

Upcoming event

Soup day

Nov. 30, 2011 • Prior/Sutherland



If you would like to contribute a homemade soup for the staff to share, please sign up on the form in the staffroom. If you don't have a soup to share, please consider bringing a cash donation for the food bank.

MK run club



The Michael Kimmis Run Club currently sports 2.5 members and meets most days in the foyer at lunch time for a 20- to 30-minute run. New members are welcome.

For more information contact Mike at 1957 or Chris at 1935.

Crosswords puzzles are health food for the brain

By Emily O'Neill



Snapshot from the edge

I love crossword puzzles. I love them. I do them all the time. If you come by my desk at a coffee break, odds are pretty good I'll be working a crossword puzzle. I can't stop. It's almost certainly an addiction – though, happily, one I can talk to my grandmother about.

I have been solving crossword puzzles for as long as I can remember. I grew up in a house where the *New York Times* crossword puzzle was always hanging about, waiting patiently for my mother to get back to it. As a girl who, for many years, had an amateur detective agency based out of her bedroom, I was quickly reeled in by the puzzles and the prospect of solving something akin to a mystery. I brought at least two puzzle books on every road trip, plane trip, trip to summer camp, and sleepover I ever went on as a kid. I was, perhaps, a bit obsessive. I am not embarrassed to admit that not much has changed since I reached adulthood.

The puzzle solving didn't stop when I went off to university. On a seemingly typical day in my first semester—and I swear this is not an exaggeration—I woke up, yawned and stretched my arms, whistled my university's fight song, did 30 jumping jacks, reached for a Sunday



The International Division champion, with the Manhattan Bridge in the background

New York Times puzzle, and found that I was suddenly able to finish it. This had never happened before. It was terribly exciting. As the school year went on I found that I could almost always finish them, got faster and faster, and discovered that I could also do the Saturday NYT puzzles, the hardest of the week.

This March, I traveled to New York City to attend my fifth American Crossword Puzzle Tournament. (If you've seen the excellent documentary *Wordplay*, then you already know a little something about this tournament, which is heading into its 35th year.) My goal this time around was to be mistake-free on all seven puzzles, which are scored on both speed and accuracy. I had a dismal time

of it at the last competition, where I made a couple of big mistakes on the very difficult fifth puzzle and knew as soon as I turned it in that I had some things wrong - but was even more distressed to discover that I had done the first (and the easiest) puzzle so fast that I inadvertently left a square blank. As a result, I finished in 88th place, came in second in the International Division to my Arch Nemesis (who is actually, in real life, a very nice accountant from Victoria named Jeffrey), and had an entire year to stew over the disappointment.

I am happy to report that things went much better this year. I ended up in 34th place out of about 660 people, beating my previous best finish of 43rd, and I retook the International Division title. I was also one of only 34 people to be completely mistake-free. Next year I'm shooting to be in the top 25! For the first time in my history as a competitor, this goal feels very doable.

My favourite day of the week is Saturday, because Saturday is my Crossword Puzzle Day. I like to wake up as early as I can, and before I have my first cup of coffee I clearly make my way two blocks to the corner store, where I pick up the weekend edition of the Vancouver Sun. When I get home, I grind the coffee beans, make some breakfast, and pull the puzzles out of the paper. There are three each weekend—the Sun puzzle, the Sunday *New York Times* puzzle, and the Saturday *New York Times* puzzle. I do them in that order, easiest to hardest. I put some music on and curl up on my couch with my coffee, puzzle in lap and pen in hand. I don't speed solve on the weekends—crossword puzzles ought to be savoured, really. There are few things I find more

relaxing than this weekend ritual, rolling the clues around in my head, appreciating the particularly clever ones, laughing at the funny ones, taking note of the names of constructors whose work I especially

like. And I find it comforting to know that my interest in this hobby has never waned, that this is something I will be able to pursue and enjoy for the rest of my life.



What's in a beet salad?

Salad day at BCTF inspired me to search out a recipe for a salad with beets in it, as these are ones I most enjoy in restaurants. The salad I made consisted of salad greens, grated raw beet, feta cheese, pumpkin seeds and tomatoes with a Balsamic dressing. In my search, I came across some great recipes posted on various web-sites. Here are the links to a few enticing beet salad recipes:

Beet and feta salad

www.besthealthmag.ca/recipe/beet-and-feta-salad

Beet greens and seeds salad

www.groupprecipes.com/24958/beet-greens-and-seeds-salad.html

An all beet salad

www.ezhealthydiet.com/beet-recipe.html

Roasted golden beet salad with goat cheese

www.groupprecipes.com/116432/roasted-golden-beet-goat-cheese-napoleons-with-citrus-vinaigrette.html

—Margaret White

BCTF Run for the Cure Team



Congratulations to the 2011 BCTF Run for the Cure team, which raised nearly \$600 for the Canadian Breast Cancer Foundation. Team members included Pat Hamilton, Olga Borissova, Donna Coulombe, Ellen Ellis, Susan Fonseca, David Halme, Glen Hansman, Ritchie Kendrick, Diane MacDonald (and her daughter), Debbie Orban, Kathleen Thomson, Robyn Trask, Una Walsh, Darlene Waggett, and Susan Fonseca. Thanks again to Pat Hamilton for captaining this team.

