



JANUARY 2012

You're Invited:

All Coalition Meeting:
February 1 (8-10:30 AM)
LGH—BURLE

Action Team Meetings:

- Advocacy/Policy: 3/13
- Communications/Engagement: 3/7
- Schools/Community: 3/14
- Workplace: 3/6

Upcoming:

There's still time to attend the Well Workplace Awards on January 24! *See page 2*

Ongoing:

- "Crunch" is available for your wellness event. Contact the Coalition via [email](mailto:coalition@lightenuplancaster.org).

Our Goal:

To increase the number of individuals in Lancaster County who are at a healthy weight, are physically active, and make healthy food choices. We do this through community volunteers who work together to advocate, educate, and participate in activities they enjoy that also support our goal.

Why should you join?

As with other social groups, you'll meet others who are interested in the same things you are. You choose how much time to give; every person can bring ideas and suggestions that move us towards our goal.

How do you join? Email us: coalition@lightenuplancaster.org

Lighten Up Lancaster "Buddies Up" with the Arthritis Foundation for a successful Jingle Bell Run

On a beautiful December Sunday afternoon, a record-breaking number of participants showed up for the 25th annual Jingle Bell Run. More than 1,550 runners and walkers completed the 5K, raising \$55,000 in Lancaster County.

There were 57 organized teams in this year's event, and for the 2nd year the Buddy Up team partnered with Lighten Up Lancaster. Our **Buddy Up** team was the largest team at the race,

with 75 enthusiastic runners and walkers from around Lancaster County – 5 more participants than any other team. We were also

Jocelyn Engle and Crunch (aka Denyse Kling) know how to stand out in the crowd



A fantastic turnout!

the top fundraising team, raising \$2555.00! Kudos to all team members!

Special thanks to our LULC volunteers, Amy Brubaker, Chris Dupkanick, Leslie Wireback and her happy, furry companion Puddy, a 3-year old Bichon (who also completed the 5K). The Arthritis Foundation is already recruiting committee members to help plan the 2012 Jingle Bell

event. For more information, contact Doug Knepp, Branch Director, at 1-800-776-0746 or at dknepp@arthritis.org Mark your calendars for the next Buddy Up race: YWCA Lancaster's Race Against Racism in April at Musser Park .

New LUL Directory Available Soon

Thanks to **Amy Brubaker** of J & J Haines for creating our first LUL Resource Directory. It will be available soon and include some or all of the following information for each of our members:

- Name
- Company
- Job title
- Phone
- Email
- Facebook info
- Twitter info
- LinkedIn info
- Preferred contact method

New members will be added as they join. This document will be available at all Lighten Up Lancaster Coalition meetings and per request via the Coalition's email. Ultimately it will be available through a secure site online .

Upon seeing the directory, if you notice an error or omission, please send an email to the Coalition or call Beth Schwartz at 544-3865..

"It is my hope that this directory will continue to be an ever changing and expanding list of members and a tool for members to connect and network with each other" says Amy.



Lighten Up Lancaster Coalition is a volunteer group of concerned individuals, organizations, and employers, in partnership with Lancaster General Health, who want to increase the number of children and adults in Lancaster County who are at a healthy weight.





Community Transformation Grant Update:

Eboni Bryant is the new Community Transformation Grant Manager. Prior to joining LG Health, she served as the Grants Manager for the City of Harrisburg, where she managed more than \$5 million in federal, state, and foundation grant awards. She also has extensive state government experience.

She earned a B.S. in Biology from Virginia Union University and a M.S. in Public Health from Walden University. She will complete an M.B.A. with a concentration in Healthcare Management in March 2012.

Phone: (717) 544-3283

Email:

ebryandt2@lghealth.org

4 Quick & Simple Ways to Show Support

- Forward this email
- Friend us on [Facebook](#)
- Follow us on [Twitter](#)
- Join us on [Linked In](#)

Our Action Teams Need You!

ADVOCACY/POLICY:

[Beth Schwartz](#), 544-3865

TRAILBLAZERS: If you love hitting the trails in Lancaster County, join us for a brainstorming session about how to link them all together.

Do you bike? Mayor Gray has requested LULC's help in identifying key people who are interested in becoming a resource for city cycling.

SCHOOLS/COMMUNITY:

[Sue Lackmann](#), 544-3284

Buddy Up: Help us plan the 2012 race schedule.

Community Gardens: Join the discussion about creating herb and vegetable gardens at schools and businesses in Lancaster County.

Walking School Buses: Find out about this healthy "alternative transportation."

Wellness Councils: Learn how you can help to promote healthy behaviors in your school district.

WORKPLACE:

[Leslie Wireback](#), 735-0172

Workplace Presenters: We are looking for people who are interested in offering a 15-minute educational presentation at our team meetings.

Fulton Elementary Wins 1st Sturla Physical Fitness Challenge

Last October, Representative Mike Sturla and Lighten Up Lancaster County issued a challenge to the staff and students of all elementary schools in the School District of Lancaster: increase the amount of physical activity students receive during the day.

The team at Fulton Elementary accepted the challenge. Every morning, students and staff gathered in the gym and differ-

ent faculty members led the group in dance, yoga, stretching, exercise or other movement for 10 minutes.



Representative Sturla and the team

In December, Representative Sturla presented Principal Dr. Jill Martin with a certificate and \$100 gift card to Sports Authority for showing the greatest increase in physical activity for the students and staff.

Students were also awarded a #1 Winner medal to acknowledge their accomplishment. Dr. Martin says that the movement will continue on a regular basis.

Butternut Squash Soup

Ingredients

- 2 lbs. butternut squash, halved lengthwise, seeded
- 1 tablespoon butter
- 1/2 cup onion sliced thinly
- 3 garlic cloves sliced
- 2 cups chicken broth
- 1/2 teaspoon white pepper
- 1/3 cup milk
- Salt to taste

Directions

Preheat oven to 400 degrees F. Spray a 13x9x2-inch glass baking dish with vegetable oil. Place butternut squash cut side down

in prepared dish. Pierce with a knife several times. Bake at 400 degrees F. until tender, for approximately 35 minutes. Remove from oven, scrape the butternut pulp into a bowl; discard peel.

In a large saucepan, melt butter over medium-high heat, sauté the onion and garlic, stirring constantly for approximately 3 minutes. Add chicken broth, roasted butternut pulp, salt and pepper. Bring to a boil, then reduce heat to a simmer for 30 minutes. Add 1/3 cup milk,

transfer to a blender and puree until smooth. Return butternut squash mixture to the saucepan, stirring constantly over medium heat (do not boil) until heated through and serve with a slice of toasted crusty whole grain bread. **Serves 6 to 8**

Submitted by Amy Brubaker. If you have a healthy recipe that you'd like to share, send it to: coalition@lightenuplancaster.org

For a PDF version, click [here](#).