



Neil and Tina Thrussell's Annual Christmas Letter - 2020

Despite being an unusual year we experienced some pretty wonderful things in 2020!

January began by hosting a number of playshops, webinars and events through our company www.bestucanb.ca and we have continued hosting such experiences throughout this year (having to move several of these to on-line offerings as the year progressed.) We both get quite a wonderful sense of fulfillment by offering interactive, life-enhancing programs for people of all ages. We were honored to attend our young friend, Logan's, Black Belt in Kung Fu presentation ceremony on Jan 25th that included a dragon dance.



Tina also enrolled in a Flamenco dance class (a dream of hers for several years) that began on Jan 16. She thoroughly enjoyed class til it was shut down in March.

Tina hosted her LIVE show "*Living From the Heart*" (Broadcasting to YouTube and



Facebook) every Wednesday morning, chatting with beautiful people around the globe for a 30 minute conversation about living passionately and purposely. She recorded her 50th episode on Nov 25th, and has guests booked right into Feb 2021.

On March 20th, Neil launched a bi-weekly FB LIVE show called "*Uplift! Uplifting Conversations*" with a co-host (our friend, Jamie Adamchuk) to offer people tips on how to stay uplifted under the tight restrictions. The show continues into the new year.



You can watch the video replays for both these shows on our blog www.bestucanb.ca/blog and/or listen to the audio podcasts on our page www.podcast.bestucanb.ca

In February, Tina presented workshops at various Alberta Teachers' Conventions (and she has landed contracts to provide video workshops for several of the on-line Teachers' Conventions coming up this February).

Neil continues to be a full time employee at *Alberta Environment and Parks* and also continues long distance running. He had registered for the October Marathon in PEI and was a bit devastated when the marathon was cancelled. But never one to let anything keep him down for long, he continued his training in the hopes that another marathon would open up.... At this rate, we're simply hoping he can do the PEI Marathon in 2021!

Tina continues to sit on the Board of Directors of Unity of Calgary Spiritual Community, as well as the Collaboration team of the Spiritual Networking YYC group. She also continues to teach Nia dance fitness classes. When all part-time City of Calgary Parks and Recreation

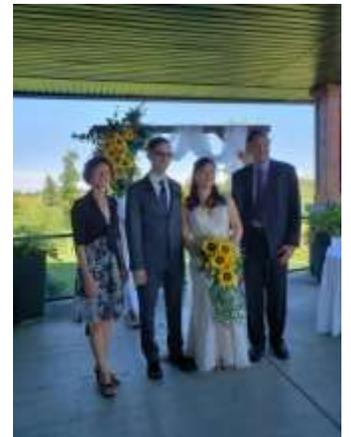


positions were abolished in March, Tina began teaching Nia classes via Zoom to her students. As soon as the weather warmed up, she began teaching these Nia classes in a couple of Calgary Parks right into October. She also moved her Women's Nurture Circles into weekly 'forest bathing' expeditions into Calgary's Parks over the summer. In Nov, she moved her Nia classes and Nurture Circles back to an on-line format.

Neil is occasionally dabbling in his author role, writing four different books at the same time! (Lovers of Neil's *A Warrior's Heart* series will be excited to hear there is another book about Graham and Master Akio in the works!) He also spends a great deal of time playing with technology to create videos, live broadcasts, graphics, etc for our various endeavors.



Over the summer, the three of us (Neil, Tina and our boy, Beau) spent one week at Neil's dad's home in Stony Plain, helping him do some yardwork. During that week Neil spent our 35th wedding anniversary up in Dad's maple tree, pruning branches! (He's such a romantic, can't you tell 😊) We were also privileged to witness our nephew, Thomas vow to spend his life with his beautiful bride, Yuko.



We managed to get several Friday nights camping out at our trailer over the summer months. We always had to be back in Calgary Saturday night, as we were hosting the live broadcasting of Unity's Sunday services – the wonders of technology meant we were pulling together video recordings of the Unity band, broadcasting a service coordinator from her home, and a guest speaker from their home, all from the comfort of our own home office!

We were awfully relieved when we were able to train others to handle the live broadcasting services so that we could have a little vacation in September, when we did some day trips around Calgary (including the Bowden Sun maze, which Tina has been wanting to see for two decades!)... and then ventured into BC, and had a great time visiting a number of friends and family members. Thank you, Leslie, for being retired by the Navy – if it weren't for your *Leave with Dignity Ceremony*,



we never would have travelled to Victoria by car! (There is a remarkable story about our trip to the Centre of the Universe on our way to Neil's sister, Sherry's, place in Kamloops on our blog at www.bestucanb.ca/2020/10/13/delve-deeper-into-the-center-of-the-universe .)



Oh, yes. Tina also gifted herself with a 4 day 4 night silent retreat in a single room log cabin on the beautiful property known as *King's Fold Retreat* in the first week of July.... A truly rejuvenating experience that you can read about in our July 7th issue of *Heart and Mind Matters*, found in the *Resources/Heart and Mind Matters Archive* section of our website. To round out the month, Tina spent a couple of days in the last week of July hiking in Banff with her best friend of more than 40 years, Michele.



(Logan's mom)



November held a monumental achievement for both Neil and Tina as they both presented topics in the World Parliament of Spirituality five day on-line conference. What an incredible honor to be speaking on the same stage as hundreds of internationally renowned speakers!

November was also the month that we finally replaced the very damaged flooring in our kitchen. We thought that while we were at it, we should replace the dining room floor and half bath/hallway floor. We are VERY pleased with the vinyl planking that looks like bleached hardwood, but is much more durable!

Now, we sit and wonder what this holiday season will be like.

Wherever you are and whatever you're doing, we wish you a Merry Christmas and a wonderful start to your New Year. May you be blessed with good health, happiness, and loving relationships.