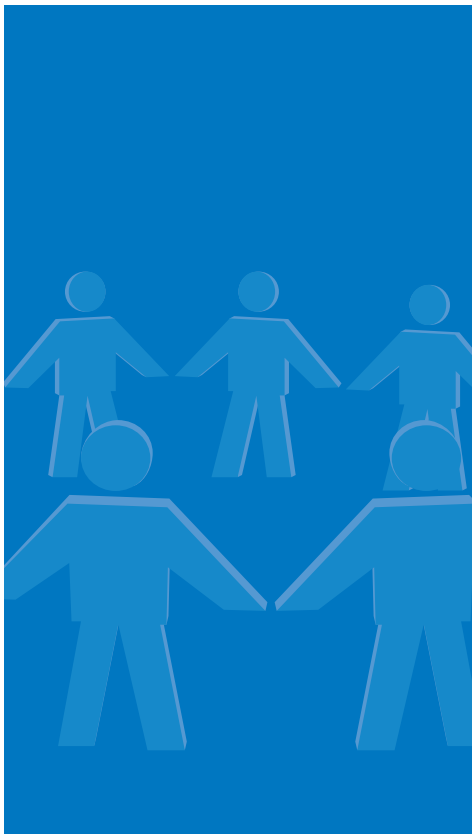




CAPACITY BUILDING *IN ACTION*

Summary of Community-Based Projects



The BCHLA exists to improve the health of British Columbians through leadership and collaboration to address the risk factors and health inequities that contribute significantly to chronic disease. The Community Capacity Building Strategy - led by the Canadian Cancer Society, BC and Yukon Division from 2007 to 2010 - was one of four integrated strategies developed by the BCHLA to support British Columbians to eat healthier, get active, and live tobacco free.

One of the primary functions of the Community Capacity Building Strategy was to expand opportunities for capacity building in priority communities. The Strategy provided financial assistance in excess of \$1 million to 70 community-based projects led in partnership by local organizations and champions. These projects, described in this summary package, were developed collaboratively to address priorities identified by the community partners.

The Community Capacity Building Strategy wishes to thank the many community champions, organizations, and partners working tirelessly to improve the health and well-being of their communities.

To learn more about the Community Capacity Building Strategy, including more information and resources about the impact of investing in capacity building, please visit www.cancer.ca/bc/ccbs/.

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British Columbia

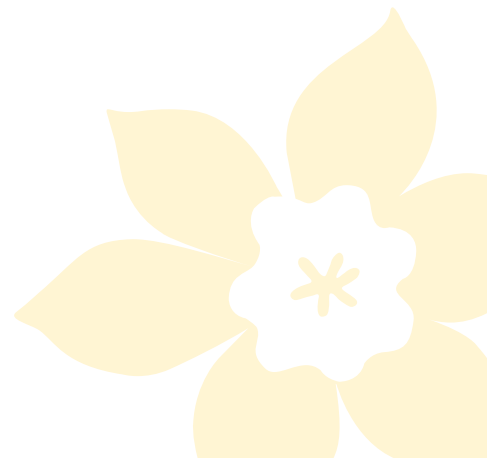


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Overview of Capacity Building Projects

- Vancouver Island
- North
- Interior
- Fraser
- Vancouver Coastal

Project Name	Target Population					Project Type							Sub-themes								
	Community / General	Youth	Seniors / Elders	Aboriginal	Refugee	Families	Planning	Collaboration / Networking	Physical Infrastructure	Physical Infrastructure - garden / greenhouse / kitchen	Resource Development - hard copy	Resource Development - online	Community Training / Workshops	Policy	Culture	Intergenerational Learning	Food - security, nutrition, policy	Recreation / Physical Activity	Leadership	Mentorship	Art / Theatre
Clayoquot Biosphere – Regional Food Action Planning Project	•					•					•		•			•					
Coastal Family Resources Coalition: LIRN Learning Event						•					•					•					
Feasibility For Change Sharing Best Practice Project						•				•						•					
Gwa'sala-Nakwaxda'xw Recreation Improvement Project	•		•	•		•							•			•					
Hesquiah Sports Field/Garden Development Project						•			•												
Life Cycles: Vancouver Island Food Network Development Project	•		•	•		•										•					
MI-TEAMA "Honouring Our Youth" Project						•			•												
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Mt. Waddington Health Network - Youth Leadership Council						•			•												
Musamukw and Dzawada enuxw Traditional Foods Project	•		•	•		•										•					
Namgis Youth Leadership Reconnection and Renewal Project						•										•					
nanahtsuu haahuupa Youth Development Leadership Workshop						•										•					
Nashuk Youth Council						•										•					
Pacheedaht Community Garden Enhancement Project						•			•							•					
Planting Food for Lives Project	•					•			•							•					
Port Hardy Secondary School Garden Project						•			•							•					
Preserving Traditional Food Knowledge for Future Wellness						•			•							•					
Shaw-naw-as Community Kitchen & Garden Enhancement Project						•			•							•					
Ucluellet Community Kitchen Project	•					•			•							•					
Uu-a-thluk Traditional Food Resource Project						•			•							•					
Vancouver Island & Coastal Communities Indigenous Food Network	•					•			•							•					
Vancouver Island Community Research Alliance: Capacity Building	•					•			•							•					
Village of Alert Bay Community Garden Project	•					•			•							•					

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Overview of Capacity Building Projects

- Vancouver Island
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Sunshine Coast Community Leadership Initiative	•																					
Youth & Healthy Living Project	•																					

VANCOUVER ISLAND

■ *Clayoquot Biosphere - Regional Food Action Planning Project*

The purpose of the project was to develop a regional food action plan to look at the barriers, assets, and opportunities for food security in the Clayoquot biosphere region. The funds were used to hire a coordinator to conduct research, engage in networking/outreach activities, organize/host a series of five community engagement meetings that utilized focus group/asset mapping activities and develop a regional food action plan. The Coordinator also developed content for the ‘Eat West Coast’ website, including a food directory, calendar of food-related activities and a services directory for finding groups involved with education, access, or other topics in relation to food.

Host Organization: Clayoquot Biosphere Trust, Ucluelet

Contact: Chantel Gemmell - ukeelocalfood@yahoo.ca or Rebecca Hurwitz rebecca@clayoquotbiosphere.org

Keywords:

- Community/General
- Planning - Food Action Plan
- Collaboration / Networking - Engagement; Relationship Building
- Resource Development www.eatwestcoast.ca
- Policy
- Food - Security; Nutrition; Policy

■ *Coastal Family Resources Coalition: LIRN Learning Event*

This forum partnered with LIRN (Learning Initiatives in Rural and Northern BC) to create Community Indicators in order to assess progress by community service providers and to assist in determining the effectiveness of programs, including in the area of health.

Host Organization: Vancouver Island Health Authority, Port Alberni

Contact: Norine Messer, Capacity Building Coordinator norinemesser@hotmail.com or Esther Pace, VIHA esther.pace@viha.ca

Keywords:

- Planning - Workshop Final Report
- Collaboration / Networking - Community Mobilization

■ *Feasting For Change Sharing Best Practice Project*

The purpose of this project was to create a Resource Kit and support the planning and coordination of three ‘Feasts’ up-Island in Aboriginal communities in order to share the learnings and best practices of the ‘Feasting for Change’ project. ‘Feasting’

Host Organization: T’Sou-ke First Nation, Sooke

Contact: Kerrie McLean, T’Sou-ke Nation kerrie.mclean@tsoukenation.com

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Feasting For Change Sharing Best Practice Project – continued...

is a culturally appropriate approach to health promotion and community capacity building that helps individuals and communities to reconnect to traditional food, cooking and gathering practices, and to raise awareness of the connection between food and health. The ‘Feasting for Change’ project was started in May 2007 through a donation by the VanCity Community Fund, in support of Aboriginal communities in South Vancouver Island to enhance their food security and food sovereignty.

- Keywords:
- Aboriginal
 - Resource Development
 - Feasting for Change Resource Kit & DVD; Digital Story
 - Collaboration / Networking
 - Relationship Building
 - Culture
 - Intergenerational Learning
 - Leadership
 - Food - Security; Nutrition

■ *Gwa’sala-’Nakwaxda’xw Recreation Improvement Project*

Funds for this project were used to hire a Recreation Development Coordinator to work with the Community Plan Coordinator to map recreation and health assets in the local area. This included: assessing needs and gaps; reviewing and revising policy (e.g. facility and equipment usage); establishing new guidelines; and increasing awareness of the current assets in the community and nearby Port Hardy. The Coordinator also worked with community members who were employed as summer activity supervisors to plan and execute up to 20 recreational outings (e.g. swimming at the lake, hikes, outdoor field games, etc.) with community members; provide healthy food and snacks for outings; promote local recreational opportunities (e.g. listings in newsletter, posters etc.); and identify community training needs (e.g. coaching or recreational leadership training, etc.). An overall ‘community recreation plan’ with policy recommendations was created and included in the comprehensive community plan.

