NEWsLETTER
The Newsletter for Well-Being Professionals

Volume 1 Number 3
August 1990

Well-Being for the Future: Choices and Challenges

From November 14 to 16, 1990, the Ramada Renaissance hotel in Edmonton will be the "hot spot" for well-being professionals and enthusiasts. The Ramada hotel is the site for Well-Being for the Future: Choices and Challenges. This event promises to be a conference to remember. A broad, well-rounded program will enable delegates to explore a wide variety of interests and opportunities in the areas of health promotion, lifestyle, and well-being.

Several dynamic and knowledgeable presenters will share their expertise with conference participants. They include the following:

- Tom Abernathy is Administrator for Research and Information with Calgary Health Services, Alberta. He works with service divisions within the agency providing them with the information they need to design, target, and evaluate programs.
- Don Ardel is the publisher of the Ardel Wellness Report. He is well-known as a major contributor to the wellness movement throughout North America.
- Ruth Collins-Nakai was a member of the Premier's Commission on Future Health Care for Albertans. She is dedicated to excellence in patient care, counselling, teaching, and consulting.
- David Emmerling, the "Wizard of Wellness", is the executive director of the National Wellness Institute at Stevens Point, Wisconsin. As a world-renowned wellness expert, he provides leadership for the largest and most extensive conference on wellness.
- Gerry Glassford is Vice-President (Development and Community Affairs) of the University of Alberta. He has published and is well-known in his areas of research related to a holistic concept of physical education and health.
- Ellen Langer is a social-psychologist at Harvard University. Her research focuses on "mindfulness" in the areas of aging, health education, and the workplace.

Well-Being for the Future: Choices and Challenges is sponsored by Alberta Recreation & Parks, Alberta Health, Alberta Centre for Well-Being and Alberta Public Health Association.

For more information call: Alberta Centre for Well-Being (403) 448-0180 or FAX 455-2092.

Needs Assessment Update

To date we've had a total of 354 responses to our needs assessment survey. Of the respondents 76% are female. The majority of participants (87%) range in ages from 20 to 49 years. Professionals in the areas of fitness, occupational health, recreation, health promotion, health nursing, family and community support, education, public health, and education make up the bulk of respondents. Although the surveys were returned from all across Alberta, the majority came from Edmonton, Calgary, and Lethbridge.

- The most popular research topics: workplace well-being, health promotion program evaluation, holistic health factors, empowerment, and cost-benefit analyses.
- Dimensions of well-being closest to respondents' specific fields: 33% emotional; 36% social; 17% intellectual; 20% environmental; 16% spiritual; 67% physical; 23% occupational.
- Most reported areas of interest for conferences and workshops: workplace well-being, nutrition, holistic health, stress management, seniors programs, fitness, health promotion strategies, teens well-being, lifestyle, environment, and self-responsibility.

More information will be reported as the data is analyzed.
RECYCLED PAPER

“On a per capita basis, Canadians produce more waste than citizens of any other country in the world and have a poor recycling record. Results include landfills stretched to capacity, problems with storage of hazardous waste, and degradation of the natural environment” (Government of Canada, 1990, p.17).

Because of the concerns outlined in A Framework for Discussion on the Environment, people are increasing their awareness and interest in paper recycling and recycled paper. New information on the environmental effects of producing large quantities of paper necessitates the importance of exploring alternatives to virgin pulp paper production. New methods of manufacturing, use, and disposal of paper are being investigated.

Paper recycling involves collecting and processing wastepaper to make secondary fibre. This fibre is then used to manufacture recycled paper products which help meet the world paper demand. Technology has been developed to the point where competitive high quality recycled paper products are being produced.

Fibres of recycled products contain contaminants; they undergo a change in the drying, aging, and recycling processes. In this way, the physical and mechanical properties of recycled fibres differ from those of virgin pulp. Recycled paper stands up better than virgin pulp paper to changes in temperature and humidity. It is believed to be more flexible and more opaque; it is often softer and tends to curl less.

Recycled newsprint is used for producing cardboard, packaging, and newspaper while recycled paper used for printing and writing is utilized for producing similar paper products.

TWO BASIC TYPES OF FIBRE

Pre-Consumer Waste Fibre is made of mill ends, cuttings from envelope production and deleted stock. This waste fibre has been traditionally recycled.

Post-Consumer Waste Fibre consists of paper that has been through a full use cycle.

