

# Update

FALL 2004

The newsletter of Ontario's Healthy Communities



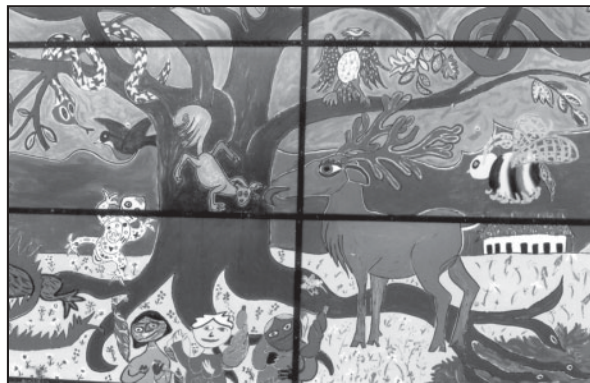
## Reflections on Healthy Communities from Eastern Ontario

By Kara Symbolic, OHCC Community Animator, Eastern Ontario Region

When I first moved to the Town of Perth about 12 years ago, I asked a fellow dog-walker (an older fellow) if he was “from around here?” He looked at me quizzically at first, and then made a firm pronouncement that “No! No! No! I’m from Balderson”. Well, at that time, the Hamlet of Balderson was a collection of perhaps ten homes and one cheese store, less than seven kilometres from the Town of Perth - with no other visible community in between. From that conversation, I learned many valuable lessons about how deeply rooted one’s connection and identity to a community can be.

Since that time, I have also learned about the countless ways that rural communities can, and often do, meet their needs from within. I have observed that this is often accomplished through simple and inexpensive ways and means that miraculously harness the physical, creative, intellectual and spiritual energy of great numbers of people. The results can be remarkable.

For example, a dynamic community collective, the McDonalds Corners/Elphin Recreation and Arts (MERA), came together in the rural hamlet of McDonalds Corners, with the mission: “to organize cultural and



Section of a mural painted by MERA members on a municipal garage

recreational activities for people of all ages, and to enhance the well-being, health and connectivity of the community.” With this goal in mind, they entered into an agreement with the Township of Lanark Highlands to use, and later to lease, the vacated Township office (previously a one-room schoolhouse). Throughout the year, MERA offers a roster of free programs, activities and events. On a weekly basis, you can drop in for classes in life drawing, fibre arts (weaving, spinning and basketry), quilting, aerobics, tai-chi, jiu-jitsu or senior’s fitness. You can also participate in monthly meetings of the gardening club, the writer’s group, the “just dance” group, the book reading club, and/or kid’s activities. And if

that’s not enough, you can participate in numerous special events throughout the year, such as the annual “Winter Blues” music series, summer camp for kids, and an annual theme-based arts festival. One festival featured Celtic traditions with hands-on workshops for

coracle making, celtic post carving, and catapult building - tested with ripe garden produce!

Of course, not all community challenges can be addressed in such a creative, playful and spirited manner. In eastern Ontario, some rural communities have been slow to recognize, acknowledge and address the difficulties faced by an increasing number of their residents.

Through the persistence of a number of community advocates however, issues such as homelessness, hunger, social isolation and the disenchantment of our youth are finally becoming understood. While urban lessons are valuable, sustainable

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Update is the newsletter of the Ontario Healthy Communities Coalition

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## Inspiring Change: 2004 OHCC Conference

By Lorna Heidenheim  
OHCC Executive Director

The main focus of this issue of Update is the 8<sup>th</sup> annual Healthy Communities provincial conference, *Inspiring Change: Creating Healthy Communities from the Ground Up*.

Every year OHCC organizes a Healthy Communities conference as one of the ways that we fulfill our mission: *"to work with the diverse communities of Ontario to strengthen their social, environmental and economic well-being"*. These conferences support and enhance the provincial Healthy Communities network. Participants of past conferences have told us that they value the opportunity to share their experiences with others and to be stimulated by new knowledge and tools that will help them achieve their goals. They also appreciate the mutual support for Healthy Communities projects and initiatives that is always to be found at any OHCC event.

