



## Lindsay WINCHERAUK

GUEST SHOT: 10 APRIL 2006

### ONLINE LOVE CAN BE HEAVEN OR HELL (1)

**M**uch as there are countless websites dedicated to finding love, it was inevitable a plethora of websites would rise from the ashes of broken relationships, providing a place to vent, seek revenge and share the pain of lost love. A place where masochists can view train wrecks.

From the first date to break up is now possible without ever leaving home. Consummation—is the only limitation of the keyboard strokes.

Move over, Dr. Phil; you've got company.

Someone recently asked me:

Are these sites addictive?

Depressing?

Are our face-to-face relationships better?

These sites offer a place to share relationship nightmares and offer recovery advice.

The reality: they're dating sites.

They're places where misery begets misery, and they're highly addictive. When love punts you to the curb, it's easier to wallow in misery and become a victim of your heartache.

Why?

Happiness is tough. Depression can come from opening your eyes and looking out at the world.

We've all been dumped.

It sucks.

However, it's a growing experience—if you allow it to be.

## OPINION

Visits to these sites need to be short.

If they have not hit you on the head a *gazillion* times with bricks, it shouldn't take long to realize lingering agony over being dumped isn't worth the time. If you choose to spend your time rehashing heartache and pretending that you had the *most beautiful relationship* – ever, and you didn't see the end coming, leaving you spinning out of control in a *tear-filled* downward spiral, welcome to a pathetic life.

Spending time on these sites can lead to a slippery slope. As much as I don't believe the statements: *get over* or *move on*, I think it is essential to avoid lingering. Depression can be addictive, it's much easier to stay down than to rise to the stars. And heaven forbid, you meet someone on one of these sites – a match made out of need. Good luck.

## RADICAL

Visit these sites. Read some of the tragic stories. They share common threads and eventually become painfully dull. Decide that the (insert expletive) who dumped you is not worth anymore time.

Cope.

Quit listening to sad songs.

LIVE.

Tell everyone you *meet*, "I'm doing great."

Even if you're lying. Smile. Rebound. Don't date anyone you meet on these sites, as a matter of fact. Don't date anyone as long as you feel the need to go to these websites.

Treat those you love like gold. Everyone else, with respect. Avoid confrontation. Smile. Treat the earth with kindness. Reach for the stars. Lock misery out and throw away the key. Cry. Cope. Learn. Smile.

And yes, face-to-face is much better. Online is full of smoke and mirrors.

## BE HAPPY!

1. I wrote this article (not about dating sites) – after being asked by Dumped dot com to be a guest giving people who've been dumped relationship advice. I am not qualified to be giving relationship advice. Nor should these sites exist. You know what they say: misery loves company. Puke.

**I LAUGHED SO HARD** while reading Lindsay Wincherauk's column on the train today (24 Hours, June 1). It is so right on the mark! Having experienced both the heaven and the hell of internet dating. I know exactly what Lindsay's talking about. Thanks Lindsay!

- **Kerstin Katzmann, via e-mail**

## WHO IS LINDSAY WINCHERAUK?

Lindsay Wincherauk is a fearless writer. He has published two books and has had more than eighteen OPEs 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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