



**January  
13/2012**

**Building healthy, prosperous communities  
begins with healthy, energetic families.**

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**Nader is coming back!!**

Would you be willing to pay \$50 per month to have Nader train you in a class? If we get 8 ppl we can have classes 2 times per week or 12 ppl we can have 3 classes per week.

We may be looking at doing the same thing for teens if anyone has a teen and would be willing to pay the \$50 per month for them as well.

Let Leanne Lewis or Mara Williams know right away. Spread the word too :-)

**Lemon Dill & Olive Chicken**

- Combine diced celery, carrots fennel, onion, stuffed olives and bay leaves, then place 4-6 boneless, skinless chicken breasts on top.

In a separate bowl, whisk Summer Fresh Lemon Dill Hummus together with a dash of olive oil and fresh lemon juice. Pour over chicken and vegetables, cook on low for 6-8 hours



## Recreation Weekly

# Get Active

the truth is at least two in five British Columbians are not physically active

Being physically active doesn't just mean playing sports.



start making physical activity a regular part of your daily routine

### Physical Activity

Physical activity is an important part of a healthy lifestyle, but the truth is at least two in five British Columbians are not physically active enough to reap the health benefits. All it takes is 150 minutes per week in intervals of 10 minutes to start looking and feeling healthier.

### Getting active can be simple and fun!

Being physically active doesn't just mean playing sports. Start off by adding more activity to your daily routine. If you drive to work, try parking a few blocks from the office.

### Get Active. Get Healthy.

Here are some of the health benefits you can look forward to once you start making physical activity a regular part of your daily routine:

- Improves self-esteem and confidence
- Increases relaxation

The benefits of physical activity affect you from the inside out. Some improvements are gradual, others you'll notice right away. Don't be surprised if small changes to your physical activity routine start to make a big difference in the way you look and feel.

Change your weekly coffee date with friends to a walk (you can put your coffee into a To-Go cup!). Make walking the dog a family outing. Or, if you're at home with kids, do jumping jacks, play tag

- Improves quality of sleep
- Increases energy
- Reduces feelings of anxiety/depression
- Reduces stress
- Improves mental state
- Helps maintain a healthy body weight
- Improves balance and posture
- Reduces chance of a heart attack

Lowers risk of Type 2 diabetes

Get active your way ...

build physical activity into your daily life...

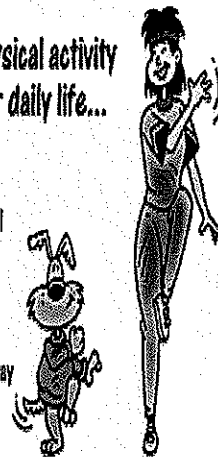
at home

at school

at work

at play

on the way



.... that's active living!



## Fascinating Facts About Fat

### *Does Muscle Actually Burn More Calories Than Fat?*

This question sounds like a weight-loss myth, but it is in fact true. Muscle is designed for movement, so it burns energy at a higher rate than fat, which is used to store or conserve energy. That said, Kennedy notes that a pound of

muscle burns about 7 to 10 calories a day when at rest, compared with 2 or 3 calories for fat, so don't count on your new-found biceps to make or break your diet.

### *When You Lose Weight, Where Does It Go?*

"When a person loses **weight**, as long as they're not starving, their body literally ab-

sorbs their fat," Dr. Quebbemann explains. "Then, the body converts the fat to carbohydrates that can be used as energy, and metabolizes it into carbon dioxide, water, and heat." In other words, you really do burn fat, in a way.



## Winter Fitness Activities for the Whole Family

*It's time to play outside! Bundle up for these winter-only activities to torch calories and have a little fun*

**Walking** is a year-round exercise and a fitness activity the whole family can enjoy. Go for a walk in the winter to see how your neighbors have decorated their

homes for the holidays or to collect pinecones in a nearby park. Walk just 3 miles an hour, and you can burn 112 calories in a half hour. Step it up to a jog and you can easily blast 200 to 300 calories in 30 minutes. Walking can be difficult in snow, cautions Burron. Some family fitness

safety tips: Rub the bottoms of your boots with sandpaper or screw some hex screws into the soles to decrease your risk of falling. Because there's limited daylight in the winter, wear reflective clothing if you plan to be out early in the morning or late in the evening

## Ways To Ward Off Food Cravings

*Food cravings aren't all in your mind. You crave foods because your body "remembers" the physiological effect the food had when you consumed it in the past.*

**Exercise:** Exercise, even moderate exercise, can serve as a tremendous anti-anxiety agent. Research has

proven that people who exercise have an enhanced sense of control over their bodies and their lives.

