
TRACKS!

...BREAKING TRAILS IN YUKON COMMUNITY HEALTH
VOL. 9 • NO. 1 • WINTER 2006

I LOVE YOU BUT...



On October 27, 2005, Health and Social Services launched "I love you but..." a mass media campaign directed toward young adults aged 18 to 34 years who want to quit smoking. From start to finish, this campaign has involved young adults – as consultants, songwriters, and personalities featured in the print ads.

Young adult smokers want to understand the quitting process better and they want concrete help to become smoke-free. The insights of young adult smokers, who described themselves as having a "relationship with cigarettes," helped determine the focus of the campaign.

It turns out that quitting smoking is a lot like ending a relationship. We usually think about leaving a relationship long before we actually leave. We usually have doubts and regrets about leaving, even when we know that this is what we want or need to do. Sometimes it takes a few break-ups before we leave for good. Initially, we may try to avoid our ex, but eventually it's possible to be in the same room without being in a relationship. The first few days and weeks after a break-up can be an emotional rollercoaster, but eventually life gets back to normal as we learn to live without the relationship and manage on our own. We may even come to see ourselves as better off with room to grow.

The "I love you but..." posters feature 12 current and former smokers, all of whom share their reasons why they want to be smoke-free. These posters can be seen on City buses, the Hougen's wall, in clinics, college campuses, Rec centres, and health centres throughout the Yukon thanks to the help of youth groups. The radio spots were taken

from full-length songs about "moving on, smoke-free," written and performed by local young adult musicians and singers.

To help young adults become smoke-free, we have assembled a cool QuitPack filled with tools and resources to help smokers break the habit. The QuitPack includes a Road Map describing the quit process, flip cards with useful facts and tips, smoking logs, and lots of things to help fight urges (e.g., gum, puzzles, mints, hand games).

As of December 20, 2005, 80 young adults have signed up for the QuitPack. Most of them live in Whitehorse, but thanks to the work of tobacco coordinators in the communities, we have been able to reach young adults in Teslin, Carmacks, and Pelly. If you are a young adult smoker between the ages of 18 and 34 and are seriously thinking of becoming smoke free in the next six months, drop us an email at: health.promotion@gov.yk.ca or call our toll-free number at 1-866-221-8393.



We're pleased to announce the First Annual
SUPER FIT...❤️ for Heart
Tuesday, February 14th, 2006

CANADA GAMES CENTRE
CENTRE DES JEUX DU CANADA

*Join the Super Fit for Heart on February 14th
without having pledgesheets –
Come and go to an aquafit class, total body circuit class,
swim, run, jog, walk or play shinny hockey for a minimum
\$10 donation to the Heart and Stroke Foundation!*



AQUAFIT CLASS – 11:00 am – noon
PUBLIC SKATE 10:00 am – 1:00 pm
NOON HOUR SHINNY HOCKEY – 11:45 am – 1:00 pm
TOTAL BODY CIRCUIT CLASS – 6:30 – 7:30 pm
(instructed by Peak Fitness)

WALKING/RUNNING/JOGGING/LANE SWIM



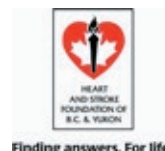
Join us at the Canada Games Centre!
Let's help the Heart and Stroke Foundation
with one of their largest annual fundraiser events!



For more information contact Lisa-Marie Vowk
by emailing lisa.vowk@city.whitehorse.yk.ca or call 668-8677



WHITEHORSE
Parks & Recreation



Victoria Faulkner Women's Centre

♥ Valentines Luncheon ♥ February 14

The Victoria Faulkner Women's Centre is excited to announce the first in a series of luncheons it is planning to host throughout the coming year. The Valentine's lunch will take place at the Women's Centre, 503 Hanson St. from 12 noon to 1 pm. All women and children are invited, particularly those on a limited income such as students, seniors, and social assistance recipients. The menu will consist of a nourishing soup, side salad, assorted breads and dessert. It's the Women's Centre way of spreading a little universal love in the world. If you have any questions, please contact us at 667-2693 or e-mail: vfwc@northwestel.net

International Women's Day Celebration Saturday, March 4th

This year's celebration will take place at the United Church (Lewis Hall), 6th & Main St, from 1 pm to 4 pm. The celebration will start with a potluck buffet at 1 pm followed by entertainment. There will be a Kiddie Korner for the children with planned events. All women and children are welcome to attend. Our theme this year is 'Women and Poverty'. Following the celebrations at the United Church, plans are being made for a workshop from 4 - 7 pm at the Underground Art Centre below Zola's, for women wanting to experience working with clay. All celebrations are free however registration will be required. Call the Centre at 667-2693 for further information.

