

Intro:

Welcome to the Sharing the Heart of the Matter podcast, where we celebrate the storyteller in us all. I'm Wynne Leon, and in this episode, Vicki Atkinson and I are back with blogger, parent, and FASD advocate, Ab.

Ab tells us the great story of a chance encounter he had with a woman standing next to him and his family in an hour-long line. She led with a query and Ab answered with his trademark humor and openness.

Vicki and I delve into how these encounters can be very different from what we imagine when we genuinely lean into them.

Ab talks about the loneliness epidemic and how the antidote to negative feelings and isolation is connection. While finding your people isn't always easy, it's facilitated by having an open-heart.

We explore how sometimes we're in the prison of our own thoughts and how human connection breaks us out of that loop and facilitates kindness.

This is such a fascinating episode. I love the kinship we have with Ab. And he's so good at illustrating how community is where kindness and empathy happens. It's where we have the opportunity to support each other and create deep relationships.

I'm confident you'll love the scenic and beautiful places we explore as we share the power of storytelling about finding our people.

We know you'll love it!

1

00:00:01,704 --> 00:00:03,624

Hi, Ab. Hey, Wynne.

2

00:00:05,144 --> 00:00:06,744

Hi, Vicki. Hi, Wynne. It's nice to see

3

00:00:06,744 --> 00:00:09,544

you both again. So nice to see you.

4

00:00:09,544 --> 00:00:11,704

It's we've we've had such a

5

00:00:11,944 --> 00:00:14,744  
wonderful warm warm up chat. Just

6  
00:00:14,744 --> 00:00:17,624  
it's so nice to be with Ab, our

7  
00:00:18,504 --> 00:00:19,424  
friend from the North.

8  
00:00:21,624 --> 00:00:24,024  
Absolutely, right. And this is tour

9  
00:00:24,024 --> 00:00:25,384  
#2,

10  
00:00:26,824 --> 00:00:29,144  
back by popular to me. And

11  
00:00:30,104 --> 00:00:31,864  
you know, Wynn and I love a good

12  
00:00:31,864 --> 00:00:34,424  
cliffhanger. Oh, don't we?We

13  
00:00:34,504 --> 00:00:37,224  
do. But we've been trying to coordinate

14  
00:00:37,224 --> 00:00:39,944  
with you, Ab, for a few weeks. Everyone

15  
00:00:39,944 --> 00:00:42,424  
is so busy, but we're so grateful that

16  
00:00:42,424 --> 00:00:44,264  
you were able to make time for us today

17  
00:00:44,264 --> 00:00:47,224  
because it wasn't that long ago that

18  
00:00:47,224 --> 00:00:50,184  
we podcasted with you. And we left

19  
00:00:50,184 --> 00:00:52,584  
some stuff on the table that we, you

20  
00:00:52,584 --> 00:00:55,264  
know, didn't get to talk about. And this

21  
00:00:55,264 --> 00:00:57,784  
episode, we're we're calling it Finding

22  
00:00:57,784 --> 00:01:00,504  
Our People. And we're glad you're

23  
00:01:00,584 --> 00:01:03,464  
one of our people, dear friends,

24  
00:01:03,464 --> 00:01:06,344  
so glad. But it wasn't that long

25  
00:01:06,344 --> 00:01:09,104  
ago that you wrote, Ab,

26  
00:01:09,144 --> 00:01:11,584  
about, you know, a beautiful trip, you

27  
00:01:11,584 --> 00:01:13,504  
know, that you took with your family. And

28  
00:01:13,504 --> 00:01:16,264  
as we talked about it in the last podcast,

29  
00:01:16,904 --> 00:01:19,224  
We knew it was going to be a conversation

30  
00:01:19,224 --> 00:01:21,864  
unto its own, you know, talking about

31  
00:01:21,864 --> 00:01:23,864  
this beautiful experience. And I think

32

00:01:24,744 --> 00:01:27,104  
the serendipity that happens sometimes

33  
00:01:27,104 --> 00:01:29,784  
when we're in the world. And I'll just

34  
00:01:29,784 --> 00:01:32,144  
say right now for myself, I'm feeling

35  
00:01:32,144 --> 00:01:34,504  
more cautious about people

36  
00:01:35,544 --> 00:01:37,544  
because of where we are in the world.

37  
00:01:37,544 --> 00:01:39,504  
And, you know, I'll just say heavy

38  
00:01:39,504 --> 00:01:41,624  
election news, you know, for some of us

39  
00:01:41,624 --> 00:01:44,504  
in the US. But it's still

40  
00:01:44,504 --> 00:01:46,904  
within us to try and look for the good,

41  
00:01:46,904 --> 00:01:49,544  
see the good. And you have

42  
00:01:49,544 --> 00:01:52,344  
such a rich and wonderful story about

43  
00:01:52,344 --> 00:01:53,904  
kind of leaning into

44  
00:01:55,144 --> 00:01:58,104  
kindness. And when

45  
00:01:58,104 --> 00:02:00,464  
it's before you really greeting it and

46

00:02:00,464 --> 00:02:03,024

bringing it in and then sharing, you

47

00:02:03,024 --> 00:02:05,784

know, with your friends like us through

48

00:02:05,784 --> 00:02:08,424

story, you know, the power of being

49

00:02:08,424 --> 00:02:11,384

open and perhaps not always being

50

00:02:11,384 --> 00:02:13,784

so guarded that other people really do

51

00:02:13,784 --> 00:02:16,504

wanna connect with us around

52

00:02:16,504 --> 00:02:18,944

topics that may make us vulnerable at

53

00:02:18,944 --> 00:02:20,784

times, but it's that meeting in the

54

00:02:20,784 --> 00:02:23,584

middle that there's such richness.

55

00:02:23,584 --> 00:02:26,104

So with that is like a heavy intro.

56

00:02:27,704 --> 00:02:29,784

Tell us the story that we didn't have

57

00:02:29,784 --> 00:02:32,664

time for before. Sure. Umm

58

00:02:32,744 --> 00:02:35,544

So earlier this summer, my family

59

00:02:35,544 --> 00:02:38,024  
went on, we kicked off the summer, so my

60  
00:02:38,024 --> 00:02:41,024  
spouse, our nine-year-old son and I, we

61  
00:02:41,064 --> 00:02:43,464  
went to Banff, which is in the western

62  
00:02:43,464 --> 00:02:46,424  
part of Canada. It's been on our

63  
00:02:46,584 --> 00:02:48,504  
bucket list to go on forever, and I'm

64  
00:02:48,544 --> 00:02:51,544  
glad we waited to go with our son because

65  
00:02:51,544 --> 00:02:53,504  
our son, it was just one of the most

66  
00:02:53,544 --> 00:02:56,024  
beautiful trips that we had. Any of you,

67  
00:02:56,224 --> 00:02:58,664  
especially now, what's going on in the

68  
00:02:58,664 --> 00:03:01,024  
world, in the US, if you're looking to

69  
00:03:01,064 --> 00:03:03,424  
move, Banff is a wonderful place,

70  
00:03:03,424 --> 00:03:05,864  
beautiful nature. On our way, right?With

71  
00:03:06,184 --> 00:03:07,144  
it on your coming out.