STANDARDS

The Canadian Department of the Environment states that recycled paper products must have a minimum of 50% waste paper.

COST AND AVAILABILITY

Currently, recycled paper mills are scarce in Canada and only two Canadian paper mills have started to produce recycled paper. Due to the relative scarcity of fine recycled paper mills, recycled paper may cost a little more than virgin paper. As the demand for fine recycled paper increases, and more recycling projects become established, price and availability should become more favourable. You can become part of the DEMAND!

SOME FACTS

17 trees must be chopped down to make 1 ton of paper. At the current rate of world paper need, virgin pulp paper production will demand massive deforestation all over the globe.

Manufacturing recycled paper:
- uses less water (7,000 gallons less per ton)
- creates 75% less air pollution
- creates 65% less water pollution
- requires 50% less energy than producing paper from virgin pulp.

WHAT YOU CAN DO

Reduce - Avoid unnecessary use of paper

Reuse - Use both sides of paper, re-use envelopes and packaging materials.

Recycle - Establish a recycling program.

THE BEST CHOICE

- Paper made from 100% recycled fibres means that no trees are cut down to make the paper. The higher the percentage of recycled fibre, the better.

- De-inking causes pollution. Look for paper products that are not de-inked.

- Bleaching paper produces the deadly toxin, dioxin, and other organo-chlorine pollutants. Choose unbleached paper for this reason.
WHAT IS AVAILABLE

Recycled paper products come in a variety of grades, colours, and textures. Become a conscientious shopper when buying paper. Make the following inquiries of your paper supplier or printer:

1. What is the total percentage of recycled fibre?
2. What is the total percentage of post-consumer fibre?
3. Has the paper been de-inked?
4. Has the paper been bleached?

As a consumer, you have a right and a responsibility to know this information.

REMEMBER

Any attempt to help the environment is an important one. Try to make it a practice to use recycled paper, even if it is not possible to use 100% recycled products. Extremely high quality paper is available in all colors and textures, for many different uses. If an investigation into the use of recycled paper is where you are at, start by using recycled paper for small projects (e.g., business cards, brochures, pamphlets) and slowly integrate a recycled paper policy into all your paper needs. USE RECYCLED PRODUCTS WHenever POSSIBLE!

The Environmental Resource Centre, Life Rhythms, and Tools for Peace supply recycled paper called Recycle 100, an all-purpose paper suitable for letterhead, newsletters, and brochures. It is an unbleached, 20 lb. paper that is 100% recycled with 20% post-consumer waste. This paper is not de-inked. Recycle 100 is reasonably priced for office and personal use. The Environmental Resource Centre will give special discounts for non-profit organizations.

This newsletter is printed on 100% recycled paper. It is unbleached and not de-inked.

Rotating Rental & Supply has soft, highly absorbent Paper Towel made from pure cellulose. It is therefore chemical-free and biodegradable. M-Tork Paper Towel is manufactured from 70% post-consumer paper. Telephone (403) 465-0637.

SOURCES OF INFORMATION

Environmental Resource Centre, Edmonton AB
(403) 433-8711

Life Rhythms, Edmonton, AB
(403) 439-3020

Tools for Peace, Edmonton, AB
(403) 421-1495

Paper Choice, Vancouver, BC
(604) 873-5700

Coast Paper, Edmonton, AB
(403) 452-1275

The Paper Source, Fallbrook, ON
(613) 267-1919

Alberta Research Council, Edmonton, AB
(403) 450-5408

Barber-Ellis, Edmonton, AB
(403) 452-4640

Alberta InWats 1-800-272-5602

NETWORK MEMBERS!

Look for The Well-Being of Canadians promotional brochure included with this Alberta Centre for Well-Being NEWSLETTER. The long-awaited details of the 1988 Campbell's Survey on Well-Being in Canada is now available. This document was created with a special concern for those who need to retrieve information promptly. For more information, contact the Canadian Fitness and Lifestyle Research Institute, 47 Clarence Street, Suite 200, Ottawa, Ontario, K1N 9K1, (613) 236-0173, FAX (613) 236-8857.

REMEMBRER!

