

# 15<sup>th</sup> Annual Active Living Conference-Variety Village

Members can attend FREE from 1-4pm  
For Exhibitor Booths

Promoting access, awareness  
and adapted activities

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



Variety Village, 3701 Danforth Avenue  
Scarborough, Ontario, M1N 2G2  
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www.varietylvillage.ca



## For more information:

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Deadline for registration:  
Saturday October 15, 2011

## Supplement-Assisted Weight Loss

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

Sometimes our best isn't enough. Sometimes a healthy diet, exercise and proper lifestyle choices only go so far. When we hit these frustrating plateaus, we sometimes need some extra help.

Natural supplementation has been shown to assist in many aspects with an individual's fat loss program. By using our own body's systems to help reduce fat and process foods more efficiently, we can get that little extra edge that we need to reach our fat loss goals.

**Please be sure to consult your physician before taking any supplements.**

The first supplement that I'd like to review is vitamin B12. It is an amazing way to naturally regulate bodyweight. Vitamin b12 is obtained by animals through consuming bacteria. Thus, the highest concentration of b12 is from animals, including milk. Eggs do contain B12 but also have a compound that may inhibit the absorption of the vitamin. B12 assists in fat loss by increasing the cellular energy production. It helps to produce more red blood cells and increases metabolic use of fats and protein. B12 can be taken orally in 2 forms; sublingual and pill or capsule form. Sublingual is often found as methylcobalamin which allows it to skip several steps in the conversion steps in digestion. Pill or capsules tend to be less effective as the absorption rate isn't as high. B12 can also be taken intramuscularly as an injection. This can be done by your family doctor or by purchasing a vial of B12 and syringes from your local pharmacy. If you decide to inject yourself with B12, be sure to have your physician show you the proper method and approve you for use of intramuscular B12.

Another popular supplement is Conjugated Linoleic Acid (CLA). CLA assists your body in using its available fat stores as energy during cardiovascular exercise instead of breaking down your precious muscles for glycogen. It has also been shown to increase lean muscle mass and reduce abdominal fat.

A final fat loss aid are stimulant-based thermogenics. Approach these with severe caution. Those with even the slightest sensitivity to stimulants such as caffeine should stay away from these supplements. Thermogenics use your body's existing systems and send them into overdrive to help burn excess fat. Using your adrenal and thyroid glands, these supplements cause your body's internal fire to superheat and therefore demand more fat cells as fuel for the fire. Caffeine, taurine and other stimulants also act as hunger suppressants which aid in fat loss by reducing appetite. Stimulant-based fat loss aids are very dangerous if not used properly or if used by someone with a stimulant sensitivity or heart condition. Do not use these without speaking with your physician first.

Although these various tools are at our disposal, it doesn't take the place of good old fashioned exercise and a well balanced diet. Results can be seen with these natural aids if they are taken in conjunction with a good workout program and healthy eating habits.

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.

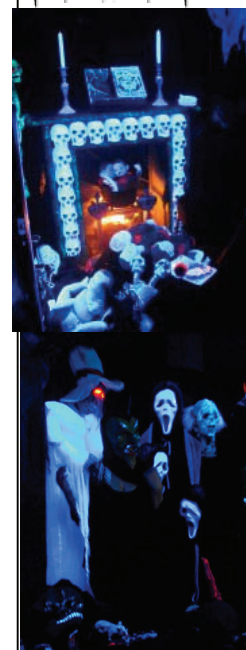
**Mission**  
Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training and skills development.



# Village News

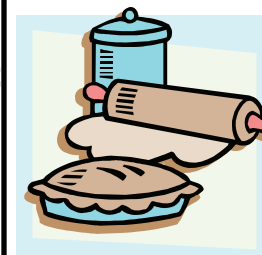
A Newsletter from the Village to Our Members

## VARIETY VILLAGE HAUNT DELIVERS THRILLS AND CHILLS



Once again, the Variety Village Haunt transformed the Fieldhouse into a dungeon of terror. **Over 500** brave souls entered not knowing if they'd ever come out alive.

Variety Village would like to thank Viv Powell for his hard work and dedication to building the Haunted House and coordinating the various volunteers and spooks.



