

Recreation Newsletter

SPECIAL POINTS OF INTEREST:

- Christmas Party
- Fitness Classes
- Health Tips & Recipes
- Fitness Tax Credit
- Bright Lights Stanley Park
- Family Nights
- Craft Fair
- Get motivated
- Teaching Garden

INSIDE THIS ISSUE:

Ginger Bread workshop	4
DVD Night	4
Light Display contest	4
Lacrosse Update	7
Wreath Decorating	7
Cookie Decorating	7
Teen Center Programs	8

FAMILY CHRISTMAS PARTY

This year the Recreation Dept will be hosting its 2nd Annual Christmas Brunch with Santa, on Dec.3rd.

Last year was so popular that we decided to bring it back and invite everyone out to for an enjoyable feast.

Come down to the Totem Hall between 11am and 1pm to enjoy pancakes and other goodies with your family. There might even be a special visit from Mr. & Mrs. Claus.

After brunch stick around for the Annual Family Christmas party hosted by the Recreation Department



Santa will be making his annual visit at the Family Christmas Party.

from 1:00—3:00 pm.

Visit Santa and his elves at the Giant Life size Gingerbread House.

Santa will be giving special

presents for all of the children who come out and visit him.

There will also be Arts & Craft activities as well as Games to enjoy. Kids can take their turn on Giant Inflatable or the smaller bouncy castle for the Little ones.

Don't forget to check the Santa List in the newsletter to make sure your child's name is on it. If you don't see it then call Leanne Lewis to make sure it makes Santa's Nice List.

We hope to see everyone's smiling faces on December 3,2011 - Saturday

BRIGHT NIGHTS

This year Recreation will be hosting a Family Field trip to the 14th Annual Stanley Park Bright Nights on Nov.30th - Wednesday

Get into the spirit of the Holidays and take the train ride through the forest that has been transformed with

two million twinkle lights, animated displays. Enjoy professional and community choirs and bands while they serenade you through the park.

New this year will be a visit to the North pole featuring Santa and the parade of

trees.

This is a family event and all children must be accompanied by an adult family member.

To register your family drop by the totem Hall to fill out the registration forms.

Fitness Classes



Fitness Kickboxing

Fitness classes are co-ed and for community members aged 16 yrs and up.

Classes run every Tuesday and Thursday Night from 6:45 -7:45 at the Totem Hall.

Classes are based on Martial Arts and Boxing moves for strength training and cardio. Classes are designed for all fitness levels, working at your own pace.

Registration is done through Leanne at the Totem Hall. Preregistration is required for this program.

Bring a water bottle, running shoes and 12-16oz boxing gloves.

If you prefer you may bring your own yoga matt for floor work or the Totem Hall has some for use.

10 Ways to Get Motivated for a Morning Workout

*Move Your Alarm Clock
Instead of sleeping with the alarm next to your bed, move it to the other side of the room.

*Make a Date You're less likely to poop out if you know someone is waiting for you.

*Make Friends at the Gym

*Have a Set Goal

*Load Workout Music
Onto Your iPod

*Prep the Night Before

*Reward Your Efforts
find what motivates you

*Tell the World About
Your Plans it will **motivate** you to keep up

your workout

*Too Sleepy? Give It

Time after about a week or two, your body will adjust to your early workout

*Look Forward to a better Breakfast

Morning exercise jump-starts your metabolism, and keeps you burning calories at a higher rate all day!

Keep Your Receipts Children's Fitness Tax Credit

The children's fitness tax credit lets parents claim up to \$500 per year for eligible fitness expenses paid for each child who is under 16 years of age at the beginning of the year in which the expenses are paid.

