilitating, computer skills etc.). I've tried new things I've never tried before.

I'm more confident now through all of the experiences I've had. My place in the community



is different too. My work has given me a greater sense of responsibility for my community and curiosity about what's going on in the world. I've learned something from every person I've worked with: co-workers, kids and grownups."

How would you describe community development?

I have come to see community development as a person-to-person approach that is leading to a collective change of consciousness, and therefore a change in the community.

It is anything that makes the community a better place. Every person practices community development, and every person has an impact. Doing this work has made me aware that not only is the work I'm doing affecting people, but I am too. Just by being me, and doing what I do.

Cyra will return this summer under a different contract. Her work will include creatively displaying/presenting back to the community the many things we have been hearing from youth through a gallery of artwork made by local youth. 'Arts Jam Cafe' will be a place to provoke thought and encourage discussion about the ideas presented.

They're Cooking for Our Lives

When popular Cooking for Your Life instructors Barry Barone and Louise Lefebvre gave a demonstration in March (Nutrition Month), 150 people showed up to learn how to prepare healthy, delicious meals that are also good value.



Health and food resource groups from around Prince George were on hand as well.



After a sample session at the BC Diabetes Projects workshop, your newsletter editor is in their fan club.

If you hear they're offering a session near you, sign up!





Northern Route to HEALTH May 29-30 in Prince George

For conference details, go to <http://healbc.ca>

HEAL to Green Map Northern BC

So you're driving up Highway 97 or cruising west on Highway 16, and you want to stretch your legs. Or you want to try some local specialties instead of stopping at the same fast food restaurants you find in any town in North America. Where do you stop?

Where are the good eats & good paths in northern BC?

In Prince George you might try the Cranberry Trail or wander along the riverside trail in Quesnel.

In Burns Lake you'll find a fantastic whole foods deli, and at the 108 Mile Heritage Site there's a café whose small menu is based on organic foods.

If you live in these places, you might or might not know about these gems. If you're visiting, you may never find them.

HEAL will map them - with your help

So HEAL is going to map them, with your help. We are now licensed to use the Green Map System and will be developing criteria for mapping healthy eating (farm markets, roadside stands, eateries with local and/or organic foods, community gardens,

good food box programs, community kitchens) and active living (walking paths, cycling trails, parks and other no- and low-cost recreation sites) from 100 Mile House to the Yukon border.

What's the Green Map System?

Wendy Braver created the New York Green Apple Map in 1992 to showcase the city's environmental and cultural resources. The map generated such enthusiasm there are now more than 200 Green Map projects in 37 countries.

HEAL is one of the newest Green Mappers and the first large, rural region in Canada. There are two other B.C. projects - Georgia Basin and Victoria. Visit the Green Map site to see what they and others are doing, <http://www.greenmap.org>.

How do we get involved?

Youth groups, schools, non-profit organizations and whole communities can join in. Watch for details on the HEAL Web site and e-list or contact Cathryn Wellner (see below).



If you've spotted a HEAL Hero...



Be a Hero Spotter and send your nominations to HEAL. Nomination forms can be downloaded from <http://healbc.ca/healheroes.htm>.

Write, call, e-mail, fax or send snail mail & let us know how you are Planting the Seeds of HEALth



To join the growing network, contact HEAL:

Check out the Web site: <http://healbc.ca/heal.htm> & find contact info. for your regional reps
Call (250) 296-4432; fax (250) 296-4429
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Or write: HEAL, Box 15 Miocene, Williams Lake, BC V2G 2P3