



Breslau Community News

Breslau.org

Winter 2011

Volume 1, Issue 2

Upcoming Events

Dec. 7 & 8 Program
Registration
7-8pm

Dec. 11 Holiday Sale
with a Twist

Dec. 12 Christmas in
Breslau

Dec. 19 Santa Claus
Cruise

Jan. 27 & 29 Blastball,
T-Ball & Soccer
Registration

Feb. 13 "Sweetheart"
Community Breakfast

If you would like to see us put
something in the next
Newsletter, please contact:
Melissa Cowburn at
info@breslau.org

Program Registration for all Winter Programs:

Tuesday, December 7th, 7-8pm &
Wednesday, December 8th, 7-8pm at the Community Centre

See page 3 for more details and a complete program listing.

Upcoming Events

Christmas in Breslau: A Community Christmas Event

Join your neighbours in holiday spirit on Sunday, December 12th for "Christmas in Breslau: A Community Christmas Event" at The Breslau Community Centre (BCC). The evening will begin at 5pm with a hearty dinner of chilli on a bun, fresh veggies, squares and a beverage for the low price of \$6! Children four and under are FREE! Carols, a mass choir performance, a colouring contest, The Nativity and a message from Santa will follow. Co-sponsored by the Breslau Recreation Association and Breslau Evangelical Missionary Church. Free will offering for AIDS Orphans in South Africa. Please register at Breslau.org by Sunday, December 5th.



Santa Claus is Coming to Town!

Keep your ears and eyes open for the sound of Santa's sleigh! Rumour has it that the jolly old fellow will be cruising through the streets on the eve of Sunday, December 19th beginning in Maryhill at 6:30pm and then heading to Breslau. Many thanks to the South Woolwich Optimist Club for putting on this much anticipated event!

"Sweetheart" Community Breakfast

Take your sweetheart out for breakfast on Sunday, February 13th at the BCC from 8:30am-12:30pm. The cost per person is \$6; children four and under eat for free...what a deal!

*Happy
Valentines'
Day*

WE NEED YOU!

Looking for volunteers to help set-up,
serve and clean-up for community
dinners and breakfasts.
Contact info@breslau.org

Holiday Sale

Come check out this event! You can start and finish your Christmas shopping all in one location. Join us on Saturday, December 11th from 10am-2pm for "Holiday Sale with a Twist" at the BCC. Vendors from home party consultants, local designers and artisans. Contact: Sherri Benki: (H)519-648-3467 or sherribenki@hotmail.com. Check out our Facebook Page.

Holiday Sale with a Twist
at the Breslau Community Centre
200 Woolwich Street, Breslau
December 11, 2010
10 am to 2 pm



General Info

Lisa Nadon, President
519-648-9675
info@breslau.org

Rentals

Park & Ball Diamond

Jim Burton
519-648-2469

Soccer Pitch

Lisa Nadon
519-648-9675

Hall

David Tidd
519-501-9540

The Breslau Recreation Association operates as a service to the community and coordinates services for the park, sports fields and Community Centre.

The Breslau Recreation Association is affiliated with the Township of Woolwich.



What's New

Fall Programming Starts with a Flurry!

The Fall session at the Community Centre saw many new programs offered, including Karate, Adult Volleyball, Cooperative Playgroup, Yoga and Zumba! Programs are being added regularly; check out Breslau.org for an updated listing. If you are interested in instructing or leading a program, please contact info@breslau.org.

Blastball, T-Ball and Outdoor Soccer Registration Night

This year, the Breslau Recreation Association will be offering Blastball for children aged 3-5 and T-Ball for 5-7 year olds. Blastball is played by teams of approximately six players. The one hour session will include skills development followed by a game. During each "inning", every player has a turn at bat and a chance to run down to the single base where the base sounds a 'honking' noise. Players on the opposing team each take a turn fielding the hits. Blastball and T-Ball will be offered on Wednesdays beginning at 6pm in May and June.

