



Day of Pink  
Decadent Dessert Day

## Decadent dessert day

**Wednesday, February 29, 2012**  
**Morning break, Prior/Sutherland**  
 Please join us for a small indulgence.

If you would like to contribute a dessert to share with your colleagues please sign up in the staffroom. If you can't bring a treat to share please consider bringing a cash donation for the food bank.

## Celebrate diversity!

### Wear pink in support of Day of Pink

#### Food bank donations

Soup day, Jan. 12, 2010	\$300
Soup day, Dec. 3, 2010	\$852
Dessert day, Feb. 23, 2011	\$259
Salad day, June 21, 2011	\$218
Soup Day, Nov. 30, 2011	\$470

**Total to date**                      **\$2,099**

## Therapy dog at work

By Debbie Orban

### Snapshot from the edge



A wagging tail and a velvety ear. A patient and relaxed manner. This is the look of a therapy dog, trained to visit seniors facilities, care homes, and hospitals.

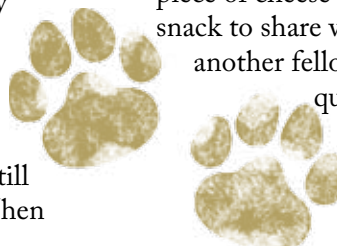
I have been a volunteer with the St. John Ambulance therapy dog program, along with Lucy the schnoodle, for a couple of years. It is something that provides the best of both worlds for me—spending time with my dog, and volunteering in the community.

I met Lucy at the Delta Community Animal Shelter three years ago when I volunteered at the shelter as a dog walker. I had recently lost my other dog to an accident and didn't feel ready to bring another one into my heart and home right away. I had walked dogs at the shelter in the past so decided that doing this again would be a way to still spend time with them. When

Lucy, a schnauzer/poodle cross that had been surrendered to the shelter looked up at me from the chain link cage, there was no question that I would be bringing her home.

It soon became clear that she had the ideal personality to work with people, so I signed us up for training with St. John Ambulance's dog therapy program. The dog and handler are evaluated as a team, and Lucy passed with flying colors. We became regular visitors at the Delta Hospital's extended care unit for seniors. The extended care unit in Ladner has a bright and open common area where residents can socialize during the day. There are cockatiels chirping and whistling, pet rabbits, and a cat who lives there full-time. Bringing in a dog is another way for the residents to socialize and to provide them with contact with an animal that is completely accepting of everyone. No judgements are made about a person's looks, and the dog is not offended by what people may say to them. Lucy sits patiently and listens as they tell us a story of pets they've had in the past. Even when the resident is not able to verbally communicate, you can see their eyes light up when they stroke her fur. There is the woman who saves a piece of cheese from her morning snack to share with Lucy, and

another fellow who just likes to quietly holding her paw for a while, a smile on his face.



Volunteering enriches everyone's lives. At the shelter, in addition to walking dogs, people are needed to work with the cats, including fostering in your home, helping to clean their living space, grooming, and just playing with them. They can always use a hand doing the endless amounts of laundry that consists of towels and bedding for the animals, and washing their food bowls. Contact your local animal shelter to see what opportunities are available.

If you think your dog would be ideal to work as a therapy dog, the following organizations offer programs:

St. John Ambulance,  
[www.sja.ca/bc](http://www.sja.ca/bc)

BC Pets and Friends,  
[www.petsandfriends.org/volunteers/](http://www.petsandfriends.org/volunteers/)  
[www.facebook.com/pets.visiting](http://www.facebook.com/pets.visiting)



### Healthier snack option Kale chips

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Preheat oven to 350 degrees F

- Line cookie sheet with parchment paper.
- Carefully cut the kale leaves from the thick stems and tear the leaves into bite-sized pieces. Wash and thoroughly dry in a salad spinner.
- Spread leaves in a single layer on cookie sheet. Do not overlap.
- Drizzle kale with olive oil and sprinkle with seasoning salt.
- Bake until the edges brown but not burnt, 10 to 15 minutes.



## Cross Fit at lunch

—Anne Guthrie Warman

Every Tuesday and Thursday at lunch time several admin and support staff make their way “eagerly” to the Cross Fit gym on the ground floor of our building. For an hour the Cross Fit trainers put us through a workout which includes warm-up, an intensive (and intense) cardio session and then a cool down or in my case a collapse onto the lovely (sic) rubberized floor gasping for air and water. Many others however, are younger, fitter or old hands at this and they give us relative neophytes hope and inspiration. For me it has been a fantastic opportunity to do something physical and healthy at lunch; the mental and physical benefits cannot be overstated. We all feel better for taking part and the camaraderie, humour and support we get from each other is amazing.

On the occasions when I can't make it, I feel the loss and miss our gruff but lovable trainer saying to me when I'm desperately trying to eke out that last sit-up or push up in the time “take it easy Anne, remember you're not sixty anymore.”

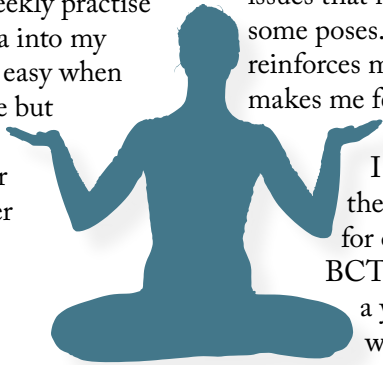
The fee is \$150 for 10 sessions. Come and join us. Guarantee you won't regret it.



# Making yoga a part of every day

by Margaret White

I began practising yoga over ten years ago, and haven't looked back since. For the first few years I was content to attend my yoga class once a week. As I became more confident and aware of the intrinsic rewards of yoga, I decided I wanted to move from a weekly practise to integrating yoga into my everyday life. Not easy when you work full-time but possible. I will share some tips for what made it easier for me.



