


Wing Beats



Monthly Supplement for the Chrysalis Community

Issue No. 44 Apr-Jul 2017

New to Chrysalis - Please Welcome Daria, Jon, Sheila and Rob!

It's official. Daria, Jon, Sheila and Rob C. have become part of our Chrysalis community. Daria completed Fundamentals in July and Sheila is expected to complete the program in September. Please give them all a warm welcome when you see them. Do you have anyone you want to invite to Chrysalis for an introductory workout? Available any Saturday at noon for your friend(s) and family member(s). All are welcome!



Upcoming Events & Reminders

- September Fall Challenge - Sept 5th to October 4th (see poster p. 7)
- Sept 4th - Labour Day, Closed
- Oct 9th - Thanksgiving, Closed
- December 25th & 26th - Christmas & Boxing Day, Closed
- Jan 1st - New Year's Day, Closed

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The Case Against Sugar

Book Summary

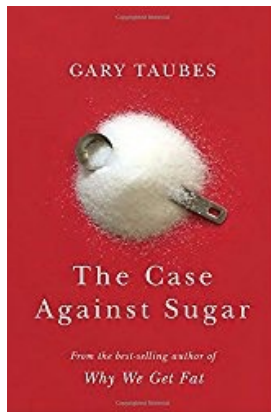
Gary Taubes, investigative journalist extraordinaire, has done it again with his latest book **"The Case Against Sugar"**.

The book is extensively researched and includes both a historical account of sugar's increasing importance to the world economy and its increasing prominence in our day-to-day lives, including the impact it has on our overall quality of life.

The book's argument is straightforward: sugar, in all its forms, is the root cause of diabetes and obesity, just as smoking is the root cause of lung cancer. The reason? Sugars of all types cause "unique physiological, metabolic, and endocrinological [aka hormonal]...effects in the human body that directly trigger...disorders [and diseases]."

What diseases appear to be caused by sugar? Hang on to your hat because the list is surprisingly long:

- Obesity
- Diabetes & insulin resistance
- Dementia & Alzheimer's
- Fatty liver
- Hypertension (high blood pressure)
- Cardiovascular disease



Continued on page 2.



Congratulations to Chelsea and Jamie Korstrom!

We're so pleased to be able to share pictures from Chelsea and Jamie's wedding and honeymoon. The happy couple tied the knot on May 21st. From hearing the engagement story to the ceremony and finally to honeymoon highlights, we thank them for including us in this important time in their lives.



Chrysalis

by Mike Johnston

On June 6th, H el ene attended the TEDxWinnipeg conference. While all presenters made it a great day for learning, one talk in particular spoke to her.

Mike Johnston, an award-winning slam master poet—among other pursuits—[shared the poem below](#) with the audience and has agreed to let us share it with you here. Enjoy!

In Chrysalis the risk is immense, but this is how community becomes butterfly strong.

You cannot be broken-shell born into the potential of soft wing flight of new heights without first counting the caterpillar feet that have kept you connected to the tangle of old branch ideas that bare leaves you know the taste of.

Community is butterfly struggle.

But there is choice in the breakdown of you in sensing the season of yourself, of silkworm movements turning slow.

You will know the call of winds that smell of budding possibilities and trees that can only be reached if you metamorphosize your make up and take up the challenge to become new species for the sake of something far bigger than self.

Community is cocoon.

It is enveloping and heavy and you will wear it as the chemistry of connections lessens the bonds of your solitary segments enzymes and times of transition that will allow you to break your body down to the core of you, allowing you to ready yourself to become things you could never have been alone.

You are home in the wrapped walls of belief built together, the pheromones of butterflies that came before you, listening for their selves to spill out of your antennae, because they know that community communicates, community disagrees, community is frustrating. Community is exhausted in expectation, the give and take of who we've always been broken upon by waves of who we need to be.

Community is evolution.

Community is in an almost constant state of Chrysalis and yes, the risk is immense but so is the reward.

It is butterflies that taste through their feet because anything's as sweet as the struggle nectar of forward movement of the paper-thin wings thick with possibility because community is butterfly strong.



The Case Against Sugar (cont.)

- Cancer
- Stroke
- Polycystic ovary syndrome (PCOS)
- Rheumatoid arthritis
- Gout
- Retinopathy & neuropathy (damage to the retina & nervous system)
- Varicose veins
- Asthma
- Irritable bowel syndrome & Crohn's

Why are these diseases more common and still increasingly so in Western society and increasing at breakneck speed in the developing world? Access to ever cheaper sources of sugar.

