

Poultry Truths

Understanding labels such as free range and organic

By Tina Thorsteinson, B.Sc.Ag.

More food products are available to suit the personal needs and values of consumers. This variety requires products to be labelled. Who determines the label? What does the label mean? Often, it's the company selling the product who makes these decisions. This article examines and provides information about the labels used in poultry products.

All broiler chickens, or those raised for consumption as meat, are "free range," even in commercial systems. As a standard, each bird is allocated enough space in which to spread their wings. Labeling as "free range" does not mean the bird spends time outdoors.

Egg-laying birds are in a cage-housed system, to speed collection along conveyors. In "free-range" or "cage free" systems, the egg-layers have access to nesting boxes and are free to move about. This, however, does not mean they are guaranteed outdoor access.

Hormones are not used in poultry production as there is no additional benefit. However since all animals produce hormones, their meat and eggs cannot be "hormone-free".

All poultry is "grain-fed" not "grass-fed." Poultry are not grazers. Poultry choose grains, insects and minor amounts of plant material. Poultry can be pastured, meaning they are housed outdoors but they are always fed grain.

For a product to be labelled as "organic" it must be certified by a 3rd party. Organic certification requirements are multi-faceted. Requirements stipulate the land where the animals are housed be free of chemicals. Specifically, the land cannot be chemically treated or have stored chemicals for a minimum of 5 years. Further, organic poultry farmers are



required to not feed or water with antibiotics, not give vitamin or mineral supplements, and give only certified organic feed grains to their chickens. Also, the farm must make strides for water and soil retention and safety. Interestingly, being an organic chicken does not guarantee access to the outdoors or freedom from cages.

The best way to know what you are getting is to develop relationships with the people you buy from; reading labels cannot give you the same detail of assurances that asking the producer directly can offer. As with everything, buyers must take the responsibility of ensuring they are getting what they want.

Tina has been working professionally in agriculture for 10 years. Having obtained her bachelors degree in Agriculture from the U of S and subsequent post secondary degree in Biology from the U of S; her passion lies in ecological farming and delicious food. Her mission is to build community around them.

The Times

WINTER 2012 ISSUE

SHCA featured story

Sign of the Times



Sign technicians from Magnetsigns North work late into the evening to install the Silverwood Height New Community Boundary Sign

After an extended time of collaboration and consultation, the SHCA is proud to realize a new addition to the community of Silverwood Heights.

Displayed prominently on the berm at the corner of 51st St and Waneskewin Road, the new signage marking one of the geographical boundaries of Silverwood Heights, conveys both a welcome and historical reminder of the 1979 year of establishment for the community.

The process of sign development is both challenging and time consuming. During the intricate rendering and visualization process I was grateful to have had the assistance and guidance from each member of our Association as well as Todd Harms of Magnetsigns North, to realize the final unique and beautiful landmark heralding Silverwood as "The Place to Be!"



President Andrew Koehn supervises final sign installation

Sincerely,

Andrew Koehn
SHCA President

Did you know?

Andrew has been the SHCA president for 5 years now?

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fall registration date:

Wednesday, January 11, 2012
St. Angela School Gym
6:30 - 8:00 pm

Attention Silverwood & Area Child Care Providers

Would you like to advertise your services to Silverwood residents for **free** (full time or part time day care and/or babysitting)?

The SHCA will be publishing a list of local (Silverwood, Lawson Heights, and River Heights only please) childcare providers on our website and possibly in upcoming newsletters.

If you provide child care services in these areas, contact Lesia at communications@silverwoodcommunity.org with your name, number, and a description of your services to get on the list! The list will be updated approximately every 3 months on the website.



FINALLY, a home business that is legal, affordable, and *makes sense*.



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We have consistently helped people earn \$500-\$2,000/month or more.

Call Ed or Rosemary at 249-1032 or visit: www.connectinghome2home.com

SHCA Executive Positions Available

The following volunteer job positions are waiting to be filled. We need:

- Civics / Community Safety Director
- Equipment Manager

If you are an energetic individual with an eye for change in your community please volunteer today. Teach your children the values they need, they learn by the example you set.

Please make a difference in your community and for your children. Contract us today... membership@silverwoodcommunity.org

Aspiring writer? Or, are you always watching the news?

