

Winter 2015

The Wellness Weaver

All About You!

This is the first edition of *The Wellness Weaver* that is mostly written by you. We asked for submissions and you answered! Check out the rest of the pages to see what members are talking about.

Also about you, is the coalition's network [survey](#). It's your chance to tell us about your organization and help us improve our coalition. So, if you haven't completed it yet, check your in-box, find the e-mail, click the link, and get it done. You could win \$100 for your organization. Many thanks to those who have!

Heather and Jim - Co-Chairs

Save the Date!

The coalition's
Annual Gathering is May 1st
Stay tuned for details

What's Inside?

- Community Grant Program
- Volunteer Mount Pearl
- Teachers on Wheels
- KES Social Media Campaign
- Did You Know? -Yoga Breath
- Find *Your* Fit 30 Day Challenge
- Community Garden Success



EASTERN
an artist-run gallery
e d g e

Meet a Member—Eastern Edge Gallery

Submitted by Mary MacDonald

[Eastern Edge Gallery](#) is a non-profit artist-run gallery overlooking the harbour in the heart of St. John's. The centre was created in 1984 by a movement of Canadian artists who decided to take charge of the way their art was presented. From installation to performance-based works, Eastern Edge is the place to see something new, experimental, and different from local, national, and international artists.

As a member of the Wellness Coalition for several years, we see a strong connection between the arts and wellness. Community arts programs enhance social inclusion and belonging; and by doing so contribute to positive mental health and well-being. We encourage artists whose work speaks to feminist, queer, multicultural, and other socially and politically diverse perspectives; strengthening access to a diversity of artists, artistic practice, and cultural activities in our community.

Each year we host 10+ exhibitions in our Main and Rogue Galleries, [HOLD FAST](#) St. John's premiere visual arts festival, artist talks, workshops, and many creative community events. Eastern Edge is also a place where member artists support one another, developing new skills, strengthening our province's vibrant artistic community. Open Tues-Sat 12-5pm and evenings on special occasion. Free admission.

For more information call: 739-1882

Community Grants Spotlight



Snow shoe hikers using headlamps during nighttime hike.

Feature Project

Town of Torbay: Lighting the Way!

-contributed by Allison Power

The Community Services Department at the Town of Torbay offers many recreation programs and events. Some of these, such as a running club and snowshoe hikes, take place outside, in the evening with limited light and visibility.

To improve safety and increase participation in these events, the town purchased 36 headlamps for groups to use during these activities. They partnered with the local Allied Youth group, who promoted the use of the headlamps at events such as the nighttime Christmas parade.

There has been great uptake of the lamps among the running club, with all members wearing a headlamp during their nighttime runs. Runners comment that the lamps are comfortable to wear and provide lots of lighting. "The headlamps have been a great help to our evening snowshoe hikes as well as providing great lighting in the woods! "

Congratulations January 2015 Grant Recipients

- Association communautaire francophone de Saint Jean: Cooking Workshops with Local Vegetables & Community Garden
- Bay Bulls Bauline Athletic Association: Teens in the Kitchen
- Chalker Place Neighbourhood Centre: Community Kitchen
- Dance NL: NL Moves—Dance as Storytelling for Male Movers
- Newfoundland & Labrador Environment Network: Understanding Diversity of Newfoundland Coastlines
- Rabbittown Community Centre: Youth Community Kitchen
- SKC Originals: Give Me Back
- YMCA of Northeast Avalon: Alternative Suspension Program

Next deadline: **May 15th**

More info and application at:

www.wellnesscoalition-avaloneast.ca

Mount Pearl Sport Alliance (MPSA) establishes Volunteer Mount Pearl -submitted by Deborah O’Rielly

A strong volunteer base in a community means a strong and vital place to live, work, and play. **Volunteer Mount Pearl** is a one stop shopping approach that brings together resources, training and opportunities for those looking for a volunteer experience and those seeking volunteers. For more information, contact Deborah O’Rielly at dorielly@mountpearl.ca

Teachers on Wheels, providing adult literacy programs since 1975! -submitted by Tom Dawe

Learners matched one-on-one with trained volunteer tutors
Lessons based on learner’s goals
Free of charge; confidence is assured
Visit www.teachersonwheels.ca
Call 738-3975



Kids Eat Smart Foundation Launches Social Media Campaign –submitted by Kristen Hedges

Kids Eat Smart (KES) Foundation Newfoundland and Labrador is proud to officially launch our social media campaign #ieatsmartNL. This campaign targets children

and youth in our KES Clubs.

The goal of the #ieatsmartNL campaign is to educate students about their healthy food choices and encourage them to bring this message home to parents and other family members. Students, volunteers and partners are asked to send us pictures and videos of themselves with their smart food choices using Facebook, Twitter and Instagram! Follow us @KidsEatSmartNL. Also check out our Family Nutrition Blog at www.kidseatsmart.ca

Want more info? Contact Kristin Hedges at 1-877-722-1966 or khedges@kidseatsmart.ca

Did you know? - Submitted by Rita Lester, CYT, Relaxation Yoga

Yoga has long been touted as being beneficial to our health. But did you know that the breathing techniques practiced during yoga can help manage hypertension?

Try this...breathe in slow through your nose and then breathe out twice as long.

In this 2:1 ratio breathing, the exhale is twice as long as the inhale. A study reported in the *Indian Journal of Physiology and Pharmacology*, tracked 30 patients over a twelve week period, who practiced 2:1 breathing twice a day for 5-7 minutes. Results showed that this breathing technique caused changes in body physiology such as a decrease in blood pressure, heart rate and respiratory rate. The study concluded that 2:1 breathing is an effective way to manage essential hypertension. (<http://www.ncbi.nlm.nih.gov/pubmed/24020097>)





find your fit!

30-Day Community Physical Activity Challenge

This challenge will take place **April 1-30, 2015** and its goal is to engage as many people in the province to participate in some sort of physical activity. We challenge you to **mobilize your community to move** throughout the month of APRIL. The more physical activities/events that your community puts off, the better the chance you will have to win **PHYSICAL ACTIVITY PRIZES!**

To register and find out how you can receive a *Find Your Fit Activity Pack* visit:

<http://www.recreationnl.com/findyourfit/home/fit-news/challenges/>

Designing Your Community Garden for Success

Submitted by Sarah Crocker, Food Security Network



Use these best practices to create an inviting community garden. Dream big but start simple; a garden can grow by adding features over several years.

- ◆ Orient plots for optimal growing conditions, such as direct sunlight and wind breaks
- ◆ Make the garden visible; signage communicates who the gardeners are and how to get involved
- ◆ Try to ensure physical accessibility and comfort for all gardeners; accommodate use of mobility aids, strollers, large materials and equipment. Allow for convenient access to water and composting area. Incorporate rest and play areas and access to washrooms

Learn more about Community Gardens in our Toolkit, available at <http://rootcellarsrock.ca/toolkits/>

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

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

Eileen Bartlett, Easter Seals NL

Tom Dawe, Teachers on Wheels

Karen Sherriffs, Recreation Division, City of St. John's

Margie Coombes, Health Promotion, Eastern Health

Dawn Gallant, Primary Health Care, Eastern Health

Tracy English, Eastern Health/NL English School District

Maureen Bethel, Day Break Parent Child Centre

Yamuna Kutty, Multi-Cultural Women's Organization NL