What types of programs? An eligible fitness expense must be for the cost of registration or membership of an eligible child in a prescribed program of physical activity. Generally, such a program must: be ongoing

(either a minimum of eight consecutive weeks long or, for children's camps, five consecutive days long); be supervised; be suitable for children; and include a significant amount of physical activity that contributes to cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, or balance. Keep the receipts issued by the organizations that delivers the programs. Do not include the receipts

when you file your income tax return. Submit photo copies of receipts. However, keep receipts for six years in case asked to verify your claim.

More Information

For more information about the Children's Fitness Tax Credit, please visit the Government of Canada website at www.cra-arc.gc.ca/fitness

CHRISTMAS LIGHT DISPLAY CONTEST

Sign up for the **15th Annual Christmas Light Display Contest** on December 6th.

Get out all your Christmas Lights and get creative!

You can come up with a theme or just be Clark Griswold and cover your house in lights but get them up!

Judging of the houses that

have registered will be done by the Recreation Kids.

Prizes are as follows:

1— \$150.00 Wal-Mart Gift Card

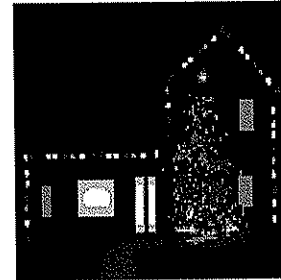
2—\$100.00 Wal-Mart Gift Card

3—\$75.00 Wal-Mart Gift Card

You must sign up with Leanne in advance in or-

der to participate. She will need your name and address number for the bus to bring the children by to make their choice for the winners. **Your lights must be on the evening of Dec 6th between 5&6pm.**

Winners will be announced at Family Night on Dec 7th and be announced in the Dec 8th Newsletter.



Participate in a friendly competition for everyone to enjoy.

GINGERBREAD WORKSHOP

*“Enjoy
Christmas music
and Hot
Chocolate while
decorating your
ginger bread
House”*

Families are welcome to join in on an evening of merry making on Dec.14th.

Enjoy Christmas music and Hot chocolate while creating your own Gingerbread house to bring home with you.

The Recreation Dept will be providing a Gingerbread

House kit (pre-assembled) for your family to decorate.

All kits include candy but if you would like to bring more to decorate your house please feel free to bring it with you.

One house per Gingerbread kit.

Everyone must be regis-

tered with Leanne or you may miss out on this fantastic opportunity.

Drop by the office or call Leanne to have your family added to the sign up list and don't forget to give her your home address since there is a limit of one kit per household.

Traditional Teaching Garden

Even though it is fall and winter is around the corner, we are still working on the “Teaching Garden”. What is a Teaching Garden you ask? Well it was the former community Garden beds outside the Totem Hall.

The Recreation Dept. is working on bringing edible native plants in to our Teaching Garden to help teach our community how to identify edible plants as well how they can be used in daily eating habits.

Our hope is to have the garden completed by spring of 2012.

Muriel Kermeen is leading the way with preparing the Teaching Garden and researching edible plants that can be harvested in our community and transplanted into the Teaching Garden.

If you would like to be on the committee for the Teaching Garden please call Mara at the Totem Hall for info on our next committee meeting.

Upcoming Teen Center Programs

Register to participate in all Teen Center Events with Leanne at the Totem Hall or pick up a registration form from Sheryl at the Teen Center or from Richard the bus driver. Parents must sign the registration form in order for you to participate for all Teen Center Programs.

Special Events at the Teen Center

DVD Nights -Dec 13th 3:30-7:30pm

Popcorn & Drinks provided

Hot Dinner Night - Dec 1 ,3:30-7:30 pm

Tree Trimming Party - Nov. 25 3:30-7:30

Come out for some Hot chocolate "N" Cookies and help decorate the Teen Center for the Holidays.

Teen Baking - Dec. 16th 3:30-7:30

Join Sheryl for a fun night Gingerbread House Decorating, and Sugar cookie decorating.

Teen Christmas Party - Dec. 8th 3:30-7:30

Boston Pizza & Movie

Movie Night at Theater Nov.29th

Details TBA

Swimming, Dec 2, 7-9pm



FAMILY COOKIE DECORATING

Family Christmas Cookie Decorating.

