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BEAUTIFUL MUSIC TO HEAL A CRAZY WORLD



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SPOTLIGHT

Based in Saint John, N.B., business journalist **Rob Csernyik** has written for *Barron's Penta*, the *Globe* and *Mail*, *Maisonneuve* and *Report on Business*. He's also the editor of Great Canadian Longform and an MFA student writing a book about modern

minimum-wage culture. In "Welcome to the Metaverse", Rob takes us on a tour of this growing digital realm. His ideal day in the metaverse would start with a flying broom ride and end at a virtual comedy club.



Sydney Loney is an award-winning writer and editor who has contributed to *The Walrus*, *Maclean's*, the *Globe and Mail*, *Chatelaine*, *Reader's Digest*, *Elle Canada* and *Cottage Life*. When suffering from writer's block, she

takes a walk and, on a recent stroll, she noticed the sudden proliferation of self-described medical spas in her Oakville, Ont., neighbourhood. In "Botched", Sydney explores the dark side of esthetic medicine in Canada. PHOTOGRAPHY, GABOR JURINA (COX); WILL FERGUSON (ICELAND)

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VIA EMAIL

Kudos to Zoomer for being such a refreshing magazine and hope for your continued success. -Patti Miller

YOU TOLD US

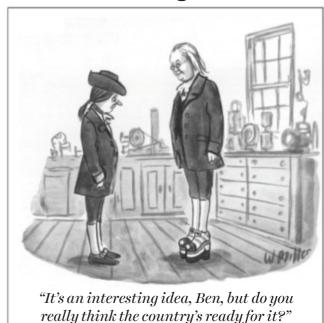
Ian Coutts' article ("For Queen and Country") was a wonderful read. I have long been an admirer of the General. It takes a special kind of courage to fly 135 missions over enemy territory in an unarmed aircraft with your only defense being (hopefully) your aircraft's ability to out climb and out run the enemy by way of its much lighter weight. -Robert McDonald



Bravo! Loved the articles. Loved the photos (in the Queen's Jubilee coverage). My joy was more than slightly

tempered by the evisceration of the office of Governor General by the current PM of Canada by the unceremonious firing of Madame Payette. —Charles Spina

Zoomerang



miastanf 'The General' I had the pleasure of getting to know

noits_m_e_y_ That is a beautiful photo@he's a very special

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> Anne O'Hagan is a Torontobased writer, strategist and book coach whose work has appeared in The Walrus, Toronto Life, Condé Nast Traveler, Chatelaine and Zoomer. She is the co-author of *The Only*

Woman in the Room: The Making of a Stockbroker. In "Sick of the Drink", Anne takes a look at the alcohol-free lifestyle as a growing social trend, one she has steadfastly resisted to date.



ON THE COVER

Deborah Cox, photographed by Gabor Jurina, in Haulover Beach, Miami, Fla. Dress: Greta Constantine; Beauty Note: Focus on the eyes. Try: Pat McGrath eyeshadow palette in Huetopian Dream and finish with a coat of Be a 10 - Be Separate Mascara. Fashion director, Zeina Esmail; fashion assistant, Brandon Laughton, both P1M Artist Management; hair, Micah Cook; makeup, Nordia Cameron Cunningham, both Miami, Fla.

FROM THE EDITOR-IN-CHIEF & PUBLISHER

HOTOGRAPHS OF **BOB MARLEY** playing soccer surround me. I am at the *Bob Marley* One Love Experience (right), a sprawling Instagram-friendly exhibition in Toronto chronicling the life and times of the *sui gener*is reggae iconoclast who died way too young at 36, of melanoma, in 1981. The show takes me back to an

earlier year, 1976, and another locale - Kingston, Jamaica where when not off at boarding school, I lived on Hopefield Avenue, around the corner and down the block from 56 Hope Road, a hallowed address in the Marley legend.

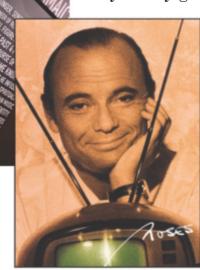
Now the Bob Marley Museum, Marley had moved "uptown" from Trench Town, the impoverished community he immortalized in song and which remains his music's spiritual home. 56 Hope Road was also where he housed Tuff Gong records, the label he started with his band, The Wailers. It was where, in December of that year, that Marley survived an assassination attempt carried out to stop him performing at a concert meant to quell the violence roiling the city. And it was where I would see him playing the football he so loved.

This tumultuous era in Jamaica unfolded as Cold War geopolitical chess played out on the island. The democratic socialist prime minister was fostering close ties with Cuba, while the right-leaning opposition was funnelled support from the CIA, inflaming race and class schisms leading to the politically tinged gang warfare that befell Marley. (The period and incident inspired Marlon James' Booker Prize-winning 2015 novel, A Brief History of Seven Killings and was explored in the 2018 documentary, Who Shot The Sheriff?).

At school, we prayed away to Saint Michael the Archangel to "defend us in battle" and against communism, and one day during recess a group of us was admonished for singing the new Marley hit "War." Surely its lyrics decrying racism and demanding world peace, repurposed from a speech by then Ethiopian Emperor Haile Selassie I – who, as a Rastafarian, Marley believed was God - was something to celebrate? But it's hardly surprising that a famous, heartthrob-handsome proselytizer of Old-Testament-meets-Afrocentric religion (that has marijuana as its sacrament!) was *persona non grata* at a rigorously colonial and conformist girls-only Catholic school run by nuns. Thirteen-yearold me found it hard to square their bogeyman image of Marley with the laughing man I would glimpse as we went by - majestic dreadlocks spilling out of his Rasta tam, fetchingly kitted out in Adidas gear.

This season, the brand sits atop the fashion heap with hot-at-retail collaborations with buzzy luxury giants Balenciaga and Gucci

and it's the reason Marley looks so incredibly au courant in the photos. As with the Adidas, Marley's fashion choices - his fitted denim shirt, lean flared jeans and the occasional dashiki - cultivated a utilitarian aesthetic in line with his populist image but with an alluring urban edge. Its timeless dressing – a mark of true style - and the fact that Marley's look was my



A vintage Cityty postcard featuring Moses Znaimer

gateway into understanding the profound activist meaning lulled into his music, shows the power of it. For as Charles Bukowski wrote in his poem Style, "To do a dangerous thing with style is what I call art." (Or politics. See resigning British PM Boris Johnson who skated by on his particular brand of obfuscating elan until the ice got too thin.)

I was introduced to Bukowski's work through the semiautobiographical 1987 film he wrote, Barfly. That was also the year I moved to downtown Toronto, around the corner and down the block from another seminal address, 299 Queen Street West. It was at that time, the headquarters of Citytv, founded half a century ago this September - the brainchild of my boss, Moses Znaimer, who leads our masthead as this magazine's founder and the CEO of ZoomerMedia.

I thought of this 50th anniversary as we mark another one in this issue: the epic 1972 Canada-U.S.S.R. hockey Summit Series ("He Scores"), as the Citytv switch was flipped on the same day as the final deciding game. As Moses would tell you, the viewing public's attention, including his, was on the action. But from these inauspicious, or perhaps auspicious, beginnings, Citytv grew into an inestimable cultural force. And like Drake or the Raptors do today, the station signified a new Toronto cool of which it was the catalyst.

Moses pioneered a litary of widely copied innovations in television concepts and production, including having a diverse and inclusive cast of on-air personalities. The vibe was eclectic, funky and subversive, reflecting a city that was exploding with colour and change. Its programming pushing the city towards becoming more -

more progressive, more exciting and definitely more stylish.

Thank you, Moses.



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IN MEMORIAM

The Unflappable Arlene Stacey

A consummate professional, *Zoomer's* founding managing editor loved magazines and hated exclamation marks **By Bonnie Baker Cowan**

OR SOMEONE who was born in the village of Come By Chance, N.L., Arlene Stacey conducted her professional life in no way "by chance."

My dear friend, who died of lung cancer on May 21, 2022, at 67, was a meticulous editor, a consummate grammarian and the fulcrum of magazine production. Every comma and semicolon had its place and, in Arlene's world, exclamation marks had few reasons to exist at all.

Thanks to her encyclopedic knowledge of publishing built up over a 40-year ca-

reer, "ask Arlene" was a recurring phrase in the *Zoomer* magazine office, where she was managing editor until her retirement in the spring of 2021. A sense of calm would descend over the editorial department when she arrived for the production cycle – everything was going to be all right. She was fiercely dedicated to her work, but also had a personality that kept the editorial team positive and moving forward.

Her career spanned the heyday of print journalism to the rise of the digital age. In the early '80s, when I was at *Canadian Living*, I was looking for someone to help edit recipes in the food department. When she phoned after office hours, I assumed it was my husband; I picked up the phone and said, "Doug, I hope you're not calling to tell me you forgot to pick up David at daycare!" A few expletives followed. Then a timid voice stammered, "Ms. Cowan, this is Arlene Stacey."

From that phone call on, Arlene and I were like Batman and Robin. Usually, I was Batman, bringing Arlene as my Robin to whatever magazine I was at. But, sometimes, she was Batman and I was Robin, accepting her writing assignments when she was employed and I was a freelancer.

One of her first assignments with me was line-editing our editor's column. She did an enthusiastic mark-up of the column none of us had ever dared to do. We assured Arlene we would help pack up her desk, suggesting her days were numbered. She stood by her edits. No jobs were lost.

She wore many hats during her career, and the one that fit best was managing editor, a role that requires translating the editor-in-chief's vision into well-edited prose on glossy pages, enhanced by appropriate graphics. A good managing editor keeps everyone on deadline, makes the copy fit and ensures that fact-checking and proofreading are done.



Arlene could do it all, whether she was editing sensitive columnists or getting the art and editorial departments to play nicely.

In a business fraught with unrelenting deadlines, budget restraints and fragile egos, she was unflappable. Nothing fazed her. She brought a sense of fun to the business, often defusing tension with her wicked sense of humour and infectious smile.

And she could get along with all kinds of people and adapt to different editorial mandates. At *Canadian Living*, she was often "borrowed" by other publica-

tions in the Telemedia family to troubleshoot or fill in for brief periods, stepping in, for example, as editor-inchief at *Harrowsmith CountryLife*. She also did stints at *EatingWell*, Grosvenor House Press and SOCAN, the music management and promotion company in Toronto.

While print was her true love, she embraced technology, taking the rest of us, however reluctantly, from typewriters to laptops, and from reading storyboards to launching websites. Along the way, she influenced so many lives with her vitality and approachability, from business-minded publishers and ad sales managers to fledgling writers and editors who have credited Arlene with mentoring, inspiring and nurturing them with warmth and kindness.

Arlene started her magazine career editing recipes and continued to make food a passion. With her husband and soulmate, Jim Ritchie, she enjoyed creating memorable dishes, always served with a bottle of wine from their impressive cellar. She thought nothing of simmering lobster shells for several hours to make a broth for lobster bisque. In one of my finicky moods while recovering from illness, I became a temporary vegetarian. She and Jim arrived at my door with the ingredients for a three-course vegetarian dinner.

After leaving *Canadian Living* during a downsizing, we ended up together again at CARP's *50Plus*, where I was hired as editor-in-chief and Arlene became managing editor. She stayed for the next 20 years, where her inimitable talents helped transform it into *Zoomer*.

Anything I have ever written for publication I've always sent to Arlene to "clean up." I cannot imagine a world of words without Arlene Stacey having a final look.

Rest in peace, my lovely friend. I promise never to use an exclamation mark inappropriately again.





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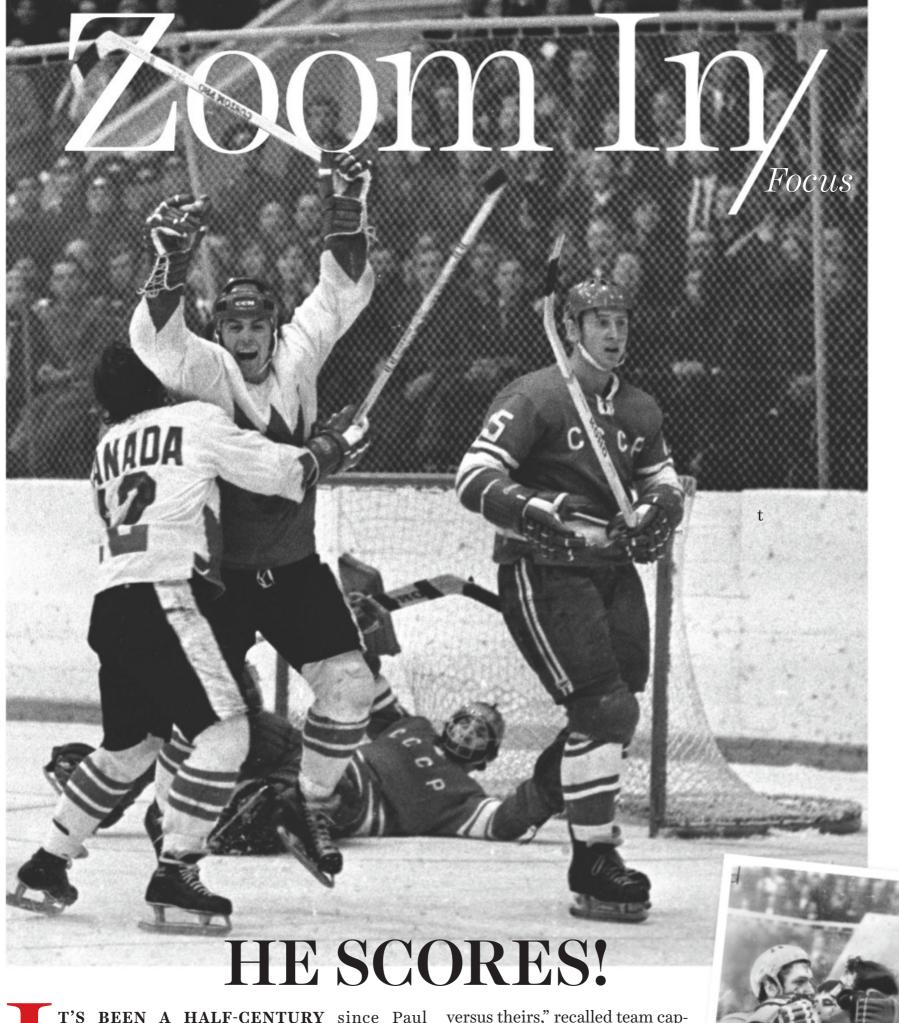
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Henderson notched the magical goal (above) that lifted Canada to a victory over the Soviet Union, but the memory remains vivid for those of us glued to our TV sets on that September afternoon in 1972. The goal marked the glorious climax of the month-long Summit Series that proved we were champions of the hockey world – albeit by the slimmest of margins. It was a fitting finish to the emotionally draining, frantic and unforgettable eightgame rollercoaster ride that produced moments of highly skilful play, offset by violent skirmishes. Gamesmanship trumped sportsmanship between these two bitter on-ice rivals and Cold War enemies. "It was a war. Our society

versus theirs," recalled team captain and emotional leader Phil Esposito (mixing it up with a Soviet player, right), a sentiment shared by players and their anxious fans across the country. This fall, CBC will celebrate the 50th anniversary of Canada

against the Soviets by airing a docu-

mentary called *Summit '72*. The four-part series uses rare 16mm archival footage to not only tell the story but also explain the sporting, political and cultural ramifications that made this such an era-defining event. —*Peter Muggeridge*





Cameron Bailey. "We're thrilled to be bringing the very best in film to the world's best audiences. The TIFF team is focused on strong curation, support for filmmakers and exceptional experiences for the press and industry delegates." The festival village in downtown Toronto is also getting an elegant new venue: the historic Royal Alexandra Theatre. Opened in 1907, it's Canada's oldest continually operating theatre and a national historic site.

There will be fewer virtual elements this year, given the appetite for going to movies in person and TIFF's mandate to create "transformative film experiences for film lovers." As the largest film festival in Canada, and the largest publicly attended film festival in the world, TIFF is known as the people's festival. "We're happy to be back, better than ever, to present thoughtful, high-impact programming this September that reflects our belief that there's no stopping great storytelling," Bailey adds.

The past couple of years, screening from home has created a renewed appreciation for the social aspects of attending a festival in person. The chatter

Vancouver

in the lines! Swapping recommendations! There's no virtual substitute for human connection and the communal excitement of discovery. In Halifax, the cornerstone of yearround FIN is the Atlantic International Film Festival

(Sept. 15-22, finfestival.ca). The hub is the Lord Nelson, the landmark hotel overlooking the Halifax Halifax Public Gardens, and the nearby Cineplex Cinemas Park Lane. Call it maritime charm with a wide reach: The festival began as a small grassroots event in St. John's in 1981, relocated to Halifax the following year and has since become a celebration of regional and international film. It champions creativity and innovation in local filmmaking (like Wildhood, last year's breakout hit, a coming-of-age story from Bretten Hannam about a two-spirit Mi'kmaw teenager reconnecting with his Indigenous roots), while offering a first look at the best films on the global festival circuit. This year, FIN AIFF will continue with hybrid programming: There will be an array of incinema and in-person galas, receptions, Q&As and filmmaker panels, while the FIN Stream virtual component will return - geo-blocked to Atlantic Canada - with a selection of the festival's regional content (typically about half the program).

Across the country at VIFF (Sept. 29-Oct. 9, viff.org), screenings and events will be hosted at venues throughout the city, from the festival's flagship VIFF Centre (recently updated with an airy \$2.8-million renovation) to the elegant Vancouver Playhouse and beloved Rio Theatre, a restored circa-1938 indie darling. In addition to about 120 features and 80 shorts - a curated collection that will also be available for online viewing through the VIFF Connect streaming platform - VIFF's extensive live events are returning. They celebrate both the craft and culture of film, so watch for illuminating talks with directors, showrunners and top creatives that take audiences behind the scenes. -Nathalie Atkinson



N POP CULTURE, it's generally agreed that the emergence of three similar things in proximity signals a trend. If so, then the 1950s, perhaps the most contentious decade of the 20th century, is ready for its close-up.

Three of 2022's buzziest movies are set in those post-Second World War years, invariably depicted

as innocent or sinister. There's director Baz Luhrmann's recently released biopic *Elvis*, director Andrew Dominik's steamy Marilyn Monroe portrait, *Blonde*, based on Joyce Carol Oates' 2000 bestseller and on Netflix Sept. 23, and director Olivia Wilde's *Don't Worry Darling*, opening in theatres Sept. 23.

Of these, Wilde's dazzling psychological thriller looks likeliest to embody all the famous – and infamous – elements of the era, which was defined by the advent of television, drive-throughs, rock 'n' roll, abstract expressionism, raucous suburban dinner parties and, thanks to widespread advertising, the first glimmers of what would become known, several decades later, as FOMO (Fear of Missing Out).

#dontworrydarling

In *Don't Worry Darling*, the hotly anticipated follow-up to Wilde's acclaimed 2019 directorial debut, *Booksmart*, she stars alongside English actress Florence Pugh (*Midsommar*), Chris Pine (*Star Trek*), and pop star-cumactor Harry Styles, who became Wilde's paramour on set, with their 10-year age difference (she's 38 to his 28) fuel-



innocent

golden age



The plot of the film is considerably more compelling. Alice and Jack (Pugh and Styles) live among other blindingly attractive couples in Victory, a highly manicured and seemingly utopian 1950s-era desert community where, by day, the men work for the top-secret Victory Project, while the women serve as Stepford-esque hausfraus. Everyone parties like banshees at night. This scenario is peachy, until Alice starts asking uncomfortable questions of the Victory CEO (Pine). Life in Victory swiftly and savagely unravels.

It's hard to imagine the film's concept working in any other decade but the 1950s, when the explosion of television

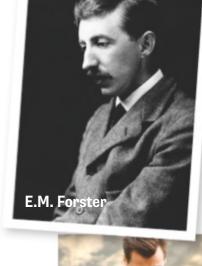
- and a handful of wholesome, aw-shucks shows like Leave It to Beaver, Father Knows Best and The Adventures of Ozzie and Harriet – fomented a pervasive desire for conformity. Suddenly, people were trying to be just like their neighbours, not questioning the status quo from their cosy perches. Pugh's Alice would have been a pariah at the potluck.

Ana de Arma (left) as Monroe in *Blonde*; author **Joyce Carol** Oates (above), director Andrew Dominik (right)

Then again, people are people across millennia. "The 1950s get this rap as a very controlled, conservative era, when in fact it was incredibly debaucherous," Wilde told *Vogue* about *Don't Worry Darling* in the January 2022 issue. "My grandparents on my mother's side

loved to party." Wilde also revealed that her film showcases a rarely seen "type of female pleasure."

Styles stars in another film set in the 1950s, My Policeman, which highlights a then-illegal pleasure – gay sex – in a love-triangle drama inspired by English writer E.M. Forster's real-life romantic relationship with a bobby, whom he shared with his lover's wife. It arrives on Amazon Prime Nov. 4. Once again, we glimpse the nonconformity lurking beneath the surface of this seemingly chaste decade. —Kim Hughes





Zoom In Etc

A Farewell To Us

The TV drama handled loss, grief and Alzheimer's with bravura

O OFFENCE TO The Notebook and Still Alice, but a two-hour film, however lovely, cannot possibly capture the complicated reality of Alzheimer's disease. From symptoms to diagnosis to progression to decline, the process often takes years, even decades, to unfold - not to mention its dismal reputation as the saddest of the sad. Enter This Is Us, NBC's notorious

tear-jerking Tuesday-night drama, which premièred in 2016, featuring and following generations of the everexpanding Pearson family.

Set largely in the 1990s and 2000s (although super fans know the show flashes back to the 1960s and forward to 2030 and beyond), This Is Us grappled with big societal issues - race, mental health, addiction and aging - by showing how the Pearson clan coped with intergenerational trauma and healed to keep moving forward.