Host Organization: Gwa’sala-’Nakwaxda’xw First Nation, Port Hardy

Contact: Jessie Hemphill
ccp@gwanak.info

- Keywords:
- Community/General
 - Aboriginal
 - Youth
 - Seniors/Elders
 - Planning
 - Community Recreation Plan
 - Policy
 - Recreation/Physical Activity

■ *Hesquiaht Sports Field/Garden Development Project*

This project allowed the Hesquiaht First Nation to develop a sports field, concrete play pad, and community garden for traditional plants. The project focused on providing sports and other recreational opportunities - such as gardening - for this isolated community.

Host Organization: Hesquiaht First Nation, Tofino

Contact: Jeannine Adams,
Community Health Representative
hesquiahtchr@hotmail.com

continued on next page...

Hesquiaht Sports Field/Garden Development Project -continued...

- Keywords:
- Aboriginal
 - Youth
 - Seniors/Elders
 - Physical Infrastructure
 - Sports Field; Garden
 - Culture
 - Recreation/Physical Activity

■ ***Life Cycles: Vancouver Island Food Network Development Project***

This project supported research, development, event planning, and strategic planning for the development and launch of the Vancouver Island Food Network.

Host Organization: Life Cycles, Victoria

Contact: Linda Geggie
linda@lifecyclesproject.ca
www.vifood.info/

- Keywords:
- Community/General
 - Planning
 - Collaboration / Networking
 - Food - Security

■ ***MI-TEAMA “Honouring Our Youth” Project***

The MI-TEAMA “Honouring Our Youth” project supported youth leadership development, in addition to the coordination of a variety of healthy living activities including: upgraded the current basketball court at Beecher Bay; purchased sports equipment; held a cob oven building workshop; and hosted a one-day sports clinic related to sports at the Indigenous Games.

Host Organization: MI-TEAMA Youth and Family Society, Sooke

Contact: Isabelle Charles, MI-TEAMA
 President ia-charles@hotmail.com

- Keywords:
- Aboriginal
 - Youth
 - Networking/Collaboration
 - Community Mobilization
 - Physical Infrastructure
 - Basketball Court; Mobile Cob Oven (can travel for demonstrations)
 - Recreation/Physical Activity
 - Leadership

■ **Mt. Waddington Health Network - Food Security Sub-Committee**

This project existed to develop a network of community groups/stakeholders and interested individuals working on food security in Mt. Waddington by:

- hosting a meeting of food security stakeholders in the regional district to discuss the interest in/ possibility of creating a Food Security Sub-Committee as part of the Mt. Waddington Health Network;
- drafting a strategic plan with stakeholder groups for the committee (mission, goals, objectives, ways of working together, etc.) at the meeting;
- creating a presentation and drafting a motion to create a Food Security Sub-Committee as part of the Mt. Waddington Health Network;
- putting out a ‘call’ to members to create a working group of the Sub-Committee;
- developing an initial work plan of the Sub-Committee.

Host Organization: Mt. Waddington Regional District, Port McNeill

Contact: Sandra Waarne, Facilitator
sandra.waarne@viha.ca

- Keywords:**
- Aboriginal
 - Youth
 - Planning
 - Collaboration / Networking
 - Community Mobilization
 - Physical Infrastructure
 - Garden; Greenhouse
 - Intergenerational Learning
 - Food - Security; Nutrition

■ **Mt. Waddington Health Network - Network Development Project**

Dr. Ron Lindstrom, professor at UBC, came to help the steering committee evaluate the processes and effectiveness of the health network, which then developed an action plan for next steps with regards to network strengthening.

Host Organization: Mt. Waddington Regional District, Port McNeill

Contact: Sandra Waarne, Facilitator
sandra.waarne@viha.ca

- Keywords:**
- Community/General
 - Planning
 - Health Network Development Action Plan
 - Collaboration / Networking

■ **Mt. Waddington Health Network - Seniors Better Living Committee**

This project saw the creation and distribution of a Seniors Healthy Living Guide for Northern Vancouver Island, which includes services, resources, and programs available to seniors. The guide expands beyond health services; having information available in one place served the goal of increasing the accessibility of services for seniors outside of times of crisis. This project also supported the region’s move toward age-friendly

Host Organization: Mt. Waddington Regional District, Port McNeill

Contact: Alyson Hagen-Johnson
info@rdmw.bc.ca

continued on next page...

Mt. Waddington Health Network - Seniors Better Living Committee – continued...

communities, where health and social interactions are optimized and persons who are seniors or have disabilities have a comprehensive understanding of the services available to them in their communities.

Keywords: • Seniors/Elders
 • Resource Development
 - Seniors Resource Booklet & Website
www.mountwaddingtonseniors.com

.....

■ **Mt. Waddington Health Network - Youth Leadership Council**

The purpose of this project was to form a youth leadership council to involve youth in decision-making and planning around existing and developing programs and activities for youth on the northern Vancouver Island (North Island). Youth from different communities on the North Island formed a leadership council in order to talk about youth issues and advise the Mt. Waddington Youth Working Group and the Mt. Waddington Health Network. In addition, the leadership council participated in two capacity building opportunities that involved planning youth events in the region in order to build the knowledge and skills of the participants in regards to pertinent youth issues.

Host Organization: North Island Community Services, Port Hardy

Contact: Peter Carter, VIHA
peter.carter@viha.ca

Keywords: • Aboriginal
 • Youth
 • Planning
 • Collaboration / Networking
 - Engagement; Relationship Building
 • Leadership
 • Mentorship

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■ **Musa'mukw and Dzawada'enuxw Traditional Foods Project**

This project created a core planning team made up of knowledgeable Elders and resource people from Gilford Island and Kingcome Inlet who hosted a two-day asset mapping workshop/project meeting in Kingcome in order to create:

- a map of 'remembered' community assets (e.g. harvest grounds, gardens, orchards, etc.);
- an inventory list of all of the skills and knowledge that need to be researched/captured;
- a resource list of knowledgeable people that can share teachings;
- a prioritized list of action items;
- a work plan for the next phases of the project.

Host Organization: Tsawataineuk First Nation, Kingcome Inlet

Contact: Charlene Dawson
klakwaitl@hotmail.com

Keywords: • Community/General
 • Aboriginal
 • Youth
 • Seniors/Elders
 • Families
 • Planning
 • Resource Development
 - Traditional Food Resource Guide
<http://kingcome.ca/TEK%20Booklet.pdf>
 • Culture
 • Intergenerational Learning
 • Food - Security; Nutrition

■ ***Namgis Youth Leadership Reconnection and Renewal Project***

This project created a youth planning committee that helped plan and implement outdoor leadership activities intended to teach survival skills, cultural knowledge, life skills, and leadership skills to youth in Namgis Traditional territory. Themes included traditional plants & medicines, reparation of the grease trail, and traditional sea foods.

Host Organization: Namgis First Nation, Alert Bay

Contact: Randy Bell
RandyB@namgis.bc.ca

Keywords:

- Aboriginal
- Youth
- Community Training/Workshops
- Culture
- Intergenerational Learning
- Food - Security; Nutrition
- Leadership
- Mentorship

■ ***nananiqsuu haahuupa Youth Development Leadership Workshop***

nananiqsuu haahuupa is a cultural sharing workshop that explores the rich and diverse history and traditions of Nuu-chah-nulth ways of life. Through experiential learning, the workshop invites participants to gain a greater understanding of Nuu-chah-nulth origin stories, Nuu-chah-nulth society and family structure, traditional governance and resource management, cultural practices, traditional foods and medicines, and the effects of colonialism. Youth participating in the workshops had opportunities to learn about and explore marine-based careers, Nuu-chah-nulth culture, and ways that they can make a difference for their own lives and for their communities.

Host Organization: Nuu-chah-nulth Tribal Council, Port Alberni

Contact: Norine Messer,
Capacity Building Coordinator
norinemesser@hotmail.com

Keywords:

- Aboriginal
- Youth
- Resource Development
 - Workshop Materials; Digital Stories
- Community Training/Workshops
- Culture
- Intergenerational Learning
- Food - Security; Nutrition; Policy
- Leadership Mentorship

■ ***Nashuk Youth Council***

Key Nuu-chah-nulth youth from the nananiqsuu haahuupa leadership team were supported to form the Nashuk Youth Council. This project provided support for the youth to meet on a weekly basis, organize a larger youth workshop for youth in Nuu-chah-nulth communities across the Island, and work

Host Organization: Nuu-chah-nulth Tribal Council, Port Alberni

Contact: Norine Messer,
Capacity Building Coordinator
norinemesser@hotmail.com

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Nashuk Youth Council - continued...

towards becoming a youth advisory committee for the Nuuchahnulth tribal council. They also had special guests such as Elders, cultural/language teachers, community leaders, fishermen, biologists, and others attend their meetings. The youth learned about their culture and traditional food practices, participated in cultural crafts and activities, and learned about current issues and future career options. The youth have become very interested in participating in decisions that affect them and are keen to learn how they can have healthy lifestyles and inspire other youth to do the same.

