"Change is Good"

by Betty Lee, Editor

On September 27, 1996, the ACFW Executive Management Group, Advisory Board and Staff met for an all day strategic planning session. Our objective was to create a strategic plan for the next three years. As we brainstormed ideas for the future and looked at our desires, needs and obstacles, the concept of sustainability, and in particular financial sustainability, came up several times. Needless to say, this was not a new concept for us, nor is it for any organization wanting to move ahead and prosper. We are all reminded everyday, whether through the media or everyday life experiences, of how limited our resources are: from drinking water (natural resource) to dwindling of organizations (human resources) to financial deficits.

In this issue of WellSpring, we bring you some creative approaches to overcoming stress and anxiety and to become more resilient to the stresses of daily living.

A means to solving sometimes difficult solutions

by Jeanette Boman, BSc, PhD

While folk wisdom for ages recognized the virtues of a humorous spirit and laughter, it was Norman Cousins (1979) account of his recovery from a life threatening collagen disease that captured the attention of the media and public alike. His was a story of suffering from a condition that had not responded to conventional medical treatment, with not much to lose, decided to follow a less conventional course of care. This included moving into the quiet surroundings of a hotel with the guarantee of quality sleep and rest; having the best food to eat; consuming large doses of vitamin C and watching half hour of old Candid Camera movies from which he claimed to get at least ten minutes of healthy laughing every day. While it was much more complex than simply laughing his disease away, it was nonetheless, the ten minutes of laughing that received the most attention in the popular media.

Many years later Cousins is still acknowledged as having been a catalyst for research about the relationship between humor and health that has succumbed over the past 15 years and considered newsworthy items by the popular press. Newspaper and journal clippings collected over that period of time exist the virtue of humor. Examples of headlines and bold print excerpts include such items as: "When it comes to stress, use humor"; "Healthy, happy employees are more productive"; "Research shows laughter helps patients fight infection, deal with stress and anxiety, puts the heart a good workout, increases lung activity"; "Humor can actually cure anything, but it can put the human condition into perspective, the first step in curing the disease"; "If you can laugh, there is some hope, without hope, life becomes meaningless".

Not all humorous experience is necessarily a positive one. When it is however, few disputes its therapeutic value, whether physical, psychological, emotional or social in nature. In his reflections on the panorama of human experience and in effect of Mindless... continued on page 3.
"I enjoy your publication and believe it helps to keep me up-to-date with various issues. I hope to be able to use other articles for my newsletter in the future."

— Barry Carsten, Editor, Home & Family Magazine, Steilacoom

"I am a regular reader of WellSpring, and have recently been using much of the information from the Summer 1994 issue to support an exciting document that we are producing called "Active Australia: A National Participation Framework". Keep up the great work on the newsletter. I read every issue cover to cover."

— Kari Cameron, Australian Sports Commission

"I prefer the non-theme based newsletter. I find that the variety provides some information for everyone, where the specific theme issues are not read by people who are not interested in the theme of the quarter. I would like to see WellSpring go back to the previous format."

— Nora Johnston, Alberta Health

If you have any stories or comments that you would like to share with our readers, please send them to Betty Lee, Editor, Alberta Centre for Well-Being, 3rd Flr, 11759 Great Road, Edmonton, AB T5M 3K5, Fax: 403-455-2092, Email: lee@per.wellalberta.ca.

