

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 13 May 2013

Burn Ins

Congratulations to Larry for completing Burn In Foxtrot.



Our next Burn In Intro Classes start June 10th and/or June 11th.

After June, Burn In classes will resume at the end of the summer, right after the Labour Day weekend.



June Challenge

We have announced our June "Healthy Lifestyle Challenge". As always, the community whiteboard and our member FB group will be our main tools to track our progress along the way.

Are you in?

See p. 4 for challenge details.

Our 1-year Anniversary a Success!

We celebrated our 1-year anniversary on May 11th. A significant event highlight was, wait for it...BURPEES! It was an amazing afternoon spent with our family and friends. We had a chance to do a bit of a "year in review" and share many great experiences over the past year. See p. 3 for a recap of events.

Wing Beats is produced by:

Chrysalis Physiques
Chrysalis CrossFit
chrysalisphysiques.com
chrysaliscrossfit.com
46 Georges Forest Place
(204) 233-1000



Visit our community:
facebook.com/ChrysalisCF



Pot Gardening



On Wednesday, May 29th, Suzanne Hoard walked us through the finer points of how to prepare and care for our own container garden project.

By the end of the evening, we had created beautiful container gardens filled with tomato & pepper plants, rosemary, parsley and basil, and we could hardly wait to "dig in".

The information sheet (pictured below), provided to members in attendance, is available to anyone interested. Ask us for a copy and we will happily send it on!

Pot Gardening

Build your very own organic tomato and herb garden. All materials supplied.

COME GET DIRTY!

Learn to Container Garden

DATE: Wednesday, May 29, 2013

WHERE: 46 Georges Forest Place, Chrysalis CrossFit

TIME: 7:00pm - 8:00pm

COST: FREE admission, \$10.00 for each pot and plants. Member \$5 (limited quantity, reserve yours today!)

SEATS: By email at chrysaliscrossfit@chrysalisphysiques.com or by phone at (204) 233-1000 for details. Max 25.

Chrysalis CrossFit



Picking Ripe Fruit & Herbs

Picking ripe fruit:

- Your tomatoes are ready when they turn bright red, often a deeper colour than what you see at the store, so be patient. Your taste buds will thank you.
- Peppers ripen differently, depending on the varietal. Your peppers will either turn deep green or bright red. If you see hints of red, leave them to be fully ripen.

Herbs:

- Let your parsley and basil grow to a good size (4-6 inches), then cut off what you want to use for cooking, while ensuring you leave enough behind for the plant to replenish itself (ensure there are still plenty of leaves left).

Enjoy your pot garden and thank you for participating this evening!

"HOW TO" S

Below are the materials and high level step by step instructions needed to set up your very own container garden.

Now that you have your pot garden set up completed, here are some tips and tricks to ensure you keep your plants healthy and happy.

SEEDLINGS	POT PREP	SUNLIGHT	FULL SUN
<p>If you are growing your tomatoes from seed, ensure each tomato is in its own pot to ensure its stem grows strong.</p> <p>Use clean pots with holes at the bottom for drainage. If you are reusing pots, it's best to wash them using a scrub brush to minimize the risk of cross-contamination. The pot should be large enough to accommodate the arrangement you are planning based on the plant's full grown size.</p>	<p>Use paper towel or landscaping fabric to line the bottom of the pot to ensure the soil does not drain out of the pot when you water. Add a layer of small river rock at the bottom of the pot, over the paper towel or landscaping fabric. 1-2 inches will do.</p> <p>Add quality, fresh soil to the pot. The soil level should be the amount of soil needed to allow you to easily plant and then cover with additional soil to secure the plants.</p>	<p>Your pot should be in full sun* where they will grow at their best.</p> <p>*This tip is based on plant selected at the pot gardening seminar. If you only have access to a shaded area, choose plants accordingly.</p>	<p>Fertilize the plants often with a weak solution. It's best to fertilize often rather than all at once, as it's easier on the plants and you avoid burning them with stronger feed. Water when dry but do not wait until plants wilt. You can check how dry your pot is by pushing your finger in the soil to the second knuckle. If the soil is dry at the tip of your finger, it's time to water. Water to a depth of about 2 inches, which simulates wet rain watering. Careful not to water too profusely. An overwatered plant may rot and die.</p>
LAYERING	SOIL	FERTILIZING	WATERING
<p>Arrange the plants to ensure you have at least 4 - 6" between plants, depending on their size. You can arrange the larger and smaller plants in tiers, making the greatest use of the pot size you have. We are arranging our pot with the tomato plant a bit higher up (tiered) so that it has as much room to grow as possible and the smaller plants below will have more room of their own and more access to sunlight.</p>	<p>Water well, but do not soak (see watering tips at right).</p>	<p>Tomato plants have a central stem, with branches growing outward. However, your tomato plant will also develop suckers between the branches and the main stem. These should be removed to ensure the fruit the plant produces grow bigger and better. Once you feel that the tomato plant has reached it's maximum height (about 2ft) it's better to prune the top as well to ensure the plant's energy is focused on fruit production, as opposed to growing even taller. The resulting shorter vines will grow stronger and healthier.</p>	
PLANTING	WATERING	PRUNING	TOMATOES

Before and After

This is likely the first of many similar features in Wing Beats. Personal transformations, such as those featured below, are important to celebrate.

