

MY LIFE ON THE SLUSH PILE → GLUE  
ALL FILE ON THE SLUSH LIFE → GLUE



ACTION  
ACTION

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A story about a **man** trying to find himself after his parents come back to life.

And then, he witnesses a gay-bashing.

And then, he suffers a catastrophic stroke.

And then →

ACTION  
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press play  
press play



ACTION  
ACTION

# 10

## ACTION



### ACTION COMES BEFORE MOTIVATION

*I will allow success and love into my life. I deserve it!*



need to keep moving. I need to start moving. I need to live.

The first step goes a long way to erasing procrastination.

#### THE "IF" DISEASE

- If only I broke free of my conditioning.
- If only I defined what's important to me.
- If only I had the time to work out.
- If only I wasn't too tired, I could eat nutritiously.
- If only I purged unhealthy personal relationships.
- If - If - If.

*Pick up the phone.*

*Lift the first weight.*

*Eat the first salad.*

The second time will always be easier.

I never motivated myself to exercise. I just exercised. And when I did, the pounds started dropping, and the next day of exercise became something to look forward to instead of dread.

*Don't you want to talk about your family?*

*Not right now, I'm getting back in shape.*

8 DECEMBER 2007

With the Holiday season depositing me in an emotionally charged place, I've decided not to have the first drink. The intensity of *ENDING* is too fresh in my mind. So, it's probably best not to imbibe.

I've managed to go a week soda and junk food free. It's been surprisingly easy. So now I'm subtracting booze.

*Isn't this exciting to read?*

*Do you want to come to the gym with me right now?*

*"Hey, Lindsay, what are you working on today?"*

*That's certainly an odd question.*

*"I'm hitting my chest hard." Tony tells me.*

*"Good for you, Tony. Have a great day."*

Tony wants to talk.

*"Do you want to hear about my cardio? My bench press is—I'm squatting—I'm...I'm...I'm...."*

*"Shut up. I don't care."*

42

*Oops, I think I just lost a painfully dull friend, maybe I should make sure.*

*"Tony, do you want to hear about my family? That's what I thought. No, I won't shut up."*

**Don't be a Tony unless, of course, your name is Tony.**

And besides, Tony will eventually burn out or start using steroids. The last sentence is an actual fact.

*What's the endpoint of fitness?*

*Tomorrow!*

*Hello, who's there?*

*O', it's you; you want me to get back to the story of healing and finding out who I am.*

*Okay, I will.*

*I needed a distraction break where I could feign happiness.*

*I needed the endorphin rush of exercise.*

*I needed a break or risk imploding.*

Before we leave the gym, I will leave you with this.

**DO YOU THINK A MONKEY WOULD SEE THE BENEFIT OF RIDING A DOG?**

## WHO IS LINDSAY WINCHERAUK? WHO IS LINDSAY WINCHERAUK?

Lindsay Wincherauk is a fearless writer. He has published two books and has had more than eighteen OPEDs appear in major commuter newspapers. Lindsay wasn't born with a silver spoon in his mouth. His father (who wasn't his father) worked as a mechanic. His mother (who wasn't his mother) worked as an excellent chef in a diner. In fact, his birth was in a secret place where | society deemed | unfit mothers were sent to give birth in isolation – shading families from shame. If the babies survived being born, usually, they were sold to wealthy Americans or adopted out to farm families.

*Lindsay's life began with a lie.*

Despite Lindsay's perilous beginnings, starting with deception, Lindsay knew no better and went through life excelling at things, usually in two-year stints. Be that athletics (hall of fame, record holding, one-eyed quarterback), scholastically, career-wise (generating more than \$70 million in revenue for one company), socially, + without question: creatively!

Lindsay's challenging beginning instilled in Lindsay heaping doses of compassion and empathy. Lindsay's life starting out as a lie gave him a keen sense to spot BS from miles away. It also provided him with a dry sense of humour and an understanding those born with silver spoons in their mouths will never be self-aware enough to understand (or admit) their good fortune.

387

During Lindsay's work career, he was well-liked by all coworkers. Lindsay was also well respected by his diverse collection of clients, developing several fantastic friendships, primarily because Lindsay is known for his unflinching integrity and ability to hold conversations on most topics.

Lindsay's life mantra is:

*The most valuable part of life is the fabulous people we meet during our journeys. If you treat people with respect (leaving judgment at the door), and more importantly, by opening doors for those less fortunate or who can't speak up for themselves, you are living a good, compassionate life. Making money at all costs is not the only thing mattering. Life can be difficult + devastatingly unfair.*

*Lindsay believes sharing vulnerability is what makes us human. Lindsay will never shy away from being honest about his pain.*

*Lindsay also believes we must stand up for ourselves, + more importantly, for those who are too burdened by the injustices of life, they can't find the strength to stand up for themselves.*

SOME THINGS LINDSAY IS MOST PROUD OF ARE WHEN:

- A sixty-year-old employee of his, who had entered a point of life where life had become more struggle than joy (it happens to all of us as we age), said to Lindsay, “I must thank you. I’ve listened to how you treat people, + by listening, I’ve learned so much about compassion and patience. Thank you. I consider you a great friend.”
- Another employee who was struggling with addiction thanked Lindsay for his kindness, presenting Lindsay with a Christmas card from him and his girlfriend. Tucked inside the card: lottery tickets.

*LINDSAY WINCHERAUK, compassionate, empathetic, well-read, kind, blessed with unflinching integrity, humour in balance, loved by coworkers + friends alike.*

Lindsay will always stick up for the underdog. Lindsay understands there are countless older people suffering job loss because COVID gave some companies an opportunity to – Lindsay thinks it is essential to draw attention to this life-threatening issue by being the voice for those too broken to speak up for themselves.

388

Lindsay is currently pitching four manuscripts to publishers and literary agencies. One of the manuscripts (he can’t talk about) will blow the roof off the predatory practices of – Lindsay is writing relentlessly and is also pitching OPEDs and short stories, fiction, + non to literary magazines around the globe.

Lindsay has appeared on Breakfast Television, radio programs in Montreal, + several others in the Vancouver area. Lindsay has also been a featured guest on CKNW + CBC, both on several occasions. And Lindsay was a vital witness of a Hate Crime. This led to the first Hate Crime conviction in Canadian legal history, resulting in him being a speaker at an Enough is Enough Rally (anti-violence rally) with dignitaries, politicians, law enforcement, and community leaders in front of a crowd of approximately five thousand.

Lindsay was the **#1 MIXED-TAPE DJ** at the **UNIVERSITY OF SASKATCHEWAN** for most of the nineteen-eighties, a fact bringing him joy.

Lindsay resides in Vancouver.