

Events Calendar

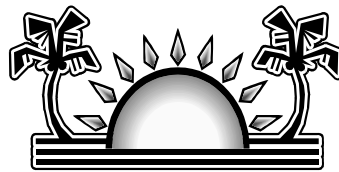
July

- 4 Independence Day (U.S.)**
- 7 Tanabata - The Star Festival (Japan):** Celebrates the meeting of two constellations - lovers, Kengyu (the cowherder) and Shokujo (the weaving girl) - who are separated by the Milky Way on other days of the year.
- 14 Bastille Day (France):** Celebrates the fall of the Bastille prison which marked the beginning of the French Revolution in 1789.



August

- 8 Father's Day (Taiwan)**
- 16 Women's Equality Day (U.S.):** Marks the certification of the 19th Amendment, which gave women the right to vote in 1920.
- 30 Kui Chieh - Ghost Festival (China, Taiwan):** Food offerings are made to lonely ghosts.



September

Hispanic Heritage Month

- 6 Labor Day (U.S.)**
- 15 Independence Day (Costa Rica, EL Salvador, Guatemala, Honduras, Nicaragua)**
- 16-17 El Dia de Independencia - Independence Day (Mexico):** Anniversary of when the Mexcians first took arms against their Spanish rulers in 1810.
- Rosh Hashanah (Jewish):** New Year Celebration.
- 25 Yom Kippur (Jewish):** Jews attend religious services to atone for their sins.
- 28 Harvest Moon Festival (China, Taiwan):** Commemorates the spirit of 14th century rebels.
- Chusok-Harvest Festival (Korea):** Thanksgiving festival during which Koreans give thanks to their ancestors.

October

- 15 First Day of Ramadan (Islam):** A time of worship and contemplation and to strengthen family and community ties.
- 31 Halloween (U.S.)**



November

American Indian Heritage Month

- 1 Dia de los Muertos - Day of the Dead (Mexico):** The dead are honored with elaborate ceremonies, dances, and rituals.
- 11 Veteran's Day (U.S.)**
- 12 Diwali (Hindu):** This festival celebrates different Hindu gods and goddesses.
- 14 Eid Al Fitr - The Feast of the Breaking of the Fast (Islam):** Marks the end of Ramadan.
- 25 Thanksgiving Day (U.S.)**



December

- 1 Rosa Parks Day (U.S.):** In 1955, Rosa Parks defied the established practice of segregation by denying her seat to a white man on the bus.
- 10 Human Rights Day:** In 1938, the United Nations established the Universal Declaration of Human Rights.
- 24 Christmas Eve**
- 25 Christmas**
- 26 Kwanzaa (African American):** Patterned after an East African harvest festival, the celebration uses decorations in red (struggle and blood of the ancestors), black (beauty of Black people), and green (youth and renewed life).
- 31 New Year's Eve (U.S.)**

Fear Factor

Developed by CANFit Grantee San Diego County Department of Parks & Recreation

1. Divide youth into two teams. Line the teams up such that each youth competes with a fairly equal opponent on the opposite team.
2. Determine a method of choosing which team will decide the first challenge. After the first challenge, the team that won the previous challenge gets to choose.
3. Players will choose from three possible challenges: a physical challenge, a test of knowledge, or a test of willpower. You should prepare tests of knowledge ahead of time based on the nutrition lessons your youth are learning. Some examples of physical challenges and tests of willpower are listed here, but you are free to invent, or have your youth invent, some of your own.

For the **physical challenges** and **tests of willpower**, the player to last longer earns a point for his/her team. If neither player quits after a reasonable amount of time, both teams earn a point.

For the **tests of knowledge**, the first player to answer correctly earns a point for his/her team. If neither player answers correctly, players alternate answering until one team earns the point.

4. The object of the game is for your team to get fifteen points before the other team does.

Physical Challenges

Stand with arms straight up over head
Tap toes
Keep soccer ball/volleyball bouncing in the air
Balance on one foot for 60 seconds
Remain in "push-up" position – on elbows and forearms, instead of hands – for 60 seconds
50 crunches, 10 push-ups, or 10 chair dips
Hula hoop on waist, knees, alternating arms, neck, or ankles
Stand up without using hands or arms from lying down
Splits
Jump rope

Tests of Willpower

Eat dried fish (available at Asian markets)
Eat cooked vegetables that youth commonly dislike (e.g. spinach, turnips, rutabaga, etc.)
Eat jalapeno peppers
Eat sardines or anchovies
Eat a clove of garlic or a chunk of raw ginger
Eat live crickets/mealworms/red worms/earth worms (available at pet stores or bait shops)
Drink mixtures of beverages (e.g. carrot juice mixed with orange juice mixed with tomato juice)

Snack Time!