In the northeast corner of the neighbourhood of Sunnydale, tucked under McHugh Bluff, you can find Hillhurst SunnySide Community Association (HSCA) Community Gardens. This little parcel of land is a hub of activity throughout Calgary’s short growing season. Community residents tend their plots and raise a variety of plants from potatoes to perennial, strawberries to spinach. The Community Gardens were formed in the 1980’s with heavy involvement from the initial users of the gardens and from the community associations. There are 30 long, individual plots within the garden, as well as several common beds and areas distributed throughout the location. Besides leasing individual plots, gardeners contribute to the overall maintenance of the gardens by assisting with the common chores, such as turning compost, weeding common areas, chipping stalks, and so on. The gardens are intended to benefit in particular those residents of the community who do not have access to yard and garden space of their own. The benefits of this program are vast and wide. Many gardeners simply enjoy gardening in and of itself. Other users enjoy the cooperative orientation of the gardens: working together towards a common goal, gardening becomes a chance to meet their neighbours and make new friends. Parents teach their children the meaning of work, patience, and the feeling of accomplishment that comes from raising one’s own vegetables. Finally, all gardeners in the HSCA Community Gardens contribute to a food bank plan, donating the harvest to needy families each year.

The opinions of the contributors and committee members do not necessarily represent those of their organizations or of the Alberta Centre for Well-Being.

Published quarterly (February, March, August, November) by Alberta Centre for Well-Being, 11759 Great Road, Third Floor, Edmonton, AB T5M 3K5, (403) 455-8002 x 1-800-861-4551 Fax: (403) 455-2092. Web Site: http://www.health-in-action.org/WellBeing ISSN: 1187-7472

Contributions and Comments: Submissions for consideration are welcome and should be sent directly to the editor. Articles should be between two to four double-spaced typewritten pages. Please include a photograph to enhance the article when ever possible.

Subscriptions: Annual subscriptions (four issues) are available for $35.00 Canadian, including GST. Additional subscriptions are available for $8.00 each.

The Alberta Centre for Well-Being is committed to enhancing the health and well-being of Albertans by providing leadership and creating educational, research and networking opportunities for well-being practitioners and facilitators through coordinated, collaborative efforts.

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Health, Humor and Creativity (continued from page 1)

(1987) has argued that all forms of humor are not only protective, but also necessary and desirable. By releasing tensions and providing a form of emotional escape, humor can help individuals cope with stress and regain a sense of control. This is especially important in today's fast-paced, high-pressure society where stress can have a negative impact on health and well-being.

Divergent views of humor exist, with some researchers arguing that humor is a way to cope with and express emotions, while others view it as a way to maintain social norms and expectations. However, it is generally agreed upon that humor can play a vital role in our lives by providing a form of emotional relief and helping us to maintain a positive outlook on life.

WellSpring Budgeting On a Shoestring

by Debbie Youngblood, M.E.

In the current era of corporate downsizing, few if any budgets are increasing. Whether you are beginning a new program or trying to maintain a previously established budget, the following tips on how to stretch your dollars can make a significant difference:

• Seek and obtain management support. Without this support you will fight endless battles. Write a mission and goals with implementation strategies and timelines. Be sure that your mission is a part of the overall mission of the organization and part of the strategic plan.

• Establish a budgetary needs based on implementation strategies.

• Establish wellness advocates in key positions throughout the organization. When dollars become scarce you will need support from a variety of places.

• Address your resources: a) in house (e.g., Employee Assistance Program, fitness facilities, medical, recreational), b) barter services for services (look for other departments or divisions to share the cost, e.g., student activities, health centers, safety, employee benefits, human resources, training, development), c) partner service for service with outside resources such as psychotherapist in guest lecture, or return for wellness passes.

• Consider focusing fees to participants for services, or in a mutual fee (e.g., participant $5, gym use $5, newsletter $5, handouts and printing $5).

• Share resources such as books, videos, Kopy Kwik, etc., with many departments.

• Provide a list of all your resources if your organization will see them elsewhere.

• Solicit support for outside events.

• Beg, plead, offer to “work your way” to attend conferences to keep yourself current.

Finally, in all budgetary matters, consider the resources that will benefit the maximum number of participants from your budget and address it or be creative with the challenges of creating dynamic programming on a constrained budget.

For more information, contact Debbie Youngblood at 3643 Sicoon Run Blvd., Hilliard, OH 43026; (614) 771-4921.

Reprinted from Wellness Management, Vol. 12, No 2, Summer 1996, a publication of the National Wellness Association.