Woolwich Youth Soccer will be running again in Breslau for 3-10 year olds. The 3/4 Parent & Tot and 5/6 divisions will play in Breslau. The 7/8 and 9/10 divisions will rotate games in Breslau, Elmira and St. Jacobs. The division details are as follows:

3/4 Parent & Tot	Monday	7/8 Boys	Thursday
5/6 Mixed Mini	Monday	9/10 Girls	Monday
7/8 Girls	Wednesday	9/10 Boys	Tuesday

Blastball, T-Ball and Woolwich Youth Soccer Registration:

**Thursday, January 27th from 6:30-8:30pm &
Saturday, January 29th from 9am-1pm
at the Community Centre**

Coaches are needed for each sport.
Woolwich Youth Soccer needs refs for the 7/8 & 9/10 divisions. Please inquire for either at Registration Night.



Riverland is Rolling Along!

Empire Communities has completely sold out Phase 1 of 242 homes in the Riverland Subdivision. Construction vehicles are welcoming the warm weather as they get under way building in phases 2A, 2B and 3.



GRCA Heritage Day 2011

The BCC, together with the Township of Woolwich, will play host to the 14th Annual Grand River Conservation Authority Heritage Day on Friday, February 11th. Visit www.grandriver.ca and look under

"Conferences" for more details.

JK Registration at Breslau Public School

Children born in 2007 will be entering Junior Kindergarten in the 2011-2012 school year. JK registration will take place in February.

Visit www.wrdsb.ca and type "Breslau/Stanley Park ARC" in the search box to learn more about the Accommodation Review affecting Breslau P.S.



Winter Programs 2011



Program Registration for all Winter Programs:

**Tuesday, December 7th, 7-8pm &
Wednesday, December 8th, 7-8pm at Breslau Community Centre**

- All sessions are 8 weeks (unless otherwise noted)
- Done on a first-come, first-served basis
- All programs have limited spaces and may be cancelled if registration is insufficient
- Participants under 18 yrs old require a parent/guardian signature at registration
- All programs and schedules may be subject to change in date and fee
- The registration form must be completed **in full** to be accepted
- Please print and complete registration form at Breslau.org and bring to registration night
- Methods of Payment: Cash or Cheque ONLY; cheques payable to Breslau Recreation Association
- Post-dated cheques will NOT be accepted
- Your privacy is important to us; information is only used for administration of Recreation Association programs
- If you are unable to attend either night, registration forms and cheques MUST be received by Lisa Nadon at 139 Horseshoe Crescent, Breslau, ON NOB 1M0 by Monday, December 13th to avoid a **\$10 late fee registration**

Please Note: During inclement weather, if the school boards have closed the schools, then the BRA programs will be CANCELLED. School closures will be announced on 96.7 CHYM FM or 105.3 KOOL FM. The Centre will be closed for Family Day on Sunday, February 20th and Monday, February 21st.

Preschool Programs

PROGRAM	AGE	DAY	TIME	DATES	COST
COOPERATIVE PLAYGROUP: Parents and children come out and socialize! Enjoy a cup of coffee, and play with toys and equipment, make some crafts and sing some songs. (No program on Feb. 11)	0-5	Friday	9:30-11:30am	Jan. 14-Mar. 11	\$15/8 wks; \$5 additional children
EARLY DANCE: Come jump around, learn basic dance moves, play cool games, groove to the beat, and HAVE FUN!! Instructor: Rachel.	3-6	Saturday	10:45-11:15am	Jan. 15-Mar. 5	\$30/8 wks
INDOOR SOCCER: Come out with your child and learn the basic skills of soccer while enjoying a fun sport together. Instructor: Sarah.	Parent & Tot (Ages 3-4)	Saturday	9:00-9:45am	Jan. 15-Mar. 5	\$30/8 wks
PRESCHOOL STORYTIME: The Region of Waterloo Library will be hosting themed Storytime for Valentine's, St. Patrick's, Easter and Mother's Days! The program is designed for 3-5 year olds but younger siblings/families are welcome. (Fireplace Room)	3-5 (younger children welcome)	Thursday	10:00-10:45am	Feb. 10; Mar. 10; Apr. 21; May 5	Free
RHYTHM & MUSIC: Come join us having fun making music with your child. Mixed-age classes - perfect for siblings to attend together! Sasha Judelson from Great Lakes Music Together will lead the class, full of songs, instruments, chants, movement and music. Join us and help your child to develop musically, as well as socially, emotionally and cognitively. Space is limited. (Fireplace Room)	Parent & Child(ren) (Infant-6)	Wednesday	11:00-11:45am	Jan. 12-Mar. 2	\$60/8 wks; \$40 additional children