The heart of the series is the love story of Vietnam veteran Jack and aspiring singer Rebecca, but it also embraces their triplets: two biological children, Kevin and Kate, and one adopted Black boy, Randall, who was abandoned as a baby at a fire station and brought to the hospital the same night one of the couple's triplets died during delivery. In the past, the siblings come of age and deal with Jack's untimely death due to a heart attack caused by smoke inhalation after the family house burned down; in the present, they (re-)marry and have their own children; and in the future, they grow old and confront matriarch Rebecca's initial diagnosis of mild cognitive impairment.

FORGET ME NOT Mandy Moore, in L.A. earlier this year (above); and

as Rebecca (right)

This Is Us is told in intersecting timelines, mesmerizing viewers by presenting memory and meaning as everfluid and always-evolving (and not always as it seems), lending itself perfectly to a brave Alzheimer's storyline for Rebecca (played by 38-year-old Mandy Moore in impeccable prosthetics). This spring, the series finale tackled her inevitable death with sensitivity, nuance, respect, love and even joy. After viewers stopped sobbing, the consensus was clear: This Is Us portrayed Alzheimer's unlike anything we were used to seeing on screens big or small.

Here's what they did differently and how they got it right.

They Took Their Sweet Time This Is Us producers resisted the urge to streamline the story arc. So, rather than squeezing Rebecca Pearson's health journey into a hasty episode or two, or even a final, gut-wrenching season, they planted seeds all the way back in Season 3 - with three seasons to go. Rebecca's disease, therefore, happened very slowly, beginning with mundane forgetfulness and progressing to mild memory lapses, including the very relatable habit of often misplacing her phone. A doctor diagnoses her, not

> with a ratings-grabbing capital-D dementia, but with "mild cognitive impairment," that

> > might - or might not - lead to Alzheimer's. Frustrating for answerhungry viewers, perhaps, but much more akin to the

nuances of the disease. In order to get it right, NBC brought in the director of the University of Southern California's Alzheimer's Therapeutic Research Center to consult with show writers.

They Weren't Conflicted on **Conflict** When Rebecca eventually requires more extensive medical treatment, "The Big Three" (Kate, Kevin and

Randall) and the extended Pearson clan come easily to a unanimous medical consensus. Just kidding. Have you even seen this show? Every single person reacts differently, and their opinions conflict with and contradict each other. While Rebecca's husband thinks she's just fine, anxiety-prone Randall sends 47 emails to a top-notch neurologist. When he insists she attend a nine-month clinical trial in another state, an epic, hard-towatch screaming match with his brother Kevin leads to (momentary, phew!) estrangement. The point is, families are complicated and the pressure is probably higher than ever before, but the show isn't gonna sugarcoat it for you. To see the siblings come back

THIS FALL, VISIONTV'S DETECTIVE DREAM TEAM IS ON THE SCENE



"THE PERFECT CRIME COMEDY!"

HollywoodInsider.com

There's a little bit of Monk in everyone! We can all relate these days to a phobia of germs. It's just a little more problematic when you're a homicide detective.

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Variety

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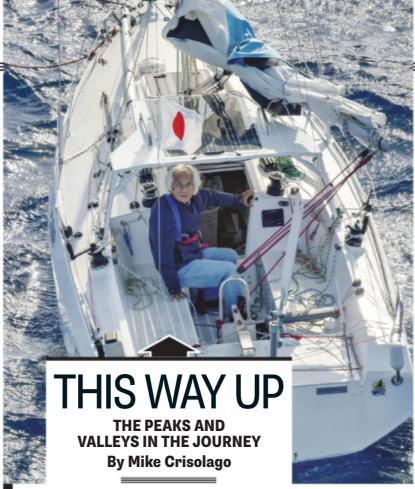
Zoom In Etc:

together, however, is an equally important lesson in forgiveness and reconciliation.

They Gave Agency to the Person Who Needed It Most So, does Rebecca pack her bags for the clinical trial and miraculously recover, you ask? No, she does not. "I want to spend however many good years I have left with my family," she says happily to her squabbling sons, "and I don't want to hear what either of you has to say about it because I've made the decision for myself." Whether right or wrong, and despite whatever fans on Reddit had to say about it, the writers made a choice to let Rebecca decide, and then honoured it. In a good lesson for the rest of us, they gave her as much authority over her life, for as long as possible, and it showed. "If anything, the diagnosis has made me feel more powerful," she says.

The show's penultimate episode, "The Train," took viewers on a journey through Rebecca's life. But the final stop on Rebecca's Alzheimer's journey proves the disease doesn't always take the same old linear route through decline, death and despair. You're going to need a big box of Kleenex, though, if you missed it the first time around and want to stream it on CTV.ca or Netflix. -Rosemary Counter

FAMILY TIES Moore, as Rebecca, with her television children (from left) Justin Hartley, **Chrissy Metz and Sterling K. Brown**



(AND DOWN)

ea Change Sixty years after he was the first to sail solo across the Pacific, from Japan to North America nonstop, yachtsman Kenichi Horie, 83, accomplishes the same feat in reverse, becoming the oldest person to do so, and proving time is on his side.

> Indigenous TikTok Knowledge Elsie Paul, 78, an Alberta-born Métis-Cree Elder, boasts more than 64,000 followers on TikTok, where her videos teach youth about their culture and heritage.

Jonathan Searle, 56, who appeared in the film Jaws as a child, becomes police chief of the town where part of the movie was filmed. Said a local maneating shark, "No doubt, this certainly is a sethack..."

Score one for the history books.

In a league that's trying to keep pace with the times, the San Jose Sharks hire former rightwinger Mike Grier, 47, as the NHL first ever Black general manager.



"The temperature today is 28 degrees. Also, why haven't you gotten married yet? You're not getting any younger ..." Amazon is working on technology that will allow its Al service Alexa to mimic the voice of relatives who have passed away.

Take two happy pills and don't call me in the morning. Separate studies show feeling younger than you are helps older people recover faster from

injuries, while an optimistic attitude could lead to significant added longevity in women.

If avoiding coughs, sore throats and fevers wasn't reason enough to get the jab, American scientists say flu vaccines almost halved the risk of developing Alzheimer's, compared to those who didn't get one, and that benefit can last up to four years after each shot.

DOWN

The British Journal of Sports Medicine suggests people who can't balance on one foot for 10 seconds are more likely to die within the next decade than those who can. Of course, most of those deaths may have resulted from falling after trying to balance on one foot, so the hypothesis could be moot.

> Giving new meaning to the term "light sleeper".

A Northwestern University study suggests older people who sleep exposed to light - anything from a TV on to a night light could be at greater risk for health issues like diabetes and high blood pressure. 2

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Stairlifts were introduced in the 1920s, and not much has changed since.

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It requires no special machine room, no supporting walls, and runs off a standard home electrical outlet.

One look at our unique freestanding rail system, and you can tell right away why we're called "Stiltz"!

A Stiltz Homelift is 100% safe. The elevator will not operate when the door is

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A Stiltz Homelift is versatile.

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– Mr. James, Roanoke VA





philanthropist hits stages in Ontario and Quebec in October to recreate The Visit, her celebrated fourth studio album, which established her globally. She has successfully toured ever since, most recently for 2018's Lost Souls album.

Released in Canada in 1991 and internationally in 1992, The Visit was unique, a merger of Celtic sounds with ethereal folk and New Age-y lyrical mysticism, with its traditional cello, fiddle and accordion abetted by oddball instruments like tamboura, balalaika and uillean pipes.

Among the album's other beguiling curiosities are musical adaptations of Alfred, Lord Tennyson's poem "The Lady of Shalott" and Shakespeare's play Cymbeline, a rendering of the traditional gem "Greensleeves," plus a handful of McKennitt originals. Goths went mad for it, as well as a broad crosssection of listeners hungry for something more nuanced and cerebral than the music on the airwaves at the time, namely hits by C+C Music Factory and Color Me Badd. Then, as now, The Visit sounds timeless.

It cemented McKennitt's status as a wildly successful independent touring and recording artist at a time when major record company support was essential. The Barenaked Ladies and their smash, self-released 1991 cassette, The Yellow Tape, are often cited as Canada's original music-industry gatecrashers. But by that time, McKennitt had issued three critically acclaimed indie albums and toured Canada on her own dime, setting the stage for The Visit's dynamic arrival.

"I think the grassroots nature of how I built my career from 1985 to 1991 gave *The Visit* a fair chance of succeeding," McKennitt confirms from the Stratford offices of Quinlan Road, her bespoke record label and management office. "Had I signed with a major record company in 1985, when I started my career, I don't think things would have worked out as they did."

relocating to Ontario from Morden, Man. - was clearly regarded as an unmarketable square peg by an industry that, by late 1991, was pushing grunge into the mainstream.

The Visit Revisited tour, which heads overseas in 2023, features McKennitt on vocals, piano, harp and accordion, alongside cellist Caroline Lavelle, violinist Hugh Marsh and long-time collaborator and guitarist Brian Hughes. The quartet will play the album, in sequence, along with other selections from McKennitt's catalogue. The tour also promotes *The Visit:* The Definitive Edition, a sprawling, four-CD plus Blu-ray set, featuring a remastered version of the original album, as well as expanded liner notes, remixes, interviews and other fanfriendly bells and whistles.

What is it about the album - inspired partly by an exhibition on Celtic history McKennitt attended in Venice in 1991 that resonates with audiences 30 years on? "It's hard to be objective," chuckles McKennitt, whose multiple accolades include the Order of Canada, as well as France's Knight of the National Order of Arts and Letters.

"It has folk elements but classical elements, too. I'd like to think there's strength in the melodies and the quality of my voice." All that is coupled with the arresting sight of the blackclad singer projecting a kind of hip sorceress vibe while landing, sonically, somewhere between Kate Bush and Enya. No wonder the album was, and remains, groundbreaking.

"The Visit certainly was a seminal recording for me. It launched my career outside Canada," McKennitt says.

"For this tour, there are only four of us, so we can't exactly emulate the sound of the record. I'd love to be able to bring everyone on tour, but financially and logistically, it's just not possible. So, let's call it a rendering of the music in a quartet setting." -Kim Hughes



THE PATH TO BETTER JOINT HEALTH

Turmeric is a golden coloured spice from the root of the curcuma longa plant. It has long been used in both India and China, for its joint health properties, but recently turmeric has shown to have numerous other health benefits.

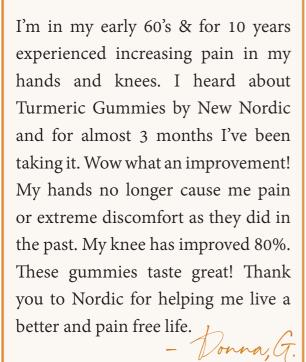
A POWERFUL SPICE WITH GOLDEN HEALTH BENEFITS

Few spices have been studied as much as turmeric, and even fewer can show as strong evidence of health benefits. Therefore, turmeric has become increasingly popular, as an addition to people's diet, and for mainly the anti-inflammation and joint health effects.

THE EASY WAY TO INCLUDE TURMERIC INTO YOUR DAILY ROUTINE

It can be hard to include turmeric in your diet. Not many people remember

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to use this spice every day, nor do we use it in smoothies or salads. Furthermore, because the curcumin content in turmeric is low, it may be difficult to reap the full benefits of this herb, unless it's dried and concentrated. That's why taking a turmeric supplement with a high amount of the active ingredient, makes things easy.

DID YOU KNOW?

Although turmeric is most often used for joint pain and inflammation, studies show that it has beneficial effects on digestion, brain health, cardiovascular health, and liver health. It's truly a "wonder spice".



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POCKETBOOK PROTECTORS

HE BANK OF Canada's inflation-busting strategy of raising interest rates hasn't put the brakes on the accelerating cost of living - according to Statistics Canada's Consumer Price Index (CPI), inflation hit 7.7 per cent in May, the highest rate increase since 1983. So Finance and Deputy Prime Minister Chrystia Freeland announced her government's plan to "tackle inflation and make life more affordable for Canadians." In a June speech, she called inflation an "aftershock" of the pandemic, exacerbated by "supply chain snarls," and the invasion of Ukraine, and unveiled a six-point plan that includes measures to help older Canadians weather this "challenge of affordability": a 10 per cent boost for Old Age Security (OAS) recipients over 75, which will provide an extra \$766 this year for more than three million seniors; a one-time \$500 payment to renters "struggling with the cost of housing"; and the bumping up of OAS, Guaranteed Income Supplement; Canada Pension Plan and the GST payments to reflect the rising CPI. "Our members tell us that the cost of living has actually increased far more than the official numbers indicate," says Bill VanGorder, chief advocacy officer at CARP (an affiliate of ZoomerMedia). "Those living on fixed incomes lack the financial flexibility to cope with inflation. They're deeply concerned that they'll outlive their savings," he says. -Peter Muggeridge

SAFE DEPOSIT

CANADIANS WHO have

a beef with their banks

- whether it's over an

incorrect credit card bill or to seek redress against a shady investment adviser - will soon have access to a fairer and more transparent resolution process, says Bill VanGorder, chief advocacy officer at CARP. He is referring to a measure from the 2022 federal budget that will see the government establish a single, not-for-profit ombudsman for federally regulated banks to resolve disputes between banks and customers. "We have partnered with investor and consumer advocates for more than 10 years to make this happen," said VanGorder. "It's a critically

needed measure that will help protect the financial security of older Canadians." In an open letter to Finance Minister Chrystia Freeland (cosigned by CARP), Jean-Paul Bureaud, president of the investor rights group FAIR Canada, wrote that the proposed ombudsman is needed because the existing complaint-handling system had created an "opaque and confusing complaint resolution landscape," that many found "arduous, stressful and time-consuming." And Bureaud hopes that the new ombudsman, unlike its predecessor, will be armed with binding authority to ensure that banks will no longer "ignore rulings or offer low-ball settlements that leave many customers feeling dissatisfied." -PM

traits that doomed his predecessors, Erin

trail. Poilievre has drawn fire for "standing

with" the truck protestors and a rebuke

from Finance and Deputy Prime Minister Chrystia Freeland, who called his promise

to fire the Bank of Canada governor "highly

irresponsible" and "economically illiterate."

Even if he wins the leadership, he will face

voices in the troubled party, including

the daunting task of uniting all the competing

westerners, social conservatives, Quebecers

and Ontarians in time for the next election, which will come no later than 2025. -PM

O'Toole and Andrew Scheer, on the campaign

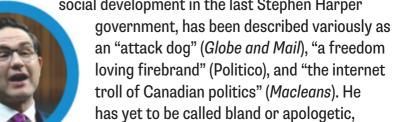
Public Affairs

On policy, personalities and politics

THIRD TIME LUCKY?

AS THE CONSERVATIVE Party of Canada prepared to convene for the third time in five years to elect a leader capable of unseating the Liberals, Pierre Poilievre seemed poised to cruise to victory. According to polls at press time, the 43-year-old Poilievre had built a healthy lead over his closest rival, Jean Charest, and was so confident of victory he was already styling himself as running for prime minister, rather than for the leadership of his party. His populist message of cutting spending, reducing the size of government and removing the gatekeepers (the bureaucrats and consultants who stifle political progress) is ripped right out of the old Reform Party handbook, which isn't surprising considering the teenage Poilievre cut his political teeth selling party memberships in the mid-'90s. Heading into the convention on Sept. 10 in Ottawa, his rallies have attracted big crowds, especially in the West, helping secure a huge membership advantage

over Charest, his closest contender. The Calgary-born-and -raised politician, who served as minister of employment and social development in the last Stephen Harper



Pierre Poilievre Next up?



Aug. 2020 – Feb. 2022



Andrew Scheer May 2017 - Aug. 2020

HERE'S WHAT HAPPENS WHEN WE GET MAD

We get governments to take concrete, specific, urgent action.

And we have big plans for 2022!

Here's just one example:

When covid devastated Ontario's woefully unprepared nursing homes, CARP. demanded that the Premier

replace the Minister of Long-Term Care and the highly paid bureaucrats presiding over the mess. Over 8,000 people signed our online petition.

We produced a booklet summarizing our petition results and making specific demands for future action.



We presented it to the Premier and all MPPS. You can download a digital copy at **CARP.ca/MinisterPhillips**.

The government responded. In a cabinet shuffle, the Minister was replaced. So was the Deputy Minister. Then the new Minister announced a doubling of nursing home inspectors and increased fines for homes that failed inspections – two actions we had specifically demanded. There were also commitments to increasing staff and guaranteeing more hours of personal care for residents.

Here's what's next for 2022:

• Fixing the healthcare system

Covid ruthlessly exposed the weaknesses in our overall healthcare system – hallway medicine, long wait times, uneven access to best-in-class medicines, lack of full funding of the most effective vaccines. Enough is enough. No provincial government should feel safe from the dissatisfaction of CARP and our members!

• Making home care a priority component of long-term care

It's time to get serious about home care. We want to see more financial support for caregivers (like a Caregiver Tax Credit or rebates to ensure all caregivers are treated equally), plus more investment in "living in place" technology and telehealth.

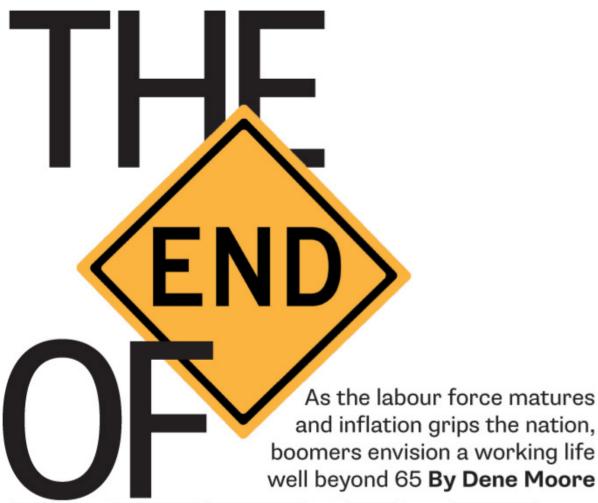
• Improving financial security

Even without the terrible effects of inflation, there are weaknesses all over the financial landscape. We want increased protection for defined benefit pensioners, enhanced pension protection to reduce the risk of pensions failing, and more attention to housing affordability.

CARP fights for meaningful action <u>now</u>. Your membership makes us even stronger.



JOIN NOW AT CARP.CA



"I'M ONE OF THOSE BOOMERS WHO STARTED WORK WHEN I WAS 21, BASICALLY, AND WORKED FULL TIME MY WHOLE CAREER" Sheila



HEILA LAITY could have stopped working at 55. Her husband, who is one year older, was ready to retire, she had a great pension and the mortgage on their Yellowknife home was paid off.

But Laity loved her job as a nurse practitioner with a specialty in orthopedics. Then, one cold morning when she was 57, her husband (retired from NorthwesTel for two years) flew to Edmonton to visit the grandkids, while she had to stay home to work. "He bought a ticket at the last minute. I couldn't get time off and I thought, you know what, it's time to pull the plug," she says.

So Laity retired. Sort of. "I'm one of those boomers who started work when I was 21, basically, and worked full time my whole career," she says. Now 63, she has worked casually for the past six years, helping to train her replacement and then filling in for vacations as an emergency room RN

and, more recently, travelling the Northwest Territories far and wide to staff COVID-19 vaccine clinics.

"I didn't feel I was ready to totally quit working; I just didn't want to work full time anymore," she says. "I like what I do and I felt I still had some productive years in me."

Now, Laity and her husband both do casual work, using the income to, as she says, "pay to play." They've hiked the El Camino de Santiago trail from both France and Portugal into Spain, visited Everest base camp in Nepal, toured Scotland and Ireland, visited New Zealand and Australia and did a bike and sail trip in Croatia.

The Laitys began retirement planning early, putting money away and ensuring their home, vehicles and appliances were paid off so they wouldn't have any major expenditures for the first five to 10 years of retirement. They have savings set aside for repairs and upkeep on their \$575,000

home, and have not yet dipped into their savings or RRSPs, as both continue to work and use that money for travel and discretionary spending.

They are feeling the effects of inflation on their grocery, gas and travel bills, and "just need to work a bit more to cover these costs," she says.

As the labour force matures, the working-age population in Canada has never been older, according to Statistics Canada. More than one in five working Canadians are 55 to 64, and there are now seven million Canadians aged 65 and older.

Labour force participation numbers from the 2021 census have not been released, but the 2016 census showed nearly 22 per cent of those aged 65 to 74 - and almost five per cent of Canadians 75 and older - were still working. Despite a labour shortage that saw the unemployment rate hit 5.1 per cent in May (the lowest since comparable data was available in 1976), there are still barriers to older Canadians finding employment, says Morley Gunderson, professor emeritus at the Centre for Industrial Relations and Human Resources at the University of Toronto.

"Many of those labour shortages can be filled by older workers, so I think it's a particularly opportune time to make sure that those artificial or unintended barriers are removed, and older workers are considered for those jobs."

There is outright age discrimination, which he says is not taken as seriously as other forms of discrimination. There are clawbacks to retirement income support programs, such as Old Age Security (OAS) and provincial supplements for earnings, that discourage older workers from continuing to work, he adds. Unlike other developed countries, Canada has not changed the eligibility age of 65 for retirement income support despite longer life expectancy, Gunderson writes in his report, Barriers to the Labour Force Participation of Older Workers in Canada, published in May by the Fraser Institute, a public policy think tank.

"I'm not saying that those features are wrong. What I'm saying is I think they should be evaluated in light of the aging workforce," Gunderson says. "People are living longer and very often retiring or being retired from their primary job, and they often want to keep on working, especially in a phased fashion."

He says the point is not to force people to continue working. He believes Canada has done a good job protecting the income of seniors with public programs, health care and income support. "You want to remove any barriers that unintentionally discourage them from carrying on working."