References
2. McRae, D. (1986) How to develop a sense of humor for the beginning human development training program. Delphine, Inter-Regional Human Development Training Project, P.O. Box 428, Bay City, MI 48707.
The Alberta Environmental Network (AEN), with assistance from the Community Animation Project (CAP), is providing a life-line for its members and anyone else interested in environmental and health.

"Train the Trainer" workshops have been held in Lethbridge, Calgary, Edmonton, Grande Prairie, and Red Deer. Now these trainers, locally and in neighboring communities, are helping others "surf the net", teaching them how to access information and use the technology successfully in their work.

The AEN is made up of about 200 individuals and groups scattered throughout the province. We are actively involved in environmental and health issues. Our mandate is to share ideas and concerns, do research, pool resources, strategize and develop positions, and support each other," explains project coordinator Colin Young. With the network's limited resources for travel to meetings, the Internet is a prime opportunity to keep the communications flowing.

The AEN has entered the Web Communication Network to establish an outreach office in Edmonton. The Web Network, like other service providers, is a gateway into the World Wide Web, but its pages include only information from the non-profit world of environment, health, human rights, international development, and women's issues.

"There is so much relevant information in one place — we intend to use the Web with the Network to make it easier to get information out to people," says Young. A 1-800 or local call gives the community cost-effective access to health and environmental information.

According to Young, one major advantage of the Web Network, is that it still allows access to people with lower end technology.

"It was set up in 1987, so if you have a 10-year-old computer with a slow modem, you can still get the information. That's a lot of our members.

The AEN is currently surveying members to discover what libraries, resources, research and experience are available to be shared on a searchable database on the Web Network. "For example, people in the north are working on community packages, through the Internet, other people can find how they did it, what problems they ran into, and who to contract for more information," says Young.

Web Communication Network can be reached through the Internet at http://www.whyte.aapc.net. For subscription information, call (403) 439-8744.

For more information, contact Colin Young, Alberta Environmental Network, Edmonton AB, Ph: 403-438-6753, Fax: 403-433-9305.

-centre Happenings

Health in Action

The Health In Action (HIA) database is in the process of being renovated. A new and much simpler survey form (merely one page!) is currently being distributed, to compile a listing of Alberta-based health promotion and injury prevention programs and research. If you haven't received a new survey form and want your program or project listed on the HIA website, please contact Cathy van Logten at 403-453-8653 or e-mail evanlog@cc.ucalgary.ab.ca.

Volunteer Appreciation

The ACWF would like to thank Megan Mah for her volunteer work during the months of June and September. Megan, a mom with three kids, assisted us with many administrative tasks which made our local workloads a lot easier.

Thank you, Megan!

Thank You!

The ACWF would like to thank Billie Brown for her volunteer work on the Alberta Community Board.

Committee. Her commitment, expertise and participation have contributed greatly to the success of the ACWF.

Thanks, Billie!

Megan Mah

Earth Issues

New call for proposals from communities wanting to tackle environmental and health related issues was made in the summer as the Community Animation Project (CAP), a partnership between communities, Health Canada and Environment Canada, entered its second cycle.

The first call for community proposals went out through government and community networks as well as word-of-mouth and resulted in 11 contract awards in 1995. Initiatives were selected because they were driven by community-defined needs, built on existing programs, and had a strong health and environment focus.

"Communities are more than groups of people who share similar ideas or live in a particular area — they're made up of talented people who know what their issues are and understand the best way to get things accomplished," states Penny Mozmann of Health Canada who shares management responsibilities for the project with Sara Baker of Environment Canada.

"A community may be defined by geography — like the Town of Brooks — or by the common interests people share — such as the broadly-based Alberta Environmental Network," elaborates Baker. "Either way, CAP supports communities as they increase their capacity to act on issues involving health and the physical environment."

CAP was introduced in December 1994 as a national initiative to build healthier, more sustainable communities within Canada. Each region manages its own budget, giving it the flexibility to meet the needs as defined by the communities it serves.