## Issue 66 November 2011 The Winning Pie!

Congratulations to Cate Gaudet who won the Variety Village Fun Fall Fair Pie Baking Contest and dazzled the judges with an Apple Crostata. For those of you that wish to give this culinary masterpiece

a try at home, here is the recipe courtesy of www.foodnetwork.ca

### Ingredients

#### For the pastry:

1 cup all-purpose flour  
2 tablespoons granulated or superfine sugar  
1/4 teaspoon kosher salt  
1/4 pound (1 stick) very cold unsalted butter, diced  
2 tablespoons ice water

#### For the filling:

1 1/2 pounds McIntosh, Macoun, or Empire apples (3 large)  
1/4 teaspoon grated orange zest  
1/4 cup flour  
1/4 cup granulated or superfine sugar  
1/4 teaspoon kosher salt  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground allspice  
4 tablespoons (1/2 stick) cold unsalted butter, diced

### Directions

For the pastry, place the flour, sugar, and salt in the bowl of a food processor fitted with a steel blade. Pulse a few times to combine. Add the butter and pulse 12 to 15 times, or until the butter is the size of peas. With the motor running, add the ice water all at once through the feed tube. Keep hitting the pulse button to combine, but stop the machine just before the dough becomes a solid mass. Turn the dough onto a well-floured board and form into a disk. Wrap with plastic and refrigerate for at least 1 hour. Preheat the oven to 450 degrees F. Flour a rolling pin and roll the pastry into an 11-inch circle on a lightly floured surface. Transfer it to a baking sheet. For the filling, peel, core, and cut the apples into 8ths. Cut each wedge into 3 chunks. Toss the chunks with the orange zest. Cover the tart dough with the apple chunks leaving a 1 1/2-inch border. Combine the flour, sugar, salt, cinnamon, and allspice in the bowl of a food processor fitted with a steel blade. Add the butter and pulse until the mixture is crumbly. Pour into a bowl and rub it with your fingers until it starts holding together. Sprinkle evenly on the apples. Gently fold the border over the apples to enclose the dough, pleating it to make a circle. Bake the crostata for 20 to 25 minutes, until the crust is golden and the apples are tender. Allow to cool. Serve warm or at room temperature.

## WALK ROLL RUN Another Successful Year



Walk Roll Run took place on Sunday, October 30 and it was fantastic! We were so fortunate that Elvis (Tom Brown) brought great weather too! The turnout was almost double the participants of last year's event. Thank you to everyone who contributed, participated

and volunteered their time to help make this year's event a success. The event raised \$70, 120 so far for Variety Village. We will continue to accept pledges until November 25 so keep'em coming!



## 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 25<sup>th</sup> Anniversary Relay End of Day Celebrations at Yonge-Dundas Square.**

## Standard First Aid, 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 A, prevention of disease transmission to more severe sudden medical conditions and injuries to the head and spine. This certification is valid for 2 years. (Age 13+)

Full Course Cost: \$ 100 (member) \$ 125 (non-member)  
November 12-13, 2011 9am-5pm

Recertification Cost: \$ 70 (member) \$ 90 (non-member)  
November 13, 2011 9am-5pm

NB: Recertification candidates must alternate between full course & recertification in order to renew their Certifications.

## MEMBER APPRECIATION DAY AND VARIETY VILLAGE 30<sup>TH</sup> ANNIVERSARY

**Please join us in the Lobby for some refreshments and cake as a thank you for being part of the Variety Village family.**

**We will take you down memory lane as we visit the past 30 years with visual displays.**

**Wednesday, November 30th  
All day in the Lobby**

## Village Person of the Month Chantal Bamber



The L.I.N.K.S. program is one of the most well known programs of Variety Village. You've probably seen them restocking the pop machines or picking fresh tomatoes in their garden. But who's behind the scenes of all of these activities? Let's meet the L.I.N.K.S. Program Coordinator, Chantal Bamber.

Chantal came to Variety Village one and a half years ago as one of our key program staff in the L.I.N.K.S. program. Prior to that, she had worked in residential health treatment, specializing in adolescents and children with mental health diagnoses. Before working there, Chantal had a rather unique job working for Disney Cruise Lines as a nursery manager and children's programs coordinator.