Community leaders, both professional and volunteer, will gather in Perth from September 23-25 for an exciting program of speakers, workshops and other activities. Friday's keynote speaker is Sherri Torjman, Vice President of the Caledon Institute of Social Policy. She will speak about *"Comprehensive Community Initiatives: Building Vibrant Communities"*. A Comprehensive Community Initiative (CCI) is a neighborhood-based effort that seeks improved outcomes for individuals and families and neighborhood conditions by working comprehensively across social, economic and physical sectors. Please see page 3 for a preview of this subject.

On Saturday, Maureen Geddes, Founder and President of

CANGRAM International Inc., will speak on the topic of *"Diverse & Inclusive Communities"*. Maureen has worked with over 45 organizations on integrating diversity into business, thriving in a diverse community, gender communication, building mutual respect, and inspiring personal development. Maureen's passion is creating fun and interactive ways to take action. We are very pleased to be able to present such high caliber speakers, both of whom have important messages for all of us.

In addition to the keynote speakers, conference participants may choose to attend four of sixteen concurrent sessions, listen to a panel of success stories, view informational displays and join in a number of social, recreational and cultural activities. All conference participants are also invited to attend the OHCC AGM, which will be held on Friday, Sept. 24 at 5:00 p.m., followed by a reception.

Also in this issue, we are including a reflection on healthy communities from Perth and Lanark County, the host community for our Conference. Our member profile features Carole Coiffe, a committed advocate of Healthy Communities in North Toronto. I am also pleased to announce the launch of a new OHCC publication, *Inclusive Community Organizations: A Tool Kit*. I invite you to order a copy of this new guide or to visit our website to view or download the document.

I am always inspired when I read about individuals and groups across the province who are working hard to improve the quality of life in their communities. I find their stories to be both informative and engaging - I hope you will too!

# A “Comprehensive” Approach to Healthy Communities

by Andrew Koch,  
OHCC Communications Coordinator

Community building is an important aspect of efforts to improve the social, environmental and economic well-being of communities and neighbourhoods. Community building includes strengthening institutional capacity at the local level, enhancing social capital, establishing networks and developing local leadership capacity (Torjman and Leviten-Reid, 2003). Efforts to solve specific community problems and/or to improve quality of life are more effective when community members are engaged in the process and take collective ownership of programs or initiatives, compared to approaches that are developed by and imposed on communities by organizations or government agencies.

The Healthy Communities approach places a great deal of importance upon community building and capacity building and also encourages an integrated, multi-sectoral approach to enhancing community well-being. While engaging and empowering community members is essential, the most effective community initiatives go beyond single groups or organizations addressing specific issues. They involve a diverse range of citizens, groups and government

representatives who work together across sectors to create and realize a shared vision for their community.

With these ideas in mind, funders, policy-makers and program designers are exploring a range of approaches to confronting complex community problems, such as poverty, homelessness and food security in a harmonized and strategic manner. One result has been the development of *Comprehensive Community Initiatives (CCI's)*.

The Aspen Institute defines CCI's as neighbourhood based efforts that seek improved outcomes for individuals and families as well as improvements in neighbourhood conditions by working comprehensively across sectors (Torjman and Leviten-Reid, 2003).

The CCI approach is compatible with and has much in common with the Healthy Communities approach. Both operate on the principle that wide community participation and multisectoral involvement are necessary components of the process of transforming neighbourhoods and communities.

