



2011

# Variety Village Annual Art Show & Sale

Saturday/Sunday, May 14/15, 10:00 am – 4:00 pm

BBQ Lunch!  
Door Prizes!  
Free admittance!



Entertainment provided by: Pianist, Bruce Smith with Bob Adams on harmonica



Variety Village:  
3701 Danforth Avenue  
Scarborough, ON M1N 2G2

Tel: 416-699-7167  
TTY: 416-699-8147  
varietyvillage.ca

Editor: Bobby Bonner  
bbonner@varietyvillage.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: varietyvillage.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 50 May 2011

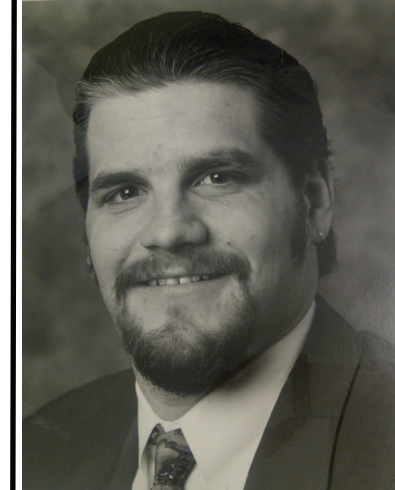
## The Bus Stops Here!



Variety Village will now have its long awaited bus stop. Beginning May 8, we will have a stop right in front of The Village. This will make getting to and from Variety Village that much easier for those who rely on public transit especially those with disabilities that don't qualify for wheeltrans.

The 12A service will operate every 14 to 16 minutes in the peak periods from Monday to Friday, and approximately every 20 to 30 minutes at all other times of the week. Service will operate from approximately 6:00 a.m. to 1:00 a.m. from Monday to Saturdays, and from approximately 8:00 a.m. to 1:00 a.m. on Sundays.

## Variety Loses a Good Friend



I first met Sandor six years ago when I first began working at Variety Village. I will always remember the overwhelming energy that Sandor had. We had a huge outreach group and I had no idea what to do. Sandor took me under his wing and taught me all about adapted sport.

Sandor was a true athlete and excelled in many different sports including wheelchair basketball, swimming, track and field, wheelchair rugby and electric wheelchair hockey. As he became older Sandor changed roles from athlete to coach and began coaching the electric wheelchair hockey team out of Mitchell Field Arena.

Sandor was involved with Variety Village since 1982 and actively volunteered as often as he possibly could. For events such as the Lieutenant Governor Games, Police Games etc... he was always the first on the list. Sandor also helped to educate the public on accessible sport by working as an instructor with our outreach program. Sandor brought a unique energy to our outreach program and provided an exciting learning environment for the students that he taught.

On Saturday, September 18, 2010, Sandor married his longtime girlfriend, Jennifer Raycraft at St. Mark's Presbyterian Church. In front of 150 friends and family members, Sandor and Jennifer exchanged vows and became husband and wife.

Sandor was diagnosed at a young age with Duchenne muscular dystrophy. Survival beyond age 29 is very rare. Sandor passed away at age 37 on Monday, May 1 2011. He will remain in the hearts of everyone that had the fortune to meet him. We at Variety Village extend our deepest condolences to his friends and family during this difficult time.

Sandor's funeral will be on Tuesday, May 10 at St. Mark's Presbyterian Church at 6:00pm.

## Active Aging Club

### AQUAFIT-A-THON Raises \$2538!

The Variety Village Active Aging Club hosted their first ever Aquafit-A-Thon on April 8. The event was a huge success and featured 6 instructors and over 35 participants including Katie Morrison, one of the program's coordinators. Congratulations to all that participated and especially to those that organized the event!

## Facility Access Notices

- May 1-Pool in use all day for Synchro Meet
- May 7-Fieldhouse in use until 2pm for Police Games
- May 13-Fieldhouse in use from 8am-3pm for TDSB Barrier-Free Track and Field event.
- May 21+22-Fieldhouse in use all day for Canadian National Weightlifting Tournament
- May 23-Variety Village closed for Victoria Day

## ZUMBA® Fitness Party!

ZUMBA® Fitness is a dance-fitness class inspired by Latin and International Rhythms. If you have ever ventured into a class with Val, you have come to realize that it is an hour of fun, and sweat and cheers.

On May 28, Variety Village will be hosting a ZUMBA® Fitness Party from 6pm-8pm. These two hours will be filled with great music, different instructors and will prove to be the best two hours of your life. This event is open to all members and non-members, so if you have friends who would like to join in on the fun please feel free to bring them along. There is no dance experience necessary, but for those who want a little introduction to the basic steps, Val will be running a short introductory class before the event.

All funds raised at this party will go towards Variety Village programs. Not only will your heart thank you, but we will thank you. You've definitely never experienced anything like this before.

