

Believe it or not, Firozeh has time for even more hobbies. Along with her outdoor activities, Firozeh is also an avid dancer and singer. She is skilled in various folk dancing techniques including Turkish, Kurdish, and Indian folk dancing. Firozeh hopes to teach these dancing techniques and allow others to share in the enjoyment that she has found in them.

Snack Smart

By Corinna Purdy:
Weight 2 Go! Health and Wellness Inc.



Snacking shouldn't be looked at as a bad or guilty thing. It can help and provide good nutrition to your eating plan by providing important nutrients and filling in food groups you missed at meal times. It also can provide you the fuel to keep you going through the day. Include snacks as part of your eating plan, not as "extras" or you might get too many calories. Think about what food groups you're missing and use snacks to fill in the gaps. For example, if you didn't have milk in the morning; choose to snack on an ounce of cheese or yogurt in the afternoon or if you missed fruit during the day, snack on an orange or berries in the evening. Plan to snack two or three hours before your next meal to take the edge off your hunger. You might be less likely to munch while you make dinner or overeat at your meal.

Plan to snack, pack a snack. Put nutritious snacks on your shopping list so you have plenty of nutritious options on hand. Toss a bag of baby carrots, a yogurt cup or some grapes in your lunch bag to have at the office for an afternoon snack; it beats running to the store and grabbing a chocolate bar. If you're on the go all day, bring along non-perishable items such as whole-wheat pretzels, nuts or dried fruit.

Practice portion control. A smart snack is big enough to take the edge off your appetite, but not so big that you eat too many calories. To control portions, use the serving size information on the Nutrition Facts label as a guide, put a portion of your snack on a plate or in a bowl rather than eating out of the bag or container.

Skip distracted snacking. Break the habit of snacking while you watch TV or talk on the phone, or you might overeat before you realize it. Pay attention to what and how much you eat, so your snack is enjoyable and satisfying. And only snack if you're hungry, not just out of habit.

To subscribe to the e-newsletter, please visit
www.varietylvillage.ca



Personal Training



Train with a friend for
ONLY \$30 PER SESSION

The beaches are waiting, get that bathing suit body ready!!!

For a limited time, enjoy training with a friend for the same price as our one to one training sessions. What does that mean? **SAVINGS!!!** You and a friend can split the cost of a 10-Session Package, making the cost only \$30/session for each person.

For more information, contact Debbie Murray at
416-699-7167 Ext 238 or email
dmurray@varietylvillage.on.ca

Editor: Bobby Bonner
bbonner@varietylvillage.on.ca
Your comments, story ideas and questions are welcome.

Variety Village
3701 Danforth Avenue
Toronto, ON
M1N 2G2
P: 416-699-7167
F: 416-699-3926
Web: varietylvillage.ca
Charitable Registration
No: 12362 5618 RR0001

Vision
Opportunities for people with disabilities.

Mission
Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training and skills development.



Village News

A Newsletter from the Village to Our Members

Issue 61 June 2011

It's Here-Summer Registration!!!

Brew the coffee, grab a redbull and saddle-up, it's time for another exciting day of registration at Variety Village. Here is some important info about registration...

June 15: 8am-7pm- Registration for special needs children (in-person, by phone, by fax)

June 18: 7:30am- 11am-General registration (in-person only)

Payment can be made in the form of cash, cheque, credit card, and debit.

Registration is done on a first come first served basis so the earlier you arrive, the better chance of getting a spot in programs. Registration will once again be MC'd by the fabulous Ms. Katie Morrison so you won't be bored.

Check out some of the amazing leadership programs that are being offered this summer...
(For full program info please visit varietylvillage.ca)

National Lifeguard Service

Age: 16+	Cost: \$220 (member)
	\$240 (non-member)
	Recertification: \$65 (member)
	\$75 (non-member)

(fee includes manual, certification fee and exam fee)

Materials: Alert – Lifeguarding in Action

July 8-10 and July 22-24

Friday 5:30-9:30, Sat & Sun 9-5pm

Bronze Medallion

Age: 13+ or Bronze Star Award.

Cost: \$ 150	(members)
\$ 180	(non-member)

Materials: Canadian Lifesaving Manual-Cost \$40

(1 week intensive) August 29-September 2

Monday - Thursday, 9am-5pm

Friday 12-8pm

Bronze Cross

Age: 14+.

Cost: \$155	(members)
\$185	(non-member)

Required Materials: Canadian Lifesaving Manual

(1 week intensive) August 29-September 2

Monday - Thursday, 9am-5pm

Friday 12-8pm

PIZZA NOVA
That's Amore
Pizza for Kids



On May 10th, over 120 Pizza Nova locations across Southern Ontario participated in the annual event to benefit Variety Village. Throughout the annual, all-day event, medium pepperoni pizzas were served for only \$4.99, and Pizza Nova donated \$1 from each pizza sold to Variety Village. Thousands of customers worked up their appetites and walked into Pizza Nova locations across the province to demonstrate their support for a good cause. Pizza Nova was very proud to present a cheque to Variety Village on Wednesday, May 18 in the amount of **\$53,724.00**.



On May 28, Variety Village hosted its First Annual Zumba Party. The massive event include three instructors and 94 participants.

For a full two hours, the Variety Village fieldhouse was rocked by the stomping and shaking of the Zumba mob.