As the processed white stuffs like sugar and ultra-refined flour make their way into every person's regular diet, these chronic diseases make their way into what society considers "normal" aspects of growing old: disability and disease. However, various traditional tribal communities around the world are proving that increasing girth and increasing blood pressure among others are *not* given aspects of the aging process. The likely culprit? The deleterious effects of our steady and increasing sugar consumption.

Why hasn't science been warning us of this cause and effect? The reasons are various, including the sugar industry's strong influence on research and government policy and the powerful staying power of two hypotheses that do not hold when rigorously tested:

- Calories in, calories out — this law of thermodynamics ignores the impact that sugars have on our endocrine system, making it increasingly difficult to lose weight
- Fat causes diabetes — perpetuated because diabetics are often obese

Unfortunately, we've become obsessively hooked on the stuff. It's more powerful than cocaine, so difficult to cut back on that we consider it an absolute necessity (even during the Great Depression) and it's associated with so much we hold dear: special events, treats, love and affection.

Still not convinced? I would ask you to consider one aspect of sugar consumption that we have long appreciated: sugar is a leading cause of caries (cavities). How can something so destructive in our mouths not be causing harm in other parts of our bodies. Indeed, a strong relationship between dental health and heart disease has been established for some time in mainstream media. It's worth considering the solidity of Taubes' hypothesis and the substantial research that bolster his conclusion: sugar plays an important role in the development of most chronic conditions.

For further reference: We've also previously featured another book by Gary Taubes, "**Good Calories, Bad Calories**" in our **12th issue of this newsletter**, released in April 2013. We think that, though both are very good books, this one is superior.

5-Year Anniversary BBQ

Thank you to everyone who attended the BBQ on July 26th to celebrate five years of classes in our now-not-so-new space. Started in 2009, we were focused on personal training and officially moved to coaching fitness classes in May of 2012, after having renovated the garage into a larger training facility than our original space in the basement.



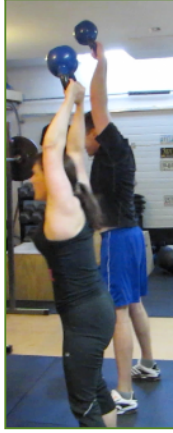
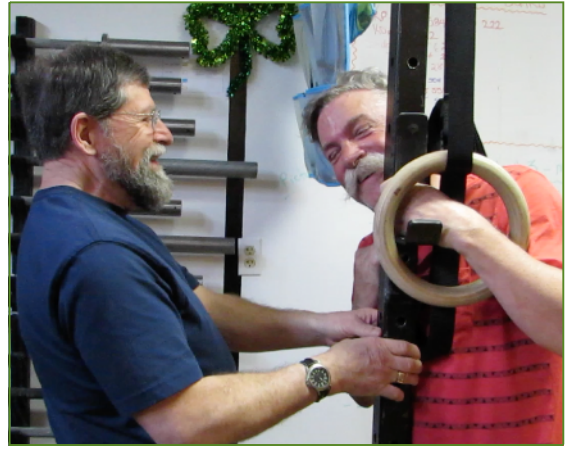
Krista & Luc assembling the rig early 2012.

What we didn't expect from this physical space and training format change is the growth of a vibrant and dynamic Chrysalis community. It's this community that fuels us to love and continue to do what we do every week: work on becoming "better than yesterday." You are the heart and soul of Chrysalis and, more importantly, a great group of friends.

Chrysalis Physiques would simply not be what it is today without you all. In truth, *you* are what makes Chrysalis a great place to be. Big hugs from us to you all. Here's to another five years!

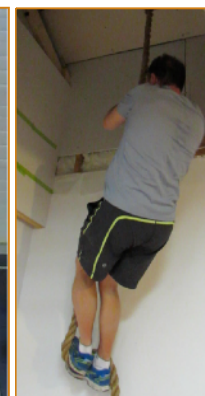
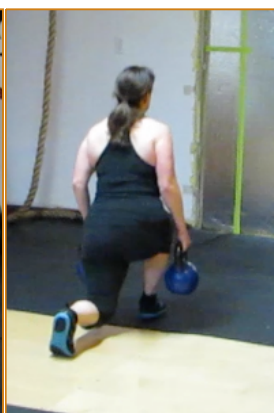
April Photo Box

Want more?
Go to **WOD Pics**.



May Photo Box

Want more?
Go to **WOD Pics**.



PR Board - April & May

Congratulations to 9 Chrysalis athletes for setting new PRs:

- Lise, Chelsea - Hand Stand
- Laurie - Bench Press
- Danielle and Brett - 1-arm Dumbbell Split Jerk
- Wayne - Back Extension
- Griff - Walking Lunges
- Jamie and Lise - Back Squat
- Karlene - Rowing

