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## The 30 Day Yoga Challenge

By Lynda Tierney

**"IS THERE A REASON I FEEL SO NAUSEOUS?"** I asked my coworkers shortly after finishing Day 1 of our 30-Day Yoga Challenge. "I'm not used to being upside-down so much."

Suffice to say that yoga was not a regular part of my daily life. It felt alien, fancy even, like I was adding stilettos to an otherwise casual outfit. Nevertheless, with all the grace of a toddler and the flexibility of a rigored corpse, I agreed to embark on the journey.

My co-worker Lauren Donnelly suggested the yoga challenge and Anick Dubé and I took her up on it. Our skill levels were different—specifically, I quickly learned that Anick is infinitely stronger and more motivated than me—but all that mattered was showing up to the mat and giving it a shot.

We created a group chat and each day we would check in, hold each other accountable, and offer encouragement. I didn't have any specific fitness goals in mind. I mainly wanted to work on my self-discipline; consistency has never been my strong suit. Jack Kerouac inadvertently described my approach to life when he said, "I like too many things and get all confused and hung-up running from one falling star to another till I drop."

I promised myself I wouldn't drop this time. Quarantine had left me particularly anchorless, and I felt a deep need to glean even an imagined sense of control and stability. Practicing yoga daily helped me organize my days and treat my body better.

I didn't always jump at the chance to roll out the mat; some days I would hold out until 10:45 p.m. and let out a dramatic sigh at the thought of starting. Thanks to my co-workers, however, the 30 days went by in a blink—we even committed to doing another month of exercise!

While I'm probably no more graceful now and my toes still seem impossibly far from my fingertips, I feel accomplished and capable. Sometimes you just need friends to keep you going.

If you're interested in trying the 30-Day Yoga Challenge, check out Yoga with Adriene on YouTube. Adriene has several free series of 30 day yoga challenges. [www.youtube.com/user/yogawithadriene/videos?app=desktop](https://www.youtube.com/user/yogawithadriene/videos?app=desktop)



# The Stories Behind OLD FAMILY PHOTOGRAPHS

By Edgar Silveira



A cousin in the UK possessed this picture but did not know much about the subjects. The first reaction was that was from Mexico (from the dress and the little girls in hats).

It transpired the picture was a family portrait but the cousin did not know much about it, and we let it rest.

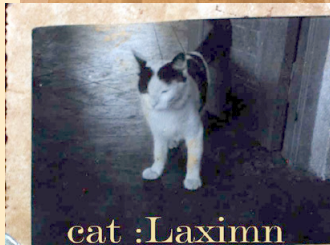
Out of curiosity and help from aunts/cousins we inquired about the subjects: Turned out one of the little boys at the back is my grandfather. We determined the identity of little girl at the front; taking her identity and her age, we determined the picture was taken in 1906.



The next picture is of my paternal grandmothers family before she was married. The family was pictured by her uncle, Jose Ramos, a photographer with a passion for his trade which he plied in Tanzania, Goa and Sri Lanka. The next picture is of the Ramos siblings including the photographer who did the set up and was part of the picture.



Photographs wonderful memories: a fluffy family cat that was acquired from a visiting ship and a picture of a stylish grand-uncle, Fransquito Braganza,



A fashion designer of repute put together a coffee table book on Goan fashion and used some of the pictures to illustrate fashions through times.. This kindled an interest in old photographs, preserving them and the stories they tell.



~Edgar Silveira

# THE WELLNESS ROOM: Yoga, Workout, Knitting & More

By Anick Dube

Activities are postponed until further notice. Please stay tuned as our Wellness Committee is looking forward to planning activities for the Wellness Room in the future.

## A Covid19 Spring

A Poem by Bonnie Quan Symons

At the Waterfall Building,  
a duck wades in water  
behind the waterfall.  
I capture a photo  
when she opens her beak.

At Kits Point,  
a white dog eats shrubbery,  
returns to its owner.

My seven-year-old neighbor's  
three-month-old kitten's  
soft snow-white body,  
grey ears, bushy grey tail.

A spotted seal in False Creek  
swims close enough to shore  
for me to video.  
Tiny fishes pass nearby.

A medium-sized brown dog,  
tied up outside a gelato shop,  
gets a front paw  
tangled on its leash.

Near Granville Island,  
two geese stand  
on cherry blossoms covered grass.  
Two blocks away,  
a goose eats grass.

