



YMCA BUZZ

November 2014

This Month's Top Stories

YMCA Peace Week

Each year, YMCA's across Canada celebrate acts of peace by recognizing individuals and groups who, without any special resources, status, wealth or position, have demonstrated a commitment to building peace within their community or communities elsewhere in the world. During Peace Week (Nov. 15th – 22nd), we will be awarding a medallion to a deserving youth, adult, and group.

YMCA is on Pinterest

The Timmins Family YMCA is now on Pinterest. Follow us for healthy snack ideas, recipes and fun crafts. Check us out at pinterest.com/ymcaoftimmins

Sensitive Santa

Sensitive Santa is an opportunity for children with a diagnosis of autism or autism related disorders to visit and have their picture taken with Santa in a relaxed, supportive and low stimuli environment.

Each child will be presented with a gift from Santa, as well as a 5x7 photo and a CD with 5 digital images of the photos with Santa.

This event will be held on **Saturday December 6th, 2014** from 10am-4pm at the YMCA at 376 Poplar Avenue. Spaces are limited, so book your appointment today. To book, or for more information, call Cathy Courville at 705-268-2687 or email cathycour@hotmail.com.

Upcoming Events

November						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November 8th

The Timmins Family YMCA will be participating in the Santa Claus Parade

November 10th


PD Day

November 11th

Remembrance Day. Wear a poppy or something red.

November 15th-22nd

Peace Week



Birthdays

Addina B.
November 1st

Colton N.
November 3rd

Aidelyn M.
November 15th

Grace B.
November 23rd

Olivia B.
November 23rd

Tessa R.
November 26th

Did You Know?

- Remembrance Day was first observed in 1919. It was originally called “Armistice Day” to commemorate the signing of the Armistice Agreement that ended World War I on November 11th, 1918.
- The Armistice Agreement was actually signed at 5:00am on November 11th. According to the terms in the accord, peace didn’t come into effect until 6 hours later at the 11th hour, on the 11th day, of the 11th month.
- The symbol of the poppy is derived from the poem “In Flanders Fields”, but the custom of wearing a symbolic poppy comes from Moina Michael, a YWCA worker, who was inspired by the poem and decided to wear a silk poppy in commemoration.

Recipe of the Month: Healthy Gingerbread Cookies

Ingredients:

- ½ cup butter
- 6 tablespoons molasses
- 2 teaspoons baking soda
- ½ teaspoon ground ginger
- ¼ cup coconut oil
- 1 egg
- 4 ½ cups wheat flour (or spelt flour)
- 1 teaspoon cinnamon
- ½ cup honey
- 1 tsp vanilla
- ½ teaspoon salt
- ½ teaspoon ground cloves

Instructions:

- Preheat oven to 350° F
- Cream butter, oil, honey and molasses in a mixer. Add egg and vanilla and mix well.
- Combine flour, salt, baking soda and spices in separate bowl.
- Add dry mixture to wet gradually until well mixed
- Drop by spoonful’s onto a greased cookie sheet and bake for 10-12 minutes