

Stroke Recoverer's Review

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 represent the views of
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 Recovery or the editor
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 Review. Reserves the
 right at any time to
 make changes as it
 deems necessary.
 It is the purpose of this
 periodical to share a
 variety of viewpoints
 mostly from stroke
 survivors.

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Guy Radonich

Remembered at Princeton Hotel Pub

9/11/2010

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September, already???

Where has the summer gone? It seems we were just going on vacation at Templeton, in August, I don't know what happened to that month?

I do hope everyone had a great summer. We can't even complain about our weather, as it was great for Vancouver. I'm sure many of us don't remember a July, August without rain! Which is very unusual for our part of the world.

Some of our members have left, to go to far off places, like Loy. She has gone Toronto, our Jeanie has gone to Shanghai, China, Athena and her mom have gone to New York, USA. The rest of us 'home body'! We stayed here and had visitors most of the summer.

I think, I did mention that our Helen became a grandma? Well, Grandma Helen had a visit from her grandson, Liam! Helen's daughter, Mitch, her husband, Bill and new baby boy passed through Vancouver and I mean 'passed through' as they're moving to Winnipeg, Manitoba from Hawaii!! Can anyone imagine trading Hawaii for Winnipeg?? But, it does happen!

Our Key had a busy household, as she also had visitors from Japan! Her visitor from Japan was a former care aid for Jean (Key's mom) and she arrived here for 5 days. All the way from Japan. Two years ago, she came to Vancouver for 3 days!! Unbelievable!

As everyone knows, we were closed the month of August. During that month, our 'member Guy' Radonich passed away. There was a memorial at the Legion and our members attended that memorial. Guy was a longshoreman. Before he retired, he used to drop into the Princeton Hotel pub after his shift was finished. He had many friends there and at his

work. The employees at the Princeton Hotel held a 'Wake' in memory of Guy, they provided snacks and coffee for all customers that Saturday nite. Many of our members were in attendance. And, the Princeton Hotel Pub holds a meat draw every Saturday night and that Saturday the money collected from the meat draw was donated to us, Templeton Stroke Recovery in Guy's memory which was a very nice gesture on behalf of Guy. He wasn't a regular at Templeton meetings but he was a supporter of our group. His health didn't allow him to attend the meetings often. For the last 3 Christmas Dinner, Guy was our 'ticket cashier' for our Christmas raffles. And, the money always balanced! He will be missed!!! Xmas was special to Guy, he liked to help with our funding, unfortunately, sometimes we don't know how supportive some of our members are until they are gone. He was a great helper in his own way, 'Thanks, Guy!!!'

Our last newsletter went out before I had a chance to mention our picnic as August summer break, and it is our (my) vacation.

Our picnic was a beautiful sunny day. We had visitors from other groups, Delta, West End, Douglas Park, North Shore Stroke Recovery, North Vancouver and West Vancouver groups. We, also, had Tim Readman, SRABC Executive Director come and sing us a song! Wonderful! It was nice to have him come and meet our guests. It was just great to see everyone and I'm very pleased that every year, we have more stroke survivors come to our picnic. I would like to see a 'picnic' become a yearly event for every BC stroke survivors and their caregivers, if possible. It is so good to have all members just come and socialize, get together just to meet new members or to touch base with

friends that used to attend Easter Camp or members that attended Directors Meetings or Naramata. A time just to have fun and eat and socialize. Some of our members, taught our guests how to play 'boccie' Italian way! Some played crib, others just talked and...It's also nice when some of our former volunteers attended. Without our volunteers our groups would have a difficult time providing our programs. It's nice that they enjoy keeping in touch with all of us.

It is at this point that I want to Thank Key for all her work for arranging Handy Dart for all our members to all our events. I don't many people know the amount of time it takes to arrange Handy Dart for a group of people. We are very lucky that Key donates her time to do this. Also, since May (I think) Debbie has been coming with her neighbor every Wednesdays night to set-up the tables and chairs for our morning program on Thursdays. It's great to have our members helping. This, also, is a part of their rehab, we are lucky as our members are helping themselves at the same time, also, gives them confidence in doing different chores.

Somewhere along the line, Olga and Orlando like to play crib; our crib board 'walked away' by themselves. So, Olga donated a new crib board. Now, we have two (2) as I purchased one also! It's 'feast or famine.' I, also, should remind our members about Jose contribution of doing the newsletter every month.

Summer is over and now we have to start thinking of next Christmas! Anyone have any ideas what we should do this year? Or I shouldn't ask? We are starting to collect things for our Xmas raffle. As it takes a lot of time to collect and wrap.

Till next month, for more news...

