

# THE GWAH HOLIDAY NEWSLETTER



December, 2011

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## HAPPY HOLIDAYS FROM YOUR EXECUTIVE

On behalf of the GWAH Executive I would like to wish you all a happy and safe holiday. We hope you have all enjoyed your season thus far and are looking forward to the second half.

## GWAH NEWS

Just a reminder that the **GWAH will reconvene the weekend of Jan 14<sup>th</sup>**. The Guelph Thunder tournament scheduled for the weekend of Jan. 7/8<sup>th</sup> has eaten up most of the ice, and almost all of the refs. Consider this a three week window in which to get your pre-game on, shake the holidays out of your legs, and get ready to hit the ice in the New Year!

*Mabel's Labels is a GWAH fundraiser. Please visit [www.mabelslabels.ca](http://www.mabelslabels.ca) to check out their holiday flyer and specials.*

## JAN 7/8 PICKUP HOCKEY

NEW THIS YEAR - GWAH Pickup Hockey – this is a new feature we are looking to roll out this year. Julie Howden was able to secure two ice times for the weekend of Jan 7/8<sup>th</sup> and we would like to offer those as a first-come first-served pickup style hockey. We will cap each ice time to 20 players, and the cost will be \$12/player. This will be limited to GWAH members only, and to start members will only be able to sign up for one time slot. If you are interested, please contact Julie Howden at [jule9@rogers.com](mailto:jule9@rogers.com) to secure a spot.

**Jan 7 – Exhibition – 10pm**

**Jan 8 – Exhibition – 8pm**

## GWAH THANK YOUS!

I would like to take a moment and extend a few GWAH Thank Yous. First, I would like to draw attention to the efforts of **Kate Krouskie** for maintaining our stats and **Michelle Evans** for maintaining the GWAH website. Second, I would like to extend a huge thank you to the women who have taken the time to serve as Team Reps; **Heather Lylyk, Cyrilla Jones, Andrea Handlir, Marg Wells, Alison Van**

**Alten**, and **June Dashner**, and also as the Exec; **Cathy Gartley** for her work as Treasurer, **Kim Teasdale** for her work as Registrar, **Julie Howden** as Ice Scheduler, **Kristin Deters** as Vice President, and **Kelly Hogan** as Past-President. These women volunteer their time and energy so that we can all have an enjoyable GWAH experience. If you haven't thanked your rep in awhile, maybe give her a little nod, or buy her a beer, but don't buy me a beer, I get even louder on beer than I am on the ice!

## SPONSOR SHOUT OUTS

The GWAH is grateful for the support we receive from our sponsors. Many of these businesses are also player owned and operated. We appreciate their commitment to the league and I am sure they would appreciate your patronage! If you are wondering how you could include the sponsors in your life, I put together a few suggestions.

### Simply Fit with Heather

<http://www.simplyfitwithheather.ca/>  
<https://www.facebook.com/SimplyFitwithHeather>

Get a jump on your fitness and visit Heather Lylyk at Simply Fit with Heather to get something in place for the New Year. Heather is a fantastic and knowledgeable personal trainer and Pilates instructor who offers comprehensive, personalized, and engaging plans for personal fitness and a positive lifestyle. She'll help you set your own goals, and then work with you on a motivating plan to reach your goals. Whether you're an elite athlete looking to improve on your performance, or simply having trouble getting off the couch, Heather can help you in her private fitness studio. Give her a call, set up a consultation, and get tramping and

lunging your way to a fitter and happier you. This is the best gift you can give yourself, or better yet, have someone else give to you!

<http://myemail.constantcontact.com/News-from-Simply-Fit-with-Heather.html?soid=1102611510429&aid=pTmQjTTEgtY>

### Kari Phillips Interiors

<http://kariPhillipsinteriors.com/>

Thinking you'd like to have people over for the holidays but 1. You're using a rickety futon for a sofa and watching a 13 inch screen TV, or 2. You've just moved to a 5000 sq.f house in Fox Run, or 3. You're thinking of ordering a shipping container house (note – 2/3 do apply to me!). Or sick of your house but you don't have the energy to move, why not renovate? Kari Phillips at Kari Phillips Interiors can take care of all your interior design and decorating needs. Kari works with a host of contractors to tackle projects ranging from whole renovations to colour consultations.

### Tuckamore Bee Company

<http://www.tuckamorehoney.com/>  
<https://www.facebook.com/pages/Tuckamore-Honey/212388762118021>

Looking to source some local honey, or to give the gift of bees? Check-in with Alison Van Alten from Tuckamore Bee Company for the many different types of honey and bee-products she has for sale. Tuckamore's bees forage locally to produce a fruit blossom wildflower honey. How decadent is the sound of churned honey? Tuckamore Honey products are available for purchase at the Guelph Farmers' Market. Contact Alison for more information.

## Turf Appeal

<http://www.turfappeal.ca/>

Stuck for gift ideas – why not contact Melissa Prior at Turf Appeal and give the gift of lawn care, property maintenance, and SNOW REMOVAL! Turf Appeal offers a number of residential and commercial services and focuses on environmental products and customer care. Seriously, you've got to know someone sick of shoveling the driveway, or cutting the lawn, and what a great gift idea!

