

September / October 2015 S.I.M GYM

Labour Day Monday September 7th, 2015

The origins of Labour Day can be traced back to April 15, 1872, when the Toronto Trades Assembly organized Canada's first significant demonstration for worker's rights. The aim of the demonstration was to release the 24 leaders of the Toronto Typographical Union who were imprisoned for striking to campaign for a nine-hour working day. At this time, trade unions were still illegal and striking was seen as a criminal conspiracy to disrupt trade. In spite of this, the Toronto Trades Assembly was already a significant organization and encouraged workers to form trade unions, mediated in disputes between employers and employees and signaled the mistreatment of workers.

There was enormous public support for the parade and the authorities could no longer deny the important role that the trade unions had to play in the emerging Canadian society. A few months later, a similar parade was organized in Ottawa and passed the house of Canada's first prime minister, Sir John Macdonald. Later in the day, he appeared before the gathering and promised to repeal all Canadian laws against trade unions. This happened in the same year and eventually led to the founding of the Canadian Labour Congress in 1883.

Labour Day was originally celebrated in the spring but it was moved to the fall after 1894. A similar holiday, Labor Day is held on the same day in the United States of America. Canadian trade unions are proud that this holiday was inspired by their efforts to improve workers' rights. Many countries have a holiday to celebrate workers' rights on or around May 1.

[Www.timeanddate.com](http://www.timeanddate.com)

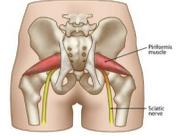
Join us on Wednesday October 7th for a day of sharing and caring. Lets take time to be thankful for the great friends we have here at the S.I.M GYM! From open to close we will have coffee and snacks—please feel free to share your favorite snack.



**The S.I.M GYM
will be closed
Monday September
7th and Monday
October 12th, 2015**

**S.I.M Gym
56 Governor's rd
Dundas, Ont
905-627-3541
ext 2109
sjv.on.ca
s.i.m.gym@sjv.on.ca**

What is the Piriformis?



The piriformis is a muscle located deep in the hip that runs in close proximity to the sciatic nerve. When the piriformis muscle becomes tight and/or inflamed, it can cause irritation of the sciatic nerve. This irritation leads to sciatica-like pain, tingling and numbness that run from the lower back, to the rear and sometimes down the leg and into the foot. A common symptom of piriformis syndrome is pain along the sciatic nerve, so it is often thought that piriformis syndrome causes sciatica. However, piriformis syndrome does not involve a radiculopathy - a disc extending beyond its usual location in the vertebral column that impinges or irritates the nerve root - so it is technically not sciatica. Instead, with piriformis syndrome, it is the piriformis muscle itself that irritates the sciatic nerve and causes sciatic pain. Stretching the piriformis muscle is almost always necessary to relieve the pain along the sciatic nerve and can be done in several different positions. Hold each stretch for at least 30 seconds.

Several of the stretching exercises commonly prescribed to treat sciatica symptoms from piriformis muscle problems include:



Lie on the back with the legs flat. Pull the affected leg up toward the chest, holding the knee with the hand on the same side of the body and grasping the ankle with the other hand. Try to lead with the ankle, pull the knee towards the opposite ankle until stretch is felt. Do not force ankle or knee beyond stretch.

Lie on the floor with the legs flat. Raise the affected leg and place that foot on the floor outside the opposite knee. Pull the knee of the bent leg directly across the midline of the body using the opposite hand or a towel, if needed, until stretch is felt. Do not force knee beyond stretch or to the floor.



Lie on the floor with the affected leg crossed over the other leg at the knees and both legs bent. Gently pull the lower knee up towards the shoulder on the same side of the body until stretch is felt.

Begin on all fours. Place the affected foot across and underneath the trunk of the body so that the affected knee is outside the trunk. Extend the non-affected leg straight back behind the trunk and keep the pelvis straight. Keeping the affected leg in place, scoot the hips backwards towards the floor and lean forward on the forearms until deep stretch is felt. Do not force body to floor.



<http://www.spine-health.com/wellness/exercise/stretching-and-exercise-sciatic-pain-piriformis-syndrome>

Pumpkin Loaf

Ingredients

1 3/4 cups spelt flour, or flour of choice
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon of cinnamon
Pinch of nutmeg
1/3 cup neutral flavored or warmed coconut oil
1 teaspoon vanilla extract
1/3 cup organic pure cane sugar or finely chopped dates
1 3/4 cup pumpkin puree
Add 2 tablespoons of almond milk if dry when mixing



Preheat oven to 350 degrees F. Grease your loaf pan. In a large size bowl, combine flour, baking powder, baking soda, cinnamon, nutmeg, salt and set aside. In a medium bowl mix the oil, sugar, vanilla and pumpkin puree. Add the wet to the dry ingredients and mix until combined, do not over mix. Add 2 tablespoons of almond milk if dry when mixing

Pour or spoon mixture into greased loaf pan. Bake for about 50 min to an hour. You can also do the toothpick test in the center of the loaf, if it comes out clean it's about ready. Remove from oven and let cool for 10 min.