December 7th from
6-7:30 pm Wednesday at
the Totem Hall.

Whether keeping them
for yourself or giving
them away as a gift there
is fun to be had for all!

Register your family for a
night of tasty treats.

**Space is limited so sign
up early.**

**Sorry no drop ins, must
be registered with
Leanne Lewis.**



*"Visions of
sugar plums
danced
through their
heads"*

SQUAMISH LACROSSE UPDATE



Update:

Mara Williams and Anthony Joseph
with the support of Randall W Lewis
attended a Dist. Of Sq. council
meeting to request that a Lacrosse
box be added to their 5 year Recrea-
tion plan. It passed unanimously.

We will now be working on fundrais-
ing events, contact Sonya or Paula at
the Totem Hall.

Upcoming Lacrosse Events:

***Coaching clinics** in Jan & Feb 2012 at
the Totem Hall.

***Spring Break Lacrosse camp** at
Brennan Park.

***Youth Lacrosse Basics 5-11 yrs.**
Monday 5-6 Totem Hall.

***Lacrosse Conditioning 12 yrs & up.**
Tuesday 8-9 Totem Hall.

Bring your Helmet, Gloves and Running
shoes

**MUST BE REGISTERED AT
THE TOTEM HALL TO
ATTEND THIS PROGRAM**

If you are interested in assisting with instruc-
tion for Spring Break drop off your resume to
Mara.



Merry Christmas

TEEN CENTER PROGRAMS

BRACKENDALE TEEN CENTER 979 AXEN RD.

Hours

Monday 4- 6 pm Daniel's Boys Group
8-10pm Floor Hockey
Tuesday 3:30-7:30 pm
Wednesday 4-7 pm Lydia's Girls Group
8-10pm Indoor Soccer
Thursday 3:30 7:30 pm
Friday 3:30-7:30 pm

Phone: 892-5166

Fax: 892-3486

E-mail: sheryl_baker@squamish.net

All Participants Must Register for the Teen Center with Leanne Lewis at the Totem Hall. Registration forms can also be picked up at the Teen Center & from the Recreation Bus Driver.

Attendance is required to attend any special events such as Teen Christmas Party, Field Trips, Snow Boarding, Movie nights etc. The Teen Center provides Hot Meal Nights, Cooking Classes, Arts and Crafts, Floor Hockey, Indoor Soccer and many more fun activities on a daily basis.

Transportation is provided for all registered participants.

“NEW” RECREATION PROGRAM FORMAT

Recreation will be changing the way we provide programs to our community in 2012.

As of “NOW” Registration will be required for all programs that we offer.

If a person is not registered they will not be able to participate in any programs.

New Liability waivers are now required for all programs.

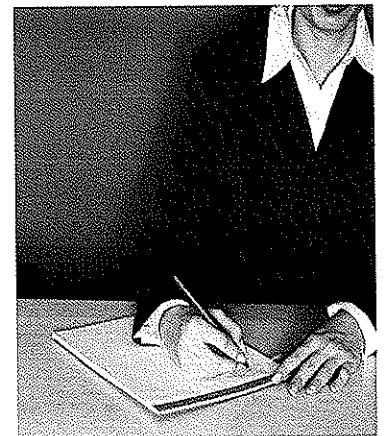
Registration for all programs

will now be done only through Leanne Lewis.

Registration forms can be picked up at the Totem Hall, Teen Center and from the Recreation Bus Driver.

New programs will be offered in the new year, the format we will be using will be similar to the way **Brennan Park** offers their programs. Registration form completed for each program.

Watch for information in the upcoming weeks.



**“New” Programs, “New”
Registration Forms**

As providers and caretakers, adults tend to view the world of children as happy and care-free. After all, kids don't have jobs to keep or bills to pay, so what could they possibly have to worry about?