**Meditation:** Whether it is Transcendental or any other kind of meditation, it has been shown to induce a biological state that is the exact opposite of that of stress.

Meditation is food for your soul

**Chill Out:** Don't take yourself and your weight-loss efforts so seriously that you become grim about it. Laughter lifts depression, soothes anger, and relieves anxiety.

## Recreation Weekly



**The Rec Dept. is working on bringing eligible native plants in to our teaching garden**

**As of "NOW" registration will be required for all programs that we offer.**



**The children's fitness tax credit lets parents claim up to \$500 per year**

### Traditional Teaching Garden

Even though it is winter, we are still working on the "Teaching Garden" What is a teaching garden you ask? Well it was the former Community Garden beds at Totem Hall.

The Rec Dept. is working on bringing eligible native plants in to our teaching garden to teach our community how to identify edible plants, as well as how they can be used in daily eating habits.

Our hope is to have the garden completed by Spring 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 or would like more information for the teaching garden, please call Mara Williams at Totem Hall, 604-892-5166 or 604-987-1118

### New Recreation Program Format

Recreation has changed the way we provide programs to our community. As of "NOW" registration will be required for all programs that we offer. If the person is not registered, they will not be able to participate in any programs. Also new liability

waivers are now required for all programs. Registration for all programs will now be done only through Leanne Lewis. The forms can be picked up at the Totem Hall, Teen Centre and the Bus driver.

New programs will be

offered this year, the format we will be using will be similar to the way Brennan Park offers their programs. Registration is to be completed for each program.

### Children's Fitness Tax Credit (Keep your Receipts)

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. Keep the receipts issued by the organizations that deliver the programs. Do not include the

receipts when you file your income tax return. 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](http://www.cra-arc.gc.ca/fitness)

## Upcoming Lacrosse Events

Bring your helmet, gloves and running shoes and you must register to attend this program

### Squamish Nation hosting a coaching certification program

February 11/ 2012.

Totem Hall 1380 Stawamus Road

9am-5pm

for 16 years old and older

### Those interested please contact:

Sonya Sneyd Glover at 604-892-5166 or email: [sonya\\_sneyd-glover@squamish.net](mailto:sonya_sneyd-glover@squamish.net)

### In order for lacrosse to exist in Squamish, we need:

Coaches to be certified  
Referees to be certified  
Volunteers  
Sponsorships

### \* Spring Break

Lacrosse camp - at Brennan Park

### \* Youth Lacrosse

Basics - Mondays 5-615pm for 5-11yr olds at Totem Hall

\* Lacrosse Conditioning - Tuesdays 8-9pm for 12yrs n up at Totem Hall



*We look forward to hearing from you!*

## Fitness Classes

Fitness Classes are co-ed and for community members age 16 and up. Classes run every Tuesday and Thursday nights 645-745pm at 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 Lewis at Totem Hall: preregistration is required for this program.

Bring a water bottle, running shoes and 12oz boxing gloves. If you prefer you may bring your own yoga mat for floor workout or the Totem Hall has some for use.



Fitness Classes are co-ed and for community members

## Glazed Lamb Chop Recipe

Marmalade makes a quick and easy glaze for these tasty lamb chops.

### Ingredients:

- 4 to 6 lamb loin chops, about 3/4 to 1-inch thick
- salt and pepper

- 1/3 cup orange marmalade
- 2 tablespoons lemon juice

### Preparation:

Place lamb on an oiled broiler rack. Broil for 6 to 7 minutes on one side.