72  
00:03:09,384 --> 00:03:12,344  
On our very last day in Banff, what we we

73  
00:03:12,344 --> 00:03:14,944  
just kept the day wide open. You know, we

74  
00:03:14,944 --> 00:03:16,584  
said we're not going to heavily plan the

75  
00:03:16,584 --> 00:03:18,184  
day. You know, the rest of the trip was

76  
00:03:18,264 --> 00:03:20,624  
planned. There was an itinerary. We left

77  
00:03:20,624 --> 00:03:22,624  
it as a blank slate. And what we ended up

78  
00:03:22,624 --> 00:03:24,784  
doing on this day was we visited a park

79  
00:03:24,784 --> 00:03:27,464  
called Yoho National Park. It was one of

80  
00:03:27,464 --> 00:03:30,104  
the recommended places. And there was a

81  
00:03:30,104 --> 00:03:31,424  
specific park in the

82  
00:03:32,984 --> 00:03:35,944  
park called Emerald Lake, this

83  
00:03:36,104 --> 00:03:38,824  
beautiful. Out of this world, turquoise

84  
00:03:38,824 --> 00:03:41,624  
water. And I was so

85  
00:03:41,624 --> 00:03:43,744  
excited because we ended up getting to

86

00:03:43,784 --> 00:03:45,864  
canoe because I wanted to do the canoeing

87  
00:03:46,064 --> 00:03:48,424  
at another lake. It's more busy, touristy

88  
00:03:48,424 --> 00:03:50,824  
called Moraine Lake, but Emerald Lake,

89  
00:03:50,824 --> 00:03:52,824  
less touristy. And then we ended up

90  
00:03:52,824 --> 00:03:54,824  
lining up for the canoe ride and it was a

91  
00:03:54,824 --> 00:03:56,984  
one hour wait because it was still a long

92  
00:03:56,984 --> 00:03:59,224  
wait. And so during the lineup

93  
00:03:59,784 --> 00:04:01,784  
there was another couple in front of us.

94  
00:04:02,824 --> 00:04:05,304  
From Florida and then my son

95  
00:04:05,544 --> 00:04:07,664  
T So in the previous podcast I shared

96  
00:04:07,664 --> 00:04:10,504  
that he has a disability called fetal

97  
00:04:10,544 --> 00:04:13,464  
alcohol spectrum disorder. And so one of

98  
00:04:13,464 --> 00:04:16,104  
the symptoms that manifests is he's very

99  
00:04:16,104 --> 00:04:18,744  
hyper, canceled, still can't



100  
00:04:18,744 --> 00:04:20,744  
regulate his emotions. So you know, this

101  
00:04:20,744 --> 00:04:23,024  
woman kind of picked up on what was going

102  
00:04:23,024 --> 00:04:25,704  
on. And so she said to me and

103  
00:04:26,104 --> 00:04:27,704  
my spouse, so she just asked out of the

104  
00:04:27,704 --> 00:04:30,184  
blue, you know, is your son

105  
00:04:30,344 --> 00:04:32,984  
adopted?And so I said, as I usually do

106  
00:04:32,984 --> 00:04:35,304  
when someone asks me, I I say in a joking

107  
00:04:35,304 --> 00:04:36,584  
way, I'm like, you can't see the

108  
00:04:36,584 --> 00:04:38,904  
resemblance between the two of us. You

109  
00:04:38,904 --> 00:04:40,904  
know, there's this, this clearly tanned

110  
00:04:41,064 --> 00:04:43,464  
Asian man and this clearly white

111  
00:04:43,464 --> 00:04:45,224  
Caucasian child with blue eyes. You don't

112  
00:04:45,384 --> 00:04:48,064  
think we're biological. So

113

00:04:48,264 --> 00:04:50,184  
that that kind of broke the ice. And so

114  
00:04:50,184 --> 00:04:51,864  
we had, we started talking about, you

115  
00:04:52,024 --> 00:04:53,824  
know, where where does she come from?So

116  
00:04:53,824 --> 00:04:55,704  
she's traveling from Florida.

117  
00:04:56,824 --> 00:04:58,424  
And the first thing she started talking

118  
00:04:58,424 --> 00:04:59,944  
about was, you know, she was a Ron

119  
00:05:00,104 --> 00:05:02,584  
DeSantis fan. I was like, uh oh, is this

120  
00:05:02,584 --> 00:05:05,504  
going to go?But you know, she ended up,

121  
00:05:05,544 --> 00:05:07,064  
we ended up having a very pleasant

122  
00:05:07,064 --> 00:05:09,784  
conversation. And she told me that the

123  
00:05:09,784 --> 00:05:11,704  
reason she asked was because she had a

124  
00:05:11,704 --> 00:05:14,424  
son who was also gay

125  
00:05:14,624 --> 00:05:16,824  
and he was hoping to start a family.

126  
00:05:17,464 --> 00:05:19,384  
And then the husband quickly chirped in

127  
00:05:19,384 --> 00:05:20,824  
saying, well, first we got to find a

128  
00:05:20,824 --> 00:05:23,824  
partner first. Oh, those

129  
00:05:24,024 --> 00:05:25,064  
practicalities.

130  
00:05:27,064 --> 00:05:29,344  
But it ended up being a nice conversation

131  
00:05:29,344 --> 00:05:32,024  
'cause my spouse and I, mainly me, 'cause

132  
00:05:32,024 --> 00:05:34,984  
I tend to be chatty, we ended up talking

133  
00:05:34,984 --> 00:05:37,824  
about our adoption process, how long it

134  
00:05:37,824 --> 00:05:40,824  
took, it was seven years. And then she

135  
00:05:40,824 --> 00:05:42,784  
ended up through that conversation also

136  
00:05:42,784 --> 00:05:45,784  
saying that two of her sons

137  
00:05:45,784 --> 00:05:48,144  
were also adopted. And and

138  
00:05:48,744 --> 00:05:51,384  
then she started going on about how, you

139  
00:05:51,384 --> 00:05:53,384  
know, one of them also had

140

00:05:54,424 --> 00:05:57,064  
was exposed to substances in the womb.