Plenty! Even very young children have worries and feel stress to some degree.

Sources of Stress



Stress is a function of the demands placed on us and our ability to meet them. These demands often come from outside sources, such as family, jobs, friends, or school. But it also can come from within, often related to what we think we *should be* doing versus what we're actually able to do.

So stress can affect anyone who feels overwhelmed — even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially from trying to fit in) create stress.

Many kids are too busy to have time to play creatively or relax after school. Kids who complain about all their activities or who refuse to go to them might be overscheduled. Talk with your kids about how they feel about extracurricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn't an option, explore ways to help manage your child's time and responsibilities to lessen the anxiety.

Kids' stress may be intensified by more than just what's happening in their own lives. Do your kids hear you talking about troubles at work, worrying about a relative's illness, or arguing with your spouse about financial matters? Parents should watch how they discuss such issues when their kids are near because children will pick up on their parents' anxieties and start to worry themselves.

World news can cause stress. Kids who see disturbing images on TV or hear talk of natural disasters, war, and terrorism may worry about their own safety and that of the people they love. Talk to your kids about what they see and hear, and monitor what they watch on TV so that you can help them understand what's going on.

Also, be aware of complicating factors, such as an illness, death of a loved one, or a divorce. When these are added to the everyday pressures kids face, the stress is magnified. Even the most amicable divorce can be a difficult experience for kids because their basic security system — their family — is undergoing a tough change. Separated or divorced parents should never put kids in a position of having to choose sides or expose them to negative comments about the other spouse.

Also realize that some things that aren't a big deal to adults can cause significant stress for kids. Let your kids know that you understand they're stressed and don't dismiss their feelings as inappropriate.



Signs and Symptoms

While it's not always easy to recognize when kids are stressed out, short-term behavioral changes — such as mood swings, acting out, changes in sleep patterns, or bedwetting — can be indications. Some kids experience physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone.

Younger children may pick up new habits like thumb sucking, hair twirling, or nose picking; older kids may begin to lie, bully, or defy authority. A child who is stressed may also have



Reducing Stress

How can you help kids cope with stress? Proper rest and good nutrition can boost coping skills, as can good parenting. Make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. Don't try to make them talk, even if you know what they're worried about. Sometimes kids just feel better when you spend time with them on fun activities.

Even as kids get older, quality time is important. It's really hard for some people to come home after work, get down on the floor, and play with their kids or just talk to them about their day — especially if they've had a stressful day themselves. But expressing interest shows that they're important to you.

Help your child cope with stress by talking about what may be causing it. Together, you can come up with a few solutions like cutting back on after-school activities, spending more time talking with parents or teachers, developing an exercise regimen, or keeping a journal.

You can also help by anticipating potentially stressful situations and preparing kids for them. For example, let your son or daughter know ahead of time that a doctor's appointment is coming up and talk about what will happen there. Tailor the information to your child's age — younger kids won't need as much advance preparation or details as older kids or teens.

Remember that some level of stress is normal; let your kids know that it's OK to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident that they can handle the situation.



Helping Your Child Cope

When kids can't or won't discuss their stressful issues, try talking about your own. This shows that you're willing to tackle tough topics and are available to talk with when they're ready. If a child shows symptoms that concern you and is unwilling to talk, consult a counselor or other mental health specialist.

Most parents have the skills to deal with their child's stress. The time to seek professional attention is when any change in behavior persists, when stress is causing serious anxiety, or when the behavior is causing significant problems in functioning at school or at home.

If you need help finding resources for your child, consult your doctor or the counselors and teachers at school.

How to Reduce and Cope with Stress

It may seem that there's nothing you can do about your stress level. The bills aren't going to stop coming, there will never be more hours in the day for all your errands, and your career or family responsibilities will always be demanding. But you have a lot more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management.