Torjman and Leviten-Reid (2003) describe several key features that define Comprehensive Community Initiatives:

- **They are comprehensive** - CCI's are broad in scope and address a range of areas rather than a single concern. They usually select an 'umbrella' issue, theme or population as their focus (e.g., poverty reduction, access to affordable housing or air pollution).
- **They are holistic** - CCI's seek to break down the artificial boundaries of compartmentalization that characterize the way that governments and communities generally tackle various social and economic issues.
- **They are multisectoral** - Based on the understanding that problems such as unemployment, water quality or crime concern the entire community, CCI's encourage partnering and collaborative work arrangements. They recognize the value of contributions from diverse backgrounds, networks and areas of expertise. Collaborative relationships create new value by bringing additional resources, insights and expertise to the table.
- **They are long-term** - This approach recognizes that complex issues cannot be resolved quickly. It takes time and effort to

*Continued on page 4*

## Vibrant COMMUNITIES



The theory and practice of CCI's will evolve as they are applied in real neighbourhoods and communities. Many groups are currently using this approach in the United States with some success to date (see: [www.commbuild.org/html\\_pages/communinit.htm](http://www.commbuild.org/html_pages/communinit.htm)). In Canada, the features of CCI's also figure prominently in the Vibrant Communities initiative:

*“Launched in 2002, Vibrant Communities a community-driven effort to reduce poverty in Canada by creating partnerships between people, organizations and governments. Vibrant Communities links up to 15 communities [across Canada] in a collective effort to test the most effective ways to reduce poverty through community engagement at the grassroots level” (Tamarack Institute).*

In Ontario, there are three partner communities in this effort: Waterloo Region (Opportunities 2000), Niagara (Opportunities Niagara) and the Regent Park neighbourhood of Toronto. To find out more about Vibrant Communities, and to access an array of on-line learning tools and references on topics related to community engagement, visit the Tamarack Institute's website at: [www.tamarackcommunity.ca/g2.php](http://www.tamarackcommunity.ca/g2.php).



## SOCIAL ENTERPRISE: THE BUSINESS OF CHANGE

November 15-17, 2004

Join us for the first-ever Canadian Conference on Social Enterprise and see how social enterprises are changing business! Find out how your organization can benefit!

- Discover why social enterprise is emerging as an exciting new model of social investment in Canada.
- Meet non-profit organizations that have started such revenue-generating enterprises to achieve their social objectives.
- Learn about different social enterprise strategies such as earned income or employment creation.
- Get involved in expanding social enterprise development.
- Hear from prominent keynote speakers from Canada and the U.S.
- Participate in panel discussions, workshops, case studies, site visits, networking opportunities and exhibits.

### Who should attend:

Non-profit managers and board members  
Social entrepreneurs  
Grant-makers  
Government funders  
Social investors

### Time and place:

Marriott Eaton Centre  
Toronto, Canada  
November 15 to 17, 2004

### Information and registration:

[www.socialenterprise.ca](http://www.socialenterprise.ca)  
416-761-7575 or 1-877-809-9997

### Supported by:

Canadian Community Economic Development Network  
Canadian Women's Foundation  
KidsLink  
VanCity Credit Union  
United Way of Canada  
United Way of Greater Toronto

This project is funded by  
the Government of Canada.

Canada

*CCI's - Continued from page 3*

establish relationships among the various sectors and to work effectively in a collaborative fashion. CCI's are not tied to political tides or fiscal years. They set their pace by the rhythm of communities. Assistance from outside sources, such as government, charitable foundations or corporations, needs to be geared to a similar time frame for tackling the wide range of concerns.

- **They are developmental** - A major principle that underlies CCI's is that they are not simply interventions which seek to reduce or compensate for identified problems. Rather, these efforts aim to build the capacity of the community in a positive way from the perspective of decision-making and resilience. In addition, they focus on the assets and resources embedded in communities. Instead of viewing a community from the perspective

of its weaknesses, CCI's affirm its strengths and build on these to expand local capacity and opportunities.

