

# Stroke Recoverer's Review

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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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## Inside this issue:

Encouragements	2
Recipe:	2
From GuyR.,	2
Before Stroke I was	3
Language Interpret...	4
Creating a Newsletter	4

Templeton Picnic Video by John Boynton  
on Facebook: John Boynton page or  
Jose Suganob page



Some photos courtesy by Sue Chalmers & Karel Ley

**RECIPE: Classic Fish & Chips**

**Ingredients:**

- 4 large .....Potatoes, peeled & cut into strips
- 1 cup .....All-purpose flour
- 1 tsp .....Baking powder
- 1 tsp .....Salt
- 1 tsp .....Black pepper, ground
- 1 cup .....Milk
- 1.....Egg
- 1 quart .....Vegetable oil, for frying
- 1-1/2 lbs .....Cod fillets

**Directions:**

1. Place potatoes in a medium-size bowl of cold water. In a separate medium-size mixing bowl; mix together flour, baking powder, salt and pepper. Stir in milk and egg; stir until the mixture is smooth. Let mixture stand for 20 minutes.
2. Preheat the vegetable oil in a large pot or electric skillet to 350 degrees F (175 degrees C).
3. Fry the potatoes in the hot oil until they are tender. Drain them on paper towels.
4. Dredge the fish in batter, one piece at a time, & place them in hot oil. Fry until the fish is golden brown. If necessary, increase the heat to maintain the 350 degrees F (175 degrees C) temperature. Drain the fish well on paper towel.
5. Fry the potatoes again for 1 to 2 minutes for added crispness. Enjoy!

**FROM GUY R.**

BC LEGISLATURE at Work...  
jokeonli

(You will love this one, I haven't stop laughing yet...)

For those of you who have never traveled to the west, or southwest, cattle guards are horizontal steel rails placed at fence openings, in dug-out places in the roads adjacent to highways (sometimes across highways), to prevent cattle from crossing over that area.

For some reason, the cattle will not step on the 'guards,' probably because they fear getting their feet caught between the rails.

A few months ago, British Columbia's Premier Gordon Campbell received and was reading a report that there were over 100,000 cattle

guards in BC. BC ranchers had protested changes in grazing policies, so he ordered the Agriculture Minister to fire half of the 'cattle' guards immediately!!!

Before the Agriculture Minister could respond and presumably try to straighten him out, Leader of the Opposition, Carol James, intervened with a request that...before any 'cattle' guards were fired, they must be given six months of retraining.

And, these guys are running our province???

Passed on to you without further comment....

—Submitted by Guy Radonich, Templeton Stroke Recovery

*"There's life after stroke"*

**ENCOURAGEMENT** by Loy Lai

"Alone we can do so little, together we can do so much."

Sweeten fruits: Adding a pinch of salt to fresh fruits, such as melons and strawberries will help bring out their sweetness.

"How beautiful a day can be when kindness touches you."

Of all the flavors one eats, salt is indispensable; wherever one goes in the world, one's mother is dearest.

"It is probable that the lemon is the most valuable of all fruits for preserving health.

Tart words make no friends: a spoonful of honey catch more flies than a gallon of vinegar.

"No act of kindness, no matter how small, is ever wasted."

—Submitted by Loy Lai Templeton Stroke Recovery

**DID YOU KNOW?**

The name Pajo's, (famous for fish & chips) originates from Pat and her former partner, Joan who began the business in 1985.

Pajo's is a family run business that operates in four (4) locations:

1. At the Wharf, Steveston
2. Garry Point Park, Steveston
3. Rocky Point Park, Port Moody
4. Gates Park, Port Coquitlam

## BEFORE STROKE, I WAS...

A new column: Stroke survivors and caregivers professions before the devastating stroke occurred that changed their lives forever.



Sue Chalmers



Martha H.

*(When Jose wrote and asked about what we did before our Stroke, I decided to take this opportunity to explain that there are many causes for brain damage. Martha, who also attended the July Templeton picnic (goes to both West End & Douglas Park Stroke Recovery) and, I have the same condition. Martha was diagnosed in her teens, mine later in life.*

*Antiphospholipid syndrome is a type of lupus, a genetically linked autoimmune disease. It is, also, called 'Sticky Blood' because of the sticky platelets in our blood that like to clog together. Stress causes blood vessels to constrict with 'sticky blood' trying to get through, oxygen is cut off & brain cells die. I had an effect similar to TIA or Mini Strokes. Once considered a rare syndrome & difficult to diagnosed, it was recommended to Martha & I to take blood thinners).*

At age 5, my parents and I immigrated to New Zealand until I became a cooking and sewing teacher; teaching there for two years. In my early 20's, I had an opportunity to attend the University of Oregon for three years and three summers, from there I went to Montreal where I taught three years and spent summers plus night classes in graduate school in order to have a Canadian qualification needed for a permanent posting in that Province. It was turbulent times language wise, in May of my third year, a law was passed, all teachers

in Quebec were supposed to be bilingual. So, it was farewell Montreal, hello Vancouver!! Starting in September, I worked as a substitute teacher in both Vancouver and New Westminster for a year, then found permanent employment in a position of my dreams! I taught for 30 years.