But Canada ranks in the middle of the pack among G20 countries for poverty among people aged 65-plus, according to 2021 data from the Organisation for Economic Cooperation and Development. In a June online survey of 1,515 Canadians by Angus Reid for insolvency trustees Bromwich and Smith and the Advisorsavvy website, four out of 10 Canadians said they delayed retirement because they have too much debt, while 62 per cent delayed it because they don't have enough savings or investments.



Bill VanGorder, chief operating officer for CARP, (a ZoomerMedia affiliate), says survey after survey of association members shows finances are their primary concern. He points out that cost-of-living increases prompted the federal government to up OAS payments for Canadians aged 75 and over by 10 per cent in July.

"People of my age and older thought they were planning for freedom 55, and after retiring, they're finding out they're living longer, and there's a huge fear that they're going to outlive their money."

At 79, VanGorder is on his third or fourth career, after he first retired at 63. He works because he enjoys it and has a lot left to give, but not everyone has that choice. "People used to think they would stop working at 65, or by 75 that would be it. Now people are living well into 85, 90, 95, so the old 65 just doesn't cut it anymore."

At the Passport to Employment program in Charlottetown, about 1,100 people aged 50 and over have come through the doors since the program started in 2007. Over five weeks, they establish what kind of jobs suits their skillsets, put together resumés and learn how to find jobs. And most have found work, says Patrick Campbell, one of the program instructors.

"We've had lawyers, we've had doctors; we've had folks with a Grade 2 education; we've had fishermen; we've had everything," Campbell says. One couple, a 76-year-old retired electrician and a 73-year-old retired nurse, came to the program together. "A lot of people have done whatever list they had on the fridge and decide they want to come back to work," he says. "And we have some that need to work."

HARLES DESROCHES, who is "over 65," worked as a manager in federal government departments until he left to join the private sector. As retirement approached, DesRoches was

Zooming Money

working as a bilingual tour guide in Charlottetown, but then the pandemic shut everything down. He turned to volunteering, working with the Rotary Club to deliver food to isolated people.

When restrictions began to lift, he enrolled in the Passport to Employment program, in part for the social aspect, but also because he's not ready, mentally or financially, to retire. While he is on the verge of tapping into a "reasonable" federal government pension, DesRoches is worried about living on a fixed income.

"I keep working because it stimulates the body, mind, soul, and also the cost of living is extremely high," he says. "I filled up my car this morning and it cost \$90. It used to cost \$50." The costs of electricity, gas and groceries have all in-

STOYLIN ANTIQUEBUS.COM NO STOPPING ANYTIME "I'MSTILL *WORKING, BUT IT'S* ONMY TERMS" Alex creased drastically, he says, pointing out that inflation is the highest it's been in 40 years. DesRoches sold his home after a relationship broke up seven years ago, and now pays \$1,300 a month in rent.

"You just cut corners everywhere," he says, adding he shops specials at the grocery store and saves where he can. He's writing a book about the hiking trails of P.E.I., and the Passport program helped him hone his skills for a job he'll enjoy, as a tour guide again this summer. In the meantime, he continues to volunteer with Rotary and with a Royal Canadian Legion housing project.

Despite speaking English and French, as well as some German, DesRoches continues his search for post-pandemic employment. He believes ageism plays a part in keeping some retirement-age people from finding meaningful work.

"I do see it, there's no question about that, but it doesn't affect me because I don't let it," he says. "We're in a crisis mode. The only way the economy is going to keep going is if we all start working together, and it doesn't matter what your age is."

FTER RETIRING FROM the Canadian Air Force in 2002, Alex Handyside worked in the non-profit sector in Halifax until 2004, when he started ScotiaCare Home Care. In 2016, at 58, following a cancer scare, he sold his home care business to the staff and retired a second time.

Now 64, Handyside drives double-decker buses in Halifax during cruise ship season. "I was bored. I just thought I could do with something to get me out of the house, so I started driving double-deckers and I love it," he says. He doesn't work weekends unless he wants to and has winters off.

His wife, an accountant, still works full time, but will retire at the end of next year, and they plan to do some more travelling. Their only debt is the \$100,000 mortgage remaining on their \$525,000 condo, and they own their cottage outright. They tapped a personal line of credit a decade ago to boost RRSP contributions, which has been paid off since, but they kept the line of credit open for emergencies.

He earns about \$1,800 a month working part time, not including pension income from the British and Canadian militaries, and his wife brings in about three times that. They continue to contribute to RRSPs and maintain a tax-free savings account. Handyside has stocks and exchange-traded funds that he manages himself.

The couple travels abroad once a year and in eastern Canada once a year. He says they don't eat out as much as they used to, in large part because of the rising costs, and they plan to scale down to one vehicle once his wife retires.

But he will continue working.

"I've retired twice, and finally now I'm pretty much doing what I want to do, which is my version of retirement. I'm still working, but it's on my terms."



ARE YOUR KIDNEYS AT RISK?

Get Tested and Take Charge

KIDNEYS 101

We know CARP members are proactive about well-being. But you may be surprised at just how critical kidneys are to your overall health. Nephrologist Dr. Louise Moist, Professor of Medicine and Epidemiology at Western University calls kidneys "gatekeepers." The multi-tasking kidneys do many things, including regulating fluids and blood pressure, balancing minerals and electrolytes, ensuring red blood cell production and filtering wastes.

CHRONIC KIDNEY DISEASE (CKD)

CKD is the presence of kidney damage, or a decreased level of kidney function, for a period of three months or more.

Often considered a silent disease, CKD may not present with symptoms (such as increased urination, fatigue, swelling, shortness of breath or bruising) until it is at an advanced stage.

It is estimated that approximately 2.5 million Canadians live with the disease, but concerningly, fewer than half of cases are diagnosed.

RISK FACTORS: HYPERTENSION AND DIABETES

The causes of CKD are diverse, and include obesity, older age and family history, but diabetes and hypertension stand out, responsible for more than half of all CKD cases.

Dr. Moist explains, "CKD is associated with other chronic diseases because of the shared environment. They are all connected." This interrelation means that dysfunction from one condition can negatively impact the others.

Diabetes, for instance, can damage the kidney filters, causing them to leak protein into the urine. Diabetes can also damage blood vessels, leading to high blood pressure and increased risk of vascular disease such as heart disease and stroke. Dr. Moist notes the circular impact, "High blood pressure can worsen the amount of protein leaking from the kidneys, causing further kidney damage and greater difficulty controlling the blood pressure."

ASSESSING KIDNEY HEALTH

The good news is it's very easy to check your kidney health. You just need to ask your family doctor for a simple creatinine blood test (for eGFR) to assess kidney function and a urine test (uACR) to assess kidney damage.

Dr. Moist likens the tests to a warning light in your vehicle. "If, for example, we see protein in the urine, it's like when a red light goes on in the car. Even though everything seems to be fine, it's telling you there is a problem. It's a warning system that triggers further investigations and management of the contributing factors."



Early intervention with medications will make a difference.

DR. LOUISE MOIST, NEPHROLOGIST AND PROFESSOR OF MEDICINE AND EPIDEMIOLOGY AT WESTERN UNIVERSITY

TAKING CHARGE OF YOUR KIDNEY HEALTH

Diagnosing CKD is important. "We now have compelling studies showing us that early intervention with lifestyle changes and medications will slow further kidney damage and may even improve existing damage. The last five years have been a revolution in medications that can not only reduce progression of kidney disease but can simultaneously reduce the risk of cardiovascular disease, cerebrovascular disease, and mortality."

CARP reminds you that you can be proactive about these conversations with your doctor. "If you are a higher risk group, ask about the kidney tests and for help interpreting the results. Talk about the risk/benefits of early intervention medications and what positive lifestyle changes you could make. Ask the question, 'What can I do to have a longer and healthier life in the context of kidney disease?'"



VALLEY HO! (from top) The Naramata landscape; Ned Bell and Kate Colley; a fish dish from Bell



Go Where You Want to Go

Inspiring ideas for the globetrotter

INN KEEPING

Locals say there's magic in the tiny town of Naramata on the eastern shore of British Columbia's Lake

Okanagan. The food, the wine, the views and

the vitality seem to be dialled up to 11, while the pace of this community of about 1,600 people is set at an agreeable 1.5. And it may well be Canada's next great culinary destination, if Ned Bell - the former executive chef of Ocean Wise, the

Vancouver-based non-profit that rates seafood based on its sustainability - and his wife, Kate Colley, have anything to do with it. The duo, with the support of business partners, bought the historic Naramata Inn just before the pandemic. The lockdown lull gave the couple time to forge bonds in the community and with the Syilx Nation, one of eight Okanagan First Nations. Bell, who was born in nearby Penticton, is working with Syilx leaders to incorporate Indigenous heritage and culinary practices into the guest experience. The inn was built in 1907 by founder and developer J.M. Robinson, who claimed the town's name came to him during a seance - a popular social activity in the early 20th century. Bell resurrected the inn's legendary bar and named it after Robinson's wife, Eliza; with sommelier Emily Walker at the helm, it is reinvigorating the inn's reputation as a hangout for winemakers, growers and artisans. Bell's hyper-local cuisine - "there's no lemon for your Pellegrino," he likes to say - changes daily, reflecting foraged goodies, garden treats and products from 40 local farms that he and his executive chef, Stacy Johnson, visit in person. *naramatainn.com* –*Dick Snyder*



It's been 100 years since James Joyce's *Ulysses* was published, and Dubliners have been throwing a party for the book that helped make the UNESCO City of Literature a character in its own right. Usually, the hoopla takes

place only in June, but you can still experience Dublin's Museum of Irish Literature (moli.ie) and the James Joyce Centre (jamesjoyce.ie) with walking tours, special exhibits and digital

offerings. Live like a local and grab a pint at the historic Davy Byrnes pub (davybyrnes.com), a watering hole frequented by Joyce and mentioned in

both *The Dubliners* and *Ulysses*. But why stop there? The city was also home to Bram Stoker, and 2022 marks the 125th anniversary of his book, *Dracula*. The big party happens this October, just in time for Halloween. It's fitting, since legend has it the scary holiday originated on the Emerald Isle. bramstokerfestival.com; ireland.com -Vivian Vassos



Michelin, the French tire company that launched - more than 100 years ago - a motorist's guide to the best routes and places to stop and eat along the way, has set its sights on Toronto. "This first selection, for Canada's largest city, and our first in the country, will represent the local flavours, international inspiration and distinct creativity that makes Toronto's dining scene world class," Gwendal Poullennec, international director of the Michelin Guides (guide.michelin.com), said in Toronto this spring. For chefs, the bump in reputation and business from a Michelin ranking is incentive to elevate their game, since the guides rate more than 30,000 dining spots around the world "for the quality of their food and the ingredients used, mastery

> of flavour and cooking techniques, the personality of the chef in his cuisine, value for money and consistency between visits." Aside from those that will get a vaunted Michelin star (with three being the apex), when the list is announced this fall, the Toronto guide will include restaurants that offer great quality at good prices, under the guide's Bib Gourmand awards. Not to be outdone, Canada's 100 Best restaurant list (canadas100best.com) is back, after a two-year, pandemic-induced break. Revealed in May and, for the first time, a

Vancouver resto, Published on Main, took the top spot, while Major Tom was awarded best new restaurant, a first for Calgary. Start your engines, culinary travel is back on the map. -VV



Ambience and food



arianne was recommended to take lutein supplements, but even after a few months, and her eyesight kept deteriorating. At the yearly eye exam, her optometrist recommended to start injections into the eye, to help stabilize her vision. Around the same time, a friend of Marianne told her about a Swedish eye supplement that had helped her, called Blue Berry. It contained blueberry colour pigments in addition to lutein. Marianne bought 2 boxes the next day and started.

MY OPTOMETRIST WAS **IMPRESSED**

Within a short time, things were changing. Marianne wanted to confirm her experience with her optometrist, so she scheduled an appointment. The optometrist was impressed! He could see an increase in macular pigmentation and asked what she has been doing. Now, it's been over two years since Marianne star-

TEST YOUR EYE HEALTH

	YES NO
My vision is declining steadily	\circ
I see blurry images often	0 0
I don't eat berries daily	0 0
I watch screens too much	0 0
I even have AMD or cataracts	0 0

If this sounds like you, then try the Swedish Blue Berry tablets, to help nourish and relieve your eyes

ted taking Blue Berry and she is thrilled. She didn't get any treatments by her optometrist and her eyes are doing well.

"Blue Berry has given me back my enjoyment of life. I was so scared of getting limited to staying in my apartment and having to rely on help from others. But i'm back to my active life and enjoying time with my friends and family. Blue Berry has become like a "life companion" for me, and I will never stop taking it."

- Marianne., DK.

THE SWEDISH SECRET TO HEALTHY EYES



Wild Swedish low bush blueberries are small, tasty and so colourful inside that they colour your hands blue when you eat them. It's this natural colour that benefits the eye's macular vision center.



Blue Berry

high concentrations of carotenoids (colour pigments) to nourish your eye's vision center and help maintain your eyesight, even in conditions of AMD and cataracts.





















(ONLINE)

Results may vary. Please read the information on the box to determine if this product is right for you. This product is not intended to diagnose, treat, cure or prevent any disease.



Lena Nguyen, 82, and Jack Barrett, 90, marry 20 years after meeting at her hair salon

a widow and single mom, Lena Nguyen – now 82 – emigrated in the 1970s from Vietnam to Canada, where she settled in Ottawa with her four children, Lyn, Van, Tu and Tom Ly. In the 1990s, she moved to Vancouver, where she owned and operated a beauty salon called Lena's. Floridian engineer Jack Barrett, now 90, had recently relocated to the West Coast when he strolled into her shop looking for a haircut. Here's how they found love.

Lena Nguyen: Twenty years ago, Jack came into my salon for a trim. He was tall and handsome - 6-4 - and a polite, proper gentleman. It was love at first sight.

Jack Barrett: She was so beautiful and vibrant. Full of life and energy. I started visiting more and more often. I like to keep my hair very neat.

LN: Soon enough, he was visiting daily - whether he was getting a haircut or

not. He'd even bring lunch and snacks! JB: I think, after about the third haircut, I asked her on a proper date. We went to the Fairmont Hotel for their famous Sunday brunch. I was trying to impress her with my know-how about food in the city, but the truth is I was brand new and just getting my footing.

LN: I was impressed, but I'd much rather cook. I like to take inspiration from foods from all over the world and then make the recipes my own. We rarely eat out anymore.

JB: Lena is very strong-minded and has such interesting stories to tell. I love listening to her. She's a hardworking, one-woman show, who had run a successful business for many years. She has a real knack for being at the centre of things and people.

LN: I'd soon learn that Jack has a genius-level IQ. He was one of the very first engineers at IBM, and even remembers when Steve Jobs came in to present the notion of home computers. **JB:** I think I said something clever like, "Who would want that?"

LN: Jack also taught me how to trade and invest in stocks, as I retired from the beauty industry. This helped us purchase a home in Hawaii, which we needed because Jack's an American citizen and was only able to be in Canada for six months a year. Being apart was the most difficult time.

JB: But the Hawaii home let us be together the remaining six months of the year. We both fell in love with Hawaii because of the temperate climate and proximity to Vancouver.

LN: Twenty years later, Jack wanted to make a commitment. Together, we picked out a beautiful ring from Harry Winston. Jack talked me into it.

JB: I said, "Life is too short for a halfband! Go for the full!"

LN: We're planning a ceremony later this year with all the family in Vancouver. In the meantime, we had a civil wedding with a simple ceremony right here in Hawaii.

JB: My favourite time of the day with Lena is around 5:30 p.m., just when the shade covers the pool and we go for an hour-long swim. Then we sit together in the hot tub looking out at the beautiful sunset over Magic Island Beach in Honolulu.

LN: We're both true romantics. We were surprised at first, but love felt natural and comfortable. I believe love is timeless at any age, and we feel the same as we did in our 20s!

JB: We take and treat every day as a precious gift and we make each other laugh every day. We're able to enjoy visits with the family (I never married or had kids, but Lena has four children and four grandchildren) throughout the year in both Hawaii and Vancouver.

LN: And, most important of all, Jack enjoys my cooking! — As told to Rosemary Counter





"Shingles felt like merciless flashes of electricity..."

SHINGLES DOESN'T CARE

It didn't care about her. It won't care about you.

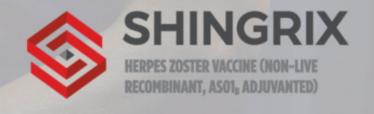
Shingles is a serious disease that can cause a blistering rash resulting in severe pain which has the potential to linger. No matter how healthy you feel, as you age, the risk of developing shingles increases.

Know what else? If you've had chickenpox, the virus that causes shingles is already inside you.

HELP PROTECT YOURSELF WITH

Ask your doctor or pharmacist about vaccination today.

Visit SHINGRIX.ca



SHINGRIX is a vaccine that helps protect adults 50 years of age and older against shingles (herpes zoster). 100% protection cannot be guaranteed and adverse reactions may occur. SHINGRIX is not for prevention of chickenpox or for the treatment of herpes zoster (HZ) and does not treat or prevent complications. Ask your healthcare professional if SHINGRIX is right for you. To report an adverse event, please call 1-800-387-7374.





AGE PROOFING

When Dr. Michael Roizen, the chief wellness officer at the Cleveland Clinic and a co-

author of the upcoming book *The Great* Age Reboot, spoke at the Global Wellness Summit in Boston late last year, the 75-year-old made the case that, in our 40s, 50s and 60s, we can manipulate our genes to extend our prime years when we're in peak physical and mental condition - by as much as 30 years, taking us into our 90s.

Here's what it boils down to:

- 1 Do your brain teasers and physical exercises as quickly as you are able (with your doctor's consent). The speed adds a form of stress that helps one of our genes to drastically reduce the chances of developing dementia.
- 2] There's bad stress too, of course, but it can help build resilience. "Managing stress, [through] friends and purpose, is the most important thing in aging," Roizen says in an interview; he makes the point that it doesn't matter what your purpose is, as long as you have a passion for it.
- 3] Know what he calls your "normals," which include blood pressure, LDL (bad) cholesterol, body mass index and blood sugar, and keep them within what your doctor tells you is your normal range.

"If you do all of those," Roizen says, "you're more likely to live younger, longer." -Bert Archer



BERRY GOOD

Healthy eating helps our cardiovascular system,

weight and blood pressure and provides us with antioxidants, all of which may have cognitive benefits. Berries in particular are high in flavonoids, plant chemicals that have been linked in long-term research to a lower rate of dementia. The MIND diet (a variation on the Mediterranean diet, designed to reduce dementia risk) recommends at least two servings of berries a week.

Now, a study from researchers at England's University of East Anglia, published in the journal Frontiers in *Nutrition*, suggests eating cranberries regularly may help older brains. In the experiment, people aged 50 to 80 were given either a daily dose of freeze-dried cranberry powder (equivalent to a cup of fresh berries) or a placebo. It was a small study of just 60 people and funded by the U.S.-based Cranberry Institute, but the results were nevertheless significant: After 12 weeks, the cranberry group demonstrated improved memory and cognitive function. There were also signs of better blood flow to the brain - good news, considering this often decreases as we age and can lead to mental decline.

Cranberries are high in fibre and vitamin C and thanks to their low sugar content, they can be used in both sweet and savoury recipes. -Lisa Bendall



ART WORKS

When Nate Laurie, 77, retired as an editorial writer at the Toronto Star, he

wanted to continue being creative - but without the desk job and deadlines. So he started painting. "It's a very relaxing form of creativity," he says. "I can paint where I want, what I want. I can start something and don't have to finish tomorrow or ever."

It's also good for his brain. "That calm state of creating art can positively contribute to brain health as we age," says Kate Dupuis, the Schlegel Innovation Leader in Arts and Aging at Sheridan College's Centre for Elder Research in Oakville, Ont. "De-stressing is beneficial, because the stress hormone cortisol can negatively impact memory function." Also, as the clinical neuropsychologist notes, "Creating art can be stimulating cognitively, emotionally and spiritually."

For Laurie, who has always enjoyed working with his hands, it's a feel-good exercise. He is extremely patient, he says, and can go over and over his work, "until I'm happy with it." He paints scenery and portraits of his grandchildren, usually from photographs. "The hard thing is deciding what to paint and, after that, it's a piece of cake." The best part is looking at his art and thinking, "Oh, I did this?" That feeling, he adds, is enormously rewarding. -Judy Gerstel

WORK OUT BY DAY







KETTLEBELL WORKOUT WITH MASTER DAO

SETTLE IN AT NIGHT



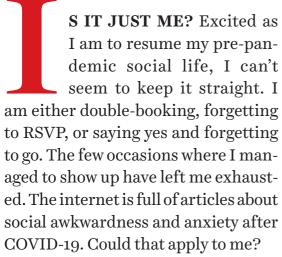
See Helen Mirren in the role that made her a star! Mirren plays Jane Tennison, a sharp-witted, tenacious, chain-smoking detective who becomes the first woman in the history of the Metropolitan Police to lead murder cases. As Tennison tackles crimes, she must also battle sexism and her own demons along the way.



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The Anxiety of Re-Entry

By Libby Znaimer



It's not as though I am emerging from partial social isolation. I have felt very fortunate to have gone into work

every day - with a very small team through the worst of it - and there are more staffers in the office now. I have played doubles tennis, seen friends in small groups, eaten in restaurants and attended a couple of shows, when they were allowed. But the big reopening now underway seems a bit overwhelming.

"I think a lot of people are experiencing unexpect-

ed feelings," Dr. Franklin Schneier, co-director of the Anxiety Disorders Clinic at the New York State Psychiatric Institute, told the online journal *Healthline*. "Even people who aren't particularly socially anxious may feel a bit awkward jumping back into activities that were previously comfortable for them."

