

15th Annual Active Living Conference-Variety Village

Promoting access, awareness and adapted activities

Friday November 4, 2011 / 10:00 am - 4:00 pm



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Deadline for registration:
Saturday October 15, 2011

Protein Supplements-Do they work?

By Bobby Bonner ISSA Certified Fitness Trainer and Specialist in Sports Nutrition for Variety Village and Weight 2 Go Health And Wellness Inc.

Protein supplements have been stocking the shelves of health and supplement stores for decades but are often a source of confusion. What do they do? How do they work? Is it a gimmick? Read on and all of these questions and more will be answered for you.

It's no secret that protein is essential for healthy muscle growth and the maintenance of muscle tissue and recovery. But what is protein? Proteins are long strands of amino acids. Amino acids link up together to form protein

strands in various combinations to perform a variety of tasks in the body. Glutamine, for instance, is an amino acid essential for muscle recovery and neurological function. Arginine has a role in nitric oxide production in the bloodstream. By ingesting proteins, we ingest these amino acids. I will follow up this article next month with an overview of amino acid supplementation.

Protein supplements come in various forms such as protein bars, premade shakes, and powders. But what one is the right one for you? That answer depends on what you're looking for. If you are looking for a snack that is high in protein and has enough calories to give you sufficient energy to carry you over to your next meal, you might want to try a protein bar or high calorie pre made protein drink. If you are looking for muscle recovery, you definitely want a good protein powder.

Protein powders come in various combinations and mixtures. There are powders marketed as weight gaining powders, there are vegan friendly protein powders, there are isolates, and blends. If your goal is muscle recovery, then there is no question about it, you want a whey isolate powder. Whey isolates are the purest form of protein that contain the highest amount of amino acids necessary in muscle recovery. Whey protein comes from the byproduct of cheese making from cow's milk. Whey protein isolates have the water removed to produce the highest concentration of protein (typically 90 percent). Whey isolate is also denatured which means it has been filtered to make absorption into the body quicker and more efficient.

If you are using protein to aid in muscle recovery, the most optimal time to take the supplement is within the first 5 minutes after your workout. This ensures that the highest concentration of the protein is absorbed into your body.

Editor: Bobby Bonner
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Your comments, story ideas and questions are welcome.

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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 65 October 2011

Barall Performance Centre Grand Opening!



The Barall Performance Centre had its grand opening celebration on September 8. This brand new performance studio was graciously donated by Hiroko Barall, mother of one of Variety Village's long-time members, Raymond Barall. The evening featured a wonderful performance by Variety Village's own Drama group (lead by their coach Valeria Vargas), a couple of solos by Raymond Barall, and a series of incredible pieces by famous opera singer, Takako Yanagida Lordly.



The Barall Performance centre will provide the Variety Village Drama group with a venue to practice and present their various pieces throughout the year. It will also provide much needed space for other Variety Village programs.

Many thanks go out to Hiroko Barall for her generosity in making this a reality.

VARIETY VILLAGE PRESENTS THE 5TH ANNUAL
WALK ROLL RUN & FUN FALL FAIR
REGISTER ONLINE TODAY AT WALKROLLRUN.CA



WALK RUN OR ROLL IN YOUR BEST HALLOWEEN COSTUME
FOR A CHANCE TO WIN GREAT PRIZES!!
ENTER YOUR BEST PIE IN THE PIE BAKING CONTEST!!
GET READY TO BE SPOOKED BY THE HAUNTED HOUSE!!
PUT YOUR TEAM TOGETHER FOR MAXIMUM FUNDRAISING!
DON'T MISS THIS HOWLING GOOD TIME!!

Fall Leadership Programs

Standard First Aid with CPR-C and AED



This course provides comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR Level C, prevention

of disease transmission to more severe sudden medical conditions and injuries to the head and spine. This certification is valid for 2 years.

Prerequisite: Age 13+

(\$100 for members/\$125 for non members)
November 13 & 14, 2011 9am-5pm

Standard First Aid with CPR-C and AED (Recert)
(\$70 for members/\$90 for non members)
November 14, 2011 9am-5pm

NLS-National Lifeguard Service



National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for Lifeguarding throughout the country, and the only certificate recognized by the province on Ontario. (40hours)

Prerequisite: Bronze Cross and current Standard First Aid & CPR C.
Age: 16+

\$220 for members/\$240 for non members
October 7-9 and October 21-23
Friday 5pm-10pm, Saturday 9am-5pm, Sunday 9am-5pm

Massage Therapy at Variety Village ONLY \$25/hr

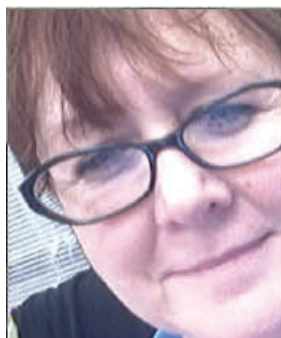


That's right, it's not a typo. Everest College's Massage Therapy Program in conjunction with Variety Village is pleased to offer professional massage therapy for only \$25/hr. Students from Everest College will be at

Variety Village every third Saturday of the month (rescheduled on long weekends).

