



BarterWorks News & Views

43 Queen Street South, Kitchener N2J1V8

(519) 749-9177

Website: www.barterworks.org

Email: barterworks@barterworks.org

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In the Spirit of the Season...by Deborah Evans, Editor



It is always the season for generosity and The Working Centre seems to celebrate this season all year long. For over six years The Working Centre has provided BarterWorks with an office space, phone, computer and staff member to coordinate operations. Although the coordinator's position has been limited to approximately ten hours per week for the last few years, we need to appreciate the effort (above and beyond) that Greg Roberts, Suzanne Dietrich and Margaret O'Shea Bonner have given. Margaret, who

many of you have met at our recent Market Days, is the interim coordinator until a permanent role can be established. It is time to recognize that this provision, although much appreciated, is not enough to effectively keep things going. In short WE NEED YOU! Yes you.

As we approach a new year filled with possibilities, ask yourself, "What can I offer to this growing community?" Roles are being developed with a view to include more

members in a volunteer capacity. We welcome your enthusiasm and interest. An orientation session for new volunteers will be set in January. Learn about volunteer positions that might suit your schedule whether they be weekly (a morning or afternoon shift of 3 hours) monthly, or a special one time project or ongoing committee. Come learn and grow with us in 2006!

May your holiday season be filled with peace and goodwill.

Member Profile:

Meaghan Johnson of Queen Street Yoga by Kimia Eslah

Upon entering Queen Street Yoga's new studio in downtown Kitchener, I was overcome by the warmth of the space: hardwood floors, an elegant design, large windows and a downtown view. Owner, operator and yoga instructor, Meaghan Johnson, provided a tour, and I reflected, "Just the perfect place to learn yoga!"

Johnson opened this space in September 2005, and today Queen Street Yoga (QSY) serves as one of Kitchener-Waterloo's prominent yoga studios, offering a variety of programs for all ages, including an eight-week introductory course at an affordable rate.

QSY's unique approach to yoga sets it apart: emphasis on comprehensive learning, responsive instructors, student commitment, and a dedication to matching the stu-

dent to a suitable teacher.

Johnson herself learned basic yoga practices as a youth, at a time in her life when she felt depressed. The few movements and breathing exercises helped her to attain an increased sense of calm, she stated.

Many of Johnson's students chose to practice yoga as a last resort in response to their physical or mental distress, she admits. She believes yoga is beneficial to many people; especially those who seek increased physical flexibility, improved concentration, relief from stress, and a general sense of peace of mind. "Yoga helps to shift your perspective...and understand how you react to limitations," she related.

With two introductory courses beginning each month, lunch hour and drop-in classes, class passes

and five yoga instructors, QSY is highly receptive to its students' lifestyles and preferences. For more information about registration, cost and class times, visit their website at www.mjyoga.com or (519) 741-YOGA. BarterWorks members are eligible to pay their fees with 50% BarterDollars.

In addition to yoga classes, QSY offers rental space (1500 sq. ft.) for various community events, including fairs, shows, workshops, and art-related programs. The large, well-light, downtown space has been popular among local groups who have held successful fairs at QSY, such as DUDE Design Show and Creation Africa. To view and rent this space, phone QSY at (519) 741-YOGA. BarterWorks members are eligible to pay the rental fees with 30% BarterDollars.



Stepping Stones to Self-Confidence—Part 3 by Lois Raats

A discipline is simply a habit that's practiced intentionally on a regular basis. Self-affirmation involves disciplining oneself to be intentionally self-aware and self-accepting over a period of time.

The key concept here is INTENTIONALITY – using your will to consistently point yourself in a helpful direction.

For example, Gail could choose to think helpful thoughts, instead of unhelpful ones, each time she's in a threatening situation at school. If Gail could do this consistently, she would be practicing the discipline of self-affirmation. She would be thinking and acting from the assumption that she is a lovable and capable person, and she would be doing this even when she has made mistakes and experienced failures.

Self-affirmation is not a synonym for grandiosity or self-delusion... it doesn't involve telling yourself you're perfect when you're not, or pretending you haven't made mistakes when you have.

Instead, affirming yourself through life's difficulties involves noticing the truth, and choosing to forgive yourself when you goof up. You don't want to let yourself off too easily – being *too* forgiving undermines competence and thus decreases self-esteem. But it's important to give yourself lots of space to just be human.

In addition to helpful self-talk, there are many other concrete ways to practice self-affirmation.

1. Journaling.

By taking the time to write down and consider your deepest thoughts and reflections, you are automatically affirming that you are worthwhile and important. The added side benefits of journaling are increased self-awareness and self-acceptance. Two helpful resources on journaling are *The Artist's Way*, by Julia Cameron, and *Write it Down, Make it Happen*, by Henriette Klauser.

2. Notes.

It may sound hokey, but people find it very powerful to write themselves notes. When I was in a low period during my university days, I wrote out the sentence I AM LOVEABLE AND CAPABLE in big letters and posted it on my bathroom mirror. It helped! Other people write themselves "Rainy Day Letters" just for days when they are down. I keep a file of all the thank you letters from clients, and read them when I need encouragement.

3. Fun.

When we're down on ourselves, sometimes the last thing we think of doing is going out and having fun. But pleasure is tremendously self-affirming, and is often exactly what we need.

4. Community.

Goes without saying that the support of friends, colleagues, and family is crucial for a healthy sense of self. When your tank is empty, call a friend – but learn to support yourself through other methods when friends are not available.

5. Spiritual Practice.

Meditation, prayer, and scripture reading can help you to understand your purpose, get a sense of the "Big Picture" of your life, and keep your other problems in perspective.

6. Self-assessment.

This is especially helpful form of self-affirmation during times of transition when we're walking in circles, muttering... "Duh, who am I again?" There are lots of these available on the internet. My favorites are the Myers-Briggs Personality Inventory, DISC Behavioral Inventory, PIAV Values Inventory, and Strong Interest Inventory. Do a few of these and you will have a structured way to think about yourself and your capabilities, and will hopefully come to some new awarenesses as well.

7. Creativity. Putting yourself out there in the universe in any way, shape, or form helps remind you that you are worthwhile. So write a song, form a hockey team, build a boat, pen a poem, create a drawing, make some curtains – and affirm yourself at the same time.

Self-awareness is the foundational stepping stone, self-acceptance starts you down the road, and self-affirmation keeps you rolling down the highway!

Practice these three disciplines, and you'll be well on your way to greater self-confidence and self-esteem.

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www.CoachLois.com; (519) 725-3833

Queen Street Yoga

44 Queen St. S.

Official Grand Opening

Saturday, January 7, 2006

10 AM–6 PM

Join us for live music, refreshments, and a variety of workshops. All QSY instructors will be present to answer your questions. From 11AM-3 PM, there will be hour-long workshops dealing with various aspects of yoga, including Kids Yoga at 12 PM. This event promises to be fun-filled, eye opening, and educational.

BarterWorks Potluck

followed by

Cost Effective Meal Planning Seminar

with Bill Rieck

Wednesday, January 18, 2006

Starting at 6 p.m.

Bring along your favourite dish and stay for an informative talk by Bill on how to develop highly efficient meal planning techniques, that are both nutritious and cheap (cost-effective if you'd rather). Demonstrations and samples will be provided. Mmmmm.....

BarterWorks Market Day

Saturday, January 28, 2006

10 a.m. to 2 p.m.

Space limited...book your table early!

Knitting Workshop

Hosted by The Working Centre
43 Queen Street South, Kitchener

Saturday, Feb. 25,

10:00-12:30

Call Amaryah 749-9177x 238

Fee is \$5 (100% B accepted)