



Old Spirit Squad pom-poms used in **new cheer routines**

By **Carmen (Adventure Club)**

I enjoy cheering with my friends. They wanted to start a cheer club so I joined because I wanted to be with them. Cheering is really, really fun but more fun with friends. When I do cheer practice for a long time I get really tired. My friends in the cheer club are **Amanda** and **Kayla (Adventure Club)** and **Hadas** and **Amy** who both recently left Spare Time. We made our routine together in the Imagination Station. It includes dance moves and a pyramid. The blue and yellow pom-poms that we are holding in the picture were made by the Spare Time Spirit Squad in 1995. We have also worn their original blue and yellow skirts that were made by a mom. Photo (from left): Carmen, Hadas, Amanda.



It takes a little toil to create soil in our **lasagne garden**

We made a “lasagne garden” on the backfield. This composting method creates nutritious soil from: things that normally go into the garbage, a little added water and time for everything to breakdown. Here’s how to make one: (1) collect “brown” and “green” materials – brown materials are things like cardboard, strips of newspaper, leaves; green materials are things like food scraps, coffee grounds (2) start with a layer of cardboard (helps keep out pesky weeds) then alternate layers of green and brown finishing with a layer of leaves (3) remember to add a little water on each layer (4) wait a few months for rich soil perfect to grow flowers or food. Spare Time and DLG are part of the Think & Eat Green @ School Project with some University of BC students. Photo: **Zoya, Sandya (Discovery Club)**, watering lasagne layer with a UBC student.



Safe Base sushi chefs ask, '**Can you canoe?**'

By **Ron (Safe Base)**

Safe Base made sushi. Some people made rolls and some made a "canoe" – an incomplete open blob. I put crab, rice, cucumber, avocado, smoked salmon and mayo in my seaweed canoe. It filled me up. Some people put chocolate in their sushi but I didn't because I thought it would taste horrible. Photo: Ron, canoe completed.



Higher is harder when it comes to Chinese jump rope

By **Amanda (Adventure Club)**

Chinese jump rope is really fun but it's also very hard. The higher the rope is the harder it is to jump. We turned a regular skipping rope into a Chinese rope. The routine we made up is: left side, right side, outside, inside, on top. I like skipping by myself because it's easier. Photo: **Carmen, Jessica (Adventure Club)** hold the rope, Amanda jumps "on top".



'Leave it to me' has special meaning in autumn

By **Bianca (Discovery Club)**

Five things I like about autumn:

- 5) green leaves change to red, yellow and orange
- 4) we get to Trick-or-Treat on Halloween
- 3) I decorate my house with leaves
- 2) I go outside on windy days

And the number one thing I like about autumn:

- 1) I like to rake leaves into a big pile, jump in it and throw leaves up in the air.

Photo: **Emma**, Bianca, **Crystal (Discovery Club)**, number one fun.



Medium ball has **big bounce**

By **William (Adventure Club)**

Spare Time got three new bouncer balls – a humungous blue one, a medium red one and a teeny-tiny green one. They are really fun to bounce on. The small one hurts my legs. I can use the big one but I'm always on my toes so it hurts my feet. The medium one is just right for me. Photo: William bounces.

Laser tag is a lark in the dark

By **James L (Safe Base)**

Safe Base played laser tag. It is very dark. You have to wear special armour that makes you sweaty. We were on five separate teams. It's fun but not fun when you're being shot. I recommend: wear dark clothes, find a dark spot instead of walking around and snipe single shot instead of rapid fire.

Empty space after **space centre dismantled**

By **Patrick (Adventure Club)**

Sam (Adventure Club) and I built a space centre out of Lego. It was about two feet long. The rocket was about 28 inches tall. It was a model of the Saturn V rocket from 1969. The space centre had a control centre, a rocket launch pad, a satellite launch pad, a fuel tank, a speed boat with a dock, two alien testing tubes and five mini-figures. It took several days to build. Our space centre was dismantled with all the other Lego bases. We are going to redesign the centre and rocket and enter them in the upcoming Lego competition.

Walking the dog

A stroll at 1350 West 67th Avenue revealed

"Ow, ow, ow," said a **Preschool** child while stepping on leaves on the walk to the playground. "Ow, ow, ow," said the same child while stepping on shadows on the walk back to the portable.

Discovery Club has been digging deep holes in the sandbox. To reach China? No. To remember summer? Maybe. Nothing like a hand-in-the-sand when you can't reach-the-beach.

James P (Adventure Club) balanced a balloon on one finger for 68

"exhausting" seconds as Spare Time celebrated birthday #37 with a dance party in the Imagination Station. We're guessing that he didn't try to balance the ice cream cake snack on his spoon for nearly as long.

"At first it was hard because I didn't understand but now I know how to finger-knit," said **Crystal (Discovery Club)** with light-blue wool wrapped in one hand as the other hand plans to knit until there's a scarf.

Funglish is just one of the new board games so **Safe Base** doesn't get bored.

