

Barbara Firth
Health & Fitness Supervisor



- Q. Do you have any hobbies?
A. Beginner chicken farmer, furniture refinishing, cooking.
- Q. What are your favourite health foods?
A. Cheesies.....oh wait.....um.....my homemade granola.
- Q. How do you remain active?
A. Walk on my treadmill while yelling at the tv, lol.
- Q. If you could visit somewhere you haven't been before, where would you go?
A. I've always wanted to climb to Base Camp and see Mt. Everest.
- Q. Describe your fashion sense in one sentence.
A. A little from column A, a little from column B, lol.
- Q. What is your favourite movie?
A. 13 Going on 30. I've seen it over 30 times, easily.
- Q. What is your favourite book?
A. Flowers in the Attic by VC Andrews
- Q. Do you have any role models?
A. My role model was and is my Mom. If I could be half the woman she was, I'd be proud.
- Q. How do you relax?
A. Relaxation.....what is that?
- Q. Tea or coffee?
A. Tea every morning. Espresso only in fancy drinks.
- Q. Cats or dogs?
A. Both, but I love the indifference of cats, and the pure excitement that a dog brings to the simplest of things in life.
- Q. What came first, the chicken or the egg?
A. By some form of a miracle, it would have to be the egg. However, eggs are manufactured in an assembly-line format inside the chicken. So I guess the chicken. However, the chicken comes from the egg, so maybe the egg? Or, on the other hand, maybe it was from a cell. A cell is actually a molecule inside of a membrane. Too much??