



Lindsay  
WINCHERAUK

GUEST SHOT: 8 AUGUST 2005

DUMPED? GET SET FOR A NEW LIFE

**Y**ou have been dumped. Now what?

Welcome to Dumpsville, Population - You!

You have been dumped for a new and improved model, but you have decided "to remain friends."

What good can come from being friends with someone who does not want you?

We have all heard the lies. "It's not you, it's me" or "My life is too complicated right now...."

Here is the skinny, my friends: your ex is trying to cover up their feelings of guilt.

When dumped, you have four choices:

1. Buy self-help books.
2. Tell your ex in many ways that you love them and want them in your life.
3. Write your-ex poems expressing your undying love. <sup>(1)</sup>
4. Getaway and start healing yourself, have some rebound sex, join a gym, learn a new language, or find some other activities to fill your time. Whatever you do, you must purge yourself of your ex.

In fact, unless you have children, it is best to avoid all contact. If you want to develop into a better and more desirable human being. This is your time: you need to get your s\*\*\* together. There is a long road of recovery ahead before you will be ready for potential love in the future.

It is imperative not to jump into another relationship. Take this time and learn to like yourself. As scary as it may be, go out by yourself. You'll be amazed at the adventure freedom can offer. Pursue your dreams. Learn to cook.

Staying single is even more imperative if you have gone through life jumping from relationship to relationship. Being a *serial monogamist* is not a skill.

If you hope you someday will reconnect with your ex, avoiding contact becomes crucial. If you plan to avoid, contact for six months, make it a year. If it was true love, this might be your only way to get it back.

### FACE IT

You broke up, and it was probably for a reason (or several reasons). Likely, one or both of you need to change. That is, of course, unless you want the same relationship again.

If so, may I suggest repeatedly banging your head against a wall?

I have been a case study on this topic. I was dumped and thought remaining friends was the right decision. Minus the hugs, kisses, and passion; can you imagine the torture?

Of course, you can; we have all been there.

### REMEMBER THIS

When the hammer falls on your relationship – that is usually it. It does not matter if the other person is making a monumental mistake. No matter how much you love someone, you can't force them to love you back.

1. Ignore Number 3. It is hard enough for poets to eke out a living, so they don't need the competition from you, Mr. Lonely Pants. <sup>(2)</sup>
2. Ignore ↑↑↑ After being inspired by a writer friend who shared some of his horrendous poetry – I decided – I'm horrendously poetic as well and have started writing a poetry book: I Am Not A Poet - A Poetry Book. If I say so myself, it is trippingly poetic.

**WELCOME TO DUMPSVILLE. POPULATION - YOU**

## 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.

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.

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.

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