

LETTERS

OPP shooting

Horror event in so many ways. Fine young police officer, ambushed responding to a 911 emergency call. Shot and killed without warning for no apparent reason. No way to defend himself.

Could anything be changed to give better protection against another attack? Hard to think of anything. Perhaps 911 operators should ask more questions such as licence plate of vehicle, identification of caller and/or victims.

Unfortunately, CSC (Correctional Service Canada) lacks the manpower and motivation to monitor and enforce conditions set for parole or statutory release of offenders. The usual practise is to wait for an offender — who breaks conditions of release — to reoffend rather than searching for the offender who is in breach. So CSC won't have anything to contribute. (Both suspects were actually in breach, one for several years.) OPP will be looking at their protocols to see if anything could be improved. Lone officers in marked vehicles driving cold lonely roads are very exposed and vulnerable.

Rocco de Villiers, Hamilton

Christian compassion

The reporting of student Bekett Noble's death chastising Redeemer failed to tell the general public the foundational principles upon which the university was founded as a Christian institution. These values do not negate showing compassion for all students; nor, do they slander or denigrate students having an identity crisis. However, every student attending this university is required to sign their name indicating their agreement with its beliefs. I merely quote one important statement found on Redeemer's website: We recognize that much of our world's culture has been shaped by a conception of world history incompatible with the biblical story. Thus, if we are faithful to the gospel, we may often find ourselves "at odds" with much of our culture (Matt. 6:24; Rom. 12:1, 2). As a Christian academic community we stand in this tension, neither withdrawing from cultural participation nor accommodating ourselves to the status quo. We are to be in the world but not of it (Jn. 17:13-17). And a truly faithful response to this tension will require discernment regarding the religious core that shapes our culture. The fourth stanza of Canada's national anthem also indicates this "religious core" and our reliance upon God: Ruler Supreme, Who headrests humble prayer, Hold our dominion within Thy loving care; Help us to find, O God, in Thee, a lasting, rich reward, As waiting for the Better Day, We ever stand on guard.

Laurens and Anne Roth, Ancaster

Keep your kids home

How does a group spouting "freedom" want to restrict people who make a choice to attend and hold these events? If you believe you're protecting kids, don't bring your kids. These people must lose their minds when Bugs Bunny dresses in drag and kisses Elmer Fudd. Saturday morning cartoons back in the day were my drag story time.

Jeff Campbell, Hamilton

Russian barbarians

After reading the article "Many times I said goodbye to you" about the abuse suffered by female Ukrainian soldiers, some of them pregnant, at the hands of the Russian invaders, as well as the outright murder of innocent civilians, I can only hope Ukraine not only drives every one of those Bolshevik murderers out of Ukraine, but actually invades Russia, marches into Moscow, levels the Kremlin and strings Putin up in Red Square.

Paul E Casey, Ancaster

Do unto others

I'm not one for making resolutions, but given the state of our world and considering the possibility for a fresh start in 2023, two aphorisms struck me as powerful but simply put beliefs, if applied earnestly, could change the world. The first is, "Do unto others as you would have them do unto you" and the second is, "Live each day as if it were your last." Sometimes the answers to our problems are right in front of us, but for some reason we either miss them, don't believe it could be that simple or don't think we have the ability/desire to act on them. Happy New Year to one and all.

Robert Panchyson, Burlington

Public spending priorities

How is it we can find \$500,000 for moccasins and bike lanes, but not for warming centres?

Len Collins, Hamilton

Stop the dithering

Hamilton citizens want good municipal governance. Hamiltonians stood behind that desire by electing 10 new councillors. Good governance requires excellent communication with citizens. So, councillors stop dithering and vote to appropriate more money for your office expenses.

Chuck Scott, Dundas



JEAN CHAMBERLAIN FROESE

Contributor Thomas Froese says he wants to get to the beach to stand on his head more often in 2023. "Getting a different perspective on life is especially important for anyone in my line of work," he writes.

I'm keeping my resolutions



THOMAS FROESE
OPINION

I'm taking my New Year's resolutions very seriously right now. Very seriously. This far into January. This is remarkable because I've usually broken them by lunch on New Year's Day. This year is different, people. My resolutions are realistic. They're attainable. Doable. Within grasp.

For example, I've resolved to hit the beach more often. Granted, in winter this can be a bit frosty on the swimming trunks. But getting a different perspective on life is especially important for anyone in my line of work, so for 2023 I've resolved to visit the beach and stand on my head for 12 hours every day.

The other 12 hours I'll watch television. This is important for the children because TV, now, encourages family togetherness.

I'd like to also encourage my teens, like people everywhere, really, to stop eating, sleeping, and sitting on the toilet with their phones. (Apparently you never know who might want your attention. Or when.)

A stranger recently texted me: "Hi mom. My phone is ruined. I dropped it in the toilet by accident. Save this as my new number and text me on WhatsApp." Is it a scam? Maybe. Even so, the toilet isn't the

worst place for some people's phones. So I responded, "Honey, I'm sorry." That was a week later. I was busy watching TV, you know?

In 2023, I've also resolved to stop reading about Donald Trump. Because reading about Trump makes me feel like I'm a drunk needing just one more swig, a hopeless rubberneck who needs just one more look at the horrible crash. It just cheapens my entire day.