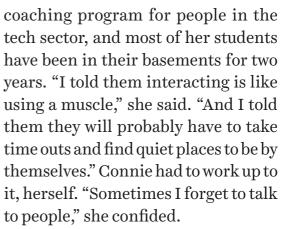
To hug or not to hug: What's the right way to greet people you haven't seen since that was a no-brainer? Who makes the first move? And what about people you meet in person for the first time after dozens of Zoom and phone calls? I was pleasantly surprised by a hug from Dr. Peter Jüni, the former

director of the Ontario COVID-19 Science Advisory Table. It was at a reception to say goodbye to him, held in a courtyard filled with the doctors who have been at the forefront of public information throughout the pandemic. I have talked to them on air many times, but this felt very different. I used to attend events like this often - it's really nice to have personal conversations and get to know people who are business contacts. I stayed for an hour and arrived home by 7 p.m., feeling completely drained.



Next, there was a summer solstice party I was really looking forward to at a swank hotel that has put on similar events over the years. The challenge: There was no "plus one" on the invitation. Normally, that wouldn't faze me. I would expect to know lots of other guests. After chatting with the two people I recognized, and introducing myself to the artist whose work was being shown, I thanked my hosts. I had lasted just over half an hour.

I talked to my friend Connie as she was preparing for the tech industry's Collision Conference - the largest in-person event in Toronto since COVID. She runs an executive skills



Some people can't stop talking. My husband seems to attract buddies who bend his ear with lengthy one-way conversations he can't get away from.

> When I check in with some friends who live alone, the response to "how are you?" is often a monologue. I could walk away and do something else and they would not notice. It even happens on air sometimes with my panels. People who have been on their own too much can miss the cue that it is time to let the other person talk.

Connie's muscle analogy is very apt. I probably should be easing into my new social calendar like building up to a new workout. The good news is online psychotherapists assure us that, for most people, social skills will return quickly. But once this problem is solved, there may be another on the horizon. I already see signs of FOMO: Fear of Missing Out. It's an anxiety for extroverts only; and after two years of knowing there was nothing to miss out on, it's a nice problem to have.

Libby Znaimer (libby@zoomer.ca) is VP of news on AM740 and Classical 96.3 FM (ZoomerMedia properties).



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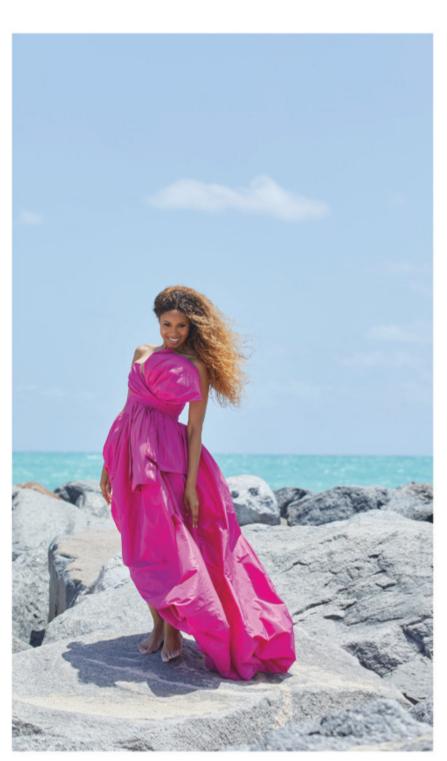
*compared to our TENA Intimates Ultimate Pads







After three decades in the music industry, the Canadian R&B icon is finally being lauded at home **By Ashante Infantry**Photography **By Gabor Jurina** / Fashion Direction **By Zeina Esmail**



DEBORAH COX BREEZES INTO A SWANKY

Miami restaurant on a quiet weekday morning looking like she stepped off the cover of a magazine. Imbued with the voice of a diva, but not the airs, Canada's pre-eminent R&B singer, clad in a coral, body-skimming Michael Costello dress and chunky, coffee-coloured sandals, emits hints of the classic Guerlain fragrance, Shalimar. The 48-year-old is composed and accommodating, with an easy laugh and radiant skin.

Cox lives 30 minutes away in the South Florida home she shares with Lascelles Stephens, her manager and husband of 24 years, and their three children: son Isaiah, 19, who starts his second year of college this fall, and daughters Sumayah, 16, and Kaila, 13.

Today, the trailblazing songstress is a muted version of her glamorous onstage persona, notable for sparkling designer gowns and slinky catsuits, not to mention a powerful and dexterous contralto that is the envy of other vocalists.

The self-described "skinny girl from Toronto," who didn't let industry rebuffs in Canada deter her, went south and made it to the top of the R&B charts in America. She went head to head with Janet Jackson and Lauryn Hill, and became friends with the late Whitney Houston, who invited her to sing on the 2000 duet "Same Script, Different Cast" (a top Billboard dance club song).

She became this country's first international R&B star, advancing the work of Liberty Silver – the first Black woman to win a Juno, in 1985 – and paving the way for Canadian acts like Melanie Fiona, Jully Black and 2022 R&B Juno winner Savannah Ré.

Cox has released six award-winning albums and 13 dance hits, garnering Junos for her first two albums, *Deborah Cox* and *One Wish*, and one for the 1997 smash single,





SHINE ON
Dress, Alexandre
Vauthier.
(Opposite) Dress,
Balmain. BEAUTY
NOTE Keep frizz
and flyaways at
bay with a spritz
of Pureology Soft
Finish Hairspray.

"Things Just Ain't the Same." She also racked up two Soul Train Awards for her 1998 hit "Nobody's Supposed to Be Here," which spent a history-making 14 weeks atop the Billboard R&B chart.

Three decades into a steady, multipronged career, the newly minted Canadian Music Hall of Famer is enjoying an upswing of appreciation. Grateful for the accolades, she is still chasing her dreams, and her spine-chilling vocals are still strong and supple.

In late 2020, that rich, vibrant tone was the focus of an Instagram-spawned #DeborahCoxChallenge, with Grammy winners Fiona and Lizzo among the younger belters tackling the vocal gymnastics of "Nobody's Supposed to Be Here" in a series of viral videos.

She also bantered with Los Angeles DJ D-Nice on Instagram Live during his Club Quarantine pandemic dance parties, which were a cool, celebrity-studded lock-down diversion. And last summer, he invited Cox to perform with him at the Hollywood Bowl, ticking off one of the venues on her bucket list.

This year she's being "given her flowers," adding a star of Canada's Walk of Fame to her Hall of Fame induction. The phrase has become shorthand in the African American community as a way to honour achievement and recognize unsung contributions in the moment, and references a long history of overlooked Black excellence that often wasn't acknowledged until the person was no longer around to enjoy it.

"Through this journey, I've realized that it gets better as you get older, and that you're not running out of time," the upbeat Toronto native says over an early lunch. "This industry tends to feed off of your insecurity, in making you feel like, as soon as you hit 40, that you're over the hill. ... No, you come into your own, even more so in your 30s and 40s and 50s. You really get it when you have a better understanding of what life is all about. You're more mature in handling whatever your purpose is."

At the Juno Awards this spring, she was inducted into the Canadian Music Hall of Fame by her Miami friend and former Toronto Raptor Chris Bosh, and lauded with a tribute video that included cameos by actress Angela Bassett, Canadian music producer David Foster (who declared, "We can't wait to see what is coming next") and singer John Legend, who called her "an incredible voice and incredible artist." Cox, dressed in a stunning Elie Madi gown, delivered a show-stopping rendition of "Nobody's Supposed to Be Here." The powerful ballad is about finding love, but fans like Basketball Hall of Famer Bosh, who was inspired by the song in high school, say it's motivational. At the Junos, he extolled Cox as "a true visionary, a Canadian whose songs touched the world and gave those who couldn't speak a voice for themselves."

The singer-songwriter's empowering lyrics resonate with the LGBTQ community, where she headlines benefits, charities and pride festivals worldwide, and where anthemic remixes of her tunes have made her a dance-club

darling. She has been recognized with multiple awards, including a special 2019 honour for visibility and leadership from the National LGBT Chamber of Commerce in the U.S., the same year she headlined Vienna's Life Ball, Europe's biggest HIV/AIDS charity event.

OX GREW UP SINGING AROUND THE house she shared with her Guyanese immigrant parents and two sisters in Toronto. Influenced by the greats - Dinah, Aretha, Gladys, Tina and Whitney - she won talent contests, and honed her chops singing ad jingles, as well as gigging with local bands and supporting studio sessions. She excelled at the vaunted Claude Watson Arts Program at Earl Haig Secondary School and enrolled at Humber College, but when a teachers' strike interrupted her first semester, the up-and-comer landed a spot in the Canadian production of the off-Broadway musical, Mama, I Want to Sing! and never returned to school. She went on to work as a background singer, first with Quebec pop sensation Roch Voisine, and then Celine Dion, whom she daringly left in 1992 to pursue her own career.

"The money was amazing, the experience was amazing, great hotels, just like this amazing life," Cox remembers of the perks of travelling with the Quebec chanteuse and accompanying her on Jay Leno's and Arsenio Hall's late-



night shows. "But I knew that it was going to take away from me doing my own thing, and I was starting to find my own voice. I just told her how sorry I was that I had to leave, and she was so gracious, because I knew she'd have to rehearse a whole other person. She was very supportive."

The risk paid off. Within a year, Cox was living in Los Angeles, where she was signed to Arista Records by music impresario Clive Davis, who shepherded his protegé's 1995 debut album to gold status - half a million in sales - and an American Music Award nomination for Soul/R&B New Artist (American neo soul innovator D'Angelo won).

She and Dion crossed paths again in 1997, when they were nominated for Best Female Vocalist at the Junos, and Dion won. The following year, they bumped up against each other on the pop chart, with "Nobody's Supposed to Be Here" at No. 2, while Dion's, "I'm Your Angel," with the since-disgraced R. Kelly, held the top spot.

Cox, who had been turned down by every record label in Canada, found musical acceptance in the United States with the "warm and passionate" Davis as her champion, whose attention and commitment were refreshing. The industry giant, credited with fostering iconic talents like Houston, Billy Joel, Bruce Springsteen and Earth, Wind & Fire, wrote letters to radio programmers and persuaded music execs to support and market Cox. Meanwhile, R&B music was floundering north of the border, even after Black Canadian artists like Portia White, Oscar Peterson, Salome Bey, Messenjah and Maestro Fresh Wes made advances at home and abroad with classical jazz, blues, reggae and rap.



"There wasn't an infrastructure here, not just from a record company standpoint, but managers, agents, nightclubs, [venues] to play, television shows, radio programmers who would actually embrace that music," explains music biz veteran Allan Reid, president & CEO of the Canadian Academy of Recording Arts and Sciences (CARAS), which oversees the Junos and Hall of Fame, in a phone interview from his Toronto office.

The "rejections became my redirection, and only added fuel to my fire," Cox said in her emotional Hall of Fame acceptance speech. She is the first Black female recipient of the award, which was established by CARAS in 1978 for artists with many years of experience, and an outstanding contribution to the international recognition of Canadian music. Previous inductees include Alanis Morissette, Joni Mitchell, Sarah McLachlan and Shania Twain. Jazz legend Peterson is the only Black male awardee.

"I think that the Hall of Fame represents representation," says Cox, who will get to mount her plaque this fall on the wall at the Hall of Fame's home in Calgary's National Music Centre. "It represents someone who, like myself, had to pave and take and carve out her own path. It's validation."

But, as singer-songwriter Mustafa noted in his 2022 Junos acceptance speech for the Alternative Album award, "being the first of anything should now be critiqued more than celebrated."

Reid doesn't flinch from the criticism. "I can't change the past," he says, "and nor can the people who are here doing this now. What we can do is address what's happening now [and] in the future." The Canadian music industry was "built on a singer-songwriter model that moved into pop and rock, that was primarily sort of a white industry overall for decades," he adds. "So that's also been our challenge when we look back at who's been inducted by the Hall of Fame. The ... majority [are] not diverse people, because that's what the industry was celebrating."

CARAS's present-day efforts are evident. This year's Junos, which also honoured Jamaican-born Denise Jones, the founding chair of the Reggae category, and the humanitarian work of Inuk singer-songwriter Susan Aglukark, also recognized a banner number of Black winners - more than a dozen - in a broad range of categories.

LTHOUGH SHE HAS NEVER STOPPED performing live, Cox hasn't released a studio album in 14 years.

When I interviewed her in 2003, she was in the midst of professional and personal angst – finding her footing at J Records, which Davis started after he was pushed from Arista in 1999 - and expecting her first child, after years of debating the right time to start a family.

Cox had no qualms about following longtime champion Davis to his new label, but hung in the balance while the business was being set up and he prioritized Alicia Keys and Luther Vandross.

She gave birth to two children in three years and,





seeking more creative control, went the independent route, starting her own label, Deco Entertainment, which put out 2008's *The Promise* and yielded the Canadian hit "Beautiful U R."

There are no hard feelings toward Davis; he appeared in Cox's Hall of Fame tribute video, and she attended his 90th birthday celebration in New York earlier this year. In his 2013 memoir, *The Soundtrack of My Life*, Davis expressed regret that Cox "may have been burdened with too many expectations" as the "heir apparent to Whitney Houston," even though he wasn't grooming her for that type of "one in a generation" success.

"I've always felt some guilt that perhaps our initial aggressive campaign to get her debut album attention unintentionally invited unfair comparisons," he wrote.

As her recording career plateaued and her family expanded, Cox, who made her acting debut in Canadian director Clement Virgo's 2000 drama Love Come Down, turned to the stage – starring on Broadway six months after Isaiah's birth – playing title roles in the Elton John musical Aida and the North American tour of The Bodyguard. In the stage version of the 1992 film about a sultry R&B singer starring Houston, Cox faultlessly soared through the tunes featured on the movie's soundtrack, which sold 45 million copies. Her mic-dropping interpretations of songs like "I Will Always Love You" were evidence that, on the strength of her vocal range, power and resonance, comparisons to Houston were inevitable.

"I found other outlets to still do what I do and still have my sanity," she explains. "It was really about trying to figure out what the happy medium was, and how to balance doing that and being in control, but also having a life."

Cox, who has recorded new music but is weighing the right distribution deal, credits the musicals with preserving the control and purity of her voice.

"Because I've maintained my live performances, I've been able to just do what I need to do and still hit notes and with stamina, so I don't get tired. Broadway was also the best training – six shows a week was no joke."

Most recently, she has appeared in BET's *First Wives Club* and the HBO MAX series *Station Eleven*, based on the bestselling post-apocalyptic book by Canadian author Emily St. John Mandel, which was filmed around the GTA during COVID. In the season finale, she turned in a riveting performance of Gladys Knight the Pips' 1973 classic, "Midnight Train to Georgia."

HILE COX IS ENJOYING THE hometown commendations, she aims to use the retrospective embrace as a springboard for other projects.

Top of mind is a Black Canadian museum, which she is trying to get off the ground, and is in talks with partners and funders. "I want to recognize, and amplify, and give acknowledgement to musicians, artists – whoever has made their mark as a person of colour that hasn't been given their

flowers," she explains.

Cox also wants to start a kids' music program, similar to the Salvation Army sleepover camp that impacted her childhood.

"For me, camp was everything: It allowed me to get out of the city; it allowed me to just see something else," she recalls. "Growing up, I felt very poor, very humble. My parents were really hard-working, but we didn't have a lot going on. I want to be able to create an atmosphere where kids can have an outlet, and incorporate music and the arts in it as well."

She is also mentoring young Black women like Toronto sisters Justice and Nia Betty, co-founders of Révolutionnaire, which began as a company selling "nude" dancewear in a range shades suitable for the various skin tones of people of colour. It has evolved into a design company with a Roots collaboration, as well as a social network for change makers. Cox serves as the brand's ambassador, but is also a mentor and friend.

"The name Deborah Cox was one that was said so many times in our household, as an individual who was such an accomplished Black Canadian woman, who was very much a role model," Justice, 25, says in a phone interview from Toronto. Cox gave Révolutionnaire a huge boost when she invited the siblings to the Hollywood Bowl show and introduced them to celebrities like D-Nice, Sheila E. and the Isley Brothers.

"Nia and I always feel so incredibly supported by Deb, 🕨



whether it's through phone calls, Zoom, text messages, regularly keeping in touch for quick questions, extended conversations, or just a fun laugh."

T WAS CRITICAL FOR COX TO HAVE her mother, who sometimes finds crowds overwhelming, in the audience for her Hall of Fame acceptance. "I really wanted her to take it in, because I saw the struggle growing up ... her getting up in the morning – she's been a receptionist, she's worked at city hall, she has been a parallegal – she had many different jobs just to keep it going."

The Junos appearance on Toronto's Budweiser Stage – where she last performed for Lilith Fair in 1999 and Prince came backstage afterwards to pay his compliments – was a highlight of her career. "It was a whirlwind of personal emotions that I really didn't get an opportunity to deal with, because I had blinders on to make sure that everything about the performance would go off well. I knew I was going to be very emotional and I'm not a very good singer when I cry."

Cox saved her final comments at the Hall of Fame ceremony for her songwriting partner, BFF, soulmate and husband of 24 years. "There would be no Deborah Cox without you, Lascelles," she declared. She credits his vision and encouragement for the breadth and longevity of her career. "He would see things more than I saw things for myself, and he would tell me the truth," Cox says. "We allowed each other to grow, and I think that's part of the reason why we've been together."

Savannah Ré, who calls Cox a "Scarborough legend," is equally inspired by the veteran's personal life. "It shows



that you can be successful and be in a relationship," says the twentysomething Toronto-based singer, who married her frequent collaborator, YogiTheProducer, four years ago. "There's definitely pressure on female artists especially, to have this single persona, like, 'Oh, I'm available.' So, it's great to see that you can flourish in love and still be very successful."

Cox and Stephens met in local Toronto bands, where she sang and he played bass. Blushing at the memory all these years later, she recalls being "mesmerized by his musicianship," while he remembers being captivated by "of course, her looks," but essentially her confidence.

"She knew who she was," a low-key Stephens, in a rare interview, says by phone from their Florida home. "Vocally, she was always just killing it, but she was also up there playing the timbales like she was Sheila E. You couldn't tell her nothing; she was banging those things." With the lacklustre market for R&B in Canada, the pair headed south, shopping demos and meeting with executives until landing that fateful meeting with Davis. As her supporter-in-chief, Stephens is there for his wife professionally, as a motivator and buffer, and personally, to protect "her integrity, her light, her heart, her kindness."

When she's not on a film set or concert stage, Cox is at home, "riding my bike, hanging out with my family, just doing simple things, chilling out. I still play Scrabble, I still play Monopoly."

Since she's naturally slender, she doesn't adhere to any rigid fitness routine. At lunch, she cleans her plate of lemon oregano chicken wings, and is game for dessert – any visit to Toronto means indulging in Crunchie bars, Glosette Raisins, dill pickle chips and and butter tarts. Even though she doesn't order a glass, talk turns to wine, which she became interested in while touring wineries on days off in Europe. This year, she's releasing her own organic French rosé, Kazaisu, sourced from Provence. The wine is named for her progeny, all of whom show an aptitude for visual arts, graphic animation and songwriting. The girls have sung background on mom's records.

"Sometimes they'll let us hear it, sometimes they don't, but I'm not forcing or pushing them in any way," says Cox of their creative output. "I want them to stay inspired and do it because they really love it, not because it's something that I'm attached to."

Although she wishes she "was able to spend a little bit more time in the early stages with them," Cox believes she and Stephens have raised well-adjusted children while staying relevant in the entertainment industry, without having to compromise her standards – never mind the short-lived publicist who said her drama-free life was a marketing challenge.

"I just want people to know, and understand, that the joy that they see is really me being at peace, finally, with who I am, and my truth. I'm finally at that place where I don't feel like I have to do, or be, anything more than who I am and what I'm doing."



WIND AT HER BACK Dress, Alex Perry; earrings, Carole Tanenbaum Vintage Collection. (Opposite) Jacket, Deborah's own, Révolutionnaire by Roots. "We're humbled and honoured to be able to have [Deborah] as a Révolutionnaire ambassador," says co-founder Justice Betty, "and continue to be inspired by all that she stands for, not only as an accomplished artist and actress, but also truly a powerful advocate and activist for so many communities."

Fashion director,
Zeina Esmail;
fashion assistant,
Brandon Laughton,
both P1M Artist
Management; hair,
Micah Cook; makeup,
Nordia Cameron
Cunningham,
both Miami, Fla.
Photographed on
location at Haulover
Beach, Miami, Fla.

FRECK VREELAND joins the GRANFLUENCERS

Style tips from iconic fashion editor Diana Vreeland's 95-year-old son **By Rosemary Counter**

REDERICK "FRECK" VREELAND was born with style dashing through his veins: His French American mother was none other than legendary fashionista Diana Vreeland. The OG Anna Wintour was an editor at Harper's Bazaar from 1936 to 1962 and editor-in-chief of American Vogue from 1963 to 1971, and – just as Wintour is today - the dedicated brains behind the Met Ball, which she single-handedly transformed from stuffy fundraiser to costume-party extraordinaire. Diana's circle of

fabulous, fashionable friends included British celebrity photographer Cecil Beaton; the Duchess of Windsor, Wallis Simpson; and former U.S. first lady Jackie Kennedy, for whom Diana acted as personal stylist. Coco Chanel was a close friend and the late Vogue editor-atlarge, André Leon Talley, was a devoted mentee.

Diana was no less glamorous at home, where her youngest son's earliest memories include his mother dressing impeccably before ample nights out on the town with her equally debonair husband, a jet-setting international banker. Dad was "always dashing, not a hair out of place," Mom "extravagantly made up and perfumed," writes Freck in his impending memoir

with the working title, *Please Call Me Freck*. The book will chronicle his life as U.S. Merchant Marine Cadet turned Cold War-era CIA operative and eventual U.S. ambassador to Morocco, where he has a home (as well as one in Rome). Along the way, Freck has hobnobbed with everyone from former U.S. president George H.W. Bush to the Dalai Lama.

