



No. 25: January 2022

## Upcoming Dates

**January 17**  
Zoom meeting  
and  
Guest Speaker  
*Jasmin Kaur*

**February 28**  
Meeting and  
Guest Speaker  
*Joseph Dandurand*

**March 21**  
Meeting and  
Guest Speaker  
*Lara Campbell*

**April 25**  
Meeting and  
Guest Speaker  
*Renée Sarojini Saklikar*

**May 16**  
Meeting and  
Guest Speaker  
*Frances Peck*

Zoom meeting links will be  
emailed to members prior to  
each meeting

**NEW location** for in-person  
meetings once they resume:  
West Vancouver Memorial  
Library, 1950 Marine Drive

[www.nswriters.org](http://www.nswriters.org)

# Write On!

Newsletter of the North Shore Writers' Association  
Linking North Shore writers since 1993

## President's Message

*Janine Cross*

Happy New Year!

In search of inspiration for something to write about for this column, after a Google search on holiday traditions, I learned about Takanakuy, an annual tradition held on 25 December in Chumbivilcas, Peru. This public brawling event acts as a form of social catharsis and entertainment. Each fight begins and ends with the combatants shaking hands or hugging, and involves a brief frenzy of kicking and punching. No padded helmets, mouth-guards, or gloves are used, though there is alcohol—much consumption of alcohol, like during many social events world-wide. Whether you're a five-year-old boy, a thirty-year-old mom, or a senior eager to settle a dispute, this beloved family-oriented celebration allows you to resolve your conflicts quickly and cleanly.

This is one of the joys of reading and writing: making such delightful discoveries such as Takanakuy. As Carl Sagan said, "Writing is perhaps the greatest of human inventions, binding together people, citizens of distant epochs, who never knew

one another. Books [are] proof that humans can work magic." There's equal magic in reading and writing about what is close to us, in trying to understand our internal psychologies by organizing our thoughts regarding the mundane, the familiar, and the overlooked. Our upcoming guest speakers bring with them a wealth of ideas that explore themes and places both new and familiar to us, from Jasmin Kaur's multigenerational Punjabi novel, to Renée Saklikar's continent-spanning story-in-verse, to Frances Peck's book about a catastrophically altered Vancouver.

We'll be discovering these exciting worlds in a new home of our own, for as the meeting rooms in the North Van City library undergo renovations, the NSWA will temporarily relocate to the West Vancouver library. I extend many thanks to the WV library for their generosity, as well as NSWA member Carl Hunter for organizing this on our association's behalf. We'll keep you posted via email as to exactly where our meetings will take place, but for January, during the nasty winter weather, we'll hold our general meeting, with Jasmin Kaur, by Zoom. I look forward to seeing you all there! ■

## A Note from the Editor



Hello, writers.

I think it's safe to say that the year just passed has been a rollercoaster ride, ending on a rather precipitous fall from all things familiar and comforting.

I experienced deep loss recently with the passing of my father and have found it more difficult than usual to write. Yet writing is what brings writers understanding and solace in difficult times.

In this newsletter, I see beautiful examples of writing that dive into fears and dread but also climb back up again to the light. In addition, there is wonderful artwork by our multi-talented members. All this creative sharing reminds me that we are all in this together, even when we feel alone, and that life feels far better when we have art and community.

So, here's to a new year of new writing and fathomless creativity.

Don't forget to submit to *NSWA Annual Writing Contest* now open for submissions until February 28<sup>th</sup>. Winning entries will appear in the summer edition of our newsletter.

Write on,  
Wiley Wei-Chiun Ho  
Editor, NSWA Newsletter

**Deadline for next newsletter: March 15, 2022**

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## Newsletter Submission Guidelines

1. Submissions from NSWA members only.
2. Share your latest writing news (e.g., recent publications, book launches, author readings).
3. Poetry, short fiction or nonfiction up to 600 words. No op/ed articles.
4. Email your submission to [editor@nswriters.org](mailto:editor@nswriters.org) (preferred method), or mail to NSWA, PO Box 37549 Lonsdale East, North Vancouver, BC V7M 3L3.
5. Contributors are responsible for the accuracy, originality, and reliability of their content. Please check spelling, grammar and punctuation prior to submission. Word attachments preferred over email text. Accompanying photos belonging to the writer or open-source welcome.
6. Writing that appears in the NSWA newsletter is eligible for submission to the NSWA writing contest.
7. Publication in the *WRITE ON!* newsletter is at the discretion of the Editor, in consultation with the Board of Directors.

**Disclaimer:** Any views contained in this newsletter are not necessarily those of the Editor or the NSWA.

# Upcoming Meetings and Guest Speakers



## Return to in-person meetings **TBC**

Pending evolving public health guidelines, the plan is to return to in-person meetings starting in February or March. **Watch your inbox for meeting details closer to each date.**

NSWA's former meeting space in the NV City Library is under renovation and unavailable. However, the West Vancouver Memorial Library has generously offered NSWA free meeting space this year! With HUGE thanks to **Carl Hunter**, our Membership Coordinator, for finessing this arrangement for the NSWA!

## *January 17 on Zoom*

### Guest Speaker **Jasmin Kaur**



**Jasmin Kaur** is a writer, illustrator and poet. Her writing explores themes of feminism, womanhood, social justice, and love. Named a "rising star" by Vogue Magazine and a "Writer to Watch" by CBC Books, Jasmin has toured across North America, the UK and Australia. Her debut poetry and prose collection, *When You Ask Me Where I'm Going* (2019) was shortlisted for the Goodreads Choice Awards.

Jasmin will be discussing her recent novel, *If I Tell You The Truth* (2021), lauded as a "stunning and breathtaking multigenerational Punjabi story" about a mother who, after leaving her home in Punjab for a fresh start in Canada, overstay's her visa and lives undocumented, bringing its own perils for both her and her daughter.

## *February 28*

### Guest Speaker **Joseph Dandurand**



**Joseph Dandurand** is the director of the Kwantlen Cultural Centre and the author of several books of poetry, including *The East Side of It All* (Nightwood Editions, 2020), shortlisted for the Griffin Poetry Prize. His first children's book was *The Sasquatch, the Fire and the Cedar Baskets* (Nightwood Editions, 2020).