In Alberta, the first step in the project was to consult with more than 80 organizations and individuals to discover what environment and health activities were currently being pursued across the province; what kind of support were needed to continue these activities; and how the project should be designed in Alberta to meet the needs of communities.

"There was a lot of enthusiasm out there, and we were advised to take an individualized community approach to animation rather than opt for large-scale workshops or bigger projects," states Baker.

An advisory committee was involved, with representation from non-government environmental, health, educational and native organizations, as well as federal and provincial departments of health and environment.

The budget was broken down to make a positive difference to as many communities as possible. An average of $5,000 in seed money was provided, and networks of resource people were available to assist communities. "It's not a lot of dollars, but enough to have a rippling effect in a community to mobilize them and help them leverage other funding," explains Baker.

"CAP gave us the opportunity to expand our horizons," says Vincent Steinbock, Executive Director of the Mantiswann Friendship Centre of St. Paul and Coordinator of the Holistic Resource Management training workshop. "Without them, our project wouldn't have happened. We'll be trying to get people together to talk and get some action."

Animation initiatives are as diverse as the province's communities themselves. In west-central Alberta, a regional airline zone is being established; a University of Calgary student project is educating children and families while building their recycling business; the Town of Pembina in the Institute of Drayton Valley is preparing their local environmental database.

Don't get your knickers in a knot. Nothing is solved, and it just makes you walk funny. - Kathryn Carpenter

Job Posting/Opportunities

Board Member — Alberta Centre for Well-Being

The ACWF is looking for an Advisory Board Member from the Northwestern part of Alberta who is interested in well-being and health promotion. It is a two-year term with two meetings per year. Interested individuals should contact the ACWF at 403-453-8692 or 1-800-661-4551 for an Advisory Board Information package and application.

WellSpring Editorial Committee Member — ACWF

WellSpring is looking for an individual who is willing to serve on the Editorial Committee. The individual should possess experience and knowledge in the area of community health, education and mental health issues including: family, community, equity, interdependence, and relationship issues. It is a two-year term with four conference calls per year. If you would like more information about joining our dynamic team of creative thinkers, contact Betty Lee by January 1, 1997 at ACWF, 403-453-8693 or 1-800-661-4551, e-mail bllee@petra.ab.ca.
Street newspaper helps put bread on tables — and builds self-confidence too!

by Keith Willey

Some time back before the second world war, there were "newsboys" who sold newspapers on the street. "EXTRA, EXTRA, Read all about it!"

But street selling of newspapers pretty much ended with the war when all hands were needed for more important work. Coin-operated newsstands came into the tradition was over.

In the last couple of years however, it has come back with a new publication, Our Voice, published explicitly for people on the street who have little other means or income. The "street paper" has done well, going from a few hundred Vancouver issues in 1992, to a monthly print run of over 25,000. And those papers translate into income for people who would be desperately poor without it. "I hadn't worked in 5 1/2 years when I heard about Our Voice," says Ed Wright, one of several hundred vendors of the paper. "I started selling in April or May last year. This feeds the wife and I. Welfare doesn't give us much. By the time you pay the rent and the bills you're almost broke again."

A couple of inner city agencies backed bringing the Our Voice initiative to Edmonton. The paper started with the name "Space Change," and the Bissell Centre and the Edmonton City Church Corporation hired Gord Pschuchwa to get it off the ground. "I had no idea what I was getting into," says Pschuchwa, who, nearly three years later, is running a significant little newspaper. "But it looked like it could help some people, so I wanted to give it a whirl."

"I've seen that selling this little paper can do some amazing things for people," Pschuchwa says. He knows almost all the Edmonton vendors personally, and he knows what it does for them to have a "job," a means to earn their living. He explains that vendors are sometimes given contributions by people who already have a copy of the paper, but more vendors receive them. "They come out three for charity," Pschuchwa says. "They are proud to be selling something people want."