We requested information from members to complete our records. If you received a NETWORK Information request form and haven't had a chance to complete it, please do so as quickly as possible. In this way, we may reach our goal to provide a NETWORK of NETWORKS with as much information as possible.
FROM THE NETWORK

The HEALTH PROMOTION ASSOCIATION OF LETHBRIDGE AND AREA was formed because 'Health Promotion' was seen as a term with wide interpretations. It was in fact, an old concept in a new hat. Health Promotion was not the purview of any particular agency or discipline but was already being done by many varied agencies and disciplines. Unfortunately, the communication among these agencies and disciplines was poor. In many instances individuals or agencies were attempting to do what was already being done by someone else and were unaware of the fact. Several sub-committees were originally set up to work on specific projects. These included; research, heart health, membership, Canada Health Day, injury prevention, and newsletter development.

The Heart Health group is involved with a research project to look at health behaviors in health care workers and has been involved in promoting the uniform use of recommended materials on heart health and cholesterol by physicians in the Lethbridge Area. The Canada Health Day group are working on a radio phone-in quiz which will involve local business sponsorship. The Research group has developed and the Association has approved its terms of reference. Among the services it is offering to the community at large is that of reviewing community agency research proposals at the request of the originator, prior to submission to granting agencies. This service is possible because the group has access to several nationally recognized experts in this field who are on faculty at the University of Lethbridge and who are willing to put their expertise at the disposal of the Association.

The Association has four general meetings a year and four board meetings. The sub groups meet as often as the individual group decides is appropriate. There are always opportunities for the formation of new sub groups depending upon the needs of the community at any point in time. For more information: Health Promotion Association of Lethbridge and Area, 801 • 1st Avenue South, Lethbridge, Alberta, T1J 4L5, (403) 320-6731.

ADVISORY BOARD FORMED

An Advisory Board has been formed to provide input and suggestions to the Alberta Centre for Well-Being and the many challenges this newly-established organization faces. The Board will be responsible for establishing policy and planning priorities for the Centre. Advisory Board members provide varied expertise and regional Alberta representation. The four members-at-large are:

- Judith Campbell, a wellness specialist with Edmonton Public Schools, Continuing Education, Edmonton.
- Beryl Deda, a retired nurse from Pincher Creek.
- Janice MacDonald, Director of Health Services with the Peace River Health Unit, Peace River.
- Val Wiebe, Health Promotion Consultant with Calgary Health Services, Health Education Division, Calgary.

Other members:
- David Arsenault, Section Head, Fitness and Leisure Service, Alberta Recreation and Parks, Edmonton (missing from picture).
- Gary Bowie, Chair, Department of Physical Education, University of Lethbridge, Lethbridge.
- Art Quinney, Chair, Department of Physical Education & Sport Studies, University of Alberta, Edmonton.
- Judy Sefton, Director, Alberta Centre for Well-Being, Edmonton.

- Warren Veale, Dean, Faculty of Physical Education, University of Calgary, Calgary (missing from picture).
- Len Wankel, Professor, Department of Recreation & Leisure Studies, University of Alberta, Edmonton.
September 30 - Oct. 4, 1990
New York, New York
American Public Health Association
- Annual convention
For more information:
  Bob Johnson
  (202) 787-5672

September 10-15, 1990
State of Washington, U.S.A.
International Symposium
on Community-Based Fitness and Health
- The purpose of this international Symposium is to present community-based strategies designed to change the lifestyles of individuals through preventative programs that will result in the reduction of health care costs.
For more information:
  Ms. Jo Hollier on 800-TRI-CITY
  P.O. Box 1905
  Richland, Washington, U.S.A.
  (509) 735-1000 FAX (509) 735-6609

September 17-20
Edmonton, Alberta
Healing Our Youth
- A conference sponsored by the Poundmaker's Lodge to provide information about treatment of adolescents recovering from addiction.
For more information:
  Pat Shirk
  P.O. Box 3884, Station D
  Edmonton, Alberta T5L 4K1
  (403) 458-1884

September 26, 1990
Calgary, Alberta
The Inside Edge: A Mental Fitness Workshop
- In this one-day workshop, the same mental skills used by champion athletes to master the rigours of competition are applied to the world of business and personal excellence.
For more information:
  Laurentian Health Services
  400 - 5th Avenue S.W., Suite 420
  Calgary, Alberta T2P 0L6
  (406) 232-6244

September 28, 1990
Edmonton, Alberta
Healing the Sexual Effects of Child Abuse
- Presented by Wendy Malz, M.S.W., Director of Malz Counselling Associates in Eugene, Oregon.
For more information:
  Personal Development Centre
  15108 - 76 Avenue
  Edmonton, Alberta T5R 2Z9
  (403) 487-6492