In 2021, Dandurand received the BC Lieutenant Governor's Award for Literary Excellence.

**March 21**

**Guest Speaker  
Lara Campbell**



**Lara Campbell** is professor of gender, sexuality, and women's studies at Simon Fraser University. She was awarded the Lesley Cormack Teaching Award in 2010 and the Dean's Medal for Excellence in Academic research, teaching, and service in 2015.

Lara is the coauthor of the seventh edition of *Rethinking Canada: The Promise of Women's History*. Her first book *Respectable Citizens: Gender, Family, and Unemployment in Ontario's Great Depression* was received with high acclaim.

*A Great Revolutionary Wave: Women and the Vote in British Columbia* is her most recent book; it was commended for the 2021 Lieutenant Governor's Medal for Historical Writing, and won both the 2021 Clío Award and the 2021 Basil Stuart-Stubbs Prize for Outstanding Scholarly Book on BC.

**April 25**

**Guest Speaker  
Renée Sarojini Saklikar**



**Renée Sarojini Saklikar's** ground-breaking poetry book about the bombing of Air India Flight 182, *Children of Air India*, won the Canadian Authors Association Poetry Prize and was shortlisted for the Dorothy Livesay Prize.

Renée's second book, *The Revolving City: 51 Poems and the Stories Behind Them*, edited with Wayne Compton, was a finalist for the City of Vancouver Book Award. Her book, *Listening to the Bees*, co-authored with Dr. Mark Winston, won the 2019 Gold Medal Independent Publishers Book Award, Environment/Ecology.

She joins us for National Poetry Month to discuss *Bramah and the Beggar Boy*, a novel-in-verse steeped in the tradition of fairy tales.

**May 16**

**Guest Speaker  
Frances Peck**



**Frances Peck** wrote fiction and poetry until her early twenties, when the realities of adulthood and rent steered her toward a career as a freelance writer, ghostwriter, editor, and instructor. Known for her writing and workshops on the finer points of language, she's the author of Peck's English Pointers (an online writing tool), a co-author of the *HyperGrammar* website, and an occasional essayist and blogger.

Frances returns to her first love, fiction, with *The Broken Places* (NeWest Press, April 2022), part of Nunatak First Fiction Series. Her debut novel takes place in Vancouver and explores what happens to strangers thrown together after the earthquake and the unpredictable ways in which disaster can shake up lives and test personal resilience.

[www.francespeck.com](http://www.francespeck.com)



North Shore Writers' Association  
**26<sup>TH</sup> ANNUAL WRITING  
CONTEST**

Categories

Fiction

Nonfiction

Poetry



Contest Fees:

NSWA

members:

Adults \$20

Non-members:

Adults \$25

Youth \$15

Prizes:

1<sup>st</sup> \$125.00

2<sup>nd</sup> \$75.00

3<sup>rd</sup> \$50

Youth \$50

Details at:

[nswriters.org/  
annual-contest/](http://nswriters.org/annual-contest/)

**Contest deadline:  
February 28<sup>th</sup>, 2022**



NSWA's Annual Writing Contest is again upon us! Another year has passed and we hope you have spent some of that time writing stories and poems for submission! Continuing from last year, entries by online submission and payment will be the preferred method. For full information on submission requirements, go to [nswriters.org/annual-contest/](http://nswriters.org/annual-contest/)

If anyone is available in January to distribute posters or bookmarks to grocery stores, coffee houses, little library boxes, community centres or high schools, please contact me at **brear009@hotmail.com**. Note: Lonsdale East is covered. We need help with Lonsdale West, West Vancouver and beyond.

Warm up your pen or computer and finalize your stories or poems! This is a great opportunity to earn a spot in our Winners Edition newsletter and cash prizes up to \$125. The contest is open from January 1 through February 28, 2022.

Best of luck, everyone!

Barbara Reardon

NSWA Writing Contest Coordinator

***Dare To Be Heard***  
**on the *first Monday* of each month!**



If you're a writer and wish to read your work to a non-critical audience, why not attend the next Dare to be Heard Literary Evening from the comfort of your own home?

Reading our writing out loud is very helpful for improving our work. Dare welcomes all different genre writers at all stages of the journey and interested listeners, too. Dare to share! Hear you there!

***Upcoming sessions:***  
***Jan 10 and Feb 7 on Zoom***  
***Start time: 7:00 pm***

***Zoom link – copy and paste into your browser***

***<https://us02web.zoom.us/j/81570178724?pwd=OTVHY2tDQXVFeFZ4TFk3YVlNeU5nQT09>***  
***Passcode: DARE***

***March 7, April 4, May 2 (Zoom or in-person TBC)***

**From Dare's Host Rosemary Gretton:**

I hope everyone had a good holiday break and am looking forward to hearing what people have been working on since our last meeting in November. See you soon on Zoom! – Rosemary

# Saturday Morning Write-ins



Writing doesn't always need to be a lonely activity. Why not write with other writers? Working together gives us energy and discipline that we can't get toiling at our desks alone. Grab a coffee and write together via Zoom.

NSWA members have discovered the joy of writing together. On the **second Saturday morning of each month**, a group of us meet on Zoom and write. It's informal and supportive. Members take turns hosting.

We start by saying hello to one another, complete a short warm-up exercise and then get down to working on our individual projects. There's a 5–10-minute break halfway through and a wrap-up at the end. Sharing of work is optional. You'd be surprised at how much writing you can do in a couple of hours.

