



## Mannville High School Students Take Charge of Their Health

After participating in a Health Expo during the summer of 2013 in Camrose, Nola Yaceyko, one of the directors of Family and Community Support Services in Mannville, orchestrated a similar event for the Mannville community (located approximately 170 km east of Edmonton). The Personal Ministries Department of the Alberta Conference worked closely with Ms. Yaceyko to have a one day expo for Mannville's high school students and their teachers—approximately 50 participants in total.

At each NEWSTART station the participants gathered personal information and data, learning how their health is affected by lifestyle choices.



Here's how the stations at the Mannville Health Expo looked:

**Nutrition:** Information regarding weight and fatty foods was provided.

**Exercise:** This station consisted of taking the Harvard Step test and heart rate measured.

**Water:** A bottle of water and water remedy information were provided.

**Sunshine:** Blood pressure was taken and recorded.

**Temperance:** Individual body mass index (% of body fat) was calculated.

**Air:** A Peak Flow Meter test measured the lung capacity against a standard.

**Rest:** Each one received a short chair massage.

**Trust:** Participants were given a calculation of their health age from the information gathered at the previous stations. Recommendations were made to each person as to how they could increase life expectancy by making targeted lifestyle changes.

Students, along with their teachers, had a clear understanding that health is not something left entirely to chance. For more information or to host a Health Expo in your area, please contact Pastor Sandra Silva at [ssilva@albertaadventist.ca](mailto:ssilva@albertaadventist.ca) or phone (403) 342-5044, ext. 216.

## Mamawi Atosketan Hosts First Alumni Basketball Game

On September 26, 2013, Mamawi Atosketan Native School (MANS) hosted its first alumni basketball game. Alumni, both past students and teachers, played current junior high and senior high students, who worked hard and showed excellent sportsmanship as well as excitement at the opportunity to play for their families, friends, and teachers.

When college student Joshua Saddleback was asked why he came back to play, he responded that he wanted to give back to the school. "It's better to inspire than to be inspired," explained Saddleback, a disciplined athlete and body builder who will play for the Edmonton Huskies inter-collegiate football team next year. Chance Buffalo, another alumni student, told staff that he was willing to come back any time to help out in any way he could, because he wants to set a good example for his younger brother, who is a current MANS student.

The event was well-supported by MANS parents and the community as well.

All Sports Cresting of Lacombe donated team t-shirts for the alumni team, and Constable Wallace of the Ponoka RCMP detachment as well as three CUC students came to help coach and support the event. Miss Betty Anne, a retired teacher's assistant who worked at Mamawi for 19 years, came back as an honorary coach for the alumni team. Jim Baker of Lacombe took pictures of the game, while his wife, Kelly, a former Mamawi teacher, played on the alumni team.

One of the goals of the event, according to organizer and MANS' full-time PE teacher Janice Clark, was to use MANS' enhanced PE program to strengthen connections between school, student families, and the local community. The alumni event is clearly a successful strategy for furthering that goal. — *Communications Department*



Mamawi Atosketan Native School alumni basketball game.

Photos taken by Jim Baker of Lacombe.