

The end of daylight saving time reminds us all that winter is just around the corner. Even though days shorten and it can be cold, winter is a beautiful season that has its own unique charm. I especially look forward to star gazing on a cold clear night, and hopefully seeing the magic and beauty of the Northern Lights. Long evenings are an opportunity to gather family or friends around for games, stories and fun times together. For many it's soup, chowder and chili season, those meals that warm and fill us up. Inside you will find a great vegetarian chili recipe, a slow-cooking, one-pot meal so that you can enjoy a winter day and have a healthy meal waiting at home. On behalf of the WWC I hope everyone can find something to enjoy this winter.

As always, we'd love to hear from you through our WWC e-mail:

info@westernwellnesscoalition.com

November is Radon Action Month

Health Canada is encouraging Canadians to test their homes for radon. Radon is the leading cause of lung cancer in non-smokers, causing more than 3,200 deaths/year.



Radon is a radioactive gas naturally produced by the breakdown of uranium in the ground. It easily enters homes undetected through cracks and gaps in floors and walls that contact the ground. You can't see, smell, or taste it. All homes and buildings have some level of radon. The only question is how much and the only way to know is to test.

Library lending program and testing rebate – The NL Public Libraries currently offer short-term radon detection kits as part of their lending programs. There is a special promotion where people can avail of a 15% discount on the cost of long-term radon detectors (these normally cost around \$50).

Canadian Lung Association Funding for Radon Mitigation – Offers a limited amount of funding to support residents with low incomes and/or a lung cancer diagnosis, to carry out radon mitigation work in their homes: <https://www.lung.ca/lungs-matter-radon-mitigation-support>

Local Radon Testing and Mitigation Services – There is one company available for radon testing and mitigation in NL. Steve Thorne with Transfer Energy recently completed his certification and has begun offering his services: www.transferenergy.ca

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Community Grant Highlight

Growing For Wellness

The Bay St. George Campus of the College of the North Atlantic began a student and staff initiative to learn more about gardening. With a Community Grant from the WWC we started **Growing for Wellness**—a gardening club for beginners. Participants learned about building garden beds, site selection, seed selection, watering, fertilizing, hardening off plants, soil composition, composting and more. Bi-weekly sessions started with presentations on various topics as participants had their lunch (packed from home). The information sessions were 30 minutes or less to allow time for the practical exercises of ‘getting our hands dirty’ - seed planting, seedling care, transplanting, and so on.



Sessions began on April 12th and continued until June 21. Participants took their seedlings and continued working on their gardens throughout the summer. The group met in September to share their gardening adventures.

Participants were very excited to share their experiences. Although some had greater success than others, all experienced some gardening success with a crop of some sort. Everyone enjoyed the process of starting from seed and cultivating their gardens. A couple of participants were really surprised with their success this time as previous attempts were not as fruitful. Some other benefits identified were: getting out in the sun and fresh air, exercise, and social networking and support within the group. During our debrief we also talked about winter garden prep and planting garlic.

This project was a huge success and received much positive feedback from both the participants, and the college community in general. Participants are already discussing how the project can be improved for next year. As a side note, a visiting administrator from another region was quite impressed and indicated they would start something similar at their campus.



*Submitted by
Allison Lomond*



Outdoor Court at Templeton Academy

Templeton Academy is located in Meadows NL and services the communities of Hughes Brook, Irishtown, Summerside, Meadows, Gillams, McIvers, and Cox's Cove. This is a vibrant and active school, serving over 400 students from Kindergarten to Level III. For many years now, even before Covid, the staff and administration have been completing small projects to enhance the outdoor recreation and learning spaces surrounding our school. In 2022, we recognized that our grade 7 – 12 students had few opportunities to be active in an outdoor space, so we began applying for funding for a bigger project, to create an outdoor court.

The Western Regional Wellness Coalition was our first contributor, enabling us to purchase one basketball net. Our applications to Active Schools and Physical and Health Education Canada (PHE Canada) were also successful. With help from the Town of Meadows, donating equipment and labour to help clear the area, as well as West Coast Excavating, contributing a load of stone, we were able to complete this project fully.



Before the court existed, physical activity during recess and lunch among the junior and senior high students was noticeably low. The court has been in place since the start of school in September 2023. We are thrilled to say it has been packed every recess and lunch! Additionally, the court is in use most days after school and in the evenings by students in the community.



This project is just one example of how having access to a healthy environment contributes to healthy students who can play, learn and grow to their full potential. Thanks to all our partners who made this happen.

Submitted by Greg Sharpe

Food First NL: Growing in Western

Food First NL (FFNL) works with communities in Newfoundland & Labrador to ensure everyone has access to affordable, healthy, and culturally appropriate food. As a provincial, non-profit organization, FFNL collaborates with a network of 300 like-minded organizations & individuals to improve food security in NL.

