

Faith Stricker's the Marsh Monthly

Volume 22, Issue 10

October 2007



Balance Bylines

By Ruth Stricker

The Trapeze Artist...

In order to maintain momentum you have to let go of one and have faith that there will be another one to take its place. There is a terrible moment of fright when you have to let go of the old, and the new is not yet there to grab hold.

D.M. Noer

Change is good. Change can be frightening, and at the onset it can even be a bit disappointing... but there is always another trapeze bar to reach for out there.

While you may now be applying the above metaphor to changes in your life, it is a specific Marsh annual event that I address today.

We are discontinuing The Marsh Turkey Trot after 22 wonderful years. Always held on the first Saturday in November, it meant competing, running, walking, volunteering and prizes to some of you. For others, it was a day to avoid coming to The Marsh due to traffic, crowds and parking problems! In the early days this was the last race of the season and we were so proud of being "Minnesota hearty" in the cold, sleet, ice and snow. We could see our breath while wrapped in scarves and mittens and "cool" Turkey Trot sweatshirts.

But times have changed—perhaps along with the weather. There are now numerous runs and "turkey" events in our metropolitan area which prompted our staff to use their extensive time and energy in a more

purposeful community event. Thus, on November 3rd, the same time of year, we will premiere "Ecology in Motion," a fun day of activities celebrating our environment and addressing ways of preserving it. Yes, there still will be a 5K run, in addition to nature walks, a pet walk, relays for the kids and an Ecology Fair. What could be more Marsh-like than honoring the marshland and woods that surround us and are an important component of our health and well-being!

If you notice our tagline: "Progressing Toward a Greener and Healthier Life," I wish to point out that **progressing** is the key word. The do's and don'ts, the rights and wrongs of being "green" are continually evolving and we, The Marsh as a building and community are continually struggling and striving to become better caretakers of the earth.

This day will be for fun, celebration, and community. There will be no preaching, guilt or sanctimony. As Randy Paynter, CEO of Care 2 says of ecology, "Most people really do want to do better, but they don't know where to turn or feel it's too difficult. What we find is when people get involved, even at a simple basic level, they realize that they've done something good and it feels good... and when they feel empowered, they want to do more."

We hope you, your family and friends will join us for this day and carry the "feel good" spirit right through the holidays with us. We are a small planet and we need to care for it and each other.

Enjoy October,

Faith Stricker

"We are a small planet and we need to care for it and each other."

CLASSIC BIOMETRICS®

O N E • O N • O N E

A RENEWAL PROGRAM FOR PERSONAL EMPOWERMENT, WEIGHT LOSS AND WEIGHT GAIN PREVENTION...

It is not rocket science – we lose muscle and gain fat as we age. This muscle loss causes us to burn fewer calories, which in turn allows our bodies to store more fat. Classic Biometrics is a proven program designed to preserve lean muscle tissue – an objective accomplished by combining sound nutrition with individualized personal training. The focus of this program is to increase your metabolic rate which will help you burn more calories at rest. In six weeks you can expect to be leaner and have more energy.

Classic Biometrics is a comprehensive, medically-approved program with over 25 years of scientific research behind it. Biometrics is a renewal program for personal empowerment, weight loss and weight control. What you can expect:

- A six-week program that offers individualized support and guidelines for taking care of your body
- Three 30-minute exercise sessions with a personal trainer each week
- A balanced meal plan with several menu options available through The Marsh Restaurant (eat in or take-out)
- Pre and post-assessments

Our next program begins on **Monday, November 5, 2007** (Participation is limited.)

Learn more about this program at one of these complimentary information sessions:

WEDNESDAY, OCTOBER 24, 6:30 - 7:30 P.M.

THURSDAY, OCTOBER 25, 11:30 A.M. - 12:30 P.M.

Please register in advance by calling 952-935-2202.

MEMBER FEEDBACK

“Biometrics opened my eyes to new things... I was challenged to be strong and healthy, and therefore, now feel better about myself”.

“The emphasis on weight training and exercise is what attracted me to Biometrics. The personal attention I received is what carried me through the program”.

“I have so much energy and feel so good”.

“Biometrics is not like a diet because I really eat more than I did before. I feel satisfied not deprived. It teaches you how to eat and how to take control of your body”.

