

 October 2011

Our BodySmith members are having a great start to their seasons! Randy would like to congratulate the BodySmith members of the Stouffville Spirit Jr. A hockey team on scoring 23 of the team's 33 points scored during the 22nd - 25th of September. Congratulations to **Andrew Doyle, Marko Brelah, Christian Finch, Paul Geiger, Ryan Kruss, John Najafi, and Chris Porter** on achieving those points and to **Jon Hall** for having a great start to the season!

Randy would like to also congratulate the following members on their achievements so far this season:

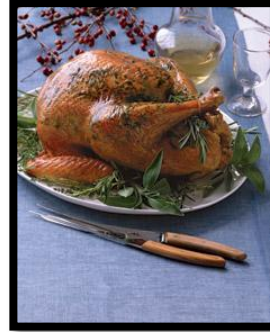
- **John McFarland** (Saginaw Spirit) on scoring a shorthanded goal against Owen Sound
- **Scott Kosmachuk** on getting a hat trick in the first game of the season with the Guelph Storm.
- **Chris Marchese** (Erie Otters) has started off his season with one goal and two assists
- **Gianluca Curcuruto** (Sault St. Marie Greyhounds) on achieving his first point of the season.
- **Mike Lansdowne** (St. Mike's Buzzers) 1 assist
- **Daniel Milne** (St. Mike's Buzzers) 2 goals, 7 assists
- **Taylor Clements** (St. Mike's Buzzers) 4 goals, 3 assists
- **Robbie Acton** (Stouffville Spirit) 2 assists

Keep up the great work!

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Thanksgiving Dinner Tips:



Thanksgiving is one of the many holidays people tend to overeat and to add on a few unwanted pounds. Here are some healthy tips to consider when enjoying your thanksgiving dinner this fall:

- **Add cranberries to your meal.** They are a great source of anti-oxidants which help prevent a number of diseases such as cancer. Use cranberry sauce as a substitute for gravy or add them to a salad or your apple crisp.
- **Butternut squash and sweet potatoes** are another great source of anti-oxidants which will improve vision, immune function, and bone metabolism.
- **Use skim or soy milk when making pumpkin pie.** This will reduce the number of calories.
- **Add brussell sprouts to your meal.** Add canola oil, salt, and pepper and roast in the oven at 375°F for 35-40 min.
- **Choose white meat rather than dark meat** when eating turkey. Instead of cooking your turkey with butter, use a mixture of olive oil, onions, garlic and fresh herbs, such as rosemary, sage and thyme.