And he knows that the generosity of people makes the paper go. Not all of the copies sold, maybe not even most of them, get read. But if it helps keep one person away from crime, with a roof over their head, then it's working.

Our Voice on the Canadian practice has its unique flavour, but it's part of a world-wide movement that has sprung up. "Street" newspapers are becoming a new, independent press. The editorial mission for Our Voice is to reflect the concerns and issues of the communities the vendors come from. "They're our bosses, we're their voice," Pschuchwa says.

Pschuchwa also is very aware that the newspaper faces a bit of the food bank dilemma, being embossed by success. "We're pleased to be growing, and helping more people make ends meet," he says. "But on the other hand, we'd rather be shrinking and going out of business. But just like the food banks, we really prefer it if the need wasn't there."

Still, the need is there. Last winter on the street, vendor Ed Wright was glad to be "tightly winterised" with boots, toque and gloves. Special thanks to "one guy who gave me a parka in January. He just bought himself a new one, and he's my size as it fits good."
Community As Teacher: Learning Through Community Facilitation

by Nancy Lewis and Lori Baugh Littlejohns
David Thompson Health Region

"I know that in this project I use the language of one humbled by the experience.

The Action for Health (AFH) initiative within the David Thompson Health Region was developed in response to a call for proposals by Alberta Health in 1995. The health promotion action plan was implemented to focus on health needs and to formulate strategies to help build community capacity to address and take action on those needs. An integral part of the AFH strategy was to train a new breed of health professionals in the region—Community Health Promotion Facilitators. The Facilitator team worked from a variety of backgrounds including acute and community health. The facilitators were specifically recruited, trained, and deployed throughout the region to work in teams to help communities to develop self-reliant capacities, to build community capacity, and to help communities to take action to change at community level. One strategy was to involve individuals who had professional training in health and were members of such communities as well as those who had training and experience in working with community members and further to explore the strategies used.

Grants provided an opportunity for community groups to fund projects to support communities and to support training, access to resources, and other activities. This led to a deeper understanding of the importance of building community capacity and the importance of involving individuals who had had experience in the area.

The Four Es

What is the role of the group that filled us with excitement and enthusiasm? They seemed to be alive with a sense of community.

Energy, excitement, enthusiasm—these four words described the feelings of the Facilitator teams as they worked with groups as they engaged in discussions about health and brainstormed creative ways to improve the health of their communities. The opportunity to share knowledge and experience and to determine their own path toward action for health were very energizing activities.

"We all got a little bit excited in this discussion, you could just see eyes light up with hope and we became re-energized as ideas flowed in.

Regardless of where the group was in the planning stages, whether it had many members, ideas, plans and partners, or where there were a few individuals just beginning to work with an idea, the process created excitement and energy to continue.

The Power of One

"Community development takes more than just interest and a vision but takes leadership and someone to persevere when obstacles are put in the way."

Leadership often came from one person or a few people who had identified a health issue or an idea of how to improve health in their community and wanted to take action. These people were instrumental in rallying support from other communities and partners and moving the project forward.

When the group lost this driving force or were faced with obstacles that seemed insurmountable, some of the leaders faded. There was the fear that the project would fail after a great deal of work had been done.

A Facilitator writes, "The group either felt they did not have a lot of energy or that the drive was lost by the end and we could not get the right of way and they felt that the group will sit down and work on a plan of action but it really does lack a decision process which the group were scared of getting into and going over the ground work."

The key lesson learned was that there were different flow processes that depend on the leaders' time and ability to continue the issue. There are periods where pivotal decisions and actions are taken and at other times projects seem dormant.

You Can't Rush The Process

"Trust, respect and development takes time and the process can't be rushed."

Time is something that the Facilitators often did not feel they had enough of. Time is an essential commodity, however, to ensure that communities maintain control of decisions regarding their development.