## Create a yoga space

The first step is to create a space in your home that is conducive to a yoga practise, where there will be few interruptions. Taking the time to create a nice space inspires you each day to want to do yoga. It can be a small space—just room for a mat and yoga props. Bringing relaxation music into the space can add a whole other dimension to the experience. Banyen Books offers a good selection of yoga music, as do some music stores.

## Pick a time for yoga that works for you

Reflect on what is the best time of day for you—I usually do yoga early in the morning—it means setting the alarm a half-hour early which seemed a hardship at first. But I always find with yoga, the rewards are well worth it. This is the time I can most count on quiet, uninterrupted time. If you work on a computer at work, it is great to start the day having stretched out the neck and shoulder and back area.

## Continue to attend a yoga class

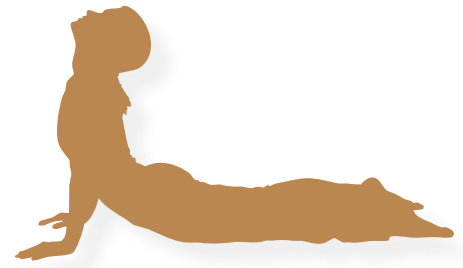
Having an experienced yoga teacher is essential to learning how to do the poses in a way that will benefit you, and take into account health issues that may be aggravated by some poses. Attending a class also reinforces my yoga practise and makes me feel a part of a larger community.

I am lucky to have had the same yoga teacher for over ten years. At the BCTF we are lucky to have a yoga program in the workplace. Proximity makes a difference.

## Use a Yoga DVD to support your practise

Find one or more yoga DVD's that appeal to you as this provides some structure when doing yoga at home. I have viewed many yoga DVDs and find the quality varies greatly. I look for teachers who include modifications and seem very experienced in their approach. Some yoga videos offer short sets that last 15 to 30 minutes. I use the first 20 minute set of a Kundalini yoga DVD in the mornings. As I studied this type of yoga for years, I am familiar with the poses and modifications. Twenty minutes is doable and a great way to start the day.

Another yoga video I very much like is Yoga for Stress Relief – this



DVD includes 20 sets, from 15 to 60 minutes, customized to various health issues such as neck and shoulder pain, lower back pain, insomnia, and stress relief. I found the set for pain in the hip/upper leg area was enormously helpful in recovering from a car-pedestrian accident a few years ago. I was able to do the poses gradually at home, when my injury was too unstable to attend a yoga class. Yoga speeded up the healing process.

## Enjoy all the rewards yoga can bring you

I find over time the small changes become bigger changes as your state of relaxation deepens and your flexibility and confidence increases. What I love the most about yoga is that the learning is endless—the more you practise, the better you feel and the more you find there is to learn about the mind-body-spirit connection.

## Yoga at the BCTF January 11 to March 14

with Susan Alexander,  
yoga and mindfulness based  
therapeutic mentoring

Wednesdays,  
12:00–1:00 p.m.  
\$100 for 10 sessions\*  
or \$12 for drop-in  
Charlesworth Boardroom

\*Will include a mindful  
meditation session. Date to be  
announced, all are welcome.



## Wellness Committee Terms of reference

The goal of the Wellness Committee is to promote a culture where all employees may contribute to and benefit from participation in health and wellness activities. Using the components and sub-components of the Wellness Wheel (Physical, Intellectual, Spiritual, Social, Emotional, Environmental and Financial) the committee will strive to promote wellness options and provide educational opportunities for employees. The committee may, from time to time, work in tandem with the Respectful Workplace Program Committee and the Joint Occupational Health and Safety Committee. The committee will be comprised of representatives from Management and both in-house unions.

## Donate blood— give the gift of life

A 2006 Canadian Blood Services poll revealed that while 71 percent of Canadians believe donating blood is the right thing to do and a further 22 percent have intentions to make that donation, less than 4 percent get around to actually doing it. In B.C., that number is a mere 2.9 percent. ([www.ctv.ca/CTVNews/Health/20060727/blood\\_donation\\_](http://www.ctv.ca/CTVNews/Health/20060727/blood_donation_)). At the same time 96 percent of us expect to receive blood should circumstance require it.

Donating blood can literally be the gift of life, possibly several lives if your blood is separated into specific components. Recipients of your donation can range from accident victims suffering traumatic injury, to a child struggling with a life-threatening condition. The average person has approximately 5 litres of blood. Approximately .5 litre of blood (1 unit) is drawn during the donation process. After donation it takes just a few hours for your body to replace that unit.



According to Canadian Blood Services, you are probably eligible to donate blood if you are between the ages of 17 and 71 years of age, weigh more than 110 lbs., and are in good general health. The donation process takes approximately one hour.

Canadian Blood Services encourages donors to book an appointment, but they do try to accommodate walk-ins as well. Call 1 888 2 DONATE (1-888-236-6283) to book.

You should have a healthy (non-fatty) meal and plenty of fluids beforehand, have slept well, and be feeling fine on the day of donation. Your hemoglobin (iron levels) will be tested at the clinic, and you will be asked a number of questions to ensure your eligibility.

For further information, or to find a clinic near you, see [www.blood.ca](http://www.blood.ca)

—Karen Steel

## BCTF Wellness Committee Members

Donna Coulombe	(BCTF)
Michael Kimmis	(CEP)
Carmela Allevato	(CEP)
Una Walsh	(HR)
Margaret White	(TFEU)
Karen Steel	(TFEU)

*The contents of this newsletter are intended to encourage better health decisions, not to provide medical advice. Please consult a qualified health professional before embarking on any new diet or exercise regime.*