

LIVE

SEMINAR ON STROKE
The North Shore Stroke Recovery Centre invites community members to attend their annual educational event.
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NEWS photo Paul McGrath

YOGAPOD'S Laurie Inouye holds up a Passport To Prana card, a unique program that for \$30 allows the holder to take one yoga class at each of approximately 40 participating Lower Mainland studios until July 31.

A blissful pursuit

Erin McPhee

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THE first time YuMee Chung tried yoga she experienced what you might call an "aha moment."

"It was my first time on a mat that I went, 'Ah, this is what I've been waiting for all my life,' and it's been a decade-plus journey for me," the former securities lawyer turned yoga teacher says.

Interested in encouraging other people to try the practice — and, she jokes, become just

North Shore yoga studios open their doors with passport program

as addicted as she is — she's launched a unique movement. Her Passport to Prana program is continuing to grow, with yoga studios across North America throwing their doors open to newcomers and experienced practitioners alike, all in the name of helping people discover yoga's unique benefits for themselves.

"It's so different for me from other styles of fitness or hobbies," says Chung. "Something about the yoga practice really

gets in there and it changes how you live your life and it changes the way you interact with the world."

Chung, who lives just outside Toronto, on Lake Simcoe, founded Passport to Prana five years ago in Toronto. The concept was the result of some conversations she'd had with the fellow members of the close-knit community of yoga studio owners and enthusiasts, similar to the Lower Mainland's, she says. They were interested

in getting those new to yoga through their doors. "That was initially our concept, that we would remove all of the barriers to entry for someone who had always said, 'Oh, I've wanted to try yoga, I've been interested, I've read about it, but I've never actually got out there because it's intimidating,'" she says.

With eight studios on board, they issued paper passports and participants went door-to-door, obtaining stamps.

"And it's just snowballed from there," says Chung, adding that the Toronto passport

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Operating as a couple requires a mature approach

QUESTION:

My cousin and her husband were visiting for the Olympics and I was really impressed with what a great marriage they seem to have. Most of my friends have had relationship problems and their experiences have made me anxious about making a commitment to anyone. Why is it that some couples have a lot less tension than others?

ANSWER:

I've had many clients over the years who have asked, "Do all couples struggle as much as we do?" We are a coupling species and most of us grow up hoping that we will find someone who will make our lives complete. The day we make a commitment to that someone, we are certainly thinking that our life will be better with them at our side. This is not always the case.

In general, a couple who is doing well consists of two individuals who are doing well, two people who are connected to each other, yet on target

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LIVE

Important to take responsibility for own happiness

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with their own lives, neither having lost any of themselves within the challenge of operating as a couple. These are individuals who take responsibility for their own happiness and for keeping their lives interesting rather than leaning on their partners to do this for them. There is a certain self-confidence, clarity of purpose and generosity of spirit required to pull this off and not many of us have perfected it.

When we are not on our game we tend to get irritable and the easiest person to be irritated with is the person we live with.

We begin to have more difficulty with the differences between us and shift into some narcissistic expectation that our partner should be more like us — think what we think, feel what we feel, want what we want — and we will spare no energy in the effort to convince them. This sets off the familiar feedback loop of attack/defend/withdraw that plays out in the minutiae of our lives, none of it mak-

ing any sense and yet all of it powered by an emotional certainty.

I am aware of only one exception to the above and that is the case of the fortunate fit. There are people who get lucky and quite by accident, find someone whose immaturity does not seem to trigger their own. We see this occasionally in second marriages where the first commitment is disastrous but the second goes surprisingly well.

The new composure is not the result of an increase in maturity. Increases in maturity do not happen overnight. Rather, there seems to be some magic in the mix so that the differences do not generate the usual difficulties. This rare and curious coupling is sometimes explained by a reduced number of stressors in the second marriage or by the individual lessons learned in the first.

Perhaps this is part of it, but given that second marriages are more likely to end in divorce than first marriages, it seems more complex. It is as if there is a strange synchronicity at play that short circuits the usual currents of complaint, leaving the couple less affected by the immaturity between them.

Why not interview your cousin and get her thoughts about her marriage? You may get some good tips on how to sustain a committed relationship.

