

### A Network of Leaders

Our coalition has been fortunate to have people and organizations who are passionate about wellness and committed to **our mission to promote wellness through community collaboration, awareness and action**. Not only are these people part of our membership, but they come forward to provide leadership to our steering committee and sub-committees; where they develop work plans, review grant applications, plan gatherings and workshops, and figure out how we can share our news and knowledge with one another.

*“Effective networks build and enhance leadership. Networks contain many **hidden leaders** –people that others look to for ideas or information or those who are connecting people... but who are not recognized as leaders”* (June Holley, Network Weaver Handbook, 2012).

Right now, we’re seeking out those hidden leaders. If that’s you, then check out **page 3** to see how you can become involved with our coalition!

*Heather & Jim, Co-chairs*

### What’s Inside?

Chalker Place Community Kitchen  
Fresh, Frozen, Canned—All Good Options  
Weaver Words  
Carrot Rewards



### Meet a Member

#### Ocean View Quilters Guild

*Submitted by Donna Nolan*

In January 2003, a small group of quilters met to become what is now Ocean View Quilters Guild. The Guild exists to provide opportunities for members to meet and share in quilting activities, to teach and promote a high standard of excellence in quilting, to present quilt shows and to provide a community service through Guild activities.

The Guild contributes to our social wellbeing. We are doing something we enjoy and that makes us feel good. It brings us *together* in camaraderie: we help each other with quilting, we spend time together, we laugh and have fun at our meetings, our Sewcials (sewing days) and our retreats. We get to know each other and share our happy and sad times.

Our caring and generosity extends to our community with our annual Charity projects. Our 2015-16 Charity project was funded by a Coalition grant. In this project, the Guild made pillowcases for youth at Tuckamore Place, a youth mental health program located in Paradise, and included a quilting demonstration to the youth and staff. Examples of other projects are adult bibs for personal care home residents, touch quilts, turbans for women receiving chemotherapy, quilts for Daffodil Place.

The Guild meets monthly from September- June in CBS. Anyone interested in learning more about Ocean View Quilters Guild can contact Donna Nolan at 229-0005 (home).

## Community Grants Spotlight

### Feature Project—Chalker Place Community Kitchen

Submitted by Stephen Ross

The Chalker Place Community Kitchen is a community-based cooking group based out of the Chalker Place Neighborhood Centre. The centre was granted \$1000 by the Wellness Coalition to support the development of the group and provide opportunities for community members to share cooking tips, explore new recipes and share skills around providing affordable, healthy meals. Eight community members joined the group and they have been holding sessions since September 2016.

The group also developed a relationship with the Dominion on the Lake and their fantastic dietician Heidi Murphy. With the support of the store, Heidi has been facilitating the group's sessions, teaching new skills and providing the group with a range of



knowledge that they can utilize at home. With Heidi's help, the group also organized a community dinner at the Dominion, which was a free dinner prepared by the group to showcase some of the great foods they were working on in the community. The event was a great success and was well received by those in attendance. While this group will be ending in November, they are already making plans for the next kitchen.

Next deadline: **January 15th**

More info and application at:

[wellnesscoalition-avaloneast.ca](http://wellnesscoalition-avaloneast.ca)

### Congratulations September 2016 Grant Recipients

- Boys & Girls Clubs of St. John's: Around the World –Youth Newcomer Program
- Froude Avenue Community Centre: Teen Healthy Together Program
- Larkhall Academy: Little Green Thumbs Program
- Parkside Community Centre: ZAPP (Zumba and Pound at Parkside)
- Rabbittown Community Centre: Celebrating our Community Garden
- Refugee & Immigrant Advisory Council: Public Health Forum
- West Heights Neighbourhood Centre: Afterschool Program
- YWCA St. John's: Power of Being a Girl/Strength in Being a Boy

## Wellness Coalition-Avalon East Seeking Hidden Leaders

We know there's hidden talent among our members and suspect there may be one or two of you out there who would love to put those talents and skills to work to help strengthen and maintain the coalition... if only you had a chance. Well, now you do!