We are looking for someone to help contribute short (100-300 word) community-related articles OR to simply help send us relevant community news links when you see them (this could take only minutes per week!) To contribute, please contact: communications@silverwoodcommunity.org



Search for "Silverwood Heights Community Association" on Facebook and "Like!" us today! You can also subscribe to all Silverwood News updates on our website at:

www.silverwoodcommunity.org

Want to contact an executive member?

Find executive contact information on our website under "Contacts"

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Indoor Programming Schedule

NOTE:
NO Classes
on Fridays

| Monday Jan 16 - Mar 26 <i>No classes Feb 20, Mar 5</i> | Tuesday Jan 17 - Mar 27 <i>No classes Feb 21</i> | Wednesday Jan 18 - Mar 28 <i>No classes Feb 22</i> | Thursday Jan 19 - Apr 5 <i>No classes Feb 23, Mar 15</i> | Saturday Jan 21 - Mar 24 |
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adult programs

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|--|--|--|--|--|
| Zumba (16+) Brownell School Large Gym Jan 16 - Apr 2 6:00 - 7:00 pm - \$35 | Tuesday Good Morning Boot Camp (17+) St. Angela School Gym 6:35 - 7:25 am - \$35 | Stretch and Strength (17+) Silverwood Heights School Gym 6:15 - 7:15 pm - \$35 | Thursday Good Morning Boot Camp (17+) St. Angela School Gym Class runs until March 29 only YES class on Mar 15. 6:35 - 7:25 am - \$35 | |
| Vinyasa Flow Yoga with Karen Roden (17+) Brownell School Small Gym 7:00 - 8:00 pm - \$50 | Tuesday Beginner Yoga with Karen Dagdick (13+) Brownell School Small Gym 7:10 - 8:10 pm - \$50 | Intermediate Yoga with Karen Dagdick (13+) *prerequisite of one full year yoga instruction* Brownell School Small Gym 7:00 - 8:00 pm - \$50 | Exercise Fun for Families (8 - Adult. Adults must attend) St. Angela School Gym 6:00 - 7:00 pm - \$25 p/person | |
| Monday Beginner Yoga with Karen Dagdick (13+) Brownell School Small Gym Jan 16 - Apr 2 (No class Feb 20 & 27) 8:10 - 9:10 pm - \$50 | Fitness Kickboxing Circuit (17+) Sister O'Brien School Gym Jan 17 - Apr 3 (no class Feb 21 & Mar 27) 8:00 - 9:00pm - \$35 | Zumba (16+) Silverwood Heights School Gym 7:30 - 8:30 pm - \$35 | Butts and Guts (17+) Silverwood Heights School Gym 7:10 - 8:10 pm - \$35 | |
| Group Fitness Boot Camp (17+) St. Angela School Gym 8:15 - 9:15 pm - \$35 | New Year - New You! (17+) St. Angela School Gym 8:30 - 9:30 pm - \$35 | Group Fitness Boot Camp (17+) St. Angela School Gym 8:00 - 9:00 pm - \$35 | Zumba (17+) Silverwood Heights School Gym Classes run until March 29 only YES class on Mar 15. 8:15 - 9:15 pm - \$35 | |
| | Men's Floor Hockey (17+) Silverwood Heights School Gym Jan 17-Apr 3 (no classes Feb 21, Mar 13) 8:30 - 9:30 pm - \$20 | Wednesday Beginner Yoga with Karen Dagdick (13+) Brownell School Small Gym 8:10 - 9:10 pm - \$50 | Beginner Fitness (17+) Brownell School Small Gym Classes run until March 29 only YES class on Mar 15. 8:15 - 9:15 pm - \$35 | |
| | | Nia (17+) Brownell School Large Gym 8:30 - 9:30 pm - \$35 | TRX Combo Class (17+) St. Angela School Gym 8:30 - 9:30 pm - \$35 | |