The first inkling anything was wrong with my brain came one morning. I awoke rather groggy and wobbly in the shower. I drove myself to work hesitant about the route although I'd lived and worked on the same location for years. I went into the parking lot to find not one other teacher or support person was at work yet, how weird was that! I looked at my watch, nothing made sense. I sat there for what seemed an eternity, then feeling a bit scared and shaky I drove home. It turned out to be a Sunday!!!

Around the same time, my Mother who was also my neighbor, died an awful death, from Gangrene. It had been a very stressful last few years with her. My Doctor was on duty at the hospital the night my Mother died, she suggested I make an appointment to see her in her office soon. I continued to teach but my ability to control my brain got more and more difficult. I finally admitted to my Doctor that while I remembered my subject matter I actually didn't remember any student's name. I saw 4 classes daily which meant at least 100 teenagers each day. I was exhausted, everything was a struggle and I kept getting lost and much short-term memory had gone. That was the beginning on a slow slide downwards in my ability to function. My students, all

seniors, were wonderful, they helped me manage. I put it down to menopause, they told me funny stories about their Grandmother's.

Next thing I knew I was on medical leave, had my driving license revoked and was seeing a neurologist at UBC. Many test and X-ray results later I ended up on long-term disability leave, spent more than 2 years going to physiotherapy at the local hospital as a day patient, which included movement, speech, learning to read and be able to comprehend again, was also being treated for depression. Despite 8 years of education after high school, at physiotherapy, we started by reading 'A Dog named Spot.' Thank goodness for excellent medical support, eventually, I was placed into the community, attending a Stroke Recovery weekly and also encouraged to take other classes at the Community Centre. Brain Gymnastics, as well as, Beginner's Computer, I took the same class over and over, at first, falling asleep when my brain was overwhelmed, then eventually being able to participate. I shed lots of tears of frustration but met an amazing group of people, many of whom volunteers, who got me through rough times.

No longer working or driving, my world shrunk and I gained weight! Life had taken a big turn, but it's OK. Now, life is simpler, there's time to smell the roses, pet, every animal I see and meet amazing people like those at Stroke Recovery. *(This took 5 hours to write over two days! Now, I look forward to hear the stories of others)*

—Sue Chalmers  
North Shore Stroke Recovery

**LANGUAGE INTERPRETATIONS** by W. Stephan, NSSRC—West Vancouver Group

Not too long ago, I became fascinated with various terms which we use almost daily. What do they actually mean? 'Golden Years' is one of them. Why are so many adults depressed at the thought of becoming older and entering an age which sounds, if one translates the term literally, so desirable. Or is it? Maybe this term should be interpreted rather than translated.

It really helps, but is not necessary, to speak another language to totally appreciate the following interpretation and translation are not synonymous. When translating a document from one language to another, one might think that it is simple matter of choosing a certain word for a corresponding word of the same meaning in the other language. That is true for translations. But, it is not so simple in interpreting; one has to consider the context in which the text was written: language culture, historical situation, geographical environment, literary style and many other considerations. But wait, it gets even more complicated: What is the purpose of the text? What is the local economy? What is the moral system? What are their values? Not all of these considerations apply of course and others might be relevant, but it might give you an idea of the complexities of interpretation.

Two examples come to mind. The first example is a translation of the popular Chinese Book 'Shui Hu Tshuan' (Water Shore Stories) by Shi Nai An. The translator (Franz Kuhn) had the opinion that the 120 (some say 70) chapters of the original

version, really represented parts of two other books. He decided to shorten the book into a more readable version by excluding those parts which, in his opinion, were parts of these other books. His 'translation' is subject to his understandings and opinions and is therefore an interpretation. The other example is a translation of a book 'The Perfume' by P. Suesskind. It is almost a word by word translation and conveys almost none of the personality of the translator but preserves the original intent of the author. It is a translation. Which one do you prefer?

Another tricky area is the translation of jokes. Although, it seems simple, the whole cultural range of the reader or listener must be considered in a translation. What is funny to one culture, might be offensive to another culture or person. A simple translation is easier than an interpretation but it might be quite boring or even insulting and has often many other problems. Therefore, an interpretation is more appropriate.

What, for example, is 'Culture' or 'Women's Right' or 'Golden Years' - not the literal meaning of the words or terms, but the local understanding of them? One can also change the meaning of a document by excluding parts of it (This method is a favorite of some governments). 'Local Culture' is then identified as the culprit. Think of the possibilities: no lies, just a different interpretation.

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

**CREATING A GOOD NEWSLETTER..**

Series of newsletter making:  
by Jose Suganob

Step 2—

Using a word processing program like Microsoft Word, create a document that incorporates all of the elements you decide upon in the first step. There are also programs (I use MS Publisher) that are geared specifically to creating newsletters, but unless you want something very fancy, most popular word processors are robust enough to do what you need.

In place of the articles, insert nonsense text and use stock photos to hold the photographic spots.

By this time, you have a basic newsletter template.

In the next issue, Step 3.

**THE KNOTS PRAYER...**

Dear God: Please untie the knots that are in my mind, my heart and my life.

Remove the have nots, the can nots and the do nots that I have in my mind.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots and should nots that obstruct my life.

And, most of all, Dear God, I ask that you remove from my mind, my heart and my life all of the 'am nots' that I have allowed to hold me back, especially the thought that I am not good enough.

Amen. — Author known to God

—Submitted by Carol Roycroft  
Burnaby Stroke Recovery