International Women's Day Celebration Wednesday, March 8th

The recognized date for IWD is March 8th and the Victoria Faulkner Women's Centre and Les Essentielles are planning to offer a 'Sushi Lunch' in honour of that day. The lunch will be free, however registration and advance tickets will be required. For more information contact VFWC at 667-2693 or Les Essentielles at 668-2636. Hope to see you there!



*Quality end of life care
and bereavement support for all*

409 Jarvis St. Whitehorse • 667-7429
Monday – Friday 11:30–3:00 pm

Hospice Yukon is pleased to present
two living with loss workshops

Living with Loss – Grief Training for Professionals and Caregivers

will be held on February 16 and 17 (Thursday and Friday) from 9 am–4 pm at Hellaby Hall. The cost is \$200 and includes lunch each day. The first day will cover basic definitions and grief theory and how understanding these concepts can help us and those we care for, both in our personal and professional lives. The second day will explore in depth the many paths that grief can take, including difficult or complicated grief. Participants should be aware that the day may trigger personal issues around loss and could be intense for some people.

Living with Loss – Introduction to Grief

is a free educational workshop for anyone who is living with personal loss or supporting friends, neighbors or co-workers who are grieving. It will be held Saturday, March 18th from 1–5:30 pm. This is a 4 1/2 hour introduction to the grieving process, including an optional 1/2 hour orientation to Hospice Yukon's volunteer program. At the end of the day you will have a better understanding of healthy grieving and will feel more comfortable in supporting others who are experiencing loss.

•
*Grief is like driving at night:
though you can only see a few feet ahead of you,
you can make the whole journey that way.*
E.L. Doctorow

•
For more information and to register
please contact Hospice Yukon 667-7429
or email administrator@hospiceyukon.net

•
Be sure to visit our new website
www.hospiceyukon.net

SCHOOL HEALTH IN THE YUKON

W I N T E R 2 0 0 6 U P D A T E

*Making connections and developing healthy learners
in Yukon school communities.*

The YTG Health Promotion Unit (HPU) works in partnership with the Department of Education to coordinate school health in the Yukon. The HPU is the main point of contact for promoting health within and beyond the school walls. We network with people and services in the Yukon who help school communities become healthier. We also provide leadership in several key areas of health. Some of our recent activities include:

- Delivering interactive tobacco presentations in Haines Junction, Teslin, Carcross, Carmacks and several Whitehorse schools.
- Facilitating a quit smoking program at Porter Creek Secondary School
- Training teachers to deliver a sexual health/healthy relationships program in the classroom.
- Working collaboratively with students in Carcross and at Porter Creek Secondary Schools to build “condom trees” -- an activity that encourages students to reflect on how they take care of themselves and those they care about.
- Delivering healthy eating and media awareness presentations at several Whitehorse schools.

The goal of school health is to connect people – educators, students, parents and health professionals –who have the interest, skills and opportunity to promote health in the school setting. Here are a few of the people and services we have connected with over the last few months:

Healthy Eating

Shannon Duke, Registered Nurse, C.D.E., (Certified Diabetes Educator) and Jennifer Daniels, Registered Dietician, C.D.E., have been busy training teachers on new healthy eating resources for the classroom. Teachers really like the tools and lesson plans and are using them to help their students make informed and healthy decisions about what they eat.

Substance Abuse Prevention

Constable Rick Aird of the RCMP recently spent time with Rob McConnell’s Grade 7/8/9 class at Teslin School. Cst. Aird is a great resource for teachers who would like their students to learn about the consequences of abusing drugs.

Active Living

Ross Burnett, the Active Living Coordinator at the Recreation and Parks Association of the Yukon (RPAY), reports that there are now 16 schools registered as *Active Yukon Schools*. Along with Jeanne Burke, the Active Schools Coordinator, Ross provides school communities with ideas and inspiration to help students and teachers build more physical activity and fun into their daily routines.

SCHOOL HEALTH IN THE YUKON

W I N T E R 2 0 0 6 U P D A T E

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Healthy Lifestyles

Beckie Huston is the new Health Promotion Coordinator at Blood Ties Four Directions Centre and she is keen to support teachers who would like their students to learn about protecting themselves from HIV/AIDS and Hepatitis C.

