



# HONEYBEE

LIFESTYLE MAGAZINE

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RESIDENT COUNSELLOR  
ANGELA FAMIANO  
*Centrefold Feature*

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# Welcome to Honeybee

First Words from Editor-in-Chief Melissa Dumitru

*Hello my lovelies*

I hope this edition, the final one for 2021, finds you all looking forward to the festive season (if you celebrate it), and a little break away from the daily grind. I for one will be grateful for a few weeks off after a year packed with activity, challenges and outcomes.

The theme for this edition is **"I am not broken"**, and all our writers have approached it from a different angle. I thought I would put forward my perspective too, which you can find on the last page where my blog resides.

Of the events I have attended this year, I was particularly excited to go to the peak body for self help and support groups, ConnectGroups WA, event in October. We haven't been able to attend this bi-yearly event due to the pandemic, so getting together with our fellow colleagues and peers was a heartwarming and much needed experience.

It was so wonderful to see the many nominees be honoured, some were the overall winners, and others were recognised for their work in our community. This includes one of our gorgeous writers, a complete rockstar, Jacqueline De Grussa Founder and Managing Director for the Recovery Collective.

I personally was privileged to be presented with the **Community Service Leaders Award**, and I am so excited to share it with you on page 3. Together with my good friend Rahul Seth from Activate Mental Health, we were both recognised for the outstanding work we have done in our community. It was a huge honour, and very humbling to have been acknowledged for this award.

The last few years has been quite a journey for me both personally, and professionally. I have quite literally found my tribe, which has been so exhilarating. I am surrounded by some amazing, strong and talented women, who while all growing through their own journeys, still have time and generosity to share and teach others like me.

*Testimonial from a reader*

*My staff came up to me and asked,  
"have you read this magazine, it's amazing".  
Kate, Women's Health + Family Services*

Part of the theme for the magazine in my eyes was about recovery to an extent. The last few years have been incredibly turbulent for many of us around the globe as we live with a new virus that quite literally kills you. We have been cut off from people and places we love, often isolated, or filled with loneliness and uncertainty. Many people will have begun to feel like their lives are a little broken, perhaps?

I wanted to share the stories and perspectives of our amazing lived experience writers with you in the hope that you will be **uplifted, informed and recharged**.

Thank you for taking this journey with me over the year as I moved into a whole new way of supporting you, for trusting my vision, and supporting this new initiative which is growing day by day in the most beautiful of ways.

Thanks to a **Give it Forward Grant from ConnectGroups WA** we have a gorgeous new website, branding and logo to look forward to in 2022 and many more exciting things to share with you. Until next time, love and blessings always xx

*Mel*  
*Merry Christmas*





# Winner for the Community Service Leaders Award

**The Community Service Leaders Award** recognises one or more individuals who have made an outstanding contribution to the community, and who exemplify community leadership.

**Congratulations** to one of the 2021 winners of this award, Melissa Dumitru, "Chronically Inspired-Life.Beyond.Disability.

Since her diagnosis of Pulmonary Hypertension in 2008, Melissa has worked tirelessly towards improving conditions and knowledge for people living with chronic illness and their families. Through her own experience, Melissa identified a gap in the availability of support, information, and resources for people newly diagnosed with rare disease, and has since been a champion in the peer support sector, an advocate for lived experience, and a patient expert.

In 2010, **Melissa founded the former Support Group and Charity, Pulmonary Hypertension Network Australia**, which received accolades for its innovative work including the development of PHAware campaigns to raise awareness of the condition and shorten diagnosis time, and the development of patient designed packs for the newly diagnosed.

In 2020, Melissa founded Chronically Inspired, a Support Group and community health and wellbeing website that offers support, information, and empowerment for people with a lived experience of chronic illness. She is the **editor-in-chief of a lifestyle magazine Honeybee**, which showcases individuals, groups, and organisations who work within the community services and mental health sectors, with feature stories from the "lived experience writers" on the team. She also recently completed her training as an **Educator for the WA Recovery College Alliance** and works as a Consultant Community Support Worker for clients with intellectual disabilities.

Everything she has achieved, and continues to achieve, has been done while living and working with her progressive illness and its daily emergencies. Melissa is an innovative, inclusive and inspiring leader, a change-maker in the community sector, and a true warrior.

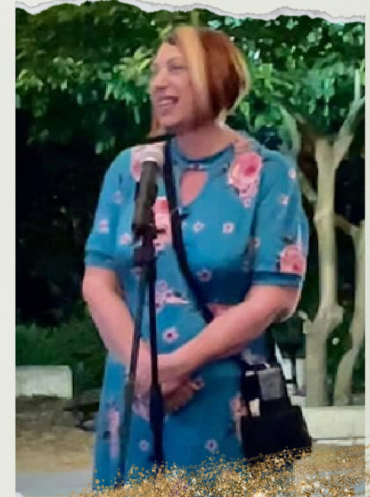
**Antonella Segre**  
**CEO ConnectGroups Association WA**



Congratulations



Louise Howe (centre) from the Mental Health Commission presents the awards to the two winners, **Rahul Seth** - Activate Mental Health  
**Melissa Dumitru** - Chronically Inspired Life.Beyond.Disability





# Behind the Scenes

## Meet Our Contributors

It takes a lot to make up a lifestyle magazine and guide our readers to a more mindful life. The powerful stories and engaging content from our dedicated lived experience experts is so greatly appreciated.



Jackie Rowe



Qualified Mindset Coach - Training Facilitator  
Advanced Psych K Practitioner - Motivational Speaker  
Certified Women's Circle Facilitator  
focus\_coaching@outlook.com - www.focuscoaching.com.au

Jackie is a University qualified Life Coach, Strengths Based Practitioner, Psych K Facilitator, and Women's Circle Facilitator. With a background in Early Childhood Years, Families and Community, Jackie now works predominantly with women to empower and inspire. Her vision is for all women to realise their amazing true potential, to speak their truth without fear and live a life they love.



Angela Famiano

Masters Social Science (Counselling & Psychotherapy)  
Grad Cert Disability Studies  
Bachelor Arts Psychology Family & Children Services  
Diploma Community Services/ Child Services 0-15yrs

Angela is an accomplished Counsellor specialising in alcohol & other drugs. She has a special interest in men's advocacy and believes that counselling is not so much about fixing things, but acknowledging them and working to your strengths. Her vision is to be part of people's journey to self improvement and to find a place that makes them truly happy.



Hayley Solich



Connecting Communities to make positive change  
Consultant Advisor Mental Health Sector  
linkedin.com/in/hayleysolich - Website hayleysolich.com.au  
Blog goldenpen.com.au

A multi-award-winning community engagement and Lived Experience professional who is nationally active in advocating for change in the mental health system. Hayley builds capacity and awareness to create social change by listening to the perspectives of others, validating and uplifting them. She uses her creativity, communication, leadership, facilitation and engagement skills to influence change at the highest levels.



