

A Little Fun for Everyone!

4	9	3	5	2	7	8	1	6
5	2	8	1	6	4	7	9	3
1	7	6	8	3	9	2	5	4
2	6	7	9	5	8	3	4	1
8	1	5	7	4	3	9	6	2
3	4	9	6	1	2	5	7	8
7	8	2	4	9	1	6	3	5
6	3	1	2	7	5	4	8	9
9	5	4	3	8	6	1	2	7

November Sudoku Solution

	1		9		8	4	3	
				4				
9							7	8
4	5	9		1		3		
	8						2	
		1		3		9	6	4
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				8				
	9	5	7		2		4	

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Fitness Tip of the Month-by Bobby Bonner-ISSA Certified Fitness Trainer Energy and Recovery

The success of a workout is contingent on two things, energy and recovery. Just as your car depends on how much gas you put into it and how well you maintain it, your body needs fuel and a little TLC.

Energy is obtained from a variety of sources, the most important of which is your diet. A proper diet includes a combination of carbohydrates, fats and protein. A very simple approach is the 3, 2, 1 system. Every major meal should include 1/2 carbs, 1/3 protein, and 1/6 fat. This will ensure a proper intake of essential nutrients. Now the big question, "How often should I eat?" The answer to that is simple, whenever you feel hungry. Now, a slight craving is not a licence to go to the buffet. But it is a symptom to put something nutritious into your body. This can include snacks such as low sodium crackers and cheese, yogurt and granola, veggies, fruit etc. A proper diet should consist of 3 major meals a day and 3 minor meals or snacks. This coaches your body into using the energy of the food when it is ingested rather than storing it in less accessible fat stores. It is also important to eat strategically when you plan to work out. To ensure that the most energy is available for your workout, eat a meal high in complex carbohydrates (polysaccharides) approximately three hours prior to your workout. This gives the body time to digest it and release its energy just in time for your workout. Carbohydrates are also easy to digest and convert to energy. For approximately 45 minutes following your workout, your body is in what is known as the "glycogen window". During this magic 45 minutes, you should try to consume a meal primarily of carbohydrates which will be converted directly into useable muscle glycogen.

Recovery is a key a healthy life and solid workout performance. So how much recovery is enough? Well the answer to that varies. What kind of workout are you doing? The heavier you lift, the more taxing it is on your central nervous system and the longer you should recover between sets. For the average workout (10-15 reps of light weight) 30-45 seconds is sufficient recovery between sets as you do not want your heart rate to slow too much and take away from the endurance aspect of the workout. For heavier workouts (6-9 reps) a recovery period of one to two minutes will allow you to give 100% on the next set. Finally, for the really heavy stuff (1-5 reps) a recovery period of one minute per rep is required (i.e. if you are doing five reps, a five minute break is needed). In addition to recovery between sets, you need recovery between workout days. Everyone should have at least 1 day of the week where they are at complete rest. This is truly a recovery day. Doing cardio is not a recovery day, doing a "light workout" is not a recovery day. Finally, the most important aspect, sleep. The average person requires eight hours of sleep per night. The average athlete requires between nine and ten hours. Throughout the day, the stresses of life (walking, working at a computer, lifting, etc) cause your body's PH level to dip towards acidic. Your sleep is your body's way of balancing out that level and bringing you back to balance. To help your body with this task, various herbal teas and supplements such as magnesium or ZMA can assist in balancing your body out overnight.

Your body is a finely tuned machine. Take care of it, and it will take care of you.

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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 46, January 2011

43 Division Tees Off for Variety Village



On Thursday September 16th, members of 43 Division, Toronto Police took part in the 43 Division Golf Tournament and silent auction, held at Oakridge Golf Course in Port Perry.

This year's tournament was held in support of Variety, The Children's Charity. Prizes were generously donated for the silent auction by many local businesses.

As the golfers arrived for this year's tournament, so did the rain! The skies opened up and the rain poured down on the golf course. The rain, however could no dampen the spirits of the many golfers who showed up to support this worthwhile charity. Oakridge Golf Course was extremely accommodating, allowing the golfers to tee it up and play through the rain. The day ended with a roast beef dinner and silent auction.

Through the generosity of those in attendance, a cheque for \$5349.43 was presented to Variety, The Children's Charity.

Thanks to all of the businesses that donated prizes and the volunteers who made the day special.

International Day of People With Disabilities!



The City of Toronto and its community and business partners hosted International Day of People with Disabilities at Variety Village on Friday, December 3. Many unsung heroes were honoured including Variety Village members, Sandor Kezes and Nichole Flynn. Variety Village

staff member, Archie Allison (pictured above) was also honoured at the event. The event was also attended by Ward 36 City Councillor, Gary Crawford and Deputy Mayor, Doug Holyday. Guest speakers, art, music and poetry brought everyone together on the day to celebrate people's abilities.