September 28, 1990
Edmonton, Alberta
Partners in Healing
- A special evening for adult survivors of incest and their intimate partners.
For more information:
  Personal Development Centre
  15108 - 76 Avenue
  Edmonton, Alberta T5R 2Z9
  (403) 487-6492

September 28, 1990
Calgary, Alberta
Sexual Health Education: Reaching Special Needs Groups
- An all-day workshop for those who work with persons with mental or physical handicaps, learning disabilities, or English as a second language groups.
For more information:
  Calgary Health Services
  Sexuality Division
  P.O. Box 4016, Station C
  320 - 17 Avenue S.W.
  Calgary, Alberta T2T 5T1
  (403) 228-7430

September 30 - Oct. 3, 1990
Victoria, British Columbia
ITCH '90
- This conference will address Information Technology Issues in Community Health and focus on how technology can be used to improve the health of real people in real communities.
For more information:
  Jim Cowan, Chairperson, ITCH '90
  School of Health Information Science
  University of Victoria
  Victoria, British Columbia V8W 2Y2
  (604) 721-8575 FAX (604) 721-1457
  JHC @ UVW.M.BITNET

Please let us know of any conferences or workshops that your organization is holding so that we may announce them in our next newsletter. Contact us at the Centre, 12245 - 131 Street, Edmonton, Alberta, T5L 1M9, (403) 448-0120, FAX (403) 455-2092.
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

October 1-3, 1990  Baltimore, Maryland
Fourth International Conference on the Combined Effects of Environmental Factors
For more information:
  Dr. Jacqueline K. Corn
  The Johns Hopkins University
  Department of Environmental Health Services
  (301) 955-2609

October 3-6, 1990  Alexandria, Virginia
Business and Management Aspects of Wellness
- The U.S. National Wellness Institute presents the Joint Southeast and Northeast Conference on Wellness.
For more information:
  Southeast/Northeast Conference on Wellness
  National Wellness Institute, Inc.
  1319 Fremont Street/South Hall
  Stevens Point, WI 54481

October 13-15, 1990  Albuquerque, New Mexico
American College of Nutrition
- Annual conference.
For more information:
  (919) 452-1222

October 17-19, 1990  Edmonton, Alberta
Successful Stress Management
- This workshop by Dr. Donald Tubescing will highlight effective stress management course development with tools and skills for wellness.
For more information:
  Coordinator, Stress Skills
  5607 - 143 Street
  Edmonton, Alberta T6H 4E4
  (403) 437-6931

October 18-20, 1990  Winnipeg, Manitoba
World Environment, Energy, and Economic Conference
- Theme for this international education conference is "Sustainable Development Strategies - The New World Agenda". A pre-conference will be held Oct. 16-18, 1990.
For more information:
  World Environment, Energy, & Economic Conference
  409, 1181 Portage Avenue
  Winnipeg, Manitoba R3G 0T3

October 18-21  Mesa, Arizona
Society of Prospective Medicine
- Annual conference.
For more information:
  Pamela Hall
  (317) 923-3600

October 19 & 20, 1990  Calgary, Alberta
In Harmony: Health and Emotional Well-Being
- A Women's Health Conference sponsored by the Grace Hospital, Calgary.
For more information:
  Women's Health Resources.
  1402 - 8th Avenue N.W.
  Calgary, Alberta T2N 1B9
  Anne at (403) 284-1141 or Liz at (403) 282-9152

October 25-27, 1990  Medicine Hat, Alberta
Family and Community Support Services:
We Are the Community
- Annual F.C.S.S. Association conference celebrating the 1990's as a time of change and challenge. Our communities may become a better place to live if we begin to show more responsibility for each other.
For more information:
  Cathy MacKenzie
  17 Morris Court S.E.
  Medicine Hat, Alberta
  (403) 526-8433 FAX 526-1239

November 3, 1990  Calgary, Alberta
Skills for Educating Adolescents About Sexuality
- This workshop will include teaching strategies and a review of current resources helpful to presenting sexuality education to adolescents.
For more information:
  Calgary Health Services
  Sexuality Division
  P.O. Box 4016, Station "C"
  320 - 17 Avenue S.W.
  Calgary, Alberta T2T 5T1
  (403) 228-7430; FAX (403) 245-1736

The Alberta Centre for Well-Being newsletter is published by the Centre and is distributed free of charge to a controlled circulation list of well-being professionals. If you wish to be added to the mailing list, please contact the Centre at (403) 448-0190, FAX 455-2002.
DID YOU KNOW?