Mystery Writer

The Girl in the silk green dress.



The writer behind the "Girl in the Silk Green Dress" is someone with many years' writing experience. This mystery writer studied Journalism and has a very good understanding of social justice and community.

I approached this mystery writer to offer a fictional character story line that we can all enjoy and look forward to. I hope you enjoy their work as much as we are enjoying sharing it with you.



Jacqueline de Grussa



Sociologist specialising in the area of Trauma, Addiction & Recovery, Founder Women's & Men's Recovery Community  
Founder and Director Recovery Collective Ltd  
Facebook.com/womensrecoverycommunity

Jacqueline is currently consulting for an Indigenous organisation, developing various new culturally specific recovery based projects. Jacqui is the Founder of Women's Recovery Community and Men's Recovery Community which offer 24/7 support for women and men in all forms of recovery in WA, interstate and overseas. She is a mother to three children, documentary buff and passionate about all things that empower our most vulnerable on their recovery journeys.



Erica Huntzinger



Public Relations Awareness Ambassador  
phaware.global  
Contributor for The Mighty online magazine  
Website phaware.global

Erica is an Associate Producer for phaware.global. She participates in the planning and delivery of podcast series and PSA videos. She is involved in Project Coordination, Patient support group and conducts surveys for topics of interest for future podcasts. She researches in the field of pulmonary hypertension in the USA.



Marie Williams



Founder The Platform WA  
Intellectual Disability Change-Maker  
Mental Health Educator for WARCA  
E theplatformwa@gmail.com W theplatformwa.com.au

Marie founded The Platform WA, a new community group focussing on intellectual disability for young adults, like her daughter Laura. She has been trained in Leadership and Mental Health education to become a WA Recovery College Alliance educator, where she co-designs courses aimed at people living with intellectual disability. She is a change-maker working at the coal face to improve perception and awareness. She has several years' experience working in non-profit Charity sector, and early childhood field as a teaching assistant.



Fay Bahemia

Winner "40 Under 40" & multiple Community Awards  
Cert IV Professional Writing & Editing  
Cert IV Community Services  
BSc in Microbiology & Pharmacology (UWA)  
Grad Dip Food Science & Technology (Curtin University)  
Clinical Trials Coordinator in Radiation Oncology

Fay has worked and volunteered with peer-support groups and NFPs, helping them to reach their goals and visions through freelancing. She has held key industry positions in quality assurance, regulatory affairs, biomedical research and manufacturing, training, and communications in various sectors. Fay has a lived experience which changed her life trajectory in 2015. She is an avid dancer, lover of visual art and a fan of beautiful cars. She has a beautiful quirky nature that draws people to her. Fay is meticulous in all she does, and I am thrilled to have her on our team as our resident proof reader.





# inspiration awaits....

Welcome to the Christmas Edition

"I am not broken!"



Hello my lovelies...

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From the Founder  
Melissa Dumitru





# Community ALL THE LATEST...

## Introducing Community Champion Rahul Seth

Founder of the Community Support Group "Activate Mental Health"



Rahul Seth is the Founder of one of WA's most successful mental health community groups. He is multi-award winning in his sector and works as a Mental Health Community Worker on top of volunteering his time to run this innovative group. Rahul has many talents, least being he is actually a chartered accountant by trade. He is an avid Formula 1 racing enthusiast, a talented photographer, and a whizz with graphics packages and the computer in general!

is Perth's largest mental health initiative and was the brainchild of Rahul five years ago. Initially, he wanted to socialise more and make friends. Five years later he has amassed 3,900 members, run over 1500 events using the platform Meetup, and has been supported by 120 past and present volunteers.

He is Team Leader and Coordinator and runs this enterprise on a mere \$3000 per year (impressive to say the least!)

Activate Mental Health operates mainly in central areas of the Perth CBD, with the majority of activities held in Victoria Park.



**"I just wanted to have fun with like-minded people who understood what I was going through"**  
*Group founder Rahul Seth on why he started Activate Mental Health*

### Hyde Park autumn walk



Saturday 15th May at 10:30am  
Hyde Park  
RSVP via the meetup link in our bio

### Autumn photography at Raeburn Orchard



Sunday 16th May at 9am  
Raeburn Orchards Robeystone  
RSVP via the meetup link in our bio

### Burgers and games at Grill'd Mt Lawley



Monday 17th May at 7pm  
Grill'd Mount Lawley  
RSVP via the meetup link in our bio

### Writers unite



Tuesday 18th May at 6pm  
BOO Cafe Perth  
RSVP via the meetup link in our bio

### Cards and churros at San Churros Northbridge



Wednesday 19th May at 1pm  
San Churros Northbridge  
RSVP via the meetup link in our bio

### Vic Park Board Games Night



Saturday 22nd May at 6:00pm  
Victoria Park Community Centre  
RSVP via the meetup link in our bio

Activities are diverse and include board game nights, TED circles, book club for TED talks, silent book clubs, nature and beach walks, 8-ball pool, 10-pin bowling, mini golf, and creative writing workshops. Many activities take place in scenic and picturesque settings like beautiful parks or the beach and are followed up with coffee or an affordable meal. Some events such as bingo, TED circles and other computer games were held online during the COVID-19 lockdowns.

Rahul has created safe spaces for people to improve their mental health and wellbeing during evenings and weekends. He provides unique volunteering opportunities for members to contribute to the mental health space.

Rahul has fostered new friendships with community businesses and in utilising them, he has helped increase their businesses. He has made a great impression on many business people who have become sponsors to Activate Mental Health by assisting with running costs.

**Editor's Note:** I have enjoyed watching this gorgeous young man grow over the last few years and become completely stable in his own mental and physical health. He has wonderful mentors whom he draws from to remain grounded and grow. He is wise beyond his years and dedicated to improving this sector in WA in creative and enjoyable ways. So many of us with mental health conditions are often trapped at home alone. Rahul has made it possible for us to leave home and venture into safe and enjoyable places, to mix with peers who understand, make friends and form relationships within our community. This alone is an incredible step forward for part of our community who are so often stigmatised and left behind. I applaud him for his achievements and dedication to this amazing group. He is my friend and colleague and I can't wait to see what he does next! Melissa

### Member testimonial



Activate Mental Health has helped me build up my social confidence and helped me grow as a person. It been a lot of fun too

### activate Why Peer Support?

- Share similar life experiences
- Reduces social isolation
- Increases feelings of hope
- Improves mental and physical health



Connect with us:

[www.meetup.com/activatemh](http://www.meetup.com/activatemh)  
#perthmentalhealth

### Connection

The energy that exists between people when they feel seen, heard and valued; where they can give and receive without judgement; and when they derive sustenance and strength from the relationship.