***Join us for our next session on January 8th, from 10:00 am to 12:00 pm!***

***Host: Melanie Hess***

Zoom link – copy and paste into your web browser:

**<https://us02web.zoom.us/j/87105551221?pwd=WjM2UVA3V0ZFZlRNNnovbXFVK01Sdz09>**

**Passcode: NSWA**

**(same each month)**

***Mark your calendars! Jan 8, Feb 12, Mar 12, April 9, May 14***

# north shore **WRITERS FESTIVAL**

**The 2022 North Shore Writers Festival will be held **April 26-30**  
**Online Event****

**NSWA will be hosting a workshop on **Saturday, April 30: All the Feels** with  
**Tetsuro Shigematsu****

Described by The Georgia Straight as “one of the city’s best artists,” Tetsuro Shigematsu tells stories across an array of media. He is an author, playwright, broadcaster, and filmmaker. A former writer for CBC Television’s This Hour Has 22 Minutes, in 2004 he became the first person-of-colour to host a daily national radio program in Canada when he took over The Roundup on CBC Radio. His solo-work, Empire of the Son, has played in 18 cities to over 20,000 people, and was described by Colin Thomas as, “one of the best shows ever to come out of Vancouver. Ever.” His most recent work, 1 Hour Photo, published by Talonbooks, won a Jesse Award for Significant Artistic Achievement and was nominated for a Governor General’s Award. Tetsuro recently signed a book deal with Penguin Random House to write his memoirs.

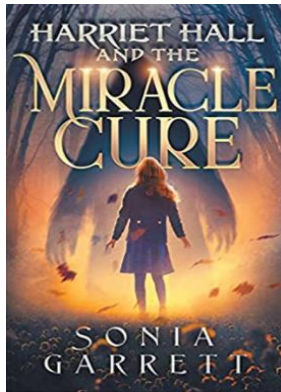
He will be leading a lively seminar/workshop entitled "All the Feels." You know emotions when they hit you: your eyes mist with tears, your heart aches with sorrow, and your breath quickens with desire. Human emotion is the electricity that powers our existence. But how do we harness this energy to capture our readers? This interactive event will include a reading/performance of his own work. Be prepared to laugh, cry, learn, and enjoy!

Full schedule and details will be posted in March on the festival website:  
[Schedule \(northshorewritersfestival.com\)](http://northshorewritersfestival.com)



# B R A V O !

Brava to **Sonia Garrett** on the publication of her third middle-grade novel – and the first in a new trilogy – *Harriet Hall and the Miracle Cure*.

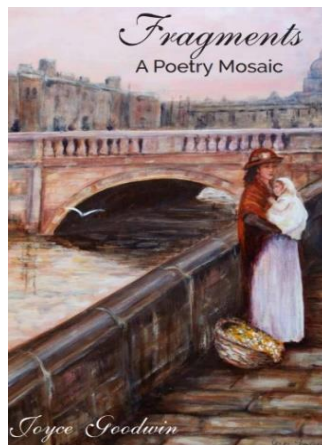


Set in 1940. Harriet Hall is desperate for a friend. Evacuated from London with her ailing mother and sent to live with her unruly Canadian relatives, the independent twelve-year-old is tired of the turmoil. And with her cousins driving her crazy, her mom's latest hurried trip to the hospital is enough to send the lonely girl running into the forbidden forest... and straight into a sympathetic sasquatch.

Ecstatic to finally have a companion, Harriet is overwhelmed when the creature shows her a cabin where her parent's doctor conducts strange experiments. And revealing the truth to save her sickly mother means putting herself in harm's way. Can Harriet and her wild ally defeat the evil adult before it's

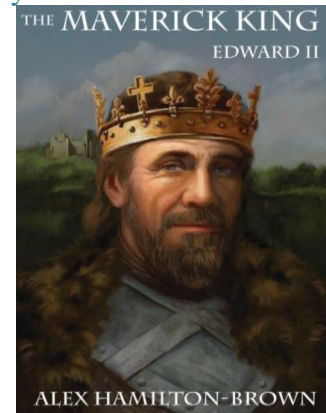
too late? *Harriet Hall and the Miracle Cure* is the suspenseful first book in The Harriet Hall children's adventure series. It's available now on Amazon.

Kudos to **Joyce Goodwin** for the recent publication of *Fragments, A Poetry Mosaic*. This little book fulfills a dream; a poetry collection, created from fragmented memories; a lifetime of writing, transforming memory to immortality, transcribing imagination into words and bearing witness to a world of turmoil. These poems show a fractured and fragile planet that is still a place of wonder and beauty. Email Joyce to purchase: [irevann@gmail.com](mailto:irevann@gmail.com)

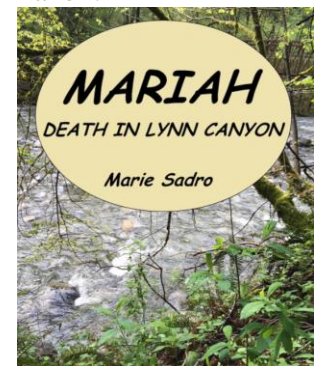


Congratulations to **Alex Hamilton-Brown** for the imminent release of his historical romance novel *The Maverick King – Edward II* (March 2022). A book signing

and reading event will be held on the North Shore in May – stay tuned.



Cheers to **Marie Sadro** for her latest novel *Mariah, Death in Lynn Canyon*, about Kira, a new police recruit, determined to find the true killer of a young woman whose body was discovered in Lynn River. In doing so, she discovers mysteries about her own past. Available on Amazon.



Congratulations to **Edythe Hanen** whose short story "Ophelia" was a finalist for the 2021 Surrey International Writers' Conference Storytellers Award.

# 100 WORD CHALLENGE

The challenge was to produce a story or poem, in 100 words or less,  
on the theme: **morning, noon and night**

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## **The Violet Sisters**

*Melanie Hess*

(postmistress, switchboard operator,  
schoolteacher - all retired)  
live in triplicate  
shelter in place  
morning, noon and night

With mama's memory,  
a weightless talisman in cold cream and lace  
wafting through their steeping tea

and roast beef Sundays  
when papa (gravy in his beard) recites the family  
mantra:  
"Food! Fraternity! Fealty!"

The sisters sing love songs  
whistling, warbling magpies  
and wring their hands like wet laundry  
as frost engulfs their prize dahlias

## **Morning noon and night, I think of her**

*Rod Baker*

Like a street lamp on a rainy night,  
you fill the window of my mind with light.  
In the quiet awakeness before dawn,  
You slip in uninvited, soft and warm.