- Keywords:**
- Aboriginal
 - Youth
 - Resource Development
 - Podcast (Deconstructing Dinner, June 3, 2010 “Exploring Ethnobiology I: Preserving Traditional Foodways Among Indigenous Youth” www.cjly.net/deconstructingdinner/060310.htm);
 - Digital Stories (Damon Rampanen - www.youtube.com/watch?v=kxoG-gSZ6s4;
 - Nikkie Watts - www.youtube.com/watch?v=Tr6nLTUp0Q8; Keenan Jules - www.youtube.com/watch?v=HRK_V-cnKT)
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition; Policy
 - Leadership
 - Mentorship
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition; Policy
 - Leadership Mentorship

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■ ***Pacheedaht Community Garden Enhancement Project***

This project supported the enhancement of the Pacheedaht Community Garden, which was started two years ago at the request of the parents participating in the Moms and Tots group. Enhancements to the garden included: purchasing new tools, compost bins, seeds, and traditional plant seedlings; visitation to a nearby native plant nursery; and purchasing worm composting kits for a pilot program involving household composting for families and at the local day care. These enhancements helped to provide a local source of fresh vegetables, including traditional medicines and vegetables such as lily bulbs, native onion, salmonberries, and thimbleberries, while also increasing local knowledge and skills around indigenous food production and gathering.

Host Organization: Pacheedaht First Nation, Port Renfrew

Contact: Janine Gagnier
janineg@pacheedaht.ca

- Keywords:**
- Aboriginal
 - Families
 - Planning
 - Collaboration / Networking
 - Relationship Building
 - Physical Infrastructure - Garden
 - Community Training/Workshops
 - Culture
 - Food - Security; Nutrition
 - Recreation/Physical Activity

■ ***Planting Food for Lives Project***

This Kuper Island food action project developed both short-term and long-term plans around community gardening and incorporating additional food programs at the health centre including: a community garden in front of the health centre; a greenhouse, compost bins, and planters around the school; gardening, nutrition, and cooking educational opportunities; and revitalizing an old walking trail from one end of Kuper Island to the other.

Host Organization: H’ulh-etun Health Society,
Chemainus

Contact: Marion James,
Community Health Coordinator
marion.james@hulhetun.ca

Keywords:

- Community/General
- Aboriginal
- Collaboration / Networking
- Community Mobilization; Engagement
- Physical Infrastructure - Garden;
Greenhouse; Hen House
- Community Training/Workshops
- Culture
- Intergenerational Learning
- Food - Security; Nutrition
- Leadership
- Recreation/Physical Activity

■ ***Port Hardy Secondary School Garden Project***

Port Hardy Secondary School created an “outdoor classroom” in the form of a school garden at a former portable site directly outside of the Home Economics classroom. This garden and the process of planting, tending, harvesting, and cooking food helps students develop life skills, while teaching them how they can provide fresh food for themselves and their families in the future.

Host Organization: Port Hardy Secondary School,
Port Hardy

Contact: Steve Gray - sgray@sd85.bc.ca

Keywords:

- Youth
- Aboriginal
- Families
- Planning
- Physical Infrastructure - Garden
- Food - Security; Nutrition

■ ***Preserving Traditional Food Knowledge for Future Wellness***

This project was aimed at enhancing the capacity of community members to become self-sufficient in food knowledge, collection, and preservation methods using an indigenous approach. The Port Alberni

Host Organization: Port Alberni Friendship Centre,
Port Alberni

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Preserving Traditional Food Knowledge for Future Wellness - continued...

Friendship Centre hired a Program Developer who conducted research, developed relevant curriculum, piloted workshops with community members, and coordinated enhancements to the kitchen’s utilities and equipment.

Contact: Cyndi Stevens
stevens@alberni.net

- Keywords:
- Aboriginal
 - Physical Infrastructure - Kitchen
 - Resource Development - Workshop Materials
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition

■ *Snaw-naw-as Community Kitchen & Garden Enhancement Project*

This project accomplished three main goals: 1) upgrade the existing kitchen in the Nanoose community hall to become a VIHA approved community kitchen; 2) provide training opportunities for the Nanoose Community Program Manager who is in charge of the community garden and the upgraded Community Kitchen; and 3) provide learning opportunities on gardening and food-related topics for other program managers and interested Nanoose community members. As a result, both community members and program staff are able to continue to expand food security related initiatives in Snaw-naw-as First Nation.

Host Organization: Nanoose First Nation, Lantzville

Contact: Vanessa Bob
communitygarden@nanoose.org

- Keywords:
- Aboriginal
 - Seniors/Elders
 - Collaboration / Networking
 - Engagement; Relationship Building
 - Physical Infrastructure - Kitchen; Garden
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition
 - Leadership

■ *Ucluelet Community Kitchen Project*

This project helped to transform a staff lunch room at the new ‘Community Hub’ into a provincially recognized, food safe community kitchen. Funds were used to alter the kitchen design and purchase a stove, movable teaching tables, a three-compartment sink, hand washing centre, and some basic kitchen supplies. The upgrade to a VIHA approved community kitchen is helping Ucluelet to continue to meet the needs and demand for food security initiatives.

Host Organization: West Coast Community Resources Society, Ucluelet

Contact: Marcie DeWitt,
 Community Outreach Coordinator
communityoutreach@wccrs.ca

- Keywords:
- Community/General
 - Physical Infrastructure - Kitchen
 - Food - Security

■ *Uu-a-thluk Traditional Food Resource Project*

This project created a Nuu-chah-nulth Traditional Foods Toolkit aimed at helping to preserve traditional seafood harvest/preparation methods and promote them among younger generations. The Toolkit includes a series of five instructional print resources for community members and schools/community programs and covers topics such as smoking salmon, harvesting shellfish, and pit cooking. Through connections to a local community kitchen and feast, the project included photographing and documenting an Elder-led harvest in order to create a lasting resource for communities. The Nashuk Youth Council was also involved in documenting the knowledge shared by the Elders at the feast.

Host Organization: Nuu-chah-nulth Tribal Council, Port Alberni

Contact: Norine Messer,
Capacity Building Coordinator
norinemesser@hotmail.com

Keywords:

- Aboriginal
- Youth
- Seniors/Elders
- Resource Development
 - Traditional Foods Toolkit & DVD - http://uuathluk.ca/Web_HSS_Ittatsoo.pdf;
 - http://uuathluk.ca/Web_HSS_NashukYouthCouncil.pdf;
- Digital Story - www.youtube.com/watch?v=KN7RSIbOXdA
- Culture
- Intergenerational Learning
- Food - Security; Nutrition
- Mentorship

■ *Vancouver Island & Coastal Communities Indigenous Food Network*

This project supported the development of the Vancouver Island and Coastal Communities Indigenous Food Network - a collaborative-based organization of traditional foods experts, health professionals, and culturally knowledgeable people from around Vancouver Island. The intention of this network is to increase awareness regarding issues pertaining to the traditional foods of the three regional First Nations located on Vancouver Island. Funding was used to hire a network developer, host four consultation meetings, and to enhance communications tools.

Host Organization: Vancouver Island Region Wildlife Management Society, Courtenay (on behalf of the VICCIF Network)

Contact: Gary Ardron, Chair
shelter@island.net

Keywords:

- Community/General
- Aboriginal
- Collaboration / Networking
- Resource Development
www.indigenousfoodsystems.org/category/community/vancouver-island-and-coastal-communities
- Culture
- Food - Security

■ ***Vancouver Island Community Research Alliance: Capacity Building Workshops & Institute***

This project supported three community based research workshops and a Summer Institute to build capacity related to community development and community-based research for academic, community, and organizational partners up and down Vancouver Island.

Host Organization: Office of Community Based Research, University of Victoria

Contact: Maeve Lydon
mlydon@uvic.ca

Keywords:

- Community/General
- Collaboration / Networking - Engagement
- Community Training/Workshops
- Community Based Research

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■ ***Village of Alert Bay Community Garden Project***

The Cormorant Island Community Garden project introduced the idea of growing food to the community of Alert Bay, thereby improving diets and reducing the dependency on cheap, store-bought, calorie-rich but nutrient-poor foods. The project created a number of partnerships, including with the Municipality, Namgis First Nation, the school district, and a number of local businesses in order to make the garden - built next to the elementary school - a reality. Activities of the project included: hiring a project coordinator to work in consultation with the Cormorant Island Sustainability Committee, holding three community engagement meetings, purchasing necessary materials and supplies to break ground, building garden structures, and hosting three gardening workshops for residents.

Host Organization: Village of Alert Bay, Alert Bay

Contact: Sharon Gordon
kgordon@cablerocket.com

Keywords:

- Community/General
- Aboriginal
- Youth
- Seniors/Elders
- Planning
- Collaboration / Networking - Community Mobilization; Engagement
- Physical Infrastructure - Garden Community Training/Workshops
- Food - Security; Nutrition

NORTH

■ *Archery in Moricetown*

Along with support from the BC Wildlife Federation, Moricetown Elementary was able to train two adults in archery safety and skills and purchase equipment sufficient for 30 students to participate in the archery program at the same time. Youth and community members are very excited about the opportunity to be involved in a culturally based activity, as well as compete against each other and neighbouring communities. Archery attracts participants that may not be interested in more typical sports and provides them a way to be successfully active and engaged.

