

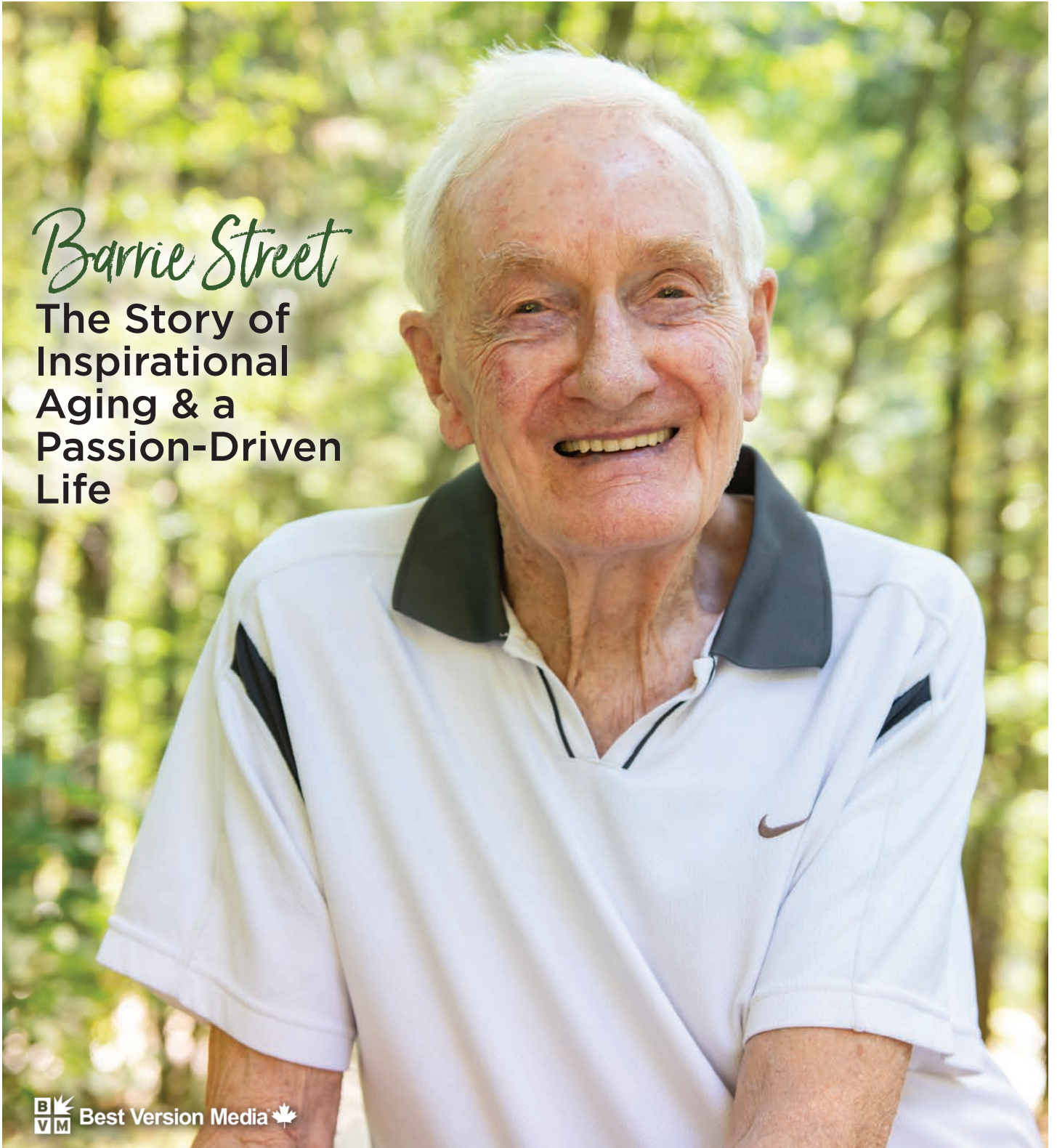
SEPTEMBER 2021

An exclusive magazine for the neighbours of Edgemont

NEIGHBOURS OF EDGEMONT

Barrie Street

The Story of
Inspirational
Aging & a
Passion-Driven
Life





Dear Residents,

The last days of summer and the first days of school are upon us once again, bringing about a sense of added urgency to take in a little extra time outside before the weather turns.

This month we are featuring three incredible North Shore Businesses: First is Canlan, which is an industry leader in multi-sport recreation and also a strong promoter of community initiatives to help all those who want to participate in sport have the opportunity to do so. Next, Paula Castellon of Exp Realty who grew up on the North Shore and in addition to working with downsizers and investors has also launched an incredible waterfront resort on Pender Island appropriately named Otter Shores. Third, we're pleased to be shining a light on The Stylewell's Lisa Wrixon, who shares the inspirations behind her newly launched business in the heart of Edgemont Village. The entrepreneurial spirit is strong in these amazing businesses and we're grateful to have the opportunity to tell you all about them in this month's Neighbours of Edgemont.