Two blocks from my home,  
three mallard ducks stroll  
down the sidewalk.  
Two hide behind shrubs  
until the third makes a quacking call.

My daily walks—

**Kitsilano's**  
Kits Beach, sunsets;  
red wooden hearts  
of inspirational phrases:

*Inhale, exhale, repeat,  
Hi, Smile, it's Contagious,  
Share happiness,  
We are together,  
United by Love,  
We are One,*  
are nailed onto wooden poles.

**Granville Island's**  
Petit Ami hot chocolate,  
Laurelle's Cornish pasties,  
Siegel's bagels, fruits, vegetables;  
from False Creek,  
views of Vancouver House,  
downtown high-rises;

**South Granville's**  
Meinhardt's red-skinned potato  
salad, shrimp salad, lemon tart;  
painted murals on boarded up  
storefronts;

Crocuses, tulips, cherry blossoms,  
bluebells, pansies, Asian bleeding  
hearts,  
wisteria, peonies,  
lilac, magnolia trees,  
irises, poppies, rhododendrons  
beautify lawns, traffic circles,  
paths, community gardens,  
beaches, parks.



# The Beauty We See and Things We've Learned

By various staff members

**WE ASKED STAFF MEMBERS** to submit photos and/or stories about the beauty they've seen, new things they've learned or things they accomplished during these unusual times.

## LEARNING VIOLIN

Julie Wengi



## SLOWING DOWN

Julie Wengi

A photo taken during a brief break between conference calls: The thing I love about the world (and why I love photography) is that (I think) if you take the time to slow down and really look at things, you can find beauty everywhere—in the tiniest of moments and in the smallest of details.

## WASHING CARS

Lucie Ferrari

I am learning to wash a car. We just got a dark blue car and after two weeks I understood why people wash their car so often. I got a kit but there are so many different rags. This is a totally new literacy that I need to learn. My first attempt was not perfect but very satisfying. I still need to learn to gently wash the windows. So much to learn!







## HOW MAGIC, MEDITATION AND A 9 YEAR OLD CHILD AWAKENED ME DURING A PANDEMIC

Mary Chang

To decrease my anxiety and calm my mind, I accepted a "21 Days of Abundance with Deepak Chopra Meditation Challenge" and wrote a story about my experience which was published in *Elephant Journal* in May.

<https://www.elephantjournal.com/2020/05/meditation-procrastination-and-how-magic-and-a-9-year-old-child-awakened-me-during-a-pandemic/>



## WALKING

Bonnie Quan Symons

A new activity I have taken on during the past several weeks is going on neighbourhood walks (mostly on my own, but recently with friends while maintaining a safe social distance from each other.) Last year, I rarely went on long walks due to fracturing my left ankle in January and then having elective corrective surgery on a toe on the same foot in June.

It's been like a new awakening to me to be able to take long walks again, due to these strange times and to be able to challenge myself to walk over 10,000 steps in a single day!