Brené Brown





# Let's Talk

with Erica Huntzinger



*What I would tell my younger self about caregiving*

**Editor's Note:** Every November around the globe thousands of people living with pulmonary hypertension come together to acknowledge and raise awareness about **Pulmonary Hypertension**, a rare progressive disease of the lungs which can lead to heart failure and affect many people especially those living with certain health conditions, (for more see [phaware.global](http://phaware.global) website). They are supported by carers, family, survivors who have had organ transplants, support groups, organisations, and industry to promote and educate about this chronic condition.

In honour of this year's **Pulmonary Hypertension Awareness Month** which took place in November, I would like to share a beautiful article with you. As this edition's theme is about "**not being broken**" I thought it was fitting to share the insights of a carer and daughter who lost her mother to this disease, but continues to support others, influence change and implement improvements in this field. I was very moved by Erica's story and I know you will be too. **Melissa x**

When I was trying to be a helpful kid taking on care-giving tasks, I didn't know any other kids my age in similar circumstances. I was not sure how to fully express what our family was going through, and I did not think of or label myself as a caregiver. I was just the daughter.

A recent article in Forbes states there are between 3 to 5 million kids under 18 who are caregivers in their families in the United States. Those statistics are from a national survey that was done just before the pandemic. Now with the COVID-19 global pandemic, that number will likely become much higher. The short- and long-term effects of COVID-19 on health and its impact on families are not yet known, the health care system is overburdened, and the economy is in recession. Families will have to do more to take care of their loved ones, and inevitably the younger members of the family will start to share in the responsibilities.

This perfect storm of events helped me decide to do my first podcast episode with phaware global association because I felt it was time to share how our family was not defeated by illness. In the episode, I share some of my experiences as the young daughter of a pulmonary hypertension patient, taking on caregiving tasks from middle school onward, and eventually caring for both of my parents as an adult daughter.

I've been thinking about how our family somehow navigated through the years my mom did not have the correct diagnosis, and the twisting and turning road that took us there. I wondered if I knew then what I know now, would care-giving have been any different for me, and what would I tell my younger self if I could?

*This is what I would say...*

- ☆ **ENJOY AND APPRECIATE THE PEOPLE YOU LOVE SO MUCH**  
You might have them longer than you think, but not as long as you would like. Make the time with them valuable. Tell them you love them, tell them how much, and tell them often.
- ☆ **THERE IS A LONG ROAD AHEAD**  
There may be moments of uncertainty. There may be times you will wonder which ER visit will be the last, which doctor will have all the answers, and why we have to go to the hospital again. You may wish there were a magic wand that could fix everything. Instead, take it step by step. You will need to be flexible.
- ☆ **YOUR CAPACITY WILL EXPAND BEYOND WHAT YOU THOUGHT WAS POSSIBLE** Ask questions and learn as much as you can. Keep good relationships with the doctors and others involved in the care and treatment of your family. You have all the abilities to meet the challenges ahead and be successful.
- ☆ **IT TAKES A CERTAIN KIND OF PERSON TO BE A CAREGIVER**  
Everyone might not understand or fully appreciate what your family is experiencing. They may not relate to things you choose to do or responsibilities you have. Don't waste time waiting for people to understand.
- ☆ **ASK FOR HELP IF YOU NEED IT**  
Create your own support team for the times you may need some direction. No one can do this alone. Let people earn your trust, and listen to your instincts.
- ☆ **DON'T GIVE UP ON WHAT YOU WANT FOR YOUR FAMILY OR FOR YOURSELF** Continue taking steps towards your own goals and ambitions, no matter how big or how small.
- ☆ **THE CONCEPT OF WORK-LIFE BALANCE IS OVERRATED**  
You can best decide how to spend your time. Do not let others try to rearrange your priorities for you. Do not let others make you feel bad because you have family responsibilities that they don't. Be at peace with your decisions.
- ☆ **THERE WILL BE TIMES YOU MAY WISH THINGS COULD HAVE BEEN DIFFERENT** It is not easy to watch your loved one experiencing health difficulties. You have a special purpose in your family to be there for them at this time.
- ☆ **SOMEDAY YOU WILL EXPERIENCE THE LOSS OF A LOVED ONE**  
When the grief comes, you will have to be strong and not let it consume you. Everyone has their own way of dealing with grief. You will discover yours as well.
- ☆ **HAVE FAITH, INCLUDING FAITH IN YOURSELF**  
No illness will ever defeat you.  
Your life is precious and valuable.  
You are loved more than you know.

*This is dedicated to caregiver kids, caregiver youth, and family caregivers of all ages. Erica*





# THE GIRL IN THE Silk Green Dress



Early mornings didn't agree with me. Even when I'd been healthy, I'd despised having to drag myself from the comfort of my bed, but now each day was a constant battle with my muscles which fought to stay immobile. Most days I wanted to give in and just let myself sleep the day away, but I knew the longer I stayed down, the harder it would be to get up. And for me, the only thing worse than living with a chronic health condition was not living at all.

Kayla's eyebrows raised as I trudged into the kitchen and flicked the kettle on. "You're up early."

I shrugged. "Big day today."

Her eyes narrowed as she shovelled a spoonful of Weetbix into her mouth. "Your walk test isn't until tomorrow."

I groaned internally at the thought of that. Since my diagnosis, I'd been required to complete regular **six-minute walk** tests to monitor my breathing and determine if my condition had progressed. After the week I'd had, I dreaded seeing the results of this one.



"I know it's tomorrow. I have something else in mind for today." I glanced at the blue shirt hanging on the back of one of our dining chairs. Usually anything that sat on the back of one of those chairs for longer than 24 hours was plucked up by Kayla and stuffed into the washing machine or folded into a drawer somewhere, but she hadn't dared touch this one.

Her eyes followed mine and her face dropped. "Do you really think that's a good idea?"

No. But what other option was there?

"I was two weeks away from graduating, Kayla. *Two. Weeks.*" Not to mention I was one of the top cadets of the year. I was well on my way towards a highly successful career in law enforcement before those assholes dismissed me because I got a little breathless during one of the final physicals.

"They can't recruit someone with a disability, babe." She gave me a sad smile. The kind of smile she *knew* I hated, because it held too much pity, and I'd be damned if I let anyone pity me. "It sucks, I know. But you can't pass the physical."

"I seem to recall beating your ass in the physical multiple times!" I filled my coffee cup a little too furiously, and hissed as I splashed my hand with boiling water.

"We can go again now, if you'd like?"

"Anytime." I sent her a fierce glare as I cooled my hand under the tap.