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

To identify your true sources of stress, look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary (“I just have a million things going on right now”) even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life (“Things are always crazy around here”) or as a part of your personality (“I have a lot of nervous energy, that's all”).
- Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

HEALTHY TIPS

Cont...

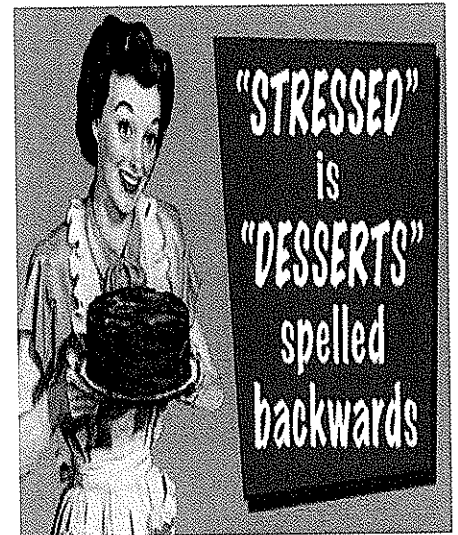
Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

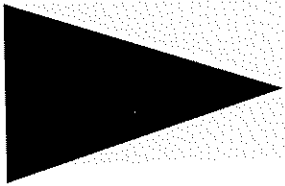
- * Smoking
- * Drinking too much
- * Overeating or undereating
- * Zoning out for hours in front of the TV or computer
- * Withdrawing from friends, family, and activities
- * Using pills or drugs to relax
- * Sleeping too much
- * Procrastinating
- * Filling up every minute of the day to avoid facing problems
- * Taking out your stress on others (lashing out, angry outbursts, physical violence)



Healthy ways of coping with stress

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

- **Set aside relaxation time.** Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.
- **Connect with others.** Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- **Do something you enjoy every day.** Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.
- **Keep your sense of humor.** This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.



HEALTHY TIPS

Cont...

Healthy ways to relax and recharge

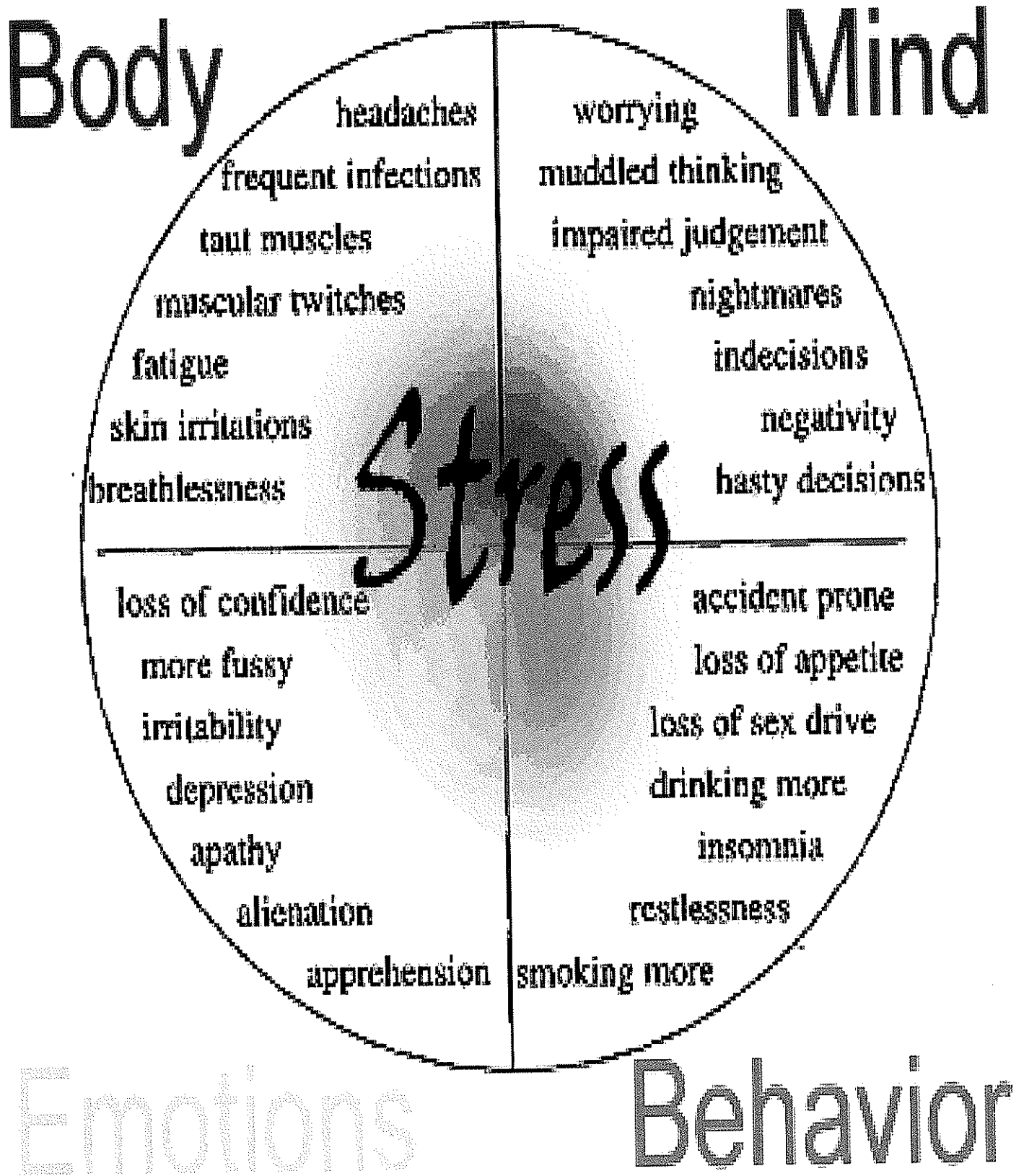
- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

