



20x20 Vision for walking in 2040 from Carolyn Affleck Youngs - Transcript

This is Caroline Affleck Youngs calling from Vancouver Island on the west coast of Canada. So normally I'm away from home once or twice a year making a pilgrimage of peace walk somewhere but in these unusual times where does a peace walker walk?

Well my own back garden because recently my partner and I moved house and the place that we are now living in has a labyrinth in the back garden which is really exciting. Labyrinths have long been a fascination for me so I was so surprised and delighted to find this place and we are so honoured to be the new custodians.

Some people think that labyrinths and mazes of the same thing but mazes are puzzles made for you to get lost in and a labyrinth is meant as a tool for finding oneself. Slowly and mindfully you follow the path that weaves back and forth and circles around itself, and you end up in the middle where are you may feel more peaceful and even more enlightened than when you started.

Our own labyrinth was patterned and on the very famous one at Chartres Cathedral in France. There it is set into the floor stones of the knave of the building and here it is rows cut into the grass winding through a birch grove. So it is almost like an obstacle course as well because we have tree roots coming up, and stumps and some soil erosion as well. So I'm trying to do some rehabilitation to make it more accessible and I also have in mind to create an interesting and beautiful pathway to reach it from the street. This will be more something more like what in Japanese landscaping is called a "stroll garden", and one day I hope to make it open to the public so keep your eyes and ears open for Labyrinth House and Garden on Vancouver Island.

My Vision of the world of walking in 2040!

Wow it's hard to think that far ahead. I sincerely hope by then that we are not relying on fossil fuels and that we have embraced alternative methods of transportation. I imagine freeways being repurposed and beautified as parkland for a foot and bike travel. What if along the pathways we planted food so that we could stop along our journey and sustain ourselves. Well it might not be all that fantastic, it might be possible.

Covid has certainly been a monkey wrench, a spanner in the works and we've seen a massive decrease in global travel and even in local travel. We are doing less socialising and shopping; we are being more purposeful with our excursions, which I think is a good thing. Although I am sad not to be hiking somewhere sunny and warm during the winter I am doing a lot more exploring by foot at



at home, which I see others are doing as well, and it's been a great way to meet people in my new neighbourhood.

So on a realistic level my vision is about returning to living on a smaller scale sustainably, where we know our neighbours and can walk safely in fresh air and good company.

Thank you. Happy 2021