My wife and I love the program. The workouts were terrific! We saw results the first week”.

“Biometrics was an easy program to follow, with tremendous results in such a short period of time”.



Speaker, James Smith

Early-Onset Alzheimer's: A View from the Inside

In 2004, James Smith was a 45-year old IT executive for a Fortune 100 company. In May of that year, he noticed he was more forgetful; he began missing meetings and was unable to concentrate for long periods of time. This began his journey as a person living with early-onset Alzheimer's Disease. James will share his personal story at The Marsh this month and cover the following topics:

- *Ten warning signs*
- *The diagnosis and the diagnostic time line*
- *The realities of the disease*
- *Real life issues*
- *Treatments today, tomorrow and in the future.*

Today, James is an active volunteer for the Alzheimer's Association, sharing his story and helping to educate and raise awareness of the disease. He has been featured on the NBC Nightly News, the cover of Barron's, and in several short documentaries dealing with Alzheimer's.

Join us **Thursday, October 18, 7:00 p.m.** for this special presentation. *Complimentary to Members, Non-members \$20. Please register in advance at the Front Desk; space is limited. Representatives from the Alzheimer's Association will also be available to answer questions.*

More information can be found at www.themarsh.com.



To sign up for classes & events, call the Front Desk at 952-935-2202.

Fearproof Your Life

Worries, projections, and obsessions have become a relentless drone of thinking for many of us today. Though we can't change everything in the world that affects our lives, we can develop an immunity to fear by tapping into our inner resiliency.

For the past 35 years, licensed psychologist and author Joseph Bailey, M.A., has worked as a psychotherapist, seminar leader, and consultant to a variety of healthcare, business, education, and government agencies in the area of mental well-being. He has also been an adjunct instructor at the University of Minnesota and St. Mary's University.

Join Joseph, **Monday, October 1, 7:00 – 8:30 p.m.** for a lecture that will explore the nature of fear, what its roots are, and how to naturally operate from a fearless state. Book signing to follow the lecture.

Complimentary to Members and guests. Space is limited; please register in advance at the Front Desk. Books are available in The Shop at The Marsh.



Let's Get Rolling

Do you ever catch yourself with your shoulders hunched up near your ears? Simply lying on a foam roller for a few minutes a day can bring much needed relief.

Foam rollers are inexpensive, easy-to-use and offer a wealth of benefits including:

- Reducing back pain
- Improving shoulder stabilization
- Increasing range of motion and freedom of movement
- Developing better posture, body alignment and balance
- Improving flexibility
- Increasing core strength (back, hips, abdominals)
- Decreasing stress and tension

Join Occupational Therapist and Marsh Pilates Instructor Angela Kneale, OTR for one of these two foam roller workshops: **Wednesday, October 3, 12:30 – 2:00 p.m. and Wednesday, October 10, 7:15 – 8:45 p.m.** Cost per session: Members \$60, Non-members \$75, which includes a foam roller valued at \$30. Space is limited; please register in advance at the Front Desk.


Pilates Open Door

- Monday, October 8, 10:00 a.m. • Wednesday, October 17, 7:00 p.m.
- Saturday, October 27, 12:00 p.m.

Join us for a Pilates Open Door and schedule your complimentary private Pilates session. Call Carol Pehle for more information, 952-935-2202.

Complimentary to Members and Non-members.

Turkey Trot Takes a New Path...

 **ECOLOGY IN MOTION:**
PROGRESSING
TOWARD A GREENER,
HEALTHIER LIFE



Saturday, November 3

Our annual Fall community 5K race/walk takes a new direction and title... **Ecology in Motion: Progressing Toward a Greener Healthier Life** will focus on environmentalism and activities that highlight our natural surroundings. We have met with several organizations to discuss The Marsh's impact on our environment. In some areas we are very eco-friendly:

- *We have restored our backyard to its natural "prairie"*
- *We recycle boxes, plastic and paper whenever possible*
- *Our restaurant is a member of the Heartland Food Network and chooses ingredients that are fresh, organic and from local purveyors.*

Today's world affords us the opportunity to do more. We are committed to "progressing toward a greener, healthier life" and have worked with several organizations in designing an intergenerational event that is dynamic, informative and fun!

