

TRAUMATIC CHILDHOOD REVISITED IN LOCAL WOMAN'S FIRST NOVEL

PROFITS FROM BOOK GOING TO FIRST NATIONS CHILD AND FAMILY CARE SOCIETY

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Marsha Barrett has published her first novel, *Storm Orphan*, a memoir of her turbulent childhood.

"I had a lot of loss in my early years," said the new Georgetown author.

Growing up as the youngest daughter of a Jewish family in Hogg's Hollow, a neighbourhood in North York, Barrett's mother died when she was only six years old.

"The book is the story of growing up in the shadow of her death," she said. "It's a sad story - but it's told

with humour."

At its core, Barrett's novel is about feelings of not belonging, and trying to find a sense of home.

"A lot of bad things did happen to me - but they are also quite humorous," Barrett said.

While many of the issues had been resolved, Barrett said some parts of the novel brought unexpected feelings.

Recounting the death and discovery of her father, Barrett said she was surprised at the feelings that surfaced.

"I thought I was pretty much over it," Barrett said, "but I had a physical response to writing it."

Despite the tragedy, Barrett said she felt she'd been able to maintain an optimistic outlook.

"When you know pain - I think then you know what joy is too," Barrett said.

"Even though I went

"I wanted to do something with the profits that was meaningful and relevant to the theme of the book."

- Marsha Barrett

through all of this trauma and difficulty, I came out seeing the world as an [optimist]."

Barrett said she'd had the idea for the book for 30 years but started to actively write a few years ago while still a professor of early childhood education at Humber College.

"It's not a coincidence you go into the field," Bar-



Marsha Barrett photo

Marsha Barrett has published her memoir, recounting a turbulent and traumatic childhood.

rett said. "There's a connection - writing about my childhood, I studied early childhood, and I've worked with a lot of students who have had troubled child-

hoods."

After retiring from the college, Barrett returned as a student of creative non-fiction and devoted herself to writing the mem-

oir full-time.

In March, Barrett's book was released with all profits from the sales of *Storm Orphan* to be donated to the First Nations Child and Family Care Society of Canada.

"I wanted to do something with the profits that was meaningful and relevant to the theme of the book," Barrett said.

The organization provides reconciliation-based public education, and support to promote the safety and well-being of First Nations children to grow up safely at home.

"I really want people to buy the book because of the cause," she said.

Storm Orphan is available through the publisher, Friesen Press, but is also available through Amazon and Google.

A sample chapter of *Storm Orphan* is available at www.marshabarrett.ca.

WORLD Environment DAY

REIMAGINE. RECREATE. RESTORE.

A look at eco-friendly packaging

Packaging is often needed to protect food and other types of goods from impact, moisture, bacteria and damage that could compromise the quality of the product. However, if you're an eco-conscious consumer, you should favour items made by companies that seek to minimize their environmental impact.

SOLUTIONS

Many companies have designed packaging intended to minimize their carbon footprint. Often, this means opting for less and lighter packaging. In many cases, there's also an emphasis on using recyclable or renewable materials, such as:

- 100 per cent recycled paper and cardboard
- Biodegradable polythene film
- Recycled polyethylene terephthalate (rPET)
- Polyvinyl alcohol (PVA)
- Recycled polystyrene foam
- Bio-based materials (corn starch, cellulose, sugar cane, algae, etc.)
- Sustainable inks (water-based, natural polymers, etc.)

Additionally, reusable packaging is

increasingly popular. This gives these containers – be they bags, boxes or bottles – a second life that helps keep them out of landfills and recycling centres.

The next time you go shopping, take some time to consider the environmental impact of the packaging used for the products you want to buy. You can also consult the manufacturer's website for more information to help you make an informed decision.



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