

# Spotlight on Alberta Communities

## Town of Irricana: Creating Healthy Opportunities

The Town of Irricana is located in Southern Alberta, 35 minutes NE of Calgary with a population of 1,104. Irricana is very active in engaging youth and adults alike to be involved in physical activity and healthy eating through a variety of pursuits. Their success has stemmed from dedication and great partnerships.

In order to create and promote healthy options for the Tweens and Teens, Irricana has done a fantastic job of creating a very popular Youth Centre, also known as 'The Crib'. During all events, you will find nutritious foods and opportunities to be physically active.



'The Crib'

These pictures capture the healthy Halloween and youth staying active with a Wii at 'The Crib'. The Town of Irricana Council supports a stay fit and have fun approach approving the purchase of equipment such as table tennis, an air hockey table, a bubble hockey game and, of course, a Wii!



Healthy Halloween

The development of a new partnership with the health unit to help plan nutrition for the youth has added to the excitement. In order to engage youth and increase awareness of the opportunities that exist, the centre now makes monthly calendars available online and in the centre.

To get the community active and healthy during the winter, Irricana will host a Winter Festival on February 7, 2009. The day long event will include indoor carnival games beginning at 10:00 a.m., a health conscience lunch and outdoor activities utilizing the outdoor skating rink and park.

This year, the youth from the Irricana Scouts will be hosting the outdoor games. Talk about youth engagement!

Irricana has found a way to keep the environment healthy while keeping residents active. The 2008 "Pitch In" day, an annual event, was a great success with 117 participants including Town Staff,



Mayor Dusome and Council Members assisting with the event. A total of nine community groups participated in this wonderful effort to keep the town beautiful while getting exercise. Those groups involved included the 1st Irricana Scout Group, Irricana Beiseker Soccer Association, Irricana Christian Fellowship, Irricana Kathryn Beiseker Keoma Minor Ball, Irricana Play-school, Irricana Theatre Society, Irricana Volunteer Fire Fighters, Irricana Youth Centre (The Crib) and finally the K.I.K. Senior Citizens Club. Wow, talk about a good use of partnerships!!

Over 100 bags of garbage were collected from the roadways and park areas. Participants ended up walking a total of two hours and covering a circumference of 8 km. The exercise was followed with a well-deserved barbeque hosted by Irricana's council and staff. Healthy treats of frozen fruit bars, water and 100% fruit juices were part of the menu.



Youth from 'The Crib'

Irricana definitely knows how to use innovation to keep their town healthy. For more information on any of these initiatives please contact Cathy O'Donoghue, Community Services Officer at [cathy.odonoghue@irricana.com](mailto:cathy.odonoghue@irricana.com).



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