She chuckled. "Save your energy for the test tomorrow."

I'd need it, too. The last one was a real eye opener. It was an odd notion, from one day being able to effortlessly run laps of an oval to the next day being unable to climb a set of stairs without a breathing break.

"Will you give me a lift in?" I asked her nicely. As a new recruit, it didn't exactly reflect well on her reputation to be sneaking me into the academy.

"Sure," she sighed. "Just no complaints about my driving."

\*\*\*

If I'd been driving, we could have left home twenty minutes later, but Kayla liked to drive ten kilometres below the limit and brake at every hint of an orange light. How she became interested in joining the force was beyond me; it certainly wasn't because she worshipped the car chases in *Lethal Weapon* like the rest of us.

Several heads turned to stare at me as we entered the building; **no uniform was capable of hiding the oxygen tank and nasal tubing**. If I'd been having a better day, I would have left both at home, but unfortunately my crime-stopping antics several nights before had taken its toll on my body. I'd need at least a few more days' recovery before I could leave this bad boy at home.



Kayla scanned her ID at the door, allowing us both access, before leaving me to face my battle.

"Good luck." Her raised eyebrows gave me little confidence.

\*\*\*





Sergeant Williams was elbow deep in paperwork when I tapped on his office door. He had a muscular build despite his age, and buzzed-short greying hair that made him look more military than police force. I'd found him utterly terrifying during my orientation, before realising his steely looks were all just a cover. Right then, his frown didn't look like it could get any deeper, and I was hardly surprised. Paperwork was the bane of any officer's existence. We tended to enter the force for either the adrenaline rush or the excitement of solving a case; certainly not for the incident reports and filing duties.



He looked me up and down, raising an unimpressed eyebrow. "I'm going to have to revoke Miss Stone's ID card, aren't I?"

I shrugged. "You can, but you know I'll just find another way into the building."

He sighed deeply and pushed the papers in front of him to one side. "You have five minutes, and then I'm leaving for a meeting."

It didn't give me a lot of time to work with, but I was hardly going to say no. The man hadn't taken my calls or responded to any of my emails in the past three months, so I needed every second he would give me. I took a seat across from him and looked him straight in the eye.

"I'm the best recruit you have."

"You're the best recruit we *had*. You're no longer part of the academy."

I grit my teeth. "It's discrimination to dismiss me based on a disability."

"It's against Academy policy to accept recruits who have long-term health conditions that may affect their performance as an officer."

"My condition is not -"

"The medical staff have deemed your condition permanent."

I could feel the anger bubbling inside me, but fought to keep it at bay. Yelling would not fix this. "It's *not* permanent, it's -"

"Is there a cure?"

"No, but -"

"Has it negatively affected your fitness capabilities?"

"Well, yes, but I'm capable of -"

"We can't recruit someone with a compromising health condition."

My fist hit the desk before I even realised it was moving. "Just because my lungs are faulty, doesn't mean I'm bloody broken!" Well, there went my well-crafted plan of keeping calm. I took a deep, shuddering breath and looked at the Sergeant.

He didn't look shocked or angry by my outburst. It was as if he'd been expecting it.

"I'm still me. *Please*. Take me off the field work if you have to, but let me help with the case work. You know I have the brains for it."

"You're the smartest recruit we had," he gave me a small smile. "And I'm positive you have a bright future ahead of you. But it's not here. I'm sorry."

\*\*\*

I left the Sergeant's office feeling more deflated than angry. I'd wanted to join the force since I was nine and I'd worked tirelessly to get myself there. I might have been capable of pursuing a different career, but I didn't *want* to do anything else. I was made for this.

Overhearing a case discussion down the hall, I unhooked my oxygen and moved silently into the back of the room. At least fifteen officers were scattered about the room, watching a briefing presentation on what seemed to be a major drug deal. It had to be a serious one to have this many officers involved. I spotted Kayla's blonde ponytail in the front, her head nodding eagerly as she took in the information.



Keeping quiet near the door, I absorbed as much of the case details as I could; learning more about the lead suspects, activity locations, and plan of action. Then, as the presentation came to a close, I collected a brief summary pack from the desk beside me and slipped back outside before anyone could spot me.

I was going to prove to Sergeant Williams that I wasn't *compromised*, and this case was going to help me do it....

The Girl in the  
Silk Green Dress  
will return.....



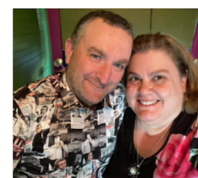
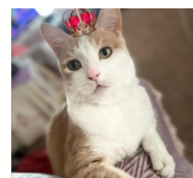


# Welcome and Hello



My name is Angela. I am a woman in her (very early) 50's. I have been a carer for my father who died from Leukodystrophy, and now I am a carer for my elderly mother.

I have a ginger cat, my *Ginger Ninja*, who I absolutely adore, and I have *Phil*, my gorgeous, amazing and patient partner of five years, who is the true blessing in my life.



The man who now shows me unconditional love by loving me for the person I am. I am forever grateful that I have him in my life. We met later in life, which shows, great things come to those who are prepared to wait for their true soul mate to arrive.

From a very early age, I have been interested in art, favourites have changed throughout my life, these have included, flower arranging, photography, scrapbooking and currently work on my Cricut. I am obsessed with all things Hugh Jackman, our gorgeous Aussie actor.

Life hasn't been the easiest, there have been some significant losses, trauma, mental health concerns and other adversities that occurred in my life. I often think to myself, "*would I ever wish these did not occur*"?

My answer has always been "No", because it wouldn't have led me to be the person I am today. The person I am today who believes in honesty, fairness, true equality (not only for the individuals/groups prescribed by the current 'woke' committee) for everyone, a sense of humour and a lot of curiosity about the world and people/animals in it.

A number of years ago, I met my psychologist through my remarkable GP. He doesn't look like your typical psychologist, and some of his methods are, well left field and outside the box, but for me, they have worked.

It is because of my mental health team (my psychologist and GP) I am still alive today. They both provided me with the tools, strategies, and professional guidance that has enabled me to ignore the number of deep dark periods that have come over me in the past.

One such period, related to the first love of my life, my papa. He was the most loving and devoted father during my childhood. I remember spending many hours outside with him in his garden, bare footed and loving life. Sadly, due to a rare disease, Adrenoleukodystrophy (ALD), all essence of my papa was lost. Sadly, the disease progressed and he died 4 months before my 18th birthday.

After my papa's death, I was informed I was a carrier of ALD, which had a significant effect on my life. Firstly, by the way I was informed of my carrier status, and then my somewhat, ill-informed decision to not pursue the possibility of having children of my own.

