

MY LIFE ON THE SLUSH PILE → GLUE
ALL FILE ON THE 2022 LIFE → GLUE



STRESS
21K22

GLUE GLUE



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 →

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

press play
press play



STRESS
LIKE??

14

STRESS



THE GIFT ARRIVED

The gift quashed my spirit.

You can't keep me down. I'm in charge now.

I'm grateful for friends.

Scottish Andy noticed my sorrow.

Lindsay, I'm blessed to have you as a friend. Slow down. Breathe.

I prefer alcohol + drugs + sex – leading to escaping.

49

You can't hide from your realities. They'll eventually kill you. Too much stress –

I stumbled across an article on stress factors in one's life. Dr. Dave Hepburn created a stress meter based on forty-three life events, including:

DEATH OF A SPOUSE – PREGNANCY – SOCIAL CHANGES – LAW VIOLATIONS +++

The good Doc says a benchmark of 300 points determines the likelihood of serious illness. In 2004 when my life was blasted apart by the traumatic event after traumatic event, I scored **495**.

2007

- Death of family member x 2 + illness + Laid off from work +
- Poor health of Family member x 2 + Gain a new family member +
- Change in financial status + Work Change + Outstanding achievement +
- The trouble with boss + Change in work Hours + Christmas

SURPRISINGLY

- Parents coming back to life + Family alienation +
- Meeting my father for the first time +

MY LIFE ON THE SLUSH PILE → GLUE

- Having to tell your new father he's not your father +
- Discovering your mother is sick and dying (for a second time) +
- Constantly being bombarded with *your challenges are no big deal*.

ARE NOT ON THE LIST.

What did you score? What did you score? What did you score?

I only scored 555.

You should go for the high score.

I don't think the high score is a good thing. My life isn't Pac-Man.

What's Pac-Man?

COULD YOU IMAGINE

I just scored a 950 on the stress test, gasp –

Hey mister, wake up. I don't think he's breathing.

50

DRIVER JIM

Jim is seventy-two.

Jim works for the same company as me as a driver.

My income is also derived from driving.

Jim had been fighting a severe illness, when he returned to work, so that he could eat. His return impacted all of the other drivers' incomes.

Jim's return didn't last long. Less than a week into his return to work, he died.

I asked a co-worker if a service was planned for him.

No. People don't do things like that anymore.

Does Jim belong in my story?

I don't know?

What I do know is JIM DIED.

There must be more to the end than just TWO WORDS (Jim Died).

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.