You can increase your resistance to stress by strengthening your physical health.

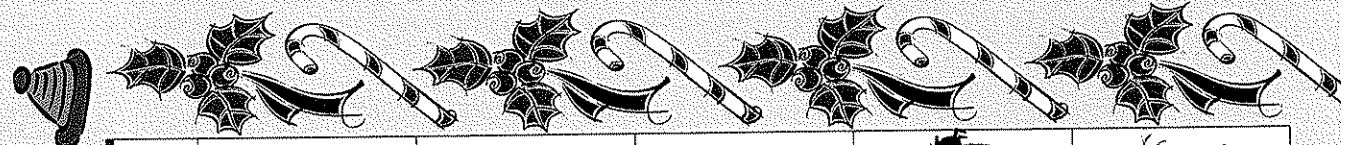
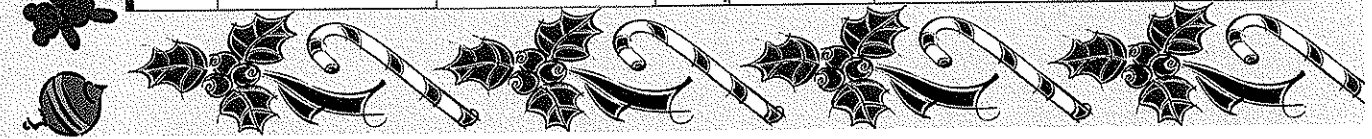
- **Exercise regularly.** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- **Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.
- **Avoid alcohol, cigarettes, and drugs.** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.