141  
00:05:57,464 --> 00:05:59,304  
She didn't go into too much detail, but

142  
00:05:59,304 --> 00:06:00,744  
then they started talking about some of

143  
00:06:00,744 --> 00:06:03,504  
the challenges they had as a child

144  
00:06:03,544 --> 00:06:06,504  
was being raised in adolescence. And

145  
00:06:06,504 --> 00:06:08,184  
I'm like, oh, there's a lot of similar

146  
00:06:08,344 --> 00:06:10,264  
kind of things with what we're dealing

147  
00:06:10,264 --> 00:06:12,584  
with. So although she didn't quite say

148  
00:06:12,584 --> 00:06:15,544  
that. Her her own child

149  
00:06:15,544 --> 00:06:17,864  
had the same disability as my son. I just

150  
00:06:17,864 --> 00:06:19,744  
made some inferences at the at the end of

151  
00:06:19,744 --> 00:06:22,264  
the day. What was, I thought, so

152  
00:06:22,264 --> 00:06:24,984  
wonderful about this random connection

153  
00:06:24,984 --> 00:06:27,304  
was, wow, you know, I'm someone from

154  
00:06:27,304 --> 00:06:29,984  
Toronto, flew 4 hours to Banff, someone

155  
00:06:29,984 --> 00:06:32,784  
from Florida, and yet randomly brought

156  
00:06:32,784 --> 00:06:35,584  
together in a line. And we just found

157  
00:06:35,584 --> 00:06:37,544  
each other and that that was a really fun

158  
00:06:37,544 --> 00:06:39,544  
moment. And then of course the hour came,

159  
00:06:39,544 --> 00:06:41,544  
she hopped on her canoe, went on her way

160  
00:06:41,544 --> 00:06:44,504  
to these beautiful mountains and then we

161  
00:06:44,504 --> 00:06:45,744  
went on the canoe and we never saw her

162  
00:06:45,744 --> 00:06:48,664  
again, right? So, but it was, but it was

163  
00:06:48,664 --> 00:06:50,264  
something that just really stuck with me

164  
00:06:50,264 --> 00:06:53,144  
because I was having a really hard time

165  
00:06:53,224 --> 00:06:55,544  
in at that line with my son's

166  
00:06:55,784 --> 00:06:58,184  
behavior and

167

00:06:58,824 --> 00:07:01,384  
just seeing her and hearing her story

168  
00:07:01,384 --> 00:07:03,424  
just kind of. help me calm down, right?

169  
00:07:03,424 --> 00:07:05,224  
'Cause usually I get so self-conscious

170  
00:07:05,224 --> 00:07:07,504  
about my son's behavior in public and it

171  
00:07:07,504 --> 00:07:09,384  
just made me feel, wow, this woman came

172  
00:07:09,504 --> 00:07:12,464  
at the right time. Yeah. And

173  
00:07:12,464 --> 00:07:14,664  
what I love about that is the opening up

174  
00:07:14,664 --> 00:07:16,984  
back and forth. You know, you share

175  
00:07:17,064 --> 00:07:19,544  
details, she shares a detail. It's that

176  
00:07:19,544 --> 00:07:21,304  
willingness to um move

177  
00:07:23,464 --> 00:07:26,424  
on past those assumptions that allows us

178  
00:07:26,424 --> 00:07:28,704  
to open up. Yeah.

179  
00:07:29,464 --> 00:07:31,784  
And I think also it... It is hard

180  
00:07:31,784 --> 00:07:33,944  
sometimes when people, sometimes in

181  
00:07:33,944 --> 00:07:36,064  
public, ask ridiculous questions when

182  
00:07:36,064 --> 00:07:39,024  
they're observing us, our family, the

183  
00:07:39,024 --> 00:07:41,864  
interaction, all of that. And

184  
00:07:42,344 --> 00:07:44,824  
it's easy, especially, you know, when

185  
00:07:44,944 --> 00:07:46,184  
when you're struggling a little bit,

186  
00:07:46,184 --> 00:07:47,744  
you're trying to make it a good moment,

187  
00:07:47,864 --> 00:07:50,664  
you know, for the three of you. An

188  
00:07:50,664 --> 00:07:53,224  
hour is a long time to wait in

189  
00:07:53,224 --> 00:07:54,864  
line, right? So you've already got that

190  
00:07:54,864 --> 00:07:56,904  
tension. But I I what I love about what

191  
00:07:56,904 --> 00:07:59,784  
you did is that your reply to her.

192  
00:08:00,504 --> 00:08:02,944  
With her fairly, you know, forward

193  
00:08:02,944 --> 00:08:05,064  
question, really. But you know, it

194

00:08:05,064 --> 00:08:07,064  
happens. People provide commentary all

195  
00:08:07,064 --> 00:08:09,384  
the time when we're out in the wild. You

196  
00:08:09,384 --> 00:08:11,064  
could have given her so many other

197  
00:08:11,064 --> 00:08:13,424  
things, but what you gave her was heart

198  
00:08:13,424 --> 00:08:15,944  
and humor in response, which to Wynne's

199  
00:08:15,944 --> 00:08:17,824  
point, I think makes it possible then to

200  
00:08:17,824 --> 00:08:20,584  
do that volleying that like, well, let me

201  
00:08:20,584 --> 00:08:23,104  
disclose a little and then I'll tell you

202  
00:08:23,104 --> 00:08:25,624  
a little bit more. But that's such a a

203  
00:08:25,624 --> 00:08:27,464  
beautiful thing about you.

204  
00:08:29,304 --> 00:08:31,624  
Well, thanks for sharing that. When I was

205  
00:08:31,624 --> 00:08:33,944  
reflecting on on sort of this story to

206  
00:08:33,944 --> 00:08:36,344  
share today, I came across an interesting

207  
00:08:36,824 --> 00:08:39,384  
quote online from a podcaster



208

00:08:39,784 --> 00:08:41,744

I like. I listened to a very few

209

00:08:41,744 --> 00:08:43,064

podcasts, one of them is yours, but it's

210

00:08:43,464 --> 00:08:46,104

Mel Robbins. And she said, you know,

211

00:08:46,104 --> 00:08:48,424

people come in your life for a

212

00:08:48,424 --> 00:08:50,984

reason, for a season,

213

00:08:51,224 --> 00:08:53,704

or for a lifetime. And obviously this

214

00:08:53,704 --> 00:08:55,544

woman came for a specific reason.

215

00:08:56,584 --> 00:08:59,304

And And I think My general approach,

216

00:08:59,384 --> 00:09:01,544

and definitely I'm so mindful of this

217

00:09:01,544 --> 00:09:03,384

cause the time that the day that time

218

00:09:03,384 --> 00:09:04,744

that we're recording is right now is the

219

00:09:04,744 --> 00:09:07,384

same week as the US elections, is just

220

00:09:07,384 --> 00:09:10,024

how important it is to be just

221

00:09:10,024 --> 00:09:11,704  
open with each other right in in

222  
00:09:11,704 --> 00:09:13,704  
community regardless of how long that

223  
00:09:14,184 --> 00:09:16,224  
interaction's gonna last. And my general

224  
00:09:16,224 --> 00:09:18,144  
approach is similar to how I've in the

225  
00:09:18,144 --> 00:09:19,544  
conversation right now. So if someone

226  
00:09:19,544 --> 00:09:22,544  
just opens themselves to me, it's

227  
00:09:22,544 --> 00:09:24,784  
so easy to make assumptions and it's

228  
00:09:24,784 --> 00:09:26,184  
usually a negative assumption, right?It's

229  
00:09:26,184 --> 00:09:28,344  
like why is she asking me but. And we

230  
00:09:28,344 --> 00:09:30,424  
kind of lean into the moment with an open

231  
00:09:30,424 --> 00:09:33,064  
heart. We surprise, we often

232  
00:09:33,064 --> 00:09:35,264  
surprise ourselves with with where that

233  
00:09:35,264 --> 00:09:38,104  
takes us. So and I'm and I'm really

234  
00:09:38,104 --> 00:09:40,144  
glad that that interaction with that

235  
00:09:40,144 --> 00:09:42,104  
family reinforced that that belief I

236  
00:09:42,104 --> 00:09:44,664  
have. Yeah. Yeah Well, it's so

237  
00:09:44,904 --> 00:09:46,904  
interesting because you know you talk

238  
00:09:46,904 --> 00:09:49,664  
about reasons, seasons or a lifetime, you

239  
00:09:49,704 --> 00:09:52,304  
know, but we're and we we're talking sort

240  
00:09:52,304 --> 00:09:54,504  
of broadly about building community,

241  
00:09:54,504 --> 00:09:56,744  
finding people and.