Are you a health professional or working with an organization interested in school health? Would you like to be included on the list of tools and resources available to schools who want to create healthy learning communities? Would you like to learn more about *comprehensive school health*? Please contact the School Health Coordinator.

School Health Coordinator: **Ian Parker**, phone: 667-8978, fax: 667-8338, ian.parker@gov.yk.ca

Coming Soon...

DROP THE POP!

March is Nutrition Month and April is Dental Health Month. To celebrate, elementary schools in the Yukon will be invited to participate in the "Drop the Pop" challenge. Students and teachers will be challenged to "drop pop" and make healthier drink choices for one week at the end of March (March 27 to 31, 2006). Prizes for students! Prizes for teachers! Prizes for schools! Look for more information about the challenge in February and March.



Be Prepared to Talk to Your Children about Drinking

Last September, the Yukon Liquor Corporation made a new publication available to parents to help them discuss drinking and drinking-related issues with their children.

Results from the Yukon A Cappella North 2 study conducted in late 2001 show that 67 per cent of Yukon students in Grades Eight through 12 had used drugs or alcohol. Sixty-three per cent of students surveyed said they didn't always feel comfortable talking to their parents or guardians about drugs and/or alcohol.

About Drinking was produced after two years of research and peer group testing by Éduc'alcool, a non-profit organization in Québec. The guide provides parents with information to help educate their children about drinking and advises parents how to help their children handle certain alcohol-related situations. The booklet contains sections for age groups ranging from eight to eighteen years.

Copies of *About Drinking* are available free of charge at all Yukon liquor stores and Territorial Agent offices, as well as Health Centres, doctors' offices, First Nations' offices, and the Whitehorse General Hospital. You can request a copy by calling 667-8010, toll free at 1-800-661-0408, ext. 8010. For more information, including links to other similar resources, check out the Yukon Liquor Corporation Web site at <http://ylc.yk.ca/socialresp.html>.



No Need to Hibernate this Winter!

The dark, chilly days of Winter are upon us, but hibernation is not your only choice to enjoy the season! The City of Whitehorse Parks and Recreation Department offers an abundance of programs and activities to help you maintain a happy and healthy lifestyle this Winter.

Staying active can be as easy as exploring the numerous parks and trails around our beautiful city. See if you can spot the 29 outdoor skating rinks around town! No need to let the kids have all the icy fun – these rinks are open to anyone wanting to try out their skating skills.

If you prefer to keep warm during this frosty time of year, our many indoor programs could be just what you're looking for. Whether you're hoping to keep fit, spend quality time with family and friends, or expand your mind with educational adventures, we offer programs for all ages, abilities, and interests. Explore the fitness possibilities at the new Canada Games Centre, learn a new skill, or discover the world of art. We've got something for everyone!

Stay active this Winter!

Check out our **Active Living Guide** or call us to register or for more information about our programs and facilities:

Canada Games Centre – 668-8360
(7 days a week until 10 pm!)

Parks and Recreation – 668-8325
(Monday to Friday 8:30 – 4:30pm)

<http://www.city.whitehorse.yk.ca/>

With all these activities to keep you busy this Winter, Summer will be here before you know it! Planning has already begun for Summer programs – please let us know what you would like to see us offer!



A Parent-Child Mother Goose Program

...everyone needs a lullaby...

Cuddle...Communicate...Connect...

...a story is a treasure to share...

The Parent-Child Mother Goose Program is a group experience for parents and their babies and young children (up to age 4) which focuses on the pleasure and power of using rhymes, songs and stories together.

Who benefits from Parent-Child Mother Goose?

Parents and Children

- gain confidence
- learn appropriate alternatives to physical control
- learn ways of handling stressful times
- develop a network of friendship and support
- show a marked improvement in pre-literacy and cognitive skills
- gain self-esteem
- develop social skills

Parents and Children

- experience the spark of delight and magic that comes from enjoying a favourite rhyme or song together
- learn and keep a repertoire of rhymes, songs and stories
- enjoy strengthened bonding

These skills and pleasures are taken home and shared with older children and often with the other parent and with grandparents. The whole family benefits.