For more information and to book an appointment, please contact Bobby Bonner at 416-699-7167 Ext. 246 or at bbonner@varietyvillage.on.ca. Appointments are on a first come-first served basis and are booked month-to-month.

Village Person of the Month Ann Doucette



Ann has been a part of Variety Village in one way or another for the past 15 years. She originally came to access adapted programs for her son, who was diagnosed with Autism. They began by registering him in a program called Jumbletumble, which was offered as a program for young children.

Over time, Ann's entire family became members. Approximately four years ago, Ann joined the Variety Village Staff Team in Membership Services. Today, Ann not only acts as one of our membership services Representatives, but also is in charge of all of the facility bookings and the famous birthday party program.

Ann has been training vigorously to be able to run this year's Walk Roll Run on October 30. If you see her running the track, don't hesitate to cheer her on to reaching her goal.

support YOUR Membership Team



Can't make it to Walk Roll Run? Why not support YOUR Membership Team?

The Variety Village Membership Staff will be walking together as a

team and raising funds to help Variety Village continue to provide opportunities for people of all abilities to participate in fitness and sport for years to come. Donations can be made online to the Membership Team or dropped off in person at the Membership Services Office.

B-Day Parties at Variety Village!

The best party in town!



Variety Village's legendary birthday parties give you a much needed break from stressful birthday planning.

Our birthday party package includes a full hour of exciting activities in either our Pool or Fieldhouse areas for up to 20 children, as well as an hour in our Lounge to have the cake, food and presents (food not included in package).

Members-\$200
Non-Members- \$250



The Sports Page

Variety Village Powerlifting Team has the Midas Touch



Variety Village Powerlifting hosted the Eastern Canadian Nationals Raw Powerlifting Tournament on September 17 and 18. The event featured over 50 athletes from various locations across Eastern Canada. Twelve new world records were set by many of the various athletes. Variety Village's athletes owned the meet with 7 Gold Medals and

multiple national records. Big thanks go out to all of the loaders, spotters, referees and volunteers who donated their time to make this event such a success. Special thanks for the hard work of Barry McEvoy and Frank Quinn who organized this amazing event

Aidan McEvoy-Gold-67.5 kg 14-15 age class. National records for squat, bench, deadlift and total in 67.5 14-15 yr old age category.

Bobby Bonner- 1st place in 90kg 25-29 age class. National record for deadlift in 90kg 25-29 age class. Irish national record in 90kg open class for squat, bench, deadlift and total, Irish national record in 90kg 25-29 age class for squat, bench, deadlift and total.

Adam Bury- Gold-100kg 30-34 age group.

Dan Canning-1st place in 125kg 20-24 age class.

Justin Burns-Gold-140kg class 20-24 age group. New national records for squat and deadlift for 140kg 20-24 age class.

Murray Anderson-Gold-140kg class

Kent Maraj- Gold-125KG class. National records in squat, bench, deadlift and total for both 125kg Open and 35-39 age class. First Raw Powerlifter in Canada to break a 700kg total.

Facility Access Notices

October 10-Variety Village Closed for Thanksgiving
October 16-Pool in use for Flames Swim Meet until 11:00am.
October 21-Lieutenant Governor's Games-Fieldhouse in use until 2:00pm.
October 30-Walk Roll Run-Variety Village closed until 12:00pm.

ParaSport Victory!



Village member Julie Merrigan (pictured here with her medal and husband Clarence) won the Gold Medal in the open class of the boccia event at the ParaSport Ontario Games. The games

were held in Sarnia on August 20. Congratulations Julie!!

Rick Hansen 25th Anniversary!



We hope you can join us on Saturday, November 5, 2011 from 4:30 p.m. to 7:00 p.m. as Variety Village Presents **The Rick Hansen 25th Anniversary Man in Motion Relay**

Celebrations at Yonge-Dundas Square.

Return of the Village Haunt!



Variety Village's spooks and ghouls will once again emerge for this year's Haunted House event. The famous attraction will feature an entirely new series of frights, spooks and terrifying twists and turns to terrify the poor souls that decide to test their metal against it. The haunted

house will run Oct. 28,29,and 30.

Show Me the Money!



Variety Village is collecting Canadian Tire money to purchase new tools and equipment. If you have any Canadian

Tire money collecting dust at home, bring it in and drop it off at the front desk in the drop box.

Thank You