**TAI CHI CHUAN** is an exercise for anyone who wants to learn and practice Tai Chi Chuan while seated. There is a video activation program available which is suitable for individual viewing at home or for small groups to promote well-being. For more information:

Health Sciences Media Services and Development
OJ1 W.C. Mackenzie Health Sciences Centre
University of Alberta
Edmonton, Alberta T6G 2R7
(403) 492-6560

**WOMEN AT LARGE** is a unique and dynamic concept in physical fitness exclusively designed by large women, for large women. By providing a comfortable, embarrassment-free environment, staffed with large women who are caring and compassionate, **Women at Large** is meeting head on and changing the myth that "large women can not and will not exercise... do not care about their physical appearance or health". **Women at Large** offers a wide variety of class times, information about exercise, support groups, workshops, and a wellness system of weight management. For more information:

Women at Large
#212, 8915 - 51 Avenue
Edmonton, Alberta T6E 5J3
(403) 465-2923

**MULTIPLE SCLEROSIS (MS)** is a disease of the central nervous system (brain and spinal cord). It interrupts the brain's ability to control walking, talking, seeing and other important functions. MS affects one out of every 500 persons between 15 and 50 years of age and has no known cause, no common pattern of symptoms, and no one effective treatment.

The **MS Society of Canada, Alberta Division** offers a variety of service programs to help people with MS live up to their abilities. The MS Society supports a network of MS clinics across the country.

If a friend, relative, colleague, or client has MS, tell them about the MS Society of Canada and support the MS cause. For more information:

Multiple Sclerosis Society of Canada
Alberta Division
2nd Floor, 11203 - 70 Street
Edmonton, Alberta T5B 1T1
Phone (403) 471-3313  Fax (403) 479-2286

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**BONNIE HUTCHINSON ENTERPRISES INC.**
Since 1982, BEHI has provided writing, training, consulting and research services in the fields of personal, organizational, and community development. They specialize in helping organizations do what they do -- even better. For more information:

Bonnie Hutchinson
BHEI
6010 - 48 Avenue
Camrose, Alberta T4V 0K3
(403) 672-2113

**TRYM GYM** is a lifestyle change program developed by health professionals at the University of Calgary’s Department of Family Medicine to modify lifestyle for long-term weight control and good health. For more information:

Liz Young, Director
TRYM GYM
The University of Calgary Medical Clinic
3350 Hospital Drive N.W.
Calgary, Alberta T2N 4N1
(403) 220-4394

The **ASSOCIATION OF HUMAN SERVICES IN ALBERTA** is an independent, provincial, volunteer organization established to enhance effective human services in Alberta. The AHSA facilitates communication between service providers and government through consultation, advocacy, research, and information distribution. The AHSA is funded by a sustaining grant from Alberta Family and Social Services, grants through programs of the Alberta and Federal Government, grants from foundations, membership fees and private donations. For more information:

A.H.S.A.
#204, 10426 - 81 Avenue
Edmonton, Alberta T6E 1X5
(403) 431-0626

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INTRODUCING ...

RESEARCH ASSOCIATES Tammy Horne and Dru Marshall

Dr. Dru Marshall completed her Bachelor of Physical Education Degree in her home town of Winnipeg, Manitoba at the University of Manitoba, before coming west to obtain her Master of Science Degree and Ph.D in Exercise Physiology at the University of Alberta. She has recently completed a post-doctoral fellowship that was offered jointly by the Department of Health Services Administration and Community Medicine, University of Alberta, and Alberta Health.

Dru began her two-year appointment with the Alberta Centre for Well-Being July 1st, 1990 and also holds an adjunct assistant professorship in the Faculty of Physical Education and Recreation.

Dru’s research into the measurement and treatment of obesity in children falls within the Centre’s mandate to provide physical, emotional, and social health. Obesity has been described as the main nutritional problem in the developing nations, affecting between 4-40% of children, depending on the definition of obesity used. Health risks of obesity are poorly-established in children; but obesity in childhood predisposes to obesity in adulthood, where the risks are more clear. Treatment and early prevention efforts in children are therefore important to help alleviate future health problems, but these efforts to date have not been successful, and some in fact have been harmful. Dru’s research has focussed on the concept of appropriate pre-treatment screening. She has examined the validity of obesity indicators that are commonly used by clinicians, public health nurses, and teachers, such as relative weight, body mass index, the pndural index, and skinfolds, and found that some misclassification occurs when these indicators are used. Some children, therefore, are put into treatment programs unnecessarily (false positives), while others do not receive treatment when they need it (false negatives). Since treatment is relatively unsuccessful and potentially harmful, special care must be taken in identifying candidates for treatment programs.