Season with salt and pepper; turn. Broil on the other side for about 5 minutes, or until almost cooked to desired doneness. Season second side with salt and pepper. Combine the marmalade and lemon juice; spread evenly over the lamb chops. Broil for about 2 minutes longer



Marmalade makes a quick and easy glaze for these tasty lamb chops.

# For your information - Movie ratings

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## **G for General Audiences**

- G-rated movies fall into the general category rating of film where all audiences are welcome and all ages are permitted. The content contains no offensive material as judged by the Ratings Board that would be questionable for a minor child. Orion Home Video release "Babes in Toyland," Walt Disney studio's "The Little Mermaid" and MGM studio's "The Wizard of Oz" are examples of well known G-rated motion picture content.

## **PG for Parental Guidance Suggested**

- The PG rating for motion pictures indicates that parental guidance is suggested when a minor child's attendance and viewing is in question. More mature themes than G-rated movies are explored in PG-rated films along with very brief or rare instances of profanity or nudity, and the parent is asked to make the decision for the child based on this information. Universal studio's "ET," DreamWorks studio's "Shrek" and 20th Century Fox studio's "Star Wars" are familiar examples of PG-rated motion picture content.

## **PG-13 for Parents Strongly Cautioned**

- The PG-13 rating strongly cautions parents that some content may be inappropriate for children, especially those below the age of 13 years. Brief nudity, mild violent situations or themes and use of profanity often will cause a film to be rated PG-13 and less suitable for younger children. Warner Brothers studio's "The Dark Knight," New Line Cinema's "The Lord of the Rings Trilogy" and Buena Vista studio's "Pirates of the Caribbean" franchise films are well-known examples of PG-13-rated motion picture content.

## **R for Restricted**

- no individuals below the age of 17 being admitted without a legal guardian or parent accompanying them. This rating cautions the parent of the introduction of heavy adult themes both in violence and sexuality, of extended or frequent scenes with nudity or profanity and of exposure to re-created drug or domestic abuse situations. Newmarket studio's "The Passion of the Christ," Warner Brothers studio's "The Matrix Reloaded" and DreamWorks studio's "Saving Private Ryan" are examples of successful films that hold an R rating with mature themes.

## **NC-17 for No Entrance Under 17**

- The rare NC-17 film rating designates that no one below the age of 17 years is allowed entrance into the film even with a legal guardian or parent. Studios typically shy away from producing movies that garner this rating or edit the films to reach an R-level rating if an NC-17 is handed back after submittal to the Ratings Board.

## **Unrated Motion Picture Content**

- Unrated motion picture content is content that has not been submitted to the MPAA for the voluntary ratings system. It can be any content from a studio production to an independent documentary or specialty film. The advertising pre-release trailers either close out or begin with a mandatory disclaimer that the content advertised in them has not been reviewed by nor been assigned a rating by the MPAA as of the trailer release date. This occurs often when the rating has not yet been assigned in time to make the advertising campaign deadlines.
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# LACROSSE

*Did you know that we as Canadians have a summer national sport?*

*Did you know that the correct answer is lacrosse!*

Lacrosse in Squamish for 16 years old and older

**Squamish Nation hosting a coaching certification program February 11/ 2012.**

*Totem Hall 1380 Stawamus Road 9am-5pm*

**Those interested please contact:**

Squamish Nation Recreation Department - Sonya Sneyd Glover  
at 604-892-5166 or email: [sonya\\_sneyd-glover@squamish.net](mailto:sonya_sneyd-glover@squamish.net)

