



On the Road to WELLNESS



FALL 2023

Welcome to the fall edition of the Eastern Regional Wellness Coalition's *On the Road to Wellness* newsletter. In this newsletter, we have showcased some of the amazing community work happening in the region.

This past September, the Coalition hosted its annual networking day *Many Branches- One Root*. Individuals from various groups, along with NL Health Services staff, came together for a day of sharing, connecting and learning. We even had the opportunity to plant tree seedlings in a local park! Thank you to Brandon with the Town of Clarendville for providing support and help with this. Read more about it on page 3.

This newsletter continues to be a great way to highlight community stories and information from other organizations that may be of benefit to members. We are always looking for more stories. Tell us what your group has been doing to promote wellness. We want to hear from you!

And lastly, we want to send out a heartfelt thank you to Lisa Evely and Priscilla Corcoran- Mooney who have finished up with the ERWC Steering Committee. We have appreciated your commitment and contribution to the work of the coalition throughout the years.

As the holiday season quickly approaches, we wish you all the best and thank you, as well, for all you do for your communities!

Inside this issue:

2 Meet a Steering Committee Member

4 St. Jones Within Community Centre Committee

6 Community Sector Council NL

Meet a Steering Committee Member



I'm Stephanie Janes, the Lead Regional Network Facilitator with Community Sector Council NL (CSCNL), and my region covers the entire Burin Peninsula. I offer supports and resources, organize networking opportunities, deliver workshops and facilitate other upskilling opportunities for community groups and nonprofits throughout the region. I grew up in Gander and worked in Central NL until moving permanently to Burin Bay in 2021. My husband and I fell in love with this area and bought a summer home for us and our two girls in 2015, a partially renovated old church. I now get to live in the church full time!

I am a graduate of College of the North Atlantic's Community Studies program, graduating the same year my oldest daughter graduated from high school (when I was 40!). I am currently completing my Bachelor of Arts in Community Studies through Cape Breton University, and hope to graduate the same year my youngest daughter graduates from Memorial, in 2025. I firmly believe it's never too late to learn. Previously, I have worked in and volunteered at a health foundation, did a work placement in a Volunteer Management department of a health authority, worked as a Program Coordinator at a women's centre, volunteered with a Cognitive Stimulation Therapy program for dementia patients and spent my two years at CNA as a volunteer Project Manager as a member of Enactus, an international nonprofit that runs social enterprise and community projects at post-

secondary campuses in 33 countries. In addition to my recent joining of this steering committee, I am also a volunteer with WILD Outside, a Canadian Wildlife Federation program that teaches youth ages 15-18 the joys of environmental stewardship, community service and connecting with nature.

I have a passion for community support, collaboration and co-creation, nature and rural NL. The combination of these drew me to the Burin Peninsula and this particular area of the community-based sector. I was excited to accept a seat on this steering committee, as I also have a deep interest in movement, healthy cooking, social determinants of health and true health and wellness. My weekdays begin at 5am, when I drag myself out of bed, and head to the Marystown YMCA. Those first few minutes are never easy, but I know I will have a better day, mentally and physically. It is also important to me to age well, and the benefits of physical movement as we age are clearly shown in research – an ounce of prevention is worth a pound of cure. My weekends often include outdoor movement like walking, running (slowly!), hiking, sea kayaking or riding my bike. I love including movement that doesn't "feel" like exercise when I can, like looking after my vegetable garden, picking berries and apples, or simply walking down to the cove to have a fire and drink a cup of tea. The benefits to our physical and mental health of just spending time outdoors are huge.

For me, my love of community, health and wellness, movement and the volunteer sector all dovetail beautifully into this committee role. I look forward to contributing in a meaningful way to supporting the health and wellbeing of rural NL communities. I am grateful every day for groups like the ERWC and each and every one of its members; these groups and their volunteers are the driving force behind community wellbeing.

**"Individually, we are one drop.
Together, we are an ocean."
Ryunosuke Satoro**

Annual Networking Day Many Branches-One Root

On September 28th, 2023, the Eastern Regional Wellness Coalition (ERWC) hosted its annual Networking Day in Clareville. The theme was “Many Branches-One Root- a day to explore our connections and opportunities to grow together”. Individuals from all over the region gathered for a day of sharing and networking. Stephanie Janes, Lead Regional Network Facilitator with Community Sector Council NL (CSCNL) and a member of our ERWC Steering Committee opened the day with an excellent presentation on, “Community Roots-Volunteers & Community Well-Being”. Three member groups also gave us an overview of the amazing work they have been doing to promote wellness in their communities-Bruce Philips with the Town of George’s Brook-Milton, and Mike White & Dave Fagan with the Gulch Beach and Battery Restoration Committees.



At the end of the day, we planted two small tree seedlings in Elizabeth Swan Park, Clareville, where the event was being hosted. Everyone got to go home with their own tree seedlings and was encouraged to plant in their own community spaces. Participants were asked to send in their tree planting pictures for a prize draw. **Congrats to Lillian Barry-King!**



St. Jones Within Community Centre Committee

(submitted by Angela Kendall)

The St. Jones Within Community Centre Committee was formed when the local community centre was built. This committee is made up of a handful of local volunteers who manage the centre. Our goal is to help create a unified, healthy and sustainable community by reducing financial barriers. We do this by having affordable community centre access while supporting healthy lifestyles for community members and encouraging social inclusion for both seniors and youth.