Two FFNL highlights in the Western Region: the **Western NL Food Hub** and **Regional Animators!**

First, The Western NL Food Hub provides a user-friendly online ordering platform that is updated weekly with products from local producers, focusing exclusively on local products. Everything is grown, harvested, and/or processed in the region. Customers can order from as many producers as they want on one site, after which all orders are freshly gathered, packaged, and ready for pickup at the Food Hub by the week's end. The Food Hub is always accepting new customers and producers. Check out their website to see the local products available this week at www.nlfoodhub.ca!

In other news, Food First NL has hired Five Regional Food Animators working across the province to inspire and support community food action! They work with folks across their region to:

- Create spaces where people can share what is happening in their area and learn from one another.
- Build relationships within regions.
- Provide and share resources, information, and guidance.

If you have any interest in learning more about Food Insecurity in your region, reach out to your Regional Animator. For the Western/Northern Region please email samantha@foodfirstnl.ca.

Vegetarian Chili

A meal that comes mostly from the pantry and all in one pot. This recipe makes a large batch - leftovers freeze well.

INGREDIENTS

- 1 teaspoon olive oil
- 2-3 onions, diced
- 3 celery ribs, diced
- 2 carrots, diced
- 1 green pepper, diced
- 1 (540 ml) can dark red kidney beans, rinsed & drained
- 1 (398 ml) can of beans in tomato sauce
- 2 (284 ml) cans mushroom pieces, drained
- 2 (284 ml) cans tomato soup
- 1 (796 ml) can diced tomatoes, undrained
- 1 (680 ml) can of tomato sauce
- 2 tablespoons chili powder, divided
- 1 teaspoon oregano
- 1/4 teaspoon pepper
- 1 teaspoon brown sugar
- 3 teaspoons garlic powder



INSTRUCTIONS:

Step 1

In a large pot, sauté the onion, celery, carrot and green pepper in the oil and cook until the onion is translucent, about 5 minutes. Season it with a bit of chili powder.

Step 2

Gently mix in the beans, mushrooms, tomato soup, tomato sauce and canned tomatoes. Season with the remaining chili powder, oregano, pepper, sugar, and garlic. Stir well to coat all the ingredients.

Step 3

Cover the pot and simmer over medium heat for 1 hour, stirring occasionally.

Serve with rolls, crackers or tortilla chips.

Violence Prevention in Western Newfoundland: A Commitment from Corner Brook Status of Women's Council

Violence prevention and community strengthening are essential for fostering safe, inclusive, and supportive environments for individuals and families. In Western Newfoundland, the Corner Brook Status of Women's Council (CBSWC) is the local leader in violence prevention promotion and education. This aligns with our commitment to community and addresses the complex issue of violence prevention while working to foster a sense of togetherness within the region.

To effectively prevent violence, a multifaceted approach is needed. The Corner Brook Status of Women's Council has embraced various strategies to tackle this issue:

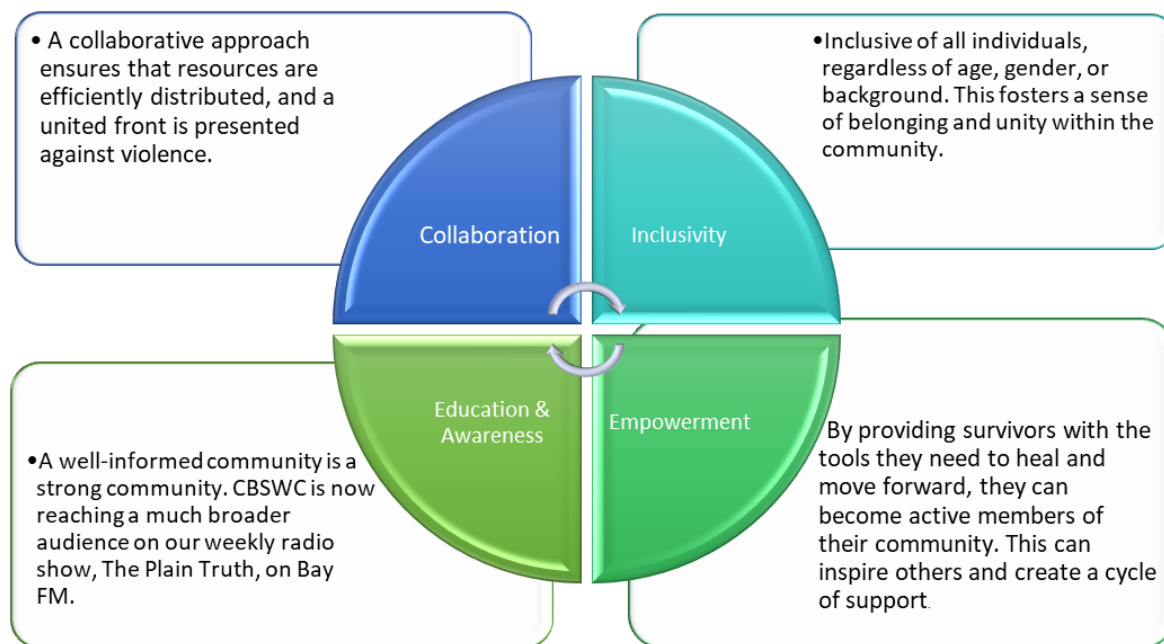
Education and Awareness: Raising awareness about different forms of violence, such as sexual assault, sharing intimate images, domestic violence and bullying, is essential. Since September of 2022 the CBSWC has provided over 150 education sessions for junior high, senior high and post secondary schools on the island. Sessions on recognizing, reporting, and preventing violence continue to occur and can be arranged upon request.