242  
00:09:57,384 --> 00:09:59,224  
Sort of what you've illustrated is that

243  
00:09:59,544 --> 00:10:01,784  
part of that building a community, it

244  
00:10:01,784 --> 00:10:04,784  
might be just temporary. It

245  
00:10:04,784 --> 00:10:07,704  
just might be a moment of empathy, of

246  
00:10:07,704 --> 00:10:10,664  
kindness. It doesn't have to be.

247  
00:10:10,824 --> 00:10:12,904  
We're not on this mission. I've got to

248

00:10:12,904 --> 00:10:14,624  
find my people and then I'm only going to

249  
00:10:14,624 --> 00:10:16,504  
see my people, right. It's it's

250  
00:10:17,944 --> 00:10:20,584  
it's openness, as you said. Yeah. Yes.

251  
00:10:21,264 --> 00:10:23,784  
Yeah. No, I also. I think it also

252  
00:10:24,024 --> 00:10:26,744  
speaks to knowing when you can reject

253  
00:10:26,744 --> 00:10:28,864  
people for a season, a reason or a

254  
00:10:28,864 --> 00:10:31,464  
lifetime and and right cultivating who

255  
00:10:31,464 --> 00:10:32,744  
you want. Sorry. Oh,

256  
00:10:34,744 --> 00:10:37,704  
no, no please go ahead. No, no, noI

257  
00:10:37,704 --> 00:10:39,384  
think I started to talk over you, but I

258  
00:10:39,384 --> 00:10:41,304  
think it's also about like who you let

259  
00:10:41,304 --> 00:10:43,584  
in. So it's about being courageous and

260  
00:10:43,584 --> 00:10:46,024  
vulnerable, but also once you've done

261  
00:10:46,024 --> 00:10:47,864  
that, it's okay to shut a door and say,

262  
00:10:47,864 --> 00:10:50,064  
well, yeah, that was the reason or the

263  
00:10:50,064 --> 00:10:52,784  
season, or, you know, I'm done now. Yeah.

264  
00:10:52,984 --> 00:10:55,784  
YeahNo, for sure. It

265  
00:10:56,024 --> 00:10:58,184  
made me think about my mom

266  
00:10:59,104 --> 00:11:01,224  
recently as well around sort of opening

267  
00:11:01,224 --> 00:11:04,184  
doors. So earlier this

268  
00:11:04,184 --> 00:11:06,504  
year, I was really lucky to

269  
00:11:06,944 --> 00:11:09,024  
attend a talk that was given by a

270  
00:11:09,744 --> 00:11:12,344  
founder of a social connection called

271  
00:11:12,344 --> 00:11:15,144  
Genwell. And there was something that he

272  
00:11:15,144 --> 00:11:17,184  
spoke about that really, really resonated

273  
00:11:17,184 --> 00:11:19,664  
with me, which was around the growing

274  
00:11:19,664 --> 00:11:22,664  
loneliness epidemic and how

275

00:11:22,984 --> 00:11:25,704  
human connection is the antidote. So I

276  
00:11:25,704 --> 00:11:27,464  
had to write this down because I didn't

277  
00:11:27,704 --> 00:11:30,424  
want to misquote this, but he was talking

278  
00:11:30,424 --> 00:11:32,784  
about how in 2023, the US

279  
00:11:32,784 --> 00:11:35,384  
Surgeon General issued a

280  
00:11:35,384 --> 00:11:38,184  
report. It was an advisory report on the

281  
00:11:38,184 --> 00:11:40,424  
healing effects of social connection and

282  
00:11:40,424 --> 00:11:43,224  
community. And the report found that

283  
00:11:43,224 --> 00:11:45,864  
loneliness is far more than just a bad

284  
00:11:45,864 --> 00:11:48,824  
feeling. It harms both the individual and

285  
00:11:48,824 --> 00:11:51,544  
societal health. It's associated with a

286  
00:11:51,544 --> 00:11:54,024  
greater risk of cardiovascular disease,

287  
00:11:54,584 --> 00:11:57,544  
dementia, stroke, depression, anxiety,

288  
00:11:57,544 --> 00:11:59,984  
and even premature death. And this is

289  
00:11:59,984 --> 00:12:02,264  
where just, this just knocked me over.

290  
00:12:02,264 --> 00:12:05,224  
The mortality impact of being socially

291  
00:12:05,224 --> 00:12:07,624  
disconnected is similar to that caused by

292  
00:12:07,624 --> 00:12:10,024  
smoking up to 15 cigarettes a day.

293  
00:12:10,744 --> 00:12:12,664  
So, you know, when I was really thinking

294  
00:12:12,664 --> 00:12:14,984  
about this and really just your your

295  
00:12:14,984 --> 00:12:16,584  
thought right now, Vicki, around opening

296  
00:12:16,584 --> 00:12:18,784  
doors, I thought about my mom. You know,

297  
00:12:19,304 --> 00:12:22,184  
in 2009, my dad passed

298  
00:12:22,184 --> 00:12:24,904  
away and my mom was in her 70s.

299  
00:12:24,984 --> 00:12:27,384  
And as part of her grieving

300  
00:12:27,384 --> 00:12:29,864  
process, she she and a few groups of

301  
00:12:29,864 --> 00:12:32,584  
friends, they formed a seniors group. So

302

00:12:32,664 --> 00:12:34,464  
it started off as a really small group.

303  
00:12:34,904 --> 00:12:37,464  
But then every Thursday, you go to the

304  
00:12:37,464 --> 00:12:39,664  
local mall, We could find a scoop of

305  
00:12:39,664 --> 00:12:41,464  
seniors in the food court right by the T

306  
00:12:41,464 --> 00:12:43,424  
im Horton's. So Tim Horton's is kind of

307  
00:12:43,424 --> 00:12:44,744  
like, I guess, they call them the Dunkin'

308  
00:12:44,744 --> 00:12:47,704  
Donuts ohh in the US. So they just would

309  
00:12:47,704 --> 00:12:49,384  
spend every Thursday there kind of

310  
00:12:49,384 --> 00:12:51,384  
serrating. And soon this group of four

311  
00:12:51,784 --> 00:12:53,384  
became this large group. They even had a

312  
00:12:53,544 --> 00:12:56,304  
centenarian at one point. Wow.

