

# Wing Beats

*Monthly Supplement for the Chrysalis CrossFit Community*

Issue No. 2 June 2012

## Paleo Potluck & CF Games Event

Thursday, July 26th after the 7PM class, CCF members can gather to watch highlights from the CF Games. Bring a Paleo dish and enjoy some quality time!



The worldwide CrossFit benefit for the St. Jude Children's Research Hospital took place all month, with the "Hope" WOD taking place on June 9. "Hope" is 3 rounds of maxing out reps on each of these 5 exercises: Burpees, Power Snatch, Box Jump, Thruster, Chest to Bar Pull Ups. CrossFit HQ has collected almost \$1.5 M for the cause to date.

## A Family Affair

This month Karrie's bodybuilder cousin, Ben, stopped in from out of town to see what CrossFit was all about. After seeing the garage and speaking with H el ene, Ben flew home that day and signed up at his local box, [CrossFit Calgary](http://CrossFit Calgary). With Karrie's mom (Heather) and husband (James, right) graduating from Burn In and her brother (Tom, left) eyeballing the garage, for Karrie CCF has really become a family affair.

If there is anyone in your family that you would like to get involved, invite them to a Free Class! Every Saturday at noon we are open to the public for a WOD, tours, or a conversation. Email Karrie at [karrie@chrysalisphysiques.com](mailto:karrie@chrysalisphysiques.com) with questions, or to reserve a spot for your loved one!

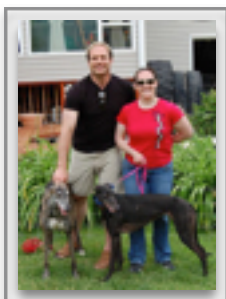


## Hi-Speed Hounds Fundraiser Picnic

On June 17th CCF hosted a fundraiser picnic for Hi-Speed Hounds in Luc and H el ene's backyard, with the help and support of the HSH community and, of course, "the Hoard" from next door! The initial date was rained out on Saturday June 16, but over 34 Greyhounds and their owners showed up on the Sunday for a beautiful day in the sun.

### HSH and CCF Togetherness

When H el ene and Luc adopted Isabelle from Hi-Speed Hounds, they never thought they would soon be fostering Malibu, nor that our beloved gym dog, Belle, would play host to so many fellow rescues. Suzanne Hoard, H el ene's mom, made special pies for the visitors to the



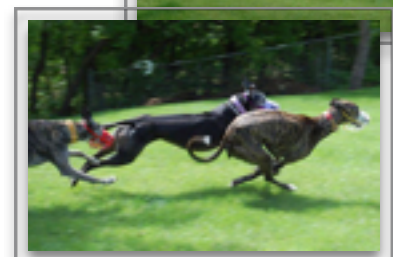
**Tents provided great shade and the Greys had lots of space to run, play, and generally frolic by the Seine! The barbecue was hot, the drinks were cold, and the HSH community was out in full force.**

picnic, and almost all of the food was provided by dog owners, so the majority of the funds raised went to the vet tab at Best Friends Animal Hospital.

### Why the Vet Tab?

When Greyhounds are rescued and brought here, they are typically somewhat traumatized, either mentally or physically, and in need of care. HSH prides itself on providing loving homes and care for every dog, regardless of their needs.

*Thanks to the CCF community for its support and love of Belle and Malibu, and for the HSH folks who donated food, time, and a helping hand to make this possible. Donations are always accepted for the HSH vet tab at Best Friends Animal Hospital.*



## Burn In 'Charlie'

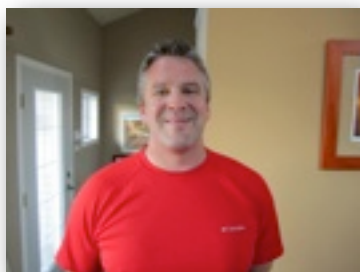


## Nishad

A fellow neighbour on GFP, Nishad and his family have been friends and supporters of Chrysalis for a long time. Nishad's 8-year old son, Taran, is our youngest volunteer, and is Isabelle's favorite person! Nish is starting Burn In while he is on holidays drywalling his basement, and he is looking forward to increased endurance and flying up the stairs at work!