—Ollie Stogrin,
Templeton Stroke Recovery

NEVER BORROW FROM THE FUTURE

1. Pray.
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say NO to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and un-clutter your life.
7. Less is more. (Although one is often not enough, two are often too many).
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read

- while waiting in line.
17. Get enough rest. Eat right.
 18. Get organized so everything has its place.
 19. Listen to a tape while driving that can help improve your quality of life.
 20. Write down thoughts and inspirations.
 21. Every day, find time to be alone.
 22. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
 23. Make friends with Godly people.
 24. Keep a folder of favorite scriptures on hand.
 25. Remember that the shortest bridge between despair and hope is often a good 'Thank you, Jesus.'
 26. Laugh. And, laugh some more!
 27. Take your work seriously, but not yourself at all.
 28. Develop a forgiving attitude (most people are doing the best they can).
 29. Be kind to unkind people (they probably need it most).
 30. Sit on your ego. Talk less; listen more. Slow down.
 31. Remind yourself that you are not the general manager of the universe.
 32. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

SICK LEAVE...jokeonly

I urgently needed a few days off work, but, I knew the Boss would not allow me to take a leave.

I thought that maybe if I acted 'crazy' then he would tell me to take a few days off.

So, I hung upside-down on the ceiling and made funny noises.

My co-worker (who's blonde) asked me what I was doing.

I told her that I was pretending to be a light bulb so that the Boss would think I was 'crazy' and give me a few days off.

A few minutes later the Boss came into the office and asked, "What in the name of good GOD are you doing?"

I told him I was a light bulb.

He said, "You are clearly stressed out. Go home and recuperate for a couple of days."

I jumped down and walked out of the office...

When my co-worker (the blonde) followed me, the Boss asked her, "And where do you think you're going?"

(You're gonna love this...)

She said, "I'm going home, too. I can't work in the dark."

—Submitted by Carol Roycroft
Burnaby Stroke Recovery

"There's life after stroke"

Motivational Quote:

'Dwell in thought upon the grandest, and the grandest you shall see; Fix your mind upon the highest, and the highest you shall see.'

THE 1960's REVISITED? by W. Stephan, NSSRC—West Vancouver Group

Do you remember the 60's? Of course not! We are much too young for it to remember things like: the film 'Ted and (what was it?)...Alice? Encounter groups? The hippies? Pot? Now, it is yoga and ashrams, awakening the goddess, balanced indulgence, chanting and marriage. You don't believe it? Check out the websites: yasodhara.org, hollyhock.ca, grailspring.com. All are Canadian sites. If you tastes run more to indulging your taste buds with wild abandon, try fallflavors.ca or lcbottawa.com. You desire no 'wild abandon'? We better try to mute the 'inner dialog' and return to meditating.

How did I get on this subject? Have you read the 2006 bestselling book 'Eat, Pray, Love' by E. Gilbert? I have not read the book but I have read about it. In 2009, the book was turned into a film with the same name. It seems to be a film about recovery from a rather bitter divorce and the resulting year long travel through Italy, India and Indonesia. I have not seen the film, either. It opened to mixed review. What does that have to do with the 'issues of the 60's? Ask a psychologist. Both the 60's and the book seem to be 'angst' ridden (sorry that I use a psychological term).

Enough! This write-up is in danger of turning out 'heavy.' The film 'Eat...' is bound to spark discussion and I wanted you to be prepared. Is it a 'chick flick'? That depends on what you want to get out of it according to the reviews.

I was all set for a write-up about the 60's to the present day encounter institute 'Esalen' since it was seen as typical for the attitudes of the 60's, but I think that you can it up upon the Internet yourself if you are interested. This was in danger of turning into a research paper. I can't resist to list some of the early leaders of the Esalen Institute: Timothy Leary (1920-1996), psychologist, LSD activist, Linus Pauling (1901-1994), chemist, Nobel Laureate, peace activist, B. F. Skinner (1904-1990) psychologist, social philosopher) and others.

Some workshop leaders included Joan Baez (1941—) folk singer, activist, Bob Dylan (1941—) singer, political activist, Joni Mitchell (1943—) folk rock singer, political activist, Ringo Starr (1940—) drummer and one of the Beatles, social activist, and many others of 60's fame.

The websites listed above are mostly advertising for a retreat of one kind or another whose philosophies are based on the ones grounded on the ones of the 60's. Now they have morphed into the sites of ecology— and the Gaia (earth goddess) movements.

Are the 1960's revisited? You 'judge'! It is and was fun even if we try to claim that it was before our time. Forever Young!

— by Werner Stephan, NSSRC,
NSSRC - West Vancouver Group

CREATING A GOOD NEWSLETTER..

Series of newsletter making:
by JoseSuganob

How to create a PDF email newsletter—

The beauty of PDF email newsletter, you can do simple newsletter design or want an advanced, professional layout you can do it, too. A PDF newsletter is named for the letters used in the extension at the end of it's file name, for example, newsletter.pdf. By using Adobe Acrobat Reader, if you don't already have it on your computer, you can download it for FREE. Just attached the PDF newsletter to your email message.

Now, if you already have hard copy or printed newsletter on file in your computer, convert it to PDF files is easy. Just Save as...pdf file.

Next time...

The Disadvantage of PDF newsletter.

"There's life after stroke"

ENCOURAGEMENT by Loy Lai

Things to Ponder:

If air travel is so safe, why do they call it a 'terminal.'

There are two motives for reading a book:

1. That you enjoy it.
2. That you can boast about it.

Isn't Disney World just a people trap operated by a mouse???

— Submitted by Loy Lai
Templeton Stroke Recovery