- **They are inclusive** - CCI's seek to involve diverse sectors and groups that have typically been excluded, such as people living in poverty, youth, Aboriginal Canadians and members of racial minorities.
- **They are concerned with process and outcome** - CCI's have a clear vision of what they are seeking to achieve. They set tangible goals, and carefully track and evaluate their work. Moreover, these initiatives add real value by helping to establish effective structures that can enable the community to address problems, change policy and introduce innovation. They help build the capacity of the community to solve problems and take concrete steps toward improving its well-being. In fact, improved process may be a major outcome of the community effort.

Those individuals and organizations that presently incorporate Healthy Communities principles into their work will likely be familiar with many of these ideas. They may also find it helpful to explore CCI's further to learn more about strategies that they may not yet have tried. One place to start is the Aspen Institute's Community Building Resource Exchange at <http://www.commbuild.org>.

OHCC is pleased to present Sherri Torjman, Vice President of the Caledon Institute of Social Policy, as a keynote speaker on Comprehensive Community Initiatives at our Annual Conference in Perth at 9:00 a.m. on Friday, September 24.

Parts of this article were adapted from Sherri Torjman and Eric Leviten-Reid (2003), *Comprehensive Community Initiatives*, The Caledon Institute of Social Policy. <http://www.caledoninst.org/PDF/55382041X.pdf>

# Carol Coiffe

By Andrew Koch

OHCC Communications Coordinator

“Is it healthy?” “Is it safe?” “Is it inclusive?” These three simple questions are very important to Carol Coiffe, the Healthy Community Advisor for The Fairlawn Neighbourhood Centre (FNC) in North Toronto. “Asking questions rather than providing answers” defines Carol’s approach to her work on a daily basis. Through her passion and commitment to Healthy Communities principles, North Toronto has become a healthier, more sustainable and more inclusive place to live, work and play.

Carol is no stranger to Healthy Communities, having been involved in the early stages of “Healthy City” visioning sessions in Toronto in the 1980’s. Since then, she has tried to incorporate the principles of a Healthy Community into both her personal and professional life, including an accomplished career as a Program Development Officer, Employment Standards Officer and Work and Disability Consultant. She cites her studies in Environmental Health, Transformational Learning and Policy Change at OISE as a major influence on her thinking, particularly about the need to integrate social and ecological approaches when finding solutions to community problems.

In recent years, Carol has contributed her considerable energy and expertise to The Fairlawn Neighbourhood Centre. Established in 1997, the FNC offers a unique variety of educational, recreational, arts, and special interest programming and events for all ages. Housed in Fairlawn Heights United Church, the FNC currently offers 300 programs a year to 2,000 members, with the help of 100 volunteers.



After first getting involved with the Centre as a volunteer at the welcome desk, Carol became the Healthy Community Advisor about three years ago. In this role, she has played a key role in ensuring that the FNC’s operations and programming are as healthy and inclusive as possible. Her activities include conducting research, assisting in policy development, providing training materials to volunteers and doing community outreach.

Carol is a passionate advocate of environmental health issues, particularly those related to children’s health, and works to encourage safe, healthy and green practices. Anne Rawson, Executive Director of FNC points out that Carol’s “support, encouragement and research” efforts were “instrumental to the greening of the Centre”. The FNC has developed a set of green principles that are incorporated into all of its activities. These include adoption of a no-scent guideline, the use of reusable dishes for refreshments, and ensuring that arts and crafts supplies are non-toxic. A healthy practice audit is conducted on an annual basis. In addition, the FNC has partnered with the North Toronto Green Community for special events such as a “toxic taxi” hazardous waste pick-up and tree-planting days, and has also worked with the Sunnybrook & Women’s College Health Sciences Centre Environmental Health Clinic to deliver educational programming.