Freck's silver-screen-worthy life story, starting with an unconventional childhood with his iconic mother, shines in a modern medium she wouldn't even recognize – name-

ly Instagram and Twitter, where @freckvreeland is a welcome addition to the "granfluencer" trend. It now extends to TikTok, where "the over-65 set is thriving," according to a recent New York Times story about a surprising set of stars that are having the time of their lives, largely poolside. Alongside similar pics (albeit, with more clothing) of Vreeland's colourful and delicious overseas retirement, however, his Instagram features classic vintage photos of his famous mother, whose so-called flaws inspired the 1957 Audrey Hepburn film Funny Face.

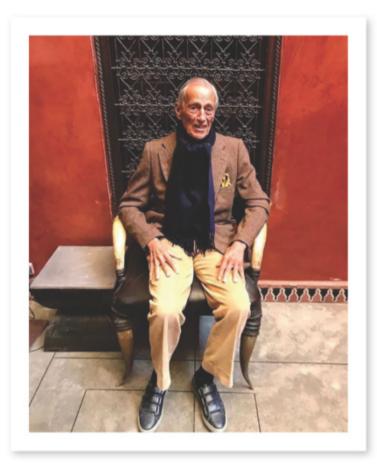
"My mother had a gloriously beautiful sister who her father always said was so beautiful," he recalls. "But to my mother, he'd say, 'You poor thing, you have my nose." What might have been a putdown to spark a lifetime of insecurity became Diana's calling card in life and fashion. "She loved highlighting her own, and other people's flaws, making them into a thing of beauty," writes Vreeland in a recent Instagram post. Thanks largely to the *Vogue* editor's personal-confidence-turnedprofessional-mandate, a new beauty era began where interesting faces trumped boring perfection. Without Vreeland, for example, we wouldn't know '6os supermodel Twiggy or Oscar-winning actress Anjelica

Huston. "She made it okay for women to be outlandish and extraordinary," Huston said in the 2011 documentary Diana Vreeland: The Eye Has to Travel.

This is just one of many lessons Diana imparted to her son who, at 95, looks as dapper as ever in his tailor-made jackets (though, for the record, Freck happily buys off the rack, too). No matter your age or upbringing, even the most sartorially challenged can cultivate better style, he says. Via Zoom from his home in Morocco, Freck spills his secrets on stylish dressing at any age.









#HASHTAG THIS - SCENES FROM @FRECKVREELAND (Clockwise from top left) With his wife Sandra; in Morocco, where he served as U.S. ambassador in the early '90s; keeping it simple for his outfit of the day, in cashmere and tweed; at 95, he remains unapologetically fashionable

(Opposite) His parents, Diana and Thomas Reed Vreeland, displaying the sartorial prowess Freck inherited, circa 1955

PHOTOGRAPHY, COURTESY OF @FRECKVREELAND

SEVEN TIPS for the CHIC GENT

GO "FULL GALLOP":

The Vreeland family has a knack for inventing new words; at Vogue, for example, Diana coined the term "youthquake" to describe the imminent arrival of the stylish, swing-ing '60s. Freck's linguistic claim to fame, meanwhile, is going "full gallop" - that is, all the way, no corner-cutting allowed and every detail matters.

SHAVE AND SHOW YOUR FACE

If there was any men's fashion trend that Vreeland would love to see cycle (and stay) out of vogue, it would be the scruffy look. "It seems to be all the rage these days, but I'm just not fond of facial hair." He says a beard or retro moustache only ages a man, so make like Freck and begin the day with the smoothest face you can swing. "One of the first things I do every morning is shave with an electric razor."

SKIP SOCKS AND HATS

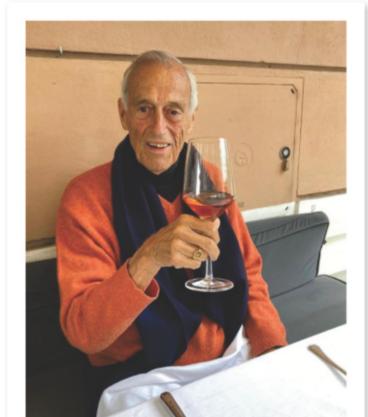
Now that your face is on display, absolutely do not hide it behind a hat (especially if, like Vreeland, "you're blessed with some hair left"). Another accessory that can date you? Socks. Tall and bold with funky prints are best, whereas boring and grey make you look, well, boring and grey. Most important of all, "never ever wear short socks under long or short pants," he cautions. "Better no socks than short socks!"

EMBRACE BIG, BRIGHT, CONTRASTING COLOURS

At least for daytime (more on



this later), do not shy away from even the boldest of colours. "I once had a pair of tight-fitting yellow suede bell bottom pants," Vreeland recalls proudly. Although he's colour-blind and can't tell red from green, he is still able to see bright, contrasting



shades of other colours, which he embraces so they pop against and complement each other.

MATERIAL TRUMPS LABELS

You might think, having grown up surrounded by *Vogue*-worthy de-signers, that Vreeland is decked head to toe in designer labels. But nope, he doesn't care much about fancy brands at all. "The most important thing is the feel of the material, which I want to be very light, but also warm," he says. Vreeland loves breezy wools and cashmeres and, for full sensual effect, never ever wears an undershirt.

CHOOSE A SIGNATURE ACCESSORY

For Vreeland, a bowtie "makes one look happy," he says. Moreover, his famous accessory showcases a rare skill that few possess. "Anyone can wear a tie, but to tie a bowtie is

> very distinguished." If there's anything you wear particularly well and suits you, lean in and make it your own.

CHANGE FOR DINNER

"Call me old-fashioned, but when the light fades, dark jackets come out," say Vreeland. Don't just throw it atop your day clothes, as evening wear is entirely different - and therefore requires a complete and careful costume change. An elegant after-work ensemble is non-negotiable, whether you're hitting the town or not, dressing up or down (but mostly up). Or, as Vreeland puts it, no matter the occasion, go "full gallop." 🗷

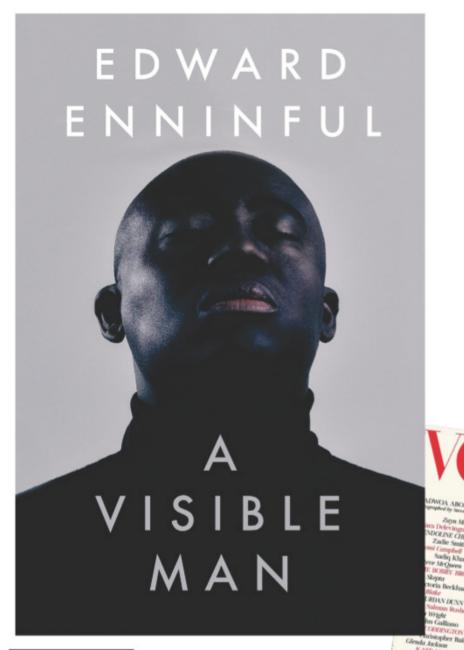
#INSTA STYLE (From top) Toasting to a Friday mood with a beer and a bike in Amsterdam; it's rosé all day in Rome, where Vreeland lives for part of the year after he retired from diplomatic service.





IN & OUT of FASHION

The season's chicest reads on royals, cultural change makers, and dressing well By Nathalie Atkinson



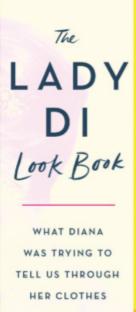
TWAS HIS EXCHANGES

with a younger generation of Black kids on social media, British Voque editor-in-chief Edward Enninful writes, that encouraged him to step up his career-long ethos of inclusivity - one that led to the Order of the British Empire in 2016 for his services to diversity in fashion. That responsibility to young people is also why Enninful finally agreed to share

his story in his engaging new memoir, A VISIBLE MAN (Sept. 6), one of our most-anticipated reads. "I set out to bring the 'othered' to the table," he says in the book. "We're here to inspire and give people something to dream about as well as a sense of the possible here and now."

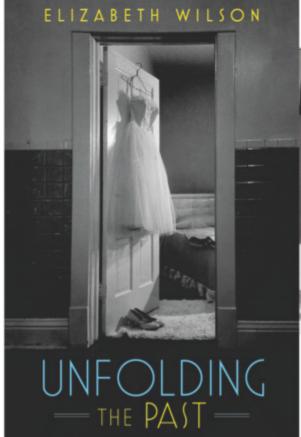
Born on an army base in Ghana to a





Eloise Moran

LADIES' DAY Diana, **Princess** of Wales, (above) at the Met Gala, NYC, 1996



seamstress mother and military father, Enninful moved with his family to London in the mid-1980s. They expected him to study law, until a stylist scouted him to model when he was still in high school. The self-described "awkward refugee kid from Africa" started writing about fashion for i-D magazine and, at 18, was appointed fashion director of the influential British magazine (the youngest ever for any international style publication), where he covered the Paris shows while still in his teens.

Taking stock of failures and victories against the backdrop of a world he is helping to transform, Enninful,



now 50, recounts with genuine awe the groundbreaking moment in 2017 when he was named the first Black editor-in-chief of British Vogue - an institution with a poor history of inclusivity and diversity. With its candid commentary, A Visible Man is an absorbing glimpse into the life, career and creative impulses of a cultural change maker who continues to challenge our perception of beauty, whether it's through January's "all-African" cover with nine Black models, or featuring octogenarians like Judi Dench and Jane Fonda.

English cultural commentator Elizabeth Wilson, another style trailblazer and prominent gay liberation and women's rights activist, also has a riveting read out this season. "Memories cling to the folds of a dress," Wilson, 86, writes in her

memoir, UNFOLDING THE PAST. Her erudite, decade-by-decade reminiscences are filtered through her relationship to evolving trends of the day, from her austere childhood in London during and after the Second World War, as a young woman during the upheaval of the bohemian '60s, and through to her current impressions. When brought into conversation with history, Wilson contends, objects like clothing illuminate "our own lives and those of others, past and present."

That's surely why, 25 years after her untimely death, Diana, Princess of Wales (and her wardrobe) continues to fascinate. British fashion journalist Eloise Moran has made a careful study of thousands of fashion photographs in her new book, *THE LADY* DI LOOK BOOK: What Diana Was

Trying to Tell Us Through Her Clothes. Moran draws from her popular Instagram account, @ladydirevengelooks, and expands those posts into smart observations that chart Princess Diana's transformation from "sacrificial lamb to revenge

queen" in va-va-voom Versace and bicycle shorts. Moran contends that, early on, when the media took advantage of her silence to spin their own narrative by dissecting her fashion choices to extrapolate meaning, Diana realized her clothes had the power to communicate. "Each outfit became somewhat autobiographical," Moran writes, as she deconstructs their crafted strategy.

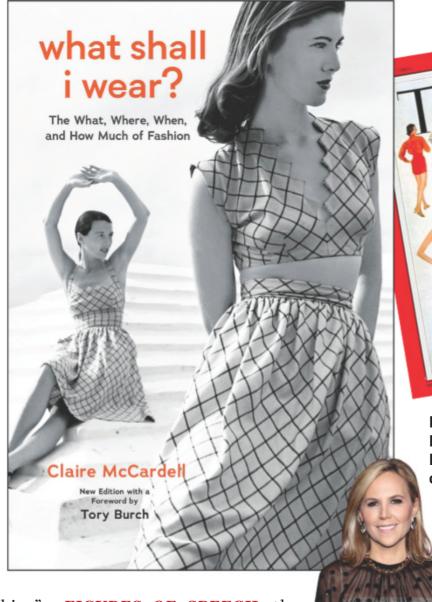
Consider The Lady Di Look Book a cheat sheet ahead of Season 6 of Netflix's The Crown (expected in November), as Elizabeth Debicki takes on the role of '90s-era Princess Di, when she shed the pie-crust collars and polka dots for higher heels, shorter skirts and sleek designer looks. The sexy little black "revenge" dress with the fluttering scarf that she wore in 1994 after

Prince Charles admitted (on national television) to being unfaithful, for example, was a callback and emphatic counterpoint to her wedding gown and its enormous train. Another provocative frock (a lingerie-inspired slip dress from John Galliano's debut collection for Dior) helped the People's Princess make a similar point in 1996, soon after their divorce was final. The occasion? The New York Metropolitan Museum of Art's annual Costume Institute fundraiser.

The Met Gala, as it's now known, has since grown into the undisputed fashion event of the year. This year's red carpet extravaganza was for

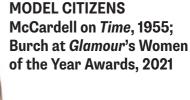
"In America: A Lexicon of Fashion" (closing Sept. 5, metmuseum.org), an exhibition exploring the country's homegrown fashion from different perspectives.

HE JUST-PUBLISHED companion catalogue, *IN AMERICA*: A LEXICON OF FASHION, edited by curator Andrew Bolton, features the usual suspects, but also spotlights those less often celebrated – such as Black designers Stephen Burrows and the late Patrick Kelly. In turn, Kelly's politically tinged runway paved the way for the current generation of renegade labels like André Walker (whose blanket coat, made from signature Hudson's Bay stripes, is featured), activist label Pyer Moss and Virgil Abloh's Off-White. Abloh was also the men's artistic director of Louis Vuitton, and worked across boundaries - from street fashion to high style and contemporary art – until his death last year, at 41, from a rare form of cancer. Since then, VIRGIL ABLOH:



FIGURES OF SPEECH, the comprehensive monograph of his interdisciplinary work put together in 2019 by the designer himself, has become an elusive holy grail of devotees and, by popular demand, a new printing finally arrives Aug. 30.

As Costume Institute curator Bolton explains in the Met exhibition book, the DNA of modern American fashion is often contrasted with the furbelows and couture fantasies of Paris, and "defined in relation to the principles of utility, practicality, simplicity, and egalitarianism." So it's fitting that the Met show spotlights a simple 1943 wraparound dress by Claire McCardell. A pioneer of effortless chic, McCardell (who died in 1958) defined the midcentury American Look that quietly revolutionized the way women dressed. She was one of the first American designers to have name recognition, appearing on the cover of *Time* in 1955 and named by *Life* as one of the most influential Americans of the 20th century. While her legacy of understated, affordable and casual elegance endures, the de-



signer herself is largely forgotten. The republication of her bestselling 1956 style manifesto, WHAT SHALL I WEAR? (Aug. 30), will hopefully change that.

The new edition features a foreword by Tory Burch, an avowed fan who not only paid homage through designs in her Spring 2022 collection, but has also endowed an academic fellowship in McCardell's name. Burch's lifestyle empire is arguably built on the same ethos as her pragmatic predecessor. "I believe that clothes are for real, live

women, not for pedestals," McCardell declares in her witty handbook. "They are made to be worn, to be lived in." It's a wonderful philosophical guide to being stylish and, as with all good modern design, her tips are timeless.

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At 79, the master of the macabre is back and shows no signs of mellowing with age. As **Brian D. Johnson** reports, in the celebrated Canadian director's latest film, surgery is the new sex

HAVE AN INDELIBLE memory of meeting David Cronenberg on a deserted stretch of Toronto's Gardiner Expressway. It was after midnight. The elevated highway had been cleared of traffic and turned into a stage. Wrecked cars were artfully strewn along the tarmac. A crumpled Lincoln Continental lay on its back like a giant beetle, T-boned into the side of a bus, luminous under the stark halo of klieg lights. Stepping around the shattered glass and twisted metal, Cronenberg came over to greet me. "Welcome to my playground. It's beautiful, isn't it!" As the director surveyed his tableau, to the sound of a thousand starlings screeching from their nests above the Gardiner's Stonehenge pillars, his eyes had the thrilled gleam of a thief in the night, an artist who had somehow persuaded the city to shut down a major artery for nights on end so he could make a movie about freaks who are sexually aroused by crashing cars.

That was fall, 1995. The following spring, Crash landed on the Cannes Film Festival like a firebomb, generating so much outrage that it won an unprecedented Special Jury Prize for "audacity, daring and originality," over vehement protests from jury president Francis Ford Coppola. This spring, 26 years later, Cronenberg was back in Cannes, and once again everyone was talking about Crash as they braced themselves for his latest audacity, Crimes of the Future - which envisions a world where "surgery is the new sex" - starring Viggo Mortensen as a performance artist who grows new internal organs that his creative partner (Léa Seydoux) slices out of his body for a live audience.

Cronenberg did his part to set the stage, predicting there would be walkouts within the first five minutes of his film. Fair enough: The opening scene shows an eight-year-old boy eating brittle pieces of a plastic wastebasket, then being murdered by his mother. But now that everything from *Euphoria* to *Ozark* is streaming sex and mutilation 24/7, it's harder to

shock an audience these days than it was in the '90s. There were virtually no walkouts at Cronenberg's première, which drew a seven-minute standing ovation and a largely warm critical response. "It was a great screening," he told me afterwards. "No one walked out except me – I went out to have a pee."

Despite some graphic scenes of squishy gore, I found there was something oddly comforting about Crimes of the Future. Like the best of Cronenberg's work, it cocoons us in a lush netherworld of exquisite disturbance, where horrors of the flesh are delivered with panache, and underscored by a sardonic wit. And though it received no awards in Cannes, the film - his first in eight years - marks an invigorating return to form for the 79-year-old Canadian director. After half a dozen movies set in the "real" world (Spider, A History of Violence, Eastern Promises, A Dangerous Method, Cosmopolis, Maps to the Stars), this is Cronenberg's first picture in more than two decades that takes place in an alternate universe of body horror - a steampunk dystopia so dank you can almost smell the mildew. It's a noir world of dark waterfronts and peeling paint. And, like Naked Lunch, Dead Ringers and Crash, it revels in a ritualistic intercourse between the human body and a technological realm of creature-like devices.

If *Crimes of the Future* feels like a successor to *Crash*, that may be because he wrote the script the year *Crash* pre-

mièred. It was Robert Lantos, the veteran Canadian producer behind both films, who resurrected it. "David had assured me many times that he would never make another movie," recalls Lantos, who came across it several years ago and suggested he re-read it.

Cronenberg says, "It was like suddenly being handed a script that somebody else wrote and thinking, 'Yeah, this is pretty good. How are we going to make it?" The script was a first draft, "but I didn't change a word of dialogue," says the director. What did change was the location, which was shifted to Athens, because filming in Toronto was too costly. "I thought, 'Okay, I love the idea of Athens and I'm going to embrace it.' And I'm open to discoveries, because, as always, movies involve found art." While there's barely a glimpse of Athens in the film, the first shot shows the rusted hulk of a ship on its side, a totem of environmental ruin, as the plastic-eating boy plays on the Aegean shore.

The notion of a child being nourished by microplastics "is partly satirical and partly a possibility," says Cronenberg. "Nobody was talking about microplastics 20 years ago. Now, we know there are bacteria that use plastic as fuel and protein. We are made up of single-celled animals that could do the same." Kristen Stewart, who co-stars in the movie, said in Cannes that she was taken aback when the director told her he wrote the script in 1996. "I was like, 'Oh, cool, so you're a frigging oracle." Cronenberg



demurs. "It's very sweet of Kristen to say that," he tells me. "But if I'm an oracle, it's by accident. Art is not prophecy. That's not what it's for. For me, it doesn't matter if something I predict in a film comes true or not. I wasn't trying to predict the internet when I made Videodrome."

While the arteries Cronenberg's body of work appear as interconnected as the Marvel Universe, he says he never thinks of previous films while making a new one. "If the film fans find those connections, that's fine. But creatively, it gives me absolutely nothing. I only think about the movie in its particular bubble – how do I bring these characters to life?"

Still, lifelong collaborators such as production designer Carol Spier and composer Howard Shore forge a familiar connective tissue throughout his work, along with recurring actors like Mortensen and Jeremy Irons.

FTER HELPING rejuvenate Cronenberg's career in A History of Violence, Eastern Promises and A Dangerous Method, Mortensen performs his fourth tour of duty as leading man in *Crimes*. He plays Saul Tenser, an avant-garde celebrity afflicted by untold ailments, whose body is manipulated as he sleeps and eats, cradled in organic contraptions that contort his body - the tentacled "OrchidBed" and a bone-like massage device called the "Breakfasting Chair." The ultimate tortured artist, Saul meets his match in Seydoux's character, Caprice, a loving partner in crime, who performs surgery on him in a soldout operating theatre of voyeurs with vintage cameras. Amid the spectacle, there's a constant chatter of witty dialogue, from Saul's complaint that "this bed needs new software - it's not anticipating my pain" to sweet nothings, like "I want you to be cutting into me."

It's a film that makes everything a metaphor for everything: sex and surgery, art and death. It's a portrait of the





AUTO EROTICA Deborah Kara Unger and James Spader in *Crash*, which courted controversy at Cannes in 1996; Cronenberg on the downtown Toronto set of Crash; Seydoux and Mortensen in Crimes of the Future

artist as an old man, and Saul struck me as a closer surrogate for Cronenberg than any of his previous protagonists. "Viggo has gone on record as saying he thinks this is my most autobiographical movie," he concedes. "I've never had my stomach cut open, but I think he's talking about what you're talking about." Mortensen's character, he says, "is the model for me of what it is to be an artist and a filmmaker. You are really giving everything you've got, inside and out, to your art, and offering it to your audience. It can be painful and it can make you very vulnerable. You are exposed, literally and figuratively." It takes guts to be an artist.