Join us on **Saturday, November 3** for one or more of these activities:

- **Nostalgic 5K** - Join the Marsh Runner's Group for a run through one of the original Turkey Trot courses. Wear one of your Turkey Trot Sweatshirts and receive a surprise gift.
- **Nature Walk** - City of Minnetonka Naturalist Janet Larson, will lead a guided tour through the various ecosystems living in the 250 acres of protected marshlands behind The Marsh.
- **Pet Walk** - Bring your four-legged friends on a stroll through Jidana Trail
- **The 3-R (reduce, reuse, recycle) Relay and Obstacle Course** for kids will help all of us learn more about the basics of recycling.
- **Ecology Fair** - Several organizations will be on-hand to teach us more about environmentalism.

Everyone is welcome! Pick up a schedule of events at the Front Desk. *Complimentary for Members and Non-members. Refreshments will be served.*

The Marsh Spa... No Tricks, Just Treats...

Trick-or-Treating for adults! Visit The Marsh Spa for your Halloween indulgence this month. During the week of Halloween, The Marsh Spa will have complimentary dark chocolate treats available for you before, during or after any spa service. To schedule your next appointment, call 952-930-8565. Plus, learn more about the benefits of massage at our October "Ask Our Professional" with Stephanie Olson. (See page 5 for more information).

October Wine Dinner

The Marsh Restaurant brings you an exquisite autumn wine dinner, featuring foods full of warmth, comfort and the richness of the season. Join us Friday, October 12, 7:00 p.m. for an evening of fabulous food with wine pairings from Forth Vineyards. Some of the sumptuous selections include:

- Warm Pumpkin Salad with a Warm Goat Cheese Croutons, Frissee and Finished with Maple Cider Vinaigrette
- Seared Duck Breast with a Brown Butter and Sage Demi Glace Accompanied by Parsnip Puree
- Bayfield Apples Dessert Served with Homemade Caramel and Vanilla Bean Ice Cream

Members \$65, Non-members \$75. Please call 952-930-8560 to make a reservation or visit The Marsh Restaurant.



A Kids Club Halloween

Celebrate with ghosts and goblins of all sizes at The Marsh Kid's Club Halloween Party! Wear your wildest costume and join us for a special Halloween story, followed by a fun craft project and spooky games.

Plus, kids will be led on a trick-or-treat adventure throughout the building! Children under three must be accompanied by an adult.

Tuesday, October 23, 11:00 a.m. - 12:00 p.m. Space is limited, register by October 19 at the Front Desk. Members' child/grandchild \$6, Non-members' child/grandchild \$8.

Shop at The Marsh...

Have some fun with this spooky October holiday... Halloween decorations, books, candles, candy and treat bags for the trick-or-treaters. Our talented staff can help you select the perfect items that will transform your home for a Halloween celebration!

The shop will be closed for Holiday Season Set-up **Sunday, October 28 - Wednesday, October 31, reopening at 9:00 a.m. on November 1** to reveal its beautiful holiday displays!



Introduction to Movement Therapies

Introduction to Movement Therapies is a series specifically designed for those just starting their exercise program. **Physical Therapist Doug Merz** and Marsh instructors will integrate the best of personal training, physical therapy, Pilates and Yoga into a six-week series... a perfect opportunity to transition into activity or try new forms of exercise in a safe and encouraging environment. **Wednesdays, October 3 - November 7, 5:00 p.m.** Members \$135, Non-members \$150.

Healthy Joints

Your body adapts to the everyday ups and downs as well as the unforeseen emotional and physical traumas or stresses we all face. This adaptation can create imbalances and joint aggravation that may result in destructive wear and tear. In our *Healthy Joints* series, Doug Merz, P.T. and Kathy Lutz, B.S. will provide individual assessments and demonstrate therapeutic aquatic exercises to strengthen and restore your joints. Handouts are included to further your practice between sessions. Register at the Front Desk. **Thursdays, October 4, 11 and 18, 1:00 - 1:45 p.m.** Cost for three-session series: Members \$185, Non-members \$250.