*“My home is a much happier home because of the program.”
– parent participant*

Parent-Child Mother Goose programs are now a regular part of community life for thousands of families across Canada and are endorsed by early childhood educators, children’s librarians, community workers, speech and language pathologists, infant development consultants, psychologists, social workers and family resource program staff among many other community supporters. YFSA offered a Teacher Training workshop in mid January. We trained our first teachers in January 2000. Potential Parent-Child Mother Goose teachers attended from Whitehorse and three rural communities. For information on how you can become involved in the Parent-Child Mother Goose Program in the Yukon contact:

Wendy Burgess at Yukon Family Services Association
4071 4th Ave, Whitehorse, Y1A 5R2
867 667-2970 wburgess@yfsa.yk.ca

YFSA is grateful to the Literacy Action Committee, the Community Development Fund, Partners for Children and CPNP for providing funding and support for the January teacher training.



Women’s Forum to address alternative health options

Gender as a health determinant, menopause and HRT alternatives, and comfort with sexuality will all be addressed within the program of the 3rd Annual Yukon Women’s Forum to be held March 17 and 18, 2006 at the Westmark in Whitehorse.

Drawing on the expertise of local and national alternative and allopathic professionals, the Forum will provide a broad perspective of approaches to and options for health. Presentations under the umbrella of Women and Aging, Women and Addictions, Mental/Emotional Well-Being and Sexual Health will speak to issues of concern to Yukon women.

Hosted by the Yukon Advisory Council on Women’s Issues (YACWI) and the Women’s Directorate, the Forum is addressing topics that were identified at last year’s gathering as needing further education.

A limited number of seats will be open, for a nominal fee, to those interested in attending. For more information, please call the Women’s Directorate, Government of Yukon, at (867) 667-3030 or visit the website for program updates at www.womensdirectorate.gov.yk.ca



New Era Sees Change and Growth for Yukon Food for Learning Association

submitted by Jean Kapala

Yukon Food for Learning Association is in change mode these days. A few years ago the Food for Learning Project partnered with Breakfast for Learning in Toronto, who is now our major funder. Annual funding is also provided through Health and Social Services. In 2003, we drafted a constitution, registered as a society, and applied for a charitable donation number so we could manage our own finances with recognized partners. As a result of these improvements, programs expanded exponentially, growing from a start of one school with a breakfast program to involvement of all 28 schools in the Yukon.

Over the past year many things happened all at once. The Department of Education agreed to provide office space for the Yukon program at Whitehorse Elementary School. The YFFL Association partnered with Whitehorse General Hospital to hire a half-time Registered Dietitian, Heather Love. Sister Edith, former principal of Christ the King Elementary School, agreed to assist us with finances and programming. Bunne Palamar, the former YFFL Coordinator, moved to full time employment at Yukon College. We were fortunate to have Heather and Sister Edith on board to assist us in reorganizing and starting some new programs. It has been a very busy time.

In November, the Board hosted an official opening for our new office at Whitehorse Elementary. The Hon. John Edzerza, Minister of Education and Minister of Justice, came to cut the ribbon of carrots, celery and bread. An official thank you was given to Yukon College for donating office space and support to YFFL for many years. Yukon College President Sally Webber and Stu

Mackay, Dean of Professional Studies, were presented with a framed print to be hung at the College. A special thank you was also given to Whitehorse Elementary staff, and Dave Sloan at the Department of Education. YFFL continues to work on supporting our school programs and volunteers. Please contact us if you are interested in getting involved with your school's nutrition program or would like to volunteer in other ways. The national office website is www.breakfastforlearning.ca. Please check it out, or better yet, come check us out in our new office on the second floor at Whitehorse Elementary School.

Yukon Food for Learning has a new office & staff

Whitehorse Elementary School
4181-4th Avenue
Whitehorse YT Y1A 1J7
Phone: 393-6902 • Fax: 393-7458
E-1 (internal mail)
E-mail: Yukonfoodforlearning@gov.yk.ca

YFFL Coordinators
Heather Love, Dietitian & Sister Edith

Office Hours:
Monday to Wednesday 9-3pm
(Heather)
Tuesday 11-12:30 pm & Thursday 9-3pm
(Sister Edith)

TRACKS!

DEADLINE FOR SUBMISSIONS ARE AS FOLLOWS:

SPRING EDITION – APRIL 7
FALL EDITION – SEPTEMBER 15
WINTER EDITION – JANUARY 12

Submit articles on disc (in Word) or e-mail to:
tracks@yukoncollege.yk.ca

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500 College Drive, Box 2799
Whitehorse, Yukon Y1A 5K4
YTG internal mail – H2C • Phone (867) 668-5200

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Yukon
Health and Social Services

**YukonCollege**