Another area of focus for Carol is inclusiveness and accessibility. She believes that a healthy community is not just healthy and safe, but must also be inclusive of all of its residents. The FNC is a physically accessible space, which is important to Carol personally as she uses a wheelchair. She is pleased to report that the Centre is also accessible and welcoming in other ways. For example, membership fees are kept low and subsidies are made available to offset program fees for those who cannot afford to pay. A free taxi program, funded by a corporate sponsor, is available for some programs. Carol also promotes inclusiveness and accessibility in the broader community; in fact, a suggestion of hers inspired the development of a new OHCC tool kit to help community organizations become more inclusive (see page 6 for information on the tool kit).

Carol’s other contributions to her community and beyond are too numerous to mention here. She points out that her work is constantly evolving and changing, just like the community she lives in. She values “learning all the time” and feels lucky to have had the opportunity to network in diverse areas and relate to people in various walks of life. While her interests and activities may constantly be changing, one thing for certain is that Carol will continue to ask important questions and will remain committed to making her community a better place.

Carol Coiffe has been a network member of the OHCC since 2001 and has contributed ideas to the development of our publication “*Inclusive Community Organizations: A Tool Kit*”. Carol is a mother of three and has one grandson. To learn more about Fairlawn Neighbourhood Centre, visit: <http://www.fairlawnneighbourhoodcentre.com>.

# Complying with the Personal Information Protection and Electronic Documents Act

*This article was adapted with permission from the December 2003 issue of "NONPROFIT NEWS FROM NATHAN", by Nathan Garber.*

Is your organization in compliance with the federal Personal Information Protection and Electronic Documents Act (PIPEDA) that came into effect in on January 1, 2004? If your paper or computer files contain personal information about your employees, clients, donors, volunteers or other individuals, it is important that your methods of collecting, protecting, and using that information comply with the Act.

The Act applies to all types of personal information with the exception of name, title or business/organization address or business/organization telephone number. For non-profit organizations, this means that information you collect to establish eligibility for membership, programs, or discounts would be considered to be personal information. Also covered might be identifiable

photos, donor histories, and other information maintained on donors and prospects. Personnel files on staff and volunteers are also likely to contain personal information.

PIPEDA requires that your organization:

- obtains the clear consent of an individual before you collect, use or disclose personal information about that individual, except when it is unreasonable to obtain consent or when the information is public knowledge;
- uses it only for the purposes for which you have consent;
- protects that information from unauthorized access and use;
- keeps it up-to-date and correct so as not to make decisions based on wrong information;
- destroys it when you no longer need it for the original purpose; and
- implements accountability mechanisms in your organizations to ensure compliance.

Developing a clear and effective privacy policy for your organization will not only ensure compliance with the Privacy Act, but will also send the right message to members and donors about the importance you place on protecting their personal information.

If you do not already have privacy policies and procedures in place that comply with PIPEDA, you may want to talk to a knowledgeable lawyer about how the law affects your organization. A number of resources are available to help you develop and implement a suitable privacy policy. Here are a few that are available electronically:

- [http://www.privcom.gc.ca/legislation/02\\_06\\_01\\_01\\_e.asp](http://www.privcom.gc.ca/legislation/02_06_01_01_e.asp) (details of legislation)
- <http://charityvillage.com/cv/research/rpri.html> (privacy law and the non-profit sector)
- [http://garberconsulting.com/nonprofit\\_news\\_03\\_12.htm](http://garberconsulting.com/nonprofit_news_03_12.htm) (article summarizing PIPEDA as it applies to nonprofit organizations).

The OHCC recently implemented a Privacy Policy which can be viewed on our website at:  
[http://www.healthycommunities.on.ca/Privacy/privacy\\_policy.htm](http://www.healthycommunities.on.ca/Privacy/privacy_policy.htm)

## Inclusive Community Organizations: A Tool Kit

The Ontario Healthy Communities Coalition has developed a new Tool Kit to support diversity and improve inclusion within small to mid-sized, volunteer-based, not-for-profit organizations. It provides the necessary foundation for community organizations to develop a "critical lens" which will allow them to reflect on their current situation and respond effectively to ensure that they reflect local demographics. The suggestions offered will enable community organizations to develop and adapt initiatives that are appropriate to their individual circumstances.