The film (now in rep theatres and on streaming services), was not cast as planned. Mortensen initially coveted a smaller role as a detective. "I had to really harass him to convince him that he should play the lead," Cronenberg says. Natalie Portman was set to costar as Caprice, while Seydoux was cast in a smaller role as Timlin, a bureaucrat in a secret government branch called the National Organ Registry. When Portman dropped out due to a scheduling conflict, Seydoux asked to take on her role. Cronenberg's response: "Yes, you are the actress I was looking for all along!" Kristen Stewart, perversely cast against type, replaced her as Timlin, a self-effacing fangirl who, along with her wild-eyed colleague (Don McKellar), is star-struck by the legendary Saul.

"Sometimes, the right people say 'no' and strange casting things happen," Cronenberg muses. "Sometimes you have to get lucky." Seydoux, who lit a fire under Daniel Craig's 007 in No Time to Die, enriches Crimes of the Future with layers of emotional intelligence, delivering the strongest performance by an actress in a Cronenberg film since Geneviève Bujold in *Dead* Ringers (1988). "Both Viggo and I were really impressed with Léa," he says. "The other thing was that she and I got along incredibly well and we are now fast friends. That

doesn't have to happen for someone to give a great performance - that the director and the actors become friends. But it's wonderful when it does. We became very close that way. We talked about all kinds of things, not about cinema. Never about cinema."

Throughout his career, Cronenberg has been fixated on the existential fact of mortality. Now that he's approaching 80, it's not just an idea. "How do

you live in the face of it, if you're not religious?" he asks. "How can you actually live, accepting the inevitability of your own oblivion? That's always there." After not making a movie for eight years, the director worried if his body was up to it. "You need a lot of stamina. The hours are murderous and you don't get any sleep and the pressure and intensity are huge. But gradually I found that, yeah, I can still do it. Age was not a problem."

Crimes of the Future is the first movie he'd made since the death of his beloved wife, Carolyn, the mother of two of his children, in 2017. "We were together for 43 years and it was paradise, honestly. So, it's Paradise Lost, there's no question." Her death, he says, did not have "a direct impact" on the themes of mortality in his new movie. However, his next film, a thriller called *The Shrouds* that was announced in Cannes, "will be much more directly about Carolyn's death." It will star French actor Vincent Cassel as Karsh, an innovative businessman and grieving widower who builds a device inside a burial shroud to connect with the dead. According to the film's synopsis, when several graves in Karsh's cemetery are vandalized, including his wife's, he's driven to "re-evaluate his business, marriage and fidelity to his late wife's memory, as well as push him to new beginnings." Beyond that, the director would not elaborate.

Lantos, meanwhile, is hoping to produce a film of Cronenberg's 2014 novel, *Consumed*, a surreal extravaganza of sex-tech fetishism that involves cannibalism, Cannes and North Korea. "That would be an ambitious project," he says, understating the case. "It will get made when he's ready to do it."

Cronenberg seems to be in no rush. "The one thing that I have at this age, that I didn't have when I was starting out," he says, "is the equanimity of not really giving a f--k. I'm not desperate to make another movie at all. That gives you a peace and tranquility that only experience and age could give you. I'm just floating along."





welcome to the metaverse

The next era of the internet opens a portal to virtual worlds where you can work out on Mars, shop fashion or real estate and then cap the day with a Justin Bieber concert

By Rob Csernyik

F THE JETSONS PROVIDED A CRYSTAL BALL

for 21st-century life, flying cars and homes in the sky would be the norm. The colonization of space is still far in the future, but video calls are commonplace, food and drinks can be delivered at a button's push and if you count Roombas - robot maids exist, too. Though our lives have hewn closer to Earth, it's never been easier to explore boundary-pushing realities in the expanding virtual realm known as the metaverse.

More than a buzzword, "meta" means to go beyond and "verse" - as in universe – is a nod to the world we live in. It's a broad term for the online world that bridges the physical and the virtual. In the metaverse, which is expected to define the next internet era – also known as Web 3.0 – users have immersive, often virtual-reality aided experiences, from hanging out with friends and playing games to attending concerts and buying virtual real estate. During the pandemic, it drew new attention as people, brands and artists tested the limits of life in the web's alternate universe.

You can visit 3D worlds, like Decentraland and The Sandbox, with nothing more than your web browser, but in the future, it's expected that most of the metaverse will be experienced through virtual-reality (VR) headsets that come with gesture controllers. (A Meta Quest headset will set you back about \$400.)

What separates the metaverse from other online platforms is you experience it by entering different worlds, and exploring them with new sensory experiences. While you can ride a Peloton, participate in classes you watch on a screen and schedule interactive group workouts with friends, a VR platform like VZFit turns riding a stationary bike into a video gamelike 3D experience, with you as the main character.

Opinions vary on how big a role the metaverse will play in our future lives, but one thing's for certain: Companies, from tech behemoths like Microsoft to traditional brands, are making substantial bets. Given how embedded Facebook is in modern life, it's not surprising CEO Mark Zuckerberg, eyeing future domination of this new frontier, announced last year he was rebranding the company and calling it Meta. In Decentraland, for example, you can visit a replica of Sotheby's London headquarters and view (or bid on) digital artwork they're auctioning off. You can also shop for virtual goods like Zuckerberg, whose avatar recently modelled Balenciaga and Prada outfits available from his company's new Avatars Store.

The metaverse's ambition hasn't matched technology yet. The scale of activities and some interactive capabilities will take time to develop, so it's unlikely to peak for several years. But for now, millions around the globe are enjoying this new virtual realm, which experts say may help combat loneliness and isolation for adult users.

Before you start your own journey to see what the metaverse offers, let's get you prepared.

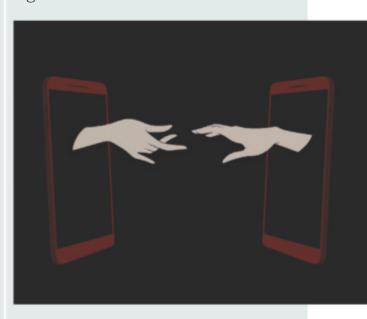
PRE-DEPARTURE

You'll need a high-speed internet connection, for starters, as well as a smartphone, tablet or computer and, depending on what platform you want to investigate, a headset. You may need to download an app; some, like Meta's Horizon Worlds, are free, while others may have a one-time fee or monthly subscription.

There's no charge to check out metaverse platforms like Decentraland with your browser, but to buy and sell items you'll need their cryptocurrency - an alt-coin known as MANA. (At press time, one MANA cost about \$1.10, about 25 per cent of what it cost in early January.) This means you'll have to create a crypto wallet, if you don't have one. Just as currencies change when you travel between countries, different platforms may require different coins. You'll want to do some exploring for free before embracing this option.

You'll also have to create an avatar – the virtual character that represents you in a metaverse platform - which can be customized by selecting skin tone, eye colour and hairstyle, and choosing from a limited line of basic clothing. Have fun with it! Some people keep their designs true to life, while others try out a different look.

Now, let's begin a day in the metaverse, using tech that's available right now.



☐ 8:30 A.M. **GET A HEALTHY START**

Whether you want to break a sweat or find a few minutes of Zen, there's no shortage of options. With a Meta Quest VR goggle set, you can punch to the beat of songs and work out with a personal trainer on Liteboxer, while the famed Les Mills BODYCOMBAT workouts are available from the fitness company's metaverse app, with martial arts training sessions and workout environments that include a Martian desert and a snowy tundra. If you'd rather more familiar settings with a meta twist, try VZfit. Using Google Street View, it lets you work out anywhere in the world – from your childhood neighbourhood to a far-off vacation spot. If accountability buddies are your thing, consider FitXR. This VR app has a multiplayer function that allows up to seven people to exercise together in real time.

Bonus tip Several apps offer guided meditation, praised by health professionals as a way to reduce stress and improve mental and physical health.

☐ 10:00 A.M. BROWSE THE REAL ESTATE LISTINGS

If there's one way the metaverse reflects the real world, it's that they both have wild real estate markets, and prices for plots of land sold as nonfungible tokens (NFTs) have increased dramatically on platfoms like Decentraland, The Sandbox or Voxels. Last year, a property in The Sandbox metaverse, located near rapper Snoop Dogg's virtual pad, sold for a whopping US\$450,000. You can browse listings on sites like OpenSea, or work with an agency like Torontobased Metaverse Property to buy or lease. Just like browsing the MLS, it costs nothing to window shop even the grandest properties.

Bonus tip There's a budding industry where metaverse architects – some formally trained and some with video-game design skills – create virtual buildings for individuals and companies.

☐ 11:30 A.M. TRAVEL BEYOND THE HORIZON

One of the metaverse's hallmarks is the ability to visit virtual spaces that push reality's boundaries. For instance, with a Quest headset, you can download Meta's Horizon Worlds video game, which has 10,000 virtual environments, ranging from hangout spaces to experiences pulled from the pages of a storybook. (Ever fancy being a witch? If so, your avatar can take a virtual ride on a magic broom.) As you encounter strangers, you can speak to them, listen in on nearby conversations as you roam or mute them, and community guides offer help or tech support to new users. You can explore Horizon Worlds alone and meet people, or invite a friend along in real

time. The most ambitious users design their own worlds with the creation tool and publish them for others to experience. **Bonus tip** Although Horizon Worlds is currently available for Meta Quest headset users only, a web and mobile version is expected later this year.

☐ 1:30 P.M. CATCH UP WITH A FRIEND

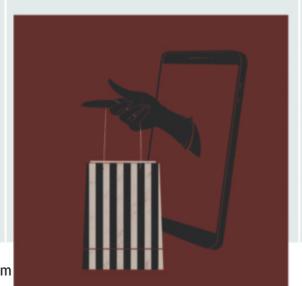
After a non-metaverse lunch break, it's time to get social. Meeting a family member or friend in 3D makes Zoom seem quaint. Your avatars can inhabit the same virtual space using apps like Alcove, with its hallmark cosy living room, perfect for private catchups. You can even upload videos to share on virtual screens or photos in virtual frames.

The functionality to invite friends from your Facebook account is straightforward. If you're in the mood for a joint activity, you can play a game of virtual chess, enjoy a hot air balloon ride or go scuba diving, all without leaving the comfort of your home.

Bonus tip If you want to chill with a friend of the furry variety, you can play with a virtual pet rabbit in Alcove. (This includes dressing it up in hats!)

☐ 4:00 P.M. SHOP TILL YOU DROP

NFTs are a key part of the metaverse, with their sales recorded on the blockchain – a digital ledger that confirms ownership and transactions – and range from the aforementioned land to the growing field of digital fashion. Though avatars come with free design options, some devotees





pay for more creative upgrades, sunglasses, designer outfits or crowns. In Decentraland, you can check out Metajuku - a Japanese-inspired shopping district - to spice up your look. Since gravity doesn't exist, digital wearables may be floating, instead of hanging, in stores. There's also a happening gallery scene, where you can browse and purchase digital art NFTs. But before you get the idea that NFTs will appreciate like a Picasso - even if one brand's NFT pictures of cartoon apes surged more than 2000-fold in retail value - keep in mind the market is fickle.

Bonus tip Keep an eye out for fashion shows. In March, the first Metaverse Fashion Week took place in Decentraland, with brands like Dolce & Gabbana, Etro and Tommy Hilfiger allowing users to buy the physical twin of runway looks.

☐ 7:00 P.M. LOVE THE NIGHTLIFE

The metaverse never sleeps. There are detailed online entertainment listings alerting users to everything from movies and fireworks shows to DJ sets and concerts. COVID-19 encouraged virtual performances from singers like Ariana Grande and Travis Scott on the Fortnite platform, and Justin Bieber on the Wave platform. Warner Music is now investing in a performance space in The Sandbox, with the goal of bringing their artists to the metaverse masses.

Bonus tip On Horizon Worlds, visit the UA Comedy Club, where comedians of all experience levels try out new material.















BY SYDNEY LONEY

WO YEARS AGO, a 50-yearold woman walked into Dr. Renita Ahluwalia's clinic in Toronto, desperate for help. Her cheeks were badly scarred and the cartilage in her nose

was destroyed, making it look as though it had caved in at the bridge. It was one of the worst cases of a cosmetic procedure gone wrong that Ahluwalia had seen in 10 years practising dermatology.

"I don't know what was injected into her skin, but I believe that it caused a rare inflammatory condition that leads to ulceration," she says. "I'm doing my best to treat it, but it has caused severe, permanent damage to my patient's face."

That patient is Fernanda, who didn't want to use her last name for privacy reasons. About five years ago, Fernanda saw a sign in the window of a self-described medical spa

> in Toronto, advertising a Botox special. "That's what drew me in," she says. "The price was amazing." She arrived, filled out some paperwork (Did she have allergies? Any pre-existing health conditions?), signed a waiver - and that was it. "The woman treating me said, 'Let's put some filler in your nose and cheeks, and some in your lips."

Fernanda had a bump in her nose that had always bothered her and she was told the filler would make it less noticeable. She agreed.

Two days later, cyst-like lumps, in this case known as granulomas, formed on her lips. Although they eventually disappeared on their own, they were followed by another granuloma on her right cheek, which she had to have surgically removed. Then, a cluster of granulomas began appearing on her left cheek. Although Fernanda had recently embarked on a new career in palliative care, she had to stop working. "I couldn't go out looking like this."

Because the bumps on her face didn't manifest until more than a year after her injections, Fernanda was diagnosed with everything from a bacterial infection to lupus, and underwent several years of treatment for a variety of conditions before she wound up in Ahluwalia's office. Even then, it took a team of dermatologists almost nine months to make the connection and arrive at a diagnosis. But when Fernanda called the spa where she'd had the treatment, she was told her disfigurement couldn't possibly be because of the fillers. And, besides, she had signed a waiver. "I have pictures," Fernanda says. "If I were to show you what happened to my face, it's devastating. I promised myself I wouldn't cry talking about it ... but it changed the trajectory of my entire life."

There's no way of knowing what

caused Fernanda's inflammation whether it was an inexperienced injector, an unlicensed, counterfeit product or a reaction to the product itself – but it's a cautionary tale, given Fernanda was attracted by a discount, talked into fillers, doesn't know exactly what she was injected with and, when she contacted the spa, there was no accountability.

In a survey of American Society of Dermatologic Surgery members, published in 2020, researchers discovered 70 per cent of 306 dermatologists reported seeing at least one patient and as many as 20 - with botched cosmetic treatments in the past two years, the majority of which were attributed to medical spas. There is no recent data from Canada, although a survey of Canadian dermatologists in 2012 raised concerns about burns caused by laser hair removal. The most common issues U.S. dermatologists reported included discolouration and burns from intense pulsed light treatments and laser hair removal, as well as reactions and infections arising from misplaced fillers.

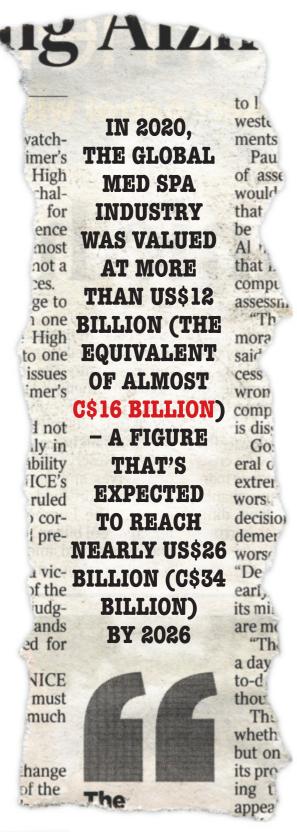
Ten years ago, Toronto dermatologist Dr. Lisa Kellett might have encountered post-esthetic spa complications every few months - now she sees them every week. "Don't even get me started," Kellett says. "These places are the bane of my existence." The worst cases she's seen have been vascular occlusions, where filler was injected into, or too close to, an artery, blocking blood flow and causing the surrounding skin to die. In rare cases, it can lead to blindness. "If you can diagnose it, you can treat it," Kellett says. "But in these situations, even if the injector had diagnosed it correctly, they didn't know what the treatment was."

The problem, Kellett says, is that pretty much anyone can open a clinic that offers esthetic medicine and call it a med spa. "It's difficult to have someone go in and regulate med spas, because they're popping up on every corner," she says. Esthetic medicine was an already lucrative industry that flourished during the pandemic, thanks to all the hours people spent

contemplating their fine lines and tired eyes on Zoom calls. In 2020, the global med spa industry was valued at more than US\$12 billion (the equivalent of almost C\$16 billion) – a figure that's expected to reach nearly US\$26 billion (C\$34 billion) by 2026, according to the Dublin-based data firm Research and Markets.

The fact most esthetic spas work "med" or "medi" into their clinic names is interesting, Ahluwalia says, considering there is often nothing remotely medical about them. "Lasers and injectables are medical procedures and should be treated as medical procedures," she says. "Technically, these clinics should have a medical director who is a physician or, at the very least, a nurse practitioner, and they should be on site; but that's not what happens a lot of the time." In some cases, she says, there may be a medical director who signs off on order forms for fillers and neurotoxins, but isn't actually overseeing treatments or ensuring staff are properly trained. "They could also be getting product from anywhere, and a lot of the time we don't even know what was injected into a patient." Inexperienced estheticians wielding devices like lasers are equally terrifying, Ahluwalia says. "Anyone can buy a laser, and a serious laser at that, and there's no requirement for training whatsoever."

Both Kellett and Ahluwalia are frustrated by the lack of rules around spas that offer esthetic medicine. Provincial colleges regulate physicians and nurses, "but often the people doing these treatments aren't doctors or nurses and they have no one to report to," Ahluwalia says. To become a dermatologist requires four years of undergrad, followed by four years of medical school, then five years of dermatology and often a fellowship after that. Should you wish to skip 13plus years of education, a quick Google search reveals that all you need is a high-school diploma to enroll in any number of esthetic schools offering crash courses in everything from chemical peels to laser hair removal.





ABOUT 10 YEARS AGO, when she was in her mid-30s, Karen Macdonald ventured into one of these esthetic schools

for a laser skin tightening treatment. Like Fernanda, she had been attracted by a sign in the window offering a sale. During the procedure, she found herself alone with the esthetician-in-training and immediately felt something was wrong. "I'd never done anything like this before and wasn't sure if it was "normal" pain, but it was intense." The laser burned Macdonald's skin along her smile line and left a cut. "I could tell the woman was shocked and didn't know what to do. She ran to get her trainer, who

suggested that I come back and try a different treatment next time. I still have a scar."

Macdonald currently works as a manager in Kellett's dermatology clinic. "Now that I work in the industry, I've seen how much additional training goes into making sure these treatments are done properly," she says. "But back then, I had no idea. It's quite scary." She recalls a recent conversation with a friend who took a crash course in medical esthetics and is now working in a clinic, where she is expected to do laser hair removal, despite having practised it once before in class. "One of her first clients was a man who came in for a Brazilian." Macdonald says, "a pretty sensitive area, if you make a mistake."

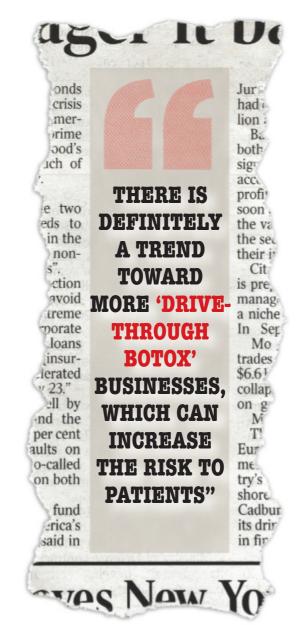


IN 2016, the Quebec College of Physicians and Surgeons published a report outlining 14 recommendations for the regulation of esthet-

ic medicine, including that esthet-

icians without medical backgrounds should no longer be allowed to operate lasers. Four years later, the college published a practice guide with stricter rules around training, but the rules only apply to those practising esthetic medicine in Quebec. With no federal standards or formal licensing body to provide certification for cosmetic services, the onus falls on patients to do their research, says Dr. Katie Beleznay, a clinical instructor with the department of dermatology at the University of British Columbia. "There is definitely a trend toward more 'drivethrough Botox' businesses, which can increase the risk to patients," she says.

Beleznay recommends researching providers who have both a medical education *and* specialized training, and who are working in the industry full time, not as a side hustle. The treatment provider should ask for your complete medical history, discuss your goals, present you with a personalized treatment plan and review all the risks and benefits. "Don't be afraid to ask



questions," she says. "And confirm the person you're speaking with will be the one performing the treatment."

If your gut tells you it's not a reputable clinic, then follow your gut, Kellett adds. One way to know for sure is to find a doctor through Aesthetic Medicine Network Inc. (AMNI), a national association of cosmetic doctors who are members of either the Royal College of Physicians and Surgeons of Canada or the College of Family Physicians of Canada. But, until a federal governing body steps in and decides the cosmetic medicine industry needs tighter guidelines from coast to coast, Canadian dermatologists will continue repairing the damage as best they can, Kellett says. She treats reactions to fillers by dissolving the filler in question or by prescribing steroids or antibiotics. Some complications, like scarring and pigment change, can be reduced with laser and light treatments, but the damage isn't always reversible. "I feel badly for patients and I try my best to help, but it's awful for them," she says.

Kathryn Gallagher, the chair of Leading Spas of Canada – the only national association for the spa industry –

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sees why dermatologists have an issue with spas, but says it will take openness and collaboration to solve the problem. The first step toward greater accountability is for the government to distinguish between spas and other personal-care services. "Right now, there is no way of even knowing how many spas there are in the country - let alone how many offer medical esthetic services - because we're lumped in with tattoo parlours, hair salons and nail bars," says Gallagher, a professor in the Esthetician, Esthetics and Medical Spa Therapies program at Seneca College in Toronto. "It's like the Wild West out there."