Host Organization: Moricetown Health Centre, Moricetown

Contact: Juanita Nikal, Health Director
juanita.nikal@moricetown.ca

Keywords:

- Youth
- Physical Infrastructure
 - Archery Equipment
- Community Training/Workshops
- Recreation/Physical Activity

■ *Chetwynd Move It On Over Mobile Kitchen*

The Chetwynd Sukunka Social Planning Group purchased and retrofitted a mobile camp kitchen to operate as an accessible teaching, learning, and vending unit. The mobile unit allows commercial kitchen access for community groups, market vendors, and food skills workshops, thus encouraging local food production, value added products, and healthy food consumption. The kitchen will have a presence at the Farmers Market and other community events, providing fresh food and an alternative option to less healthy vendors. Being mobile allows the kitchen to travel to communities, providing learning opportunities on a more frequent basis for low income families, beginner gardeners, and seniors, among others. The Regional District Council is supportive of the initiative, providing ongoing funding for a garden coordinator and further food security initiatives.

Host Organization: Chetwynd Sukunka Social Planning Council, Chetwynd

Contact: Marcie Fofonoff
mfofonoff@hotmail.com

Keywords:

- Community/General
- Collaboration / Networking
 - Community Mobilization
- Physical Infrastructure
 - Mobile Kitchen (licensed community kitchen for Farmers Market)
- Resource Development - Foods Skills Recipes; Local Products Cookbooks; Producers Guide
- Community Training/Workshops
- Food - Security; Nutrition
- Mentorship

■ *Fireweed Society Earth to Table Project*

This project addressed food issues in the community of Fort St. James on many fronts: a user manual, user agreement, and training sessions were developed to

Host Organization: Fireweed Collective Society, Fort St. James

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Fireweed Society Earth to Table Project – continued...

increase community access of the newly installed commercial kitchen; a Community Cupboard was set up to help provide emergency food to those in need, including a freezer to store excess food for longer; learning workshops were hosted, including cooking, baking, and canning classes; and a cookbook was published for those with low literacy skills. Many valuable partnerships were formed - including with the regional district and local First Nations - with great results, including Food Skills for Families workshops, a food recovery program, funding for a breakfast program, strategies for continuing seniors lunches, a get active promotion campaign, and a winter farmers market. These strong relationships also led to the community continuing the Farmers Market Coupon program independently of the province and the formation of a Community Foundation to increase funding options for community projects.

Contact: Brandi Hanterman, Executive Director - fshaven@telus.net

- Keywords:
- Community/General
 - Aboriginal
 - Families
 - Collaboration / Networking
 - Resource Development
 - Community Kitchen Toolkit; Big Cooks Toolkit; Farmers Market Coupon & Nutrition Program Kit
 - Community Training/Workshops
 - Policy - User Agreement
 - Food - Security; Nutrition

■ *Fort Fraser Recreation Facility*

Fort Fraser is a small unincorporated community in northern BC with limited recreation opportunities. The community had been fundraising for many years to build an outdoor rink for year-round use. This project secured the final funding needed and allowed for the hiring of a Community Recreation Facilitator to support community participation, volunteerism, and to build relationships with the neighbouring First Nations community of Nadleh through recreation. Both summer and winter recreation programs were run and a user agreement was developed with the local school to allow evening activities in the gym, thus providing increased recreation opportunities for community members. Youth have showed increased leadership and community enthusiasm, supporting younger kids in learning skills, and community socializing has also increased. Plans have been developed for Phase II, which includes the installation of boards around the rink and developing a community exercise facility.

Host Organization: Fort Fraser Recreation Society, Fort Fraser

Contact: Colleen De Long
cdelong1@hotmail.com

- Keywords:
- Community/General
 - Youth
 - Aboriginal
 - Planning
 - Collaboration / Networking
 - Relationship Building
 - Resource Development
 - Paved Rink (on school grounds)
 - Recreation/Physical Activity
 - Leadership

■ **Granisle Recreation Leadership Program**

In response to a recognized need for more youth activities and programs, a Youth Committee was formed and an Active Community Facilitator was hired to support and mentor youth and adults in developing a recreation program. Community volunteers took a two-day training course and developed a summer recreation program for children. Youth prepared and delivered a presentation to council requesting support for their programs. An access agreement was worked out with the school, providing the Youth Committee with a room and access to the gym after-hours. Teen Town was established: a teen hang out for Friday nights that provides a safe place and healthy activity choices, all determined by the youth. Finally, a transportation agreement was agreed upon with Babine Lake Band to provide transportation for youth from Tachet (nearby reserve) to Granisle for better access to the programs. Parents and teachers report that the youth have demonstrated increased confidence, improved leadership and relationships with younger students, and greater willingness to assume more responsibility.

Host Organization: Village of Granisle, Granisle

Contact: Graham Wood, Principal of Babine Elementary School
gwood@mail.sd91.bc.ca

- Keywords:
- Youth
 - Aboriginal
 - Planning
 - Community Training/Workshops
 - Recreation Leadership Training Module
 - Policy - User Agreements (facility use; transportation)
 - Recreation/Physical Activity
 - Leadership

■ **Haida Gwaii Social Action Theatre**

This project created a dynamic forum for community conversations about regional health concerns and community assets through interactive forum theatre performances. The participatory plays - featuring community participants trained by Street Spirits Theatre - explored health concerns in communities across the Islands and invited the audience to identify solutions. Culture, food security, and healthy eating were dominant themes. Community events were held to raise awareness and share knowledge, including a Seedy Saturday and Grow and Gather Local Food Fair. An island-wide food network was strengthened and partnerships were built between community groups working on literacy, economic development, recreation, farming, and Haida culture. Overall, awareness of local foods was increased, groups are now better able to work together and opportunities for sharing knowledge have expanded, as have links between Haida and non-Haida communities.

Host Organization: Queen Charlotte Islands Regional Recreation Commission, Masset

Contact: Julia Brobbel qcirec@gmail.com
 or Stephanie Fung
adventurebraids@gmail.com

- Keywords:
- Community/General
 - Aboriginal
 - Collaboration / Networking
 - Community Mobilization; Engagement; Relationship Building
 - Community Training/Workshops
 - Culture
 - Food - Security; Nutrition
 - Art/theatre

■ **Hazelton Mentoring the Mentor**

This project provided opportunities for practitioners working with children and youth to build both their practical skills and theoretical knowledge for engaging young adults. Peer learning and network building was encouraged to help bridge recreation programming and events in six different communities. This increased the capacity of these 20+ children, youth, and family workers to provide recreation opportunities and community engagement.

Host Organization: Storytellers’ Foundation, Hazelton

Contact: Melanie Sondergaard
melanie@upperskeena.ca

- Keywords:**
- Youth Workers
 - Collaboration / Networking
 - Relationship Building
 - Community Training/Workshops
 - Leadership
 - Mentorship

■ **Helping Hands: Chetwynd and Area Community Gardening**

The Helping Hands project linked three communities together through mentorship, community garden development, and establishment of a Farmers Market. A garden mentor was hired to further develop the Chetwynd Healing Garden and provide weekly support to establish community gardens in West Moberly and Sauleau First Nation. The gardens were used by various programs throughout the communities, as well as individual community members. Produce was distributed throughout the community, sold at the Farmers Market, used in meals at the Health Centre, and preserved and shared at a Harvest Feast in the fall. The Farmers Market ran weekly from May to October and a Resource Guide was published to promote and improve access to local products. Communications and resource sharing have improved, leading to a successful second gardening season and continued steps towards increased food security for all three communities.

Host Organization: Chetwynd Sukunka Social Planning Council, Chetwynd

Contact: Marcie Fofonoff
mfofonoff@hotmail.com

- Keywords:**
- Community/General
 - Youth
 - Aboriginal
 - Planning
 - Collaboration / Networking
 - Community Mobilization; Relationship Building
 - Physical Infrastructure - Garden; Greenhouse; Farmers Market
 - Resource Development
 - Resource Guide of Local Producers; Garlic Festival Recipe Books
 - Intergenerational Learning
 - Food - Security; Nutrition

■ **Kitamaat Village Sahnis ‘Water Grizzly’ Canoe Project**

The Sahnis (Water Grizzly) canoe project saw the purchase of a 36’, 18-person canoe, along with a trailer and paddling equipment. Canoeing is a strong tradition of the Haisla people, but all of their canoes had been

Host Organization: Kalum Kitamaat Village Health Centre, Kitamaat Village

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Kitamaat Village Sahnis ‘Water Grizzly’ Canoe Project - continued...

crushed when a shed roof collapsed one winter. With the arrival of the new canoe into the community, physical activity, social opportunities, celebrations and ceremonies, as well as community volunteering have all increased. The project included a kick-off naming ceremony with canoe racing and paddling programs for children and youth. Adults volunteered their skills and time; one individual even reported that it has helped inspire a sense of belonging and optimism, replacing feelings of depression and hopelessness. Community spirit and a sense of celebration and culture drew people to the shore to watch practices or races, as in ‘the olden days’. Future plans include participating in a “Gathering Our Strength” canoe journey with neighbouring First Nations communities, using the canoe for eco-tourism, and reviving the art of canoe carving.