Ward 36 City Councillor Gary Crawford Lights Up the Village!

Ward 36 City Councillor, Gary Crawford hosted his inaugural Tree Lighting Event at Variety Village. A local school choir and a band serenaded with festive carols, Santa paid a visit and the Village was the fortunate recipient of a beautiful lighted



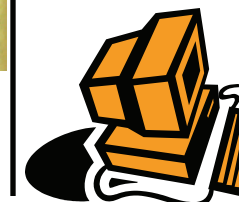
Christmas tree. We were also honoured to have Mayor Rob Ford attend along with Elizabeth Moyer, Alan Walsh and Michelle Berardinetti.

Another Birdie for Variety Village



Ed Deng (right) presents a cheque for \$1000 to Variety Village CEO, John Wilson (left) on behalf of the Ontario Ministry of Economic Development and Trade. The donation was raised during their annual golf tournament that was held on September 15 at Angus Glen South Golf Club.

Variety Village Helps the "Little Geeks"



Variety Village recently donated a total of 27 computer terminals to Little Geeks. This group refurbishes old and outdated computers and donates them to needy families.

New Flooring to be Installed in Court 2!

Thanks to a generous donation from Maple Leafs Sports and Entertainment, Variety Village has put out a tender call for construction companies to resurface the second court with a high performance hardwood surface.

The new court surface will support a variety of different sports and increase Variety Village's programming potential. Construction is estimated to begin at the end of January and be completed sometime during the March break.

During the construction, there will be some minor facility and program disruptions. We thank you for your patience and understanding during the construction period.

Facility Access Notices

January 9- Fieldhouse in use for track meet from 8:00am until close. Cardio room will still be open.

Tips for Safe Snow Shovelling

Every year, we hear about more and more cases of heart attacks attributed to extreme strain when shoveling snow. We also hear and have probably experienced some of the various musculoskeletal injuries that can result from this activity. So how do we stay safe when we're clearing our driveways? Here are some tips to help keep you healthy this winter...

- Don't overwork yourself. If you feel dizzy or tired, take a break; the snow will be there when you get back.
- Warm up a bit before going out and attempting to shovel your driveway in 5 minutes. You don't have to go for a jog, just simply start with a smaller portion of the job that will be easier for your muscles to handle.
- Avoid lifting heavy piles of snow with the shovel. Our tendency is to do the entire width of the driveway and then push that snow to the top of the snow bank. If you can, split the driveway into halves and tackle it that way.
- Although they look goofy, ergonomic shovels reduce strain on the lower back and can make the job that much comfortable
- Dress warmly. Cold muscles are like cold rubber bands and will snap under strain.
- Don't shovel on an empty stomach. Snow shoveling is exercise. It burns calories. You need to fuel up before attempting to shovel.
- Be careful of black ice. Underneath all of that white, puffy snow can be patches of black ice that could result in a very undesirable fall.
- Always stretch after shoveling snow. As with all exercise if you don't stretch, your muscles will seize up and cause you pain. Each stretch should be held for a minimum of 30 seconds and each area of the body should be attended to (especially back and hamstrings)

Village Person of the Month Rennie McBurnie

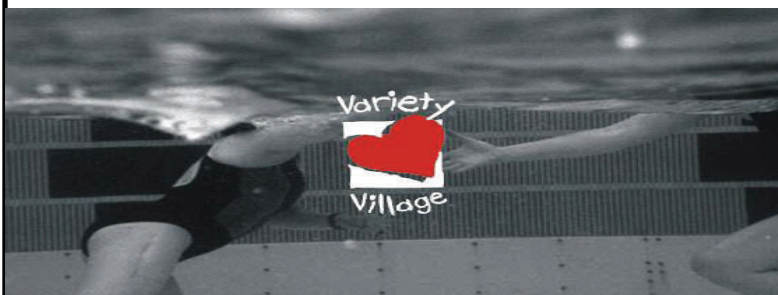


Rennie began at the Village like many of our staff, as an athlete. Rennie started with the I Be Fast Track Club in 2007 as a sprinter. In 2009 Rennie decided to join Variety Village as a staff member, working only two hours a week. As time went by, Rennie became more and more involved with programs at Variety Village and found himself drawn to working one-to-one with children with disabilities. More and more opportunities opened up for Rennie and he now finds himself working much more.