The event raised over \$1,400 in support of Variety Village. Our thanks go out to all the staff and volunteers that made this event possible as well as the amazing participants who came to sweat it out for a good cause!



Presents the Second Annual DodgeBall

Sport and Social

Saturday June 18th, 2011

Time: 12:00- 6:00 at Variety Village
6:00-8:00 Boast and Beers at the Tara Inn.

***NEW* BBQ and Silent Auction at Variety!**

Teams must be in uniform and have at least 8 players. Teams can be 8-10 players strong and must have 2 members of the opposite sex!

To enroll your team or for more information contact us:
VVDodgeball@hotmail.com

\$20
Minimum Donation Per Player
All Proceeds Go To Variety Village!

Prizes!

- Door Prizes!
- Winning Team!
- Best Team Uniform!
- Most Team Spirit!
- Most Funds Raised!



SAVE THE DATE!

Variety Village

Presents

WALK ROLL RUN

Sunday, October 30, 9am

Hosted by Tom Brown of CTV Toronto

- Chip timing
- Well marked, fast, flat 5km course
- Post race Fall Fun Fair
- Supporting a great cause
- Last fast 5K this year!



It's back! The Second Annual Variety Village Dodge Ball Sport and Social. All members are encouraged to register a team, volunteer, or come out and cheer on their favourite team. Contact us at vvdodgeball@hotmail.com for more information! Hope to see you there.

Autism at Play a Success!

The letter printed below was sent to Variety Village by a parent of a child in our new Autism at Play program which is a joint initiative being coordinated with the Geneva Centre for Autism and we'd like to share it with you.

My daughter was one of the fortunate 8 children involved in the initial session of the Autism at Play pilot project between the Geneva Centre for Autism and Variety Village. I cannot say enough great things about this program. The children are eased into this social setting by gathering as their own small group in a classroom. The group moves into the Variety Village field house and joins another group of children for skills training in various sports. Each week a new social skill is the focus of the Autism at Play group. And each week the group learns and uses new sport skills. The featured sports are varied, which prevents boredom, and have been broken down and modified to make them even more achievable. Week after

Continued on next page...



The Sports Page

week the children have fun and these positive experiences are truly confidence-building. The staff are positive, focused and committed. They bring their different personal strengths and this makes the class interesting and supportive for the children.

This program should be the model for this type of program. And it's so needed. My daughter has tried soccer, baseball, basketball, sprints, and gymnastics to name a few. She never would have been exposed to these sports so successfully without this program. Even now, months later I was playing soccer with her, she relayed that the reason she can kick the ball so hard and straight is due to the Autism at Play class experience.

Without the lead-in time in the Autism at Play classroom, I believe she is not as prepared for the sports class and it has been a lot less successful for her. I wish the Autism at Play program was ongoing effective immediately. I would sign her up indefinitely and drive the 45 minutes to get there from our home without hesitation.

Variety Village Hosts Canadian Senior National Weightlifting Tournament

The Variety Village Weightlifting Team hosted the Canadian Senior Weightlifting Tournament on May 21 & 22. Competitors from all over Canada came to compete.

The Variety Village Weightlifting Team brought their A-game and produced some serious results...

- Taylor Findlay:** 8th Place-127 kg total
- Aaron Rose:** 3rd Place
- David Earle:** 7th Place-233 kg total
- Khalil Sabayle:** 14th Place-210 kg total
- Shawn Buchanan:** 16th Place-235 kg total
- Gavin Young:** 4th Place-285 kg total
- Doug Malone:** 9th Place-254 kg total
- Matthew O'Brien:** 3rd Place-312 kg total

Big thanks go out to everyone that helped in making this event happen. Thank you to all of the volunteers and coaches that worked tirelessly to put on an amazing competition. Great work everyone!

Facility Access Notices

June 18- All courts in use for Second Annual Dodgeball Tournament from 12pm-close. Please join in on the fun and enter a team.

Village Person of the Month Firozeh Kabiri



I always learn so many new things when I interview staff for these articles. I especially learned a great deal about this month's Village Person, Firozeh Kabiri.

Firozeh started with Variety Village four years ago when she volunteered as a belly dance instructor. She volunteered for one

session and was then offered a position as an instructor at Variety Village. Since then, Firozeh has taught in our one to one programs, LINKS, Adapted Aquafit, Ab Blast classes, and as an attendant in the various fitness areas. Firozeh also continues to teach belly dance and believes that it is one of the best mood elevators in the world. She was kind enough to share an article with me about belly dancing that said, "belly dancing is an enjoyable and healthy way of toning the abdominal muscles, especially after pregnancy. It energizes the internal organs within the pelvic girdle, increases circulation and balances the hormones. It is an excellent form of therapy for tension and depression..."(Energy and Egyptian Dance).

Firozeh is a dedicated adventurer with a passion for the outdoors. Back home in Iran, she was an experienced climber, scaling mountains as high as 4000 metres (1200 feet). She explained to me that, although they have snow, she had never discovered snowshoeing until she came to Canada. She instantly fell in love with the popular winter pastime. She says that her next winter activity will be cross country skiing. Paddle sports are also an activity that we take for granted here in Canada. In her home country, Firozeh explained to me that canoeing is an activity only for the affluent and is even considered unsafe for women to do by themselves. Here, she canoes regularly throughout the summer with the outdoor activities club that she is a member of. She is also an avid cyclist

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