youth & children's programs

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|--|---|--|---|---|
| Sports ABC's (3-6 yrs & parent) Sister O'Brien School Gym Jan 16-Apr 2 (no class Feb 20 & Mar, 26) 6:15 - 7:00 pm - \$25 | Parent and Child Ball Hockey (10+ adult) non-facilitated class "bring stick" Silverwood Heights Gym Jan 17-Apr 3 (no classes Feb 21 & Mar 13) 6:00 - 7:15 pm - \$20 | Fun Ballet & Mime (3-4 yrs) Brownell School Small Gym 6:15 - 6:45 pm - \$30 | Zumbatomic (6-9 yrs) Brownell School Small Gym 5:45 - 6:30 pm - \$25 | Tot's Tennis (3-5 yrs) Brownell School Gym 10:00 - 10:45 am - \$25 |
| Monday Beginner Yoga with Karen Dagdick (13+) Brownell School Small Gym Jan 16 - Apr 2 (No class Feb 20 & 27) 8:10 - 9:10 pm - \$50 | Yoga Kids (8-12 yrs) Brownell School Small Gym 6:15 - 7:00 pm - \$30 | Musical Production (9-12 yrs) St. Angela Music Room 7:00 - 8:00 pm - \$25 | Exercise Fun for Families (8 - Adult. Adults must attend) St. Angela School Gym Jan 19-Apr 5 (no class Feb 23 & Mar 15) 6:00 - 7:00 pm - \$25 p/person | Progressive Tennis (8 -14 yrs) Brownell School Gym 10:50 - 11:50 am - \$42 |
| | RISC: The Evolution of Art (6-13yrs) Silverwood Heights Art Room Jan 17 - Apr 3 (no classes Feb 21, Mar 13) 6:30 - 7:30 pm - \$25 + supplies | Intermediate Yoga with Karen Dagdick (13+) *prerequisite of one full year yoga instruction* Brownell School Small Gym 7:00 - 8:00 pm - \$50 | Fun Ballet & Mime (3-4 yr olds) Brownell School Small Gym Jan 19 - April 5 (No class Jan 26 & Feb 23) 6:35 - 7:05 pm - \$30 | |
| | Tuesday Beginner Yoga with Karen Dagdick (13+) Brownell School Small Gym 7:10 - 8:10 pm - \$50 | Wednesday Beginner Yoga with Karen Dagdick (13+) Brownell School Small Gym 8:10 - 9:10 pm - \$50 | Fun Ballet & Mime (5-6 yr olds) Brownell School Small Gym Jan 19 - April 5 (No class Jan 26 & Feb 23) 7:10 - 7:55 pm - \$30 | |
| | Cheerleading (9-13 yrs) Brownell School Small Gym Jan 17-Apr 3 (no classes Jan 31, Feb 21) 8:15 - 9:15 pm - \$25 | | | |

Registration Date!
**Wednesday,
January 11, 2012**
St. Angela School Gym
6:30 - 8:00 pm

Indoor Programming Descriptions

Adult Programs

Beginner Fitness (ages 17+)

If you are new to exercise, or it's been awhile since you hit the gym, this class is for you. We will concentrate on functional strength that will allow you to perform daily tasks more easily and with energy. For this class, you will need running shoes, a towel, a yoga mat, and a water bottle.

Beginner Yoga with Karen Dagdick (ages 17+)

(Monday, Tuesday, Wednesday) This class introduces the inexperienced yoga student to the basic principles of movement, breath and alignment as we build on basic hatha yoga postures or "asanas". Emphasis will be on improving flexibility and strength, as well as reducing tension in the body. Blocks and straps provided. Bring your own yoga mat.

Butts and Guts (ages 17+)

This class is a central and lower body workout that focuses on your abs, back, legs, glutes and core areas of the body. Performing body weight exercises (such as: squats, lunges, planks, etc) we'll strengthen, condition, and tone your body. Your posture and stamina will improve. You will feel better, look better, and learn to love the mountain climber exercise (ok, you may not love it). This is a great class for all fitness levels.

Fitness Kickboxing Circuit (ages 17+)

The "Fitness Kickboxing Circuit" is an intense and challenging full body workout with elements from boxing, kickboxing, and other athletic movements. Your muscular strength and endurance, agility and coordination, and cardiovascular conditioning will all be challenged and improved. Using various equipment, such as shields/pads, medicine balls, and skipping ropes you will strengthen and tone while burning calories.

Good Morning Boot Camp (Tues, Thurs) (ages 17+)

Kick start your day with Good Morning Bootcamp! Works better than your cup of java. Using bodyweight exercises, resistance training, intervals, and games- because you've got to have fun while you sweat! The best part is- you are done your workout before your busy day begins-no more planning to exercise after work, or missing kids activities. Bring comfortable running shoes, a mat for cooling down, and a water bottle. Get in and get energized for the rest of your day-all in only 50 minutes.

Group Fitness Boot Camp (ages 17+)

Using body weight exercises, interval training, endurance exercises and flexibility training, we make you sweat! Wear comfortable running shoes, bring along a mat for cool down exercises and a bottle of water!

