

**INSIDE THIS ISSUE:**

Thank-you! Survey says...

Did you know

Focus on: Environmental  
HealthWellness Conference & Art  
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Recreation News

Healthy Recipe Feature

**BROCK WELLNESS***Thank-you*A MONTHLY PUBLICATION AIMED TO INFORM AND PROMOTE  
WELLNESS INITIATIVES FOR BROCK FACULTY & STAFF

Thank you for your responses to our Brock wellness survey. Your suggestions, comments, feedback along with a host of practical and potential ideas will be invaluable to our committee. Below is a summary of the survey results:

**PROGRAM NAME:** Brock Wellness has been selected as the name of this program endeavour. The committee agreed it was easily identifiable and encompasses the very basic objective of our committee and the program.

**VOLUNTEERS:** Twelve participants volunteered to assist the Brock Wellness program. These individuals have been contacted to assist with the upcoming Wellness Conference. Additional opportunities will be available for future wellness sessions and special events. We look forward to working together.

**PROGRAM DELIVERY:** Face to face and instructional sessions were the most popular delivery choice, as well as an electronic newsletter. These modes of delivery are all being addressed with the planning of the Wellness Conference where the committee is responsible for researching potential sessions for this popular on campus conference and the release of first Brock wellness e-newsletter. Website information is being provided with available, effective and legitimate website information in conjunction with our feature article in the newsletter.

**SCHEDULING:** A variety of options were suggested for the best suited time of day. We are considering online videos that it can be viewed at your leisure. More information will be available on this venture in the near future.

**POTENTIAL PRESENTERS:** Through this survey we have been made aware of the incredible resources available on this campus. The areas of expertise, both professional and personal, create a very unique and special workplace. We will be aspiring to fulfill your wellness needs through the information and lists you have provided.

**INCORPORATING THE DIMENSIONS OF WELLNESS:** The eight dimensions of wellness received well thought out and diverse suggestions to address these components. These comments will serve as a resource for the information we disperse to you through the newsletter and the sessions, activities and events that the committee will be organizing.

Finally, your ongoing input is valuable. Please forward any constructive input and ideas to [brockwellness@brocku.ca](mailto:brockwellness@brocku.ca). We look forward to hearing from you.

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

*World Health  
Organization, 1948*

Sincerely,  
The Brock Wellness Committee

# Did you know?

Father's Day is Sunday June 20th!

Father's Day originated in Spokane Washington, thanks to Ms Sonora Louise Dodd. As she listened to a Mother's Day sermon in 1909, she pondered "if there was a day to honor mothers then why not fathers"? Her father

had single handedly raised herself and five siblings. Thus she began a rigorous campaign and with the help of the YMCA and The Spokane Ministerial Assn the first official Father's Day was celebrated June 19, 1910. Though there was initial hesitation, the idea eventually gained popularity. Eventually Canada and countries all over the world adopted the 3rd Sunday in June as their official day set aside just for fathers.

Social - Occupational - Spiritual - Physical - Intellectual - Emotional - Environmental - Financial

## June Focus on Environmental Health: *Grasscycling*

Grasscycling: it's what all the smart gardeners are doing. Do you want to be the first in your neighbourhood to adopt this 'green' approach for the summer?

According to the Smart Gardening section of the Niagara Region's website, 'grasscycling' is the natural recycling of grass clippings by leaving them on the lawn while mowing. Instead of bagging your grass clippings, this newest method suggests that you leave them to naturally decompose on your lawn.

The advantages of grasscycling are many: it saves you time, no garden bags to deal with, and it's actually good for your lawn. By grasscycling, you can increase your soil's fertility up to 30% as the clippings break down quickly and their nutrients replenish the earth! Grasscycling is nature's fertilizer: a natural, time-released form of nitrogen. From an environmental perspective, grass clippings, 20 - 25% of household waste can be eliminated and the amount of organic matter in the landfills is reduced accordingly.

What's the downside of grasscycling? You may

have heard that leaving clippings on your lawn can cause thatch. Not true: at 80 - 85% water, grass clipping decomposition happens in a matter of days; thatch is normally as a result of dead roots and stems due often due to over-watering and over-fertilizing. And, a little thatch is not harmful for your lawn. Half an inch of thatch can provide insulation to roots and act as a mulch to prevent too much water evaporation and soil compaction. Your kids will appreciate its cushioning effect when playing on the lawn as well.

What about lawn disease? Actually, improper watering, fertilization, unsuitable grass seed varieties, poor soil conditions and mower blade sharpness are the more frequent causes of lawn disease and this happens regardless of whether or not you grasscycle.

There are, of course, some situations where grasscycling just doesn't work: long periods of wet weather, or when the grass is excessively long may require you to bag the clippings. In these cases, you can use the clippings as mulch for weed control in your gardens and around your trees.

All information contained in this article has been summarized from the Niagara Regional website. For more details on Grasscycling and other Smart Gardening tips, check it out at:

[www.niagararegion.ca/government/initiatives/smartgardening/default.aspx](http://www.niagararegion.ca/government/initiatives/smartgardening/default.aspx) .



# Wellness Conference

Reminder: The upcoming Wellness Conference will be held on **Thursday, June 17th**. Registration will be available on June 2 at 2p.m.

## Wellness Conference Art Exhibition

Staff and Faculty are welcomed to submit works to our first ever Employee Wellness Art Exhibition.

Up to two pieces will be accepted for each staff and faculty member. There is no fee to enter and prizes will be given for favorite works selected by jury. There is even an award for people's choice.

Art submissions must be received by June 11th at 3:00pm. For a submission form, go to:

[brocku.ca/hr-ehs/environment-health-safety/health-wellbeing](http://brocku.ca/hr-ehs/environment-health-safety/health-wellbeing)

## Brock Wellness Committee

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## RECREATION NEWS

- Aquatics News: Swim lesson registration begins June 21 at 5p.m. [brocku.ca/recreation-services/aquatics](http://brocku.ca/recreation-services/aquatics)
- Zone Summer Memberships available [brocku.ca/recreation-services/memberships](http://brocku.ca/recreation-services/memberships)



## HEALTHY RECIPE FEATURE

### STRAWBERRY SHORTCAKES

#### Ingredients

- \* 1 cup low-fat vanilla yogurt
- \* 1 pint strawberries
- \* 3 tablespoons sugar
- \* 4 slices of fat-free pound cake

#### Preparation

1. Line a sieve with cheesecloth and set over a bowl. Spoon in yogurt and let drain in the refrigerator 30 to 60 minutes. Hull and slice the strawberries and toss with the sugar. Let stand 30 minutes, stirring occasionally. Top pound cake with strawberries and drained yogurt.

#### Nutrition

Per serving: 258 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 55 g carbohydrates; 7 g protein; 2 g fiber; 234 mg sodium; 306 mg potassium.

Recipe obtained from [www.eatingwell.com](http://www.eatingwell.com)

If you would like to submit a health recipe for consideration in our newsletter, please email it to [brockwellness@brock.ca](mailto:brockwellness@brock.ca).