**In order for lacrosse to exist in Squamish, we need:**

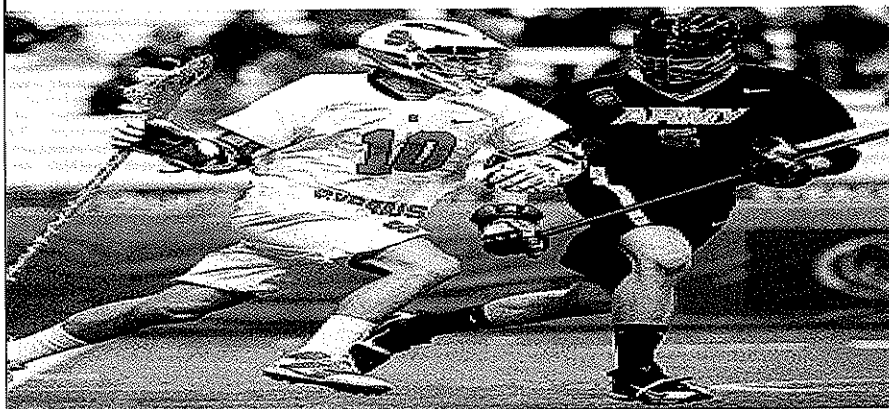
Coaches to be certified

Referees to be certified

Volunteers

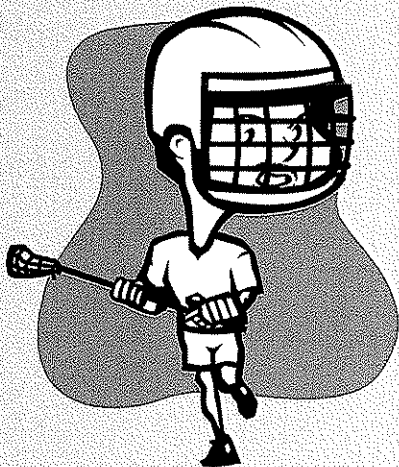
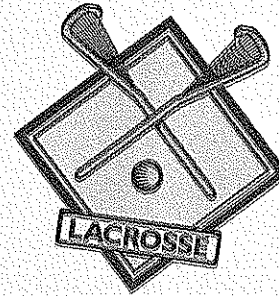
Sponsorships

***We look forward to hearing from you!***



philipmarth.info

# Youth Lacrosse



All kids are welcome  
to come learn with  
Sonya Sneyd-Glover,  
every Monday from  
5-6:30pm.

For more info please contact Sonya @  
604-892-5166

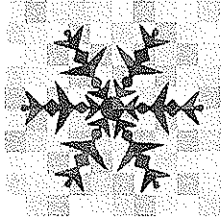
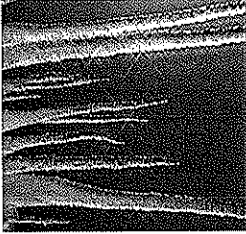
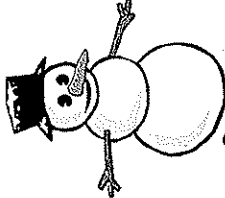
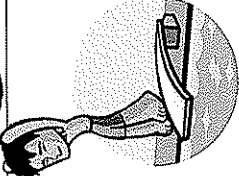
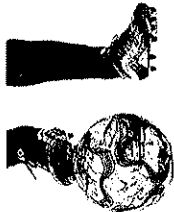

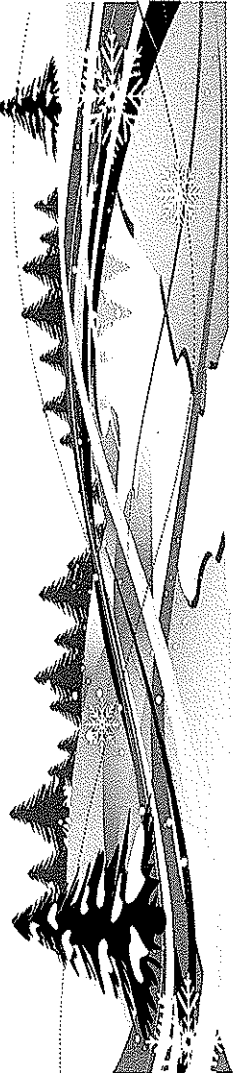
The First Nations began playing this sport more than 500 years ago. They believe that the game was given to them by the Creator to play for his amusement. It was a recreational sport that was also used to train young warriors for battle and to settle disputes between feuding tribes.

Today lacrosse not only remains an integral part of native culture, but is played by thousands of people across Canada. It has survived the test of time after treading down a long, controversial path that led it to become recognized as Canada's official national sport. For some communities, the game has become a lifeline. The positive effect extends beyond the expected physical and mental health achieved through exercise and sport to providing an alternative to crime for children who may be on a path to self-destruction.