Youth Programs

PROGRAM	AGE	DAY	TIME	DATES	COST
BALL HOCKEY: Come out for some fun and improve your skills. We'll be working on stick handling, shooting, passing, positioning, along with fitness drills, team play and sportsmanship. Each session ends with a scrimmage. Instructor: Jeff. (No program Feb. 20)	8-12	Sunday	12:00-1:00pm	Jan. 9-Mar. 6	\$35/8 wks
BIG BUDDIES: Books and games designed to help kids get ahead with reading. Kids will move through a selection of games and activities at their own pace and level. Kids are welcome to bring their reading books and logs from school as well as spelling or sight words for the week for extra help. Instructor: Taryn. (Fireplace Room)	JK-Grade 3	Thursday	6:30-7:30pm	Jan. 13-Mar. 3	Free
CHESS: Join in with this All Ages group and hone your chess playing skills. Chess is a unique game in which age is not a barrier. Both adults and kids can join in and help each other out or just play some games together in a positive environment. Instructor: Patrick. (Fireplace Room)	All Ages	Wednesday	6:30-7:30pm	Jan. 12-Mar. 2	\$15/8 wks
DANCE/HIP HOP: An introduction to Hip Hop to learn coordination, rhythm, how to groove to the beat, and organized dance. Instructor: Rachel.	7-12	Saturday	11:15-12:00pm	Jan. 15-Mar. 5	\$35/8 wks
INDOOR SOCCER: Children will be introduced to the basic skills of soccer as well as participating in a game during each session. Instructor: Sarah.	5-7	Saturday	9:45-10:45am	Jan. 15-Mar. 5	\$35/8 wks
KARATE (ALL AGES): Join instructor Sensei Mary David, 4th Degree Black Belt, to learn the style of Goju Ryu Karate, one of the few styles recognized by the World Karate Federation. Instructor: Mary. (No program Feb. 10)	All Ages	Thursday	4:30-5:30pm	Jan. 13-Mar. 10	\$45/8 wks
YOUTH GROUP: Come out and enjoy the fun, games, sports, snacks and an introduction to God. Host: Sam, Youth Pastor at BEMC.	Grade 6-8	Tuesday	7:00-8:30pm	Jan. 11-Mar. 1	Free



PARTICIPANT SICKNESS POLICY

If you or your kids are sick or not right,
Please **STAY at home** for the day and the night!
Return to programs when all are feeling well,
If you follow our policy, that would be swell!

WE NEED YOU!

Interested in other programs being offered? We are open to suggestions!
Want to lead or coordinate a program?
We need VOLUNTEERS!!! Contact info@breslau.org



FACT: THE ONTARIO GOVERNMENT IS BUYING SOLAR POWER FOR \$.802 PER KWH.

FACT: THE AVERAGE HOME OWNER CAN PROFIT 10-75K OVER 20 YEARS WITH AN INVESTMENT IN SOLAR ENERGY

FACT: CLOSE TO \$1,000,000 HAS ALREADY BEEN INVESTED IN BRESLAU ALONE!

