

December 2020

My Favourite Things from Christmas

Yvonne showed a picture of her and Terry in an igloo, while on a skidoo trip! The igloo was halfway up the trail. This was a rare occasion. Terry Camsell remembers his mother's Christmas carrot and potato pudding dessert with the sauce. The guarded recipe was finally handed down to his sister. ~ Yvonne



I enjoyed going out into the forest with my sister and father to get the perfect Christmas tree. Making Christmas decorations was my specialty and we loved to decorate! ~ Dorothy

I remember the year I thought my 2-year-old brother ought to be atop the Christmas tree as a decoration and so I tried. He was absolutely adorable! ~ Sheila



We all loved to gather round to decorate the tree. Each of us three kids had a decoration we especially liked to put on. When I was 12 or 13 it might've been seven or 8 o'clock at night and I'd be poking around and then all of a sudden I thought "What if Santa comes now and sees me?!" and so I went really quickly off to bed. ~ Anita

I remember my Dad getting me to help paint a table in December - Christmas morning there was a brand new train set on the table I had painted! ~ Jack



I remember my family went to midnight mass and it always seemed to start to snow on the way home. It was like a fairytale silent with snowflakes falling. ~ Deb

My favourite toys were my Batmobile towing my batboat and my hotwheels- I lived with my mother and grandfather and had no siblings so most gifts were for me!! It was all about me! ~ Dave



Peter brought to the zoom camera a pristine looking Dinky toys Autoservices car that he had been given in the 1960's from his mum and dad when he was 5 years old!



I loved Christmas carols and going to the Santa Claus parade. ~ Kathryn



I remember how special it was going to midnight mass. My dad wasn't Catholic, so he stayed home (to decorate the Christmas tree and put out the presents), but we knew that Father Christmas would come at night to do it. The next morning we had to wait to have breakfast before we could go in and we had to follow the right order to get presents: dog first, Trish and then the others. We never saw who decorated! ~ Patricia

I was the oldest of my sisters. I remember on Christmas Eve when everyone was sleeping I would sneak down; open all the presents, then tape them back up perfectly and act really surprised when everyone opened the gifts on Christmas morning. I even unpacked the stockings and ... I did it lots of years until one year when I heard my father's voice booming Get Back to BED!

~ Gay



WE LOVE OUR VOLUNTEERS

Since mid March the staff at the North Shore Stroke Recovery Centre have been very busy adjusting our programming to the new normal. Helping us with this task are several of our volunteers.

Ladan Khomani and Rana Alamdaran have been joining Sue over the summer with our meet-ups in the community with our Younger Survivors of Stroke. Ladan has been accepted into medical school in the Caribbean. We are grateful for all the volunteering she did and will miss her a lot. Rana will continue to volunteer for us this fall as she will be helping out on Tuesday mornings at our new location.

New to the Centre is Holly Stewart, a family friend of our exercise instructor, Judy Bjornson. Check out Holly's story included in this edition of Turtle Soup.

Betty Third has been diligently stuffing envelopes week after week for our newsletter mailout. Pat Burry has filled in when Betty was away and has sewn over 30 bean bags for our daily exercise program.

Thank you to Hana and David Sykora for the monthly Turtle Soup newsletters. They are the design team that makes our newsletters look beautiful.

Don't forget our hardworking board of directors who have been behind the scenes keeping the Centre running: Doug Querns, Mark Adams, Lynn Fraser, Sarah Wildman, Valerie Baiton, Liam Labistour and Tim Hronsky. Please welcome our new directors, Elodie Pequignot and Vivian Martin.

~ by Gail Snelling





Hello, my name is Holly Stewart. I am excited to join NSSRC as a volunteer! I am 27 years old and live in the Upper Lonsdale area. I was born and raised in North Vancouver, and attended Braemar Elementary and Carson Graham Secondary School. After high school I had the opportunity to study and play field hockey at the University of Maine in the United States. After graduating with a degree in Kinesiology, I was selected to play field hockey for the Canadian National Team. I got to travel all over the world and compete, and even lived in Belgium for two years while playing on a professional team! Now that I am "retired" from elite sport, I have shifted my focus onto my career. Over the next couple of months, I will be completing applications for physiotherapy schools across Canada. Working with people who are recovering from stroke will be an invaluable experience for me, as I look to get involved in the field of rehabilitation. I love spending my free time outdoors, going on walks with my four-year-old black lab named Eddie, mountain biking, paddleboarding, or sitting on a nice patio sampling craft beers.

I look forward to meeting you all and learning more about you too!
~ Holly Stewart



The last four years have been an incredible journey....

It is with great sadness and reluctance that I write to let you know I am finishing up my time as a Coordinator at NSSRC.

Many of you know, I am also now working as the Manager of Community Engagement and Seniors Programs at North Shore Community Resources. It has proved to be a very busy job making it no longer feasible to do both roles.

The Stroke Centre, in my experience, is a truly remarkable place full of hope, life and inspiring people. It has never ceased to amaze me watching the drive and courage all of you put into recovery. In my book, you are more like family than members! I have really loved programming, coordinating groups and helping to keep things running smoothly. The inner strength and resilience of everyone, as well as the great kindness shown in the face of what sometimes I am sure feels like an insurmountable challenge, has taught me many lessons that I will not forget. The roaring laughter and the poignant moments have been beautiful. I hope to remain intertwined with the life of NSSRC and all of you in some way. I am sure I can't stay away too long and whenever I get the chance, I will pop in to visit. Thanks for the warmth and laughter, NSSRC is truly an unforgettable community!
~ Sue Carabetta





Markus' favourite memory: He comes from a family of 7 children and every Christmas his parents would decorate the tree with real candles and lots of chocolate. Markus would sneak into the living room and grab a couple of chocolates off the tree. Because there were so many chocolates he didn't think anyone would miss a few here or there. The family also kept a bucket of water beside the tree in case one of the candles caused a problem!! ~ Markus



When Aryn was about 10 years old in Mombasa he remembers celebrating Mid-Ul-Fitr a Muslim festival that means Celebration of Breaking Fast. It came at different times each year depending on the lunar calendar. It was for one month where from Sunrise to Sunset you fasted to give you a lesson of what starving feels like and to remind you there are many people in the world don't have enough to eat. It also was a time to recite special prayers from the Koran. Aryn loved the Biryani that would be made to break the fast. Marinated meat with loads of spices including Saffron - Aryn fondly says you could smell the saffron from 5 miles away!! ~ Aryn



Diwali is the "Festival of Lights" celebrated by Indian communities all over the world. It symbolizes victory of light over darkness, good over evil and knowledge over ignorance. There are an abundance of sweets, family gatherings, and the lighting of lamps; (or diyas) that protects each household from spiritual darkness. The festival also has religious significance with the worship of the Hindu goddess of prosperity; Lakshmi. ~ Bijou



Our favourite traditions are cutting apples or making walnut boats. A star shape in the middle of an apple, meaning good health for the next year. Carved halves of the walnut shells with small candles inside are placed onto the water, representing smooth sailing for family members. Mistletoe is given to loved ones for protection against illness, hung above the door for luck and harmony. And a few fish scales under the Christmas plate for plenty of money and an abundance of crops and harvest all year round. ~ Hana



North Shore Stroke Recovery Centre

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

Co-ordinators: Gail Snelling (Executive Director), Sue Carabetta, Yasmine Bia, Kathryn Seely

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.

Notice: Due to the new Covid-19 restrictions, our regular programming has been suspended until further notice.