Woman, you are normal,  
I know this in my mind.  
But thoughts of you,  
trickle through, at unexpected times.  
Sometimes in a crowded street,  
I glimpse your shadow there,  
the turning of your shoulders,  
the falling of your hair.

I've cast you in a role,  
forgiven all your faults,

lined your silhouette in gold.  
My thoughts escape reality,  
flying all alone,  
undeterred by reason,  
weave a fabric of their own.

## **The Gratitude App**

*Lisa Bagshaw*

Unrelenting  
Like North Shore rain  
Negative thoughts pound my brain  
Trapped in a torture chamber,  
Unwanted pain.  
Interrupted by  
Ping, ping, ping,  
Morning, noon and night.  
The app, and its bright light  
A beacon in the darkness where I have collapsed  
(A rather pathetic sight)  
Prompts of compassion, worthiness and love  
Inject my brain with medicine.  
I rise above,  
And find myself in the forest,  
The gushing teal river with  
White Champagne bubbles  
Soothes my soul,  
And guides me through a maze of  
Tall trees, my ancestors  
Does console  
Back from where I was lost  
And now am whole

### **Next 100 Word Challenge: with arms akimbo**

- ✓ Strictly 100 words max (excluding title, if any).
- ✓ Hyphenated words, contractions and acronyms count as single words.
- ✓ Inclusion of theme word(s) optional.
- ✓ Fiction, non-fiction and poetry all welcome. Have fun with it!

*Submit your 100-word masterpiece to  
editor@nswriters.org*

# Non-Fiction

## The Values by Which We Live

*Linden Carroll*

Young, full of optimism and hope, the girl had just landed a new job in London with a rich American businessman who had come to the United Kingdom to increase his already substantial wealth. He was tough; a difficult man to work for and quite unpleasant at times. Her hours were long and hard, her salary a mere pittance. Nevertheless, she felt she could make something of her new position sorting out his messy office.

As usual, she hurried down the back lanes winning extra time on her break so that she could day-dream for a few minutes over a cup of tea and a cheese sandwich in her favourite cafe. Hearing a cry for help, her eyes fell upon an old woman clearly in distress and in a very bad state of disarray—her poverty and unkempt state heartbreaking to see, more so was the fact that she appeared to be seriously ill, in pain and her breathing laboured.

The young woman immediately went to her aid while other passers-by averted their eyes from the scene. Grabbing her hand with surprising strength, the old lady told a tale that made the girl's blood run cold. The senior had been trained for the stage and had become a prominent actress. She had come from a privileged background offering the best in education as was obvious by her well-modulated speech and dulcet tones as she relayed her circumstances. She had fallen from grace into the hopeless pit of poverty. In her hour of need, her son had deserted her by taking her to a seedy garret leaving her there to fend for herself, sick and with little money or food. She had crawled down several flights of stairs to reach the street below, knowing she needed help.

The girl gathered her up and practically carried her to the end of the alley to a drug store where they phoned for an ambulance. Stressing about the state of her room and her own filthy condition, the old lady wondered what people would think of her, as grappling with her hand-bag she pleaded with her good Samaritan to accept money by way of payment for her kindness.

Accompanying her to the hospital, the girl saw fear in the eyes of the old lady, who clasped her hand as she would a life line. Upon arrival, the medics made ready to take the elder away—alas, too late—she died still grasping the girl's hand while uttering her last words of thanks and begging her to take payment for her kindness.

The girl returned to work with no lunch and heavy of heart she relayed her tale to her furious boss who felt that her tardiness had cost his company money—she could have found somebody else to assist and she was fired.

The years passed as all years must and she too is now a senior, her body refusing to do the things it once did and she remembers again the sweet old lady who upheld the principles of personal strength, dignity and compassion for her neighbour until the very end. She pauses yet longer to reflect on the human psyche and the values by which all of us can choose to live. At a time of extreme excess and technological advancement to the extreme, we are becoming alienated from each other, our environment increasingly sterile. As we lose our personal interaction, we are at risk of losing the very principles humanity needs in order to survive—personal strength, dignity and compassion for our neighbours; values we should fight to uphold.

# Non-Fiction

## **Tsilhqot'in** **Trish Gauntlett**

I have been to a place so beautiful it scoured my mind of poetry. The Xeni Gwet'in valley is a cirque, high above sea level with mountains even higher around it, glacier capped, falling straight into Chilko lake – away, far away from anything I could call familiar or a touchstone.

Ts'il?os is a single towering peak, often cloaked in mist with snow blowing from its glaciers into the sky. When I saw Ts'il?os for the first time I pointed at it in wonder and awe. "It will snow tonight," the people said, "you pointed at Ts'il?os." I did not know then that pointing at Ts'il?os shows disrespect. The mountain is a sacred guardian watching over the Xeni and their territory. They forgave me easily and laughed at my discomfort, to help me through. That night, as we travelled across the valley to visit the elder, a foot of snow fell on the bare Chilcotin ground and settled on the notched log fences.

In the last light of evening the elder sat at a plain wooden table in the corner of the small log cabin built a hundred years ago; too early for the oil lamp, too late to stitch buckskin gloves. I do not know how old she was. The Chief told me that 'elder' has nothing to do with age, just wisdom. I said hello. She didn't look up, but pushed the gloves across the table to show me, deer hide she had tanned and smoked with pine cones over the fire at the heart of the cabin, beaded and fringed, timeless work. "They're beautiful," I said, knowing my English was useless. She spoke only Tsilhqot'in. She didn't raise her eyes from the table. It was dark outside, getting darker. Through her window there was pure gold light on the high plains and birch forests and beyond, Ts'il?os and the peaks - a pristine valley holding back the troubled world. I got up to leave. "Sechanalyagh," I whispered. I had practiced. Sechanalyagh. Thank you. For a split second she raised her eyes, smiled and said, low and quiet, "nanenuwes'in". I will see you again. In Tsilhqot'in there is no word for goodbye.