IN 2009, Leading Spas of Canada established a Quality Assurance certification program, where health inspectors assess participating spas, based on everything from standard operating procedures to staff qualifications. Gallagher worries about the proliferation of spas offering esthet-

"WHEN IT COMES TO SOME ESTHETIC MEDICAL TREATMENTS, LIKE THOSE **INVOLVING CHEMICALS AND** LASERS, YOU'RE BASICALLY **PUTTING WEAPONS IN** PEOPLE'S HANDS"

ic medical services, and until the government steps in to create official standards, she says the association will continue to do it themselves for spas repaired a hole on her nose and next will attempt to surgically flatten the raised scars on her cheeks. "With all the scarring, my face feels numb and it's hard to move," she says. "It doesn't even feel like me anymore." For a long time, Fernanda blamed herself, and hopes that sharing her experience will prompt other people to look at cosmetic medicine differently. "It's all so mainstream now, that we tend to think of it as the same as just going in and getting our eyebrows waxed," she says. "But it's not the same thing at all and, if something goes wrong, it can be

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that want that credibility. She only wishes it wasn't optional. "When it comes to some esthetic medical treatments, like those involving chemicals and lasers, you're basically putting weapons in people's hands," she says. "And it's only a matter of time before someone gets really hurt." Fernanda has lost count of the number of times she has cried in Ahluwalia's office. Her ordeal is far from over. A plastic surgeon recently devastating."



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oor Sex and the City fans. It seems as if one day they were carefree, sipping Cosmopolitans, teetering around in Manolos, and the next, they were confronting drinking problems in the 2021 sequel And Just Like That.... The show's funny but all-too-realistic portrayal of the downside of boozing it up poses an uncomfortable, anxiety-inducing question: Is this a reflection of our lives, or is it just entertainment? Either way, if you related it to your own drinking, then the zeitgeist has spoken. The sobriety trend has hit the mainstream.

It's a topic that pops up everywhere, from Facebook groups to spirituality-themed podcasts to sober-curious advice columns. Alcohol-free drinks get prime shelf space at grocery stores, and there are sober bars from Los Angeles to Montreal offering "placebo" cocktails with names like Dark Dawn and That Thing. Online support communities such

as The Luckiest Club, Soberful, LifeRing and Women for Sobriety are thriving, and then there are model/influencers like Chrissy Teigen, who announced her newfound sobriety to 38 million followers and tipped off the world to Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol. It became a New York Times bestseller and made author Holly Whitaker the reigning star of Quit Lit – prescriptive literature on how to stop drinking. Technology-enabled and millennial-driven, the sobriety conversation is amplified by social media, where drinktracking apps are advertised in heavy rotation.

COVID-19 confinement also played a role in surfacing sobriety as a social trend. Drinking became one of the few sources of entertainment that didn't require a screen, offering a distraction from the perpetual sameness of lockdown life. For older people living alone, isolation and loneliness became an issue, as well. As we get older, physiological changes lower tolerance levels and, since women absorb more alcohol into their bloodstreams than men, pandemic drinking posed female-specific risks that transcended the occasional hangover.

In the media, the storyline was consistent: As COVID surged, we turned to the bottle. Now, U.S. data is bearing this out. A survey conducted in May 2020 by the University of Maryland and Johns Hopkins Bloomberg School of Public Health found that, of more than 800 respondents, 60 per cent were drinking more than they had before COVID-19; one reason was increased stress. Meanwhile, a January 2021 Statistics Canada survey showed Canadians were drinking due to stress, boredom and isolation, but just as many decreased their drinking as increased it. It's an incomplete picture, however. At that point, we were only 10 months into the pandemic, with another full year of working from home ahead and plenty of time to drink away our woes.

As we step out of COVID's long shadow, the facts about booze are staring us in the face. Nearly 15,000 deaths a year in Canada can be attributed to alcohol, and problem drinking – defined by the Toronto-based Centre for Addiction and Mental Health as "alcohol use that causes problems in a person's life, but does not include physical dependence"

– is four times as common as severe alcohol dependence. Once you add accelerated brain aging to alcohol's health risks (liver damage, breast and colon cancer, cardiovascular disease), sobriety looks like a no-brainer. "Alcohol is a class 1 carcinogen," says Bryce Barker, a Knowledge Broker with Canadian Centre on Substance Use and Addiction. "As such, there's no completely healthy way to use it."

There are health *ier* ways, though. "Mindful drinking" is now the mantra; developing a moderation mindset is the intent. There's new accommodation in our booze-soaked society for people who want to change their relationship with alcohol, whether for a week or a lifetime. With a smartphone, support is at your fingertips. At any given moment, you can join a global online group or open an alcohol recovery app – Reframe, Sober Time or Sunnyside, to name a few – to track your intake, set goals and read up on alcohol's effects, in breezy, relatable language. Community, traditionally the bedrock of recovery in the form of in-per-

son meetings, is now available online on an unprecedented scale. You get instant access to like-minded people who are ready and willing to listen to your story, cheer you on and keep you accountable.

This in no way implies that, if you've been diagnosed with alcohol use disorder, you can get sober by downloading an app. But some people are in the so-called grey area – a new term that includes binge drinkers (more than four drinks for women and five for men on one occasion) and those who

regularly consume more than a moderate amount of alcohol (two drinks a day for women and three for men) – and don't meet the criteria for dependence. For them, the path to healthier choices has become more nuanced. While problem drinking may cause blackouts or cost you a rela-

tionship or a job, grey-area drinking may distress you or compromise your health, but it won't ruin your life. New thinking about how much is too much has given rise to tools and resources promoting a different endgame: harm reduction.

Coaching is one support that barely existed in Canada a decade ago. Michael Walsh, a VictoriaNearly 15,000
deaths a year
in Canada can
be attributed
to alcohol,
and problem
drinking

based certified recovery coach, was an early adopter, starting his practice in 2014. He says the service he provides, which costs from \$110 to \$175 an hour, is neither therapy nor counselling, but more akin to customized, one-on-one support, where he helps clients cut back, take a break or quit using drugs or alcohol. In the past, there were two choices: Alcoholics Anonymous, which is free, or in-patient rehab, which can cost anywhere from \$10,000 to \$40,000 for 30 days in a private clinic. (Some publicly funded treatment centres may be covered by provincial health plans, while



employers' health insurance may cover private rehab.) "What's changed," says Walsh, "is that you don't have to fit into a category anymore." The language has changed, too. "Addict," "alcoholic" and "abuse" are seen as stigmatizing labels, in much the same way the language around mental illness has changed. Walsh works with clients to create a roadmap to recovery that helps keep them accountable. "The easy part is stopping; the hard part is recreating your life around staying stopped."

For Toronto food photographer Teri-Ann Carty, 47, it was quit or die. Now 10 years sober, she once managed a restaurant with easy access to "fuel." She was, in her words, "a walking dumpster fire." After hitting a series of "massive crisis points," she managed to get to an AA meeting, straightened out and hasn't looked back. And what does the zero-alcohol vegan think of the harm-reduction approach? Carty laughs. "It's B.S. Just a tease."

Sarah Kate, a 45-year-old non-alcoholic drinks sommelier in Toronto, is 100 per cent alcohol-free, but promotes what she calls "rethinking drinking" on somegoodcleanfun.com, a lifestyle platform she founded in 2021. Kate spent years waking up hungover and tired, ruminating on her relationship with alcohol and occasionally Googling "Am I an alcoholic?" Her ebbs and flows of concern eventually crystallized into resolve once she'd read *This Naked Mind*, by U.S. sobriety advocate-turned-

entrepreneur Annie Grace, and *The Power of Habit* by Pulitzer Prize-winning reporter Charles Duhigg. Learning about the brain's neuroplasticity, how habits form and the patterns that govern our subconscious was foundational, but what she learned from *This Naked Mind* about alcohol's negative effects on women's health really hit home.

In the 2013 book *Drink: The Intimate Relationship Between Women and Alcohol*, award-winning Canadian journalist turned psychotherapist Ann Dowsett Johnston, 68, examined the precipitous rise in dangerous drinking

among women, set against the backdrop of her own struggle with risky drinking. She says COVID only worsened the drinking crisis for women, calling it "an epidemic within a pandemic." That said, Johnston sees promise in society's growing awareness of the issue and endorses initiatives such as *Hola Sober*, a digital magazine and online platform that supports and celebrates sober women. She remains circumspect, however. "For women with serious alcohol issues who are struggling for their lives, the landscape is still grim." Adds Johnston: "Shame is huge."

It's also an issue for older Canadian men and women, according to Christopher Steffler, the executive director and sobriety navigator at LIFERA Sober Living, an addiction treatment centre in Vancouver. Steffler, a former addict who started out as a front-line worker, has spent years

working with vulnerable communities, including seniors, and has seen how the historic stigmas around problem drinking are diminishing. His fear, however, is that seniors are being left behind. "Hope is essential to getting sober," he says, "and seniors have a shorter runway." Increasingly, Steffler sees adult children initiating conversations about alcohol dependency with parents, but "their level of denial is higher, there's more of a taboo mindset and the older you are, the stronger it is."

In contrast, millennials gleefully proclaim their sobriety-day counts on TikTok – in keeping with their share-everything ethos. We can credit them for driving the sobercurious movement into the mainstream, but the question is whether this wave of wokeness about the negative effects of alcohol is hitting boomer shores.

Walsh thinks so, if only incrementally. He points to a February 2022 episode of that boomer cultural touchstone, *Saturday Night Live*, when comedian John Mulaney, 39, used his monologue to speak openly – and hilariously – about his new sobriety. It made Walsh laugh at first, then sigh in relief. "Yes, people are talking about it."





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PASSAGES

Sifting through the touchstones of her life accumulated over 37 years, **Katherine Ashenburg** muses over making the move from empty nest to solo digs

EARS AGO, A FRIEND said casually, "Often, when people decide to downsize and move to smaller quarters, they're just a little too old for all the decisions and disruption that involves." I must have stored that remark in the drawer in my unconscious marked Warnings. About a year ago, that drawer popped open.

I didn't know if I was already too old for the upheaval of downsizing or too young, but I was sure of a few things. One: I was 76, single and in good health. Two: Three years earlier, I had fallen a mere two steps on the stairs in my house and broken my shoulder. Three: My two daughters live in London, U.K., and Vancouver, more than 3,000 kilometres east and west from my house in Toronto, and would not love me for leaving them to clear out my house. Four: I wanted to feather my new nest in my own time and to my own taste, before some change in my health forced me into unplanned and charmless new quarters.

Thus began the adventure of exchanging my four-storey house of 37 years



MEMORY LANE





for a one-storey, two-bedroom apartment. There are many chapters to this adventure, including the pros and cons of staging a house for sale and the choice between buying and renting. But the part that absorbed me most some might say obsessed me - was the purging of my possessions.

My parents loved stuff, from antiques to uncounted tchotchkes, and they passed this on to all five of their children. One of my brothers retired early and started an antiques business. My daughters' babysitters would open my cupboards and ask why I had so many dishes. To me, this was the oddest question. Didn't everyone want as many dishes as possible?

ance of each item, but "brown furniture," as young people call antiques, is so out of fashion that my efforts met with little success.

I shelved that problem temporarily, because I needed to worry about my books. Everyone will tell you they are the hardest things to dispose of and COVID-19 had exacerbated the problem because libraries and university book sales were not taking donations. My homegrown library, which began with the 50-cent Signet paperbacks of classic novels I read in high school, was especially dear to me. Passing the floor-to-ceiling bookshelves that lined the second-floor hall and two rooms felt like walking through my

66

I had to move on to more businesslike attempts to declutter, such as contacting auction houses, consignment shops and my neighbourhood antiques store

So, my house was filled with things, including several thousand books, and they had to go. I began unambitiously last summer, looking through third-floor closets and setting out menageries of stuffed animals, puzzles, barbells, tennis rackets and other once-loved objects on the sidewalk in front of my house, which disappeared almost instantly. There were poignant moments, when I realized the grandchildren were too old for that toy, and no one in the family would look twice at that smashing prom dress, but mostly I felt I was making progress.

It was, alas, a drop in the overflowing bucket and I had to move on to more businesslike attempts to declutter, such as contacting auction houses, consignment shops and my neighbourhood antiques store. I measured, took pictures and tried to answer questions about the provenlife as a student, teacher, lecturer, writer and, always, a reader.

How could I part with at least threequarters of these old friends? As it turned out, I seemed to know instantly which books I would read again, which ones I might finally get around to reading for the first time, and which I would perhaps never read or re-read, but still wanted with me. No doubt I spent too much time dispatching the rest to niche collections and individual book lovers, but in emotional terms, I think I needed to respect my books by finding them the right homes.

BEGAN BY giving most of my architecture books to a university and sending four boxes of biographies to a bookish foundation. My Spanish teacher, a bookworm, came and filled a huge Ikea sack. He returned with his wife, and they filled another sack. An almost silent



What kind of daughter banishes her mother's statue to a yard sale?

man from a used book and record shop mysteriously titled She Said Boom paid me a few hundred dollars and left with a few boxes. Just as I was running out of time and energy, my contractor said he had a friend who took books to prisons. That sounded almost too good to be true, and the remaining 20 boxes of books left the house. I heard, third hand, that questions about the books' appropriateness had been raised. (I wonder if the frank histories of personal hygiene I had used as research for my 2007 book, The Dirt on Clean, raised the alarm.) My contractor finally told me, rather vaguely, they had gone "to a good place." I hope so. Purging has its mysterious side and I had to accept that.

One of the lessons I learned from relinguishing the books was to indulge my instincts, no matter how nonsensical. A pale green book called *Bright's* Anglo-Saxon Reader had stood on my



shelves for more than 50 years. Even as a graduate student, Anglo-Saxon had not been one of my favourite languages, but the book evoked a particular, precious time in my life. Mr. Bright's reader, unopened, will go with me to my apartment.

Meanwhile, I returned to liquidating a vast array of Victorian jugs, Mexican ceramics and embroidered hand towels. Most of my family, including five grandchildren, came for "the last Christmas at Nana's house," and I invited them to go through the house and pick whatever they wanted. Two grandsons charmed me with their choices: some old inkwells and a not-very-good oil painting of a pitcher and three oranges for the 11-year-old, some fiendish masks from Bhutan for his 12-yearold cousin.

One of my daughters is a minimalist who wanted only two quilts her grandmother had made and a picture

of her great-great-grandparents. I was counting on her sister, who inherited the family liking for stuff, and she did not let me down. Her hoard included a brass bed, blanket chest, a full set of china and several pictures. The fact that they will have to be sent to London, at her expense, was a mere fly in the ointment. As I say frequently, everything that leaves my house makes me happy.

Except when it makes me feel guilty. My house has now sold, I've found the perfect apartment and I still have a midden of ornaments and family mementoes. In the beginning, the decisions seemed to make themselves, but recently I was left with some heartrending choices. One of them was my late mother's statue of Our Lady. Tall and slim, without much figure, the Virgin Mary rests one bare foot on a beautifully painted rose. What kind of daughter banishes her mother's statue to a yard sale? Apparently, the one who's writing this article. After moving it in and out of the yard sale pile a few times a day, I finally sold it to a woman who clearly saw its quality. I think my mother would be okay with that.

HE SALE, WITH all \$600 of the profits going to a Ukrainian relief fund, was my last attempt to place my bits and pieces with people who appreciate them. When she got the announcement, a friend wrote, "Tough to do, or a cleansing blessing?" Both, I would say. But already I feel lighter and freer.

As I learned from purging my books, you have to follow your heart - but judiciously - when decluttering. Among the to-go items on the dining table was an earthenware plate decorated with a woman in Breton dress. My mother hung it on the wall of her kitchen, and so did I, for many years. Suddenly I saw it in my perfect apartment, holding sugar cookies for tea. Before I could think twice, I snatched it up and put it back in my cupboard.





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TRAVEL

On a journey to the Arctic Circle, Giller prize-winning author Will Ferguson discovers traditional soups, beer baths and the warmth of Icelandic community spirit



t's not every day one crosses the Arctic Circle on foot. Yet that is precisely why I have come to Grimsey Island off Iceland's northern coast. Like many a hardy Arctic explorer of lore, I cinched my daypack, made sure my water bottle was topped up, and - squinting heroically into the horizon - set out on my quest.

"Tah!" I cried to the lady who ran the guest house. "I'm off to conquer the Arctic Circle!"

"Have fun," she said, barely looking up.

Normally, Arctic explorers are sent on their way with tickertape parades, teary-eyed sweethearts, jubilant crowds and dockside oompah bands, but no worries. I was off! Forty-six minutes later, I had arrived, aided by a sign with an arrow

that read, essentially, "Arctic Circle, that-a-way," which did make things easier, I admit. (Those explorers of lore would have been greatly assisted by proper signage.)

On a windswept slope, a large concrete sphere marked the dividing line between darkness and light. On the other side of that sphere lay six months of darkness every winter, six months of daylight every summer. Grimsey Island is the only place in

Iceland that straddles this divide, beyond which lies the wheel and cry of seabirds, the heave and fall of the sea, and – eventually – Greenland.

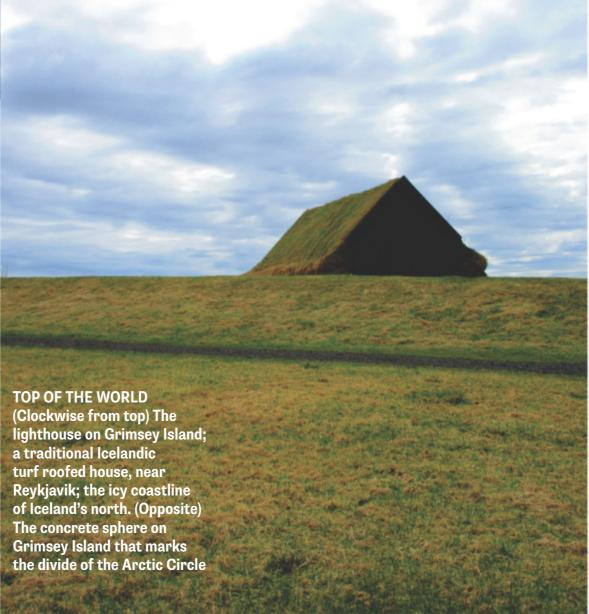
A blustery day. Eyes watering from the wind, I might have stayed and contemplated the personal and geographic boundaries of life. But my stomach was growling and the promise of food beckoned. Before I get to that, though, let me go back to the beginning...



DALVIK

Iceland's north, far beyond the capital of Reykjavik, is a land of dramatic mountains and equally dramatic coastlines, of cosy villages – and soup. Icelandic soup. A savoury category all its own.

I'd been invited to speak at the Iceland Writers Retreat – a series of workshops and cultural tours cofounded by Canadian-born Eliza Reid, who is married to Icelandic President Guðni Thorlacius Jóhannesson – where I was asked to impart my authorial wisdom to others. Fortunately, not having a lot of wisdom to impart, I was wrapped up in a few days, which freed me for a journey farther north, to ▶









FACES OF THE NORTH (from top) In Dalvik, Kristin Adalheidur Heida serves up her fish soup (centre) laced with her beer bread croutons; her Viking husband Bjarni; a stone monument in Eyja fjord



the end of Iceland itself.

I flew to Akureyri, Iceland's lively "second city," and then took a bus an hour, along the deep cleft of the Eyja fjord to the harbour at Dalvik.

This was where the ferry to Grimsey departs, but I'd heard rumours of soup - fish soup, in particular, a local specialty as featured at a restaurant in Dalvik with the daunting name Gisli, Eirikur, Helgi - Kaffihús Bakkabræðra. Luckily, its soup is famous enough that I had only to ask passersby, "Fish soup café?" and I was gently steered to the right location. "Já, beside the theatre." I entered a pleasantly dishevelled establishment, rife with knickknacks and bric-a-brac, and was greeted by the irrepressible Kristin Adalheidur Heida, proprietor of said establishment. "My own recipe," she said as she ladled out a bowl. Fresh cod, coconut milk and root vegetables were the only items I could discern with any confidence. The rest was off-limits, no matter how much I pleaded or cajoled.

"She won't even tell me what's in the soup!" said her husband Bjarni Gunnarsson, a full-bearded Viking from across the bay. "So I don't think she'll tell you." It was hearty, with firmfleshed fish and layers of flavour. Even better, it came with a side of "beer bread," a speciality of Kristin's.

The nearby Kaldi Brewery provided her with the yeasty mix, depending on what they are brewing that day. "Sometimes dark ale, sometimes blond, sometimes an IPA. So the taste changes, and the bread can be black, red, yellow." Dense and tangy, it went perfectly with the soup.

Even better, it led me to Kaldi Brewery's spa where one can – quite literally – bathe in beer. If one were so inclined. Spoiler: I was.

THE BEER SPA

After the fish soup in Dalvik, I made my way to the nearby fishing village of Árskógssandur, pop. 119, which is home to Iceland's first – and most celebrated – microbrewery. "My dad was a fisherman; my mom was the store manager," said Siggi Olafsson, head brewmaster at Kaldi. "But then my



ur clients usually have large sums in registered accounts, money they don't need to live on. Most people don't know RRSP and RRIF funds are taxed at 53,53% in Ontario.

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dad got injured and couldn't work. One night, my mom was watching a show on Danish breweries and she had her light-bulb moment. 'We have the best water in the world right here!' she said. 'Let's open a microbrewery!' So we did." The rest is history.

"Your mom sounds like a force of nature," I suggest.

He laughs. "Oh, she is."

Olafsson was sent to study the beery arts of the Czech Republic, returning to become Iceland's youngest brewmaster at age 19. "We started with a Pilsner-style beer," he said. "Unpasteurized, without preservatives or added sugar."

Today, they have a full line of awardwinning beers, from a spiced pale ale to their flagship blond, from an

English-style brew to a Christmas porter with chocolate added. The brewery was a success. "Then mom decided we should add a spa. And a restaurant." The restaurant is proudly local, sourcing its ingredients directly from the town. "We're part of the community," Olafsson said over a dinner of lamb and roasted vegetables. "And the community is part of us."