Working on a boat provided Chantal with the means to travel and experience new things such as one of her current passions, SCUBA diving. Working on the cruise ship, Chantal had ample opportunity in her spare time to gear up and jump in to explore the reefs that the ship would anchor next to at various stops. Today, she has over 60 logged dives and counting.

As if below the oceans wasn't enough for Chantal, she decided recently to fly the skies and try skydiving. After her first jump she was hooked. She is currently pursuing her certification as a solo jumper. Chantal is also an avid soccer player and plays every week with her team.

## Facility Access Notices

**November 4**-Fieldhouse in use from 8am-4pm for Active Living Conference (Cardio room will remain open)

**November 8**-Courts 1-3 in use for Rick Hanson Fun Day from 9am-12pm

**November 11-13**-Fieldhouse in use from 4pm Friday for Tae Kwon Do Tournament (Cardio room will remain open)

**November 20**-Courts 1-3 in use for Not So Pro Tournament from 12-6pm

**November 27**-Pool in use from 9am-2pm for Sunshine Swim Meet



# The Sports Page

## 2011 Toronto Open Taekwondo Championships



Taekwondo athletes of all abilities will meet at Variety Village on November 12 and 13, 2011 for the 28th Annual Toronto Open Taekwondo Championships.

The Annual Toronto Open Taekwondo Championships attracts World Class taekwondo competition to Variety Village and promotes inclusion and experience for athletes of all abilities. This event provides a competitive atmosphere.

Out of province teams from Chicago, Virginia, Florida, New York, New Jersey, Quebec, Manitoba, British Columbia, Alberta, Newfoundland & Labrador are expected. The officials will consist of international & first class referees. Many high profile coaches will also take part coaching their high performance athletes, and introduce their grassroots participants to the competitive stream.

Every year, the High Performance Divisions attract elite National & Olympic Team members from various countries! (Barbados, Canada, Cuba, Dominican Republic, Grenada, India, Korea, Macao, Mexico, Nepal, Philippines, Puerto Rico & USA)

This event also showcases the largest Special Needs participants in the country!

The Annual Toronto Open Taekwondo Championships will again co-host the "Canadian Forces National Taekwondo Championships". This tournament is a phase in the Canadian National Military Taekwondo Team's selection process. This event is becoming larger each year and a tribute to committed soldier-athletes in our country.

Over 2,000 participants and spectators are expected to attend this two-day tournament. More Information is available on [www.varietylvillage.ca](http://www.varietylvillage.ca)

We hope to see everyone there to support our own Variety Village Taekwondo Team members in competition!



## Flames Swim Team Meet Results

A huge congratulations goes out to the Flames Team after a great swim meet on October 17th!

### Please take a look at the results:

- Patricia Altobello had an amazing meet – she swam 100% best times with a 25 second drop in the 200 IM!
- Uwe Hahnewald – OUR NEWEST CAN AM QUALIFIER! Congratulations Uwe, all your work this summer is paying off. I am thrilled that you will be a part of our CAN AM trip in July.
- Dante Cappelli swam 100% best times
- Emily Coughlan swam 100% best times
- Chris Forte swam 75% best times with a 22 second drop in the 200 IM
- Victoria Grizincic swam 100% best times. She took a CRAZY 76 seconds off in total over 3 races. A few more swims like that and we will have Victoria on the CAN AM circuit soon!
- Nik Joy Jelcic swam 100% best times with a 16 second drop in the 200 IM
- Katie Kitevski had a 10 second drop in the 200 IM
- Christopher Knight had a 21 second drop in 200 IM
- Tanner LaBelle had 100% best times
- Dean LaFrance had 100% best times with an 18 second drop in the 50 back. Welcome back to the team Dean!
- Spencer McCann had 100% best times. A great start to the year for Spencer!
- Ivan Osorio had 100% best times with a 10 second drop in the 100 breast
- Cassidy Sheng had 75% best times with a 16 second drop in the 50 fly. She is now only 4 seconds from provincials, I told you you're a fly specialist Cassidy!
- Megan Sherwin took 11 seconds and is only 8 seconds from re-qualifying for provincials – and all with a busted toe!
- Naomi Toljagic took 12 seconds off her 50 back. Naomi's hard work in practice is really paying off. Coach Will and I are pumped to see what she has in store for us this season!