Contact: Lucille Harms - chn@haisla.ca

- Keywords:**
- Community/General
 - Aboriginal
 - Youth
 - Physical Infrastructure
 - Canoe; Trailer; Paddling Equipment
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Recreation/Physical Activity

■ *Laxgalts’ap Learning From Gramma and Grandpa*

This project saw the creation of a community gathering site behind the Health Centre, including site prep, a community garden, gazebo, and picnic area. Community members have planted seedlings in the greenhouse and cared for the garden. Having a gathering space will foster shared learnings between youth and elders, including food knowledge, stories, and other cultural teachings.

Host Organization: Laxgalts’ap Village Government, Greenville

Contact: Rachel Robinson, Human Resources Development Coordinator
Rachel.Robinson@niskaa.net

- Keywords:**
- Community/General
 - Aboriginal
 - Youth
 - Seniors/Elders
 - Physical Infrastructure
 - Smokehouse; Gazebo & Green Space; Garden; Greenhouse
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition

■ *McBride Eat Healthy, Eat Local Project*

This project leveraged the local Fall Fair to encourage residents of the Robson Valley to put more local food

Host Organization: Robson Valley Fall Fair, McBride

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McBride Eat Healthy, Eat Local Project - continued...

on their tables and in their pantries. A Local Food Guide was produced and distributed at the fair and in the local newspaper. Residents were questioned about local food accessibility and opinions are helping to shape future actions. Workshops on seed saving and canning, along with a farm tour, helped to increase knowledge and skills. Finally, the community kitchen was also enhanced with some new supplies and equipment.

Contact: Russ Purvis, Project Coordinator - russ@kakwaecovillage.com

- Keywords:**
- Community/General
 - Collaboration / Networking
 - Engagement
 - Resource Development
 - Local Food Guide
 - Community Training/Workshops
 - Food - Security; Nutrition

■ Northeast BC Research Project

In response to extensive community based research occurring in the Peace region, as well as the impacts of the oil and gas industry, the Northeast BC Society for Development of Community Health was formed with the goal of providing Fort St. John and surrounding areas with a stronger voice and more ownership regarding regional health and research activities. It links over 50 organizations and individuals across the region. In order to facilitate communication, community input, and dialogue across the large region, an interactive website was created. Society members also made several presentations to industry and local governments around the region, talking about the need for community driven research and healthy workplaces and communities.

Host Organization: Northern Health, NE Corporate Office, Fort St. John

Contact: Stacy Hake, Administrative Assistant, NHMHO
Stacy.Hake@northernhealth.ca
 or nebcchr@hotmail.com

- Keywords:**
- Community/General
 - Collaboration / Networking
 - Community Mobilization
 - Resource Development
 - www.nebcchr.ca
 - Community Based Research

■ Tahltan Culture Camp

This project allowed for the addition of a hunting component to the Tahltan Culture Camp, which has successfully run for four years, allowing for knowledge sharing between Elders and youth about food gathering and preservation, as well as traditional trail systems and territory. A moose and beaver were caught and the meat prepared. Through developing hunting and berry picking skills, access to healthy food is increased and healthy eating and physical activity is encouraged, as is knowledge and pride in Tahltan

Host Organization: Tahltan Health & Social Services Authority, Telegraph Creek

Contact: Kari Reilander, Executive Director
kari.reilander@thssa.ca

- Keywords:**
- Community/General
 - Youth
 - Seniors/Elders

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Tahltan Culture Camp – continued...

culture. Tahltan Health and Social Services, the band, and community elders are committed to seeing the camp continue to run for many years, as it provides an important ‘neutral place’, outside of town issues and politics, where the community comes together as a community without asking “what’s in it for me?”, a typical response when in town.

- Resource Development
 - Scrapbook; Map; Elder Handbook; DVD
- Culture
- Intergenerational Learning
- Food - Security

■ Thornhill Elementary School Garden

A community garden was established at Thornhill Elementary School, building on the success of the Farm to School Salad Bar program. The first season produced 600 pounds of produce for the salad bar and FoodShare programs. The garden was linked to school curriculum through six planned lessons, including: planting seeds indoors under grow lights; cuttings and transplanting; and using herbs, including stevia as a sugar alternative. Planter boxes were established in Kitselas, where 30% of the school’s students are from, and mentoring support was available for the sharing of gardening knowledge. The garden was a great vehicle for improving social connections and partnerships between schools, families, and the neighbourhood community.

Host Organization: Kalum Community School Society, Terrace

Contact: Charla Wilkins
charlawilkins@gmail.com

- Keywords:**
- Aboriginal
 - Youth
 - Collaboration / Networking
 - Engagement; Relationship Building
 - Physical Infrastructure
 - Garden
 - Resource Development
 - School Curriculum
 - Intergenerational Learning
 - Food - Security; Nutrition

■ Tumbler Ridge Community Garden

As in many communities, Tumbler Ridge is concerned about food access and food security in the face of unemployment and several road closures. A 2.5 acre fenced community garden with 30 plots, a compost demonstration area, food bank garden, and memory garden was created to increase access to healthy food for community members. Gardening is a challenge due to the thin topsoil, so the garden was filled with new topsoil. With minimal funding, volunteer hours and community and in-kind donations were the key drivers behind the success of this project. All the plots were quickly booked; school classes, mental health

Host Organization: District of Tumbler Ridge, Tumbler Ridge

Contact: Robert MacKay, District Councillor
 - rjmackay@pris.ca

- Keywords:**
- Community/General
 - Seniors/Elders
 - Collaboration / Networking -
 - Community Mobilization; Engagement
 - Physical Infrastructure
 - Garden; Greenhouse; Gazebo

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Tumbler Ridge Community Garden -continued...

and special needs programs, and after-school care all access the site on a regular basis for gardening, workshops, and learning tours. The Garden Society will continue to share growing, harvesting, and preservation knowledge, working with groups on-site to promote healthy eating and nutrition by providing workshops at their monthly meetings.

- Community Training/Workshops
 - Gardening; Composting; Log Peeling; Gaining Society Status Training
- Food - Security; Nutrition
- Mentorship

INTERIOR

■ *Bored in Castlegar Youth Website*

Capacity building in Castlegar was focused on engaging youth to become more active and involved in a healthier lifestyle. Recognizing that there were limited ways to communicate with youth in the area, a group of youth and service providers came together and were supported to create an interactive website - developed by youth for youth - allowing for important information, events, etc. to be more accessible by being located in one place. The website is also a valuable tool for service providers, organizations, and businesses in Castlegar to promote events that are happening in the community. The youth involved in the project gained exposure to the web design industry and acquired developed the necessary skills to manage and administer the site and take ownership of the content. The site continues to be hosted through a community school in the area and will likely connect to the recently announced Youth Engagement Strategy in the city in the near future.

Host Organization: Blueberry Creek Community, Castlegar

Contact: Bev George - bgeorge@sd20.bc.ca

Keywords:

- Youth
- Collaboration / Networking
 - Engagement
- Resource Development
 - www.boredincastlegar.com
- Leadership

■ *Food is Medicine*

This project focused on three primary activities: support for three families to plant and care for their own gardens using indigenous (non-manipulated) seeds; engage in a public education campaign to educate community members about tobacco hazards; and promote healthy eating habits by placing smoothie machines at strategic points in the communities.

Host Organization: Nzen'man' Child and Family Development Centre Society, Lytton

Contact: Romona Baxter, Executive Director
romona@nzenman.org

Keywords:

- Aboriginal
- Families
- Physical Infrastructure
 - Garden; Smoothie Machines
- Community Training/Workshops
- Food - Nutrition

■ **PASTRY: Youth Broadcasting Project**

Capacity building in Princeton was identified as being best served by supporting the youth of Princeton with options for activities that incorporated healthy eating, physical activity, and tobacco-free environments. This project provided support for a coordinator to begin working with the youth to brainstorm activities and then specifically for the development of a radio station where youth were introduced to broadcasting and learned to create podcasts. A series of popular youth events encouraged an increase in physical activity.

Host Organization: Princeton Child-Care Services Society, Princeton

Contact: Heather Eriksen,
Executive Director
childcareadmin@telus.net

- Keywords:
- Youth
 - Collaboration / Networking
 - Engagement
 - Physical Infrastructure
 - Radio Equipment
 - Community Training/Workshops
 - Recreation/Physical Activity
 - Leadership

■ **Salmo Valley Youth Engagement Strategy**

This project focused on supporting activities identified by the community specifically to increase youth engagement and healthy behaviours. The specific activities addressed during the project included: introducing a youth internship at the local radio station, providing scheduled and ongoing activities to groups specifically aimed at girls (with a boys group introduced later) and planned skiing day events to promote physical activity and options for local youth who might otherwise not have access.

