

LIVE

CRANK THE SHIELD Adventurer Dave Norona tackles 250 kilometres in three days. *page 14*

HEALTH NOTES *page 15*

Program a breath of fresh air

Women's group and seniors teaming up

Erin McPhee

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FOR Deep Cove resident Jennifer Hewlett, the benefits of living a fresh-air life are immeasurable.

"By being in the forest everybody seems to just feel so much better about themselves," she says.

Wanting to encourage more individuals on the North Shore to experience this phenomenon first hand, Hewlett launched Fresh Air Life, a women's outdoor health and wellness organization with a strong focus on friendship and community.

Originally started as an informal women's hiking group in 1998, Fresh Air has continued to evolve and currently offers a variety of programs including trail running, snowshoeing, kayaking, Nordic walking, retreats, a book club, lectures and wellness circles.

Hewlett, who serves as the organization's president, estimates she's had 600 women of all ages get involved since Fresh Air's inception. "It's just a real holistic approach to wellness," she says.

The most recent addition to Fresh Air Life was six months ago when Hewlett started running a volunteer program, pairing organization members with local seniors at North Vancouver's Kiwanis Care Centre. "I had three grandmothers who all were very, very dear to me," says Hewlett. "At the time I was so busy with my children, I saw them, but not as much as I probably would have liked to have. Now I have time and they're gone. I thought in their honour, it would be lovely to establish a program to spend time at the seniors home."

One of her grandmothers had been a client at Kiwanis, hence Hewlett's interest in partnering with them. She



NEWS photo Cindy Goodman

FRESH Air Life president Jennifer Hewlett (left) and volunteer Debbie Knowles go for a walk with Kiwanis Care Centre resident Carole Matthews in the Mount Seymour area. Hewlett has forged a relationship with Kiwanis that sees members of her women's health and wellness organization spend time with residents, engaging in outdoor activity.

proposed that once a week, members of her organization would meet with residents and recreate together. And so, every Wednesday, they do so, alternating locations, either getting together at Ambleside Park or the care facility. They socialize and go for walks. Residents in wheelchairs are assisted by

Fresh Air volunteers. "It's been a beautiful friendship that's developed," says Hewlett.

Many of her volunteers have branched out, increasing their involvement at Kiwanis, volunteering additional days throughout the week.

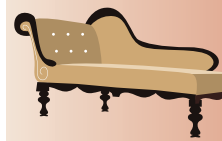
Hewlett hopes to grow her program and has a goal of es-

tablishing partnerships with two other facilities on the North Shore over the next year.

"It's just proven to be really successful," she says.

For more information on volunteering or getting involved with other aspects of Fresh Air Life, visit www.freshairlife.ca.

on the couch



Saying goodbye to an ex-partner

QUESTION:

My friends and I have been discussing the challenges in trying to stay in touch with an ex-boyfriend once we are involved in a new relationship. Does this ever go smoothly?

ANSWER:

It's interesting how fraught with difficulty the decision to stay in touch with an ex-partner can be. Often some degree of suspicion arises in the new partner and often for good reason. That is not to say that an ongoing connection with an ex cannot work and certainly, if there are children involved, there are definite benefits to maintaining, at the very least, a respectful and co-operative connection.

I've seen a continuing connection work well when the breakup was mutual and the intimate connection genuinely over. Also, it helps if each person is in a new and solid relationship that is going well and appears to have a future. However, all too often the continued contact is somewhat flirtatious or one person in the former couple is still interested in the possibility of reconciliation. The new partner can usually sense this and takes on the role of the righteous and ill-treated outsider. This

See Think page 15

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Think about why you feel the need to keep in contact with your ex

From page 13

obviously sets up a problematic triangle. The question to ask yourself is this: "What is the desire for an ongoing connection with my ex really about?"

I've heard many explanations and only a few seem well-thought out and clearly rational. The others usually involve some reason based on emotions that indicate the breakup is not yet complete.

