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Riverton/Arborg

Successful Partners Across Generations

The CDPI Committee in Riverton/Arborg has managed to move computer gamers off the couch and on to a physically active and social life style. Nintendo Wii was purchased for both Riverton and Arborg Parks and Recreation facilities where teens are kept moving using this highly physical interactive game. The communities can borrow each other's Wii games for tournaments. This program is not just for teens, but crosses generations to involve seniors. Riverton Elks provided a Nintendo Wii for the seniors opening the doors to a "seniors vs. youth challenge." The gaming did not stop there.

The CDPI committee also purchased Dance Dance Revolution, another interactive game system, for the local high school.

Tobogganing down hills and traipsing around on snowshoes built a healthy appetite.

The committee is able to make their funds stretch into many arms of the community by partnering with existing programs. Supporting schools and various community groups fuels the excitement of helping in many areas. When Cynthia Thomsen was asked to come on board she

went to the first meeting not promising anything. Three years later she is a very involved Committee Coordinator. The key to the committee's success is finding ways to promote projects people are already doing. "Funds are drastically limited," noted Thomsen. "To provide a small snack in a program makes a huge difference." The Friendship Centre asked for snacks during the day program for up to 60 children, ages 5 to 9. They also funded the local library snack for story time. Many children do not bring fruit to school, so it was fun to introduce new varieties like guava and mango in a taste testing adventure at the elementary school. The same children benefited from nutritious meals during their Heritage Day winter activities. Tobogganing down hills and traipsing around on snowshoes built a healthy appetite.

Some other programs that benefited from committee funds were Jump Rope for Heart, Arborg Parks and Recreation kids programs, soccer referee clinic, swim instructor clinic and many others. There are plans to send a couple of teens for training to the N-O-T (Not on Tobacco) program designed specifically for teens by the American Lung Association.

Those who seek CDPI funds come to a meeting with a written request and are required to name, somewhere on their event: "partially funded by CDPI" or "donated by CDPI." Piggybacking on so many programs could be an administrative nightmare, but Thomsen explains her simple method. "Anytime I send funds, I

send a monitoring form with them. If you get money, you need to send this form back, and that pretty well takes care of it.” Accountability then rests with the recipient of the funds rather than with the disburser and saves time and money in administrating the program.

“I’ve had fun with just about everything,” said Thomsen. This unique group continues to work together with an array of existing programs to build a healthier community.

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Take Note

Wii Gamers and Calorie Burn

- A 2007 study showed that gamers using Wii sports games burn more than 1,800 calories over 12 hours of play, the average time gamers spend playing every week.
- By burning nearly twice the amount of calories with Wii compared to traditional video game platforms, gamers can potentially lose 12 kg of body weight with regular Wii use.
- Gamers playing action mat games that detects foot movements can burn a whopping 451% more calories compared to simply watching television.

<http://www.canada.com/topics/bodyandhealth/story.html?id=e4cac3b3-1f74-4616-be23-4d3b27afb65b>

Can’t Get Enough

Studies show that 79% of Canadians aged 13-19 don’t get enough regular, physical activity to meet international guidelines for optimal growth and development.

http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/video_games.html