313  
00:12:57,104 --> 00:12:59,544  
And my mom joked she was the youngest one

314  
00:12:59,544 --> 00:13:02,544  
in the group. So when I really kind

315  
00:13:02,544 --> 00:13:04,424  
of think of community and finding our



316  
00:13:04,424 --> 00:13:06,264  
people, I I really think back to that

317  
00:13:06,264 --> 00:13:09,224  
story and how--How that

318  
00:13:09,224 --> 00:13:11,584  
is, how we kind of get through, get

319  
00:13:11,624 --> 00:13:13,224  
through life, you know, whether we're

320  
00:13:13,224 --> 00:13:15,464  
feeling anxiety or.

321  
00:13:16,104 --> 00:13:17,904  
Commiserating about what happened in the

322  
00:13:17,904 --> 00:13:20,064  
world early this week. It's that that

323  
00:13:20,064 --> 00:13:22,824  
that antidote to give these these

324  
00:13:22,824 --> 00:13:24,984  
negative feelings and isolation. It's

325  
00:13:25,064 --> 00:13:27,224  
it's human connection and it's and you do

326  
00:13:27,224 --> 00:13:29,784  
that by having an open heart and reaching

327  
00:13:29,784 --> 00:13:31,264  
out to people in the community and

328  
00:13:31,264 --> 00:13:34,184  
finding new people, right. You know

329

00:13:34,264 --> 00:13:37,264  
I think one of the maxims that I've

330  
00:13:37,264 --> 00:13:39,224  
heard especially recently this week,

331  
00:13:39,984 --> 00:13:42,584  
don't worry alone and.

332  
00:13:43,224 --> 00:13:45,384  
Just applying it to this story about the

333  
00:13:45,384 --> 00:13:47,864  
Florida couple, I mean, you were feeling

334  
00:13:47,864 --> 00:13:50,624  
that worry of, oh, we got an hour. I've

335  
00:13:50,664 --> 00:13:53,304  
got, you know, how's T going to do this?

336  
00:13:53,304 --> 00:13:55,704  
You know, I mean, it's just, I felt the

337  
00:13:55,704 --> 00:13:57,864  
same, you know, having my two kids like,

338  
00:13:57,864 --> 00:13:59,504  
Oh my gosh, are we going to just, you

339  
00:13:59,504 --> 00:14:02,344  
know, irritate everybody around us?And

340  
00:14:03,144 --> 00:14:05,624  
you got that moment of

341  
00:14:06,584 --> 00:14:08,424  
of connection and conversation with this

342  
00:14:08,424 --> 00:14:10,664  
woman and it changed it so that.

343  
00:14:11,544 --> 00:14:13,784  
It changed the worry. You know, you saw

344  
00:14:13,784 --> 00:14:15,664  
that you were seen. I mean, it was just

345  
00:14:15,664 --> 00:14:18,584  
the perfect antidote, as you said, to

346  
00:14:18,584 --> 00:14:21,464  
worrying alone about being in the line

347  
00:14:21,464 --> 00:14:23,424  
for an hour. I mean, so these worries

348  
00:14:23,424 --> 00:14:25,624  
don't have to be big worries that we can

349  
00:14:25,624 --> 00:14:27,064  
connect it with other people over.

350  
00:14:29,464 --> 00:14:32,024  
Yeah. And I think that remembering

351  
00:14:32,584 --> 00:14:35,024  
that consideration and kindness and

352  
00:14:35,024 --> 00:14:37,944  
humanity and that other people aren't a

353  
00:14:37,944 --> 00:14:40,184  
threat, that they're, you know, not going

354  
00:14:40,184 --> 00:14:42,904  
to judge, but that. You can

355  
00:14:42,904 --> 00:14:44,984  
make, you know, as as Ab said, kind of a

356

00:14:44,984 --> 00:14:47,384  
meaningful connection that may not be

357  
00:14:47,384 --> 00:14:49,344  
lasting. Like you said, you they got in

358  
00:14:49,344 --> 00:14:51,544  
their canoe, you guys got in your canoe.

359  
00:14:51,544 --> 00:14:54,024  
I mean, how symbolic is that, right?And

360  
00:14:54,024 --> 00:14:56,344  
you paddled off to destinations, you

361  
00:14:56,344 --> 00:14:59,304  
know, unknown. But I bet

362  
00:14:59,784 --> 00:15:02,104  
she will remember the conversation with

363  
00:15:02,104 --> 00:15:04,744  
you. For a very long

364  
00:15:04,744 --> 00:15:06,624  
time, you know, I think it was probably,

365  
00:15:06,624 --> 00:15:09,064  
I may get chills as I as I think that

366  
00:15:09,064 --> 00:15:10,904  
because I think it was probably every bit

367  
00:15:10,904 --> 00:15:13,784  
as impactful for her and encouraging

368  
00:15:13,784 --> 00:15:16,664  
for her in the same way

369  
00:15:16,664 --> 00:15:18,824  
that it was for you that that that little

370  
00:15:18,824 --> 00:15:20,984  
shot of like confidence that

371  
00:15:21,704 --> 00:15:24,104  
you know, I'm doing OK and goodness knows

372  
00:15:24,144 --> 00:15:25,944  
as parents, right. There are days when

373  
00:15:25,944 --> 00:15:27,824  
you just, I mean you would take any of

374  
00:15:27,824 --> 00:15:29,624  
those booster shots you could get from

375  
00:15:29,624 --> 00:15:32,424  
anywhere. Am I right?Oh.

376  
00:15:33,144 --> 00:15:35,944  
So good. Yeah, no, I

377  
00:15:35,944 --> 00:15:38,264  
will, speaking for myself, certainly

378  
00:15:38,584 --> 00:15:40,184  
remember that conversation and that

379  
00:15:40,184 --> 00:15:42,944  
moment of kindness. And I think you bring

380  
00:15:42,944 --> 00:15:45,864  
up a really good point, right?Human

381  
00:15:45,864 --> 00:15:47,704  
connection facilitates kindness because

382  
00:15:47,704 --> 00:15:50,064  
usually sometimes we're at the prison of

383

00:15:50,064 --> 00:15:52,184  
our own thoughts. And then if we're

384  
00:15:52,184 --> 00:15:54,504  
isolated, these these negative thoughts,

385  
00:15:54,504 --> 00:15:56,624  
these assumptions start manifesting and

386  
00:15:56,624 --> 00:15:59,304  
reallyThe best way to bring communities

387  
00:15:59,304 --> 00:16:01,864  
together is to reach out. It does take an

388  
00:16:01,864 --> 00:16:04,664  
act of bravery. It does require you to be

389  
00:16:05,064 --> 00:16:07,744  
open to failure and

390  
00:16:07,744 --> 00:16:10,704  
rejection. What I do find most

391  
00:16:10,704 --> 00:16:12,824  
times is reaching out,

392  
00:16:13,704 --> 00:16:15,704  
hearing someone out, getting a chance to

393  
00:16:15,704 --> 00:16:18,104  
voice your truth. I think that that

394  
00:16:18,344 --> 00:16:20,344  
helps build empathy and

395  
00:16:20,744 --> 00:16:23,304  
compassion. We did a

396  
00:16:23,304 --> 00:16:26,264  
project many years ago, 2009, for the

397  
00:16:26,264 --> 00:16:28,624  
organization I worked for where we hosted

398  
00:16:28,624 --> 00:16:31,544  
a human library. And so the idea was

399  
00:16:31,544 --> 00:16:33,144  
this is an idea that originated from

400  
00:16:33,144 --> 00:16:36,064  
Copenhagen because at the time there was

401  
00:16:36,064 --> 00:16:38,504  
a lot of violence amongst the youth

402  
00:16:38,504 --> 00:16:41,144  
there. And they thought by bringing

403  
00:16:41,144 --> 00:16:43,544  
people together who normally wouldn't

404  
00:16:43,544 --> 00:16:46,184  
have a chance to interact, they can learn

405  
00:16:46,184 --> 00:16:48,024  
more about people and find that there's

406  
00:16:48,024 --> 00:16:50,744  
actually more. That are similar amongst

407  
00:16:50,744 --> 00:16:52,504  
these communities rather than different.