Vanessa Roggeman, Publisher



Dear Residents,

It's a best-kept secret that September is one of our most spectacular months, and as locals, it's one of our favourite months to spend exploring. As a city set between ocean and mountains, there's an opportunity to play year-round and our feature resident, Barrie Street, can teach us a lot about play. At 85 years young - and with the

North Shore as his playground - it's likely you've seen him on the trails, at the gym, on the tennis courts, or he may have said hello as he passed you on the Grouse Grind. He's reached the top over 2,400 times, after all. Read on to learn so much more about this fit fella.

As the temperatures slowly drop and the days grow shorter, as leisurely holidays come to an end and the kids get ready to step back into the classroom, best to spend September soaking up the days and rays with our stunning city as the backdrop.

Janine Tasaka, Content Coordinator



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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: vroggeman@bestversionmedia.com

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CONTENT DUE:	EDITION MONTH:
December 1	January
January 1	February
February 1	March
March 1	April
April 1	May
May 1	June
June 1	July
July 1	August
August 1	September
September 1	October
October 1	November
November 1	December

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Barrie Street

The Story of Inspirational Aging & a Passion-Driven Life

By Janine Tasaka | Photos courtesy of Barrie Street

Barrie Street was born in Blackpool, England in 1936, and his childhood was nothing short of turbulent. By the time he was six years old, both his parents had up and left, leaving his grandparents to step in and raise Barrie and his brother. Two years later, his father came back and took the boys to live with him. For the next several years, there was a succession - and various combinations - of mothers, fathers, step-fathers, step-mothers, aunts and uncles in and out of their young lives.

“For a long time, these constant disruptions caused me a lot of grief and anguish,” reflects Barrie. “It wasn’t until many years later that I realized the value of the lessons which these upheavals generated. They gave me compassion for young people, which otherwise I likely would not have acquired. I embraced that compassion and was able to relate to the problems of young people in my glorious teaching career and make a difference in their lives.”

After acquiring his teaching certificate in England, Barrie obtained a bachelor’s degree in math followed by a master’s degree in adult education from Western Washington University in Bellingham, and then a master’s in education from Simon Fraser University. “Emigrating to Canada certainly was one of the best decisions I have ever made. I cannot imagine living in any other country,” he claims.

Barrie has had a diverse teaching career and has taught in Canada, England, Australia, and the US. Today, he is a prolific math tutor from his home in North Vancouver. “I’m still teaching Math after 58 years. Can you believe it? I feel just as passionate now as I did when I first began teaching,” he says with a smile.

Passion and tenacity are strong themes running through Barrie’s life. At 85 years young, he’s been climbing the Grouse Grind twice a week for 25 years and has reached the top - get this - over 2,400 times. “Fitness, teaching and writing my blog, Over50andfit.ca, are my passions. My aim in life is to spread



Photograph by Myshsael Schlyecher, Myshsael Schlyecher Photography

the Gospel of Fitness,” he says. “I have always been a sports enthusiast, both on and off the field. I still avidly follow the Blackpool football (soccer) club in my hometown. I played cricket, field hockey and soccer until my mid-forties. I then began running marathons, which led to my becoming a triathlete in my 50s.”

Barrie has run over 20 marathons and completed the Ironman Triathlon four times. In his 60s, triathlons were replaced by his love of tennis. However, in February 2019, Barrie was out walking when a car reversed into him and broke 10 of his bones. He’s been in rehabilitation mode ever since. “I am tenaciously exercising so that I can get back to my previous fitness level,” he says.

“Capacity, audacity, and tenacity will take you to your mountaintop.”

~ Robin Sharma

Throughout his life, whatever Barrie tackles, he’s given 100 percent. A snapshot of this was his 6-month training regime for his first Ironman: 20-30 gruelling hours per week, on top of his teaching. And did he mention he was a non-swimmer when he decided to sign up? “At 50, I had to go through the process of learning how to swim, which was very challenging for me. In fact, my first coach said I swam like a brick, and he still tells me that today,” Barrie laughs. “He says I’m the only brick who can swim.”

Swimming wasn’t the only new experience for Barrie later in life: he discovered love when he met Maria in a pastry store. “I don’t think I knew love until I was 75. Everything changed when I met her,” he says. “I married Maria 10 years ago and was blessed to inherit her three delightful grown children.”

Barrie’s compassion and fondness for children have driven his ongoing volunteer work as well. In the town of Paraiso, Costa Rica, Barrie helped build a village for abandoned children in 1976. In Spanish, the word Paraiso means



paradise. “I had read about Peter Tacon, a professor at SFU, who had visited several Latin America countries to study the issue of child abandonment,” he says. “Peter decided to settle in Costa Rica and led a project to build a village for abandoned children. We found children living on the streets and created ten family units of about ten children each, each with a Costa Rican mom and dad. The village is now self-sustainable and has become a model for similar projects in Latin America.”