**WILL BRESLAU BECOME ONTARIO'S
FIRST SOLAR COMMUNITY?**



Adult Programs

PROGRAM	DAY	TIME	DATES	COST
ADULT (19+) CO-ED INDOOR VOLLEYBALL (REC/NON-COMPETITIVE): Come out and join us for some fun. 6 on 6 traditional style game; self-officiated. Played at a premier sports facility ideal for volleyball, where the ceilings are high and the sidelines are ample. Coordinator: Sherri Benki: H: (519) 648-3467; C: (519) 404-4760; sherribenki@hotmail.com. (No games Feb. 20 & Mar. 13)	Sunday	5:00-10:00pm	Jan. 9-Apr. 10	\$50/individual OR \$400/team of up to 8 players (12 games)
BALL HOCKEY: Drop-in recreational co-ed ball hockey. Coordinator: Jeff. (No program Feb. 10)	Thursday	8:30-10:00pm	Jan. 13-Mar. 10	\$5/wk; 8 wks
BOOK CLUB: Meets the first Tuesday of the month at 7:00pm in the fireplace room. All book lovers welcome. The next book will be "Three Cups of Tea" by Greg Mortenson and David Oliver Relin. Meeting will be January 4th. Check Facebook (under "Notes") for up-to-date reading selections. Coordinator: Taryn. (Fireplace Room)	First Tuesday of the Month	7:00pm	Jan. 4	Free
CHESS: Join in with this All Ages group and hone your chess playing skills. Chess is a unique game in which age is not a barrier. Both adults and kids can join in and help each other out or just play some games together in a positive environment. Instructor: Patrick. (Fireplace Room)	Wednesday	6:30-7:30pm	Jan. 12-Mar. 2	\$15/8 wks
KARATE (ALL AGES): Join instructor Sensei Mary David, 4th Degree Black Belt, to learn the style of Goju Ryu Karate, one of the few styles recognized by the World Karate Federation. Instructor: Mary. (No program Feb. 10)	Thursday	4:30-5:30pm	Jan. 13-Mar. 10	\$45/8 wks
PHOTO GROUP: Share your passion for photography with like-minded individuals. Share ideas on photo composition, tips on getting the right shot, information about post-processing your digital images. This group is facilitated by Patrick McDonald, whose background includes Photo Arts at Ryerson, professional photography and he is currently a network, colour and application specialist with Xerox. (Fireplace Room)	Wednesday	8:00-9:00pm	Jan. 12-Mar. 2	\$15/8 wks

Hosting a Christmas Party but no venue yet?
Or, holding a business function but limited on space?

RENT the Community Centre!

Contact David Tidd at
519-501-9540 for more information



Breslau Animal Hospital
Welcomes You to the Community!
519-648-9738
Dr. Shirleen Guest and Associates

Full Service Animal Hospital
Puppy Classes
Pet Food and Retail
Cat Grooming & Much Much More

Fitness

Note: For all fitness classes, please download the [Par-Q form](#) from Breslau.org and bring the completed form to your first class (unless you handed in the form during the Fall session). If you handed the form in during the Fall session but your health has changed, you also need to hand in an updated Par-Q form. Thank you!