We drove back down the valley with the snow falling and the pitch-black sky alive with stars. Wild horses dashed across the road ahead of us, coyote eyes glittered at the ranch gate and I climbed out into the snow to lift the horseshoe fastening the bar and swing the gate wide. All around was the feel of the cold and infinite space.

The work was good that week. We learned together. We prayed to Ts'il?os. For me, it was a journey into another time and place, before cities, before contact, before corruption, before pollution, before broken promises and broken hearts. I dreamed of home on the second night, the night Ts'il?os sent the snow. Nanenuwes'in.

## Articles and Interviews

### REPLACEMENT AND REVISION SURGERIES: MOVING AHEAD

by Joan Boxall, *Inspired 55+ Lifestyle Magazine*, November 24, 2021

I trace the timeline of my hip-replacements to the revised me of present time. The new-and-improved me offers some tips on how I got here. “I have OA? Old age? What, at 30?” I asked my physician. “Osteo-arthritis,” he replied.

Doing ‘fun-runs’ and playing field hockey had been my sports-of-choice when I was a physical education student, teacher and coach. After a foot fracture in the 1980s, I over-compensated. A ‘domino effect’ of injuries impacted musculoskeletal movement. Five years later, in training for a half marathon, a sports-medicine doctor counseled me:

“Imagine your hip-cartilage injury like a golf divot,” he said. “Bone grows into the gap. Over time, the joint erodes.”

Hips and knees are weight-bearing (or load-bearing) joints. During activity, they tolerate a force greater than our body weight. A brisk walk places a hip-joint load at just under five times the body’s weight (jogging, at six times). Healthy joints (and joint replacements) withstand ‘load.’ High-impact sports (especially on hard surfaces) put more stress on joints. I put a halt to jogging and stop-and-go sports to postpone surgery.



I learned that an active life was possible post-running. From early triathlon participation (swim-bike-run), I re-focused on the swim-bike. From hiking to ocean kayaking. ‘In-the-tracks’ cross-country skiing is a low-impact, lifetime sport (as is downhill skiing, skating, doubles tennis, rowing, Pilates and many more). Weekly Iyengar Yoga sessions, with a pile of props, an experienced instructor’s guidance, and my own body-barometer, were possible pre-and-post op.

“Find your healthy edge,” my yoga instructors have always said.

Physiotherapist Dawn Siegel says, “The more variety, the better. Life is meant to be lived fully and a joint replacement can help to return you to a full and active lifestyle.”

My first total hip replacement came at the age of 40 — the other one at 46. Twenty years ago, this major surgery required several days in hospital and weeks off-the-feet for an un-cemented prosthesis. The surgery then, as now, replaces the damaged joint: both the head of the femur, or ball, along with its stem (the prosthesis) and the socket. Between the metal ball and socket is a plastic liner, which is now made of more resilient materials. Joint replacement patients receive an exercise booklet. A skilled physiotherapist’s guidance is essential, especially at the three, six and nine-week intervals.

Listen to an expert like Dawn: “The goal of physiotherapy is to motivate and guide the patient to achieve their full post-operative potential... Patients that get the most benefit from their surgery are those that are diligent with their exercises, follow the guidelines from their surgeon, and work closely with their physiotherapist to set goals for their recovery.”



She continues. “Over the many years of treating joint replacements, I have been impressed by the positive changes this surgical procedure has made in the lives of my patients. Not only does a new knee, hip or shoulder take away their pain, but it gives the recipient a chance to regain their fitness and return to an active lifestyle and sporting activities. With the modern joint replacements available, there is very little downtime post operatively and a return to most activities of daily living is possible in just a few weeks after surgery.”



The pre-2000 plastic liner of my first hip replacement might have lasted 15 years, if not for my transition to low-impact activities. I lost function after 26 years. New liners may last up to 30 years.

“Joint replacement patients will commonly have many years of pain and de-conditioning prior to getting their new joint and many will be surprised at the opportunities for sport that are possible post-op,” says Dawn. “Often they need to be inspired and encouraged as they

return to activities that they once abandoned due to pain... even to try some new ones. Building and maintaining bone as we age will help protect us from the effects of osteoporosis.”

My 2021 revision surgery saw the liner and the ball replaced without implicating the metal parts. My surgeon, Dr. M. Neufeld, endorsed weight-bearing with assists.

For the first month, steps were tentative with two-wheel walker, crutch and cane support: gel packs at the ready.

At the six-week mark, Dr. Neufeld said, “The reason you are doing so well is that, yes, the hip replacements were done very well, but just as, and if not more important, that you kept active, which increased your range of motion and kept your muscles strong, which would help you pre-operatively and help your recovery. And then even your own cardiovascular helped things. And mental health. There are no limits to what low impact and strengthening exercises can do for you.”

The components of fitness that Dr. Neufeld referenced were what I had practiced as a young physical educator. Fitness is loosely defined as one’s ability to do daily tasks without undue fatigue. But it is so much more.

1. Cardiovascular or cardiorespiratory fitness (aerobic exercise) works the lungs, heart and blood vessels for an extended period, supplying oxygen to the working muscles.
2. Muscle endurance is muscular work (repeated contractions) for an extended period.
3. Strength training powers low repetitions of maximal force.
4. Flexibility counters muscle stiffness and improves range of motion with dynamic and static stretches.
5. Body Composition is the fat to fat-free mass ratio. Lean muscle mass lends itself to a lower percentage of body fat. Diet and exercise work together (via activities #1-4) to stabilize body-mass index (BMI).

Here’s to moving ahead with healthy lifestyles: our newly-revised editions.

**Joan Boxall** is the author of *DrawBridge: Drawing Alongside My Brother’s Schizophrenia* (Caitlin Press, 2019).

## Articles and Interviews

### **Melanie Hess: Five Things You Need To Write Powerful and Evocative Poetry** *Authority Magazine, December 9, 2021*

...Poetry is confession. Sharing oneself via poetry means being honest and vulnerable and that can create great poetry. I have said things in my poems that I have been reluctant to share publicly.