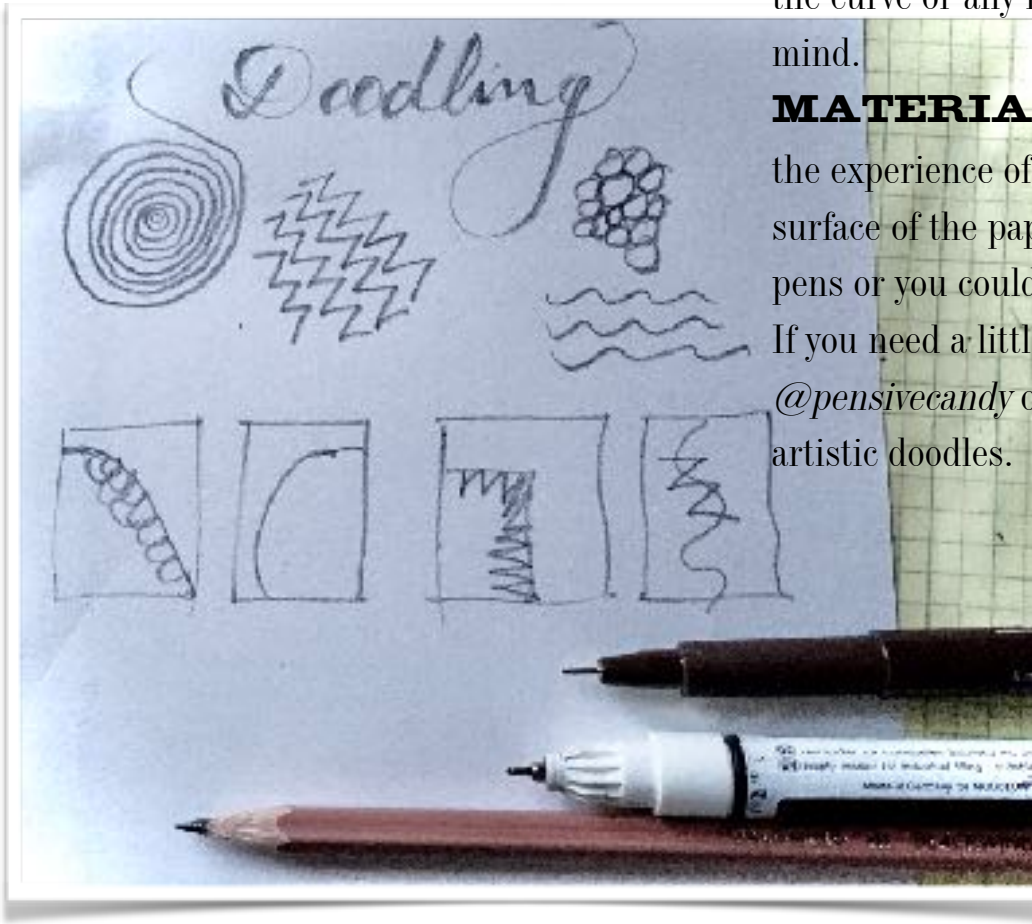


# On Doodling

By Edgar Silveira

**STARTING OUT:** doing scribbles with a pencil would be a great start, trying to do a circle. you could draw a curve and then fill in the area around the curve or any figure that comes to mind.

**MATERIALS:** I prefer a pencil as the experience of sensuous, you feel the surface of the paper. There are various pens or you could use a fountain pen. If you need a little inspiration, look up [@pensivecandy](#) on instagram for some artistic doodles.



## Advantages of doodling:

- Enhances attention
- improves memory
- keeps you in the present (keeps your brain engaged)
- lifts your spirits (improves mood)
- boosts creativity (leads to creative thinking)
- reduces stress (decreases negative emotions)



# 2020 Year of Wellness: Monthly Health and Nutrition Challenges

By Delaney Steel

**THE WELLNESS COMMITTEE** has received some great feedback from people saying that they're enjoying the challenges. Thank you for your thoughtful responses and encouraging us.

We're curious if anyone has incorporated any new healthy habits since we've started the health and nutrition challenges. If you'd like to share your story, please let us know.

If you have anything you'd like to be included in our monthly challenges, or would like to provide feedback, please email Delaney at [dsteel@bctf.ca](mailto:dsteel@bctf.ca) or [wellness@bctf.ca](mailto:wellness@bctf.ca).

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## THE WELLNESS COMMUNITY CORNER

welcomes submissions on your behalf for any children in your lives that you communicate with who say "the wildest things", whether they're funny, insightful, wild or serious.

## Kids Say the Wildest Things!

**Words between a mother and her 3-year old son, Henry:**

*Submitted by Arabella Devlin.*

**My favorite thing that Henry has said to me recently is:**  
**"You're my favourite colour."**



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*Wellness is understood holistically —encompassing the emotional, environmental, financial, intellectual, occupational, physical, social and spiritual aspects of our lives—the “Eight Dimensions of Wellness.”*

**Want to learn more about the 8 Dimensions of Wellness?**

<https://www.prainc.com/eight-dimensions-wellness/>

Interested in submitting a story or posting an item in our Community Calendar for the Wellness Community Corner? Send it to Mary Chang at [mchang@bctf.ca](mailto:mchang@bctf.ca)

## Word of the Month:

### **Corpse Pose—Shavasana** Shuh-vah-sana

The asana is pronounced as Shuh-vah-sana. This pose gets its name from the recumbent posture of a dead body. It is a position of rest and relaxation and is usually practiced towards the end of a yoga session—a session that typically begins with activity and ends in rest; a space or pause when deep healing can take place.

*“Nevertheless, with all the grace of a toddler and the flexibility of a rigored **corpse**, I agreed to embark on the journey.” – Lynda Tierney*

### Wellness Committee

Sandy Biggerstaff, Mary Chang, Lee-Anne Clark, Anick Dubé, Jennifer Kimbley, Delaney Steel and Julie Wengi