Host Organization: Salmo Valley Youth and Community Centre Society, Salmo

Contact: Laurie MacDonald,
Administrative Coordinator
lauriemacdonald69@yahoo.com

- Keywords:
- Youth
 - Collaboration / Networking
 - Engagement
 - Community Training/Workshops
 - Recreation/Physical Activity

■ **South Cariboo Trail Mix**

Support was provided to a Community Action Team to facilitate a series of projects focused on increasing access to healthy activities for youth in the community, including: development of a bike park; updates to the youth centre kitchen; and enhancements to the Healthy Food Programs in local elementary schools. The Bike Skills Park was built by community members, including the youth who will use the park, and was accompanied by

Host Organization: Cariboo Family Enrichment Center, 100 Mile House

Contact: Lloyd Garner, Family Service Program Coordinator
lloyd@cariboofamily.org

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South Cariboo Trail Mix - continued...

workshops about bike maintenance, bike safety, and safe trail creation. Renovations to the youth centre kitchen have made it a community resource capable of hosting healthy living workshops, group meals, and larger events. Equipment purchases and facility upgrades for nearby elementary schools allowed for increases in the amount of healthy food provided in nine PAC lunch programs.

- Keywords:
- Community/General
 - Youth
 - Planning
 - Collaboration / Networking
 - Community Mobilization; Engagement
 - Physical Infrastructure
 - Bike Skills Park; Kitchen Upgrades; Kitchen Equipment
 - Community Training/Workshops
 - Food - Security; Nutrition
 - Recreation/Physical Activity
 - Leadership

■ *Stseptelwle Festival: Healing Through the Art of Storytelling*

Support was provided to host this storytelling festival, which featured a series of interactive and participatory events. Intermediate and advanced storytellers were provided the opportunity to model skills and abilities through traditional storytelling methodologies. Beginners were given the opportunity to develop their talent by retelling a traditional story in the oral tradition or by using modern tools and technology to create their own story of present day experiences. Artists and cultural resource people worked in cooperation with individuals and organizations to facilitate participation in the storytelling workshops and activities. The activities were also used as a means of tracking, evaluating, reflecting upon, and sharing stories about their participation in community food-related actions, in particular the harvesting of traditional plants.

- Host Organization: Adams Lake Indian Band, Chase
- Contact: Denise Michel, Community Facility Director - dmichel@alib.ca
- Keywords:
- Aboriginal
 - Collaboration / Networking
 - Relationship Building
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning

■ *Syilx Traditional Food Camps*

Support for this project was provided in order to host camps that support traditional food gathering practices and the preservation of these foods. A Root & Berry Camp was held in July 2009 and a lowland Berry & Salmon Camp was held in August 2009. Both camps saw a high level of interest

- Host Organization: Okanagan Indian Educational Resources Society, Penticton
- Contact: Jeannette Armstrong, Executive Director - jca@vip.net
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Syilx Traditional Food Camps - continued...

and participation by youth and elders of each community. Important knowledge gained or re-learned included the locations and harvest times of year/day for roots, berries, and sockeye salmon. Preservation methods and the protocols of food sharing and distribution were also taught at these camps, which will continue each summer.

- Keywords:
- Aboriginal
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition

■ *Taking Back Okanagan Foods & Games*

This project initiated and held Community Sessions with all seven member bands in the region including Lytton, Nicola Indian Band, and the Upper and Lower Similkameen Indian Bands. The sessions shared and gathered information about regional food sovereignty and security issues and traditional games. The sessions provided an opportunity to introduce these issues, related terms, and philosophies. They also facilitated open discussion and determined the level of awareness, interest, knowledge, and understanding of the issues of the Okanagan peoples and their health and well-being. The sessions resulted in suggestions to bring together youth and elders for traditional gathering/harvesting of Okanagan Foods, community cooking classes, and community gardens, in addition to people recognizing their role in regenerating the Okanagan food system. Cultural camps focused on berry picking and traditional games were also held.

Host Organization: Okanagan Nation Alliance, Westbank

Contact: Vanessa Mitchell
vmitchell@syilx.org

- Keywords:
- Aboriginal
 - Youth
 - Community Training/Workshops
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition
 - Recreation/Physical Activity

■ *Trail Youth Advisory Committee*

This project focused on empowering youth to increase their engagement and activity in their community through the establishment of a Youth Advisory Committee (YAC) for the Greater Trail Area (Rossland, Warfield, Trail, Montrose, Beaver Valley, and Fruitvale). Awareness of youth needs and issues has greatly increased in the communities, with YAC members acting as an advisory group who accompany the youth coordinator to many community meetings

Host Organization: Career Development Services, Trail

Contact: Sheila Adcock - Sheila.cdstrail@telus.net

- Keywords:
- Youth
 - Collaboration / Networking
- Engagement; Relationship Building
 - Leadership

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Trail Youth Advisory Committee -continued...

and forums. For example, a member of the YAC with a particular interest in skateboarding was provided support to launch a petition, which gathered 2,000 signatures, and make a council presentation, resulting in approval to move forward on a skate park for the community. The YAC, which has expanded to include youth from both high schools and the alternate school, has developed three sub-streams: Youth Speak Out - youth who will develop communication strategies and speak to organizations and local government; the Hands and Feet Team - youth who will plan physical activities throughout the Greater Trail Area; and the Skate Park Committee - youth who will continue to build awareness of skateboarding and begin fundraising for Trail's skate park.

■ *Tsilhqot'in Outdoor Rink Project*

This project brought together six bands in the Chilcotin region who determined that a rink facility for the Toosey Band, a community without access to winter recreation, was the best contribution that could be made to increase both community capacity and health. By starting the first rink, the joint effort of the bands was able to leverage additional funds to finish this rink and build a second of rink in the nearby community of Yunesit'in. A commitment to sharing resources made this expansion of opportunities possible. It also provided a reason for connection with the other Tsilhqot'in communities, opening up even more opportunities for resource sharing. The rinks provide youth and adults with year-round access to recreation opportunities they can do together and that Elders can watch, creating positive connections between youth and adults.

Host Organization: Toosey Indian Band, Riske Creek

Contact: Luke Doxtator, Band Manager
band_manager@toosey.ca

Keywords:

- Community/General
- Aboriginal
- Youth
- Collaboration / Networking
- Physical Infrastructure
 - Paved Rink
- Recreation/Physical Activity
- Leadership

FRASER

■ *Abbotsford Community Services Community Kitchen Completion*

This project involved the purchase of an industrialized dishwasher for an Abbotsford community kitchen, thus increasing the ability of the kitchen to provide important community-based food programs.

Host Organization: Abbotsford Community Services, Abbotsford

Contact: Christina Ragneborg - senior@AbbotsfordCommunityServices.com

- Keywords:
- Community/General
 - Physical Infrastructure
 - Industrial Dishwasher
 - Food - Security

■ *AFACT: Supporting New Farmers in Abbotsford*

This project supported the Abbotsford Food and Agriculture Connections (AFACT) table to perform a feasibility study that would promote access to healthy foods by increasing the capacity of the local food production system, specifically by matching a new generation of farmers - including students, second career farmers, and new Canadians - with a (to be developed) inventory of suitable, available, and arable Abbotsford area land. The feasibility study concluded that there is strong potential for small agriculture operations, provided that they supply artisan or value added products. The study also concluded that the main barriers for new farmers include difficulty in accessing land, start-up costs, lack of peer support, and lack of experience and knowledge. With this in mind, an incubator farm (Skeeter Farms) was supported during a portion of the project and can now be used for future training and education regarding successful management and marketing of a farm business, as well as sustainable and viable farm processes. AFACT's future plans include providing a linking service between farmers and land, a mentoring network, an incubator farm, an educational and training program, a website for marketing and information, and a peer support network.

Host Organization: Community Futures South Fraser, Abbotsford

Contact: Kevin Koopmans
kevin.koopmans@southfraser.com

- Keywords:
- Community/General
 - Planning - Feasibility Study
 - Resource Development
 - Environmental Scan (Supporting New Farmers in Abbotsford); Land Inventory
 - Food - Security
 - Mentorship

■ **Burnaby Food First Forum**

Support was provided to Burnaby Food First (BFF) to build capacity in the community regarding the importance of food security and sustainability issues through outreach to community groups and under-represented populations. Work was done to engage participants from a wide range of fields: health care workers, social service providers, city staff, provincial government staff, students, and interested citizens. The project culminated in a one-day forum that generated awareness of food security issues in Burnaby and strengthened the network of people and organizations working with BFF. Burnaby Food First continues to expand its collaborations with the community by establishing a food security coordinator position at the municipal level, developing a sustainability charter, and having a place at the Mayor’s sustainability table.

Host Organization: South Burnaby Neighbourhood House, Burnaby

Contact: Susan LeGresley
susan.legresley@fraserhealth.ca

Keywords:

- Community/General
- Collaboration / Networking
- Food - Security

■ **CARL: Community Activities & Recreation Liaison Project**

The purpose of this project was to increase the participation of refugee youth in Langley in recreational and community activities by addressing some of the underlying determinates and barriers that prevent participation. Responding to an influx of Karen refugees, the CARL project specifically engaged Karen youth to participate in a variety of activities, including hockey, badminton, swimming, music lessons, and a homework club. After the success of introducing the youth to Canada’s favourite pastime, they introduced Langley to their indigenous sport of cane ball, which was eventually added to the City of Langley’s Leisure Guide. Throughout the course of the project many of the youth took on significant leadership roles - coaching, timekeeping, refereeing, and organizing tournaments - all while learning important life skills, such as the use of email and the internet, interview skills, and time management. The project also resulted in increased collaboration by refugee service providers in Langley and a reduction in some of the barriers experienced by refugees in accessing recreation activities, such as making the registration process easier to navigate.