408  
00:16:52,904 --> 00:16:54,904  
So for the one for the event that we did,

409  
00:16:54,904 --> 00:16:56,944  
we had people, you know, who experienced

410

00:16:56,944 --> 00:16:59,104  
homelessness, people who were, you know,

411  
00:16:59,104 --> 00:17:01,624  
part of the two SLGBTQ plus

412  
00:17:01,624 --> 00:17:03,864  
community, people who fought in the war.

413  
00:17:04,424 --> 00:17:06,104  
And it was just really nice to bring

414  
00:17:06,104 --> 00:17:07,664  
people together and you find, you know

415  
00:17:07,664 --> 00:17:09,864  
what, there's usually a lot more

416  
00:17:10,584 --> 00:17:12,544  
in common with each other than not. And

417  
00:17:12,544 --> 00:17:14,384  
that's I think where empathy happens

418  
00:17:14,384 --> 00:17:17,144  
where. Compassion happens, where kindness

419  
00:17:17,944 --> 00:17:20,584  
happens. And that really is, I think,

420  
00:17:21,504 --> 00:17:23,864  
especially during these troubling times

421  
00:17:23,864 --> 00:17:26,824  
that we're in, that is an antidote. And I

422  
00:17:26,824 --> 00:17:28,584  
know certainly for myself,

423  
00:17:29,784 --> 00:17:31,744  
that woman and all the different times.



424  
00:17:31,744 --> 00:17:32,984  
And I've had found, you know what, I'm

425  
00:17:32,984 --> 00:17:35,984  
actually not alone in this. That

426  
00:17:35,984 --> 00:17:38,424  
gives me the strength to go on as a

427  
00:17:38,584 --> 00:17:40,824  
parent and as an individual in society.

428  
00:17:42,504 --> 00:17:45,384  
Yeah, yeah, I love that. And

429  
00:17:45,384 --> 00:17:47,064  
then I think what I really appreciate

430  
00:17:47,064 --> 00:17:49,144  
about it is, you know, doing that from

431  
00:17:49,144 --> 00:17:51,344  
the library's perspective, is that

432  
00:17:51,344 --> 00:17:53,544  
sometimes people have it in their heart,

433  
00:17:53,944 --> 00:17:55,304  
you know, to be a little bit of a risk

434  
00:17:55,304 --> 00:17:57,744  
taker that way, but creating an event

435  
00:17:57,744 --> 00:17:59,184  
where people can come and there's a

436  
00:17:59,184 --> 00:18:01,304  
little bit of safety because I'm with

437

00:18:01,304 --> 00:18:04,104  
other people, I can leave if I need to,

438  
00:18:04,504 --> 00:18:07,464  
but somehow creating that the venue

439  
00:18:07,944 --> 00:18:09,944  
is, and I know libraries, I mean, we

440  
00:18:09,944 --> 00:18:12,824  
can't say enough about all the good that,

441  
00:18:13,144 --> 00:18:15,144  
You know, libraries to librarians,

442  
00:18:15,144 --> 00:18:17,704  
everyone associated, because for a lot of

443  
00:18:17,704 --> 00:18:19,664  
people that is the community hub. Yeah,

444  
00:18:22,424 --> 00:18:25,304  
yeah, that's true. And we keep on coming

445  
00:18:25,304 --> 00:18:27,784  
full circle to kindness as as under, I

446  
00:18:27,784 --> 00:18:29,464  
mean, we're talking about community, but

447  
00:18:29,544 --> 00:18:31,624  
but that's both. It's sort of part and

448  
00:18:31,624 --> 00:18:34,584  
parcel, right? You know, we're going

449  
00:18:34,584 --> 00:18:36,424  
to community to find our support. That

450  
00:18:36,424 --> 00:18:39,104  
support is an act of kindness. These

451  
00:18:39,184 --> 00:18:40,824  
things don't have to be big.

452  
00:18:43,224 --> 00:18:45,304  
It doesn't have to be big at all. Earlier

453  
00:18:45,304 --> 00:18:47,864  
this week, on Monday, our local school

454  
00:18:47,864 --> 00:18:50,824  
board, they hosted their very first town

455  
00:18:50,824 --> 00:18:53,784  
hall. They have a subcommittee called the

456  
00:18:53,784 --> 00:18:56,144  
Special Education Advisory Committee, and

457  
00:18:56,144 --> 00:18:57,864  
they wanted to host a town hall for

458  
00:18:57,864 --> 00:19:00,104  
parents and caregivers to voice their

459  
00:19:00,664 --> 00:19:02,664  
concerns and their suggestions for the

460  
00:19:02,664 --> 00:19:05,584  
board. So they were like flooded

461  
00:19:05,584 --> 00:19:07,104  
with participants. They actually had to

462  
00:19:07,104 --> 00:19:09,864  
divide the people who signed up into

463  
00:19:09,864 --> 00:19:11,584  
three groups, just so that everyone had a

464

00:19:11,584 --> 00:19:14,344  
chance to speak. Nice. And for my group,

465  
00:19:15,424 --> 00:19:16,984  
coincidentally, I was the one first

466  
00:19:16,984 --> 00:19:19,064  
called to speak. I was like, so

467  
00:19:19,064 --> 00:19:21,304  
terrified. And it's a virtual meeting,

468  
00:19:21,384 --> 00:19:23,224  
right?Yeah. So, you know, oftentimes

469  
00:19:23,224 --> 00:19:25,224  
people don't have their cameras on. Yeah.