Another synchronistic happening was when Barrie met a priest, Father McCabe, who was visiting his cousin in North Vancouver. He asked how he could support his church in the village of Pokeng, South Africa. “Father McCabe eagerly asked if I could find a dozen pairs of soccer boots for his church’s soccer team. I laughed to myself, knowing that I could do much more,” says Barrie. “I was interviewed on the CBC National News and other media outlets, and through that exposure, I was able to gather about 300 pairs of soccer boots, 300 jerseys and 50 soccer balls. In 1993, I delivered them personally to the village on Christmas Day.”

Barrie has also been a volunteer teacher in Ethiopia, Zimbabwe, Jamaica, Costa Rica and Guatemala and has raised over one million dollars for several international charities.

And is there any time for relaxation? “I like to chill out on a Mexican beach each December. It’s the only time I totally relax,” he smiles.

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If a person can still love their job after 58 years, learn to swim at 50, fall in love for the first time at 75 and still find time to help children all over the globe, who says there are any limits to how our lives might unfold? To think about Barrie's past and how it's shaped his present, and to imagine the impact he'll continue to have in the future, is remarkable.

Inspirational is the word that immediately comes to mind when I think of Barrie's success in aging paired with his compassion, resilience and how driven he is to make a difference. He reminds us that the age you feel means so much more than the year on your birth certificate.

His life motto is as inspiring as his enduring vitality: "I believe that one of the reasons why we are on this earth is to enhance the lives of others in our community."

To learn more about Barrie's passion projects, please visit his website at www.over50andfit.ca

Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues! Contact us at jlasko@bestversionmedia.com.



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September

CALENDAR OF EVENTS

DATES TO REMEMBER:

Sept 6 - Labour Day
Sept 22 - Fall Equinox
Sept 30 - National Day for Truth & Reconciliation

JULY 1 - SEPT 26
Cates Deck Beer Garden
@101 Carrie Cates Ct

The beer garden is back on Cates Deck at the foot of Lonsdale, next to the Lonsdale Quay Market. Enjoy a pint on the pier from some of your local favourite breweries, while enjoying an incredible view of the harbour. Live music from 7:30-9:30 every night!
Times: Thursdays & Fridays: 4-10pm and Saturdays & Sundays: 2-10 pm
www.thegardenbeermarket.com

JULY 1 - SEPT 6
The Shipyards Splash Park

The Shipyards Splash Park is the perfect way for kids and families to cool off during the summer months. Pack a lunch and enjoy the water views from one of the picnic tables, or grab food at any of the restaurants or shops located in the Shipyards. Washroom facilities available on-site.
Times: 7 days a week from 10am-8pm
cnv.org

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Loutet Farm Gate Sales
@14th and Rufus Ave

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ediblegardenproject.com

EVERY SATURDAY
Lonsdale Artisan Farmers' Market
@123 Carrie Cates Ct, foot of Lonsdale

At the Market, you'll find a great selection of organic and conventional

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farmers, along with a variety of prepared foods including baking, syrups, jams, jellies, honey, salsas, and much more. There is also a varied selection of BC crafts including jewellery, clothing, wrought iron, garden sculptures, soaps and pottery.
Time: 10am-3pm
artisanmarkets.ca

JUNE 25 - SEPT 5
Interior Infinite
@Polygon Gallery

Interior Infinite brings together an international group of artists whose works span photography, video, performance, and sculpture. Predominantly featuring portraiture, with an emphasis on self-portraiture, the exhibition focuses on costume and masquerade as strategies for revealing, rather than concealing, identities. Across these works, disguise functions as an unmasking, as artists construct their own images through adornment in order to visually represent embodied experience, memory, and understanding.
thepolygon.ca

SEPT 12, 16 OR 19
Guided Tour of the Old Growth Conservancy
@Cypress Mountain

Tours of the Old Growth Conservancy offer a rare opportunity to go into the apex of the Conservancy. Starting on

a short trail, participants learn about the characteristics of an old-growth ecosystem and see them firsthand. The second part of the tour ventures off-trail into the apex of the Conservancy where there are trees up to 900 years old. Tours meet at Parking Lot #5 on Cypress Bowl Road, next to the Conservancy. Tours take 3 hours or longer and much of it is off-trail including steep terrain, fallen trees and underbrush. Sturdy footwear is required. The pace is quite slow and dressing warmly in layers is recommended. Please bring water, a light lunch and optionally a hiking pole for stability. Reservations are required and can be made by emailing your preferred date to ogcs.wv@gmail.com.
Time: 10am-1pm

SEPT 22
Cooking the Books: In Bibi's Kitchen [VIRTUAL]

Get together virtually with fellow food enthusiasts and put a cookbook to the test! This month you'll be cooking from In Bibi's Kitchen by Hawa Hassan. There are some videos on YouTube of Hawa cooking simple Somali recipes. Or, a copy of the book will be available at Capilano Library. Come have a look and pick out a recipe to try! Registration required. Register online or call 604-987-4471, ext. 8175.
Time: 2-3pm | nvdpl.ca

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