Host Organization: Langley Evangelical Free Church, Langley

Contact: Sharon Kavanagh slkav@telus.net

Keywords:

- Youth
- Refugee
- Collaboration / Networking
- Resource Development
 - Online Hockey Tutorial
- Policy
- Culture
- Recreation/ Physical Activity
- Leadership
- Mentorship

■ **Delta Community Food Table**

The Delta Community Food Table was provided support to host Community Forums and increase connections and links within Delta in order to further enhance the food security work occurring in the area. Two opinion polls were conducted and a strategic plan was completed. Over 35 organizations have become engaged with the table; information shared at the table about community resources assists in the implementation and sustainability of the community food plan. As a result of the work of this group, they were invited to make a presentation to the Corporation of Delta and have been asked to participate in and provide insight into the Delta Agriculture Plan.

Host Organization: DeltaAssist Family and Community Services, Delta

Contact: Doug Sabourin, Executive Director
dougs@deltassist.com

- Keywords:
- Community/General
 - Collaboration / Networking
 - Resource Development
 - Delta Food Resource List
 - Food - Security

■ **Earthwise Hoop House**

Support was provided to the Earthwise Society to install a 30' x 60' hoop house at the Earthwise Farm, a demonstration teaching farm that engages the community in learning about food production from field to table. The hoop house will promote healthy eating by assisting in the delivery of a high school program in Sustainable Regional Food Systems, an experiential learning opportunity to be provided at the farm in partnership with the Delta School District. The hoop house will allow year-round production of crops in order to provide a learning experience congruent to the school term during the winter. The hoop house also provides potential for researching strategies to extend seasonal harvests to serve local markets.

Host Organization: DRS Earthwise Society, Delta

Contact: Patricia Fleming
pfleming@earthwisesociety.bc.ca

- Keywords:
- Community/General
 - Youth
 - Physical Infrastructure
 - Hoop House
 - Food - Security; Nutrition
 - Mentorship

■ **Kinship Connections: Refugee Settlement Volunteer Project**

This project developed and implemented a ‘train-the-trainer’ volunteer program for those working with refugee claimants, including training materials, lesson plans, community presentations, marketing materials, and project strategies. 22 local volunteers were trained and then matched with refugee claimants; volunteers provided support to the refugees in the

Host Organization: OPTIONS Surrey Community Service Society, Surrey

Contact: Alice Close, Program Manager
alicec@scss.ca or
Marilyn Cross, Project Coordinator
marilync@scss.ca

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Kinship Connections: Refugee Settlement Volunteer Project -continued...

areas of access to community resources, healthy living, and recreation. Refugees also became connected to a network of health and support resources, while developing important friendships with volunteers and other refugee claimants. The extensive training manual was applauded by both the volunteers and community groups, resulting in great interest from others interested in training materials for their refugee support volunteers. Overall the project contributed to a strong collaborative network of agencies, community groups, and volunteers working to support refugee settlement in Surrey and beyond.

- Keywords:
- Community/General
 - Refugee
 - Collaboration / Networking
 - Engagement
 - Resource Development
 - “Volunteering with Refugees” Training Manual
 - Community Training/Workshops
 - Leadership
 - Mentorship

■ *Langley Food Action Coalition*

This project involved the development of a food table in Langely, with mentorship from the Surrey/ White Rock food table, to allow a representative group to continue to address food security in the area. A framework for the Langley food security table was developed and Co-Chairs responsible for sustainability were put in place. An environmental scan and asset map were completed and outreach was done to connect the farming community to the table. Public forums were hosted to showcase the findings of the environmental scan and a Masters-level thesis research paper focusing on agriculture and food systems in Langley was produced. The group secured support from their municipality to continue and has developed into a formal coalition connected to the other food tables in the Fraser Valley.

Host Organization: Aldergrove Neighbourhood Services Society, Aldergrove

Contact: Karen Custodio, Program Manager
Karen@aldergrovens.com

- Keywords:
- Community/General
 - Collaboration / Networking
 - Resource Development
 - Environmental Scan; Asset Map; Thesis Research Paper (Agriculture & Food Systems in Langley)
 - Food - Security

■ *Maple Ridge, Pitt Meadows & Katzie Roundtable on Food Security*

This project developed and supported a Roundtable on Food Security that had been recommended by previous community conversations in the previous year. The table grew to 82 members and has evolved to become the Golden Ears Food Education and Action Strategy Table (FEAST). FEAST is now embedded into the Community Network (CN) - formerly the Child,

Host Organization: West Coast Family Resources Society, Vancouver (on behalf of the Child, Youth, and Family Network Committee)

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Maple Ridge, Pitt Meadows & Katzie Roundtable on Food Security - continued...

Youth, and Family Network (CFYN) planning table - as a standing committee; the work of the table will be reported on at monthly CN meetings. In addition to completing a food security inventory, FEAST has directly benefited low income families, single parents, urban and on-reserve aboriginals, immigrants, and seniors living on fixed incomes through increased connections between service providers and community groups, which has allowed for a reduction in duplication of services and adjustments to reduce gaps in service.

Contact: Candace Gordon, CYFN Chair
ciegordon@gmail.com

- Keywords:
- Community/General
 - Collaboration / Networking
 - Resource Development
 - Food Security Inventory
 - Food - Security

■ New Westminster Community Food Action Project

This project involved the New Westminster Community Food Action Committee working with a community developer, housed as part of Operation Food Justice’s Hospitality Project, to hold food security learning events. The purpose of these events was to increase food security in the community through increased healthy literacy and by taking steps towards the development of a local food charter. The committee developed a health literacy manual for low income residents and conducted a feasibility study to assess whether a Harvest Box Program for New Westminster should be implemented, which resulted in a second phase of planning for the project.

Host Organization: Operation Food Justice Society, New Westminster

Contact: Jaimie McEvoy
JaimieM@shiloh-6ave.net

- Keywords:
- Community/General
 - Planning
 - Feasibility Study (Harvest Box Program)
 - Collaboration / Networking
 - Resource Development
 - Health Literacy Manual
 - Food - Security

■ Seeding the Mission: Mission Food Action Network

This project supported the City of Mission Community Coalition Committee to move forward on issues identified by Fraser Health’s Community Developer in a 2007 Baseline Assessment. The group, headed by a local community coordinator, formalized as a Community Food Table - the Mission Food Action Network (MFAN). Membership was expanded from 18 members of 11 agencies to about 50 members from 25 agencies, creating better representation for the area. A five-year food plan, complete with action steps, was developed with network member input and presentations were made to the District of

Host Organization: Mission Community Services Society, Mission

Contact: Joy Cox, Executive Director
mcssexecdir@shawbiz.ca

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Seeding the Mission: Mission Food Action Network - continued...

Mission Social Development Committee, District of Mission Council, and Chamber of Commerce. MFAN also revised a local food resource - “Food Resources in Mission” - and provided education and awareness to the larger community around food access issues in Mission and the availability of resources and services.

- Keywords:
- Community/General
 - Collaboration / Networking
 - Resource Development
 - “Food Resources in Mission” Resource Guide
 - Food - Security

■ *Surrey Soccer Champions*

This project engaged and recruited refugee youth to participate in sport and recreation, with a particular emphasis on soccer. Leveraging recreation as an opportunity to build relationships and life skills, the project was instrumental in developing relationships of mutual support and in creating opportunities for the participants to gain valuable leadership skills by becoming “Sports Navigators”. Through the development of extensive partnerships, the project has secured on-going funding that will allow it to expand more fully into a youth leadership development program that utilizes sport and recreation as a valuable tool for engaging and supporting young leaders.

Host Organization: Umoja Operation
Compassion Society, Surrey

Contact: Addy Kgombo - manager.umoja@shawlink.ca

- Keywords:
- Youth
 - Refugee
 - Collaboration / Networking
 - Engagement
 - Community Training/Workshops
 - Recreation/Physical Activity
 - Leadership

VANCOUVER COASTAL

■ *Ahms Tah Ow Community Garden*

This project saw the creation of a community garden in the Tla’Amin First Nation through a partnership between the Tla’Amin Community Health Board Society, Tla’Amin First Nation Band, School District #47, and the Powell River Food Security Project. The garden, located on the grounds of the Tla’Amin First Nation alternative school (Ahms Tah Ow), is intended as a teaching and learning ground for the students of the school. Elders, and other community members with knowledge of gardening and growing traditional foods, will volunteer their time to teach students the art of gardening. As the garden continues to evolve, it will include a children’s corner so that their curiosity can be addressed and to raise awareness of growing food for use. The garden is currently also being utilized by several programs offered through the Health Centre, while raised beds and a gathering area make the garden accessible to Elders and those with disabilities.

