



Turtle Soup

NORTH SHORE STROKE RECOVERY CENTRE

Editor: Hana Sykora

Photographer: Sue Carabetta , Karen Mah

June 2020

Strides for Strokes News



Strides for Strokes, our annual fundraiser, is cancelled for now. This would have been our 15th year of hosting this event at John Lawson Park in West Vancouver. The funds raised would support the many programs we offer at the NSSRC. We don't feel that this is the right time to ask for donations when many people are struggling financially.

So how can you help?

One of our main goals right now is increasing awareness of our Centre through our new Facebook and Instagram pages. Inviting your friends and families to visit the 2 sites will help us reach a bigger audience. Please ask them to check us out and SHARE, COMMENT and LIKE our posts.

Stay tuned for a virtual event on Facebook in the near future.

www.facebook.com/north shore stroke recovery centre/

<http://www.instagram.com/strokerecoverycentre/>

~ Gail Snelling





NSSRC's virtual ZOOM program in progress!

Last April, we rolled out the NSSRC's new Facebook page. In May, we are excited to announce the launch of Instagram!

Instagram operates as a simplified version of Facebook. Both platforms promote our visibility on social media by offering us the capability to share photos, videos, and announcement posts. It will also redirect people to our active Facebook and Website pages so they can learn more about the NSSRC!

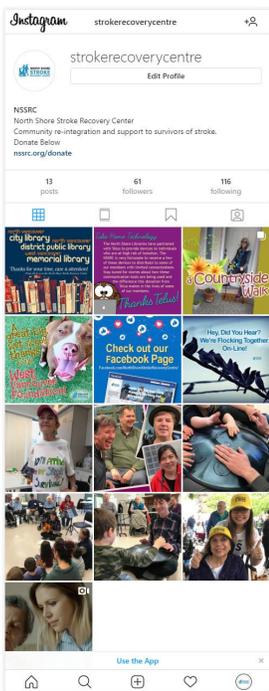
Instagram users can follow, be followed, comment, like, tag posts, and send private messages. Instagram also opens the door to a world of possibilities for the NSSRC, to connect and network

with other great organizations and companies in the community.

FOLLOW our Instagram page at <https://www.instagram.com/strokerecoverycentre/>

We need your support! Don't forget to SHARE, COMMENT and LIKE our Instagram posts!

~ Karen Mah



31st Annual Francophone Festival du Bois – March 6-8, 2020 in Mackin Park

This year, Festival du Bois which is a festival to celebrate Canadian Francophone culture also showcased the Métis Experience to honour this strong Canadian heritage. Terry and Yvonne Camsell and Yasmine Bia enjoyed a visit together to Coquitlam to experience the rich Métis history, art, culture, perspectives and tradition that have been part of this country for over 200 years!

The big tent showcased a lot of wonderful Métis dancing



Yvonne and Terry and their friends FJ (Fagan) Furlong and his wife Frances Ross-Furlong

and lively music, both a creative blend of European (French, Scottish and Irish) and First Nations and gave out information about local francophone organizations. Outside were many activities to keep everyone engaged- face painting, clowns on stilts, Elders telling stories from Métis history, shared artifacts, and they explained words from Michif, the Métis language.



It was difficult to decide what to eat with the tourtière, and maple sugar pie around, but we chose delicious Québécois poutine and maple taffy on snow, made right before our eyes. Who knew that would be some of the last food we'd eat in public for a while?! What a great day! Can't wait for the next one!

~ Yvonne Camsell



LEN CARMICHAEL

June 9, 1931 – April 29,
2020



Excerpt from the North Shore News:

Len was born and raised in Chilliwack, British Columbia, a community always close to his heart, with many family and friends to remember him fondly. He was one of 7 children. Len and Bernice were married at Cultus Lake and embarked on their journey together on April 10, 1952. Len worked in the coastal tug industry, towing logs, from and to many points, scattered along our wild west coast. Len and Bernice settled in North Vancouver after he trained as a Barber. He owned two shops on the North Shore, during his 6 decade long career. The first on Marine Drive in West Vancouver, the second in Edgemont Village in North Vancouver, where more than 50 years later, the shop still operates under the guidance of Bernice and daughter Brenda (also a Master Barber in the tradition of her father). He was a champion of his Trade throughout his career, holding Executive positions in the Barbers' Association of British Columbia, Trade Examiner and Licensor of the Trade through 4 decades of service. He will be remembered by many Barbers throughout the Province for his persistence and perseverance in upholding the professional standards of the Trade. Always a loving and dedicated family man, Len will be remembered as the patriarch of a large, wide spread clan, often referred to as the "glue" that bound the clan together. His wisdom was never far, always available and will be sorely missed. He leaves behind Bernice, his 3 children, 6 grandchildren and 3 great grandchildren.