"We believe that in lacrosse and hockey, our two national games, we have the best moral, physical, and mental developers of any games known to the athletic world." from A.E.H. Coe, president of the Canadian Amateur Lacrosse Association

# January 2012 After school Program

SUN MON TUE WED THU FRI SAT

1		2	3	4	5	6	7
		First day Back Soccer	Library	Tag games	Making Snow man		
8	9	10	11	12	13	14	
Kick Ball	Arts and Craft	Library	Soccer	Swimming			
15	16	17	18	19	20	21	
Hockey with tennis ball	Lacrosse	Library	Library	Space invaders	McDonalds		
22	23	24	25	26	27	28	
	Lacrosse	Library	Staw. Out at 12:00 D.V.D. Movie and Library	Soccer	Swimming		
29	30	31					
	Soccer	Library					

**January 2012 LACROSSE, YOUTH SOCCER, BABY N ME, RECREATION, FAMILY NIGHTS, DRUM N SING**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Baby & Me 1-2:30 Cancelled 5-8 yrs old 5:00-6:15 snowman	4 Family Night Swim or Skate 6:30-7:45	5 9-12 yr old 5:00-6:15 Soccer	6 Drum & Sing 5:00-6:15	7
8	9 Lacrosse 5-6:15pm Youth Soccer 630-745pm	10 Baby & Me 1-2:30 picture frames 5-8 yrs old 5:00-6:15 Cooking	11 Family Night DVD movie (Tubing rescheduled. Feb. 22)	12 9-12 yr old 5:00-6:15 arts & Craft	13 Drum & Sing 5:00-6:15	14
15	16 Lacrosse 5-6:15pm Youth Soccer 630-745pm	17 Baby & Me 1-2:30 swim 5-8 yrs old 5:00-6:15 Obstacle Course	18 Family Night skate 6:30-7:45	19 9-12 yr old 5:00-6:15 Cooking	20 Drum & Sing 5:00-6:15	21
22	23 Lacrosse 5-6:15pm Youth Soccer 630-745pm	24 Baby & Me 1-2:30 story on mats 5-8 yrs old 5:00-6:15 Arts & craft	25 Family Night Scrap book making BRING PICS 6:00-7:45	26 9-12 yr old 5:00-6:15 U-Pick	27 Drum & Sing 5:00-6:15	28
29	30 Lacrosse 5-6:15pm Youth Soccer 630-745pm	31 Baby & Me 1-2:30 hand frame 5-8 yrs old 5:00-6:15 U-Pick	FAMILY NIGHTS CALL LEANNE LEWIS TO SIGN UP 604-848-2225			

# January 2012

## Teen Centre

1380 Stawamus Road,  
PO Box 2180  
Squamish, B.C.  
V8B0B5

Phone: 604 892-5166  
Fax: 604 892-3486  
E-mail: Sheryl\_baker@squamish.net!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 DVD Night 3-7pm	4	5 Hot Meal 3-7pm	6 Game Night 3-7pm	7
8	9	10 Baking 3-7pm	11	12 DVD Night 3-7pm	13 Closed	14 Snow-boarding 7am - 4pm
15	16	17 Billiards Night 3-7pm	18	19 Hot Meal 3-7pm	20 Hang Out Night 3-7pm	21
22	23	24 Game Night 3-7pm	25	26 DVD Night 3-7pm	27 Closed	28 Snow-boarding 7am - 4pm
29	30	31 Swimming 6pm-9pm				

# January 2012

Adult Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Hockey 8-10pm	3 Fitness 630-8 Lacrosse 8-9	4 Indoor Soccer 8-10pm	5 Fitness 630-8		
	9 Hockey 8-10pm	10 Fitness 630-8 Lacrosse 8-9	11 Indoor Soccer 8-10pm	12 Fitness 630-8		
	16 Hockey 8-10pm	17 Fitness 630-8 Lacrosse 8-9	18 Indoor Soccer 8-10pm	19 Fitness 630-8		
	23 Hockey 8-10pm	24 Fitness 630-8 Lacrosse 8-9	25 Indoor Soccer 8-10pm	26 Fitness 630-8		
	30 Hockey 8-10pm	31 Fitness 630-8 Lacrosse 8-9	<b>Recreation</b>			



# SQUAMISH NATION

## Recreation

### Squamish Valley

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P.O. BOX 2180 ☞ 1380 Stawamus Road ☞ SQUAMISH, B.C. ☞ V8B 0B5 ☐ TEL (604) 892-5166 ☞ FAX (604) 892-3846

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#### **Recreation Guidelines and Expectations** - while attending all Recreation Programs.

