



Community Activator

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James Bay's Lacrosse Player: Not the First, Not the Last

I've known Mekwan Tulpin, 25, for quite sometime, her mother and herself are members of Fort Albany, Mekwan formerly worked with Dave Jones' Turtle concepts, and know resides in Oshweken (Six Nations). When I discovered that Mekwan played Lacrosse (LAX), considering it's such a rough game, I was somewhat surprised since I would have never expected a former model to dive into such a rough sport so-to-speak.

I had a chance to ask her some questions about the game and her involvement with LAX.

When did you first start playing lacrosse?

I was first introduced to the game during a high school gym class. I was really interested in playing and got in contact with a coach from the Six Nations reserve, a community where the game is well known. I started with Box Lacrosse and was encouraged to begin Field Lacrosse in 2010 by friends who played it. I still tried it out despite my lack of experience between pocket sizes with the sticks. The area of mesh to catch with in a Field Lacrosse stick is much shallower (tight) compared to a box stick, making it more difficult to control/handle the lacrosse ball.

How has this sport helped you personally/physically?

Besides the obvious physical benefits in exercise, I made a lot of new friends and shared special bonds with them as teammates. It also gave me the opportunity to travel to places I never thought I'd ever be playing at like in the middle of the North Pacific Ocean in Hawaii or at Disney's ESPN Wide World of Sports in Florida! To be honest though, I mostly like the fact that I had somewhere to release any stress in a good way, whether it was from school, issues with my family or other personal stuff. I also love that it was a new challenge for me and that it pulled together all of the skills I had learned from other sports into one

What team(s) do you currently play for?

Senior Women's Grand River Attack - Box Lacrosse (Indoor)

Senior Women's Six Nations Arrows - Field Lacrosse (Outdoor)

Just recently, I also tried out for the National team to compete at World's with Team Haudenosaunee. I didn't make the final cut, but that was okay because I know I'm still developing my skills and knowledge for the game. However, I was amongst the final 23 women being evaluated for the team and had the privilege of competing in a few tournaments including the North America Challenge Cup against Team Canada and Team USA!

Do you have a strong sense of belonging given this is an original sport to First Nations people?

I think that's what had originally attracted me to the game. Hearing or reading about the sport in books but never seeing or playing it for myself. I had already been competing in so many sports already; I had to discover this one too. I feel that because I have the opportunity to play with women from the originating tribes of this sport, it's very enlightening! It's really neat to be a Cree seeing how much it means to the Haudenosaunee Nations and their deep rooted history. As the sport has grown, it has also changed. Back when the game was first played, tribesmen didn't even wear any equipment and only men were allowed to play for certain reasons. Today, kids, amateurs and professionals use protection gear like thick gloves, helmets and padding to protect themselves. Also, many women and young girls have become active participants in the sport and at all levels of the game. So being Native and female, I take a lot of pride in being fortunate enough to experience what the sport has to offer.

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Mekwan is no making small steps to create big changes as she is currently in the works to start teaching the game of lacrosse.

Lacrosse cont...

How has this sport helped you with self-discipline, training, etc.?

I wanted to play competitively, and this game is considered the fastest game on two feet, so if I wasn't keeping up with my fitness, it would show out on the playing grounds. I think that's what I liked the most about Lacrosse, because it can be challenging yet engaging at the same time, so it keeps my motivation to keep on trying and can it be played any time of the year (outdoors/indoors).

This game can help you grow on so many different levels but I mostly appreciate the fact of learning to maintain my focus and learning to be in control of emotions. Sure, I get to hit and check people (box lax) but I must remember that they get to hit me too! So if you get knocked down, you can't stay mad about it and keep thinking about who did it or whatever.

You've got to shake it off and move on the best you can because there's a game going on and other people to think about besides yourself. If you react negatively by getting flustered and trying to fight, the referee will send you to the penalty box and then you're team is short on the floor and you may even give the other team an advantage if your opponent was able to keep cool.

Do you encourage youth to play and if so, why?

Absolutely! I picked up lacrosse "late" and if I could've started any sooner, I would've! Despite the fact that I started at a much later age than most, I learned quickly and am some-

times shocked by where it has taken me and the groups of people that have helped me grow as not just a player, but a person. It all ties in together. Sports for me has always been a healthy outlet for dealing with some of life's challenges that I'm not always able to control. It also provides an element for physical exertion. There are so many doors that it can open for you in the areas of travel, education, culture and the experience alone is so rewarding. It's considered the fastest growing sport and players of all ages and genders are getting recruited at some of the top universities and other tournaments, so think of the locations, around the World, that it could take you! In addition to all that, the skills I learned in Lacrosse made me a better player in every other sport I play, especially hockey.

Moose Factory? Boring?!?