Stairway to health program

Most of us would agree that a regular exercise program is key to maintaining a healthy lifestyle. The exercise program does not have to involve a gym membership however, as you can integrate familiar activities such as stair climbing over the course of a day to help accumulate 30 to 60 minutes of moderate physical activity.



According to the Public Health Agency of Canada (www.phac-aspc.gc.ca/stb-ews/english/benefits-eng.php), if you weigh 150 lbs. and accumulate 15 minutes of walking upstairs over the course of a day, you will have burned approximately 153 extra calories—without lacing up the running shoes.

Taking the stairs instead of the elevator offers a myriad of benefits, not the least of which is that it tends to get you to your destination faster. Along with the calorie burn, taking the stairs regularly can help build or maintain bone density, strengthen leg muscles, and improve cholesterol levels. Over the next few weeks, look for stair-climbing facts and tips on the BCTF stairwell doors.

The BCTF has many flights of easily accessible stairwells. Why not give them a try?



Rethink iPhone app

Rethink (rethinkbreastcancer.com) has used creative humour to produce a new iPhone app. The app features a selection of handsome, hot-looking men who will make personalized appearances on the calendars of app users. The app is designed to be a good-humoured reminder for women to check their breasts regularly for changes or anomalies. See www.youtube.com/watch?v=VsyE2rCW71o&feature=share for a funny promotional video on this app.

BCTF GLEE club

Melissa Howell, resident music specialist, performer and teacher, has some great ideas on how to make Thursday at noon fun and creative for all of us who like to sing.

Starting next Thursday October 20, 2011 at 12:15 in the Sutherland room.

The drop in fee will be \$10.

All are welcome.



Music is a healer. It stimulates our aging brains and generally makes us feel better about ourselves and the world. Everyone who sings or hums out loud (or in their heads), in the shower, car, or anywhere else they think no one is listening, is welcome.

For more information, see Karen at 1891 or Melissa at 1806.

Fall 2011 schedule for the Centre for Holistic Health Studies at Langara College

In the spring of 2011, the Wellness Committee sponsored a Lunch-and-Learn session on Mindfulness-Based Meditation with Dr. Linda Turner, from the Centre for Holistic Health Studies at Langara College. In follow-up to the presentation, the Wellness Committee is providing information about the Fall 2011 schedule for holistic therapies available by donation at Langara's Holistic Health Clinic. Some information on course offerings is also included.

Langara Holistic Health Clinic—2011 schedule

Langara's Holistic Health Clinic student clinics, held through-out the year, offers sessions (by donation) for Cranial Sacral Therapy, Integrative Energy Healing and Spa Therapy & Massage. For a schedule, description and contact information for each of these therapies, go to:

<http://langara.bc.ca/continuing-studies/programs-and-courses/programs/holistic-health-studies/clinics.html>

Upcoming courses utilizing mind-body practices to address health issues (Classes start on October 26, 2011)

For more information, go to:

<http://langara.bc.ca/continuing-studies/programs-and-courses/programs/holistic-health-studies/courses.html>

The Centre for Holistic Health Studies at Langara College also offers courses on Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy and Mindful Eating: Transforming our Relationship to Food. Courses for the Fall session have already started. If you are interested in taking a course in Mindfulness Meditation, check the web-site periodically for course offerings in Winter 2012.

—Margaret White

BCTF Wellness Committee Members

Donna Coulombe	(BCTF)
Michael Kimmis	(CEP)
Drusilla Wilson	(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.

BCTF food bank donations

A total of \$218.55 was collected for the food bank at our summer solstice salad day. Many thanks to everyone who contributed either a salad or a cash donation.

Total donations from January 2010 to date: \$1629.

BCTF flu immunization clinic

Tuesday, October 25, 2011

Charlesworth meeting room

8:30 a.m. to noon

The BCTF sketch club

Did you previously paint or draw (or wished you could), or would you like to incorporate daily painting or drawing into your life? Get in touch with your creative side and at the same time reduce stress!

You may have seen the sketch club in the staffroom on Thursdays at noon. Past work has included the group project "The Exquisite Corpse" or the blind contour drawing exercise. Sometimes we just work on our own, practising a certain technique or working on an unfinished project. No experience is necessary. Stop by and see what we are doing that day.

Watch for "Staff Buzz" notifications—sometimes we change the day and time to suit our schedules.

For more information contact Dale in Graphics at 2178.



TFEU