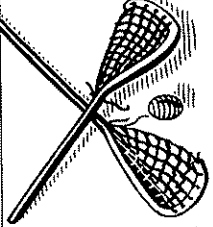
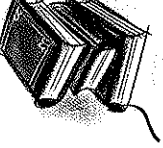


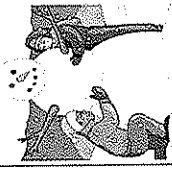
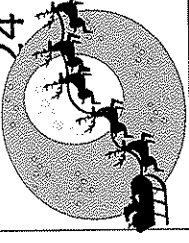

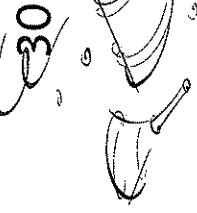


How Stress effect you



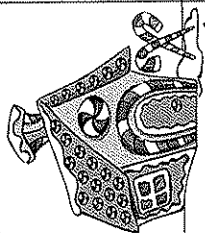
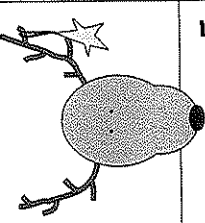
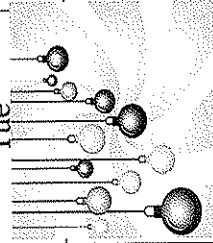
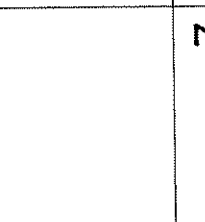
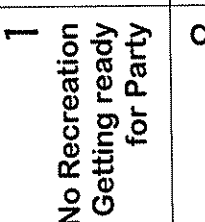
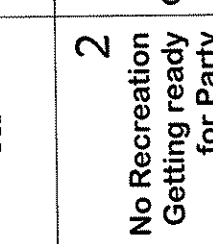
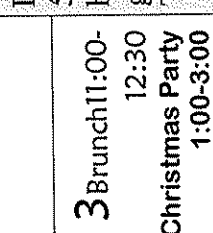


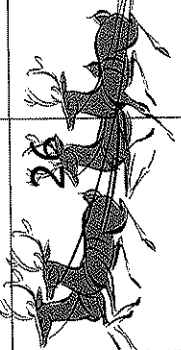
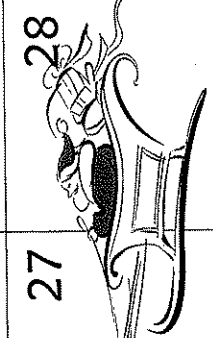

December 2011 After School Program

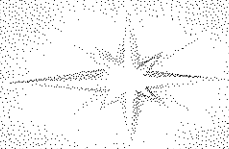
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Brack. Out at 2:00	2 No A.S.P. Staff Function	3 Christmas Party Brunch with Santa 11:00-12:30 1:00-3:00 Party
4 	5 Arts and Crafts	6 Mats	7 Library	8 Lacrosse Drop off 4:30	9 Swimming	10 
11 	12 Everyone's it	13 Making Snowmen	14 Library	15 Party & Games Last day	16 Office is closed at 12:00	17
18	19 Winter Break Starts	20	21 	22	23	24 
25 Merry Christmas 	26 <i>May</i> <i>All Your</i> <i>Wish's</i>	27 <i>Come true</i>	28	29	30 	31 New Years Eve

December 2011 Recreation

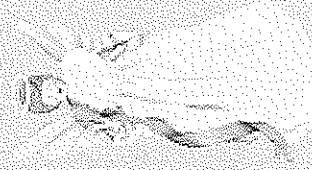


Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4	 5 Lacrosse 5:00-6:30 Soccer 6:30-7:45	 6 Baby & Me 1-2:30 Light Display Contest 5:00-6:15 Lacrosse 8:00-9:00	7 Cookie Decorating 6:00-7:45	8 9-12 yrs old Soccer 5:00-6:15	9 Drumming and Singing 5:00-6:15	10 3 Brunch 11:00-12:30 Christmas Party 1:00-3:00
 11	 12 Take Down Decorations Lacrosse 5:00-6:30 Soccer 6:30-7:45	 13 Baby & Me 1-2:30 5-8 yrs old Kid Pick 5-6:15 Lacrosse 8:00-9:00	14 Family Night Ginger Bread House making 6:00-7:45	15 9-12 yrs old Kids Pick 5:00-6:15	16 Office Close at 12:00 Christmas Break	17
18	19 Christmas Break	 20	21	 22	23	 24
25 Merry Christmas	 26	 27	28	29	30	 31