Quieting Your Mind and Body

It's back! Join Kathy Lutz, Suzanne Ruebenbauer and flutist Laila Hollenbeck, for the popular *Quieting your Mind and Body*, a warm water Therapy Pool class designed to promote inner peace. Experience candlelight, live music and guided relaxing movement and meditation in the calming waters of our Therapy Pool. Past participants have reported experiencing more restorative and less interrupted sleep. **Tuesday, October 16, 7:15 p.m.** Please register in advance at the Front Desk. Members \$20, Non-members \$30.

Learn or "brush up" on your Ai Chi skills and feel confident and relaxed to better enjoy *Quieting your Mind and Body*... join us **Thursday, October 11, 11:15 a.m.** in the Therapy Pool. *No charge.*



Hike or Tai Chi in Woodrill Woods

We're anticipating that the fall colors will be at their prime the first weekend in October. Join us for a beautiful hike through the rolling hills of Dayton's woods on Long Lake; or participate in a special Tai Chi class led by Laila Hollenbeck. Join us **Saturday, October 6, 10:00 a.m. - 12:00 p.m.** We will meet at Bruce Dayton's house; maps are available at the Front Desk. Register at the Front Desk. No charge.

Fall Nordic Walking

Nordic Walking is becoming more popular every day. Using two specially designed poles has turned a traditional walk into a time-efficient, low-stress, total-body workout. Nordic Walking allows you to:

- Burn up to 40% more calories
- Reduce stress to your knees and lower joints
- Strengthen your upper body
- Build better bone density
- Improve your posture and balance
- Increase your heart rate without increasing your perceived rate of exertion

Join us for our Fall Nordic Walking series, **Saturdays, October 13 - 27, 9:15 - 10:30 a.m.** Cost for the three-week series: Members \$40, Non-members \$60 (includes use of our poles). Please register in advance at the Front Desk.

Share Your Love of Nia

Whether you've been practicing Nia for years, or this is your first introduction, you will experience great joy, release stress and make a personal discovery when we come together for this special class. Nia is inspired by nine unique movement disciplines from the martial arts, dance arts and healing arts.

On **Saturday, October 6**, you are invited to bring a guest to the 10:30 a.m. class, taught by Jill Goux. Complimentary to Members and their guests.

TC101: Women's Self Defense

Marsh Personal Trainer and Certified 4th Degree Black Belt, Candy Swanson will lead this self defense workshop. In this class you will learn:

- how to avoid assaults • how to become empowered to control any situation
- awareness techniques • when and why threatening situations arise

No previous experience is necessary. All fitness levels welcome. **Monday, October 15, 11:00 a.m. or 6:00 p.m.** Complimentary to Members, Non-members \$25. Register in at the Front Desk.



ASK OUR PROFESSIONAL: Demystifying Massage Therapy...

The Marsh offers eleven different types of massage... From sports massage to Le Stone therapy, all have stress-reduction properties. Massage Therapist Stephanie Olson will help clarify which massage is most beneficial for you.

Monday, October 29, 11:30 a.m. and 6:30 p.m. Complimentary to members and guests; however, pre-registration is required. Call the Front Desk, 952-935-2202 to make your reservation.

Yoga from Your Core

Yoga Instructor Dec Berry returns to The Marsh for a special Yoga workshop, especially created for you, our Marsh community.

Yoga from Your Core will focus on connecting with your center (or core) both physically and spiritually. Learn to develop your Yoga poses to achieve a deeper level of relaxation. Dec will emphasize both seated and standing "asanas" or postures.

Dec's Iyengar teaching method has evolved over the past 25 years. He has explored and come to appreciate a variety of styles and philosophies,

blending them into his practice and creating unique experiences for his students.

Please join us for this very special workshop, **Saturday, October 20, 3:00 - 5:00 p.m.** Beginners welcome! Members \$30, Non-members \$40. Register at the Front Desk.



Mark Your Calendar: Body Pump Launch 63, October 15-29! New music, new routines, tons of fun! New to Body Pump? Try an introductory class on **Sunday, October 22, 11:30 a.m.** (75 minutes to allow for extra instruction).

Member Information...

New Faces at The Marsh...



Deb Voit - Housekeeping Supervisor

Please welcome Deb Voit to The Marsh as Housekeeping Supervisor. Deb has extensive experience, including most recently as a business owner of a commercial and residential building services company. Deb is also a mother of seven and grandmother of six. She enjoys writing short stories, creating art and working with black and white photography.