Intermediate Yoga with Karen Dagdick (ages 13+)

A more challenging class for those who already have an ongoing yoga practice. We will work more deeply with the

Financial Assistance Available for Programs

Cost As A Barrier Policy

Your Silverwood Community Association is sensitive to the needs of families facing financial hardships, and *may partially or fully fund participation fees in various activities*. For information, please email president@silverwoodcommunity.org or please read our Cost As a Barrier Policy PDF document on our website at www.silverwoodcommunity.org/programs/

CAAB
Policy

KidSport™

The KidSport™ program enables more kids to play organized sports. We have a vision to ensure that no child is EVER left watching from the sidelines simply because their family couldn't afford the cost. For more information contact KidSport™ Saskatoon 306-975-0871.



asanas. More advanced backbends, as well as some inversions will be introduced. Prerequisite: A minimum of one year of practice with Karen Dagdick or equivalent (up to the discretion of instructor). Please bring your own yoga mat. Blocks and straps are supplied.

Men's Floor Hockey (ages 17+)

Bring along your floor hockey stick and enjoy the fun of the game.

New Year New You! (ages 17+)

The most popular resolutions involve healthy lifestyle changes – get fit, lose weight. This is your year to be healthy, and without the silliness of fad gadgets or diets. This class promotes better health and energy through regular exercise. Accept options for each exercise and work at your level. Whether you are new to exercise, haven't had time for yourself in awhile, or are a regular to the gym, this is the class to work at a level that is challenging and fun for you. Bring a friend or make a friend – having an exercise buddy will help you both with your commitment to good health. For this class, you will need running shoes, a towel, a yoga mat, and a water bottle.

Nia (ages 17+)

Nia is like chocolate...You can't describe it-you have to taste it. Nia combines movement forms & concepts from dance arts, martial arts and healing arts, offering a holistic body, mind, spirit celebration. Benefits of Nia: stimulates pleasure, cardiovascular conditioning, increased energy, strength, flexibility, mobility, agility, grace, power, balance, posture, stability, focus, concentration, body/mind/ sensation awareness, relaxation, and stress reduction. All movements can be personalized for any level of fitness. Nia cultivates health, fitness and well-being by choosing "pleasure" over pain and fostering creativity, confidence and self expression. If you love dancing & the concepts of yoga, you'll love Nia. No prior experience is required. Everyone is welcome. Bring water, wear comfortable clothing that make you feel good inside & out and a yoga mat if you have one. Nia is typically done in bare feet, but feel comfortable to wear runners. Visit NiaNow.com for more information or YouTube.

Stretch and Strength (ages 17+)

Important elements of body fitness and health are: strength, cardiovascular health, agility, flexibility, and balance. This class promotes strength, flexibility and balance through the use of body weight, a variety of free weight types, and movement borrowed from yoga, pilates, and sport. For this class, you will need a towel, a yoga mat, and a water bottle.

TRX Combo Class (ages 17+)

The "TRX Suspension Trainer" uses your body weight, angles, and gravity, to perform a full body workout while strengthening your core and improving your posture. During this combination circuit class you will burn away the fat while performing metabolic resistance training, interval training, muscular strengthening, etc. The TRX is appropriate and adaptable for beginners through to serious athletes. In addition to the TRX, you'll use other fitness equipment, such as skipping ropes, exercise tubing, medicine balls, etc, to take your fitness goals to new heights - in Silverwood Heights!

Vinyasa Flow Yoga (ages 17+) - beginner/intermediate - Ages 17+. This class is a Vinyasa Flow yoga class linking breath to asanas or postures. Designed to increase your balance, flexibility, strength and mind body awareness you will gain athletic ability and help manage stress. To enhance the mind body awareness, dimmed lighting will be used to help eliminate competition and judgment and to provide a relaxing atmosphere. No experience is necessary as the program will begin with more introductory poses that are clearly explained and broken down so that everyone can adjust for their body types/conditions. Participant forms will be provided at the time of registration. Please bring your own yoga mat and strap (or long belt or scarf). Blocks are provided. Instructor is Karen Roden who has over 22 years of fitness instruction.

Zumba (latin dance fitness) (ages 16+)

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Youth & Children's Programs

Cheerleading (9-13 yr olds)

Learn the basic principles and techniques of competitive cheerleading. Learn to do cheerleading jumps, as well as stunts. A beginner class with everything a cheerleader would have to know from safety to cheer etiquette. Open to both boys and girls. This class will prepare you for stunting in junior and senior level cheerleading. Please bring runners/athletic shoes! If you have a set of pom-poms, feel free to bring them along as well.

