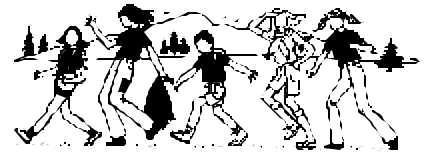


July 2007



Interlake Communities In Action.....



Walking with a Passport and Summer Options

The Selkirk Chronic Disease Prevention Initiative (CDPI) Committee launched the Walking with a Passport Program on May 15th with 57 people of all ages registering at the program launch. Participating walkers visited 12 local sites to have their passports stamped. All participants seem to be really enjoying this activity. The group has now grown to 90 in total and includes members of our Youth Coalition Group from the Junior High School.

Some of the walkers have commented that:

- "This is a great program as it gives me a destination to walk to,"
- "What great fun this is for the whole family at no cost and we are learning something about our community too," and
- "I didn't even know that this place existed (the Art Gallery in the Art Centre)."

From hearing these and other comments the committee is accomplishing what we set out to do and that is to get people walking and learning something about their community in the process. This walking challenge will end on June 25th, with prize draws of passports on the 26th.

The Physical Activity Program at the Selkirk Junior High will continue throughout the summer with 2 evening sessions and a Saturday session to allow students a place to go and have fun doing a variety of physical activities.

Lake St Martin Gym Nights

Calvin Sumner has started Gym Nights in his community of Lake St. Martin. About 30 people, 14 years old and up come out to the school gym and play floor hockey on Monday, Wednesday and Saturday evenings starting at 7:00pm. During a break, the goalies cool off and Calvin shares a brief devotional. Great community action!

Selkirk Youth Coalition

Congratulations to the Selkirk Youth Coalition on receiving the Attorney General's Safer Communities Award on May 24! These students are working on making a difference in their own lives and in their community. They have assisted in projects like the Open Gym at the Selkirk Junior High.

Youth Leaders in Arborg / Riverton CDPI

Three youth leaders in the Arborg / Riverton Chronic Disease Prevention Initiative (**Avery Simundsson, Ashley Gulay and Shaina Johnston**) recently attended an all-day Lungs are for Life training session in Arborg. Armed with knowledge and added confidence on how to deliver an effective presentation, Avery, Ashley and Shaina developed a 45 minute presentation and delivered it to the Arborg Early Middle Years School to test it out.

The Lungs are for Life program is targeted to grades 3 to 6 and provides education on the effects of smoking. "We were amazed with the kids; both with how much they knew and the maturity that they showed towards the subject," commented Avery Simundsson. "The most rewarding part came at the end of the presentation, when we asked if any kids in the room would ever try smoking and every single one shouted "NO!," added Simundsson.

Three students from Riverton Collegiate (**Janessa Johnson, Jasmyrn Johnson and Blaine Johnson**), completed their Lungs are for Life training last fall. They have put their training into action by presenting this smoking prevention program to Grade 4 students in Riverton and Gimli. The three Riverton students assisted the Public Health Nurse with these presentations.

Gimli Youth Community Partnership

Youth Community Partnership (YCP), a project of Gimli High School students and local adult leaders, has been running now for about 1 ½ years. The goal of YCP is to support youth in becoming more active in local community affairs.

YCP has had the input of the Interlake RHA, local representatives of MB Agriculture and Culture, Heritage and Tourism, Gimli's Mayor and Municipal Council, the school and Evergreen School Division, East Interlake Community Futures and many others. Two results of this effort have been the naming of a youth representative to Gimli Municipal Council and the holding of a Youth Community Consultation in late May. This spring, YCP received two provincial awards – the Premier's Voluntary Service Award (Youth Category) and the Youth Achievement Award (at Rural Forum). Stay tuned for more exciting youth initiatives in the fall.

Working in partnership with Interlake communities

Youth Task Forces

Youth Task Forces in four Interlake communities (East Selkirk, Gimli, Ashern and Teulon) have started their plans to address drug and alcohol issues in their communities.

Following a recent regional workshop students from Happy Thought School commented that :

- "Being able to recognize and give our knowledge about drugs, underage drinking with the people of the Youth Task Force was an honour. It felt great to be able to contribute to something so important for our communities."

- "The day turned out to be very memorable and I felt like I was making a difference."

This is part of a pilot project developed by the Interlake Teen Health Committee that includes health, recreation, education and other partners. This project is supported by funds from Health Canada and for more information, please contact **Arlie Strong** at link_abr@yahoo.ca or **Dave Harcus** at dmharcus@mts.net.

Lundar /Eriksdale Esso Fun Days

Female hockey has been on the rise across Canada and Eriksdale/Lundar is no different. This past winter, three separate female hockey programs started up: Initiation to Hockey for girls (ages 6-8); a Pee Wee hockey girls team (10-12 year olds) with the Lakeside Minor Hockey Association; and a high school girls team. To compliment that development, the **WELL** Group (**Wellness for Eriksdale and Lundar Lifestyles**) worked with the three groups to host a Hockey Canada program designed specifically for girls. With the help of the female coaches in the area, we had a full day of hockey development on and off the ice. Volunteers ran introductory skills and drills to the participants on the as well as playing some fun skill development games.

Off the ice, the girls also had some basic introduction to the game of hockey, but more importantly there was a session about healthy eating. Complete with fruit trays for the participants and nutritional sport related handouts for the parents, the 25 girls and 10 parents and volunteers had a full day of physical activity and nutrition education.

Food for Thought.... a community plan!

Did you know that over the next year, schools in our communities will develop and implement healthy food policies for students? This means increased access to healthier food in cafeterias, canteens, at sport and after-school events.

The Interlake Health Promotion Working Group has made a commitment to children's health and wellness in our communities. We would like to support school initiatives by ensuring the healthy eating messages in the school environment are reinforced in the community. We would like to work with you to explore ways to increase healthy food choices for children and their families in facilities where they play.

How can we work together?

We would like you to be part of the healthy eating movement in the Interlake area. This fall we will host a series of practical workshops about healthy food and healthy eating for coaches, recreation directors, health staff, canteen staff and community members. Workshops will take place in Eriksdale, Little Saskatchewan, Selkirk and Arborg and additional details will be available in early September. Please mark your calendar now and we hope that you will join with others in the community to plan a healthier future for our kids.

Eriksdale	September 26, 2007	6:00pm to 9:00pm
Little Saskatchewan	September 27, 2007	6:00pm to 9:00 pm
Selkirk	October 3, 2007	6:00pm to 9:00pm
Arborg	October 10, 2007	6:00pm to 9:00pm

For further information or to register, please call Judy McKinnon, Interlake RHA Health Promotion Coordinator at 886-4316.

Congratulations to....

Tamara Beauchemin, one of Lockport Junior High School's Peer Helpers! Tamara won the Premier's Healthy Living Award this spring! Tamara had also taken the Lungs are for Life Training and helps to educate younger children about tobacco.

Kylo Harris, Lakeshore's Recreation and Wellness Facilitator, on receiving recognition for coaching soccer on behalf of Manitoba Aboriginal Sport and Recreation at the North American Indigenous Games in Denver, Colorado last year. Kylo can be found coaching almost any evening a variety of sports in the North West Interlake!

Upcoming Workshops

Active Living Facilitator courses are coming to the Interlake in the fall of 2007. This 8-hour course will help community leaders provide motivation, education and a safe active living program to individuals and groups based on the Physical Activity Guide. This is a course provided by Manitoba Fitness Council to help people guide programs indoors or outdoors, walking programs, basic stretching, activities of daily living, and basic body weight strengthening.



Interlake Communities in Action is a publication of the Interlake Regional Health Authority.

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