Please take a moment to introduce yourself to Deb and help her feel welcome.

Let's Talk Books *Plain Truth* by Jodi Picoult

This novel, by popular author Jodi Picoult, is equal parts courtroom drama, medical information, bungled love affairs and a murder trial - all within the framework of the plain people - the Amish. This book should make for a great discussion. Please join us, **Tuesday, October 9, 7:00 p.m.** or **Tuesday, October 16, 1:00 p.m.**

Complimentary to Members and Non-members.

Members' Corner

- Many of our members are allergic to fragrances. Please be considerate when wearing perfumes and scented lotions while exercising.
- Medical insurance providers Blue Cross Blue Shield, Medica, Health Partners, U Care and Definity all have programs that offer fitness credits to members who are enrolled in the program and fulfill their activity requirements. We have had great success in administering these programs. Occasionally there is a change to the policy or beneficiary number. In order to ensure continuation of your fitness credits, please stop by the Front Desk and update your registration information.
- Many people use the Therapy Pool as a space for relaxation and meditation. Please be respectful of others experience and keep your voices lowered while in the Therapy Pool area.
- Bee season is upon us... please know that our Health Ed department is available to help you should you experience a bee sting. For more information, please call the Health Ed office at 952-930-8512.

October and November Guest Days

*Monday, October 8 and Sunday, October 21
Wednesday, November 7 and Saturday, November 24*

Kids Korner...

Aquatots/babies begins

Aquababies and Aquatots is a fun-filled class that is held in the calming waters of our 94 degree Therapy Pool. It is a great opportunity for your little one to learn the basics of swimming and start feeling more comfortable in the water. This six-week series, **Sundays, October 28 - December 9**, is offered in 30-minute sessions, **4:00 - 5:30 p.m.** *Members \$75, Non-members \$95. Register in advance at the Front Desk.*



Congratulations Robyn and Lane Lipschultz for their 1st, 2nd and 3rd place finishes in the Fargo, N.D. Taekwondo Tournament!

Welcome New Members...

Molly Reidhead	Toni Viitanen
Jim Ladner	Linda Robbins
Vonnie Danielson	Tom Egan
Cindy Fishman	Allan Grannes
Marie Bak	Kevin Campion
Louise Turkula-Pinto	Peter Campion
Sophia Pinto	Jaunita Smith
Tom Bogaert	James Smith
Barbara Gaertner	Judith Sherman
Robert Gaertner	Karilynn Kelley
Charles Boge	Gerald Robitz
Ellen Olson	