Host Organization: Tla’Amin Community Health Services, Powell River

Contact: Michael Peterson
mpeterson@sd47.bc.ca

Keywords:

- Aboriginal
- Elders
- Youth
- Physical Infrastructure
 - Garden
- Intergenerational Learning
- Food - Security

■ *Bella Coola Valley Fitness Project*

This project significantly enhanced the Bella Coola Valley’s fitness infrastructure, a long-time need identified by the Active Communities Plan, Nuxalk Nation Comprehensive Community Planning Consultations, and the Community Health Committee. Infrastructure development was focused on four specific areas: 1) Human Resource Development (training of qualified Fitness Leaders); 2) Outreach and Promotion; 3) Capital Investment in high-quality fitness equipment; and 4) a Feasibility Study to explore the construction of a fully functioning, sustainable Recreation Centre. The project has resulted in greater availability of fitness programming (thanks to the new fitness leaders) and an increase in the use of the temporary fitness centre, along with heightened momentum and commitment towards the creation of a permanent recreation facility for the area.

Host Organization: Bella Coola Community Support Society, Bella Coola

Contact: Monica Tutt - mon_bud@yahoo.ca

Keywords:

- Community/ general
- Aboriginal
- Elders
- Planning
 - Feasibility Study (Recreation Centre)
- Collaboration / Networking
 - Engagement
- Physical Infrastructure
 - Fitness Equipment
- Recreation/ Physical Activity
- Leadership
- Mentorship

■ **Central Coast Health & Wellbeing Charter: Integration & Communication Improvement Project**

This project supported the Central Coast Health and Wellbeing Charter (CCHWC) in its on-going efforts to provide a unified voice for all residents (both Native and non-Native) of this geographically isolated region. The Charter is a partnership between the region’s four First Nations, the Central Coast Regional District, the region’s two hospitals, and the United Church Health Services Society, whereby the leadership of these groups agree to work collaboratively in support of improving health and wellness in the Central Coast. This project focused on strengthening the relationships amongst the Charter communities, seeking input on the health and wellness needs of each community, and fostering increased trust and collaboration. Community consultation meetings were held in Bella Coola, Bella Bella, Oweekeno, and Klemtu; each meeting included a presentation to community members and leaders on the goals of the Charter and focus group questions aimed at determining the role of the Charter in each community and on the Central Coast. Following the consultations, efforts were made to enhance communications in the region through the development of a Charter website, which in part will serve as a communications hub for health and social service practitioners to share resources and best practices.

Host Organization: Hailika’as Heiltsuk Health Centre, Bella Bella (on behalf of the Central Coast Health & Wellbeing Charter)

Contact: Charles Nelson, CCHWC Chair wellness@onehealth.ca

- Keywords:
- Community/ General
 - Aboriginal
 - Planning
 - Collaboration / Networking
 - Engagement; Relationship Building
 - Resource Development
 - CCHWC Website www.centralcoastcharter.ca
 - Culture
 - Leadership

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■ **Corridor Volunteer Project**

Led by a steering committee comprised of partners from a variety of sectors, this project sought to gain a better understanding of the needs of community based organizations in the Sea to Sky corridor (i.e. Whistler, Squamish, Pemberton, Mt. Currie, D’Arcy, Tipella, etc.), particularly in relation to supporting, developing, and retaining volunteers. The project was based on the understanding that the work of volunteer driven/volunteer run organizations makes large impacts on the livability, physical health and well-being, and sustainability of communities. The project’s core activities included: completion of

Host Organization: Squamish Volunteer Center Society/The Hot Spot, Squamish

Contact: Pam Gliatis - pgliatis@telus.net

- Keywords:
- Community/ General
 - Collaboration / Networking
 - Relationship Building
 - Resource Development
 - Resource Library & Directory www.corridorconnector.org;

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Corridor Volunteer Project - continued...

a comprehensive needs assessment that included interviews with key community leaders; co-hosting of a regional gathering of community leaders and champions; and development of an online resource library to meet the identified needs of community organizations. The “Corridor Connector” website includes a community directory and calendar, a database of available volunteer opportunities, and resources specific to community groups.

- Community Based Organizations Needs Assessment
- Community Training/ Workshops
- Leadership

■ *Forum: The Effect of Provincial Health Policy on Rural Living*

The purpose of this forum was to identify health policy needs from both a local and provincial perspective, along with problem solving to ensure that such needs are being addressed effectively. The overarching goal of the forum was to brainstorm a mechanism that would include the rural voice in public policy and acknowledge the role of rural community values in policy making. The forum provided a rare opportunity for forming and strengthening connections between Bella Coola residents and professionals and policy makers from the broader provincial community by getting people sitting at tables together and discussing issues such as food security and tobacco reduction. The forum confirmed how the ability of a population to feel it is being heard is paramount to a sense of security that is often absent in rural and isolated communities.

Host Organization: Bella Coola General Hospital
Public Health Department,
Bella Coola

Contact: Pat Lenci, Public Health Nurse -
Pat.Lenci@vch.ca

- Keywords:
- Community/ general
 - Planning
 - Collaboration /Network Development
- Relationship Building
 - Policy
 - Culture
 - Food - Policy

■ *From Garden to Table*

This project aimed to develop a network of local expertise and knowledge around growing, preparing, and preserving healthy food through a series of community workshops and the creation of a hands-on handbook. The ‘how to’ handbook contains a calendar of 24 seasonal workshops, workshop outlines, and proposed activities to cover a year’s worth of planning, planting, preparing, and preserving locally grown and harvested food. The project also

Host Organization: Powell River Employment Program
Society, Powell River

Contact: Liz Lane, Manager
- Community Resource Centre
manager@prcrc.org

From Garden to Table -continued...

provided for necessary enhancements to the Powell River Community Resource Centre’s kitchen and demonstration garden in order to establish the CRC as a resource hub for community food security activities.

- Keywords:**
- Community/ general
 - Families
 - Collaboration / Networking
 - Community Mobilization; Engagement
 - Physical Infrastructure
 - Kitchen Upgrades; Garden Upgrades
 - Resource Development
 - ‘How To’ Workshop Manual; Sprouts Curriculum (for children & families)
 - Community Training/Workshops
 - Food - Security; Nutrition
 - Leadership

■ *The Spot: Sea to Sky Youth Committee*

This project originally launched with a youth engagement meeting in March 2009 that was attended by over 70 youth and youth allies. Following this consultation, eight adult mentors and 23 youth from throughout the Sea to Sky corridor (i.e. Squamish, Whistler, Pemberton, Mt. Currie, D’arcy, Tipella, etc.) were recruited to form an initial leadership committee. The project eventually expanded to include an additional seven adult mentors and 35 youth. In addition to participating in a variety of training and networking events, the project’s participants worked together to plan and implement youth-driven activities and events in their respective communities. Some examples include: Squamish Youth Fest, Whistler Skate Jam, Pemberton Wild West Carnival, Ullus Gathering, a youth council, an online blog, outdoor recreation trips, carpentry and sewing, and lots of videomaking! Overall the project’s greatest successes were related to the valuable leadership skills gained and the many supportive relationships that developed amongst the project’s participants.

Host Organization: Sea to Sky Community Services, Squamish

Contact: Leanna Buffie
leanna.buffie@sscs.ca

- Keywords:**
- Youth
 - Aboriginal
 - Collaboration /Network Development
 - Engagement; Relationship Building
 - Physical Infrastructure
 - Digital Video Cameras/Equipment; Recreation Equipment
 - Community Training/ Workshops
 - Culture
 - Inter-generational Learning
 - Food - Security
 - Recreation/ Physical Activity
 - Leadership
 - Mentorship
 - Art/theatre

■ **Sunshine Coast Community Leadership Initiative**

The purpose of this project was to build capacity in the Sunshine Coast leadership community and enhance local government decision-making so that it places health and health equity at the heart of rural governance and planning. The project provided local policy makers and organizational leaders with numerous training opportunities that enabled them to gain a greater understanding of their role in affecting the upstream social determinants of health. Additionally, an online leadership toolkit containing resources on the role of community leaders in effectively planning for health communities was developed.

Host Organization: Sunshine Coast Community Services, Sechelt
(on behalf of the Sunshine Coast Social Planning Council)

Contact: Stacia Leech - stleech@telus.net

- Keywords:
- Community/General (elected & organizational leaders)
 - Collaboration / Networking
 - Community Mobilization;
 - Relationship Building
 - Resource Development
 - Leadership Toolkit
 - (www.lighthouselearning.ca/communityleadership/wp/);
 - Regional Leadership Scan
 - Community Training/Workshops
 - Workshop Materials (Leadership Training)
 - Leadership

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■ **Youth & Healthy Living Project**

This project engaged youth considered ‘at risk’ (e.g. out of school, involved in restorative justice, etc.) in the gathering, processing, and preservation of traditional foods. The youth, mentored by local harvesters and Heiltsuk elders, participated in hunting and fishing trips, crabbing, and medicine and berry gathering. The food, which was smoked and canned, was later distributed by the youth to elders, making it the first time in recent memory that fish had been distributed to the community. In addition to the activities the youth participated in, this project was also instrumental in bringing together service providers from a number of agencies who have now signed a five-year agreement to continue to work together to the benefit of this often underserved population.

Host Organization: Hailika’as Heiltsuk Health Centre, Bella Bella

Contact: Arlene Wilson
arlenew@heiltsukhealth.com

- Keywords:
- Youth
 - Aboriginal
 - Collaboration /Network Development
 - Culture
 - Intergenerational Learning
 - Food - Security; Nutrition