Here are some potential reasons:

- Women talk about wanting to let the ex-partner down gently and so, continue a conversation toward that end. This often involves holding out some subtle hope to the other when in fact no hope is available. This postpones the inevitable and increases the confusion. I don't advise it. These conversations should have occurred before engaging a new interest.
- Women talk about wanting to end the intimacy but not wanting to lose the friendship. Generally men don't buy this one. They think, "If I'm such a great friend, why don't you want to sleep with me?" They have a point. Nonetheless, if they miss you enough they may go along with the friendship façade in the hopes of reconciliation.
- A shallow and less frequently admitted reason for a continuing connection is the ego boost that the woman can get

from having two men interested in her at the same time. The manipulation in this one is obvious.

■ Finally, in my experience, the most common reason for staying connected with an ex is that the new relationship is not going quite as well as expected and the ex is a great ear for a discussion of the difficulties. These discussions should be happening in the new relationship rather than the old and are really unfair to both men.

It is important to point out that none of the above is gender specific. Men do just as much of this as women do. I suppose that if the species were a little more evolved, more confident and less fearful, we would have a lot less trouble with this stuff. As it is, these connections are often complex and poorly managed. So you need to think carefully about what you are up to when contacting that ex. I heard a comic recently arguing the position that it is never wise to stay in contact with an ex-partner. She said it's like being lactose intolerant but keeping dairy products in the house. One night you come home from work and it's really late and you're really hungry and the only thing in the fridge is cheddar.

Margaret-Anne Speak, M.A., C.C.C., works with couples, individuals and families from a Bowen Family Systems perspective at Family Services of the North Shore. Questions? Write onthecouch@familyservices.bc.ca or call 604-988-5281.

health notes

How to Transform Your Emotions: A talk with spiritual leader Premasudha Janet Hobbs, Sunday, Oct. 4, 2-4 p.m. at 662 West Keith Rd., North Vancouver. Admission by donation. Info: 604-929-9223 or thegateway@shaw.ca.

Women's Health Day: Practical solutions to common health challenges as women age, Sunday, Oct. 4, 10 a.m.-5 p.m. at Centennial Theatre, 2300 Lonsdale Ave., North Vancouver. Admission: \$40 at the door/\$35

in advance. Tickets: 604-435-0512 or www.hans.org.

Not Just a Bad Day — Living With Bipolar Disorder: A DVD presentation on bipolar disorder followed by a discussion as part of a series of Mental Awareness Week events, Monday, Oct. 5, 7 p.m. at West Vancouver Community Centre, 2121 Marine Dr., West Vancouver.

Canadian Mental Health Association Workshop: Changing the face of mental illness and stigma, Wednesday, Oct. 7, 7 p.m. at John Braithwaite Com-

munity Centre, 145 West First St., North Vancouver. By donation. Info: 604-987-6959.

Inner Yoga: Learn to witness your emotions and decode them, Thursday, Oct. 8, 7-9:30 p.m. or Saturday, Oct. 10, 1-4 p.m. Admission by donation. Info and registration: 604-929-9223 or thegateway@shaw.ca.

Search for Canada's Gutsiest Canadians: If you know someone who bravely faces inflammatory bowel disease (IBD) and is making a difference in their community or in the lives

of others, or someone who deserves recognition for their support of an individual with IBD, you are invited to nominate them at www.getgutsymonth.com. Deadline: Friday, Oct. 9.

North Shore Half Marathon: The third annual, Saturday, Oct. 12. Start time is 8 a.m. at Parkgate Village Shopping Centre. Cost: \$45. Info: www.runthenorthshore.com.
— Compiled by Pamela Stone and Debbie Caldwell. E-mail information for your non-profit, by donation or nominal fee event to listings@nsnews.com.



NEWS photo Paul McGrath

Roller derby

NICK Galbraith of the Galabreezes bocce team launches a ball at the ninth annual Benefits of Bocce Tournament to benefit the B.C. Lung Association, held at Grand Boulevard Park. In its first eight years, organizers have raised more than \$183,000 for various charities.



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Issues and Solutions:

Managing Mental Health in the Workplace

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CITY OF NORTH VANCOUVER LIBRARY
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TIME: 9:30 – 11:00AM
REGISTRATION: \$25.00

This 1.5 hour presentation will provide you with:

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Reservations are limited and on a first-come, first-served basis.

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This presentation by Mental Health Works is endorsed by the Mental Health Commission of Canada and is made possible through the support of The Great-West Life Assurance Company and the Great-West Life Centre for Mental Health in the Workplace.

Mental Health Works is an initiative of the Canadian Mental Health Association



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