PROGRAM	DAY	TIME	DATES	COST
BOOTCAMP: Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you're after. Instructor: Deb. (No program Feb. 21)	Monday	7:30-8:30pm	Jan. 10-Mar. 7	\$40/8 wks
BOOTCAMP: Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you're after. Instructor: Deb. (No program Feb. 10)	Thursday	7:00-8:00pm	Jan. 13-Mar.10	\$40/8 wks
CORE ABS: This 30 minute class is sure to strengthen your abdominals and lower back. A great core workout! All levels. Instructor: Deb. (No program Feb. 21)	Monday	7:00-7:30pm	Jan. 10-Mar. 7	\$20/8 wks
CORE ABS: This 30 minute class is sure to strengthen your abdominals and lower back. A great core workout! All levels. Instructor: Deb. (No program Feb. 10)	Thursday	6:30-7:00pm	Jan. 13-Mar.10	\$20/8 wks
PILATES: Mat Pilates is a unique form of exercise that emphasizes the balanced development of the body through core strength, flexibility and body awareness. Develop leaner, longer muscles, improved balance and coordination with Pilates. Become a fitter you. Instructor: Kellie.	Tuesday	5:30-6:30pm	Jan. 11-Mar. 1	\$50/8 wks
POST-NATAL AEROBICS: This fitness class is designed with the new mom in mind. Come meet other moms while exercising with your baby! Instructor: Lynda.	Tuesday	10:30-11:30am	Jan. 11-Mar. 1	\$40/8 wks
TAI-CHI (LEVEL I): This class focuses on short and easy to learn exercises, empowering everyone to develop a rewarding 15 minutes daily program for health and stress relief. The core principles of the "15 Minutes to Health" program are detailed out and applied to QiGong, meridian stretching, and Tai-Chi. No prior fitness or Tai-Chi experience required. More information at: www.LeShiatsu.com . Instructor: Patricia. Note: 10 week program; beg. Feb. 9. (No program Mar. 16)	Wednesday	7:00-8:00pm	Feb. 9-Apr. 20	\$75/10 wks
TAI-CHI (LEVEL II): Intermediate students will learn the most practiced Tai-Chi form in the world: the Yang style 24 postures form. The instruction style remains the same: enjoyable warm-up exercises, drills to break down key principles, and lots of practice. Preferably for people who attended Level I a couple of times or more, however beginners are also welcome. More information at: www.LeShiatsu.com . Instructor: Patricia. Note: 10 week program; beg. Feb. 9. (No program Mar. 16)	Wednesday	5:30-6:30pm	Feb. 9-Apr. 20	\$75/10 wks
YOGA: In this introductory class you will explore the basic foundation, alignment and stability elements of yoga asana. Instruction in awareness and the breath will also allow you to explore the mind/body connection that is integral to this practice. Please wear clothing that is comfortable enough for you to move freely in. Instructor: Peggy.	Wednesday	6:00-7:15pm	Jan. 12-Mar. 2	\$55/8 wks
ZUMBA: Get your heart rate up and have some fun in this aerobic class inspired by Latin rhythms. Instructor: Sophie. (No program Feb. 21)	Monday	6:00-6:50pm	Jan. 10-Mar. 7	\$45/8 wks



Dettweiler's Sausage
2057 Victoria St. N. (at Woolwich)
Our Store is around back!

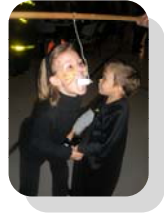
Pepperettes
100% Pure Pork Sausage
(no nitrates or fillers!)
Summer Sausage, Burgers
and more!

Events in Review



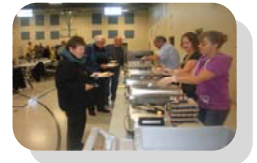
Spook-tacular Hallowe'en Party!

Both parents and children alike donned their costumes to take part in the Hallowe'en Party held on Saturday, Oct. 30th from 4-7pm at the Community Centre. At least 250 residents participated in this FREE event which included a piece of pizza, pop and bag of chips for each person. Whether eating doughnuts on a string, decorating a cookie, listening to Hallowe'en stories, guessing the body parts at the gross table or partaking in a variety of Hallowe'en themed games and crafts, participants had a Spook-tacular time! Thank you to the generous donation from Empire Communities and the BRA. A special thank you to the organizing committee and the volunteers that ran the various events; your enthusiasm and effort helped to make this such a successful event!



Community Breakfast

Residents enjoyed a mouth-watering feast on Sunday, October 17th from 8:30am-12:30pm at the Inaugural Community Breakfast. A full line-up of pancakes, bacon, eggs, sausage, hash browns, toast, juice, coffee/tea was served. Thank you to all those that helped to set-up, serve and clean-up; your assistance was greatly appreciated. Thank you as well to Dettweiler Sausage for your generous donation. Mark your calendars for the "Sweetheart" Breakfast on Sunday, February 13th; same time, same place.



