

Resting Reconnecting Remembering Recreating

A BC Journey – June 14-29, 2024



Resting: Thanks to Basil and Tish Davis, my first days in Vancouver were ones of healing, swimming, eating well, and being surrounded by lush gardens.



Reconnecting and remembering: five former York students (Sheelagh, Chris Rahim, Lee Bensted, Mo McKenzie, Janine MacLeod) and Joshua's love Yassie Pirani



Reconnecting with progressive journalists Art Moses and Suzanne Fornier and remembering our days of solidarity activism with Nicaragua in the 1980s



Reconnecting with Sheelagh Davis who whisked me off on a road trip to Whistler





Reconnecting with Ken, Ushi, and Robbie Melamed, my Canadian family in Whistler, hosted by Sheelagh Davis and James Griffiths, and MES grads Marla Zucht and Ted





Reconnecting with former colleagues and UBC Indigenous professors Peter Cole and Pat O'Reilly, and discovering common experiences with the Peruvian Amazon

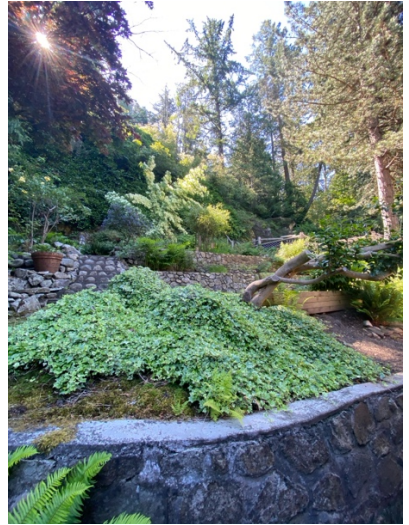
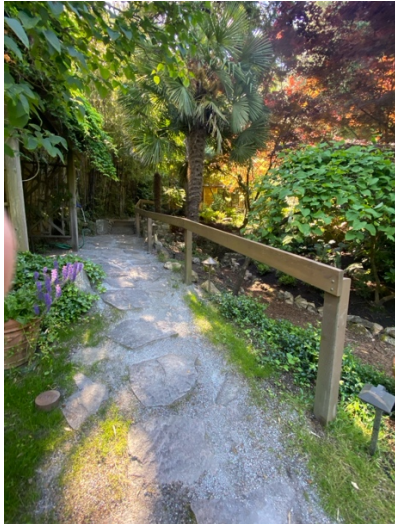


Reconnecting with Mary Ellen Belfiore and Ken Klonsky at the UBC Museum of Anthropology and a seaside restaurant – remembering many forms of allyship from advocating for the wrongfully convicted to solidarity with Indigenous peoples



Reconnecting with my friend Harriet and our old friends Eva and Jim Manly in Nanaimo, who shared their home in the forest and their activism on the streets.



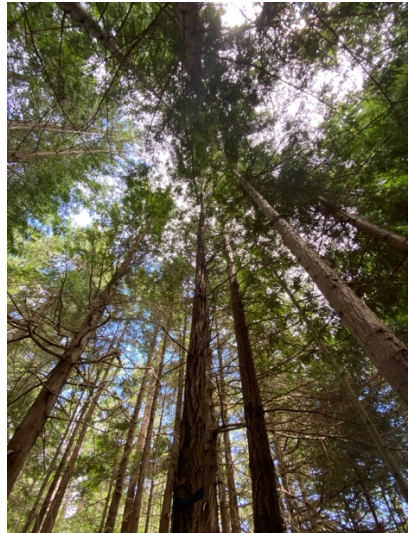


Reconnecting with Judith and Rick Marcuse in their verdant garden-framed home in Horseshoe Bay, sharing our commitment to write our life stories as producers of grand projects, both at a stage of remembering....

These reconconnections nourished me during my first week in BC, June 14-23.

The second week, I entered a different realm in the forests of Cortes Island. (<https://www.wildsoma.ca/>).

Wild Soma Retreat



My ultimate destination: Hollyhock Centre on Cortes Island for a 5-day retreat: Wild Soma Being and Becoming: Embodied Practices for Collective Thriving with Toronto-based dancers Julia Aplin, Shannon Liztenberger, Andrea Nann, Roula Said.



Every day, we experienced new embodied ways of connecting with the living world, with each other, with our bodies and with our deeper selves. Among other lessons, learning from the trees: to slow down, stay grounded and keep growing.



On the way home, I was offered a respite in the Vancouver apartment of Joshua's partner Yassie, looking out on Stanley Park. A final dinner with her friend Robin, Yassie and Joshua's friend Kuni was the perfect ending and send off.

