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## Minnedosa

### A Great Lunch Canteen, a Skating Oval and Swooshing

There's nothing like a little swooshing to burn up a few calories! But before you try it, you might want to check out what's for lunch at the Tanner's Crossing School in Minnedosa. The daily special is \$2.25 and a soup and sandwich only \$3.00. With prices like these for a hot lunch, who's not going to take advantage? And every school day, about 80 students do buy their lunch at the new canteen set up by CDPI. It's not that Minnedosa parents don't feed their children – they do! But with both parents working in many families, convenience sometimes takes priority over healthy choices. Glen McNabb, co-chair of the local committee, said he and his family have always tried to eat well, but even so the canteen has been a huge benefit to them.

The goal of CDPI in Minnedosa is to provide opportunities for good nutrition

and physical fitness, and they've had lots of programs to meet that goal. Family fun nights have given community members the chance to skate, play snow soccer, and even try out cross-country skis. The Rolling River School Division offered the committee free use of the division's cross-country skis, and the great thing, said McNabb, was that "we have had people that have gone out and bought skis after trying out the free skiing."

Have you ever tried swooshing? Minnedosans had a chance at last winter's Festival du Voyageur. Swooshing, in case you didn't know, involves about six people strapping themselves onto a twelve-foot long two-by-six board and, "if they all work together," said school principal McNabb, "they can actually make it move." There was also delicious fun to be had making a popsicle out of maple syrup and snow.

Perhaps CDPI's greatest success has been with the skating oval created in the park in winter. Picture street lamps lighting the ice, along with Christmas lights for a festive look, straw bales for sitting, and a fire pit in the middle of the oval for socializing. The oval was immensely popular, used by families during the weekend, youth in the evenings, and people of all ages during Christmas break. "Any time I was there, there were always people there, and they were so thankful," said McNabb, who admitted to flooding the oval himself. In a great partnership, the town maintenance staff kept the oval clear all winter with their snow removal brush.

The CDPI committee isn't resting on its laurels. Minnedosa people like to walk and they have excellent walking paths through the community, around a buffalo compound, along a former hydroelectric dam, down the beach road, through the heritage village, and over the bridges that cross the Little Saskatchewan River. Now the committee is planning a walking path to link the school with the existing paths, and it would like to include some workout stations along the way.

Minnedosa is finding creative ways to get active and as more and more people join in the fun, the community is getting healthier too.

**Contact Information:**

Glen McNabb

204-867-3956

pgmcnabb@mts.net

Take Note

**Physical Inactivity Health Risks:**

- premature death
- heart disease
- obesity
- high blood pressure
- adult-onset diabetes
- osteoporosis
- colon cancer
- stroke
- depression

[http://www.phac-aspc.gc.ca/pau-uap/fitness/work/benefits\\_e.html](http://www.phac-aspc.gc.ca/pau-uap/fitness/work/benefits_e.html)