## Booster Juice

<http://www.boosterjuice.com/>  
<https://www.facebook.com/pages/Booster-Juice-Guelph/327710643910829>

Looking for a boost this season, or before your next game, why not check out Booster Juice? They are a healthy alternative to fast food that is great tasting, convenient, and nutritious. Get your Egg Nog smoothie with a shot of chai while it lasts. Speaking of shots, why not try a shot of wheatgrass? 1 shot of wheat grass packs the same punch as 2.5 cups of leafy greens! Look for the new store opening soon at Claire Rd. and Gordon St.

## The Shakespeare Arms

<http://www.shakespearearms.ca/>  
<https://www.facebook.com/pages/The-Shakespeare-Arms/137751019643336>

Sick of having people over during the holidays but you'd still love to share some holiday cheer, and you've been unsuccessful in convincing them to host the party this year? Why not have your party at The Shakespeare Arms. No cleanup, way better beer selection than at most homes, and you can have a number of British delights without leaving the city. Think about Shakes for a post game beer, or a fantastic breakfast.

## McNeil Consumer Healthcare

<http://www.jnjcanada.com/>

Under the weather, recovering from a bit too much holiday cheer, or hockey has left with you a few aches and pains? McNeil Consumer Healthcare, part of Johnson and Johnsons, located in Guelph, ON, manufactures a number of Tylenol based products in a multitude of formulations. Think about Tylenol when you're stocking up your medicine cabinet, or your hockey bag!

## The Co-operators Paul Moran Insurance Group

[http://www.cooperators.ca/agents/paul\\_moran/en/agentpage/agentpage.html](http://www.cooperators.ca/agents/paul_moran/en/agentpage/agentpage.html)  
<https://www.facebook.com/pages/The-Co-operators-Paul-Moran-Insurance-Group-Inc/200155020028848>

Do you have questions about insurance coverage, like does the colour of my car really matter, should I have life insurance, what about comprehensive critical illness coverage? Give Paul Moran a call because he has these very answers! Paul can cover all your insurance needs and will certainly be able to give you some advice about coverage you should be thinking about.

## Scotiabank

<http://www.scotiabank.com/>

Did you overspend during this holiday season this year and you're looking for some solutions for financial health? Or did you underspend this year because you're family is equal parts cheap and lazy and prefers to give the idea of a gift, and now you're interested in getting that extra money socked away? Looking for a mortgage? Why not give Neil Rocha at Scotiabank a call to learn about all of the financial products and strategies they have to help you make the most of your investments.

## Fusion Hair Studio

<http://www.fusionhairstudio.net/>

<https://www.facebook.com/pages/Fusion-Hair-Studio/109001892479616>

Fusion Hair Studio specializes in cutting edge styling and creative colouring in an ultra modern atmosphere. Why not give yourself a gift of a great cut, some new colour, or get a great 'do for the New Year. A Fusion cut even survives the stresses of wearing your hockey helmet. Seriously, these are amazing cuts, by amazing people, for amazing clients, just like you! Fusion also offers GWHA members **15% off the purchase of Aveda products.**

Our sponsors help to offset the cost of running the league, and many of them are also your teammates. If you are looking for any of these services, why not take a look at the sponsors.

## 'GENTLE' REMINDER

I would just like to take a minute, for those of you still reading, to reinforce that the GWHA is a recreational hockey league that dishes out fun, friendship, and fitness. I would like to remind everyone that you are responsible for your conduct, on and off the ice and in your dealings with others. Have fun and play safely within your limits - this way everyone gets to have a good time and no one gets hurt!

Enjoy your break and see you on the ice in the New Year –

Paula Russell, Mme President.



(see below for additional sponsor information!)



519-823-0842

### Pilates and Fitness Class Schedule Winter 2012

Day	Time	Type and Level	Duration	Start Date	End Date	No Class	Cost
Monday	8pm– 9pm	Pilates <i>The Basics and Beyond</i> Multi-Level	10 weeks	Jan 9	March 26	Feb 6 Feb 20	170+ HST= 192.10
Wednesday	7:30 pm- 8:30 pm	Power Pilates Intermediate	11 weeks	Jan 11	March 28	March 14	187+ HST= 211.31
Friday	9:00 am- 10:00 am	Pilates with Strength Intermediate	11 weeks	Jan 13	March 30	March 16	187+HST= 211.31

#### Class Descriptions

##### **Pilates The Basics and Beyond**

Learn the basic fundamentals of Pilates such as breathing, pelvic placement and body positions. The class then will progress into more challenging movement patterns to produce noticeable results. Participants with previous experience will add small equipment such as the toning balls, flex bands and BOSU. New participants will build into adding equipment when ready.

##### **Power Pilates**

Building on the basics concepts of Pilates you will be challenged to increase your skill, muscular endurance and strength to produce noticeable results. The class will taught in an interval style to increase heart rate using the BOSU. Movement patterns while standing will be incorporated into the Pilates routine. Small equipment will be used (BOSU, fitness ring, flex band, toning balls and foam roller). *Level – intermediate: requires previous Pilates experience (or a private session prior to the class starting)*

##### **Pilates with Strength**

Building on the basic fundamentals of Pilates exercises there will be a transition into more challenging sequences. Small equipment will be incorporated to increase muscle strength and endurance.

**Registration:** Please email me or call me as soon as possible if you would like to sign up for a class. See below for registration form.

**Other days and times:** If there is another day and time that you would like to see a class please let me know. If we can get 3 or more participants for another time I am willing to teach more classes. Private and semi-private sessions are also available.

**Cancellation policy:** Once a program has started there will be no refunds or exchanges.

Schedule is subject to change  
[heather@simplyfitwithheather.ca](mailto:heather@simplyfitwithheather.ca)



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