Letter from the President

Hello everyone and Happy Holidays! I had a hard time writing this even though December is just around the corner.

We have had a busy fall with the Community Breakfast and the Halloween Party each bringing through the Centre doors over 200 people! I have enjoyed meeting new people and reconnecting with others during these events. Thanks to all of the volunteers that helped out at these events; without you, there would be no events!

We hope to continue one-time special events in the future. The next event is "Christmas in Breslau" (see the front page for more details)!

I hope everyone has a safe and happy holiday and I look forward to working off those extra pounds with you in the New Year!

Lisa Nadon, President

Board Members 2010-2011	Programming Committee Members	Needs & Wants Committee Members	Openings
Lisa Nadon – President	Kim Snyder – Chair	Jim Burton – Chair	Board Members
VACANT - Vice President	Marla Brooks	Bob Mader	Fundraising Committee
Jennifer Tremeeer – Secretary	Leda Dauria	Iva Mader	Special Events Committee
David Cowburn – Treasurer	Kim Dettweiler	Bob Slater	Program Coordinators
Jim Burton – Board Member	Carolyn Wilson	Jean Slater	Registration Coordinator
Dave Tidd – Board Member	Melissa Cowburn	Gloria Battler	
Julie Taylor – Board Member	Vanessa Mason	Dan Battler	Contact info@breslau.org to join!
Todd Brown – Board Member	Gloria Cardoso	Ray Bradley	
Kim Snyder – Board Member	Sherri Benki	Kim Snyder	
Patrick McDonald – Board Member & Website coordinator			

WHERE IN THE EMPIRE DO YOU WANT TO LIVE?

empirecommunities.com



Kids Craft Corner

Christmas Wreath Macaroni Art!

Looking for a winter craft idea? Try 'Macaroni Art'! All you need is a paper plate, glue, different styles of macaroni and an imagination! Children can arrange macaroni in a wreath and then spray paint it silver or gold and hang the artwork on a door or on the tree!



Fun Facts, Finds & Family Activities

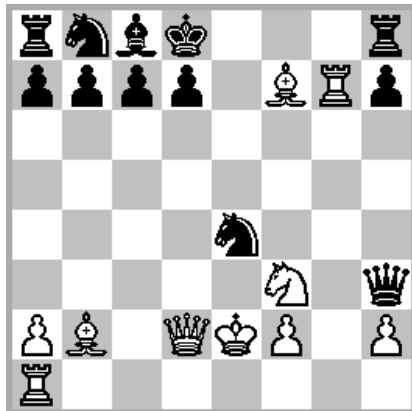
Memory Makers!

Here are five, inexpensive ways to create a new family tradition this holiday season:

- Hop in the car, put on some carols and drive around to see the lights
- Read a Christmas story every night for the last ten days before Christmas
- Make snow angels or build a snow fort with your kids. When it is time to warm up, build a cozy fire, make hot chocolate and roast marshmallows in your oven!
- Have each child select a new ornament for the tree that is meaningful to them
- Have a family night and play games, do puzzles and sing carols!

Chess Brain Teaser

White to move and checkmate in 2 moves:



Stay Connected!

Become a fan of the Breslau Recreation Association on Facebook or visit Breslau.org for up-to-date information on programs and events!

Needs and Wants

You Got It...We Want It!

Calling all unwanted 'stuff' lingering in basement and garages! Do you have items that are no longer needed but still have plenty of life left in them? The BCC is in need of the following items for programs:

- Children's toys, games, craft items
- Adult and kids books and magazines
- A bookshelf

Items can be dropped off at the Community Centre in the coat room or call Lisa at 519-648-9675.

Skating Rink at Breslau Public School!

We are looking for volunteers to help put up the boards for the skating rink as well as people to maintain the rink (i.e. flooding) throughout the winter.

Contact info@breslau.org for more details!

