

LIVE IT!

CONTACT US: BROOKEE LAPOINTE 458-6402

THE DAILY GLEANER

MONDAY, JANUARY 21, 2013

C1

CHECK IT OUT!

blapoint@dailygleaner.com

Krystin Pellerin's character goes undercover on Republic of Doyle

By BILL BRIOUX
The Canadian Press

For three seasons, Krystin Pellerin has been the good cop to Allan Hawco's bad-boy ex-cop on the *Republic of Doyle*.

Hawco, the very hands-on writer, producer and star of *Doyle*, wanted to give the blond, blue-eyed actress a chance to show a darker side on the fourth season of the CBC detective drama.

"She's an incredible actor, man," said Hawco. "I just love the simplicity with which she approaches things, with such truthfulness and honesty."

As with Hawco's character, Jake Doyle, fans may have been wondering where Pellerin's Const. Leslie Bennett had disappeared to when they tuned back into the series, now airing Sundays at 9 p.m. AT.

It wasn't until last week's second episode of the season when Bennett was discovered, decidedly out of uniform and deep undercover, in what appears to be a crack den. Sunday's third episode will shed more light on her dangerous assignment.

"It was so liberating," said Pellerin, who came in on a day off for an interview as the cast and crew gathered to shoot scenes at a deactivated St. John's school house.

On this late November day, production on the fourth season was nearing an end.

This is a much darker side of Leslie that hasn't been seen before, she said. "I didn't want it to end. I never had a chance to play anything like that before. It's like being given a brand-new character to play."

The 29-year-old actress said she met with real-life undercover cops, addicts and addiction counsellors in doing research for the gritty story line. They told her that things can get "really tangle-y" trying to go undercover in St. John's. "Everybody knows everybody," she was told. "It's a small town."

One the Newfoundland native, who grew up in St. John's, knows well.

The wardrobe department helped her get tatted up with "short shorts" and other trashy fashion choices for the role.

"I'm all Value Village," she said, referring to the secondhand thrift store chain. Her hair was teased and extended into some sort of nightmarish Christina Aguilera 'do.

"I felt like a bit of a canvas," she said of the transformation. "The scripts and the makeup and everything — it all felt like a collaborative effort."

Pellerin has played to extremes before. Last spring, during her hiatus from the series, she performed in two plays at Toronto's Soulpepper Theatre: the intense Eugene O'Neill drama *Long Day's Journey Into Night* and the screwball comedy *You Can't Take it With You*.

"That's the best workout you can have as an actor," Pellerin noted.

The National Theatre School grad appeared opposite Jonathan Rhys Meyers in the second season of *The Tudors* before landing the role of Const. Bennett in *Republic of Doyle*. Her film credits include *Warriors of Terra* with Edward Furlong and *Killing Zelda Sparks* with Vincent Kartheiser (*Mad Men*).

Hawco, as always, was notoriously tight-lipped about upcoming plot details.

"I don't know how much I should be telling you," he said, preferring to talk more about the actress.

"She's so open when she takes on a role like that. It's a big challenge. I know some undercover cops, and I tell you, I would never be able to do what they do. It's a life-or-death stake, and Pellerin goes undercover."

Pellerin is just glad to have a steady gig on a popular Canadian series.

The fourth season seems to be a transformative one for several cast members.

"People in the cast and crew are getting married and having children," she said.

Painting through the pain

Creative outlets help Heidi Grein deal with the pain caused by a rare disorder called erythromelalgia

By LORI GALLAGHER
gallagher.lori@dailygleaner.com

Being creative comes naturally to Heidi Grein. Though she is best known as an artist working with pen and ink, watercolour and batik, she also writes, does embroidery, sculpts and more.

She's been an artist all of her life, she says.

"Since before school and my mother painted a little bell flower for me. Then she said, 'Now you can try.'"

Grein was so young she wasn't sure how the coloured pencils worked.

"I thought, 'How can I get colour on paper with that thing there,'" she says, chuckling at the memory. "Then I did."

She was hooked and has continued to grow as an artist, as is evidenced by the wonderful array of her work around her home in Charters Settlement. Her work has been widely exhibited and she's won many prizes and much recognition over her career.

In recent years this passion has turned into more than a way to express herself; it has also become a way to deal with her pain.

Grein has a rare disorder called erythromelalgia. The hallmark of this is red, burning feet, although many experience symptoms in the hands and/or face as well. Flare-ups are triggered by heat — warm ambient temperatures as well as localized heat caused by showers or wearing socks. Relief comes from cooling the affected area.

She first noticed a problem one summer, but blamed it on a new pair of shoes.

"My feet would get warm, then there was pain and it wouldn't go away. I thought it was allergies, that it was something with the sole of the shoe. I tried other shoes, but it stayed."

The pain spread, she says, crawling up the legs, even sometimes appearing on her nose and ears.

They discovered what was causing her problem when her local doctor sent a sample of her skin to researchers in Holland.

They confirmed it was erythromelalgia. That was five years ago.



LORI GALLAGHER/THE DAILY GLEANER

Creative outlet: Local artist Heidi Grein is shown with her painting, Red Heat. It won third place in the 2012 Paint Your Pain art contest sponsored by The Erythromelalgia Association.

That was five years ago.

"I might have had it a little earlier," she says. "Seven years ago I had a hysterectomy and many get other diseases after a hysterectomy. Everything is out of balance."

Initial damage could be traced back to when she got frostbite on her toes as a child, growing up in East Germany.

"We didn't have heavy dresses, no good boots, and every winter some toes got frostbite," she says.