I believe it stems from the experience after my papa's death and how my ALD carrier status was discussed. My papa died in 1988 and the doctors' bedside manner was, well, not as empathetic as by today's standards. After this groundbreaking event in my life, I needed to get on with my life. I worked with children for 2 decades, which I loved.

The doctor at the time, stated I didn't need to worry about being a ALD carrier status, until I was ready to have children. Only then would I need to decide if I wanted to continue with a pregnancy. Back then, it was understood males had a 50% chance of having ALD and females had a 50% chance of only carrying the ALD gene. At the age of 36, I decided I would take a different course in my life. I had always wanted to be a school teacher, but attending university had never been an option for me. Or so I had thought. This was due to my being the first generation born in Australia, my parents immigrated from Sicily in 1960 and English was my second language as I was growing up.

I felt overwhelmed by the prospect of being in a position where I would be faced with the likelihood of requiring to make the decision of termination of a baby boy because he would have experienced the same cruel and evil disease my papa and my family had experienced for the 5 years before my papa's passing.

I started as a babysitter, nanny and untrained child care assistant. I moved onto being TAFE qualified and a supervisor. Not bad, considering my first boss in the child care industry once told me, I would never be more than an unqualified child care worker.

I have been one of the few women who have not felt a maternal tug for my own children. This could be because I was able to do what Erikson stated about giving to the next generation through my work with children, as well as with my niece and nephew when they were younger.

I managed to get into university, and *completed not just 1, but 3 qualifications*. Firstly, my undergrad, double major in psychology and family and children's studies. Just prior to completing this course, I discovered they had studies in disability.

I'm proud to say, I am the last person to have graduated with a Grad Cert in Disability Studies before it was discontinued.

It is this qualification I am most proud of and have learnt the most from. It allowed me to develop, and I still maintain some close friendships with my alumni cohort, including one of the most influential lecturers who taught me about "*Others*".

"Others" are those within the community who do not fit into the "normal" template, you know, the prototypes of Barbie and Ken dolls. Where imperfections are seen as flaws, defeats which should be shunned and placed into hiding. Very much like what the Hugh Jackman movie "*The Greatest Showman*" discusses, and what the characters sing about in the song "*This is Me*".

If you haven't heard about the importance of vulnerability, please do yourself a favour and read or watch some of the work from Dr Brene Brown.


One of the best decisions I made was to emerge myself into further study, this time a Masters in Counselling and Psychotherapy. I thought I would just be learning counselling skills; however, I learnt a lot more about myself during the course. I felt like I had finally found one of the missing pieces of my puzzle.

Sitting in a room as a counsellor with an individual in their own variability is such an honour. It has also reminded me the importance of ensuring I remain curious and not juxtapose people to one element of their lives.

I look forward to sharing my first engaging growth activity with you in the Summer edition of Honeybee in 2022.

Happy Days, Angela x 





MAYBE THE JOURNEY  
ISN'T SO MUCH ABOUT  
BECOMING ANYTHING.  
MAYBE IT'S ABOUT  
UNBECOMING EVERYTHING  
THAT ISN'T REALLY YOU.  
SO YOU CAN BE WHO YOU  
WERE MEANT TO BE IN  
THE FIRST PLACE.



# "I AM NOT BROKEN...AND NEITHER ARE YOU"



*I am not broken, and neither are you!*

I know I can hear some of the thoughts in your head or the words coming out of your mouth. Asking what do you know, you haven't walked in my shoes, you have no idea of what's gone on in my life. I would have to agree and say you are absolutely right. No one can walk in the shoes of someone else, I have not walked your journey and you have not walked mine.

So I simply share my thoughts as a woman who has been there and felt broken many times, and as a life coach who has heard from hundreds of clients over the years that they feel broken. But what I have discovered and my clients discovered is that we are never broken beyond repair. There is always a way forward, always a choice we can make that will change the direction of our life. Sometimes our movement forward can be moment by moment and that's ok, but it can at times make us feel as though we are stuck in that sense of brokenness. The answer to that is to offer compassion, patience and kindness to yourself as you heal and take the steps you need to take at the pace that feels right for you.

The sentence 'I am broken' comes in many shades of grey and can be centred on the physical, emotional, mental or spiritual self. At times it can feel as though all these parts of our self is broken. My belief is that our spirit comes to this world whole and complete with all the strength and capacity to live a beautiful life as we begin a new journey of lessons, some which will be more difficult than others.

I also believe as our soul, spiritual self we choose our path and are well aware of the journey ahead of us and the lessons to come. As a physical being however once we are born we do not carry that awareness within us which means we will often feel unprepared and tested beyond measure as we meet the challenges of life and learn some hard lessons.



As an infant we must attach to our significant caregivers as a matter of survival. We are dependent on our significant caregivers, our family, to meet our needs. We learn very quickly what behaviours to demonstrate to attract attention, feel loved, connected to feel that we belong. For example if our natural exuberant excited squeals of laughter of dancing and singing brings frowns and a stern admonishment to be quiet, we learn to be quiet.

If we are naturally creative and told academia is more important we learn to ignore our creative inner self. We make meaning of the messages we receive with the capacity of a young child who has not yet developed analytical thinking. So we choose to quieten the authentic self in different ways in order to gain approval to feel connected and loved.

This is our journey of being conditioned, as we all are, from an early age as we become a reflection of the beliefs and values of our parents, family, culture and society. We unknowingly create an identity box that we think we fit in, with limiting self-beliefs that push our own authentic self further back out of sight.

It is this conditioned self with its limiting negative beliefs that we see as broken. However in reality our authentic self our soul is safe, whole and is never broken. Remember, we are born whole and complete with amazing capacity to live an amazing life.



# nourished Feature



## "I AM NOT BROKEN..AND NEITHER ARE YOU"

When the time is right, when we are sick of being held back by the limiting self-beliefs within the identity box we have created, we use our free will to begin a journey of healing. We begin our journey back to our authentic self to reclaim who we really are. We all have the capacity to heal, to go back to the seat of self, to rediscover our strengths and powerful authentic self within. As you learn to go back to the seat of self you will find a power and strength you had forgotten about.

I began to make my way back to my authentic powerful self after a long co-dependent marriage in which my conditioned self, did not speak out and I accepted and excused behaviours that I shouldn't have. I felt trapped in the identity box I had created and experienced a depth of loneliness I didn't know could exist in a marriage.

As one child struggled with a debilitating illness, and another as a teen was drawn into the world of drugs, I felt helpless and broken as a mother. As I scrambled to make things right for everyone else I realised I had to make myself right first. Only when I was strong could I be strong for others.

The moment I accepted and acknowledged this as my healing journey I began to access that inner part of me that was powerful and strong and had always been there. As I reflected on my journey I was able to see moments where I had made good decisions, I was a good mum, I had been a good wife, and I was not broken.

