



# HEAL

*Dig in & plant the seeds of  
HEAL<sup>th</sup> in Northern BC*

Healthy Eating & Active Living  
in Northern British Columbia  
Issue #9: November 2003



## Making a difference, one step at a time

HEAL Hero and Advisory Committee member Rose Soneff moves to Kamloops

In October 2001 a group of community activists from around northern BC met at Baldy Hughes for a visioning session. Rose Soneff was at the table, helping set direction for the new HEAL project.



Denise Skarra, Williams Lake: Ten years of working with an amazing lady. Starting with the Worksite Wellness project right through to HEAL, you have been an inspiration to anyone who has had the privilege to work with you.

She has stayed at the table, as part of the Advisory Committee. In HEAL's second year she spearheaded the School Nutrition Project. Her work with the four pilot schools has inspired others to become HEAL schools.

Rose, you have been my role model for many years and I will miss you. Thanks for the memories.

Like many BC families, the Soneffs were affected by government cutbacks. The family has relocated to Kamloops, much to the disappointment of her northern BC colleagues and friends and the pleasure of new Kamloops colleagues. She's still part of the HEAL family though, and here's what some northerners have to say about her:

Loraina Stephen, Prince George:

- R - Remarkable (She is a gifted person, and her actions are remarkable and admirable.)
- O - Organized (She is sooo organized and helps others work on theirs!)
- S - Sensitive (She seems to always know how to work with each and every one of us; she is welcoming and trusting.)
- E - Energizing (She is a fire dragon - a catalyst in motion.)

Michelle Lessard, Quesnel: Thank you, Rose, for all your hard work in the Cariboo area. You've inspired me to learn more about Food Security and to work harder within my own community to help make it happen.

I think she will still be available to us all over the north regardless of her move because we all can call on her (e-mail) and she will always respond.

Your encouragement to reach out to access information has brought much wealth to Quesnel.

She is a great inspiration...and a lot of fun. Take care, Rose, and continue on your journey.

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### Contributors:

Jay Bulloch, Jo Ann Downes, Michelle Lessard, Ruth Shaw, Denise Skarra, Loraina Stephen, Debbie Unterhofer, Cathryn Wellner, ed.

# News around the North

## News from Canoe Creek

by Denise Skarra

### Swim lessons

Swim lessons were held at Big Bar Lake in August. Lessons included swim instruction, water safety and games. Although the water was cold, the children enjoyed learning a new skill. Many



of the children have only attended an occasional swim lesson at

the pool in Williams Lake. An instructor was hired from the Williams Lake pool to teach these lessons.

### Healthy Activities in Canoe Creek

"I was amazed at how many potatoes we dug from our gardens" is a quote from one of the 36 gardens that were planted for the first time in Canoe Creek/Dog Creek. Preparing the garden sites consisted of



disking the area,

rototilling new soil and delivering composted manure. Although potatoes were the favorite vegetable,



some people experimented with other products. Fencing the gardens became a community project with neighbors helping each other. A fall fair was planned for members to show off their produce.

## Northerner travels to U.K.

**D**ebbie Unterhofer, a seasoned Meals Worker with School District #57 in Prince George was the recipient of a trip to England in early July.

Sponsored by family, friends, co-workers, and her Dental Specialist, Dr. Heiner Tillmans, Debbie was able to attend a facilitators training out of London. "Grab 5" is meant to encourage primary school students to eat more fruits and "veg".

Debbie met with two dozen others, ranging from meals workers to policy makers and caterers from across the southwest of England. Excited to meet like minded people, Debbie made wonderful contacts. She is hoping to bring her training to others in her area, and especially her "new" school, which is inner city.



She had just finished a year of benchmark recess snacks, where she offered only fruits and vegetables to the entire school, something which was initially questioned, but ultimately relished.

She was shocked to discover that almost all produce at large chain grocers is prepackaged, and very expensive compared to our prices.

The Grab 5 program, which is overseen by Sustain, a food poverty action group based in London, is one of the main nutrition programs in the early school years in England.

Debbie was delighted to be treated as special as she was by the program leaders, who invited her along on a business trip through to Plymouth and Bristol, so that she could "see the sights", including the English Channel seaside resort of Torbay, and staying in a four poster bed in a castle. A wonderful opportunity and memory.



# Garden of Plenty in Canim Lake

by Jay Bulloch & Jo Ann Downes

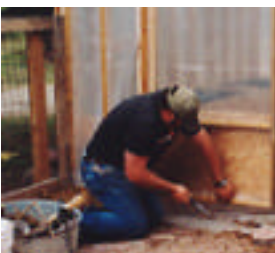


This is the garden that just keeps producing. With funding from HEAL, the Canim Lake Band Adult Activity Centre Community Garden broke ground late last growing season. This season, the garden worked to its full potential. It included a wheelchair accessible greenhouse and numerous raised beds that were designed with those with disabilities in mind.

Elders and community members came together to experience the wonders of growing vegetables and flowers without the use of pesticides and herbicides. They watched the progress of this plentiful organic garden and enjoyed fresh salads and stir fries made with their very own tomatoes, cucumbers, zucchini, spinach, Swiss chard, mesclun mix, many types of lettuce, peas, beans, carrots, radishes, turnips, potatoes, cauliflower, cabbage and broccoli.

Herbs were also plentiful in this garden, adding to the flavour of the dishes. Tobacco was also grown and will be used for ceremonial purposes.

With the help of HEAL and our community garden, we are creating nutritious lunches for members of the community. Together we are working at promoting healthy living as well as combating the fight against Type II diabetes.





Tylene Porter admiring the flowers in the Child Development Centre's community garden. Tracy Wrafter photo

## CDC Garden a Winner

by Ruth Shaw

The Cariboo Chilcotin Child Development Centre community garden was lots of fun and a great success. Harvest time was celebrated with a hot turkey dinner and lots of vegetables for all the gardeners and members of the CDC's different groups. Our cherry tomatoes won 2nd place at the Williams Lake Harvest Fair. The tomatoes came from all different bushes, so everyone contributed to the win.

Everyone is looking forward to next year, and plans are underway for an expansion of this year's garden.

## Burns Lake Garden in Top 10 of Proposal Writing Olympics

So, OK, the news is a little late, but it's still good. Your editor was taking a test cruise on the Big Online grants database and found Burns Lake. Turns out Joan Roming's successful proposal for HEAL seed funding for the Burns Lake community garden was right up there in the Top 10 of the 50 proposals submitted in the competition. Way to go, Joan!

## In the next issue of the HEAL Newsletter:



The Dawson Creek Community Gardens boasted a bountiful harvest in summer 2003. This is just one of the enticing

photos that will company the article. When snow and ice shroud us this winter, kick back and read all about one of northern BC's thriving garden projects.

There's no stopping these young people when they latch onto an idea. The youth conference



held October 24th and 25th in Prince George was jointly sponsored by The Learning Shop in Hazelton and HEAL. The results were nothing short of amazing, and youth headed back home to change the world, one community at a time.

## If you've spotted a HEAL Hero...



Host a Heroes celebration in your community. HEAL will provide certificates, decals and seed money for the event. See box to the right for contact info.

Write, call, e-mail, fax or send snail mail & let us know how you are Planting the Seeds of HEAL<sup>th</sup>



To join the growing network, contact HEAL:

Check out the Web site: <http://healbc.ca/>  
 C-all (250) 962-2679; fax (250) 962-2622  
 E-mail Project Coordinator Cathryn Wellner:  
 cwellner@healbc.ca  
 Or write: HEAL, 9033 Prince George, BC  
 V2K 5T6