Margaret Anne Speak, M.A., C.C.C., works with couples, individuals and families from a Bowen Family Systems perspective at Family Services of the North Shore. Questions? Write onthecouch@familyservices.bc.ca or call 604-988-5281.

SUSTAINABLE REGION INITIATIVE . . . TURNING IDEAS INTO ACTION

ENVIRONMENTAL PROTECTION NOTICE

Application for Permit Amendment under Greater Vancouver Regional District Air Quality Management Bylaw

Any person who may be adversely affected by discharge of waste as described below may, within 30 days from the date of posting, publications, service or display, write to the District Director, Metro Vancouver, Policy and Planning Department, 4330 Kingsway, Burnaby, B.C., V5H 4G8, or email at regulationenforcement@metrovancover.org stating how they are affected. **Letters submitted in relation to this application will become part of the public record and may be made available, subject to the provisions of the FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT.**

- In accordance with the provincial Environmental Management Act Public Notification Regulation, Canexus Chemicals Canada Limited Partnership hereby applies for an amendment to Permit GVA0010 (issued Oct. 24, 1972 and last amended May 5, 2008) to discharge contaminants into the air from a chlor-alkali manufacturing plant located at 100 Amherst Avenue, North Vancouver, B.C. V7H 1S4. The legal description of the land upon which the plant is located is "Municipality of North Vancouver, Parcel Identifier: 007-253-265 Lot 5 Block H District Lots 193 and 611 Plan 17801".
- The purpose of this application is to request authorization to discharge air contaminants from the following process: The plant is undergoing a major upgrade from diaphragm to membrane electrochemical cell technology. Emissions will continue to originate from the processing of chlorine gas and hydrochloric acid, and combustion of hydrogen and natural gas, however the discharge of greenhouse gases, asbestos, and other fugitive emissions will be greatly reduced or eliminated. Chlorine gases emitted from several plant processing areas will be sent to a system that utilizes caustic soda to neutralize and form sodium hypochlorite, which then undergoes destruction and allows for recycle of products within the plant process. HCl fumes from the HCl plants will be scrubbed using caustic soda solution and/or water to ensure that no odourous or hazardous compounds are released to the environment. Emissions from the plant boiler will be well below those for natural gas and fuel oil combustion due to the increased use of site-generated hydrogen gas as a fuel source. The new technology eliminates the use of asbestos in the process.
- A summary of the emission characteristics is as follows:
 - Total Maximum Potential Rate of Discharge (at STP = 20°C, 760 mmHg):
Before: 1800 m³/min from a total of 9 sources.
After: 800 m³/min from a total of 8 sources.
 - Maximum Potential Duration of Operation:
Before: 24 hours/day, 7 days/week, 52 weeks/year.
After: 24 hours/day, 7 days/week, 52 weeks/year.
 - Emission Characteristics:

Total Emissions from All Sources Based on Requested Limits and or Estimates*

Contaminant	Emissions (tonnes/year)*	
	Before	After
Particulate Matter	0.67	0.67
Nitrogen Oxides	254	30
Sulphur Oxides	1.4	0.06
Volatile Organic Compounds	3.5	0.15
Ammonia	2.1	0.10
Carbon Monoxide	40	5.0
Chlorine	0.87	0.71
Hydrogen chloride	0.21	0.21
Total	302.75	36.9

*Detailed methods for calculating emissions are contained in the full application document

- Combustion processes: Primary fuel - Hydrogen; Secondary fuel - Natural Gas.
- Maximum Opacity: 10 Percent
- No odours shall be detected beyond the plant boundary such that the District Director determines that air pollution has occurred.

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Capsule Comments



CHRIS Assistive Technology Consultant

This is where comfort meets elegance! The Ambassador features stylish flared wings with a waterfall back. This unique blend of styles will provide the perfect invitation to sit back and relax. The Pioneer is a European-inspired lift/recliner that is certain to become a classic!

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 - Maximizing Breathing & Energy Levels
 - Long-term Oxygen Therapy
- Refreshments and snacks provided

WHO Who should attend?
• COPD Patients, friends and family
• Healthcare professionals who want to learn more about COPD

RSVP Space is limited. If you wish to attend please call the BC Lung Association **By phone** 604.731.LUNG (5864) or toll free 1.800.665.5864 **By email** ablog@bc.lung.ca