Sign up with Leanne Lewis at 604-892-5166, So we now how much supplies to get or tickets to buy Thank You



Merry Christmas and Happy New Year from my Family to Yours





SANTA CHECK LIST 2011

*Santa has been watching every boy and girl making sure they have been nice.
Its that time of year for checking it twice!*

Newborns Josephine Williams, Serena Lewis, Larissa Billy, Georgina Murphy, Arora Sharp

- ✓ **One year old** Leahm Jacobs, Keishaun Hughley, Avery Baker, Kylie August, Collins Billy, Scarlet Lewis, Janessa Lewis, Howard Chandler, Brooke Scheider, Leah Smith, Aden Billy, Gavin Howells, Rhyden Lundstrom, Tayo Lewis, Chance Paull
- ✓ **Two years old** Genesse Nahanee Jacobs, Mavis Newman, Autumn Lewis, Mackenzi Billy, Gavin Lewis, Riley Woods, , Kamryn Jacobs, Dawson Williams, Kiera Schwoob, Nevaeh Lewis, Nadeen Sport
- ✓ **Three years old** Sophia Chandler, Tyler Billy, , Kalahan Black, Linden Chandler, Kolby Peters, Aiden Baker, Frances Lewis, Jacoby Williams, Cody Rebagliati, Noah Baker, Autumn Lewis, Olivia Sanchez, Dayton Lewis
- ✓ **Four years old** Maxine Lewis, Keith Moody, Paige Baker, Dontaye Baker, Kylie Smith, William August, Shaelynn Williams, Madison Williams, Maclean Murphey, Cameron Howells, Tyler Baker
- ✓ **Five years old** Simone Baker, Jasmine Baker, Sesema Wallace, Mercedes Billy, Nalani Joseph, Paige Lewis, Micheal Chandler Jr, Reese Lewis, Kenomi Johnson, Grace Webber, Avery Lewis, Sarah Kermeen, Jett Johnston
- ✓ **Six years old** Kathleen Nahanee Jacobs, Lena Lewis, Chantrell Johnson, Foster McCullough, Riley Rebagliati, Decimus Lewis, Matteo Baker, Ula Williams
- ✓ **Seven years old** Sue-Jean Wallace, T.Ben Lewis, Emily Lewis, Charles Lewis Carmen Gabriel, Trevor Johnston - Hartle
- ✓ **Eight years old** Margie Joseph, Esther Joseph, Jocelyn Harry, Kamerra Chandler, Mackenzie Lewis, Bronson Lewis, Jerome Williams, Makiya Baker, Mason Lewis, Bryson Kermeen
- ✓ **Nine years old** Ciarra Lewis, Isabella Williams, Brock Schneider, Dakaya Harry, Damien Joseph, Brooke Baker, Kyler McCorrison, Brayden Lewis, Shelton Baker, Marchal Lewis, Anna Louie
- ✓ **Ten years old** Shaelyn Baker, Isabella Muehlfarth, Lannie McCullough, Dominique Nahanee, Ethan Baker, Ethan Joseph, Ferguson Lewis, Taneesha Duncan, Dyson Lewis
- ✓ **Eleven years old** Latoya Baker, Malaya Lewis, Julia Williams, Jazmyn Williams, Nolan Rudkowsky, Keenan Joseph, George Lewis, John Joseph, Dakota Duncan, Jonis White
- ✓ **Twelve years old** Ayela Johnston, Laurie Lewis, Nicholas Antone, Logan Billy, Ronnie Nahanee, Taylor Baker, Gary Billy, Courtney Williams