The Tool Kit includes:

- concrete suggestions for getting started regardless of organizational capacity;
- a self-assessment tool to examine current policies, procedures and/or structures;
- a step-by-step process and action plan for organizational change to increase inclusion;
- tips on implementing and evaluating the action plan;
- indicators for measuring success;
- a list of resources and contacts for further assistance.

An Official Launch for the Tool Kit will be held in the Fall of 2004. For more information or to obtain your copy of the Kit contact our central office at 1-800-766-3418 [info@healthycommunities.on.ca](mailto:info@healthycommunities.on.ca).



Roly Wood



## NEWS BRIEFS

### **The Superior Renewable Energy Cooperative (SREC)**

The Superior Renewable Energy Cooperative (SREC) based in Thunder Bay was incorporated in 2003 to create:

- a sustainable energy plan for Thunder Bay,
- a wind power co-op for the district, and
- a vibrant green economy for the Northwest.

The SREC Board represents a cross-section of community interests including EcoSuperior, an environmental organization; OHCC; Sunwind, a private solar/wind partnership; Hazelnut Permaculture Worker's Cooperative, a gardening and sustainable food growing initiative; and Frank's Alternative Energy, a local wind tower and solar panel installer. The coalition plans to expand its membership following a study to determine the feasibility of wind generation in the area.

SREC has undertaken a vigorous program of community activities such as public information sessions with the Ontario Sustainable Energy Association, displays in shopping malls and at green energy events, a regional communications workshop for sustainable energy organizations, and television programs featuring alternative energy choices.

Early this year, the SREC organized a tour of four homes in the Thunder Bay area that use alternative energy sources and/or feature energy efficient designs. The tour included a visit to the home of SREC board member Jane Odale. This home is "off grid" and uses about two kwh/day of electricity as compared to the 25 kwh/day of a traditional home. Solar panels (two thirds of supply) and a

wind tower (one third of supply) provide her batteries with enough charge to keep the home powered with almost no need to turn to a conventional generator.

The SREC is planning for a similar tour in the fall, both for fund-raising and to raise public awareness of the innovative homes that exist in the community. To find out more about the SREC, visit: <http://my.tbaytel.net/ccampbel/srec.html>.



A home using solar panels near Thunder Bay

### **2004 National Community Economic Development Conference**

The 2004 National CED Conference "Communities Creating the World We Want –Des communautés en action pour un monde meilleur", held in Trois Rivières, Québec, drew 570 participants from every province and territory, as well as notable international delegates, who attended over 50 workshops, 9 site visits and enjoyable social activities. The conference provided an important forum to strengthen the linkages between Canada's growing CED movement and the Social Economy movement in Québec.

A daily newsletter was produced that provides an overview of each day's conference activities. For more information visit the CCEDNET website at <http://www.ccednet-rcdec.ca/en/pages/conference.asp>

Stay tuned for further details regarding the 2005 National CED and Social Economy Conference, which will take place in Sault Ste Marie, on May 4<sup>th</sup> to 7<sup>th</sup>, 2005. The Community

Economic and Social Development Program of Algoma University College and the OHCC will be the local and provincial hosts for that exciting event! OHCC will hold its 2005 Annual Conference and AGM to coincide with the conference, so please mark these dates in your calendars!

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### **Air Quality Campaign: London, Ontario**

In this unique community partnership, OHCC, Thames Region Ecological Association, Middlesex London Health Unit, City of London, Ministry of the Environment, and others are travelling to different city venues to increase awareness of air quality issues.

Using a combination of static and interactive displays and presentations, the travelling resource centre is making information and resources available to citizens in the London area. A series of 12 display boards and boxes of resource materials are travelling to schools, malls, workplaces, conferences, libraries and fairs.