It was important for Facilitators not to push the group forward or move them into certain directions but to accept where the group was at and acknowledge the accomplishments that they had achieved. There were times when the Facilitators had to hold back, even when the group seemed ready, as another path would have been better for the group.

"Nothing needed to be applied along the way or that the community process would not be carried out controlled."

Creative people. Those marvel- lous spirits who paint, write, compose, choreograph. And those people who interpret with sensibility such creations and embody them in their own actions. Beauty and spirit and feeling. But what of the facilitator, the everyday person full of practical, solid thoughts. What can be said of my week, or my self that is creative?

As a facilitator (facile - French for "easy"), it is my role to "make easy" to do this by making available to others that they can use to become more aware of themselves and by establishing an environment in which people can safely play with alternatives and options, I "make easy" by allowing the knowledge that I have gained through training, work and personal experience. This knowledge includes what is, and some of what is possible. As I look at facilitating, I see a particularly facilitating wellness, I see an interweaving and an interdependence of the facilitator’s and client’s creative abilities, and through this, a new creation.

On being creative:
To bring into being that which was not there before.
To bring into awareness that which was not there before.
To encourage towards fruition that which is becoming.
To reject.

Create — to make something that wasn’t there before. This is definitely part of my role as a facilitator. I am asked to create courses and workshops which speak to specific needs of particular clients in particular ways. These requests come because of that which is and/or what has been no longer sufficient. These people are looking for information, perspectives and ideas which will help them to understand and change. They recognize that something new is needed.

This aspect of responding to a desire for change can be seen in many of the articles in this issue, as the needs of various individuals and groups are addressed in innovative ways.

Create — to bring into awareness that which was not there before. The emphasis of creativity is I express something of my unique self in regard to wellness. It is a new, modified wellness model and this emphasis is part of the model.

Specifically, I believe that part of my role is to help others focus on their dreams, aspirations and gifts, rather than becoming stuck on problems and needs. Together we are how these strengths and learnings can be built upon, rather than looking at dangers and difficulties and wondering how they can be prevented or treated.

In shifting the focus and awareness towards possibilities, people are encouraged to see opportunities which were previously hidden or unrecognized. This perspective and feedback loops which can help the individual, group or organization overcome what was previously seen as an overwhelming challenge. Imagination desired as a possibility opens up the recognition of novel, yet unexpected avenues of approach.

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Research Corner

The Use of School-Based Physical Activity Promotion Programs
by W. Kerry Mummery, PhD
Research Coordinator

Don't Get Mad, Get Funny!
by Leigh Anne Judahwey (1996)
A light-hearted approach to stress management. This playful,
practical, powerful book will help you to manage
stress, before it manages you.
Leigh Anne Judahwey teaches readers how to have a sense a
humor. She is also the editor of Making Wellness Fun.

Lighten Up
by C.W. Mercul and Roma Felbush (1992)
Humor is a set of specific, learned skills, and like any other
discipline, these skills need to be developed.
Lighten Up shows you how to build these skills so that
you can see the absurdity in difficult situations and take yourself
lightly while you take your job, problem, or challenge seriously.

Power Therapy
by Michael Aldaika (1996)
Maximizing Health Through Self-Efficacy. The theme of this
book is that most psychopathology
ultimately stems from feeling powerless over one’s own life,
just having the perception that one is
powerless, even if it is not true.
The solution offered here is that one should take sym
thetic goal-oriented action to rebuild a sense of personal
power, and move steadily forward towards mental, and
physical health.

Note of Apology: Thank you all
for your phone calls, letters and
e-mail requests for information.
Unfortunately, I have not been
able to keep up with the
requests. Help is on the way,
however, so please bear with us
during this time of transition
in the Resource Room. Your
patience is appreciated.

if you have any things to do,
get the hell out of the way first.