Lemon Chili Veggies / Vegetales de Limon y Chile

Recipe from *Grizzly Gourmets*, developed by CANFit Grantee Monterey County Health Department

Ingredients

Your favorite fresh vegetables - cucumber, broccoli, carrots, celery, cauliflower, jicama, bell pepper, green onions, radishes, cabbage leaves

Fresh lemons or limes



Chili powder

Salt

1. Wash and cut your vegetables into small pieces.
2. Squeeze some fresh lemon or lime juice, then sprinkle with a little chili powder. Experiment until you find the combination that tastes best to you.

Ingredientes

Tus vegetales favoritos frescos - pepino, brocoli, zanahorias, apio, coliflor, jicama, pimiento dulce, cebollitas verdes, rabanos, hojas de repollo

Limas o limones frescos

Chile en polvo

Sal



1. Lava y corta vegetales en pedazos pequenos.
2. Eprime un poco de lima o jugo de limon e cada pedazo, y despues rosealas con un poco de childe en polvo. Prueballo hasta que te guste la combinacion.

What's Happening at CANFit...

For the second year in a row, CANFit received the Dannon Institute Award for Excellence in Community Nutrition. This time, the P.H.A.T. Campaign garnered praise for its innovative approach of using hip hop to promote healthy eating and activity among youth. To order a P.H.A.T. multi-media package, visit www.canfit.org/phat.

This year's recipient of CANFit's Melida Manjarrez Distinguished Community Service Award is Chahn Chess. Chahn was recognized for his work teaching African dance and acting as a positive role model for low-income youth in San Bernardino. Well done, Chahn!

Scholarships for African American, Latino, Asian/Pacific Islander, and American Indian undergraduate and graduate students in the fields of nutrition, physical education, and culinary arts are available. Applicants must demonstrate financial aid and attend school in California. Applications will be available in January. Visit www.canfit.org for more information or to download an application.

Bolstered by funding from Kaiser Permanente, CANFit will expand its community education, training, and policy efforts in Northern California in 2004. Check www.canfit.org in January for further updates on upcoming policy convenings and training opportunities in your area.



Meeting Calendar

Strategic Alliance Membership Meetings

- ◆ January 8, 2004, 10:30 - 12:30
Orange County -- Latino Health Access
1226 N. Broadway
Santa Ana
- ◆ January 13, 2004, 4:00 - 6:00
San Diego -- Rosencranz Health Svcs Comp
3851 Rosencranz St.
San Diego

For more information or to RSVP, send an email to sa@preventioninstitute.org or contact Manal Aboleta at (323) 296-5750. Also, check out the Strategic Alliance's web site - www.eatbettermovemore.org.

Invest in CANFit!

I would like to invest in CANFit's work to improve the lives of our youth and their futures!

Name:

Address:

City / State / Zip:

Phone:

Email:

Enclosed is my tax-deductible donation of \$ _____
made payable to The Tides Center/CANFit.

Contact me about volunteer work with CANFit.

I have this suggestion for CANFit: _____

Thank you for your support!

Congratulations to CANFit's newest grantees!

Berkeley Youth Alternatives will utilize a community garden, their new commercial kitchen, and a gymnasium to deliver ethnically and culturally relevant nutrition and fitness skill-building classes to West and South Berkeley youth and their families.

Oakland-based **East Bay Asian Youth Center** will train peer educators at Roosevelt Middle School to act as role models and provide interactive health education in nutrition, physical activity, body image, and media literacy to their fellow students.

Hands for Hope will build on their existing physical activity, nutrition, and self-esteem curriculum by guiding their North Hollywood youth through three creative projects: a youth newspaper, film, and fitness event.

San Diego Youth and Community Services will work with inner-city youth to practice food preparation and physical activity and spread program messages to other regional partners supporting high-risk youth.

Mission Neighborhood Centers will disseminate its empowering nutrition and fitness curriculum for Latina girls to other middle schools and youth-serving community agencies in the Mission District of San Francisco.

CANFIT

CALIFORNIA ADOLESCENT NUTRITION AND FITNESS

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CANFit is a non-profit organization that engages communities and builds their capacity to improve the nutrition and physical activity status of California's low-income American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents 10-14 years of age.

CANFit is a project of the Tides Center, supported by The California Endowment, The California Wellness Foundation, The Robert Wood Johnson Foundation, Kaiser Permanente, and individual donors. Newsletter layout made possible through the donation of PageMaker 6.5 Plus software by Adobe Systems, Inc.

Staff Directory

HAPPY HOLIDAYS



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HAPPY NEW YEAR

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