*Recreation Programs are designed to provide a fun and safe environment for children and adults while enjoying a Social, Physical, Intellectual, & Cultural/ Creative activities. Our expectations as the Recreation Department are as follows:*

#### **Zero tolerance for**

- Rough housing
- Playing with pay phones
- Throwing of food
- Bullying or put downs
- Disrespectful behavior such as swearing or yelling or any type of verbal abuse
- Aimless running around

**During Family & Community Events** you are, as a parent/ guardian, responsible for keeping your child/ren with you at all times and encouraging acceptable behaviors.

**At community Movie Nights** all parents are expected to be seated in the same movie as their children.

Please keep in mind that Recreation events are not to be used for babysitting.

#### **Acceptable behavior**

- Inside voices
- Respect/ Cooperation for Recreation employees/volunteers
- Participation throughout the entire event
- Cleaning up after you & your children.
- Blissful & Enjoyable attitudes

**Not abiding to the Recreation Guidelines and Expectations could result in refusal of request for participation in upcoming Recreation Programs and Events.**

Squamish Valley RECREATION DEPARTMENT

SQUAMISH NATION 1380 Stawamus Road. 2180 Squamish BC. VoN 1To. Phone 604-892-5166 Fax 604-892-3486

NAME: \_\_\_\_\_

Please read the contents of this Consent and Acknowledgement of Risk form. Clarify any questions or concerns with Recreation BEFORE signing it.

If this form is not signed and returned to RECREATION by \_\_\_\_\_, you WILL NOT BE ALLOWED TO ATTEND.

**PROGRAM/ACTIVITY INFORMATION**

DESTINATION/ACTIVITY: \_\_\_\_\_ DATE(S): \_\_\_\_\_

ITINERARY/ACTIVITIES: \_\_\_\_\_

OTHER CONSIDERATIONS: \_\_\_\_\_

*Recreation will every reasonable effort to ensure or ascertain that:*

- A. The staff, volunteers and/or service providers involved are suitable trained and qualified.
- B. The participants are adequately supervised over all aspects of the program/activity.
- C. The location(s) used are appropriate and safe for the activity(ies) and group.
- D. A Safety Plan is in place to identify and manage known potential risks.
- E. An Emergency Plan is in place to deal with an injury or illness to any of the participants.

**POTENTIAL KNOWN RISKS**

Potential known risks include the following:

**CONSENT AND ACKNOWLEDGE OF RISK**

1. I acknowledge my right to obtain as much information as I require about this program or activity and associated risks and hazards, including information beyond that provided to me by Recreation.
2. I freely and voluntarily assume the risks/hazards inherent in this program/activity and understand and acknowledge the participant may suffer potentially serious injury from his/her participation.
3. The participant has been informed that he/she is to abide by the rules and regulations, including directions and instructions from Recreation staff over all phases of the program/activity.
4. In the event the participant fails to abide by these rules and regulations, disciplinary action may require his/her exclusion from further participation, or that I be contacted to have him/her picked up, unless I have specified other transportation arrangements.
5. I acknowledge that the trip supervisors may secure transportation to emergency medical services as they deem necessary for the participant immediate health and safety, and that I shall be financially responsible for such services.
6. We do not have coverage for these losses—that the participants hold us harmless not only for bodily injury but for any losses/damages. And I ultimately, we have to do things properly and pay attention to our loads.

(Name) \_\_\_\_\_ (Date of Birth) \_\_\_\_\_

participation Date: \_\_\_\_\_

Name (please print) \_\_\_\_\_ Signature: \_\_\_\_\_

Contact Numbers: Day \_\_\_\_\_ Evening \_\_\_\_\_