

my recent years →

2016

1

My niece, Allison died (Good Friday).

I met my mother for the first time.

One week later (October 15), she died.

The second time my mother died → a long story.

My youngest sister, Beverly, died (December 21)

2017

2

**After being inflicted with a Level-10-pain coursing through my joints,
I was diagnosed with Sarcoidosis (an inflammatory disease (work-related)).**

2018
2018

3

**I survived a stroke
Three close friends, died.**

2019

4

My uncle, Gordon, died (February 16).

2020

My lengthy career, ground to a halt → a casualty of Covid-19 (?)

Depression set in.

I turned 60 (July 16).

I started walking (virtually) → to Saskatoon + Back.

I dropped 35 pounds

My inflammation disappeared.

My depression began to lift.

I had emergency life-saving surgery (September 29)

My friend, Scotty, died (October 15)

Depression kicked in my door.

I kept moving to fend it off.

I decided, I must give something back.

If I stop laughing, I will be dead.

2021

I became addicted to movement.

SO →

I decided to try to make a difference →

By virtually walking from Vancouver to Palm Springs + back →

To Raise Money For →

6

(I walked the whole distance, however; the shitty people did everything they could do to stop me. They blocked the fundraiser by trying to use it against me. Seriously.