Support Services: The CBSWC provides support services to survivors of violence, offering counseling, programming, access to phone, fax or internet, a supportive living unit, and referrals to other community resources. These services are vital in helping survivors heal and rebuild their lives.

Advocacy and Policy Change: Engaging with local authorities and policymakers, the CBSWC advocates for policies and laws that promote gender equality and prevent violence. We advocate for access to housing, education and accessible healthcare, to name a few.

Community Engagement: Building a resilient community that actively opposes violence is a core focus. One of the more recent initiatives is a monthly community luncheon for community agencies and service providers. It gives those organizations an opportunity to come together, share resources and collaborate. All community organizations and service providers are welcome, please contact project.cbswc@gmail.com if you would like to find out more.

The CBSWC has made a commitment to create safer and supportive communities throughout the region. The approach will be collaborative and inclusive, empower survivors, and provide education and awareness. We invite all residents to be active participants in building a safer, more inclusive, and closely-knit community



Submitted by Valetta Colbourne e-mail: project.cbswc@gmail.com

Nicotine Pouches—Raising Awareness About A New Product



The Newfoundland and Labrador Alliance for the Control of Tobacco (ACT) would like to make you aware of a new nicotine product that has recently become available for purchase in convenience stores across the province. Imperial Tobacco’s “Zonnic” is a flavoured nicotine pouch which has been approved by Health Canada under the Natural Health Products Regulations, with little to no regulations prohibiting its sale and advertising to minors. Nicotine pouches, while they have benefits for adults seeking alternatives to cigarettes, are a significant danger to youth.

These novel products are appealing to youth, with attractive flavours such as Tropic Breeze, Chill Mint, and Berry Frost, and come in colourful, small packages. The pouches can be used very discreetly as they are designed to be placed between the upper lip and gum. Each pouch contains 4mg of nicotine, which will be absorbed through the mouth’s mucosal membranes when used as directed. Packages are sold in units of 10 or 25 pouches, which in total can deliver a significant amount of nicotine to users, especially youth.



Photo Credit CBC Nov 17, 2023

Nicotine, whether natural or synthetic, is the same drug, and is harmful to youth regardless of the delivery method. Nicotine is highly addictive, and youth are especially susceptible to physical dependence and/or addiction. Youth may become dependent on nicotine with lower levels of exposure than adults. Nicotine interferes with healthy teen brain development, induces anxiety, and affects memory, concentration, mood, and impulse control. Parents and caregivers are urged to discuss the risks of nicotine use with their children and youth. Retailers are urged to be vigilant and aware and to not sell these or any other nicotine product to anyone under the age of 19. More information on nicotine addiction can be found at [The Centre for Addiction and Mental Health \(CAMH\)](#).

Submitted by Melissa Moore e-mail: melissamoore@actnf.com

Grant Information

Recently Funded Grants

Community Grants
Rocky Harbour and area — FRC Families Skate Together
Rocky Harbour & Area — Pitch and Plan Session
Trout River — Sip and Ski
Corner Brook — Active Living West
Pasadena — Sew Along- Quilting With Friends

School Grants
Belanger Memorial (Doyles)
St. James Regional High (PAB)
St. James Elementary (PAB)
Burgeo Academy (Burgeo)
Corner Brook Regional High (Corner Brook)
E A Butler (McKays)
Elwood Regional High School (Deer Lake)
Hampden Academy (Hampden)
Main River Academy (Pollards Point)
J.J. Curling (Corner Brook)
St. James All Grade (Lark Harbour)
Immaculate Heart of Mary (private school) Corner Brook
Xavier Junior High: Deer Lake

Wellness Priority Areas



Healthy Eating
Physical Activity
Injury Prevention
Child & Youth Development
Sexual & Reproductive Health
Healthy Environments
Tobacco Control
Mental Health Promotion &
Addiction Prevention

A Wellness Facilitator can help with grant applications, budgets, and finding partners and resources. Here's how to contact one in your area:

**Bay St. George & Area, Port aux Basques & Area,
Burgeo & Area**
leannefleming@westernhealth.nl.ca
**Corner Brook, Bay of Islands, Deer Lake and White
Bay**
amandaeagle@westernhealth.nl.ca
Bonne Bay and Area, Port Saunders and Area
caracullihall@westernhealth.nl.ca



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