I chose to begin a gratitude journal which became a powerful daily practice, a ritual in my journey that guided to a place within and raised my conscious awareness. As the days became weeks and the weeks became months, I began to see new possibilities, I noticed what was good in my life, what was good about me. With this new more elevated emotional state I accepted a writing contract, something new I had not done before, a step into the unfamiliar, a step into the unknown.



I added meditation to my daily practice that would with practice take me to another space, another time. Using these simple tools and techniques with journaling I found my way forward. That's not to say life was easy, as it certainly wasn't. It was terrifying at the thought of going it alone as a single mum, I still had a teen in the drug world and I now had care of her baby. So it was no easy road back. But what I learned was, it's not what happens that makes us feel broken, as no one and nothing can make us feel broken without our consent. How we feel is determined by our perception of the situation and the language we use around each situation.

Every word we say internally or externally carries energy, the way we describe our self to our self or to others dictates who we see ourselves to be. I learned that the more I said "I am broken" and "I can't", the more I felt broken and without hope. As I changed my language to "I am moving forward, I am strong and I can", the more I became what I said.

I invite you to choose a daily practice that will begin to create a more mindful state of mind as you reframe your language to help you step forward into your healing journey.

*Take care, love Jackie x*



Jackie Rowe



# Feature



# THIS IS ME

**"I am not a stranger to the dark,  
Hide away, they say,  
'Cause we don't want your broken parts.  
I've learned to be ashamed of all my scars.  
Run away, they say,  
no one'll love you as you are".**

Story from  
Founder for The Platform WA - Marie Williams  
Editing Melissa Dumitru



The lyrics above are part of the song **"This is me"** which featured on the movie **"The Greatest Showman"**. This aptly sums up how I believe society feels about the intellectual and physically disabled community, and as a result parents end up being broken as well.

Society has largely made many families who have a loved one with an intellectual disability feel embarrassed, ashamed, and humiliated. Parents often feel a sense of failure and have been defeated and exhausted by trying to navigate the many different layers of bureaucracy that are supposed to help.

From when our children are diagnosed with an intellectual disability or a learning disorder we are told that our children/young adults need to go to Ed support schools and then into sheltered workshops where they remain hidden, invisible to the rest of the community, it is the right place for them. They don't have the right to form local connections, or attend the local schools, it is too disruptive for the 'normal' students and 'normal' students shouldn't have to tolerate special needs children in their class. We have lived this first hand.

As a result, our children feel like they don't belong, have very little self-worth, which is compounded by the inappropriate activities at school, and they remain isolated because society has implied that they do not have the right to be included. This in turn makes the carers and families of the loved one with an intellectual disability feel the same, if not worse because individually we can't change how our society views someone with an intellectual disability.

Social media has amplified this message as they rarely include people with disabilities, especially intellectual disabilities on a daily basis. They don't fit in, they don't belong in normal society, they don't look normal, some may not walk, some may have trouble communicating verbally.

My daughter, Laura often wonders why people like her aren't represented more in media, especially as so many other serious topics are given attention. I try to explain to her that sometimes looking different means you don't always fit into society's idea of perfection. It is simply too confronting or difficult to include this part of our society in a world where media tries to make everything look a certain way. Some of us simply will never fit into that mould, which means a whole section of our society is missing out.

## **Laura's sister Sarah, had this to say:**

"I'm only 14 and I can see the hurdles that people with intellectual disabilities face everyday, like my older sister, Laura who lives with Down Syndrome. I see how my sister is disappointed in herself because she wants to be normal or mainstream as she calls it. But because the majority of the Australian society doesn't often include people with intellectual disabilities, she can't be. The thing is that to get equality in today's society we need to include everyone on all social media and TV on a regular basis. If a 14 year old can see this you'd think adults would as well, but they haven't."

In high school my son had to read a book called **"The Giver"** written by Lois Lowry. This novel is based around what appears to be a Utopian society, perfect in every way. However as the story progresses the reader discovers this is far from the truth.

In the novel, when the children turn 12, they are given their roles in life and don't question it, as to function, this society has removed all human emotion and connection, thus it is perfect. However, when Jonas (the main character) turns 12 he has the ability to see colour and he is given the role of being the next Giver. He never realizes until now how his 'perfect' world was artificial and that if newborns are unable to function at a level deemed appropriate they were "released". No one questioned what released means, they didn't realise that it was a death sentence.

His own father worked at a Nurturing Centre, where if the newborns didn't reach their goals, he would administer a lethal injection. His father didn't realise that he was killing these newborn children, he had no idea, he never questioned it because he had been told that by being 'released' they were going to a better place.

Once Jonas realised the implications of what being 'released' meant, he struggled to understand why his father isn't aware of what he is actually doing. Jonas is advised it's because for everyone to function in this 'perfect' world they don't get to see colour, or experience life because sometimes it creates pain, sorrow, despair and these aren't good emotions to have. The society didn't realise that by getting rid of all emotions, the good and the bad, you are left with nothing – you feel empty, you do your job like a robot, life has no meaning, it seems less precious.

When his father brings home a newborn called Gabriel to try and get him to meet his milestones, Jonas tries to help him get there. However, Gabriel is unable to meet the milestones and Jonas' father tells Jonas that he will have to release Gabriel the next day. Jonas is horrified and ends up leaving with Gabriel as he wants to embrace a new set of values where every life regardless of ability should be valued.

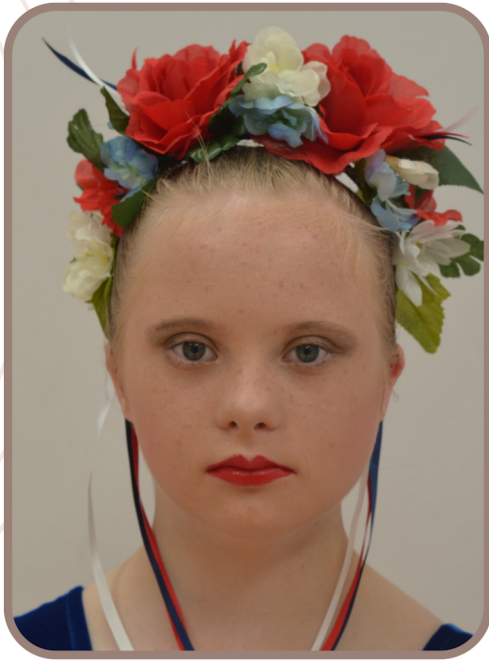
This novel has won many awards and has sold over 12 million copies worldwide as of 2018, but in reality the message from the book still hasn't made any real life changes to those with an intellectual disability at the coalface.