Exercise Fun for Families (8-12 yr olds - Adults Must Attend)

Exercise is fun with your kids when you play games like tag, dodge ball, hop scotch and skipping, but it's also a great full body workout when taught by an instructor who'll add in partner exercises meant to get you strong, improve cardio vascular health, balance, coordination and flexibility.

Fun Ballet & Mime (3-4 & 5-6 year olds)

This class is for your budding ballerinas to learn the basic steps required to dance like their favourite Prince or Princess. Included in this class will be Mime where they get to pretend and act just like the real Ballerinas. All children who register for this class can wear either a Ballet leotard or a swim suit. If they have Ballet shoes please wear them but if they don't, bare feet will be just as good.

Musical Production Class (Ages 8-11)

This class is to help make your children have more confidence in front of a big crowd and get to perform those songs that just get played over and over again in the house. We will learn all about improvisation, acting with a script & putting the acting and small movement to a favourite piece from a musical of the children's choice.

Progressive Tennis (8-14 yr olds)

Progressive Tennis PT is a system of scaled down courts, racquets and modified balls, used to promote early success and to speed up the development of basic fundamentals. PT allows players of all ages to learn and play the game more quickly, efficiently and successfully. In this program players are taught the fundamentals; contact point, set up, grip, and recovery to give them a solid foundation to play tennis. All lessons will be run by a certified Tennis Canada instructor.

RISC: The Evolution of Art (6-13 yr olds)

A look at still life drawing with different styles of art including Realism, Impressionism, Surrealism, and Cubism. Students will learn different skills that famous artists used to create their masterpieces!

Sports ABC's (ages 4-6 years)

A great way for your young child to be introduced to many fantastic sports. This is a parent-participation program.

Tot's Tennis (3-5 yr olds)

Certified instructor uses a series of stories, colorful books, games, small-format courts with decorations and age-adapted equipment like large inflatable balls, lower nets and bigger rackets to teach. Colorful story-books and stickers ("My First Tennis Book series") add excitement and feed youngsters' imaginations through many educational adventures in a journey across countries and cultures. Keeping playing at home is easy with the "Starter Kit" which regroup all the adapted equipment linked to the stories.

Yoga Kids (8-12 year olds)

Over the course of 10 weeks, we will learn about breath, learn lots of poses and learn how to link the two together to form a routine.

Zumbatomic (Kid's Zumba!) (6-9 yr olds)

"Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while you are at it?" Zumbatomic® is specially designed to encourage kids to develop a healthy lifestyle and to incorporate fitness as a natural part of their lives through dance, music and exercise." It is not a dance class, it is a Party!

GRAFFITI

The Silverwood Heights School Hockey Rink

By Brennan Anderson

Graffiti to some people is considered vandalism; to others it is considered an art form. Little do people realize there is a difference between graffiti and vandalism.

Personally I think graffiti is the most creative way an artist can express one's self but at the same time there's a time and place for everything. I don't think a graffiti artist should be going around spray painting on everybody's personal things such as garages, fences, cars, etc., but rather stick to doing it on paper or canvas. To me vandalism is anything and everything a person spray paints without permission, but at the same time I believe a graffiti artist should have places they can go to spray paint legally and not get into any trouble.

I recently got a commissioned job by the Silverwood Heights Community to spray paint the Silverwood School hockey rink and to be honest people thought that the idea of having someone legally paint a mural was cool which brings me to my next point. Is there any way our community can give the local artists places to paint where it's not going to affect people's personal lives? I have a theory, and I could be wrong; however, I believe if artists had more legal walls to paint on, then the amount of illegal graffiti would be reduced because artists have more places to express themselves legally and would not have the urge to go and ruin someone's personal things.

The views contained herein are the views of Brennan Anderson and may or may not necessarily reflect SHCA Executive Membership opinions



Thank you
Michele Cozart
for your hard work
making this graffiti
project a reality.

I hope that maybe one day society can grow to understand graffiti instead of just immediately thinking it's a negative thing because whether or not people understand the culture behind it, it is in fact a free form of art and some artists actually are really talented individuals. Graffiti artists aren't thugs but are just regular people like me and you and usually are guys that just love painting... thank you for your time and I hope this article can shed a little light in a positive way for graffiti artists.

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