It is hoped that half the of people in the city will visit one of the displays and that other events concerning environmental issues can also be coordinated with the displays. At the Western Fair alone, approximately 50,000 people were provided with brochures, maps and ideas about the ways in which we can co-operatively work together to improve air quality in the region.

OHCC Community Animator Frances Shamley has been involved in the planning and development of this project and is continuing to provide support for the project as well as resources to be shared with the community. To learn more, please contact Frances by email: [frances@healthycommunities.on.ca](mailto:frances@healthycommunities.on.ca).

solutions for small-town communities need to be developed from within; i.e., from the ground-up, using a rural “lens”. In the same way that a pair of glasses can help someone to see better, a rural “lens” helps us to focus on issues and perspectives that are unique to rural communities.

Solutions to these complex issues that are “made in Lanark”, “made in Renfrew” or “made in Leeds and Grenville” are starting to emerge.

The result is a notable increase in the development of and support for diverse community-based initiatives such as youth centres; community-shared agriculture systems (CSA’s); buy-local campaigns; international exchange programs; issue-based coalitions and think-tanks (e.g., Lanark County Housing Coalition and the Transitions Housing Think-Tank); as well as various organizational collaborations and partnerships.

The theme of this year’s conference: “*Inspiring Change: Creating Healthy Communities from the Ground Up*” is a celebration and exploration of the countless ways that individuals, working together, can make significant changes in their communities. As such, the location of this conference (in the Town of Perth, in the County of Lanark, in the Ottawa Valley, in the broad region of “eastern Ontario”) is perfect. I invite you to join us.

## Our Newest Members



OHCC welcomes the following new members who have joined since the last issue of *Update*:

Harold Ahn  
Toronto

Lauren Cordwell  
Victoria, Australia

Jeff D’Hondt  
Toronto

Grassroots Economic Opportunity  
Development & Evaluation  
Sudbury

Lisa Jayne  
Ottawa CED Network

Marj Kempffer  
Cardinal

Lanark County Good Food Network  
Carleton Place

Cherry Lawrance  
Northwestern Health Unit  
Sioux Lookout

Deb Mountenay  
E5 (Where will Elgin be in 5 Years?)  
London

Nipissing District Community  
Homeownership Action Group (CHAG)  
North Bay

North Bay and Area Social Planning  
Council

Our Children Our Future  
(Nos enfants, notre avenir)  
Chelmsford

Marty Paul  
Cochrane District Heart Health Network  
Timmins

The QUEST Centre Community  
Initiatives  
Glencoe

Superior Renewable Energy Coop  
Thunder Bay

Jason Wall  
Ministry of Northern Development and  
Mines  
Thunder Bay

### OHCC COMMUNITY ANIMATORS

Contact the Community Animator closest to you if you require more information about Healthy Communities:

#### EAST

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(Westport)

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jeff@healthycommunities.on.ca

#### GREATER TORONTO & GOLDEN HORSESHOE

**Lisa Tolentino (Toronto)**

Phone: (416) 414-8778  
lisa@healthycommunities.on.ca

#### CENTRAL

**Leila Sherriff (Orillia)**

Phone: (705) 325-5177  
leila@healthycommunities.on.ca

#### CENTRAL EAST

**Susan Larsh (Bowmanville)**

Phone: (905) 623-2233  
susan@healthycommunities.on.ca

#### NORTHEAST

**Monique Beaudoin (Sudbury)**

Phone: (705) 671-9983  
monique@healthycommunities.on.ca

#### NORTHWEST

**Paul Filteau (Thunder Bay)**

Phone: (807) 683-6298  
paul@healthycommunities.on.ca

#### SOUTHWEST

**Frances Shamley (Glencoe)**

Phone: (519) 287-2618  
frances@healthycommunities.on.ca

For OHCC membership information, please visit

[http://www.healthycommunities.on.ca/join\\_us/membership/index.html](http://www.healthycommunities.on.ca/join_us/membership/index.html)