470  
00:19:25,224 --> 00:19:27,304  
But what was really nice about this was

471  
00:19:27,544 --> 00:19:30,384  
we all got five minutes to speak. When I

472  
00:19:30,384 --> 00:19:32,744  
was speaking, I would say about 70% of

473  
00:19:32,744 --> 00:19:35,064  
the people had their cameras on. They

474  
00:19:35,064 --> 00:19:36,904  
were just nodding along. And I think that

475  
00:19:36,904 --> 00:19:39,184  
gentle encouragement, even though I

476  
00:19:39,184 --> 00:19:41,624  
didn't know any of these people, really,

477  
00:19:42,344 --> 00:19:44,184  
I thought was like a huge act of

478  
00:19:44,184 --> 00:19:46,584  
kindness. And then vice versa, as other

479  
00:19:46,584 --> 00:19:48,384  
people spoke, I was like, I was

480  
00:19:48,384 --> 00:19:49,784  
originally, just because we're very busy,

481  
00:19:49,784 --> 00:19:51,384  
just going to hop off after the call. But

482  
00:19:51,384 --> 00:19:54,064  
I'm like, you know what?Yeah, we all need

483  
00:19:54,104 --> 00:19:56,024  
to be there for each other. And we all

484  
00:19:56,024 --> 00:19:57,704  
just stayed. Everyone. No one hopped off

485  
00:19:57,704 --> 00:20:00,584  
the call. Everyone stayed. sat there

486  
00:20:01,024 --> 00:20:03,344  
and were there to silently cheer each

487  
00:20:03,344 --> 00:20:06,224  
other on as they deputed. And like to

488  
00:20:06,224 --> 00:20:08,624  
your point, Wynn and Vicki, the things

489  
00:20:08,624 --> 00:20:10,344  
that we do to support each other, even

490  
00:20:10,664 --> 00:20:12,984  
strangers, it doesn't have to be big.

491

00:20:12,984 --> 00:20:15,424  
It's as simple as just being there and

492  
00:20:15,424 --> 00:20:17,304  
giving them gentle

493  
00:20:18,104 --> 00:20:20,984  
encouragement as they're speaking their

494  
00:20:20,984 --> 00:20:23,704  
truth, right?And advocating for for

495  
00:20:23,704 --> 00:20:26,104  
change. Wow. That's a

496  
00:20:26,264 --> 00:20:28,384  
powerful story. I love the stories that

497  
00:20:28,384 --> 00:20:31,184  
you come with. They're so good. They

498  
00:20:31,384 --> 00:20:33,384  
are. They're just, they're living

499  
00:20:33,384 --> 00:20:35,544  
examples of

500  
00:20:36,624 --> 00:20:38,824  
all the the things that we think about in

501  
00:20:38,824 --> 00:20:41,464  
principle. But they're like, this is how

502  
00:20:41,464 --> 00:20:44,424  
we can do it every day. Yeah. Well, and

503  
00:20:44,424 --> 00:20:46,784  
I love that this last example that you

504  
00:20:46,784 --> 00:20:49,784  
shared, Ab, because. It's a reminder,

505  
00:20:50,024 --> 00:20:51,944  
you know, and and we love debunking this

506  
00:20:51,944 --> 00:20:53,864  
myth because, you know, we're part of a

507  
00:20:53,864 --> 00:20:56,664  
WordPress community. Bloggers care about

508  
00:20:56,664 --> 00:20:58,904  
each other. We do develop, you know, deep

509  
00:20:58,904 --> 00:21:01,544  
friendships with people. But I think what

510  
00:21:01,544 --> 00:21:03,384  
you just described is that being

511  
00:21:03,504 --> 00:21:05,624  
thoughtful about the use of technology

512  
00:21:05,624 --> 00:21:07,944  
and building community and the subtleties

513  
00:21:08,064 --> 00:21:10,744  
of I may not be physically with you, but

514  
00:21:10,744 --> 00:21:13,704  
I'm going to engage you with eye contact.

515  
00:21:13,704 --> 00:21:15,584  
I'm still going to give you the best of

516  
00:21:15,584 --> 00:21:18,184  
what I have right now, my full attention.

517  
00:21:18,744 --> 00:21:21,304  
and give that to you. And And I

518

00:21:21,304 --> 00:21:23,624  
think, you know, you've mentioned that

519  
00:21:23,864 --> 00:21:26,184  
that's at its base kind of a

520  
00:21:26,184 --> 00:21:28,504  
civility thing too, about being

521  
00:21:28,504 --> 00:21:30,504  
respectful whether you're in person or

522  
00:21:30,504 --> 00:21:33,064  
online. It It

523  
00:21:33,064 --> 00:21:35,464  
matters, right?But do you have any other

524  
00:21:35,464 --> 00:21:37,784  
tips or suggestions for people about how

525  
00:21:37,784 --> 00:21:39,944  
to do that so well?Because you've done it

526  
00:21:39,944 --> 00:21:42,944  
beautifully. I take inspiration from

527  
00:21:42,944 --> 00:21:45,224  
both of you, like like this this

528  
00:21:45,224 --> 00:21:46,944  
community that you've built with Heart

529  
00:21:46,944 --> 00:21:49,264  
of the Matter, becauseI go back and forth

530  
00:21:49,264 --> 00:21:51,464  
with technology, right?Like I I feel like

531  
00:21:52,024 --> 00:21:53,584  
with modern technology, it's actually



532  
00:21:54,104 --> 00:21:56,504  
this awful cesspool where people just,

533  
00:21:57,104 --> 00:21:59,664  
they don't talk, they just scream out

534  
00:21:59,664 --> 00:22:02,664  
loud next to each other. But then I'm

535  
00:22:02,664 --> 00:22:04,664  
reminded through, you know, through

536  
00:22:04,664 --> 00:22:06,304  
things like the WordPress community and

537  
00:22:06,304 --> 00:22:08,984  
through the heart of the map, technology

538  
00:22:08,984 --> 00:22:11,144  
can be used for good.

539  
00:22:11,944 --> 00:22:13,864  
And you know, when they think about

540  
00:22:14,264 --> 00:22:16,344  
technology, definitely utilizing that

541  
00:22:17,224 --> 00:22:19,864  
just. just behave the way you would in an

542  
00:22:19,864 --> 00:22:22,184  
online world as you would want to be

543  
00:22:22,184 --> 00:22:25,144  
treated in person, right?So I

544  
00:22:25,144 --> 00:22:27,944  
definitely think seeking out community in

545

00:22:27,944 --> 00:22:30,744  
person and finding opportunities

546  
00:22:30,824 --> 00:22:32,264  
to do that is so

547  
00:22:33,064 --> 00:22:35,304  
important. And also just not be

548  
00:22:35,304 --> 00:22:37,304  
complacent, right? You know, like I'm very

549  
00:22:37,304 --> 00:22:40,144  
lucky speaking for my identity

550  
00:22:40,144 --> 00:22:42,544  
as a gay man that, you know, I I live in

551  
00:22:42,544 --> 00:22:45,224  
a very safe city. But I

552  
00:22:45,224 --> 00:22:47,384  
also make sure that every year, you know

553  
00:22:47,384 --> 00:22:49,864  
I I work with my colleagues to march in

554  
00:22:49,864 --> 00:22:51,624  
the parade every year in Toronto, the

555  
00:22:51,624 --> 00:22:54,504  
Pride Parade, because not everyone is

556  
00:22:54,744 --> 00:22:56,744  
out. Not everyone comes from a place

557  
00:22:56,744 --> 00:22:59,304  
where they're accepted. People are on

558  
00:22:59,304 --> 00:23:00,904  
different parts of the journey. So I

559  
00:23:00,904 --> 00:23:03,624  
think the other thing I would say is

560  
00:23:04,184 --> 00:23:06,024  
just show up for each other, even though

561  
00:23:06,824 --> 00:23:09,224  
you're doing it for strangers. I think I

562  
00:23:09,224 --> 00:23:11,144  
think that's that's so important.

