



Community Spotlight: Killarney Community Garden

In 2010, community members from Killarney attended “Creating a Community Garden” workshop sponsored by the former Assiniboine RHA. From that workshop, a committee formed and began planning the Westside Community Garden.



Original plot of land

The committee spent the first year working on details such as location, securing partnerships and funding. A partnership formed with the local Healthy Together Now Committee, and additional start-up costs were supported by the Killarney Foundation. The Westside Community Garden opened its gate for its first growing season in 2011. The funds were used for twenty boxes, fence, compost containers and soil. The boxes were leased to community members free of charge for the season. The first year was so successful that there was a waiting list of community members requesting boxes for the next season!



Transformation to growing gardens

In 2012, Westside Community Garden continued to partner with Healthy Together Now, and also was fortunate to receive funding from the WalMart EverGreen Fund. This money was put towards a permanent fence, the compost system, paint, hoses, reels, and gardening tools, additional garden boxes, and apple trees, rhubarb, grapevines, and perennial herbs to plant at the garden for everyone to share.

The high school was involved in an exchange trip with Grand Manan, New Brunswick, so the students donated one afternoon during their trip to come work at the garden. They built fences, painted, shoveled, planted, and built boxes



Students building compost system

which made Westside Community Garden ready for the 2012 season!

Westside Community Garden has been a true community oriented project that is now self-sufficient and allows residents a place to enjoy growing their own produce.



Students painting donated shed

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A Perfect Pair: Screen-Free Week & PARTICIPACTION's 'Bring Back Play'

Screen-Free Week (formerly known as 'TV Turn-Off Week') was April 28th – May 4th. This is an annual national celebration where children, families, schools, and communities are encouraged to turn off TV, video games, computers, and hand-held devices and turn on life. This initiative urges us to play, read, daydream, explore nature, and enjoy spending time with family and friends instead of turning on a screen for entertainment.

While Screen-Free Week runs one week out of the year, the concept is one that should motivate community groups to take action. According to the Screen-Free Week Media Advisory released April 25, 2013, children spend far too much time with screens: an astonishing average of 32 hours a week for preschoolers and even more for older children. Time with screens is linked to poor school performance, childhood obesity, attention issues and other health and social problems.

Parents, caregivers and other role-models play a big part in the types of activities that children chose in their leisure time. In some ways, children need to be 'taught' how to spend their un-

scheduled, free-time. When you think about how you spent after-school hours some of the following fun active games might come to mind: Kick the Can, Hop Scotch, Hide-and-Seek, or TAG! These are just a few of activities that can be found on PARTICIPACTION's 'Bring Back Play' App!

Maybe it's time to get back to the basics, and involve people of all generations in the 'Bring Back Play' initiative.

While screens do have a place in our lives, being active, and having fun make for a much healthier and happier community!

Don't forget to check-out the great inventory of activities at www.participaction.com.



Screen shot of 'Bring Back Play' app

Article Sources:
www.screenfree.org
www.participaction.com

Safe Kids Week 2013

Is May 27 to June 2

This year's slogan is ...
*Heads Up! Be Alert. Be Safe.
 Be Aware of Concussions.*

Promoting physical activity and active lifestyles often includes a safety component— especially with children! Active and Safe Kids Manitoba has a number of resources related to swimming, skateboarding, ice skating, cycling & playground safety.

www.activesafekidsmanitoba.ca

New Manager for Healthy Living

The transition process continues in Prairie Mountain Health and with that brings a new Manager. Dolores McGregor, Manager, Primary Health Care, will be responsible for Healthy Together Now (HTN) in Prairie Mountain Health. Dolores is originally from the Waskada area and now lives in Brandon with her husband, Ian. Dolores is a nurse with many years of experience in community nursing and is committed to healthy and active living. Pam Walker is now Director, Primary Health Care.

Healthy Together Now operates according to the same provincially developed guiding principles in all RHAs across Manitoba; however, HTN is uniquely different in how it has been implemented at the former regional level. It's an exciting time ahead for the healthy living staff in the three former regions as we begin working together on regional projects and programs including Healthy Together Now.