

Alfred Haenchen

November

AGM—NOVEMBER 2013

Hello dear Neighbors, it is time again to meet a new board of directors for 2014!

It is mandatory that every member will be attending the AGM. This year we have 5 positions open and 5 candidates running—in turn, there is no voting for candidates.

The openings are 4 positions for a 2 year term and 1 position for a 1 year term. Members will vote on appointing who of the running board will carry out a 1 or 2 year term. Please join in November 22 at 7:00 pm at:

Beechwood Co-operative
Homes Inc.

Community Centre
693 Beechwood Dr.

Come early as parking within the complex is limited.

In the next pages you will meet the 5 newly running members of the board. Their names are:

Nawal El Magvari

Naila Aslam

Nelufer Ilyas

Elizabeth Reidt

Margarita Guenther

Following the meeting will be a potluck, feel free to bring and share your favorite dish and meet other members.



THANK YOU

I would like to extend a big thank you to those members who have served on the past board and some of which will run another term: Naila Aslam, Elizabeth Reidt, Nelufer Ilyas, Jennifer Price (resigned), Nawal El Magvari.

We hope you shared a positive experience and please know how very much we appreciate your time and effort.

NOVEMBER 2013

SPECIAL POINTS OF INTEREST:

- *AGM details*
- *Meet the new board*
- *Food for thought*
- *Healthy breakfast choices*
- *Banana 101*
- *Take a break from the screen*
- *Congrats to Nikaya Snell*
- *Stretch of the month*

Your candidate Naila Aslam, Unit # 3



My name is Naila Aslam,

I live in unit 3. I have been serving our community since I moved in, as a member of the member selection committee and also on the board as Vice President. I am quite confident that I will be an active board member as before, being on the board is always a pleasure.

Regards, Naila

Your candidate Nawal El Magbari, Unit #62



My name is Nawal and I currently live in Unit 62.

I have been living at the Alfred Haenchen Co-op for a little over 4 years now. I originally come from the Mid West in the United States and have grown very fond of Canada and this community as well. I have served on the board for the last 2 years and enjoyed every minute of it. I hope to contribute to this community in the best way possible and remain an active member for as long as I am here.

Your candidate Margarita Guenther, Unit # 10



I have lived in the Alfred Haenchen Co-op since June 2008 with my four children Lisa, Peter, Agatha, and Eva. The oldest three have been on and off living with me. I do enjoy living here, and I have previously been on the board from 2010 to 2012. Since I am getting back on the board I would

like to get to know more about Co-op living and be more involved; I must admit a couple years I wasn't involved as much as I would have liked, because of work related issues.

Margarita Guenther
Unit # 10

Your candidate Elizabeth Reidt, Unit # 11

As a member of Alfred Haenchen Co-op for the past 12 years, I have enjoyed being part of a community that places so much importance on cooperation and diversification. A longstanding member of the Member Selection Committee, I have had the privilege of meeting many of our future members through the interview process. I have also been a member of the Board for the past two years and in that capacity, have gained knowledge of some of the basic rules, policies and by-laws so important in the day to

day operation of the co-op. I look forward to continuing to work with other capable members of the Board in carrying out these duties with the highest standards of confidentiality and professionalism.

I have three sons, Joe, Tom and John who have called Alfred Haenchen home at one time or another over the past 12 years.



Your candidate Nelufer Ilyas, Unit # 24

My name is Nelufer Ilyas, I look forward to joining the board of directors again for another term for 2014.

I have strong communication and leadership skills and I would like to give back to the community.

Board members should set an example to the membership. I am very friendly and understanding.

My family information is: I am married and have four children—two sons and two daughters.

Two of my children are living with me and two are living in Toronto because of their studies.

Thank you



WHETHER YOU ENJOY A LEISURELY BREAKFAST EVERYDAY OR HAVE A HARD TIME GETTING OUT THE DOOR ON TIME, IT IS IMPORTANT TO EAT SOMETHING HEALTHY IN THE MORNINGS RATHER THAN HITTING THE DRIVE-THRU OR GRABBING A DONUT. SET YOURSELF UP FOR SUCCESS BY PLANNING AHEAD AND FILLING YOUR KITCHEN WITH HEALTHY OPTIONS.

Planning ahead for a healthy breakfast

Try stocking up on these tasty items to make mornings easier:

Eggs: a nutrition powerhouse perfect at any meal

Frozen fruit: add to smoothies or oatmeal

Frozen whole grain waffles: top with fruit and unsweetened nut butter

Greek yogurt: a great way to get your morning protein, buy it plain and sweeten with fruit and honey

Greens: greens like spinach and kale add nutrients to smoothies, or a side salad to your eggs

Healthy cereal: great to have on hand, be sure to choose a high fiber, low sugar variety

Milk of your choice: almond, rice, soy or dairy, make sure to keep some on hand

Muffins: bake a healthy recipe ahead and freeze individually to grab and go

Steel-cut oats: perfect to prepare in advance on the stove or in a slow cooker

Unsweetened nut butter: add to toast or a smoothie



BANANA FOR BREAKFAST ANYONE?

After reading this, you'll never look at a banana in the same way again. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But read on to find more great help from our favorite fruit.

DEPRESSION: folks suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier. **PMS:** The vitamin B6 it contains regulates blood glucose levels, which can affect your mood. **ANEMIA:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia. **BLOOD PRESSURE:** This tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure.

