

Congratulations—We Rock!

Now is the time when many of us are writing reports and counting up what we've achieved over the past year. And as you'll see inside we've included a few "numbers" to highlight our coalition network. The one that we're most proud of is the number of **community wellness** projects that we've been able to support, that you, the members have initiated - 26 this year! How awesome is that?

So that got us thinking. How many projects in total? Well, since 2005—yup, we've been around *that* long—**265** wellness projects have been carried out by you and supported through wellness coalition funding! That's a whole lot of work to help make the people and places where we live, learn, work and play a little healthier. Congratulations!

Heather and Jim, Co-chairs

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Meet a Member

YWCA St. John's

by Deanne Howlett

YWCA has a rich history in St. John's dating back to 1925 and has long been an integral part of the local community demonstrating a commitment to girls, women and their families. As a women-led service organization, our programs are aimed at empowering and facilitating access for women and girls, assisting women and girls to achieve the rights, resources and opportunities to shape their own lives and define their communities. We work towards the improved status of women locally and through our affiliation with YWCA Canada and World YWCA.

We provide a variety of programs including GirlSpace, Young Women's Leadership Program, and Power of Being a Girl, Strength in Being a Boy, and Power of Being You conferences. These programs incorporate elements of leadership development and violence prevention, while providing opportunities for empowerment.

Additionally, YWCA's Young Women's Collective hosts initiatives centred around peer networking, mentoring, and leadership, and each year we host Women of Distinction Awards with categories including Mentorship & Education, Arts & Culture, Wellness & Active Living, Community & Social Development, and more.

YWCA joined Wellness Coalition-Avalon East in May 2016.

To connect with us, email Info@ywcastjohns.ca or call 726-9922.

Community Grants Spotlight

Feature Projects

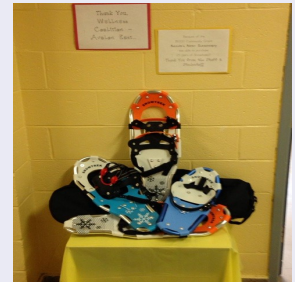
Getting Winter Active with Snow Shoeing

Learning to embrace winter...is there no better way to do this than to strap on a pair of snow shoes and explore community and woodland trails? Well that's exactly what students, teachers, adults and families in the Avalon East region have been doing. January 2016 was a bumper year for snow shoe projects with three schools—Bishop Feild Elementary, Rennie's River Elementary, and St. Augustine's Elementary, as well as [Manuels River Interpretation Centre](#) (MRIC) all receiving funding for snow shoe activities.

[Bishop Feild](#) students paired up with MUN Seahawks to trek through city trails and parks; while students at [St. Augustine's](#) on Bell Island partnered with the local Boys and Girls Club to get the word out about their after school snow shoe club. The Family Fun Night at [Rennie's River Elementary](#) highlighted snow shoeing as a great family activity; and MRIC connected with the Town of Conception Bay South to plan a series of community snow shoeing events. One of the groups even engaged local craftsmen to make the shoes! And while the snow may have been in short supply last winter, mother nature gave the snow shoers plenty of opportunities to get out and get moving this year!



Enjoying Manuel's River Trail



All ready for Family Fun Night!

Congratulations January 2017 Grant Recipients

- City of St. John's Recreation: Duke of Edinburgh Bronze Level
- Community Centre Alliance: Children's Literacy Festival
- Conservation Corps NL: Community Stewardship
- MacMorran Community Centre: Girls Achieve
- Pouch Cove Recreation: Kids Craft Club
- School Lunch Association: Try It! Program
- St. Augustine's Elementary: After School Badminton Club
- Wheelchair Sports Association NL: Wheelchair Basketball

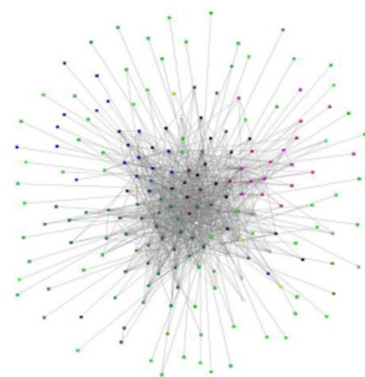
Next deadline: **May 15th**

More info and application at:
wellnesscoalition-avaloneast.ca

Coalition Members Learn to Weave

During the month of March a group of coalition members gathered to learn more about network weaving in our 3-part series: **Network Weaving 101**. We discussed the importance of getting to know who's in your network, tried our hand at network mapping, and in our final session on April 27th we'll see how many **triangles** were closed and if a **twosie** was created! What's a twosie, you say? Read below.

Twosies are pairs of network members who have complimentary interests and could benefit from working together. A Network Weaver closes a triangle and helps create a twosie when s/he facilitates this connection.



Our Year in Numbers

Like many community and government agencies, a year for the Wellness Coalition -Avalon East spans from April 1 to March 31. So the 2016-17 year is just coming to an end. In this period of time, a few things have happened:

- We've welcomed **10** new members
- Said good bye and thank you to 3 **steering committee representatives** and embraced 2 new ones
- Awarded **\$19,000** in grants which supported **26 community wellness initiatives**
- Provided a chance for **44** member-participants to share and connect at the **Annual Gathering** in beautiful Petty Harbour

Coalition Promotional Items

A limited supply of promotional items are available to coalition members to help support/promote a wellness activity. For more information or to request an item please contact 752-4912 or e-mail heather.powell@easternhealth.ca . Items available include:

- Hacky Sack
- Lunch Bag
- Collapsible Water Bottle
- Skipping Rope
- Food Container
- Small Bouncing Ball
- Umbrella
- Magnetic Bookmark
- Tote Bag

Did you know?

Eastern Health's [Healthy Living A to Z](#) pages cover more than 100 health topics from active living to birth control, bullying to healthy eating, child development to second-hand smoke and much more!

The pages provide general suggestions for healthy living and links to trustworthy websites. The information cannot replace professional medical advice. You should always check with your health care provider (doctor, nurse practitioner, or other) if you have health concerns that need attention.

www.easternhealth.ca/yourhealthatoz



Wellness Coalition-Avalon East Steering Committee

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

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Jim Crockwell, Co-chair, MacMorran Community Centre 722-1168 or jcrockwell@macmorran.ca

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Yamuna Kuty, 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

Kimberly Orren, Island Rooms/Fishing for Success