

2018 Recap

2018 felt well lived. I put more effort into mindfulness, improving, learning, and giving. I learned a lot about myself this year and starting to really like the person I've become.

As I look at photos of the year past, I think about what more I'd like to work on. Good thing I enjoy improving myself.

Here's my 2018 in review. Happy 2019 to all!

Pools and Books

One of the best books I read this year was “Swimming Studies” by Leanne Shapton. If I had honed my writing and art skills, I could have written that book. Now I am making a point of really taking in these pools I swim at where ever I visit and turning it into my own creative journey. I am using the strong attachment to swimming I’ve had for as long as I’ve been alive and turning it into adventures. The most memorable swim in 2018 were [Borden pool](#) in Edmonton, Canada’s first Natural pool. Notable others were the Jasper Hot Springs and Chateau Laurier in Ottawa.



January's Yellow Themed Potluck



In January I made a goal of spending more quality time with my parents and mother-in-law. I started it with a themed monthly potluck. In January it was Yellow themed.

Family is complicated and often I stress about them. 2018 I began to truly accept where I came from, who raised me and appreciating the love they offer me.

Ski for Light in February



The highlight of February were [Ski for Light Canada](#) for the first time. Because I have sight I got to help visually impaired people enjoy a skiing holiday. It was my first time in BC in the winter. A truly magical experience.

Alan retired February 28th



My friend Alan retired from the University of Toronto. I was invited to his retirement party. Since then he's been busy being a helpful friend to so many. I'm lucky to have this man and his partner Tracy in my life

March Fast



I did a one day fast on a Saturday in March. It was an interesting experience. One I'd do again. I spent the day at U of T, watching student performances. It was relaxing to not have to think about eating.

Mom's Birthday in March



I organized a surprise birthday for my mother at the Beaches Bakeshop in the east end, with her friends of 40 years. She had a good time and so did I.

April Seed Starting



My favourite part of April is seed starting. This is our third year growing from seed. I still get excited seeing them first sprout out of the soil. This year we had kale, chard, basil, dill, parsley and cilantro from seed. Plus garlic that we planted in the fall.

May Birding



I took the bus for sunrise to the Colonel Samuel Smith park for a second year in a row to look for the Whimbrels. Second year I didn't see any. This year was pouring rain. I was soaked. The long wet walk home was memorable. I try not to let weather stop me from doing what I want to do.

May's Jane Walk



I've been leading Jane's Walks for 10 years. The past few years I've chosen the walk times to work better with my schedule. To no surprise, the attendance went down, but there were always people who showed up. This was the first year that no one came. (Apparently 6:30am start time in the middle of nowhere to walk for 21kms doesn't appeal to anyone in Toronto!). Chris and I did the walk anyway.

June First Walk with Tracey



Our first walk next to her father's grave stone in Mount Pleasant cemetery.

I had 2 new long distance walking partners this year. The first weekend in June until the end of this year, Tracey, someone I've known most of my life, joined me on most weekly walks from start to finish.

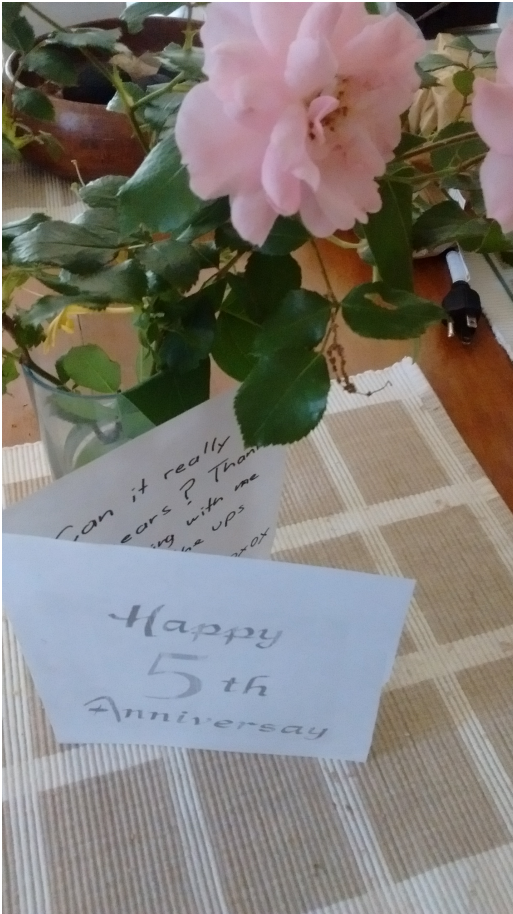
June Birthdays



My friend Mimi and I took our good friend Mariko out of town for her birthday trip. This year was to ZimArt near Peterborough.



June Anniversary



Chris and I celebrated our 5th anniversary. I continue to learn and grow and share incredible adventures with Chris. I feel privileged to be able to spend my life with this beautiful person.

June Tragedy



In late June, Yasemin, my oldest friend who I knew since I was 8, died. The grieving process took a while. At first it was shock, then I was sad, then I was in disbelief at the reality that she was gone. Eventually I tried to make good of her life and what I became because of her. In her memory, I make a point of being a caring friend, a good daughter and sister and to not hold back on saying something that could make someone feel good.

July Long Weekend in Coboconk



I didn't get to the cottage much this summer. There was always so much going on in the city. When I did go, I enjoyed the lake swims, the slow pace and rural walks.

July was Hot



The local pool, my garden and early morning long walks with Tracey was the best part of the hot summer. Time off is so precious. If it wasn't a summer long weekend, I was mostly in the city doing what I could to keep me cool and sane.



