Bencher Election: Getting to Know You Questionnaire

RON SOROKIN

1. **What is your favourite song, movie or book & why?**

My favourite book is Zeitoun by Dave Eggars. It is a true and heartwarming story about a silent hero following Hurricane Katrina. Zeitoun was a Syrian American living in New Orleans, who took his secondhand canoe around the city and saved the lives of countless strangers. He never sought any acclaim for his good deeds.

2. **What was the most inspiring or rewarding volunteer activity you have performed?**

I have been making weekly Meals on Wheels deliveries for the last several years. Bringing food deliveries to people with mobility or other limitations allows people to continue to live with dignity in their own homes, and makes the community in Edmonton more vibrant.

3. **How do you deal with stress?**

It helps to spend time around my family and friends, whether that be daily walks with my wife Lisa and our Corgi, Rory, ski trips with my wife and kids, or just watching an Oilers game on the couch (although sometimes these games can be a different source of stress). For the last 25 years, if I am stressed during the day, a lunchtime workout at the YMCA or a run in the river valley, has helped take the edge off.

4. **What does lawyer well-being mean to you?**

Prioritizing work-life balance is so important. I work hard but always try to find time to relax and make time for the people that are important in my life. I encourage my colleagues, and especially junior lawyers at my office, to leave the office at a reasonable time and go on vacation, and I do the same. It also helps to maintain connections in the profession, with mentors for advice and peers for support.

5. **Do you believe mental health should be a priority?**

Absolutely. We need to do better as a profession to recognize the stress and mental toll that this job can have, reduce the stigma around getting help, and provide the supports people need.