

SRC NEWSLETTER

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SKAGWAY RECREATION CENTER (SRC)

Gratitude

The quality of being thankful; readiness to show appreciation for and to return kindness.

Our daily lives are filled with household chores and numerous tasks that keep us occupied throughout our days. Most of us have jobs that we spend many hours a week at, children to take care of, family members to tend to & friendships to maintain. All of these things can keep us so duty oriented, that as individuals we can become physically and mentally drained. Before we know it, we're so worn down that we forget to take a step back and express gratitude for the all the great things that can often deplete our energies.

You can tell right now how much you have actually used gratitude in your life. Just take a look at all the major areas in your life right now: money, health, happiness, career, home, and relationships. The areas of your life that are abundant and wonderful are where you have used gratitude and are experiencing the greatness as a result. Any areas that are not abundant and wonderful could very well be due to a lack of gratitude.

When you're not grateful you simply cannot receive more in return and essentially block good things from coming into your life. You stop the flow of better health, better relationships, more joy, more money, and the advancement of your job, career, or business. To *receive* you have to *give*. Gratitude is *giving* thanks, and without it you cut yourself off from *receiving*.

The bottom line of ungratefulness is that when we're not grateful, we're taking things in our life for granted. When we take things for granted we are unintentionally taking from ourselves. The law of attraction says that *like* attracts *like*, so if we take something for granted, we will be taken from as a result.

Most certainly you have been grateful at various times in your life, but to experience incredible goodness and cause changes in your life, gratitude needs to be practiced daily.

- Deliberately think and say the words, *thank you*.
- The more you deliberately think and say the words, *thank you*, the more gratitude you feel.
- The more gratitude you deliberately think and feel-- the more abundance you receive.

When you discover how little practice it takes, how easy it is to incorporate gratitude into your daily life, and when you see the results for yourself, you will never want to return to a life of ungratefulness. Can you overdo gratitude? Never! Can your life become too amazing? Absolutely not! If you practice gratitude a little, your life will change a little. If you practice gratitude a lot every day, your life will change exponentially.

Great American Smoke Out

Thursday, November 16th

If you can quit for a day,
maybe you can quit forever....

According to the American Cancer Society, here are a few of the benefits of quitting.

Within:

20 Minutes

Blood pressure decreases, and the pulse slows to its normal rate. Temperature in the hands and feet increases to normal.

8 Hours

Carbon monoxide level in the blood drops to normal, and oxygen level increases.

24 Hours

Breath, hair and body stop smelling like smoke. The chance of having a future heart attack starts decreasing.

48 Hours

Damaged nerve endings begin to recover. As a result, sense of taste and smell begin to improve.

72 Hours

The body is virtually free of nicotine. The bronchial tubes relax, making it easier to breathe.

2 Weeks to 2 Months

The lungs can hold more air. Exercise becomes easier. Circulation improves.

1 Month to 9 Months

Coughing, congestion, fatigue, and shortness of breath decrease. Cilia are better able to clean lungs and prevent infection. Overall energy increases.

1 Year

The risk of coronary heart disease is cut in half.

5 Years

The risk of having a stroke is reduced to that of a nonsmoker.

10 years

The risk of developing lung cancer is cut in half. The risk of other cancers decreases significantly.

15 years

The risk of coronary heart disease drops, usually to the level of a nonsmoker.

Did you know smoking a pack-a-day costs approximately:

- 1 day - \$9.50 = Lunch
- 1 week - \$67.00 = Night Out
- 1 year - \$3,468 = Trip to Europe
- 10 years - \$34,680 = New Car



Emperor Scorpion



African Black Mamba



Black Widow Spider



Cigarette



Peruvian Giant Centipede

Which one is the deadliest killer?

Without a doubt, it's the cigarette. In the time it takes to read this ad, cigarettes will have killed another person. That's one death every 6.5 seconds.

Kids Yoga Classes BEGIN IN DECEMBER!

Yoga helps kids to:

- Develop body awareness
- Learn how to use their bodies in a healthy way
- Manage stress through breathing, awareness, meditation and healthy movement
- Build concentration
- Increase their confidence and positive self-image
- Feel part of a healthy, non-competitive group
- Have an alternative to tuning out through constant attachment to electronic devices

Here's what your kids can expect to learn in yoga class:

1. Awareness of the breath

Breathing exercises can energize kids or encourage relaxation, depending on what type. Different games and techniques are taught to help kids connect to how their bodies feel as a result of deep breathing. Focus increases, as does their breathing and lung capacity. Stress is naturally reduced and healthy hormones are released.

2. Strengthening and energizing

Many think that yoga is great for stretching, but doesn't build strength. Talking about the different muscles used in poses and incorporating games and sequences will help your child build strength as well as body awareness and coordination. Bodies that are strong digest food better, maintain a healthy weight and can support the stress of carrying heavy loads, like a backpack.

3. Balancing

Balancing poses teach children that with increased focus, you can increase attention naturally, even in kids who struggle with different attention challenges. Poses and games focused on balancing skills, develop an intrinsic strength, evoke a meditative feeling, and promote stillness and quieting of the mind. This can help kids deal with the stress of living in a chaotic world where constant stimulation is a regular part of life.

4. Stretching and lengthening

It's great for kids to be strong, but a body that's only based on strength has no way to yield under pressure. Strong muscles without accompanying flexibility can't move quickly, pulling on bones and joints. Yoga poses stretch muscles and through integrating breathing and movement, muscles become warm and become more flexible. They can yield when they need to, and support tender joints in a more functional way.

5. Awareness and focus

Yoga helps create awareness in the body through deep breathing and movement. It gives kids a way to build a strong connection between what they hear and what they do. Children that have healthy body awareness are more confident and strong, have better posture, breathe better and have a sense of quiet strength.

6. Flowing, connecting and integrating

When we string poses together, we give kids a taste of what it means to move with ease. It also helps them build the awareness that all our movements are a series of coordinated efforts between muscles, bones, joints and nerves.

7. Meditation and relaxation

Yoga is meditative by nature. So whether a child is holding a balancing posture, sitting in meditation or moving through a series of poses, there's going to be a calming, soothing quality.



Mom (or Dad) and Me!
Infant and Toddler Yoga with Richelle

BEGINS DECEMBER 7TH
Thursday's at 9:30am

Toddler Tumbling
with Richelle

BEGINS DECEMBER 5TH
Tuesday's at 9:30am



CLOSED

Friday, November 10

Thursday, November 23

Friday, November 24

Happy Thanksgiving

Skagway Recreation Center (SRC)

Main and 13th Avenue PO Box 868

Skagway, AK 99840

907.983.2679 phone

www.skagwayrecreation.org

FULL TIME STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Dena May, Recreation Worker

d.may@skagway.org

Elizabeth Tyson, Recreation Worker

j.tyson@skagway.org

Richelle Lyttge, Rec Center Assistant

r.lyttge@skagway.org

PART TIME SEASONAL STAFF

KayLynn Howard, Assistant

k.howard@skagway.org

Therse Masellis, Assistant

t.masellis@skagway.org

Hannah Clark, Assistant

h.clark@skagway.org

ADVISORY BOARD MEMBERS

John O'Daniel—Chair

Beth Smith Cory Nelson Mary Thole

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