Congratulations to our first ever Burn In group, Burn In "Alpha" for the significant positive changes they have made over the past 11 months.



From left to right: Heather Thomson, Lise Villeneuve, Nicole Vinet, Karlene Johnston

Alpha dove right into CrossFit in May of 2012 and surrendered to the experience, knowing little to nothing about this "CrossFit thing". Much credit goes to anyone who jumps into any fitness program and even more credit goes to anyone with the wherewithal to see it through for a whole year! Well, these ladies took it to a whole other level. In addition to following through on the commitment to attend on a consistent basis, despite the availability of many very legitimate excuses (work, medical conditions, soreness, personal commitments), this group also tackled all CCF nutrition and fitness challenges throughout the year.

Their results speak for themselves:

Heather, aka Ruthless, responsible for leading the charge in creating Burn In Alpha by convincing Karlene and Lise to take the plunge, has leaned out and increased her strength considerably, reaching her goals of looking and feeling better.

Lise, aka Pieces, has managed to increase her strength, joint health and now fits into clothing on the "smaller side of the closet". Best of all, her body is giving her way more "good days"!

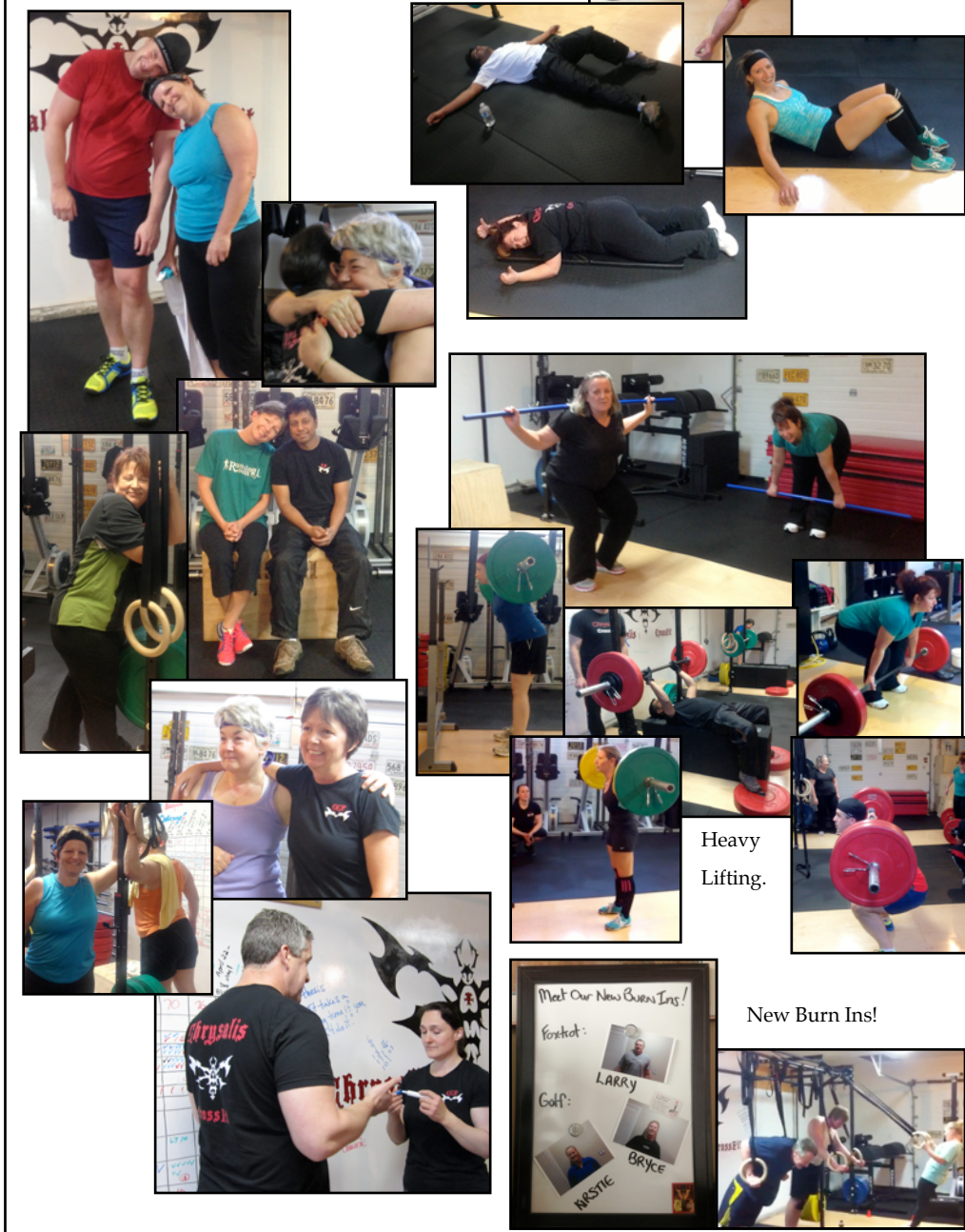
Nicole has always been active and, despite having a tough year, has slugged it out on her own while keeping in touch with the CCF community. Nicole is pleased with her progress and is hungry for more.