**One reviewer wrote "I hope there will be many, many young people who are willing to listen".**

From my perspective as a parent of a child with an intellectual disability the message didn't get through. Is it because the readers don't understand or don't want to address the issues of inequalities for people with disabilities if they do not have a direct 'lived' experience as it is too confronting?



*"I am strong,  
I am beautiful,  
I am enough."*



An easy way to interpret this book is if you draw a circle and colour it in evenly with one colour, it remains flat, which symbolises that if you take away all emotion your world is flat, it isn't whole. However, if you make one side darker and then progressing to a lighter shade at the other side, it becomes solid, it looks more like a 3d image, allowing us to grow and be shaped by our experiences.



You can relate that experience to our society. If you take everything away that is different or too confronting, your life doesn't experience a different set of values and it continues the same journey, it doesn't evolve or grow. Some people are happy and content with this way of living. They know that people with intellectual disabilities have somewhere to go, but they don't want to examine it any closer and why should they?

**At the start of this story, I quoted some of the lyrics from the song "This is Me", the next part of the song is:**

***"But I won't let them break me down to dust,  
I know that there's a place for us,  
For we are glorious!"***

The question is will we as a society let people with intellectual disability be glorious? At the moment public perception around the world in regard to intellectual disability is still a topic that is largely ignored by mainstream society. It is mostly hidden away, and kept out of sight so we don't have to be confronted by it. **As it can be very confronting.** Unfortunately there is still stigma around intellectual disability.

# RELATIONSHIPS

ARE CRITICAL TO HAPPINESS  
WE ARE HUMANS  
WE NEED  
EACH  
OTHER

Society needs to see that many people with intellectual disabilities and physical disabilities can accomplish many things if they are given the opportunity and the right support.

We need to change society's perception, as our children/young adults are unable to change themselves.

There is no cure. They can't fix their problem by putting on glasses, wearing hearing aids, or taking medication. The only way they will start to feel a sense of self worth, a sense of belonging is by being let into a society that for so long has been denied to them.

Our daughter Laura is very fortunate and she is currently employed at Pan Pacific Perth, in open employment (which means she gets a normal wage). This organization has welcomed Laura into their community, their family.

The General Manager, Rob Weeden, and his team could not be more supportive and are encouraging Laura to achieve her goals.

By employing Laura, it has given her a sense of pride, belonging and self-worth and it will educate the other team members in regard to making a connection with people who have an intellectual disability.

By writing about Laura's journey and ours, it will also give many families who have a family member with an intellectual disability hope, that their child/young adult can achieve **"More than Coffee"**.

Recently my husband Jim, Laura and I attended the Down Syndrome WA Gala. Seeing Laura on the dance floor made Jim and I realise that she is no longer watching from the sidelines, she is participating in life. It was a truly magical moment in time.

Our daughter, Laura is now ready to embrace life, chase her dreams and take her place in the world.

Society needs to know that you don't need to be perfect, to make a difference in the world. My 14 year old daughter aptly sums up what our society needs to do:

**"Will you include my sister, Laura and others like her in your world?"**

This is a conscious decision that everyone has to make by themselves, it should not be dictated or forced. A change in public perception about intellectual disability could enable those who have been hidden for so long to become visible, and empower them to take their place in the world alongside their peers. **Something that most of us take for granted.**

**Marie**



# Dignity of Risk



## HAYLEY SOLICH IS CANDID

CONNECTING COMMUNITIES  
TO MAKE POSITIVE CHANGE

Story by Contributor Hayley Solich

From the moment we are born as babies, people are hard wired to protect us. Our parents celebrate every new skill we develop and yet they are hypervigilant, making sure that we don't make massive mistakes that could cause us injury or death as we are learning.

Unfortunately, when our capacity is diminished through illness or permanent impairment, those same protective behaviours arise in our friends and family. People view us as broken, needing to be fixed. And if they can't fix us, they want to ensure that we don't get hurt or hurt others. But what they may not realise is that every time they make a choice on our behalf they are robbing us of an opportunity to learn and to grow. And when we defer to others to make decisions on our behalf we are robbing ourselves of an opportunity to learn and grow.

Now, in some circumstances, there is a need for strong protection as we may not have control of our thoughts and actions. We may want and need someone else to make some decisions for us to give us a time out from the stress of deciding. This is why such things as the Mental Health Act exists. But in most cases, where incapacitation occurs, there is a level of control that the individual wants and needs to have to feel like they have a sense of power and control over their own life. And it is this struggle that I want to speak to through this article.

### *What is Dignity of Risk?*

If we consider life through the window of lenses, then we see that every human being will perceive situations differently. One will say the chair is blue another will see the same chair as green. Although we might see the same hardware in a room, we will perceive the size, colour and even the shape differently. Equally, when it comes to processing information we may arrive at different conclusions based on our past experiences, our understanding and our value system.

What is challenging is when we want to protect the person we love from harm but we are only seeing the situation from our own perspective. We are missing the opportunity to see the learning they might get from trying and failing. The problem is that we tend to look for dysfunction instead of looking for strengths, to see others as broken or limited instead of seeing their abilities. An example of this is when you are living with a psychosocial disability. People think you are incapable of making decisions because you might be depressed, anxious or hear voices.



What they don't understand is that every time they make a choice for you, they rob you of the opportunity of making a choice for yourself. They may not realise that anxiety is preventing you from speaking up quickly, but that doesn't mean you don't want to speak up. And yes, there may be some times when choosing is too hard and you don't feel like making a choice. But that can be a choice in itself, can't it?

And there may also be times when you make a choice that feels right for you but others know it may be harmful and disagree with your choice. The space that lies between others choosing for us and being permitted to choose for ourselves is this principle called '**dignity of risk**'.

Dignity of risk acknowledges the individual's right to self-determination and also their need to experience the consequences of their actions in order to learn and be empowered. The issue most carers or medical professionals struggle with is how they determine the level of risk that is too great.

## *Caring Lightly*

As a carer for five family members, I have had to learn the hard way how to hold my family members lightly. That is light enough for them to know I care and that I am there for them, but loose enough that I can respect their desire to make choices that are right for them. I have learned that I can't keep my loved ones in a box, even though it might feel safer.

## *The world is a big and scary place*

I remember my husband's anxiety when my children were young. He was afraid to let them play at the beach without being close, just in case they were to go into the sea. His mum was from Scotland and had a deep fear of the water. I remember how liberating it was to go on holidays with just myself and my four children, aged 4-11 years of age. I remember sitting on the beach after giving them all clear instructions about what they could and couldn't do, then trusting them. This is 'dignity of risk.'

The beautiful thing I experienced was their genuine pleasure in being given freedom within boundaries. Our visit was without incidence and their joy at being given that freedom was palpable.

When my partner became incapacitated due to having a quadruple bypass, I had to take over the decision-making for him because he was unable, as he was so sick. It was over the coming months that I had to learn to peer back my caring to allow him to take back his decision making power as he became more capable.