(excerpt)

Poetry is growing in popularity and millions of people spanning the globe have a renewed passion for embracing the creativity, beauty, and art of poetry. Poetry has the power to heal, and we make sense of the world through the human expression of writing and reading. Are you wondering: What does it take

to become a successful poet? What is the best medium and venue to release your poetry? What are some techniques to improve or sharpen your skills? In this interview series about how to write powerful and evocative poetry, we are interviewing people who have a love for poetry and want to share their insights, and we will speak with emerging poets who want to learn more about poetry either to improve their own skills or learn how to read and interpret better. Here, we will also meet rising and successful poets who want to share their work or broaden their audience, as well as poetry and literature instructors.



Now retired, Melanie enjoyed a varied career as a social worker, grief counsellor and social policy analyst. The last decade of her working life was with the Government of Canada in seniors and population aging policy. She is the author of “The Canadian Fact Book on Income Security Programs” (1992). Melanie is now involved in the voluntary sector and is on the Board of a local seniors’ activity center. Through her poetry, Melanie strives to take people on an interior emotional journey while also allowing them to step outside themselves and see the world differently. She believes that through the power of words, we honor ourselves and humanity.

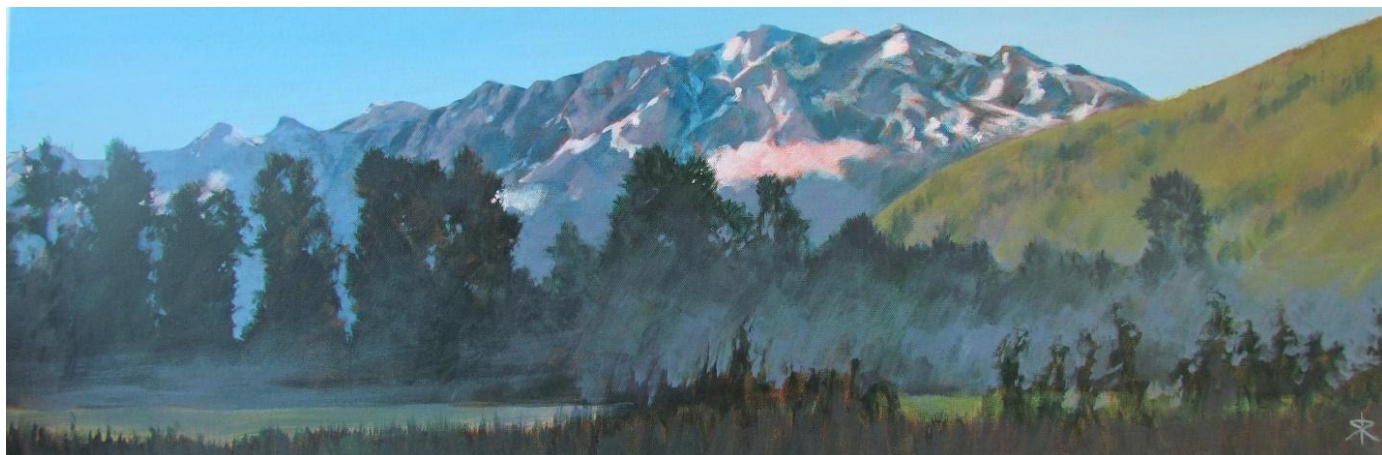
For the full evocative interview and discussion on poetry writing, check out the full article at:

<https://medium.com/authority-magazine/melanie-hess-five-things-you-need-to-write-powerful-and-evocative-poetry-be5d2a35de66>

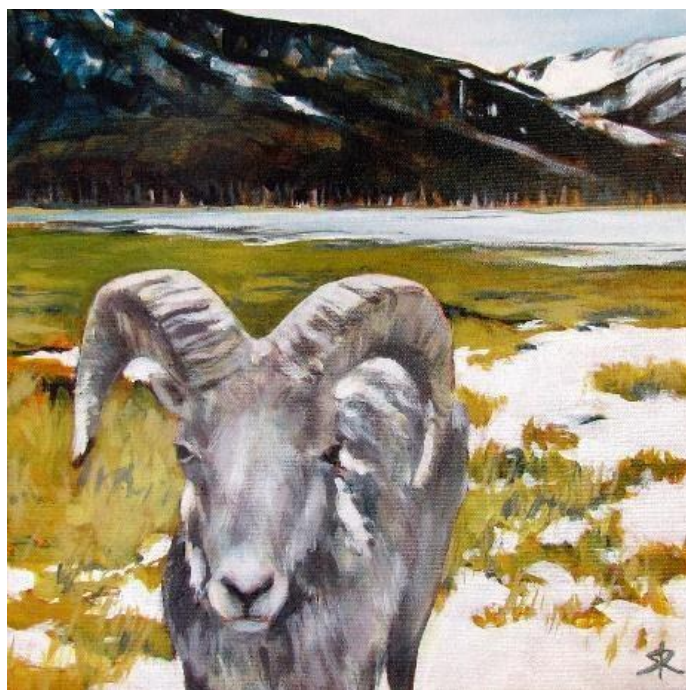
## Writers and Painters

**Many NSWA members are multi-creative, from poetry and prose to painting!**

Besides writing, our current Treasurer Steve Rayner paints gorgeous landscapes. Here is a sampling of his recent collection recently displayed at the Kay Meek Centre.



'Pemberton Morning' - acrylic on 12"x36" canvas - This early summer view from Pemberton Meadows shows Mount Currie rising above the morning mist. Later in the day, as a reminder of winter, the cottonwood trees in the middle distance would release fluffy faux snow!