On the other hand, should I still stay informed? Because some very bright people believe if Trump 2.0 later returns to Washington, then — when Jupiter, Saturn, Pluto, Mars, Neptune and Uranus align — Earth will stop spinning and we'll all fall off. I mean, good grief. The emperor with no clothes (sorry for that image), striking again?

The International Narcissists Society would certainly have its day in the sun. This is heartwarming because we need more narcissists in our workplaces and families and society at large, more people living in fantasy worlds, exploiting others, playing the victim, and, certainly, if possible, governing world affairs. Right Vladimir?

In either case, in 2023 I've resolved to tell the truth. Everyday. Always. Now I know what you're thinking. There's my truth and there's your truth and it's all relative, this slippery business of truthiness. I see it all like well-crafted literary fiction, which, funny enough, can pack more truth than the world's most common expres-

sion, which is, "I'm on my way now!"

To this end, in 2023 I resolve to read "The Liar." This is a fine story by Tobias Wolff. It's about, of course, a liar. I'll read it at the beach. Standing on my head. I'll need a new hat, though, because I easily lose hats, recently losing a favourite driver's cap I had picked up while riding a 5,000-tonne yellow polka-dotted wild elephant along a winding bush road near Istanbul.

Finally, speaking of lies, let's not forget Canada's government. In 2023, as usual, I will listen to Ottawa's travel advice. Truly, all hats off to the Ministry of Don't Even Think About Going There.

Once again, it has issued clear and helpful online guidance for Canadians to naval gaze and stay away from most of the world's eight billion people.

Down the highway you can be a quiet homeless man, my age, and get swarmed and killed for no reason by a gaggle of teenage girls. But don't fly off to, say, East Africa, where Ottawa warns that you might be carjacked, robbed by bandits, blown up by terrorists, and then infected with Ebola. If you do go, just avoid all cafés, restaurants, malls, streets, buildings and, naturally, people.

I'm on my way now. Happy New Year. Stay warm. And, please, do smile when you write.

THOMAS FROESE WRITES ABOUT NEWS, TRAVEL AND LIFE. FIND HIM AT THOMASFROESE.COM.

Learning how to live well with Alzheimer's

PHYLLIS FEHR,
DEBRA ANNE KEAY AND
J. DOUGLAS SCHWEYER

We are from different backgrounds with different interests and lives. We don't even enjoy the same flavour of ice cream. Despite this, over the past year and a half, we have bonded over a shared experience and become fast friends. We are Debbie, Doug and Phyllis and each of us lives with Alzheimer's disease. Together, we make up Dementia Friends in our Community — Hamilton (Dementia Friends).

Dementia Friends came together in response to a call from the Hamilton Council on Aging, Empowering Dementia Friendly Communities Project. The project was seeking volunteers living with dementia to develop local projects that would improve life for people living with dementia — people like us.

At the centre of this call was the belief that lived experience provides unique perspective to identify real-life issues. Our community requires our insight to evaluate, challenge and as necessary, change the way we do things to create more dementia-inclusive communities.

In March 2021, Dementia Friends had its first meeting. In the beginning, we were simply getting to know one another, learning more

about each other as people. One thing we quickly learned was that we had a lot more in common than Alzheimer's disease. We all had talents in communication and writing and were interested in giving back to our community. As we became more comfortable, we started sharing our personal challenges and experiences living with dementia.

We shared our mutual frustrations responding to friends who would innocently say: "you don't look like you have dementia," always wondering just what people thought dementia was supposed to "look" like.

We shared our personal struggles coping with "brain changes" along with tips and solutions that have helped us. We listened, provided friendship, support and understanding. Through all of this, what became apparent was that we were not alone, and it was clear that the public desperately needed to be educated about dementia. We thought who better to do this than an unlikely trio of friends with a knack for writing and unique insight into the issue?

In 2022, we launched our newsletter: "Living Well with Alzheimer's." Our goal: to challenge attitudes about dementia to create more supportive and inclusive communities. Our quarterly news-

letter is available online, free of charge. Printed copies are distributed locally and available upon request. We have released three newsletters to date, and we don't plan on stopping any time soon.

In our recent edition, we share how living well wherever home is means something different for each one of us. From giving and receiving support from a large extended family, to continuing to contribute as a partner in a relationship, to living alone on our own terms, we have all had unique experiences living as well as we can with Alzheimer's.

We hope that sharing our experiences will help you in your journey with or supporting family members or friends who live with Alzheimer's and other dementias. We encourage you to read our newsletter to consider a different perspective and challenge the way you think about living with dementia.

Please visit coahamilton.ca/empoweringdementiafriendlycommunities to learn more, subscribe to our newsletter and sign up for our free certificate training course for businesses, groups and organizations to learn how to create dementia-inclusive communities! PHYLLIS FEHR, DEBRA ANNE (DEBBIE) KEAY AND J. DOUGLAS (DOUG) SCHWEYER MAKE UP DEMENTIA FRIENDS IN OUR COMMUNITY — HAMILTON. WE ARE SEEKING NEW MEMBERS.

IF YOU LIVE WITH DEMENTIA IN HAMILTON AND ARE INTERESTED IN JOINING OUR TEAM OR CONTRIBUTING TO OUR NEWSLETTER, PLEASE CONTACT SHELAGH AT 905-920-7721 OR SHELAGH@HAMILTONCOA.COM.



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