The community centre plays a key role in the health and well being of both St. Jones Within and neighbouring communities through a combination of year round recreational activities and social events. These activities and programs are all ran by our small group of hard working volunteers and are funded through a combination of fundraising and grants from organizations such as the Eastern Regional Wellness Coalition. The centre can be rented by other organizations/individuals/families at a subsidized rate, thereby ensuring it is accessible and affordable for any and all who wish to book it.

Throughout the calendar year, the committee volunteers run an assortment of events, programs and activities for all ages and include everything from fundraisers to 100% free events. Our volunteers go the extra mile planning activities for young families and youth. So far this calendar year we held winter monthly family movie matinees, hosted a St. Patrick's Day afternoon kid's party (complete with crafts, snacks and games) and a kids Halloween movie night. Our annual Santa Claus

parade is coming up soon and this is always a fun evening. Our night parade is a big hit with both young and old alike and community members take a great deal of pride in creating and showing off their parade floats.

In the summertime, we hold our main fundraising event-the Cod Derby. This 1-2 festival provides the bulk of funds for our annual operating budget and is key to the centre's financial survival. More importantly, it is an enjoyed community event highlighting all things fishing and ocean-related. We hold cod weigh-ins, punt race competitions, kayaking scavenger hunts, boat poker runs plus play games and serve food at the local public wharf. This event has a great turnout with all ages and serves as social focal point as well as a connection to our fishing heritage.



Our upcoming fall program is jam-packed with events for the adults as well. One of its long-running activities is the weekly drop-in dart league from October through to April which welcomes players of all levels. It is a highlight of the week for many of our seniors and gives community members an opportunity to socialize together. Our recently added cornhole nights have quickly become another community highlight, with pop-up competition happening on Saturday nights throughout the year. Attendance has tripled since it started, and we expect this fall to be even more popular.

These are just some of the activities run by the community centre committee. We wear many hats from hosting family-friendly holiday parties to competitive corn-hole competitions. We hope you choose to visit us soon and see the centre, and our wonderful community for yourself!

St. Jones Within Recreation

(submitted by Niki Brown)

The current board of directors for the St. Jones Within Recreation Committee was formed just over 3 years ago in August 2020. Since then, the same group of volunteers have been working together to run it. During that time, we have completed many upgrades including: a new playground equipment, a walking trail, fundraisers, and community events (our biggest one being Family Fun Day). This past summer, we had our third annual fun day and it was a huge success for us and lots of fun for the community. Currently, we are building a playground storage shed and a change room for anyone who wants to use the swimming hole.

We are now selling tickets on a Cash for Christmas raffle, with the draw happening in early December. Our Christmas Market will also be taking place on Sunday, November 26th. At this event, there will be a variety of vendors and a soup & sandwich lunch. Proceeds from our fall fundraisers will go towards construction of a new wheelchair accessible bridge across the brook. We were recently approved for a piece of land behind the playground, which we plan to make into a winter sliding hill. It will end close to the boil up place on the trail and will become a quick warm up spot. This area will now let people use our playground and be appreciated during all seasons! Updates on any upcoming events and fundraisers can always be found on our Facebook page, so be sure to give us a follow @sjwcommittee to see all the exciting things we have planned.

Meet Food First NL's Rural Regional Food Animator



Hello Eastern Regional folks! My name is Leah Vatcher, and I was recently hired at Food First NL as the new Eastern Rural Regional Food Animator. I joined Food First NL with the support of Conservation Corp NL through their internship program. In my role, I aim to inspire and support community food action, whether that is acting as a support person for food programs, promoting educational resources, or contributing to the many exciting projects happening at Food First NL.

Food First NL has five Regional Food Animators working across the province. By the end of November, we will have hosted regional Zoom meetings including the Eastern Rural meeting that took place on November 28. This meeting was open to people who are taking action on food issues, are leading food programming, are connected to people who experience food insecurity, or would like to get involved in these types of things.

To join our contact list and receive information about future events go to:
<https://www.foodfirstnl.ca/regional-animators>

Save the date - January 17th, 2024!

This past September, ERWC members participated in a virtual session on Proposal Writing, facilitated and lead by Stephanie Janes (Community Sector Council NL). Thanks so much Stephanie for the excellent information and resources! We are excited to say we are hosting a second one on January 17th, 2024. Two different times for the same session: 10 am-11:30 am and 6:30 pm-8 pm. No cost to register! Invite with more details will be coming in early January.

Community Sector Council NL

(submitted by Stephanie Janes)

At the Community Sector Council of Newfoundland and Labrador (CSCNL), we champion social and economic well-being. Our unwavering mission is to cultivate a thriving and inclusive province that uplifts individuals, families, and communities alike. Incorporated in 1977, our role remains steadfast: nurturing volunteerism, bolstering organizational capabilities, increasing access to expertise and opportunities, and sharing the invaluable contributions of non-profit and community entities.