What I learned when we had a reflective conversation about his incapacitation was that he really needed me to respect his choices and to give him room to make decisions that might have negative consequences. He needed to be given the opportunity for 'dignity of risk'. The funny thing was, the more that I eased back the more that he stepped forward. It was not always perfect. Some things got missed. But treating him with dignity and respect grew our relationship and helped normalise one area of a life that had been deeply impacted.

## *A Gentle Challenge*

I invite you to reflect on your relationships.

Are you doing more than you should for another human being, trying to prevent them from making bad choices, controlling their outcomes but limiting their growth opportunities? Are you seeing them as 'broken' and wanting to fix them?

Are you giving your power away to others, expecting them to make decisions or do things for you when you could be making these or doing these for yourself? Are you seeing yourself as 'broken', limiting your growth opportunities?

## *It Takes Courage*

I remember when I separated from my husband many years ago. He got sick on moving day and couldn't help me move. I had to drive a 5 tonne moving van from Canningvale to Kinross. I could easily have folded and got someone else to do it for me because it was going to be hard. But somehow I found the courage to have a go at driving that big truck. And when I did it, something inside me became strong. I had made a quality choice for my children and myself. Having to drive that truck achieved something in me that if it had been easier wouldn't have done. I could have crashed the truck. I could have not been able, as I had never driven a truck that big before, but I did it. I achieved it. That felt amazing!

## *In Closing*

Sometimes we limit others.

Sometimes we limit ourselves.

Dignity of risk sits somewhere in the middle.

*Cheers Hayley*





# *I am not broken*

*Healing is our responsibility,*

*No one else's...*

*Self accountability and the realisation*

*that my experience now that I am  
an adult, was my responsibility.*

*No one and nothing outside of me  
was going to make me feel better.*

*It was not my job to save others.*

*I had to save myself, with self care,  
self love, self exploration.*

*I had to have ruthless boundaries,  
internal and external.*

*I cleaned out all the people from my life  
that didn't love, support and accept me.*

*I became disciplined about my recovery...*

*Peace was my aim, and I'm achieving it,*

*A little more each day.*

*Now life has its ups and downs,*

*but I'm able to navigate them.*

*With Grace and Purpose,*

*I am a Peaceful Warrior.*

*A light that shines as bright as possible*

*so others can find recovery too...*



*Jacqui x*



The Recovery Collective Director  
Jacqueline de Grussa





## LAST WORDS

*From the Divine Ms M*



**Welcome** to my blog for HoneyBee Lifestyle Magazine. I put myself last (literally) on this page to end the magazine on a high note, and with a little reflection.

**Love Letters:** Our last edition featured the lovely **Laura Williams co-founder for the Platform WA** and received a huge amount of positive feedback from our readers and the community. It is so gratifying to receive emails from people telling us how much they enjoyed something to do with the magazine. I must say I was quite chuffed, so thank you to everyone who sent me an email or message. They were all incredibly appreciated.

The theme for this edition is **"I am not broken"** and each writer was asked to contribute something they felt reflected this in their lived experiences. We have had quite a variation of offerings from everyone which was great.

**I thought I would add in my own thoughts on the topic, so here goes.**

I have literally experienced the feelings of being broken.

Broken in every way.

Mind, body, spirit and even my soul.

I didn't think I could be broken because I am strong, resilient, had a strong faith, and often have had to display moments of true grit.

I don't give up, ever...but sometimes circumstances are such that you are gripped in experiences that really do shatter you in many ways.

So what did I do next?

I wanted to die, many times. To escape the pain and suffering.

Instead, I reached out for the first time in my life and asked for help.

I have spent a lifetime helping others. This was a first for me...

A sense of failure, embarrassment, fear of what people would think, were all factors for me.

My recovery journey has been long and painful and it's only been about two years! I now realise that recovery for most of us is a lifetime commitment. A bit like self-care?

In my case I was extremely fortunate and blessed to have some amazing women come into my life in this time, and hold space for me while I began my healing process.

Through all the ups and downs, I have undertaken a variety of ways to rebuild my broken self. Now I have a sense of gratitude that may seem odd to some, but without the bad I experienced, so much of the good that has now unfolded may not have happened.

A lot had to change.

Many things had to be put behind me, in order for me to move forward.

Is it scary, oh hell yes.

But was it worth it?

The anger, fear and disappointment that led to my being broken are still laying beneath the surface.

They rear their ugly heads less and less. I am mostly in control now.

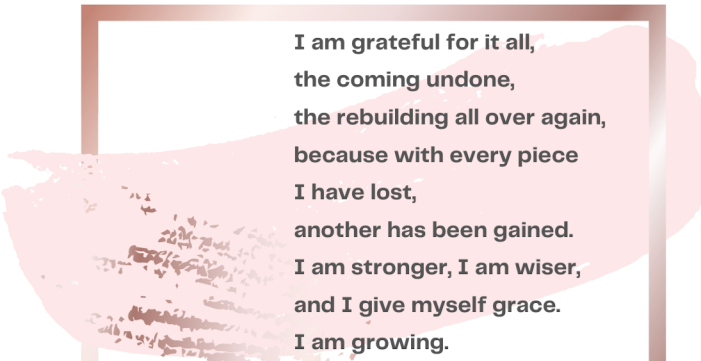
I won't hide these feelings anymore. If I don't feel like myself I don't put on the mask I have worn for so long and pretend everything is ok.

This is me now, warts and all. Recovery is about authenticity and finding your true self. Accepting your true self. Allowing those feelings of vulnerability to come through, and asking those around you to see you and accept you as you are.

So to close, you can be broken. You can feel broken. But you can also heal, and grow as you put those broken pieces back together to form the new you! Perhaps we don't break, but bend and that is why it is so painful? All I know now is that I am stronger, and broken no more...

Thank you for joining us for Edition 5 of HoneyBee, we hope you have enjoyed your experience with us.

Love and blessings always, **Melissa xx**



**I am grateful for it all,  
the coming undone,  
the rebuilding all over again,  
because with every piece  
I have lost,  
another has been gained.  
I am stronger, I am wiser,  
and I give myself grace.  
I am growing.**

*Take time to stop  
and smell the flowers*



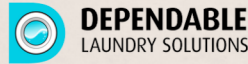


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## *Acknowledgement to Country*

Chronically Inspired would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians.

We value their culture, identities, and continuing connection to country, waters, kin and community.

We are sincerely sorry for all they have suffered and endured.



## The Gillian McGimpsey Evans Memorial Project



Chronically Inspired is proudly supported through the generosity of our beloved member and friend Gill, who passed away in May 2021 from Pulmonary Hypertension.



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