

**Share & Learn: *Healthy Together Now - Path to Prevention* Story Highlights Nov. 27 & 28, 2013**

Weds. Nov. 27	Description **	Contact Information
<b>Story 1</b>		
Time of My life Portage La Prairie	<b>Time Of My Life</b> - Students from the Portage La Prairie high school were paired with seniors who were willing to tell their life story. The pairs met bi-weekly throughout one school semester. As the seniors shared their life story, their student took notes. The student then compiled the information, and created the finished product (autobiography) through the use of Shutterfly. The public book launch allowed a chance for seniors and students to reconnect and showcase the published autobiographies. There was tremendous pride and positive self esteem exhibited by both seniors and students.	Shelley Caskey pfsed@shaw, 204-439-6312
<b>Story 2</b>		
Fruit Share – Brandon	<b>Fruit Share – Brandon</b> In 2013, a small group of people from Brandon decided to pilot a fruit sharing project modelled on Fruit Share Manitoba, a Winnipeg based organization that matches fruit tree owners with volunteer pickers while also sharing fresh fruit with community organizations such as food banks and soup kitchens. Come and listen to Teri, a member of the inaugural advisory team, and Tanis, Fruit Share Brandon’s first coordinator, as they share the highlights of their wildly successful and hectic year.	Teri Nicholson <a href="mailto:tnicholson@mb.cancer.ca">tnicholson@mb.cancer.ca</a> (204) 571- 2804 Tanis Brown-Birch <a href="mailto:tanisrbirch@gmail.com">tanisrbirch@gmail.com</a> (204) 573-8312
<b>Story 3</b>		
Grow to Give - Landmark	<b>Grow to Give</b> - This project enables students to be involved in the local production of healthy food through the school’s Grow to Give Greenhouse. Students also continue to grow foods in their home gardens over the summer months. Students learn the value of composting as a means of producing rich gardening soil, as well as the value of developing harvest seeds to be used each spring for seeding. As older students in the school take on responsibilities in the greenhouse, they also develop leadership and responsibility skills. We provided resource sessions to create awareness about growing food locally and ways of preserving garden harvests. This project promotes the involvement of all generations in gardening as they work together, learn together, are active together and then eat food together through a fall harvest. As this project continues to evolve, it builds community capacity for growing and harvesting food locally.	Russ Dirks, <a href="mailto:rdirks@hsd.ca">rdirks@hsd.ca</a> , 204 355-4663
<b>Story 4</b>		
Kleefeld Community Youth Project	<b>Kleefeld Community Youth Project 3 unique initiatives... 1 common goal.</b> What do you do when 3 different groups have 3 great ideas to support the children & youth of 1 community? Come learn what a cooking class, youth peer leadership and a schoolyard has in common, and how we are making a difference.	Brian Hildebrand, Peter Ascough & Irene Ascough <a href="mailto:iascough@southernhealth.ca">iascough@southernhealth.ca</a> 204-346-6690
<b>Story 5</b>		
Seven Oaks Community Gardens, Wpg	<b>Seven Oaks Community Gardens</b> - When doesn’t a garden grow more than vegetables? Such is the case at Seven Oaks. Gardeners come from all types of backgrounds and cultures, with all sharing their knowledge on “how to” grow plants that haven’t been tried before. This community garden is now the heart of the neighbourhood park that has overcome challenges from naysayers to vandalism. Fundraising ranges from sale of produce to local business donating plants and more. Gardeners number at 80 with a waiting list to use the 25 in ground plots & 9 raised beds. Benefits are many; expanded social networks, mentorship of all ages, not to mention the numerous fruits and vegetables grown!	Angie Dawson and Brian Marshall via Evan Zarecki <a href="mailto:ezarecki@wrha.mb.ca">ezarecki@wrha.mb.ca</a> 204-938-5623

**Share & Learn: *Healthy Together Now - Path to Prevention* Story Highlights Nov. 27 & 28, 2013**

<b>Thurs. Nov. 28</b>	<b>Description **</b>	<b>Contact Information</b>
<b>Story 6</b>		
Colour your World – Swan River	<b>Colour Your World with Fruit &amp; Veggies:</b> The objectives of the Color Your World (CYW) program was to introduce kids to different fruits and veggies that they might not usually have. It was also to promote eating healthy as well as working towards eating their recommended number of servings as per the Canadian Food Guide (CFG). Each week, a different colour family was the focus for planning. During that week, different fruits and veggies of that color group were used for discussion topics and the basis for different activities and games. Also the same colour group was then used for snacks with 100% fruit juice. Colour Your World sessions were offered at both the Youth Centre Program and the Recreation Summer Program.	James Wigley 204-734-6621 <a href="mailto:jwigley@prha.mb.ca">jwigley@prha.mb.ca</a>
<b>Story 7</b>		
Healthy Living at Gillis School	<b>Healthy Living at Gillis School:</b> Gillis School has implemented a comprehensive approach to working on low <i>vegetable and fruit consumption</i> as identified in the school Youth Health Survey. Principal Jody Wielgosh will highlight the HTN nutrition projects done in conjunction with other projects that have been funded by other sources.	Jody Wielgosh, Principal Gillis School, Tyndall 204-268-4353 <a href="mailto:jwielgosh@sunrisesd.ca">jwielgosh@sunrisesd.ca</a>
<b>Story 8</b>		
The Stick Curling Discovery: Everyone Can PLAY - Morris	<b>The Stick Curling Discovery: Everyone Can PLAY...</b> Stick Curling is also appropriate for people with physical disabilities such as knee, back, heart, shoulder, elbow, wrist, hip, ankle, or foot problems, or just simply advanced age. The rocks are handled with a curling stick from a standing or sitting position (i.e. wheelchairs) enabling <u>everyone</u> to participate competitively. The activity helped local curling club to promote curling for those who use to love to curl but cannot do so because of physical disabilities. Monies received from the grant went toward purchasing sticks and sliders.	Angela Wiebe 204-746-6622 <a href="mailto:recreation@townofmorris.ca">recreation@townofmorris.ca</a>
<b>Story 9</b>		
Rubber Chickens and a Spatula Hamiota	<b>Rubber Chickens and a Spatula-</b> Have rubber chickens, will travel with spatula! It's about taking your message to where the action is in Hamiota. Summer day camps were the scene for blossoming cooks and kids creating their own play. Through play, kids put a new twist on "old" games while the other half of the group made their own lunch. The experience, excitement and new skills were all part of the package. Recipe and game booklets were sent home to encourage the continuation of the new skills.	Bonnie Michaudville 204-764-3050 ext 106 <a href="mailto:midwestrec@hamiota.com">midwestrec@hamiota.com</a>
<b>Story 10</b>		
<b>A.L.S.O.</b> Active Living Seven Oaks, Wpg.	<b>A.L.S.O. Active Living Seven Oaks</b> – What happens when you combine an enthusiastic leader, the right location, and people wanting to be more active? You get success! Three days a week has the Garden City Shopping Centre bursting with activity at 7:30 am! A.L.S.O. started with 13 people in the first class to now more than 90 people - making it part of their weekly routine. Using Step up with Confidence training, Cory adds humour and a short wellness message to link being active with overall mental well being. Cory has approached the Seven Oaks School Division Superintendent to see if students could volunteer and use the time towards their physical education credit.	Cory Juan 204-694-8517 <a href="mailto:coryjuan@gmail.com">coryjuan@gmail.com</a>
	<b>** additional information will be available at <a href="http://www.healthytogethernow.ca">www.healthytogethernow.ca</a></b>	