OCTOBER EVENTS

2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Denotes events that may affect parking</p>	<p>1 √ Fearproof Your Life 7:00 p.m.</p>	<p>2</p>	<p>3 √ 30-Minute Abs 8:15 a.m. Let's Get Rolling 12:30 p.m. Introduction to Movement Therapies - 5:00 p.m.</p>	<p>4 Healthy Joints 1:00 p.m. Pasta Night - 5:00 - 9:00 p.m.</p>	<p>5 Fresh Catch Fridays</p>	<p>6 Marsh Runners 9:00 a.m. √ Woodrill Woods Hike 10:00 a.m. √ Share Your Love of Nia 10:30 a.m. Family Splash 4:00 p.m.</p>
<p>7 Aquababies and Aquatots 4:00 - 5:30 p.m.</p>	<p>8 √ Guest Day! √ Pilates Open Door 10:00 a.m. Unwind Your Mind 6:30 - 9:00 p.m.</p>	<p>9 <i>New Fall Schedule Begins</i> √ Gentle Tai Chi 11:30 a.m. √ Let's Talk Books 7:00 p.m.</p>	<p>10 √ 30-Minute Abs 8:15 a.m. Introduction to Movement Therapies - 5:00 p.m. Let's Get Rolling 7:15 p.m.</p>	<p>11 √ Ai Chi Techniques 11:15 a.m. Let's Get Rolling 12:30 p.m. Healthy Joints 1:00 p.m. Pasta Night - 5:00 - 9:00 p.m.</p>	<p>12 October Wine Dinner 7:00 p.m. Fresh Catch Fridays</p>	<p>13 Marsh Runners 9:00 a.m. Nordic Walking 9:15 a.m. √ Chi Ball - 10:30 a.m. √ Family Splash 4:00 p.m.</p>
<p>14 Aquababies and Aquatots 4:00 - 5:30 p.m.</p>	<p>15 <i>Body Pump Launch 63</i> √ Water Walking 9:30 a.m. √ TC101: Women's Self Defense - 11:00 a.m. or 6:00 p.m. Unwind Your Mind 6:30 - 9:00 p.m.</p>	<p>16 √ Gentle Tai Chi 11:30 a.m. √ Let's Talk Books 1:00 p.m. Quietening Your Mind and Body - 7:15 p.m.</p>	<p>17 √ 30-Minute Abs 8:15 a.m. Introduction to Movement Therapies - 5:00 p.m. √ Pilates Open Door 7:00 p.m.</p>	<p>18 Let's Get Rolling 12:30 p.m. Healthy Joints 1:00 p.m. √ Early-Onset Alzheimer's with James Smith 7:00 p.m. Pasta Night - 5:00 - 9:00 p.m.</p>	<p>19 Fresh Catch Fridays</p>	<p>20 Marsh Runners 9:00 a.m. Nordic Walking 9:15 a.m. √ Chi Ball - 10:30 a.m. Yoga From Your Core 3:00 p.m. √ Family Splash 4:00 p.m.</p>
<p>21 √ Guest Day! Aquababies and Aquatots 4:00 - 5:30 p.m.</p>	<p>22 √ Water Walking 9:30 a.m. Unwind Your Mind 6:30 - 9:00 p.m.</p>	<p>23 A Kids Club Halloween 11:00 a.m. √ Gentle Tai Chi 11:30 a.m.</p>	<p>24 √ 30-Minute Abs 8:15 a.m. Introduction to Movement Therapies - 5:00 p.m. √ Biometrics Information Session - 6:30 p.m.</p>	<p>25 √ Biometrics Information Session - 11:30 a.m. Pasta Night - 5:00 - 9:00 p.m.</p>	<p>26 Fresh Catch Fridays</p>	<p>27 Unwind Your Mind 8:30 a.m. - 4:00 p.m. Marsh Runners 9:00 a.m. Nordic Walking 9:15 a.m. √ Nia - 10:30 a.m. √ Pilates Open Door 12:00 p.m. √ Family Splash 4:00 p.m.</p>
<p>28 Shop Closes for Holiday Set Up. It will reopen, November 1, 9:00 a.m. Aquababies and Aquatots 4:00 - 5:30 p.m.</p>	<p>29 √ Ask Our Professional: Demystifying Massage Therapy 11:30 a.m. and 6:30 p.m. Unwind Your Mind 6:30 - 9:00 p.m.</p>	<p>30</p>	<p>31 Introduction to Movement Therapies - 5:00 p.m.</p>	<p>Coming in November ... • The Shop at The Marsh Holiday Opening - November 1 • NEW! Ecology In Motion - November 3</p>	<p>Coming in November ... • The Shop at The Marsh Holiday Opening - November 1 • NEW! Ecology In Motion - November 3</p>	<p>the Marsh A Center for Balance and Fitness 15000 Minnetonka Blvd., Minnetonka, MN 55345 952-935-2202 • www.themarsh.com</p>

In This Issue...

- *Classic Biometrics*
- *Early-Onset Alzheimer's with James Smith*
- *Breast Cancer Awareness Month*
- *Halloween Celebrations*
- *Yoga from Your Core*
- *New! Ecology in Motion*

Powerful in Pink... Breast Cancer Awareness Week October 8-14

Breast cancer is the leading cancer among white and African American women, and many of us have been touched by cancer.

The exact cause of breast cancer is unknown, but there are factors that increase a woman's risk of getting the disease, including age, heredity, early puberty, late childbearing, obesity and lifestyle factors, such as smoking. Again this year we are honoring those people who are living with breast cancer, or who have faced this challenge. Join us for our Breast Cancer Awareness Week Activities:

- Attend a special studio or pool class (*schedules available online or at the Front Desk, October 3*).
- Wear pink all week
- Bring in your washed, pink Yoplait Yogurt lids October 1-31
- Pin a pink ribbon to your shirt or jacket (*available at the desks throughout the week*)

Make a donation to the Susan G. Komen Foundation. Donation boxes will be at the Front Desk.