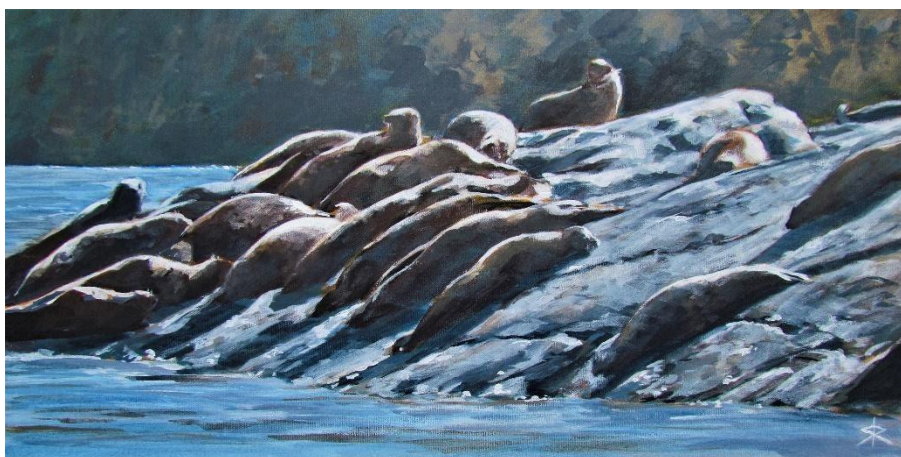


'Spring' - acrylic on 12"x12" canvas - In Banff National Park, bighorn sheep are abundant, and bold. This one, reimagined in nearby grassland, approached our car for his portrait.

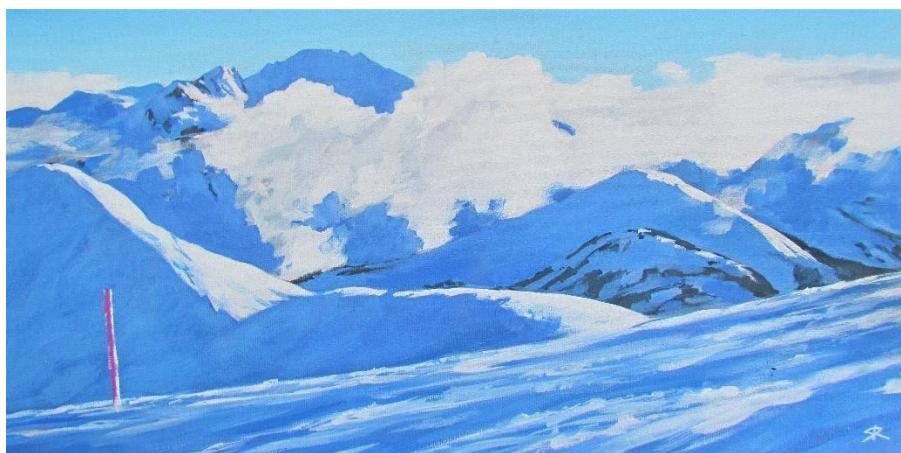




'Ocean Wild' - acrylic on 12"x36" canvas - We witnessed this maelstrom near Ucluelet, as the unstoppable force of the storm-driven Pacific Ocean met the immovable west coast of Vancouver Island.



'Good Life' - acrylic on 12"x24" canvas - We spotted these seals on a boat trip up into Princess Louisa Inlet, showing us how to take it easy!



'Out of Bounds' - acrylic on 12" x24" canvas - This painting, based on a photo taken on the way down from Little Whistler Peak, attempts to convey the dazzling beauty of BC's Coast Mountains in winter.

Not only can Christine Cowan, our current Secretary, pen winning short stories, she wields her paintbrush to beautiful effect.



“Daybreak” by Christine Cowan  
18 x 24 acrylic on canvas inspired by a trip to Haida Gwaii a few years ago.



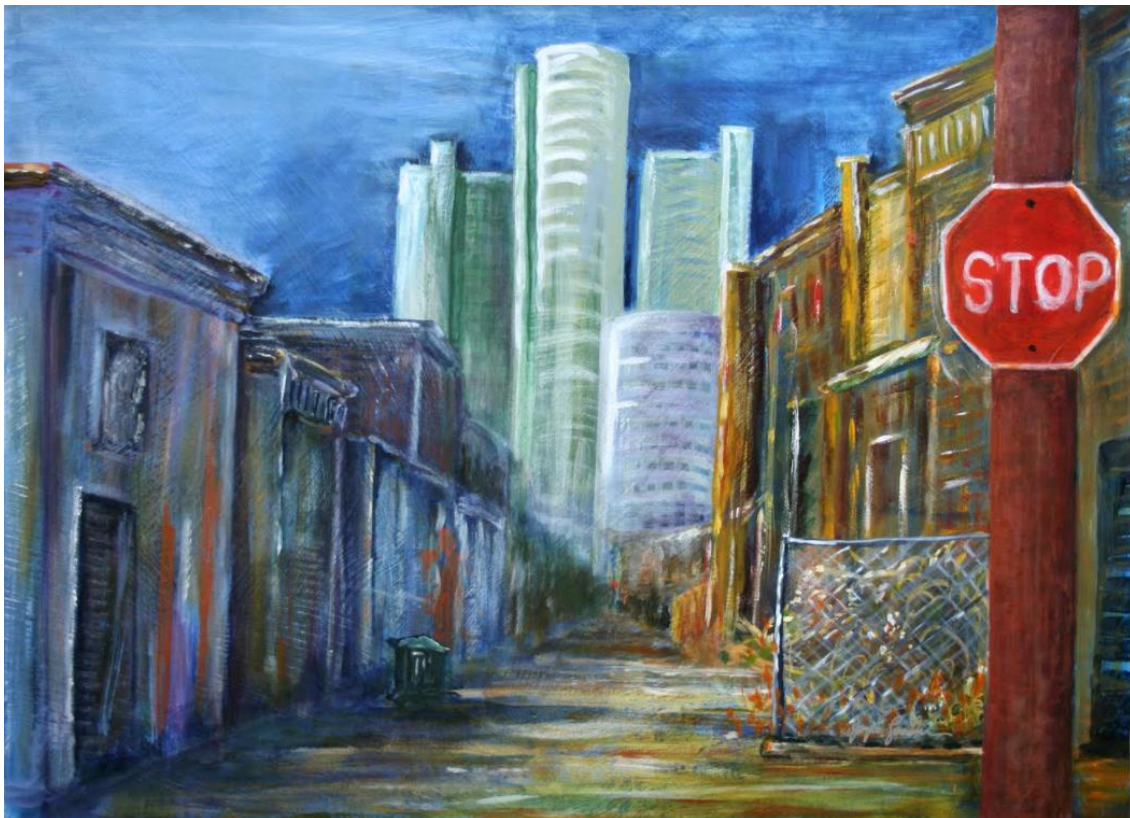
# Poetry and Paintings by Joyce Goodwin

## WHALE

Water unravels, explodes  
as mammoth, breaching  
the limits of everything  
I thought I knew of power  
and beauty.  
Soaring out of its element  
reaching for a sky exhalation,  
a whale's breath blows away  
complacency.  
A mammal erupts from the ocean,  
an old soul with visionary sight,  
an ancient eye from fathoms deep  
issues an urgent warning;  
with every extinction we presage  
our own demise,  
without the whale we too are lost.