Dru will expand this research during her tenure with the Centre by examining the effect of growth and development, and identifying appropriate obesity cut-off points that help to identify health risks in children.

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Dr. Tammy Horne joined the Alberta Centre for Well-Being June 1st, 1990 as a Research Associate. She is also an Adjunct Assistant Professor in the Department of Physical Education and Sport Studies, University of Alberta and will teach courses in Community Health Promotion. Tammy earned her doctorate in Kinesiology at the University of Waterloo.

Her past research has been in physical activity promotion and adherence. She has studied the relationship between psychological variables (attitudes, confidence) and exposure to/recall of fitness-related messages. She has also examined the ability of theories from social psychology to predict fitness class attendance. Tammy plans to continue these lines of research.

She also intends to develop and evaluate community-level programs designed both to provide mutual support for health behavior change and to make healthy choices convenient for people. Her interest in such interventions springs from recent experiences both as a public health educator and as a private consultant to health and social service agencies in eastern Ontario.

Tammy is committed to involving practitioners and consumers in all stages of research projects, to ensure a creative integration of academic knowledge with professional experience, practical concerns, and community ownership.
THE HON. DR. STEPHEN C. WEST, MINISTER OF ALBERTA RECREATION AND PARKS DISCUSSES ISSUES SURROUNDING HIS MINISTRY AND THE WELL-BEING OF ALBERTANS

Q. If you see Alberta Recreation and Parks (ARP) as an Advocate for a healthy Alberta, how will it work in a more coordinated effort with agencies and volunteer groups to inform Albertans about the benefits of positive leisure experiences?

Alberta Recreation and Parks along with Alberta Sport Council, the Recreation, Parks and Wildlife Foundation, provincial sport and recreation associations, the Be Fit for Life Network and the Alberta Centre for Well-Being performs a valuable role in promoting fitness through recreation and sport. The partnership between all of these agencies in informing Albertans of the positive benefits of healthy lifestyles has worked well in the past; however, there is always room for improvement.

Given the increasing importance of recreation and sport in assisting Albertans to achieve healthier lifestyles, the increasing demand for recreational opportunities and the fiscal constraints placed on government to deliver recreational services, I see my department's role as a coordinator and facilitator of fitness activities and programs. We are also looking at some joint initiatives with Alberta Health, which will hopefully result in a consistent health message being sent out to all Albertans. Through this approach and the efforts of the Alberta Centre for Well-Being, I believe we will see more Albertans realizing the benefits of fitness.

Q. In what specific ways will ARP help create communities where healthy choices are the easiest way?

It is very difficult, and often undesirable, for governments or specific departments to regulate or seek to control human nature. Faced with a choice, many of us will not always seek the “healthy” one. I think we would be less successful if we attempted to tell Albertans what they should or shouldn’t do in terms of their health or lifestyles. I believe that what we should be doing is emphasizing to Albertans the benefits of making healthy choices and let them decide for themselves that the healthy choice is the right choice. This idea of not prescribing health options to Albertans is supported by the Active Living concept which is being promoted by Fitness Canada and the provinces.

Q. How does ARP intend to improve communications with the general public to send the message of promoting healthy lifestyles? How will ARP get their message out to communities and thereby help return the authority to these communities so they make their own decisions about lifestyle services they require?

One of the most important aspects of good government is open communication. I am continually meeting with groups and individuals to discuss sport, recreation and fitness-related matters. In conversations with provincial sport associations and community groups, I try to emphasize the importance of programs which encourage fitness and healthy lifestyles. I will be working with my department, the Alberta Centre for Well-Being and the Be Fit for Life Centres to ensure that the healthy lifestyle message is getting out to as many Albertans as possible. One of the decisions I made when I entered the Alberta Recreation and Parks portfolio was to decentralize divisions of the department to bring service closer to the people. There are 14 regional offices in the recreation division which, along with Alberta Sport Council offices, assist municipalities and community groups in promoting the fitness and wellness concept. I think that the key word is “assist” - as a government we cannot remove local initiative or start making priorities which are best set in the communities. The Recreation, Parks and Wildlife Foundation is also working hard to bring forward the importance of fitness to Albertans. Project APEX, a fitness and nutrition program for Grade 5 students in areas of the province, funded by the Foundation is one example of the fine work being done. If we continue in this direction, I’m confident we’ll see communities making well-informed decisions about the lifestyle services they require.