At the Centre:

Len joined the NSSRC in January 2002 following a stroke in 2001 affecting primarily his speech. He was a man of few words but could share lots of stories through his handy notepad he kept in his shirt pocket. He loved to share his travel experiences through the many maps he brought to the Stroke Centre and he always had an opinion about varied topics published in the Wednesday North Shore News. Len and Bernice were regulars at our Christmas and Summer lunches and our annual Strides for Strokes. We are happy we got to know you, Len and we will miss seeing you in your regular spot at the Centre.

~ Gail Snelling





CHARLIE HOPE

Oct 19, 1929 - April 29th, 2020



Charlie was such a pleasure to have at the Stroke Center over many years. He always enjoyed music and great times of singing. He was known to wow us

on many occasions with his vast knowledge of Trivia.

One of my favourite memories was the day he grabbed his black coat before getting on the handidart. He couldn't find his bus ticket in his jacket pocket so I hopped on the handidart and "frisked" his pockets looking for the ticket. The ticket was nowhere to be found and ... neither Charlie nor I noticed it wasn't his black coat at all that is until I went to go home at the end of the day and found my black jacket missing and Charlie's hanging on our coat rack at the Stroke Center!! He reminded me of skateboarders on many occasions when he took off down the slope toward the road to get on the handidart in his wheelchair. Always made me nervous, but he never had an issue when he reached the edge of the road and quickly drew to a stop dragging his shoes to brake!!

Charlie's cousin Patricia has shared a little bit more of Charlie's history.

Charlie was born in Banff, Alberta at the beginning of the Great Depression, and despite hard economic times he spent a happy youth there with his family, including three brothers and numerous cousins. He always looked forward to returning there.

Charlie trained as a surveyor/draftsman and worked making detailed technical plans/drawings for various municipal engineering departments along the west coast, spanning Burnaby to California. He also produced technical aeronautical drawings at Boeing in Seattle and California, but he returned to municipal engineering as his preferred area of drafting and ultimately retired after working for many years at the West Vancouver Municipal District.



Charlie enjoyed travel and photography during his working years, and he especially loved capturing the beauty of Hawaii, Mexico and the deserts in the American southwest. His favorite local subjects for photography were the ships in Vancouver's harbour and classic cars.

After retirement Charlie stayed closer to home, mainly traveling to Vancouver Island to see his brother Bill and family (especially his niece Trish, her husband and their children) and exhibiting his Trivial Pursuit expertise. Charlie liked to spend his spare time reading, and he had a particular preference for western novels by Louie L'Amour. In later years, he was fond of watching the TV news, as well as re-runs of western shows and classic movies. He also enjoyed years of cooking classes and the camaraderie of a 'Men's Group' associated with a north shore community centre.

Following a serious stroke, Charlie began attending the North Shore Stroke Recovery Centre at North Shore Neighbourhood House. His twice-weekly visits to the centre (for therapy and companionship) became his favourite activity for the next 16 years. Although he moved to a care home (Cedarview) in 2016, he was happy to still be able to attend the stroke group for a couple more years after that move.

~ Sue Carabetta and Pat Fairey (Charlie's Cousin)

North Shore Stroke Recovery Centre

Phone: 778-340-5803 Website: www.nssrc.org

Co-ordinators: Gail Snelling (Principal Co-ordinator), Sue Carabetta, Karen Mah

Days of Operation: Monday: 10:00 - 2:00 p.m. - Amica Lions Gate, 701 Keith Rd, West Vancouver

Tuesday, Wednesday & Thursday: 10:00 - 2:00p.m. North Shore Neighbourhood House, 225 East 2nd St, North Vancouver

Young Survivors of Stroke- Monday 10:00am-1:00pm -Amica Edgemont Village, 3225 Highland Blvd., North Vancouver &

Wednesday 10:30am-12:30pm- North Shore Neighbourhood House

EDITOR'S NOTE: 1. What is in the newsletter does not necessarily reflect the opinion of NSSRC Staff or Board. It is a newsletter written by/for stroke survivors and their families. 2. Grammatical errors are not corrected by the editor unless requested. Our newsletter is part of our recovery. Restoring confidence in self expression takes precedence over grammar.