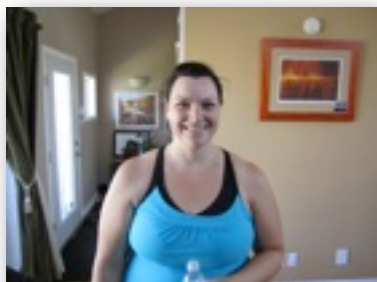
## Alison

Alison is returning to CrossFit from a hiatus through Burn In, and she can't wait to get going! She lives in the neighbourhood and likes kickboxing and driving fast. Alison holds the women's 2011 world record in her age category for the 2000 m row, and she is looking forward to CrossFit training at Chrysalis and sweating it out all summer long!



## Brett

Brett is a seriously athletic dude who enjoys good food and hard workouts, the former the yin to the latter's yang! We are excited to help Brett keep a balance and to tap into his strength built in kickboxing. Brett's positivity and charm will hook you right away, and we are already pressuring him to bring his equally wonderful wife, Tina, along some day!

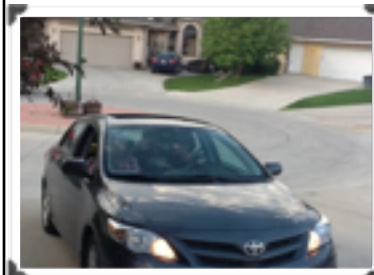


# Meet our New Members!



## Photo Box

*Featured photos from our box this month*



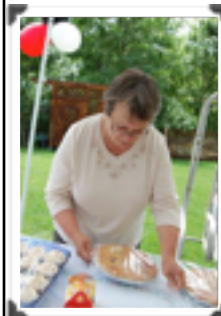
*The Fab 4 (left) carpooling home as a team. Awwhh!*



*(Left) The Deadly Duo on their last Warm Up row of Burn In*



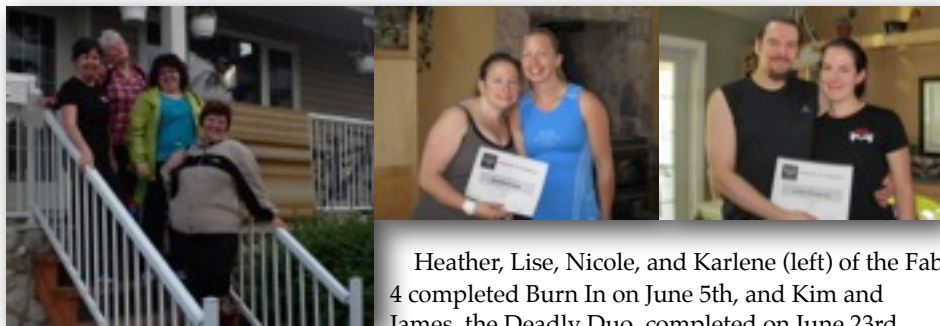
*(Above) Krista finished her final exams in The Pas this month and got her ticket! 'Thor' is officially a Millwright, and the first female in her Hall to complete an apprenticeship and become a certified Journeywoman. Congratulations, Krista!*



*(Above) Suzanne preparing the special 'Greys' pies for the Greyhound Picnic. Thank you, Suzanne and Wayne, for all of your help and generosity.*

# Congratulations, Burn In Graduates!

*We had 2 Burn Ins this month: The Fab 4 of Tuesday nights and the Deadly Duo of Saturday mornings. We're so proud of everyone!*



Heather, Lise, Nicole, and Karlene (left) of the Fab 4 completed Burn In on June 5th, and Kim and James, the Deadly Duo, completed on June 23rd (above). Kim and James shared their certificate moments with family (sister Krista and wife Karrie, respectively), and are pumped to continue training. The CCF Team has been touched by the spirit and strength of the Burn In participants, and is looking forward to upping the ante in the months to come!

Keep the positivity and comraderie coming, and we wish you all a safe and happy summer!