BRAIN POWER: eating bananas at breakfast, break, and lunch when going through exam will boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert. **CONSTIPATION:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the prob-

Banana..a day

lem without resorting to laxatives. **HANGOVERS:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system. **HEARTBURN:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

MORNING SICKNESS: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness. **MOSQUITO BITES:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation. **NERVES:** Bananas are high in B vitamins that help calm the nervous system.. Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.



See next page

Take a break from your screen in 2013 — Ergonomics

With winter slowly fading into the background and spring approaching, it's a great time to take an inventory of our daily habits at work. It's our chance to be proactive in creating a healthy environment for ourselves, embarking on positive habits that will boost our energy and efficiency.

From an ergonomics perspective, the first step to a healthy workstation is to ensure that it's set-up correctly. To learn more about how your workstation stacks up, check out our Wellness Matters self-assessment tool. In every ergonomics session I facilitate, I remind employees that even if they have perfect posture while sitting, that posture isn't ideal.

I constantly encourage them to ensure they take micro breaks throughout the day, standing up at their workstations, or taking a walk to the water cooler for a drink. If this is done often enough, it will also lead to regular wash-room breaks. Yet another reminder to get up and move! I realize this is easi-

er said than done, but with a focus on taking care of our bodies and staying healthy in 2013, it really is an important habit to get into. More and more studies are unanimous in the

come inactive, which in turn slows our metabolism because of the limited amount of energy these inactive muscles require. The list of negative effects is indeed lengthy. But rather than scaring everyone into getting up from their desks, I want to highlight a few of the overall health benefits that taking short breaks throughout the day can have.

Here they are: 1. Increased metabolism and circulation 2. Better posture and core strength 3. Decrease of lower back, neck, shoulder, and wrist

pain

4. Increased oxygen flow to the brain Taking that short break each hour can re-energize us mentally and

physically, making us healthier individuals and more productive employees.



message that prolonged sedentary behavior is having a detrimental effect on our health in

a number of different areas. Sitting for extended periods of time can affect everything from our mental health, to our musculoskeletal and cardiovascular systems.

When we sit, the majority of our major muscles be-

SO, WHATEVER YOUR WELLNESS GOALS ARE THIS YEAR, START BY TAKING A BREAK FROM YOUR SCREEN IN 2013. YOUR BODY WILL THANK YOU.

more about Bananas

TEMPERATURE CONTROL: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature. So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has **FOUR TIMES** the protein, **TWICE** the carbohydrate, **THREE TIMES** the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, '**A BANANA a day keeps the doctor away!**'



The next time you need to take a break, try releasing some of the tension with Josh's lower back stretch!

- Stand up in front of your desk and with your feet shoulder width apart, and place your hands on your hips.
- With your waist/lumbar spine as the axis point, slowly lean your upper body backwards until you feel a slight stretch and hold for 10-20 seconds while exhaling.
- Return to starting position and repeat 3 times.
- This can be done multiple times throughout the day, and helps to restore the natural curve of our lumbar spine that flattens out as we sit for prolonged periods, and our posture deteriorates.

Congratulations Nikaya

Tuesday, October 1, 2013 | WATERLOO REGION RECORD | Local, B3



PETER LEE, RECORD STAFF

Scholarship awards

Local black students now in university recently received scholarship awards offered by the Congress of Black Women and the Caribbean association.

Winners included (from left) Rickyonee Richards (Congress Chloe Callender Award), Destina Matrasingh-Williams (Lauris daCosta Scholarship Award), Jenelle Case (Congress Chloe Callender Award), Jacqueline Okot (Congress Chloe Callender Award) and Nikaya Snell (Congress Chloe Callender Award). Absent from photo is Ashley White (Leib Pillersdorf Scholarship Award).

I am excited to share this—Nikaya is a member of our cooperative. Nikaya won the Chloe Callender Award for academics, leadership and community involvement. She's in her first year at the University of Ottawa studying for a Bachelor of Applied Science in Biomedical Mechanical Engineering and a Bachelor of Science in Computing Technology. She was also awarded a national BBPA Scholarship (the Cadillac Award of Excellence in Engineering), a University of Ottawa admission scholarship and a Faculty of Engineering Memorial Scholarship.



Food For Thought....



Lemon Water
(hydrates the brain,
fights inflammation and
fatigue)



Walnuts
(antioxidants and
omega-3s help brain
performance)

Hard Boiled Eggs
(yolks contain choline,
important for production
of neurotransmitters)



Blueberries
(contain powerful
antioxidants that
improve memory and
motor skills)



Broccoli Florets
(rich in Vitamin K and
antioxidants important
for brain function)



Hummus
(helps maintain a
steady supply of
glucose to the brain)

Grape Tomatoes
(contain lycopene, an
antioxidant important
for brain health)



Avocados
(important for myelin
production; speeds up
information processing
in the brain)



The listing here are the 8 best snacks to keep you alert and give you brain power.

Don't stop at one! Include a couple of the foods in your snack to double your brain boost!

ALFRED HAENCHEN
COOPERATIVE

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WE'RE ON THE WEB
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Dear Neighbors,

another year has past by and a new board will start to meet. It is important that all members attend the AGM so that you meet the members who are running for the next board of directors on vote on the term length they individuals are serving.

In regard to newsletters, the aim is to bring out a newsletter on a quarterly basis, for 2014 this will be February, May, August and November with November always focusing on the AGM. I hope this read finds you well.

Your Editor
Doris Hammond



Candidate Night - November 6