Q. A healthy environment has been recognized as a direct link to healthy people. Specifically, how is ARP helping to create a safe and healthy environment for Albertans?

A healthy environment is of prime importance to Albertans and to the Alberta Recreation and Parks Ministry. One example of the department’s activities in this area which immediately comes to mind is the “Safety in the Playspace” poster campaign launched jointly by the Recreation, Parks and Wildlife Foundation and the Department of Education.

Please see Hon. Dr. Stephen C. West/10
Over 6000 posters will be distributed to playspace leaders and schools, demonstrating the importance of safety in play areas. I have also had discussions with the Minister of Health as to how Recreation and Parks can assist in reducing health care costs in the province. The provision of open spaces through department programs, such as Urban Parks, also is an example of our efforts to help communities develop healthy environments. Through these discussions and initiatives, I think we are creating a safe and healthy environment for Albertans.

Q. **In what way does ARP act as a role model for other Alberta agencies? For instance, have they developed initiatives for Workplace Wellness within the Ministry?**

One of the most recent examples of Alberta Recreation and Parks acting as a role model was its involvement in Canada Fitweek. With the assistance of the Be Fit for Life Centres, we were able to spur on companies in promoting healthy lifestyles to their employees through a corporate challenge. The Rainbow Report focused on government departments acting as role models in terms of workplace wellness. I would like to explore with my officials the concepts of an "employee wellness" brochure being developed and a fitness program for employees within my department.

Q. **What does ARP see as its role with the Alberta Centre for Well-Being?**

I see Alberta Recreation and Parks working in partnership with the Alberta Centre for Well-Being. I consider it very important to avoid a duplication of services and program delivery. I think that the Centre has done an excellent job already in serving as a focal point for people seeking information in the wellness, physical activity, lifestyle and health promotion areas. I see this role being built upon so that the Centre can serve as a sort of "networking tool" for the groups I've already mentioned. I also see the Centre playing an active role in the hosting of a wellness conference, with the Alberta Public Health Association, which would be sponsored by Alberta Recreation and Parks and Alberta Health.

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**ADVOCACY RESOURCE PACKAGE.** Good health and fitness can open the door to a more fulfilling life for all Canadians. For people with disabilities, the key often lies in being able to take control of their lives.

Advocacy -- the process of speaking up -- can help achieve this goal.

Contents of the Resource Package:

1) *Advocacy ... The Process: A Resource in Support of Canadians with a Disability* (28 pages) identifies the four phases of advocacy -- prepare, plan, act and evaluate.

2) *Advocacy in Action* -- a nine-page companion booklet to the Workbook containing insights into successful advocacy efforts.

3) *Advocacy Addendum* -- a series of nine worksheets to assist the reader in putting the workbook ideas into practice.

The Advocacy Resource Package comes in bilingual format. For more information: Active Living Alliance for Canadians with a Disability, Suite 312, 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4, (613) 748-5747 or the Alberta Centre for Well-Beinig, 12245 - 131 Street, Edmonton, Alberta T5L 1M9, (403) 448-0180, FAX, (403) 455-2092.

**ADVOCACY WORKSHOP.** Active Living Alliance and the Alberta Centre for Well-Being will be sponsoring an Advocacy Workshop, October 24, 1990 in Edmonton and October 25 in Calgary. This four-hour workshop will run from 1:00 p.m. - 5:30 p.m. and all participants will receive resource and promotional materials. The maximum number of participants is 50. If you are interested in accessing better and equal active living opportunities for persons with a disability, this workshop is for you! To register, call or write the Alberta Centre for Well-Being.

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If you would like more information on the contents of this newsletter, please contact the Alberta Centre for Well-Being, 12245 - 131 Street, Edmonton, Alberta, T5L 1M9. Telephone: (403) 448-0180, FAX: (403) 455-2092.

Comments, questions, and suggestions are always welcome. Please contact the Communications Coordinator at the Centre if you have any special events, programs, or issues you would like addressed in the Newsletter.