563  
00:23:12,544 --> 00:23:14,584  
thinking about it as a caregiver for

564  
00:23:14,584 --> 00:23:17,064  
someone with special needs. I would say

565  
00:23:17,064 --> 00:23:19,784  
showing up for not just

566  
00:23:20,024 --> 00:23:22,024  
for my child, but for the entire

567  
00:23:22,024 --> 00:23:24,184  
community, that's so important. I'm very

568  
00:23:24,184 --> 00:23:26,904  
lucky that I'm part of a little parenting

569  
00:23:26,904 --> 00:23:28,664  
caregiver group. We meet once every

570  
00:23:28,664 --> 00:23:31,304  
Wednesday during lunch and just

571  
00:23:31,544 --> 00:23:34,384  
having their support makes me feel that,

572

00:23:34,384 --> 00:23:37,304  
okay, maybe this crazy life I have is

573  
00:23:37,624 --> 00:23:39,664  
not so crazy, right?Like I actually feel

574  
00:23:39,664 --> 00:23:42,264  
like I'm I'm normal. So I would say,

575  
00:23:43,864 --> 00:23:45,704  
If I could kind of boil it down to one

576  
00:23:45,864 --> 00:23:47,624  
one point from your question, I would say

577  
00:23:47,624 --> 00:23:50,224  
is always reach out and

578  
00:23:50,224 --> 00:23:52,744  
connect and avoid the

579  
00:23:52,824 --> 00:23:55,744  
temptation to just isolate yourself

580  
00:23:55,744 --> 00:23:57,864  
because it's so easy to do that in in the

581  
00:23:57,864 --> 00:24:00,144  
world that we're in, especially when yeah

582  
00:24:00,344 --> 00:24:02,744  
there's forces that kind of push us in

583  
00:24:02,984 --> 00:24:03,464  
that direction.

584  
00:24:05,144 --> 00:24:08,024  
Absolutely. It's tempting, right?And

585  
00:24:08,264 --> 00:24:10,504  
people who know me well,Know when the

586  
00:24:10,504 --> 00:24:13,304  
going gets tough, if I don't

587  
00:24:13,304 --> 00:24:15,784  
actively push

588  
00:24:15,784 --> 00:24:18,504  
myself, I will withdraw when things are

589  
00:24:18,504 --> 00:24:20,744  
not good and I will disappear. And so

590  
00:24:20,744 --> 00:24:22,584  
I've got a few knowing people that know

591  
00:24:22,584 --> 00:24:25,144  
to watch for that with me, but I will

592  
00:24:25,144 --> 00:24:27,224  
disconnect, disengage, disappear,

593  
00:24:28,264 --> 00:24:31,144  
right?And it's it's not the best thing to

594  
00:24:31,144 --> 00:24:33,304  
do on an individual level, but your point

595  
00:24:33,304 --> 00:24:36,184  
about the greater good. You you might

596  
00:24:36,344 --> 00:24:38,184  
in, you know, the anti-loneliness

597  
00:24:38,184 --> 00:24:40,664  
epidemic and finding purpose and feeling

598  
00:24:40,664 --> 00:24:43,584  
that sense of agency. You sometimes can't

599

00:24:43,584 --> 00:24:46,424  
do that for yourself. You need even just,

600  
00:24:46,504 --> 00:24:48,664  
you know, simple warmth and eye contact

601  
00:24:48,664 --> 00:24:51,544  
from strangers might lift you up,

602  
00:24:52,224 --> 00:24:54,864  
right?Bottom line,

603  
00:24:55,384 --> 00:24:57,064  
be a butterfly and not a turtle.

604  
00:25:01,224 --> 00:25:03,384  
Oh, although a turtle shell would be nice

605  
00:25:03,384 --> 00:25:05,784  
for some days. Or actually a tortoise

606  
00:25:05,784 --> 00:25:08,104  
shell, actually. Yeah, right, rightAnd

607  
00:25:09,384 --> 00:25:11,064  
maybe not to say that there are, that

608  
00:25:11,064 --> 00:25:13,904  
there are days that you can just pull in

609  
00:25:13,904 --> 00:25:16,584  
a little bit. Yeah, yeah, good

610  
00:25:16,584 --> 00:25:19,224  
point. Oh my gosh. Well, we're

611  
00:25:19,224 --> 00:25:21,784  
recording this on a Friday, but I'm

612  
00:25:21,784 --> 00:25:23,064  
telling you, this is going to help me

613  
00:25:23,064 --> 00:25:25,624  
sail into the weekend and

614  
00:25:25,624 --> 00:25:27,744  
beyond. Very enriching and

615  
00:25:28,264 --> 00:25:31,224  
uplifting you two. Yeah, because

616  
00:25:31,304 --> 00:25:33,424  
we love this community and being in

617  
00:25:33,424 --> 00:25:36,344  
community with you, Ab, is wonderful. I'm

618  
00:25:36,344 --> 00:25:38,904  
very thankful we all got to meet

619  
00:25:39,464 --> 00:25:41,744  
like through this community, right?

620  
00:25:41,784 --> 00:25:43,704  
Because it actually, I say this

621  
00:25:44,744 --> 00:25:46,904  
wholeheartedly, right? Like just reading

622  
00:25:47,064 --> 00:25:48,824  
both your posts and the people within

623  
00:25:48,824 --> 00:25:50,984  
this community. It's my daily, I don't

624  
00:25:50,984 --> 00:25:52,824  
get to do it every day, but when I do

625  
00:25:52,824 --> 00:25:54,784  
read and check in, it's like, it's

626

00:25:54,784 --> 00:25:57,224  
therapy. It's kindness, it's connection,

627  
00:25:57,224 --> 00:26:00,224  
it's compassion. And I'm

628  
00:26:00,224 --> 00:26:01,984  
very thankful for it. And we're going to

629  
00:26:01,984 --> 00:26:03,864  
need it more than ever for the next

630  
00:26:03,904 --> 00:26:06,664  
while. Right. Yeah. Seems that

631  
00:26:06,664 --> 00:26:08,664  
way. Well, right back at you, all of

632  
00:26:08,664 --> 00:26:11,064  
that, right, Wynne? Absolutely.

633  
00:26:11,864 --> 00:26:14,824  
Kindness and connection and and really

634  
00:26:14,944 --> 00:26:17,384  
thoughtful and well-spoken and

635  
00:26:17,384 --> 00:26:20,184  
wonderful advocates like you, Ab. Yeah.

636  
00:26:20,784 --> 00:26:23,464  
And finding our people. Mm-hmm

637  
00:26:24,184 --> 00:26:26,264  
All right. All the best, you two.

638  
00:26:26,504 --> 00:26:29,264  
Absolutely. Bye.

639  
00:26:29,264 --> 00:26:30,584  
Bye. Bye.



