

“Celebrating much that is important in life”

Joyce Bryant is one of those people who can't not write, and *Changes, Challenges, and Chats* confirms that her readers are better off because of it. This serendipitous collection of reflections, anecdotes, reminiscences, humour, and verse takes readers through the “rhythm of the seasons” and the many changes that characterise life in a retirement residence. The author reflects on change in the Anglican Church and then introduces some of her close friends and family members before closing with an eclectic assortment of verse, quotations, and “this and that.”

Changes, Challenges, and Chats celebrates much that is important in life, from embracing change and cherishing friendships and faith to learning from the world around us, enduring the hardships of old age with dignity and humour, and deriving joy and fulfillment from life's small pleasures. A precious, heartening volume indeed.



The Author

Joyce Bryant has been writing ever since her teen years, when her poetry appeared in the *Winnipeg Free Press*. Joyce was born in Winnipeg, where she spent her childhood before moving to England. After wartime service in the RCAF in London, she returned to Canada and worked at Rideau Hall for parts of the next five decades. A Member of the Order of Canada and recipient of the British Empire Medal, Joyce makes her home in the New Edinburgh neighbourhood of Ottawa, where she has lived since 1947. In 2007 she published her memoirs, *Slender Threads*, which is in its fourth printing.