Karlene, aka K-Dog, has gained strength and confidence in the gym, and a great roar when lifting heavy. She feels younger and is hardly recognizable to some who have not seen her in a while.

We could not be more proud of the accomplishments of Burn In Alpha and wish the "Fab Four" all the best in the upcoming training year. Good luck in pushing through your next set of goals, both inside and outside the gym.

Photo Box for May

Below is a collection of the best photos (or pictures that tell a story, right Brett?) for the month of May, other than our anniversary pics on the next page, of course!



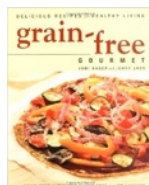
After the WOD.

Heavy Lifting.

New Burn Ins!

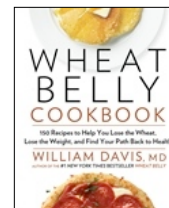
New Library Items

We have 3 new library items available for the month of June to add to our growing collection of over 40 books available for checkout: Grain-free Gourmet, Wheat Belly and the Wheat Belly Cookbook. As a reminder, Wheat Belly served as the basis of our January "Fresh Start" Challenge.



The Wheat Belly Cookbook is full of easy-to-follow recipes, just in time for BBQ season.

Some recipes we are looking forward to trying this summer include: Green Bean Casserole, Zucchini Gratin, Kansas City-style BBQ Sauce, Creamy Pesto Dressing, Trail Mix Bars, and Chocolate Coconut Ice Milk.



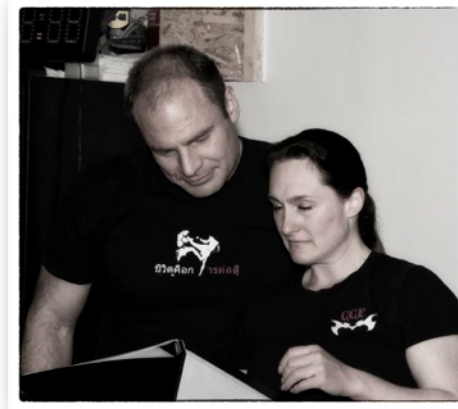
We hope you will enjoy these additions and look forward to adding more over the coming months.

Chrysalis CrossFit's 1-year Anniversary a Success

Thank you to all members, family and friends who joined us for our 1-year Anniversary celebration on May 11th. We were touched by everyone's support in making our first year as a CrossFit gym a memorable one. You are the reason this CrossFit box is what it is today and we are grateful. A special thank you to Max Wheaton and Nicole Vinet for providing us with pictures of the event, great reminders of the day for years to come. The pictures below and the event album on Facebook would not have been possible without your help.

Here are the highlights of the fun-filled afternoon we spent together. Enjoy!

Sincerely, Luc & H el ene



Burpee Challenge OVER!

Friends and family drew random cards from the deck to determine the value of each of our burpee sets and cheered us all on as we finished our last day of the 100-day Burpee Challenge. We are certain that everyone breathed a sigh of relief upon completion of the LAST BURPEE! There won't be another one of those challenges for a while...

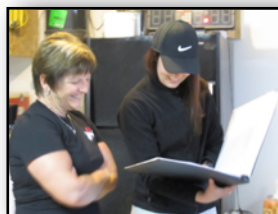


Other Event Highlights



Thanks to Krista and Peter for the amazing cake from the Sweetery. It was yummy and gluten free too!

Brett and Tina surprised H el ene with the famous "garage shirt" now proudly displayed at CCF.



Members offered a compilation of their stories to CCF coaches.

Heather, Lise and Karlene show off their hard work.



FAQ Slide Show

We played a slide show presenting Chrysalis fun facts and a year in pictures to recount countless stories, including the "Who We Are" slide.

Each of the pictures below was specifically chosen because it has a story to tell. Do you know all of them? If not, ask and we'll be happy to fill you in.



Event Poster



CCF's Healthy Lifestyle Challenge



Ready for a Lifestyle Challenge this June?

We know that we need to take care of ourselves (exercise and nutrition). It also means we need to stay in tune with what our body needs in other aspects of life as well: quality sleep, social connections, time for play.

For June, we invite you to select a daily lifestyle challenge and work from June 10 to June 30 to either make it a habit or simply learn from the experience. Need some ideas? Why not start a small garden, sign up for a new sport, turn off the TV, schedule family activities, get 7-8 hours of sleep nightly, or prepare meals at home. Most importantly, make it fun!

June 10 to 30th = 21 days. Are you in?

