

# OceanFront NAVIGATOR

Summer 2020

## Let's Catch Up

*This moment in history is exactly that: a moment. Let us remember it in the best possible ways: the ways we grew from it, the relationships we strengthened during it, and the values we were reminded of that we hold so dear.*

The above is the last line of our most recent newsletter, published back in March. What seems like a lifetime ago is, shockingly, only a couple short months gone by. The world has changed, in big ways and in the subtly of our daily lives.

We have been lucky to be able to focus on the positives of our remote environment due to the generous and encouraging nature of our team. Not only are we focusing on our long term development as a team and firm, we have also adapted to new ways of living, with our perspective on the important things in life adjusted to suit the most valuable aspects of life despite the circumstances.

***"I spent a lot of time before stressing about how perfect my house was and trying to do everything. I am much better, now, at focusing on the things that matter most - both at home and at work."***

Cassidy has adapted her work from home life in a few key ways. For one, she has committed to taking time every morning, breathing in the fresh air from her patio while writing in her journal, setting an intention for the day and focusing on the things she is so grateful for in her life.

Brendan has found joy in movement, putting in as much time as he can every week to an old habit he hadn't realized was so fulfilling. Leading up to the shut down in March, he spent many hours in the gym, committed to pushing himself physically to achieve new milestones. As gyms closed across the province, he turned to his bike. He finds himself riding 10-12 hours every week, rain or shine, with a keen desire to get back on the bike every time he gets off.

From his home in downtown Vancouver, he has cycled down to Lighthouse park, up to Cypress mountain, and many, many laps of our historic Stanley Park.

Sadia has found challenges in both her new work environment and in her daily life. When it comes to work, she's found that she is talking out loud to herself more often now to help work through issues that arise.

***"I really dig for the answer because I can't just walk to Aman's office for the solution. It takes longer but along the way to finding the answer, I'm learning so much more."***

On the personal side, she's found difficulty in staying motivated to keep up her workout routines now that she doesn't have her friends training in weight lifting alongside of her. On top of that, not being able to hug her mom has been a difficult challenge to accept. To overcome both, she's focused on patience, and finding new ways to stay motivated. From creating a makeshift lifting pad in her parking garage, to visiting her parents from afar, she's found joy in creating her own solutions to these unexpected hurdles.

The ways our team members have found their Return on Life over the past several months has varied greatly and looks nothing like it did pre-global health crisis. But living life means going with flow, adapting to life's hurdles and accepting what cannot be changed.

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## An Unforgettable Day

Featuring one of our longest tenured clients of 29 years, Dr. Jim Findlay & son, Ross Findlay

This past Spring was supposed to be the backdrop of a wedding that was long awaited and greatly anticipated by both the couple getting married, and for the father of the groom.

Dr. Jim Findlay was looking forward to his son's wedding on May 23<sup>rd</sup>, the final of his three kids to be tying the knot. He was ecstatic to be welcoming his new daughter-in-law to the family, after a long anticipated engagement.

***"We really adore Mia. We were going to take her no matter what, it was really a question of whether Ross would still be in the picture."*** Hearing his dad's comment, Ross laughed.

***"She's definitely the favorite,"*** he countered. Jim pokes fun at his son for dragging his feet with the proposal as the Findlay's had long ago been ready to welcome Ross's fiancé, Mia into the family. It was extra special that they were able to grow their family despite being in the middle a global crisis. It's brought them closer together, Jim says, even closer than before.

What was supposed to be a big wedding turned out to be a small, unforgettable ceremony on Dr. Findlay's country acreage with only their immediate family and bridal party there to celebrate with Ross and Mia. Over the course of several weeks as restrictions magnified, Ross and Mia went through several alternative plans hoping to hold onto as much of the big celebration as they could. It became apparent in late March that the wedding they had been planning for over a year wouldn't turn out quite like they imagined. It wasn't going to be the same without all those other important people in their lives there to celebrate alongside them, but in the end, they didn't want to wait any longer.

For Jim, that just wasn't right. He wanted to make their day as special as they deserved it to be and much more. The plan began to unfold, and with a little help from a bridesmaid, Jim was able to pull off a surprise convoy of guests to congratulate them after the ceremony. Corraling the newlyweds out into a field of buttercups following the ceremony, Ross and Mia were conveniently placed on top of an old trailer, with perfect view of the unexpected line of cars filled with joyful loved ones, family and friends, decorated signs and balloons showing their support. With their position up on the trailer, Mia & Ross were completely caught off guard, surprised and warmed by the presence of their unexpected guests.



***"Apart from actually getting married, that was the biggest highlight of the day. We had no idea, the photographer didn't even know. We were blown away."***

The picture of what their wedding was going to be was nothing like this. Unable to imagine what a 'normal' wedding feels like, they couldn't have imagined it turning out more perfectly.

***"It was already the best day of my life, and that just pushed it over the top."***

The only change Ross may have made? With a sly remark that seemed only half-joking:

***"Maybe the Mariachi band...they'll have to be at the reception next year!"***

**Celebrate your new beginnings this Summer.**



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