While most cases are thought to be idiopathic, some are secondary to causes such as blood disorders, peripheral neuropathy, autoimmune diseases and sports injuries.

Many cases are severe with constant, unrelenting pain. Even a mild case can be debilitating.

Grein had never heard of erythromelalgia before she was diagnosed with it.

"The doctors here didn't know what it was," she says, so her husband suggested they look it up on the Internet. They found a lot, including a support group.

Since then, Grein has collected a lot of information about the disorder. She's also become a member of The Erythromelalgia Association, an international, volunteer-run, non-profit organization that provides educational and networking services, raises public awareness and helps fund re-

search. She says it has helped to have others to talk to about the disease.

"They invite people to have an extra page on the computer describing how it is for you, so other people can read it and see if theirs is the same or different," she says. "I have not written that, but I will do it sometime."

She remembers one young man who was only 18 years old whose pain was so bad he couldn't go to school anymore.

"He was in his bedroom with his books and a big window,"

He would sit by the window from morning to evening with his feet in cold water, trying to relieve the burning pain.

"Cold helps, but what happens when you come out of the cold water and your feet get warm again, they overheat and jump to the next stage, and it's really bad," says Grein.

Sadly, the young man's story doesn't have a happy ending. "He died in that room."

Though erythromelalgia has a huge impact on those who have it, most people have never heard of the rare disorder. In fact, Grein carries a short explanation with her for when she needs it.

"When I go to a new doctor and they take my history, I pull out that little note."

There are some medications avail-

able to help ease the symptoms, but, she says, they don't work for everyone.

"You try a lot and then I write on the bottle 'yes' or 'no.'"

The Erythromelalgia Association held an art contest last year called Paint Your Pain, and Grein decided to enter in hopes of increasing awareness.

"How would you express your pain was the question," she says. "I sent in three (paintings) and I got third prize."

Her winning entry was called Red Heat. It's described as a vibrantly hued work that portrays a vermilion tree crowned by burning yellow branches that illuminate a fragmented, flame-like sky.

Her two additional submissions, Pain Areas and Looking into the Eyes of Pain, display a similar use of colour and imagery.

Grein created all three together, she says. What was she thinking when she was painting them?

"Pain," she says.

When she wants to do something she enjoys, something to get her mind off her pain or simply to pass the time, she turns to painting, rug hooking, embroidery and her other creative outlets.

"I've always had art," she says.

For more information about erythromelalgia, visit burningfeet.org.

Non-alcoholic options needed at parties

Dear Readers: Here is this week's sound off, about party hosts offering only alcoholic beverages:

"I would like to sound off about party hosts who do not provide non-alcoholic beverage options for their guests. There are many reasons why a person may not want to drink (choice, medication, pregnancy, driving). It would be wonderful to not be greeted with a "deer in the headlights" look when you ask if there's anything besides beer or wine and then being handed a cup and shown to the tap-water faucet.

— *Thirsty in Omaha, Neb.*

Your point is well-taken. A host also should have, at a minimum, some soft drinks (regular and diet), tea, etc., to offer.

— *Heloise*

Fast facts

Dear Readers: Other uses for chip clips:

- Hold napkins at a picnic.
- Hook together drapes.

- Hold sheet music to a music stand.
- Secure an ironing-board cover.
- Use as a bookmark.

— *Heloise*

Injured-husband help

Dear Readers: A reader recently wrote about her husband, who had suffered a brain injury. She was having trouble keeping important papers and cleaning products someplace safe. Several of you shared your suggestions:

• Kathy in Southern California said: "She should install a lock on one of her cupboard doors and keep the key to herself. It's inexpensive and easy to do."

• A reader in Nebraska said, "She could find a cheap, lockable dresser, desk or any piece of furniture large enough to store her items at a thrift store."

• Sherry from Alabama said: "Lots of people work out of their car. Get an inexpensive cooler and put it in the trunk of your car, and keep personal papers in that. For cleaning products, clean out containers, put them back

in the cabinet and put the actual products out of sight. Tell him, 'We're out,' and you're going to get more the next time you go to the store."

Hope all this advice helps. Keep the hints coming! I'd love to print more.

— *Heloise*

Granny bag

Dear Heloise: I made up a great bag that rescued me and my two grandchildren many times.

I took a big cloth bag and put these in it: a roll of toilet paper, tissues, hand cleaner and a cloth towel, toilet-seat covers, small snacks, activity toys, extra underwear, swimsuits in summer, disposable cameras and sweaters in cool weather. I carried this bag, and no one was able to see what I had, but we were always glad I had it!

— *Jenny in Huntsville, Texas*

Earring dish

Dear Heloise: My grocery store sells mini quiches in the frozen section. They are in a plastic dish, with each quiche in its own compartment. I saved the dish they came in, cleaned it and now use it to store my earrings.

Each pair has its own section. No more looking for the missing piece of the set or having it get tangled with the other jewelry.

— *Tanya Overstreet in Arlington, Va.*

Dry-clean care

Dear Heloise: I have several garments that are dry-clean only. I hated having to take them to the dry cleaner all the time, especially if I had worn them for only a few hours and they weren't very soiled, just a little wrinkled. I found that if I hung them where they could "air out" for a few hours, most of the wrinkles would go away, and I could get another wearing out of them before taking them to the cleaners.

— *A Reader in Texas*

Paper disposal

Dear Heloise: When I have private papers to dispose of, I fill the sink with water and soak them. When soggy, I squeeze out the water. Now all that is left is a wad of unreadable material.

— *Barbara Leary, Warrenton, Va.*

Send a money-saving or timesaving hint to Heloise: Heloise@Heloise.com.