What if I told you that the place you live in isn't boring, you are. With the youth centre finally establishing themselves with a full staff it is now time to get out and experience programming at its finest, with a strong gymnasium schedule the John R. Delaney Youth Centre has now become a facility of provision for youth as well as community mem-

bers. Now, we most certainly cannot leave out Right To Play's Leadership program as well as the YMCA's, it is becoming harder now for youth to put forth their complaints with "there is nothing to do" as it has become apparently present that there is now, a slow rise in programming within the evenings. Along side my programming this summer, it

will be even more challenging for anybody within our community to complain or criticize that there isn't much to do, so I reflect back to my opening remark, What if I told you the community you live in isn't boring...you are. So get out and get active!

Y.M.C.A: The resurgence of old school

We all may remember The late John R. Delaney and his plight to engage and develop youth through physical sport with the assistance from his YMCA program that he developed and was successful at. Now, his eldest Daughter Christina is leading on with that legacy, with the successful

leaders program and weekend basketball league, many children have come to love the program itself. Here, they learn the game of basketball, sportsmanship fair play as well as developing their body's physically. It was with this program that we have seen many great athletes excel in basketball

through high school and even unto college level basketball. It is pretty apparent that, this program not only offers physical engagement but also nurtures a young athletes love for activity and the game of basketball, Like they say , there's no school, like the old school.

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Why your kids should sleep...ZZZZZZZZZ

11 reasons why it's so important for kids to get a good night sleep (and yes, many of these are relevant to adults as well):

1. Sleep is restorative for the brain.
2. Too little sleep can lead to weight gain by altering levels of the hormones that regulate satiety and hunger, leading to overeating, overweight, and obesity.
3. Growth hormone is secreted during slow wave sleep.
4. Insufficient sleep is associated with a higher incidence of behavioral problems, especially attention deficit and hyperactivity disorder (ADHD).
5. Sleep disruption caused by snoring in infants delays their development.
6. Night terrors and confusional arousals are often made worse by sleep deprivation.
7. Memory consolidation occurs during slow wave sleep, meaning that the different pieces of what we've learned during the day come together coherently so that the knowledge can be accessed when needed.
8. Rapid eye movement (REM) sleep, the stage of sleep when the most vivid dreams are dreamt, is important for the "unlearning" of superfluous memories. For example, when a child learns how to ride a bike and falls off the first ten times, Un-learning removes the unhelpful "how to" memories of how to fall of the bike, so that the next day when the child hops on it, they will automatically re-enact what they did that eleventh time, and not the first ten.
9. School performance improves in kids with poor sleep because of obstructive sleep apnea after it has been treated.
10. Studies using MR spectroscopy to compare healthy children to those with long-standing obstructive sleep apnea have shown that those with the sleep apnea have certain, specific patterns of brain injury not seen in the healthy kids.
11. When kids sleep well, their parents' sleep improves, too, doing wonders for their ability to function during the day (and maintain their sanity in

Antioxidants: Why they are so important

What exactly are antioxidants and why do we need them? Antioxidants are nature's way of fighting off potentially dangerous molecules in the body. Such molecules come in the form of synthetic chemicals such as pesticides, plastics, and chlorine byproducts and are called free radicals. Free radicals are unstable molecules that essentially feed off of otherwise healthy molecules in order to survive. Every day tens of thousands of free radicals are generated within the

body, causing cell damage that can lead to chronic and degenerative diseases if left unchecked.

The body sometimes creates its own free radicals in order to destroy viruses or bacteria. To balance out these unruly molecules, the body also creates antioxidants, which have the sole purpose of neutralizing free radicals. The body is only designed to create a certain amount of antioxidants on its own

however, and as we are faced with an ever-growing number of environmental toxins, the body is less capable of fighting off the unwanted harmful invaders.

Fruits and vegetables provide the body with an added source of antioxidants that is needed to properly wage war against free radicals. Without the necessary intake of healthy fruits and vegetables, free radicals can spread and eventually lead to stroke, heart attack, arthritis, vision problems, Parkinson's disease, Alzheimer's disease and various types of cancer.

Source: www.naturalnews.com

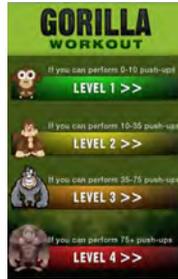
APPS!



5K Runner: 0-5K run training

Details: This app helps you with starting you off on the right foot, which is off the couch. It provides an excellent start routine with a "run-walk" format. ***Beware** this is not a free app after the first week, you will be required to purchase it.*

Price: \$0.99



Gorilla Workout

Details: This is a fitness app, it has 4 levels of fitness based around your push up amount. The format is 30 days, afterwards you advance to the next level. It also utilizes body weight routines extremely well.

Price: \$0.99

Recommended



Full Fitness

Details: This app is a fitness app that has a vast array of routines, examples and sports specific regimes. Perfect for the advanced and beginner fitness enthusiasts. It is detailed to Bodyweight training, and free weight training.

Price: \$2.99

Don't Forget To Portion