“Erratic Rock”



“Terminal City”

## Executive 2021 - 2022

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***President (and Director)***

Janine Cross

***Vice-President (and Director)***

Doug MacLeod

***Secretary (and Director)***

Christine Cowan

***Treasurer (and Director)***

Steve Rayner

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***Dare to be Heard Host***

Rosemary Gretton

***Newsletter Editor/Archivist***

Wiley Ho

***Webmaster***

Kelly Hoskins

***Writing Contest Coordinator***

Barbara Reardon

***Member At-large***

Vacant

*A warm thank-you to all our  
volunteers for their dedication and  
hard work!*

You might not write well every day,  
but you can

always edit a bad page.

You can't edit  
a blank page.

- Jodi Picoult

## Events Calendar

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Jan 10, 7pm	Dare to be Heard
Jan 8, 10am	Saturday morning Write-in
Jan 17, 7pm	Guest speaker Jasmin Kauer

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February 7	Dare to be Heard
February 12	Saturday morning Write-in
February 28	Guest speaker Joseph Dandurand
<b>February 28</b>	<b>NSWA Contest Deadline</b>

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March 7	Dare to be Heard
March 12	Saturday morning Write-in
<b>March 15</b>	<b>Newsletter submission deadline</b>
March 21	Guest speaker Lara Campbell

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April 4	Dare to be Heard
April 9	Saturday morning Write-in
April 25	Guest speaker Renée Sarojini Saklikar
April 26-30	North Shore Writers Festival

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May 2	Dare to be Heard
May 14	Saturday morning Write-in
May 16	Guest speaker Frances Peck

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June 20	Year-End Wrap Up Party TBC
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# The Last Page

*Cathy L. Scrimshaw*

Here we are, another old year gone, another New Year here, with all its potential. I don't normally dwell much in the past, but this year, the events of 2021 are an important part of my feelings as we move into 2022.

Last year my husband and I moved my elderly father into an assisted living/care facility. Little did I know how massive the task would be—he'd been a collector all his adult life, he rejoiced in all his belongings, and I had developed a blind eye to the ever-growing chaos in his apartment. He would never let me actually do anything about it, so why fret?

All that changed when he and I signed the contract for him to move from his independent living unit to the assisted building.

The experience of sorting, cleaning, packing, deciding what would go with him and what would be disposed of could be classed, quite simply, as family warfare. Done under the restrictions of the COVID public health rules, where access to his suite was limited to us alone, it involved innumerable trips to the recycling and garbage rooms, done to the cheerful smiles and encouraging comments of many of the other residents of the building who watched me struggle down hallways and staircases, carrying multiple large green garbage bags on each trip. I developed the ability to artfully avoid the elderly gent with Alzheimer's who lived down the hall. He took it upon himself to do everything in his power to knock me down every time he saw me. I

used to wonder what the security guards thought as they monitored the feeds from the building. Watching my progress must have been like watching a modern-day Mr. Bean show.

That was the downside of the move. But there was an upside, too. Going through all the 'stuff' in my father's apartment, while time-consuming, sometimes physically difficult and often frustrating, also gave us both a much greater insight into what makes him who he is.

Dad loves Christmas—there were two steamer trunks, circa 1955, that had held all of my parent's earthly possessions when they moved from Vancouver to Montreal and back again. Those trunks were full of Christmas lights and decorations that he had never been able to part with. He kept reams of photos from my brother's and my childhood; of summer vacations, Easter dinners and Christmas mornings. Of aunts and uncles and cousins. Happy family times, all of them.

He kept every vacation souvenir my mother ever bought. All her knitting needles. Dozens of photos of them together. Her RN pin from her nursing days. And much more. We found his report card from his senior year in high school. They gave final marks in percentages then. He scored close to 100% in sciences and math, close to 60% in English composition. I guess any writing ability I have must come from my mother. I certainly didn't inherit his affinity for science, as anyone who knows me well will attest.

My husband even came across the first 'novel' I ever wrote. I penned it

(literally) in grade six. It was titled "The Mystery at the Ranch". Which proves I haven't strayed far from my childhood, at least as far as my imagination goes!

In short, I unearthed my roots. I re-discovered that I come from a solid foundation. One built of love, commitment and strong family connections. Could I be any luckier?

So even though 2021 was the year of the continuing pandemic, multiple eldercare issues, dismantling the life of a loved one and then creating a new life for him in a new environment; the summer heat dome and the atmospheric rivers that rained havoc on us all, it was also the year I re-learned the deep power of familial devotion. Now, as I put 2021 behind me and move forward, I bring with me that solid foundation and the strength it gives me.

I'm sure many of you have similar stories to tell. Of hard work and struggle. Of successes and discovery. Of new, and renewed, connections.

We've all come through so much. We know now how resilient we are, how adaptable, how able we are to cope with challenges. We're strong. We're creative. And 2022 is just waiting for us to spread our wings again and show the world how much we can shine. How we can achieve any goal we set for ourselves, as long as we put our minds and our hearts into it.

The NSWA provides us with one vehicle to do just that. So, come, join us again at our monthly meetings and share your stories with everyone. I look forward to seeing you all there! ■



*"You invented a time machine to come back and hit  
Reply instead of Reply All?"*

(New Yorker cartoons)