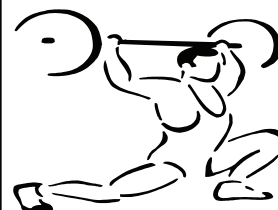
Rennie has a natural talent for working with children and youth with various disabilities. His patience and creativity provide an ideal environment for participants of all abilities. Rennie says that working here has been an eye opener for him. He used to be frustrated when he'd get injured in track and not be able to run for a few weeks. Here, he sees people that deal with mobility limitations every day.

There are a couple of things about Rennie that many people may not know. He was originally born in Grenada and moved to New York when he was eight years old. He lived there for four years and then moved to Canada when he was twelve and has lived here ever since. Rennie is definitely a fan of sunshine and warmth and says that he hates how cold it gets here in the winter. Although, he did come out and join our staff skating party, scoring a few goals in the process. Another first for Rennie was that he learned how to swim at Variety Village. Rennie had never been taught how to swim and had survived three near-drownings and decided that it was time to learn. As an athlete, Rennie won 2 MVP awards for track and field and a gold medal in the 110m hurdles during his senior year of high school.

Thanks For Voting for VV Revamp!



Huge thanks to everyone that cast their vote for the Variety Village Revamp Project during the Aviva Community Fund Competition. We made it to the semi finals but did not receive enough votes to make it into the final round. There was a huge increase in votes from last year to this year. Stay tuned next year and we'll show them what Variety Village spirit is all about!



The Sports Page

Variety Village Dominates the Ontario Junior Weightlifting Competition

Variety Village hosted the Ontario Junior Weightlifting Competition on Saturday, December 11. Athletes from all over the province attended to compete and qualify for the Canadian Junior Nationals.

The Variety Village team brought their 'A' game and produced some amazing results.

Taylor Findlay-Gold Medal, Overall Top Female Athlete, and Qualified for Nationals

Aaron Rose-Silver Medal and Qualified for Nationals

Ayesha Sabayle- Gold Medal

Khalil Sabayle-Qualified for Nationals

Matthew O'Brien- Gold Medal and Qualified for Nationals

Sheila Paulin-Gold Medal and Qualified for Nationals

Aleko Kokkinias-Gold Medal

Luke Buchanan-Gold Medal

Dominic Buchanan-Silver Medal

Allan Savva-Bronze Medal

Taekwondo Receives \$500 Donation

Taekwondo received a donation from Ann Marie Chin Fee and RBC for \$500 through the RBC Royal Bank Employee Volunteer Program. Variety Village Thanks both RBC and Ann Marie for their generosity.

New Black Belts and National Qualifier

Big congrats go out to John Menacherry and Michael Wilson for completing their black belts recently at Variety Village.

Congrats also goes out to Laura Woo from Taekwondo who qualified for Nationals that will be held this month.

Synchro Makes a Huge Splash!



Variety Village Synchro Club had a great start to the competitive season at the Lisa Alexander in London, Ontario on December 4th and 5th. The athletes competed against clubs from across the province and performed very well. There were 12 athletes in the top 6 including 2 golds, 3 silvers and 3 bronze medals.

Great job ladies! Keep it up for the rest of the season.
Go Synchro!

Variety Village to Host Ontario's First 100% Raw Powerlifting Meet

Variety Village will be hosting the FIRST EVER 100% Raw Powerlifting Meet to be held in Ontario.

Raw powerlifting is a form of the sport that restricts the equipment that a lifter can use. In other forms of powerlifting, the athlete is able to use suits that provide full-body stabilization and support as well as thick knee and wrist wraps to stabilize the joints and make the lift easier on the athlete. Raw powerlifting only allows the use of a belt and light wrist support such as tape or lightweight wrist wraps.

All are welcome to come out and watch the event which will be held on Saturday, February 26 in the Variety Village Fieldhouse.

Can-Am Games Results

Over the December 10-12 weekend, four swimmers from the Flames Swim Team competed in the CAN AM Games at Etobicoke Olympium. Here are the results...

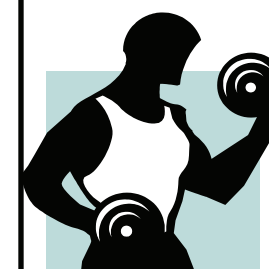
Min Jun Baek-Won a gold, silver and bronze medal in three events. 70% overall best times.

Malcolm Fairweather-Shaved 4.5 seconds off of his 200m breaststroke.

Robert Hampson-Three gold medals and one silver.

Nydia Langill-Four bronze medals and shaved 1.5 seconds off of her 400m free.

Happy New Year from your Personal Trainers



The New Year is all about new beginnings and resolutions to make you a better person! Why not hire one of Variety's Personal Trainers to help guide you to a healthier, fitter, happier you? Our trainers are dedicated

at helping you achieve your fitness and lifestyle goals. Let's make 2011 all about you! Please contact Amanda Gray at extension 256 for more information