In recent years, CSCNL has been making an effort to increase our regional presence. In addition to our main office in St. John's and our office in Gander, we have Regional Network Facilitators in the Burin Peninsula, Exploits and Western Regions, and are currently hiring for Labrador. Our regional staff offer various supports and resources to community groups, including delivering workshops, coordinating networking and collaboration opportunities, assisting with grant applications, and giving presentations on the value of volunteerism.

Some of our other programs include AMPLIFY - Assisting My Potential Labour Initiative for Youth (youth employment and professional development program), Vibrant Communities (brings awareness to services, highlights resources and offers opportunities for policy commentary and development in the community), and techKNOWtutors (a free digital literacy program).

For more information about CSCNL, including staff contact information and the above programs, you can visit our brand new website: www.cscnl.ca

To sign up to receive our monthly newsletter, you can register here: <https://cscnl.ca/subscribe/>

Healthy Eating Ideas to Support Wellness Projects

Many of us are trying to eat healthier and serve foods that are nutritious at our programs and community events. A lot of the projects funded by the Coalition's Grant program or Discretionary Fund include supplying healthy food and beverages. With all the food products on the market, it can be difficult to know what to offer.

Looking for other healthy eating resources to help with your wellness project or event? Visit the For Communities/Capacity Building section of the NL Health Services, Health Information (Hi) at <https://hi.easternhealth.ca/>

Pita Trees

Ingredients

Whole wheat pita bread
Red pepper cut into pieces
Pretzel sticks
Guacamole (or hummus)

Instructions

Cut pita bread into triangles (as you would cut a round pizza). Spread guacamole (or hummus) onto each pita slice and decorate with red pepper pieces. Insert pretzel stick into the bottom of the 'tree'.



Recipe adapted from: <http://www.cleanandscentible.com/2013/11/healthy-christmas-food-ideas.html>.



This past November, as part of Radon Action Month, Health Canada is encouraging Canadians to test their homes for [radon](#). Radon is the number one cause of lung cancer in non-smokers, leading to the deaths of more than 3,200 Canadians each year.

[Radon](#) is a radioactive gas naturally produced by the breakdown of uranium in the ground. It can easily enter homes undetected through cracks and gaps in the floors and walls that are in contact with the ground. You can't see it, smell it or taste it. All homes and buildings have some level of radon. The only question is how much and the only way to know is to test.

Find out what you can do on the [Take Action on Radon](#) web page, and don't forget that some local libraries also have lending programs for radon detectors.

Port Rexton Embraces Physical Literacy for Children and Youth



Community leaders in Port Rexton are coming together to support our children and youth to be active for life as part of the [Physical Literacy for Communities](#). Port Rexton was selected among 26 communities across Canada to join in Physical Literacy for Communities (PL4C). PL4C is an initiative of [Sport for Life](#). It aims to:

- bring together community partners across a range of sectors to work together towards increasing physical literacy interventions within their communities.
- build the capacity of 5,000 leaders across Canada through education and training so they can support *all* kids to be more active, and
- help schools and community programs to apply proven approaches for increasing physical literacy, quality sport and physical activity in communities.

Engaging and supporting community organizations from different sectors is a top priority of (PL4C). This way, all relevant voices within the community are heard, and expertise, resources, leadership and knowledge from different sectors can contribute to increasing physical literacy among children and youth. The goal is to improve life-long patterns of regular physical activity and improve health outcomes for children and youth. That's why organizations in and around Port Rexton representing sport, recreation, education (elementary and early childhood), health, family and community services, and others are coming together to advance PL4C in Port Rexton.

The Town of Port Rexton is being supported by the Port Rexton Recreation Commission to capitalize on new opportunities for engaging local children and youth in PL4C activities over the next two years. This initiative, running until August 2024, will bring together health, education, recreation, sport, and other sectors through twenty-six community-based partner tables to advance physical literacy.

Visit <https://physicalliteracy.ca/national-initiative/> to learn more about PL4C in Port Rexton.

DID YOU KNOW?

Coalition Promotional Items

A *limited* supply of promotional items are available to coalition members to help support a community wellness activity.

For more information or to request an item please contact:
466-6316 or email tammy.greening@easternhealth.ca.

The Many Faces of ERWC!

The Coalition has a new Facebook page and all members of the ERWC are invited to join!

Why should your group join? Another great way for members to:

- share information about their wellness programs, services, events and resources;
- celebrate community wellness initiatives;
- learn more provincial and regional wellness initiatives

How can my group join? Visit the link below. If you are the administrator of your community group/organization's Facebook, then you can join using this account. If not, you can use your personal Facebook account or make a new profile to join.

<https://www.facebook.com/groups/easternwellnesscoalition/?ref=bookmarks>

Funding Opportunities!

Community Grant Program- February 1 and September 30. A group receiving funding can only do so once in the calendar year. Grant up to a maximum of \$1000! Discretionary funding is available anytime from January-December. Please note this is a reimbursement fund. Up to \$200!

Check out website for guidelines and forms at

www.easternwellnesscoalition.com

or email/call Tammy tammy.greening@easternhealth.ca. 466-6316