

# 'WE STOPPED TALKING AND STARTED WALKING'

**PANDEMIC BROUGHT US TOGETHER TO LEARN - BUT ONLY IF WE'RE LISTENING**

Canada's leading thinkers reflect on how COVID-19 has changed our community, Canada and the world, and forever altered the future.

We are not the first generation to endure a global



**JOYCE JONATHAN CRONE**  
Column

pandemic, nor will we be the last.

History has proven that when faced with unfathomable trauma, taken to uncharted waters, we navigate new ways to live and be. The entire world forced into the same boat but not the same vessel.

At the brink, our spirits

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frayed, our minds overwhelmed, our core eroded, faith in the human spirit of resilience, love and unity kept us afloat. With "normal" stripped away, living in bubbled islands, run aground with no anchor, forced to see ourselves from the inside out, people chose to live, inclusive or divisive.

Everyday tasks became daunting and tainted with fear, anxiety and mistrust.

Community and social cohesion mean having common goals, shared values and acting with the common good in mind. People crave contact, communication and community — we are built that way. With so-



## OUR CHANGED WORLD

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cial norms of "normal" gone, behind faceless masks, longing for others, craving contact, life and death magnified to extreme levels, we floated without purpose and control. Social interaction is human nature. We need it and yearn for it.

We stopped talking and started walking. Biking, hiking, Peloton, sitting on the john, TikTok, watch the clock, bought a dog, lived in a fog. Hoarding, baking and cottage laking, time stood still.

Some in canoes, learned joy and solace of quiet, self and nature. Some in speed boats, lost power and control, unable to find the key, and handled the loss of life as they knew it. They pad-

dled with a divisive heart. Those of us who have experienced and survived life-altering trauma know the mind, body, emotions and spiritual connection to self and others.

Mother Earth brought the entire planet together for us to learn if we were listening. To slow down, find true priorities, discover and create and to remember who we are from the inside out. To reconnect and renew our human spirits. To realize and recalibrate our courage, strength, joy and love of self and others.

*Joyce Jonathan Crone is Mohawk, was born on Six Nations and is a retired teacher living in Muskoka region.*

## NEWS

# BLOOD DONORS SOUGHT AS SUPPLIES LOW

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Canadian Blood Services (CBS) is making an appeal for new and returning donors to help replenish blood, platelet and plasma supply.

"Like other organizations in Canada, the latest COVID19 wave is challenging Canadian Blood Services like never before," Dr. Graham Sher, CEO of CBS, said in a press release. "Our employees and donors are among those

falling or being required to isolate. He added: "For these reasons, and also because of severe weather in parts of the country, we've seen a concerning drop in donations recently."

CBS says that the number of donors has been de-

clining steadily since the beginning of the pandemic.

Those who are ineligible to donate whole blood may be able to donate plasma. Donors are able to give plasma more frequently as red blood cells are returned to the body of the donor.

Those interested can book an appointment by

calling 1-888-236-6283 or by going to [www.blood.ca](http://www.blood.ca).

The CBS has a permanent clinic at 1250 Brant St. in Burlington. Clinics are also held throughout the region in Milton, Oakville and Halton Hills at various locations.

CBS asks donors to arrive by their appointment time, as latecomers cannot be accommodated.



Canadian Blood Services logo  
Canadian Blood Services is putting out a call for blood donors to help meet demand.

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written & performed by Leslie McCurdy

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