—An 8-year-old

Community as Teacher (continued from page 6)

Development Comes From Within

"You can facilitate the learning process but you can't force
learning - people have to be ready.
To facilitate learning and development, asking questions
seemed to be the best approach.
Facilitators realized that they needed to ask questions that
would bring about understanding
or an opportunity for reflection.
It was often a challenge, both for them and for the learners
alike, to incorporate the principle that development will only grow
when it is from within.
"It was most rewarding to see
the movement within groups once
the learning happened or once the
group took hold of the opportunity
to work in a new way. In many
other groups, however, the familiar
path—that of looking outside for
answers—was the order.

Everything Is Connected To Everything Else
"Many groups were working with similar "maps" and many
groups were aware of others who were on similar journeys to pro-
moving health.
In many of the Facilitators’ stories, common themes emerged.
For example, education was dis-
cussed in very different communities
around the region. When communities made these
connections, Facilitators were often able to provide further
linkages. They shared successes and struggles of other communi-
ty groups as they worked toward improving health.
And through this sharing, communities were able to both
find new leaders and discover common themes.
It was very apparent within groups and communities that
identified health needs were
linked to other needs. Although
situations varied, most of the communities and/or projects
were found to address more than one determinant of health.

Be The Change You Want To See

"Parents are now coming for-
ward having noticed change in
their children, and are request-
ing action on how to con-
tribute this to the home. Children
are also asking that their parents
be taught.
We have often heard the
adage "actions speak louder than
words.
For some groups and communities, seeing changes in
others was the impetus for consid-
ering their own needs and
possible actions.
The actions of the Facilitators
also provided a model for change.
In becoming a commu-

nity partner rather than being
the "expert" and a mobilizer
instead of a "leader," the
Facilitators set the stage for a
different way of working with
communities. This work led to
changes in how the Facilitators
perform their jobs as profession-
als in other areas of the health
care sector. They have also
become more active on a per-
sonal level with their own com-

munities and continue to sup-
port projects which did not
apply for or did not receive
grant funding.
That is not to say that, "recovering professionals" it is
not without challenges. Our Facilitators write: "I found it
quite a challenge to be a facilitator
rather than an educator. As an
educator, I had to stand up and tell everybody how to do
something or what to do. As a facilitator, I have to
help others be able to do for themselves.
In learning this way of
working, we have had some
good very good teachers — the
community members who invited us to
share in their development. As

For more information the Community Health Promotion Facilitators, contact Lori Baugh
Linklind. David Thompson Health Region Community Health Services, Red Deer
Community Health Centre, 2845 Bremner Avenue, Red

Deer AB T4R 1S2, Ph: 403-
341-2172, Fax: 403-341-2191.

The authors would like to thank the following individuals for their assistance with this
work: Dr. Peter Newman, Connie Riches, Stu
Ing, Maureen Cott, Jodie Stansifer,
Carley Walker, Louis Taliana, and Sue
Loveart.
Calendar of Events

1997

National Non-Smoking Week
Third Week of January

SportMed '97 Conference
Jun 24 - 25, Toronto ON
Contact the Sports Medicine Section of the Ontario Medical Association

Worksite Wellness Programs
Jun 27 - 28, Edmonton AB
Healthy, happier employees are more productive, tend to live good morale, are more resistant to stressful situations, work more cohesively with others, incur less absenteeism, and are more satisfied with their jobs. Contact Laurie Schneider at 403-459-2128.

8th Annual Health Promotion Conference
Mar 4 - 8, Hilton Head Island, South Carolina
Inaugural Call American Journal of Health Promotion 810-682-0797 for details

Reducing Back Injuries at Work:
Apr 1, Edmonton AB
During this workshop, Laurie L. Schneider will present specialized solutions that have helped clients save millions and reduce their lost-time back injury claims by almost 50%. Contact Laurie Schneider at 403-459-2128.

