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BROCK WELLNESS

Take the Challenge!

A MONTHLY PUBLICATION AIMED TO INFORM AND PROMOTE WELLNESS INITIATIVES FOR BROCK FACULTY & STAFF

That time of year is fast approaching when we all make those promises about healthier choices and that we are going to generally take better care of ourselves and commit to a more active lifestyle. Recognizing that those well thought out initiatives last about as long as pulling on your exercise gear, the Brock Wellness Committee is commencing our first ever Fitness Challenge to assist you in making healthy choices in the new year.

Two factors that assist in motivating individuals to be more active are the proximity of the location to exercise and the social factor of having someone else to be active with you. What better location than your workplace and what better individuals to assist in motivating you but your co-workers.

This Brock Wellness Fitness Challenge will commence in January 2011 and will come to a conclusion in June 2011. This informal challenge is meant to encourage the commitment to include some sort of activity into your daily routine. The format for measuring participation is based on “time spent” on the activity, not the intensity involved so all levels of exercise are appropriate as participation is the key to successfully making activity a part of your day.

How to join The Challenge

- Participants are asked to register as a department and designate a contact person/team leader
- Contact the Brock Wellness Committee at brockwellness@brocku.ca to register your team
- You will be issued a colorful poster for each month for your department to track the “time spent” on activities of the participants. Each participant will be given credit for their activity using a point system (an explanation will be on the poster)
- These activities can be cumulative over one day and take place on or off campus
- At the end of each month the total points for each department will be submitted by the team leader to the Brock wellness email address.
- Recognizing the discrepancy in numbers of faculty and staff in each department, results will be tallied by ratio based on the number of employees who participate

Congratulations!!

...to the Brock Weight Watchers at work group who have lost a cumulative total of 42.4 pounds by their 2nd meeting!

Make your New Year's resolutions easier to adhere to by joining the Brock Wellness Challenge. This is an easy way of incorporating activity into your daily routine right in your workplace.

The Brock Wellness Committee

December Focus on Spiritual Wellness:

How Busy are We Really

Every day I see students pass my office in Decew carrying food from the cafeteria up to their room in styrofoam packs and I always wonder why. Could it be that they don't want to share a meal with their fellow-students because they're too busy? And what about Brock faculty and staff? From personal experience I know that more often than not it's a waste of time trying to get them to come to any social event that's not directly related to their work.

The other day, I met with a graduate student who was deeply troubled because all the students in her program always seemed to be just too busy to get together and hang out from time to time, something that's almost a tradition at even some of the most prestigious universities in the world. The student in question happens to be very bright and hard-working, yet she feels isolated and lonely. I am almost certain,

that many of our students, staff and faculty have the same experience.

A few years ago, Brock's logo was 'Careers Begin Here.' I have a feeling that somehow it reflected this no-nonsense spirit of wanting to get ahead and wasting little time on things that may only get in the way of being busy achieving that goal. Not that we don't recognize the importance of staying healthy - mentally, emotionally, and spiritually. After all, isn't that the point of the annual Health Fair and a similar event we organize for staff in the summer? But what about the rest of the year?

By now it's common knowledge that what makes us human is being in relationships, being connected to others, and that neglecting this part of our humanity causes anxiety and unhappiness. Every university is a community and not just a haphazard assembly of individuals who happen to be working together. But we can only truly thrive as a community if we make time for one another. While being very busy may be evidence of an admirable work ethic, it could also be the symptom of a very serious illness.

Article submitted by André Basson, Chaplain, Faith and Life Centre. André Basson is a Chaplain in the Faith and Life Centre. The Wellness Committee would like to thank André for his contribution to this month's newsletter.



Walker Complex Free Pass

Sponsored by Recreation Services

Try the facilities of the Walker Complex any day between Dec. 6 - 31, 2010

One coupon (day pass) per faculty or staff member.

Present this coupon at the Equipment Room (Cage) prior to your workout.

No cash value. Please be able to provide your Brock staff card.

**Special note: Please be reminded that there are exams in the Beddis and Davis gyms.*

For holiday hours please visit www.brocku.ca/recreation-services

LIMIT OF
ONE VISIT
PER PERSON

Skiing Anyone?

Attention avid skiers, or interested beginners, the Wellness Committee is exploring the possibility of booking a ski day for faculty, staff and their families.



If you would be interested in a "Brock Ski Day", on a Saturday in January or February, send us an email at brockwellness@brocku.ca and we will add you to our list of potential skiers.

Costs for this excursion would include transportation by bus, ski rentals (if required) and ski passes for the day. Both experienced and beginner skiers are welcome to attend.

Special note: The ski trip could potentially take us to the U.S. so passports would be essential.

Family Free Skate

Join us on Monday January 3, 2011 at The Seymour -Hannah Centre at 240 St Paul St W. (at St. Paul W and Louth St.) for a family free skate from 1:00 -3:00 p.m. on Rink 1.



Start off the new year with some exercise and join the family Free Skate. Please respect that this is a family skate (no hockey sticks please). All faculty and staff are encouraged to attend.

*****We highly recommend that children under 6yrs old wear a CSI approved Hockey Helmet**

Tips for a Stress Free Holiday

Here are some practical suggestions to avoid holiday stress.

1. Budgeting - Save ahead of time. Set a limit on the cost of gifts and stick to it!
2. Shopping - Make a list of who you are buying for and what items you want to buy. This should save you time at the malls.
3. Dinner - Have guests bring a dinner item. You don't need to do everything by yourself.
4. Try to be moderate with food and drinks, get enough sleep and make time for exercise.