August Walk in Earl Bales Park



I tried to connect with my parents more. Lately I feel we don't have much in common and finding time to enjoy each other's company isn't as easy. Family relationships for me can be stressful but when I accept these wonderful people who did their best to give me the life I'm currently happy with, I become at peace with myself and them.

September Birthday Vacation

September was a fun month. I got to explore the Northern part of Alberta. Spent my birthday in Jasper. Learnt lots. We kept active but also drove more than I've done on other trips.



Sister-in-law's grain farm



View from our campsite in Jasper



Slave lake

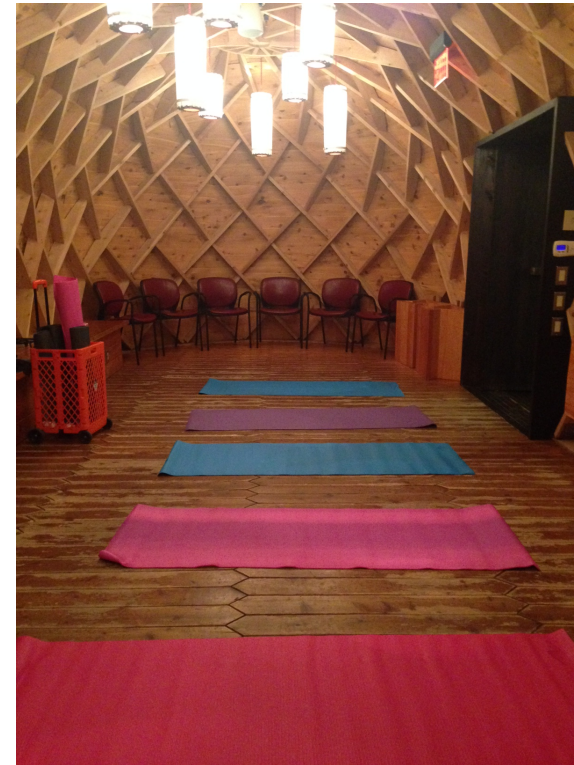
Chris's Birthday in October



I made a point in 2018 to do more fun things. Last year I had planned a trip to Point Pelee for my birthday but other priorities took over and it never happened. This year, for Chris's birthday I secretly planned a weekend away to Point Pelee. Neither of us had been and it was a beautiful weekend. Most importantly, Chris got to do barefoot running from the tip to the visitor centre. (Chris's favourite physical activity)

November: Work and New Friends

November tends to feel like a long month. This November wasn't. Yes, work was busy but I really enjoyed my work with the city this year. I got to train people out of interesting partnerships with Toronto Public Health, Toronto Police, Toronto Paramedics, Toronto Employment and Social Services and the highlight was at the Native Family and Child centre. I'm looking forward to more in 2019. My November weekends we're spent hanging out with new young friends, volunteering, walking the city and family time.



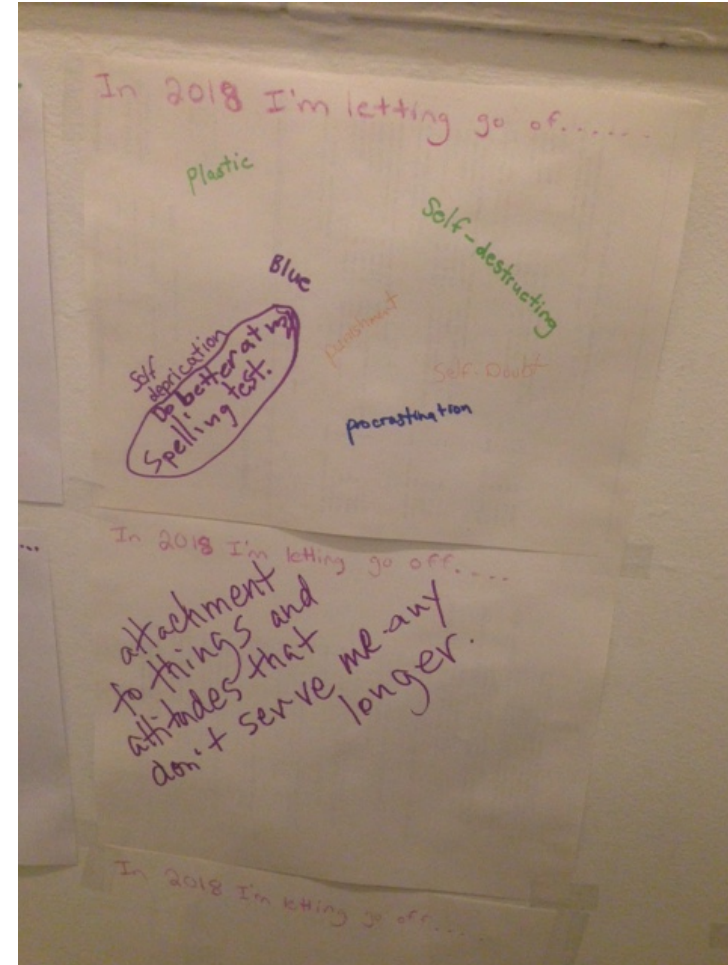
December Holiday Celebrations



December seemed to drag on at first. Some decision deadlines caused me a lot of stress. After that was over with it was celebration after celebration! I lit the candles for each night of Hanukkah and hosted our annual Winter Solstice gathering. Christmas was spent in Ottawa for a full packed day outdoors!



Skiing in Gatineau Park



One of the Winter Solstice activities