11th International Symposium for Adapted Physical Activity
May 13 - 17, Quebec City PQ
Contact 11th ISAPA, 525 boul. Wilfrid-Hamel Est, Bureau A- 102, Quebec City PQ G1M 284, Ph: 418-529-9141 ext. 6271, Fax: 418-529-7318

Women's Health in the 22nd Century
Jun 8 - 10, Saskatoon SK
Contact 8th International Congress on Women's Health Issues, c/o Dr. Phyllis Norraeger Strauss, School of Nursing, Indiana University, 1111 Middle Drive, Indianapolis IN 46202, Ph: 317-274-0032, Fax: 317-274-0228, E-mail: phyllis@indiana.edu

4th International Conference on Preventive Cardiology
Jun 29 - Jul 3, Montreal, PO

Investing in Health: The Shaping of Public Policy
Jul 6 - 9, Halifax NS
Canadian Public Health Association, 1565 Carling Ave, Ste 400, Ottawa ON K1Z 8R1, Ph: 613-725-3769, Fax: 613-725-9626

22nd National Wellness Conference
Jul 12 - 18, Stevens Point, Wisconsin
The Theory, Practice, Spirit, and Culture of Wellness. Contact the National Wellness Institute, Inc., 1045 Clark Street, Suite 210, PO Box 827, Stevens Point WI 54481-0827, Ph: 715-342-2969, Fax: 715-342-2979, E-mail: nvwc@nwsi.org

16th International Congress on Nutrition
Jul 27 - Aug 1, Montreal QC
Genomics engineering, nutritional needs throughout life, and new nutrition education approaches will be featured. Contact Congress Secretariat, IUNS 97, National Research Council Canada, Building M-19, Montreal Road, Ottawa ON K1A 0J6, Ph: 613-993-7271, Fax: 613-993-7250

Health Work and Wellness
Sep 8 - 10, Vancouver BC
Canadian Conference on Workplace Wellness. Contact Jennifer Fleming, Healthcare Benefit Trust, Ph: 604-734-2087

Health in Transition: Opportunities and Challenges
Oct 12-16, Arizona, USA
8th International Congress of the World Federation of Public Health Associations. Contact WFPHA Secretariat, c/o APHA, 1015 15 St NW, Suite 300, Washington DC 20005 USA, Ph: 202-789-5681

124th Annual Meeting of the American Public Health Association
Nov 17 - 21, New York, NY
National Addictions Awareness Week, Nov 17 - 23, Canada
Personalized Health Management
Nov 18 - 20, San Diego CA
Integrating Prevention, Wellness and Personal Care
Contact International Business Communications USA, 225 N. Lombard St. Southwark, PA 19147, USA, Ph: 305-610-5500, Fax: 305-610-7311, World Health Information Awareness Week, Nov 18 - 22, Canada
for more info. call 816-447-4000
Canada's Children...Canada's Future
Nov 24 - 27, Ottawa ON
Healthy outcomes for children are the primary goal. Efforts will be also directed at promoting community and political action.
Presentations will explore various ethical and legislative options that shape our children and their future.

Designing Community Health
Nov 25 - 26, Edmonton AB
This conference will focus on breaking the barriers and shifting resources to deliver a community-based health system: designing community health centres and info on community health counsellors. For more info, Ph: 403-492-6680 or Fax: 403-492-6690

World AIDS Day, Dec 1
International Day of Disabled Persons, Dec 3

Building for Tomorrow
Dec 1 - 4, Calgary AB
Alberta Senior Citizens' Housing Association Annual Convention
National Day of Remembrance and Action on Violence Against Women, Dec 6
This marks the massacre of 16 women at the University of Montréal in 1997.

Immunizing for Health - Achieving Our National Goals
Dec 3 - 4, Tampa FL
The main focus will be on childhood immunization. Will cover issues such as vaccine supply and delivery, implementation assessment of vaccine programs, regulations and legislations, and global immunization efforts.
Contact: Chuck Schweren, Division of Immunization, Bureau of Infectious Disease Control, P.O. Box 0331, 3rd Floor, ELC PC, 55保健 Street, Fort Lauderdale FL 33307, Ph: 954-356-8115 ext 615, 325-4412.

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