For more information visit the Better Health Channel website www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Christmas_tips_to_reduce_the_stress

RECREATION SERVICES

Upcoming events

Youth Camps:

Snowfest-sports and fun activities

- Jan 4-7 ages 7-13

Junior Lifeguard

- Jan 4-7 from 9:00 a.m.- 4:00 p.m.

Aquatic activities:

Fun Swims

- Dec 27-31 from 1:00-1:30 p.m.
- Jan 3-7 from 1:00-4:00 p.m.

Women Only Swim

- Commences weekly Jan 10 from 10:00 a.m. -11:00 a.m.

For further information or to register contact ext 4060

RECIPE FEATURE:

Holiday Brunch Casserole

- 8 slices bread
- 1 cup extra old cheddar shredded
- 2 slices bacon cooked

Put together as if making a sandwich and place in buttered 8" x 8" glass casserole dish.

- 3 eggs
- 1 1/2 cups milk
- 1/4 tsp each of salt & pepper
- 1/2 onion, chopped
- 1 tsp Worcestershire sauce
- 1/2 tsp dry mustard

Mix together and pour over sandwiches. Cover with plastic wrap and refrigerate overnight. When ready to bake mix 1/4 cup butter with 1 cup of crushed cornflakes - cover casserole and bake at 350 degrees for one hour. Let stand for 10 minutes.

Courtesy of United Way Cookbook. Available in the Campus Store. All proceeds go to the United Way.

How do you celebrate the holidays?

- Some Atheists in the U.S. have begun to celebrate the Winter Solstice. This is the day of the year when the nighttime is longest, and the daytime shortest. It has been falling on DEC-21 or 22.
- Buddhists celebrate Bodhi Day (a.k.a. Rohatsu) on DEC-8, or on the Sunday immediately preceding. It recalls the day in 596 BCE, when the Buddha sat beneath a Bodhi tree -- a type of fig tree -- and is believed to have achieved enlightenment, thus escaping the repeating cycle of reincarnation: involving birth, life, death and rebirth.
- Christians celebrate Christmas on DEC-25, to commemorate the birth of Jesus Christ, the central figure of Christianity
- Jews celebrate Hanukkah, (a.k.a. Chanukah; “Feast of Dedication” and “Festival of Lights”). This is an 8 day observance which recalls a miracle in the Jerusalem temple during a war fought by the Maccabees in the cause of religious freedom. Jews light candles on a menorah -- two on the first day, three on the second, to nine on the eighth day.
- Muslims’ holy days are fixed to the lunar calendar. Id al-Adha (a.k.a. the Feast of Sacrifice or Day of Sacrifice) occurs during the 12th lunar month of the Islamic year. This immediately follows the Hajj (pilgrimage to Mecca). It recalls the day when Abraham intended to follow the instructions of God, and sacrifice his son Ishmael.
- Nova Romans (a.k.a. Romana) celebrate Saturnalia, a seven day feast starting on DEC-17. Romana are Neopagans who worship the ancient Gods of Rome and who celebrate the ancient Roman holy days.
- Wiccans and some other Neopagans celebrate Yule at the time of the Winter Solstice. Some may celebrate the Sabbat (one of eight days of celebration) on the evening before, at sunrise on the morning of the solstice, or at the actual time of the astronomical event.
- Kwanza is a week-long celebration which starts on DEC-26. It is a recently developed cultural holiday celebrating African-American heritage that has been an annual tradition since 1966. “Kwanza” is derived from the Swahili phrase “matunda ya kwanza” which means “the first fruits of the harvest”. Each day focuses on one of the seven principles of Kwanza: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.
- Diwali popularly known as the “festival of lights”, is an important five-day festival in Hinduism, Jainism, and Sikhism, occurring between mid-October and mid-November. For Hindus, Diwali is the most important festival of the years

Sourced from: en.wikipedia.org/wiki/Religious_festival and www.president.pdx.edu/Initiatives/.../RelgCeleCalendar.htm

Get Crafty this Season

Linda Klop, a long time employee of Brock has shared her “crafty” expertise with us this month so that you too can make a beautiful “Holiday Door Swag”, Linda retired in June of this year and agreed to share how she is managing her time away from this educational facility.



How long did you work at Brock and in what department(s)?

I worked at Brock for 24 years. I started in the Badger Sports Shop (as a buyer) and moved to the Campus Store, becoming a Stationery/Textbook buyer and then to the Textbook/Course Materials Supervisor.

Do you miss those busy years at Brock and have you filled your days with alternate activities?

I miss the people at Brock, but not the busy years! I filled my summer with travelling with my new trailer, boating and golfing. I have been painting my grandson’s room, since the beginning of September. All four walls are murals, floor to ceiling. It has taken me 12 weeks and approx. 200 hours to complete. I also help my daughter-in-law with my grandson from time to time.

Creating holiday crafts is a past time that few people have time for. Do you believe gifts “handmade by you” add a special touch to both giving and receiving throughout the holiday season?

I love making handmade gifts and people always appreciate the time you took to make them. It also shows that you think of that person and what their likes are, instead of just going to the store to find something. Something from the heart is always more special!

To access directions to create Linda’s Holiday Swag (pictured here), [please click here to download.](#)



Brock Wellness Committee

The Wellness Committee is an initiative of Recreation Services and Human Resources and Environment, Health & Safety. You can contact us at:

brockwellness@brocku.ca