### Details:

**Saturday, May 28, 2011**

**6pm-8pm; Doors open @ 5:30pm**

**Introductory Class with Val from 5:35pm-5:50pm**

**\$15 in Advance; \$20 at the Door**

**Contact Val; 416-699-7161 ext. 303**

[vvargas@varietyvillage.on.ca](mailto:vvargas@varietyvillage.on.ca)



## Village Person of the Month Jenny Hiseler



This month's Village Person is Jenny Hiseler. Initially Jenny started out as a Variety Village member and then decided to volunteer some of her time to help out with a number of administrative projects. When a position became available in the Finance department, she applied. Jenny is now a Variety Village employee and handles Variety's Trent Bingo Hall's finances, which involves everything from paying the bills, to analyzing their data. Jenny also provides part-time support to the Fundraising department.

Jenny graduated from George Brown College as an Orthotic and Prosthetic Technician and started working in that industry shortly thereafter. Jenny's experience also includes custom wheelchair seating, which she found to be very interesting.

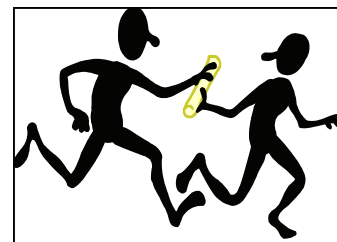
Jenny is a natural people person. She says that working at Variety Village is a lot like working in the mobility industry. Jenny finds that the staff and members have a really wide range of specialties and interests. "There's always something innovative going on."

# PIZZA NOVA®

That's Amore  
Pizza for Kids



On Tuesday, May 10, Pizza Nova and Variety Village will hold their 12<sup>th</sup> annual "That's Amore Pizza for Kids" fundraiser. From 11:00 a.m. to 9:00 p.m. customers can walk into any participating Pizza Nova location in Ontario and purchase a delicious medium pepperoni pizza for just \$4.99 including tax. One dollar from each pizza is donated to Variety Village in support of programs for children with disabilities.



# The Sports Page

## Variety Village Rolling Rebels Win 2011 Canadian Wheelchair Basketball League Championships

Variety Village Rolling Rebels claim the 2011 Canadian Wheelchair Basketball League Championship with a 67-49 win over the Douglas College Royals in White Rock BC.

Led by tournament MVP Dayton Sopha who scored 24 pts., had 19 rebounds, 9 assists and 3 steals, the Rebels would not be denied their second Canadian Championship in the last 5 years. The BC Douglas College Royals had won the last 3 years and VV was determined to break their streak.

The game started tentatively as both teams missed their first shots of the game. Once settled, the Rebels started to pull away midway through the quarter and had a 22-12 lead at the end of one. The second quarter was played evenly by both teams and the Rebels extended their lead to 11 points at the break to 38-27.

The 3rd quarter is when the Rebels started to dominate the game. The Royals buckled under the relentless full court pressure from Dayton Sopha and Jesse McNalley and the rest of the crew forcing the Royals into costly turnovers. The Rebels pulled away; outscoring the Royals 19-9 and taking a 57-37 lead after 3 quarters. The game was under the Rebels control at this point, the press was pulled off and the Rebels played a more controlled style of play dictating the pace of the game and ending any hope of a comeback by the Royals. The game ended 67-49 for the variety Village Rolling Rebels. Congratulations to Abdi Dini who was selected an all star for the tournament and to Dayton Sopha who was selected the tournament MVP.

Other outstanding performers were Jesse McNalley with 22 pts and 16 rebounds, Mor Peretz with 9 pts and 6 rebounds and Abdi Dini with 8 pts and 2 assists. Congratulations to Bobby Smith, Jamie Sopha, Kevin Wakeling, and Tyler Miller who were instrumental in the team's success throughout the weekend.

We would like to thank everyone who supported the team and sent along their best wishes.

Stephen Bialowas  
Head Coach

## Fitness Tip of the Month-by Bobby Bonner-*ISSA Certified Fitness Trainer* Small, Manageable Steps to a Happy, Healthy Life

You don't have to wake up at the crack of dawn, run 10 miles uphill both ways with a 50lb block of ice on your back to live a healthy lifestyle. Living healthy is an easy task if you make small, manageable changes to your life. Here are some simple suggestions to help you live healthy one day at a time.

1. Walk whenever possible. Avoid the temptation to drive to the store or to a friends house if it is within walking distance.
2. Eat several small meals per day instead of three big meals. This will trick your digestive system into using all of the available energy from the food instead of storing it as fat.
3. Do at least 30 minutes of physical exercise each day. This can be things as simple as skipping, running, biking, walking, doing simple weight workouts. Stability balls are very affordable and provide a wide range of home workout options.
4. Get at least 7-8 hours of sleep per night. Don't underestimate the benefit to sleep. It is how our body heals itself. It is important to get an adequate amount of deep sleep every night to be recharged for the following day.
5. It's OK to snack. Don't deny yourself a treat every once and a while. If you abstain from "fun" foods, you will eventually crack and gorge on them. If you are in a physical condition that you are happy with, then you can live a lifestyle of 80% eating good healthy foods and 20% snacking.
6. Join a group fitness class. Variety Village offers a number of FREE classes to our members. Group classes provide motivation and a unique energy to a workout.