We are seeking interested members for the following sub-committee positions:

- Grants Review
- Education
- Communications

For further details, please contact Heather at [heather.powell@easternhealth.ca](mailto:heather.powell@easternhealth.ca) or 752-4912



## Eastern Health Launches Vegetable and Fruit Public Awareness Campaign-

*Submitted by Lesley Burgess*

Did you know that increasing veggie and fruit intake may be the single most important dietary change you can make to improve your family's health? Unfortunately in Newfoundland and Labrador we are not eating enough veggies and fruit on a regular basis.

Eastern Health has launched a Vegetable and Fruit Public Awareness Campaign targeted to **parents and caregivers of children aged 5-13 years**. The campaign, which runs until March 2017, will help address the barriers to eating vegetables and fruit such as cost, availability and time for preparation.

The key messages of the campaign are:

- **Fresh. Frozen. Canned. All Good Options!**
- **Enjoy veggies and fruit with every meal and snack**

Look for more information on Eastern Health's website ([www.easternhealth.ca/Veggies&Fruit](http://www.easternhealth.ca/Veggies&Fruit)), Facebook page and twitter account ([#veggiesandfruit](https://twitter.com/veggiesandfruit)). And stay on the look-out at schools, grocery stores and community events where the campaign is being promoted.

Interested in promoting these messages at an upcoming event that your organization is hosting? We can provide materials or set up a booth to promote the campaign messages and website (remember the target group is parents & caregivers of children 5-13 years). Get in touch with Lesley Burgess at [lesley.burgess@easternhealth.ca](mailto:lesley.burgess@easternhealth.ca) or 752-4422.

Printed 11"x17" posters are also available on request. We encourage you to display these posters where appropriate.

To request posters, please contact the Health Promotion Resource Depot: [hpresourcecenter.stjohns@easternhealth.ca](mailto:hpresourcecenter.stjohns@easternhealth.ca)





### Did you know...

You can now collect loyalty reward points like Scene and Aeroplan by making healthy lifestyle choices. Carrot Rewards, a mobile app adopted by Government of NL, enables users to earn rewards by participating in quizzes, tracking their daily steps and

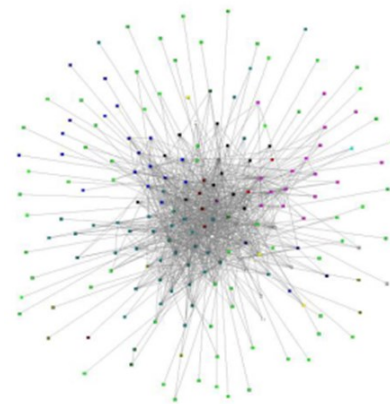
learning about the many ways they can take care of their health. The free app works on smartphones and is available for download on [IOS](#) and [Android](#) devices or by visiting: [www.carrotrewards.ca](http://www.carrotrewards.ca) or [www.swsd.gov.nl.ca/carrotrewards](http://www.swsd.gov.nl.ca/carrotrewards)

### Weaver Words

In a previous newsletter, we defined the term Network Weaver, which is basically the term used to describe leaders in networks, and it draws on the natural leadership ability that exists in all of us. Network Weaver leadership is multifaceted and can be broken down into a number of roles.

**Network Connector/Catalyst** - helps people become aware of the networks in which they are embedded and encourages them to become more intentional about those networks.

**Network Guardian** - keeps track of what is happening in the network, brings resources and helps develop the system of support for the network.



### Wellness Coalition-Avalon East Steering Committee

**Contact Coalition Co-chairs if you have any questions, ideas or comments:**

*Heather Powell*, Co-Chair, Health Promotion, Eastern Health 752-4912 or [heather.powell@easternhealth.ca](mailto:heather.powell@easternhealth.ca)

*Jim Crockwell*, Co-chair, MacMorran Community Centre 722-1168 or [jcrockwell@macmorran.ca](mailto:jcrockwell@macmorran.ca)

*Eileen Bartlett*, Easter Seals NL

*Yamuna Kutty*, Multi-Cultural Women's Organization NL

*Jeff Pinsent*, Recreation Division, City of St. John's

*Tracy English*, Health Promotion, Eastern Health

*Melanie Hiscock*, Primary Health Care, Eastern Health

*Krista Manning*, Eastern Health/NL English School District

*Jennifer Clarke*, Public Health Nursing, Eastern Health