



GETTING TO KNOW YOU

Carol Ann Fried

Meet Carol Ann Fried, former OrSh board member, Gala organizer, and current membership committee member. Born in Halifax, the oldest of three, she completed an undergraduate degree in Psychology, Sociology, and Romance languages and moved to Montreal to pursue a Masters degree in Counsellor Education at McGill. While in Montreal, she worked at Concordia University and Jewish Vocational Services. During the summers she would come to Vancouver to teach mornings at UBC and spend afternoons at Wreck Beach, hoping to not meet any of her students there.

She eventually succumbed to the lure of the west and moved to Vancouver where she is now a professional keynote speaker, trainer, facilitator, and coach. In 2017, she inherited the Playfair Canada company, which brings community-building and non-competitive activities to first-year university and college students across the country.

A founding member of Vancouver Playback Theatre company and a passionate student of Marshall Rosenberg's compassionate listening process, Carol Ann has studied Esperanto, loves gardening, and has participated in the Sun Run 11 times. She enjoys almost all games - particularly bridge, Werewolf, and Code Names. Carol Ann is an adoptive Bubby to Lu and Michael Winters' children, Levi and Max, and to Raphael, son of Gyata Sandoval and Jerry Ewen, Carol Ann's late *wasband*.

Carol Ann first came to OrSh over 25 years ago, introduced by Lorne Prupas. Many will remember Celia, Carol Ann's mother *a la shalom* who came to Or Shalom yearly on the High Holidays and sang "Hayom" with Carol Ann on Yom Kippur.

Ask her about the time she participated at Vancouver Theatre Sports League and how it changed her life!