In the adjoining spa, guests soak in wooden tubs filled with young beer, brewer's yeast and hops. The result is a very creamy bath. With a rich aroma. More like caramel than beer. (The yeast in particular is steeped in B vitamins. Wonderful for skin and hair, I'm told.) The rooms are private and soothingly lit, with beer on tap right next to the bath, so one can fill a mug as often as one likes. "It's romantic, as well," Siggi assures me. "Couples come all the time, share a bath." A spa – with limitless beer? Sounds like a win-win for most couples.

After my bath - alone, alas - I moved to the hot-spring tubs outside, which look out over the full sweep of the fjord. Sometimes, whales can be seen

> breaking the surface of the water. Iceland beyond Reykjavik is a world of its own.

GRIMSEY ISLAND

Thus warmed with a beer bath and fish soup, I was ready to face the North Atlantic. A three-hour ferry ride takes travellers across, rising and falling, rising and falling. (If one is easily queasy, there are flights to Grimsey.) The Arctic

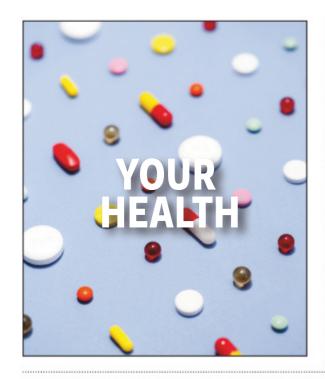
coastline has massive, muscular mountains that plunge directly into the sea, while the low flat rise of Iceland's farthest outpost draws nearer.

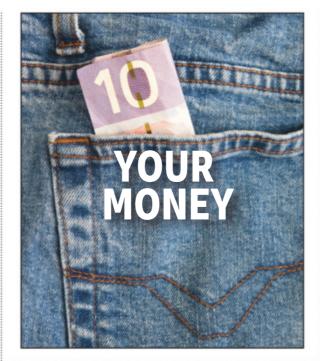
Seventy people make their home on Grimsey. A working fishing port, it is an island enshrouded in seabirds: kittiwakes and razorbills, fulmars and the always-popular puffins, who have burrowed nests in the grassy hillocks right in town, across from the community centre. In Iceland, puffins are nicknamed "the pastor" for their slightly serious, slightly pompous air. And they do blend dignity and comedy, especially in flight.

After my (heroic) trek to the Arctic Circle, I stopped in to speak with Halla Ingólfsdóttir of Arctic Trip tours, who first came to Grimsey 23 years ago to visit a sister who had married a local man. I had been told she was the person to ask about anything Grimsey-related. Ingólfsdóttir fell in love with Grimsey and has been returning ever since. For the last eight years, she has more or less lived here. When I asked why the island has such a hold on her, she said, "I could spend all day telling you."

It was the rhythm of life on the island that appealed to her, more than anything. "You are out here in the middle of the North Atlantic, never knowing what the weather will be tomor-

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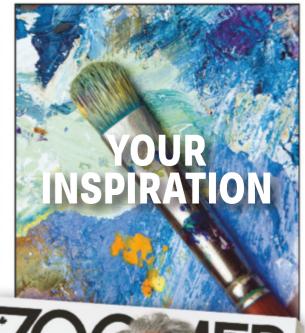


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row or the next day. It forces you to live in the present. And to rely on others."

She was preparing lamb soup for a community get-together that very evening. Regional elections were underway and representatives from the Pirate Party - which runs on a community-based, anti-corruption platform - were hosting a town meeting to discuss local concerns.

As one might expect, candidates for a party called "Pirates," were not your usual political players. Far from ruthless buccaneers, they were a pair of very vivacious, very funny women named Hrafndís Bára and Erna Sigrún. They invited me along to the meeting.

It was, of course, held entirely in Icelandic. No prob. I just frowned whenever everyone else frowned, nodded in agreement when the others did, chuckled wryly and shook my head when they did likewise. And my reward was soup! Succulent Icelandic soup. At the meeting, I met Ingólfsdóttir's nephew, Ingolfur, and his young son, a cherub-like toddler named Svafar - with an eight-year-old cousin attending school in Akureyri, he's the only child on Grimsey. As might be expected, Svafar is a star. His joyful arrival was treated like that of a celebrity's, and no wonder. The entire community doted on the little guy. "My son's name is from ancient Norse," said Ingolfur, whose father and grandfather before him were fishermen too. "It's a Viking name."

I asked him about fishing the North Atlantic, expecting sage Norse wisdom about "reading the wind." Instead, he pulled out his smartphone and showed me the sonar channels they use to track their catch. Viking names and the latest smartphones. In a word: Iceland.

I was heading back to Akureyri the next day, and Bára of the Pirate Party invited me to dinner at her place, when I got there. And she would prove true to her word. "I'll make

you real Icelandic food," she said. It would be traditional fare, including a reindeer she had personally shot. She showed me a picture of herself, smiling, hunting rifle in hand, next to the animal I would later be served. It's rare to be pre-acquainted with one's dinner, but I heartily agreed.

"We'll have the reindeer with rhubarb jam, plus grafnar gæsabringur (cured goose breast) and hangikjöt (dung-smoked mutton) with súr lifrarpylsa (sheep-liver haggis) and súrar lappir (don't ask)."

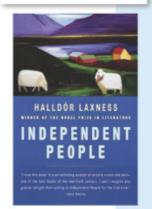
"Sounds good," I said. "I'll bring the beer."

IF YOU GO

For north Iceland, including Grimsey and Akureyri, visit: northiceland.is/en Kaldi beer spa: bjorbodin.is/eng Arctic Trip tours on Grimsey: arctictrip.is And for more about Iceland's raucous Pirate Party: piratar.is/xp/frettir/ english-news







LITERARY ICELAND

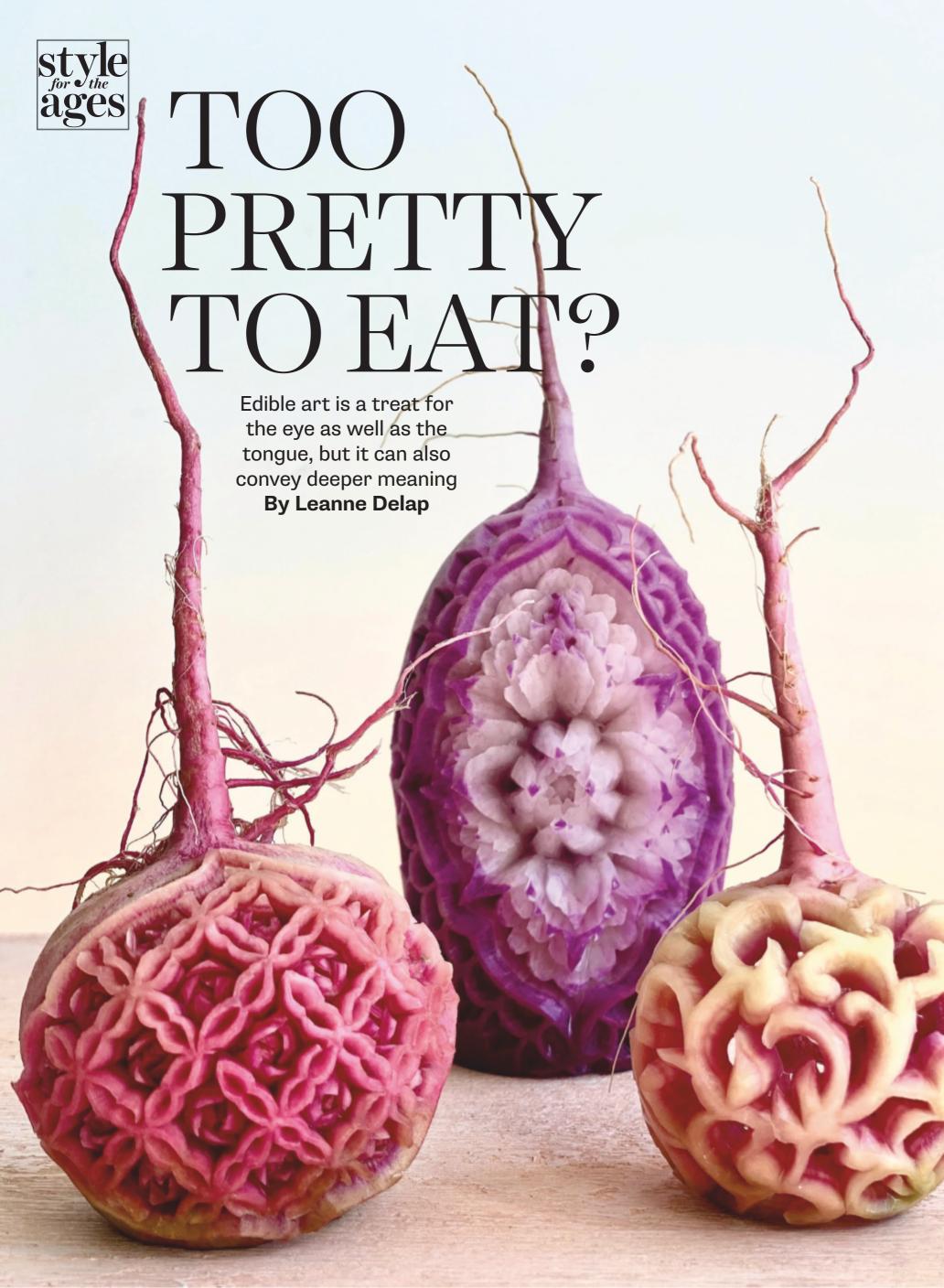
Iceland's first lady, Eliza Reid, is Canadian, and a writer as well. She's the author of Secrets of the Sprakkar, which honours Iceland's remarkable women. She's also the co-founder, with publishing consultant Erica Green, of the Iceland Writers Retreat. Reid believes "a country's literature gives us a glimpse into its soul." Green agrees, noting that Iceland is very much a book reader's paradise, boasting more readers - and more writers - per capita than any other nation. Reykjavik has been designated a UNESCO City of Literature. The best

way to appreciate this? Green suggests something as simple as "reading a good book in one of Reykjavik's coffee shops." Iceland Writers Retreat (registration is now open), April 26 - 30, 2023; icelandwritersretreat.com

You can also visit the historic homes of Iceland's greatest authors; below are a list of my favourites.

- Laxness House: Halldór Laxness won the Nobel Prize for Literature in 1955, and his home, a sun-filled, booklined refuge, is just outside of Reykjavik. Laxness is readily available in English and, outside the murderous noirs of Yrsa Sigurðardóttir, his novel *Independent* People was the one most recommended to me by Icelanders. (The Iceland Noir Literature Festival, meanwhile, takes place Nov. 16 - 19, 2022; icelandnoir. weebly.com)
- Sigurhæðir: Below the church in Akureyri's Old Town is the beautifully situated childhood home of poet Matthias Jochumsson. Set on a hill, it has a stepwaterfall in front. Jochumsson also penned Iceland's national anthem, "Lofsöngur," in 1874, which contains such aptly poetic lines as "eternity's lone small flower with trembling tears."
- Nonnahús: On the same street sits the home of Iceland's beloved children's author, Jon "Nonni" Sveinsson, who has been translated into 40 languages and remains popular in much of Europe, especially in Germany. Built in 1850, his home has been faithfully restored and looks out across a park to the mountains on the other side of the fjord. -WF





E ALL NEED TO EAT. That's why food is the slyest, cleverest art medium. But creativity has been thwarted by chaos in the hospitality industry, which was hit hard by the pandemic. Professional experimentation with food as art – a trend that, before 2020, had been fuelled by the relentless social media beast, ever-hungry for more compelling imagery – was put on hold.

A new dawn is here. In the same way that self-expression exploded into a riot of extravagance on fashion runways and the streets, the food and beverage universe has become a Technicolor field of dreams.

Elaborate anthropomorphic gateaux, smoking cocktails, butter, ice and chocolate sculptures and vegetables transformed into dragons or demons have long existed as fleeting objects of beauty and awe, destined to disappear down our throats.

At the pinnacle of artful food installations is Laila Gohar, an Egyptian-born chef who splits her time between Barcelona and New York. She has spent the last decade building extravagant tableaux for luxury brands and private clients: marshmallow mountains, baguette chandeliers and classical Greek sculptures wrought in butter that take months to conceive and execute, and moments to destroy. These are her decadent statements on the multisensory pleasures of consumption.

Making food into art involves an extra ingredient or two, something that sparks emotion, elicits conversation, fosters cultural understanding or offers a critical look at pressing issues like food waste.

Amid the spectre of food shortages caused by climate change, war and pandemic-related supply chain issues, playing with food is a joy and a release, and a deft way to introduce socially relevant topics into the public consciousness. Here are some notable Canadian and international artists using food to communicate ideas and emotion.

CARVING OUT A CAREER

When Mia Bureau was young and searching for her calling in life, she wrote a letter to the universe, asking for direction. Soon after, a chef friend offered her a gig that involved vegetable carving, and she was hooked right away. Bureau worked through the libraries of culinary schools to figure out the tools and techniques she needed, and opened a Montreal business, Sculpture Culinaire Mia Bureau. She takes commissions to carve grand pieces for companies and events in and around Montreal, and also teaches rudimentary and advanced carving classes. She began with dragons, and now her imagination is the limit. From a 20-kg (45-pound) pumpkin sculpture to orchids made from radishes, Bureau can do anything – even your portrait in a wheel of cheese. Perishable suits her just fine. "I want my art to be alive, but ephemeral."

GALLERY-WORTHY COCKTAILS

Vancouver's Fairmont Pacific Rim Hotel beverage director Grant Sceney created cocktails inspired by artist, novelist and designer Douglas Coupland's art exhibit Green Light, Red Light, on display at the Pacific Gallery. "I didn't approach the art with a set state of mind," he says. "I went and stood in front of his pieces and wondered how and if they could be incorporated into a cocktail, and what inspired me about each piece." Thus the Clint is a bourbon-based, rustic-style drink, "much like the character Clint [Eastwood] plays in his westerns." Coupland's painting of the actor has blue, red and yellow splotches across his face, "like someone shot him with a paint gun." The cocktail has blueberries and chartreuse to "incorporate a bright flavour contrast on top of a rustic backbone."





JIGGLY ART

British food design duo Sam Bompas and Harry Parr lead a creative agency of chefs, architects, filmmakers, artists and psychologists, among other disciplines, who conceive and execute experiential food projects. One notable example is their Alcoholic Architecture project, an inhabitable cloud of gin and tonic, where guests at a pop-up bar in London's Borough Market walked into a mist of the drink to "consume" it. Their luxury jelly business, Benham & Froud, is both a business and an ongoing commentary on how internet culture

drives evermore extravagant visual feats. The artists have taken that most quotidian of concepts – the jelly mould – and stretched the limit of what shapes can be created, and what food and objects can be suspended within. Canadian food designer Amanda Huynh (see Social Commentary, pg. 91), who interned with the groundbreaking duo, says: "It's a jelly version of British architecture; jelly is a traditional food there, as in jellied eels and fish in aspic that you find in supermarkets. They are bringing another form to it, and exploring the limits of the manufacturing processes." Also, the jellies are really cool.





HIGH CONCEPT TEA

Calvin Wat, the head pastry chef at Shangri-La Toronto, studied in Paris with macaron superstar Pierre Hermé, "the Michael Jordan of pastry." Wat says hotels are hot spots for food innovation because they have the resources to devote to experimentation. "French pastry arose as an art form because the kings of France invested in its development as a way to show off the prosperity of the country." In April, Wat created a special tray of sweet and savoury sculptures in collaboration with Cirque du

Soleil for its new show, *Kurios*, to relaunch the afternoon tea program. "I wanted every piece to tell a story." His Invisible Lobster Roll featured lightly poached meat in a tarragon emulsion, inside a hollow, transparent bread roll made using Japanese kuzu starch. "It is a nod to the Cirque and a portion of the show where you hear the circus acts, but cannot see the performers." An important aspect to any discussion of art is how much practice and thought is necessary to achieve the goal. As for the finished product, he says: "People hesitate to break into it, but interaction and consumption is part of the art process."

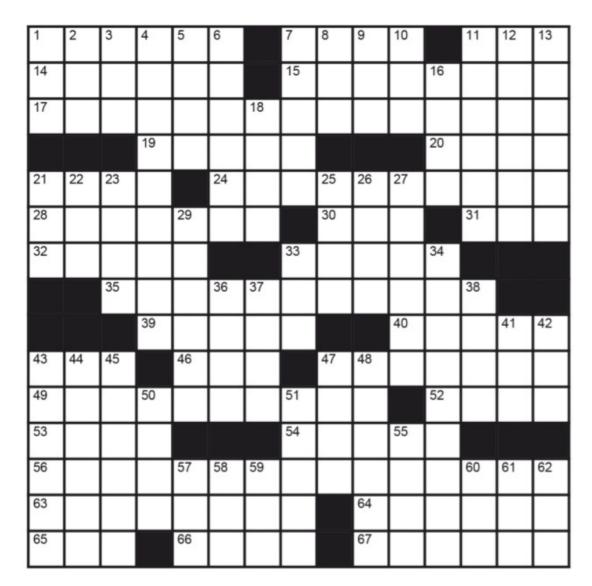
SOCIAL COMMENTARY

Amanda Huynh specializes in the emerging field of food design - an offshoot of industrial design – using food, packaging and experiences to change attitudes about what we eat. Her work focuses on the cultural importance of food and how it tells the story of peoples' lives. "Food is the easiest way to tackle tough subjects. I can get someone to talk about anything if we talk about food first." The Vancouver native, an assistant professor at the Pratt Institute in New York, made Diasporic Dumplings for Edible Futures, a Dutch exhibit that opened in Ottawa in 2019 and travelled to Vancouver and Toronto. At each stop, the traditional Chinese dough was filled with local ingredients: dandelion, shepherd's purse and Canadian thistle in Ottawa; fireweed, wood sorrel and stinging nettle in Vancouver.

In May, Huynh updated Diasporic Dumplings for the University of Toronto's Blackwood Gallery in Mississauga. "I worked with the Indigenous Centre at UTM, so the dumplings were filled with the three sisters: squash, beans and corn." Huynh's parents are Chinese, but grew up in Vietnam and Cambodia before they immigrated to Canada. "The project was about diasporic communities, transnationalism, border politics and coming to terms with the places you land," she explains. The dumplings posit the question, "What does resilience taste like?" and show how food provides a cultural connection that nourishes us physically and emotionally.



Zoom Out Brain Games



BRAIN GAMES #85 **All Dressed Up**

BY BARBARA OLSON

ACROSS

- 1 Applies the first coat
- Red serge force
- Beer bitterness meas.

- 14 Raw deal
- 15 Hit maker?
- 17 Attire for Casual Friday, maybe
- Able was ___ saw able (palindrome)
- Me, myself ___
- Pierre Polièvre's alma mater: Abbr.
- Attire for a businessman
- Entry position at Walmart?
- 30 Cool-cucumber link
- 31 Ref. that added "anti-vaxxer" in 2021
- Hägar's wife and Honi's mom
- Liberals' nickname, once
- Attire for a white-tie soiree
- Some gym facilities: Abbr.
- Gerulaitis of 1970s-'80s tennis
- "Washboard" muscles
- German "a"

- Unique feature of a figure skate
- Attire for a graduate
- Caribou, to a wolf
- An octet less a quintet
- "Have a look over there"
- Attire for the fashion challenged
- 14 pounds, in Britain
- 64 It's left of the Hall, in Clue
- "Okily dokily!" Simpsons character
- Piano prodigy Gould
- Video-gaming competition

DOWN

- 1 Two-spread sandwich, for short
- 2 Ste-Foy street
- 3 "__ man of my word"
- Pleasant, passive fellow
- Abate, with "up"
- Few and far between

- **7** Bones opposite the ulnae
- 8 Product testing org.
- Winter setting in the Rockies: Abbr.
- Partner of "ne", in French
- 11 Has a penchant for
- 12 It's not quite up to par?
- Worked out the knots, maybe
- 16 Canadian rapper and host of "Hip-Hop Evolution"
- Prefix meaning "nerve"
- 21 "I'm dreading that!"
- Product of an underground industry
- Top hat fabric
- Butter ___ (iconic Canadian treat)
- Continent spelled with the fewest letters
- 27 Sixth word of the Canadian anthem
- 29 Dreaded CRA collectors
- Part of G.S.T.: Abbr.
- Dropped the ball
- Battery terminal buildup
- Da ___ (port of Vietnam)
- ___-fry
- 41 Slay, as an exam
- 42 Kind of blue?
- Responds to, as good advice
- Everybody Loves Raymond surname
- Added zest to
- Ark groupings
- In the bargain bin
- "No probs" signals
- Poetic Nash
- Son of Seth, in Genesis
- U.K. currency silver
- You've Got Mail! co.
- 180° from SSW
- "It's ___-go"("Not happening")
- 61 Not as small: Abbr.
- Firmed up

FOR ANSWERS, TURN TO PAGE 94

SUDOKU

R

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Zoom Out Brain Games

ANSWERS TO CROSSWORD (PG. 92)

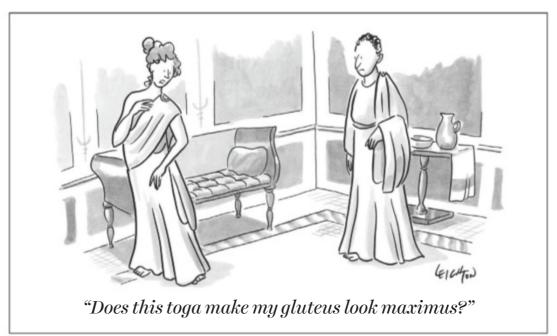
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²⁸ G	R	Е	Е	²⁹ T	Е	R		³⁰ A	S	Α		³¹ O	Е	D
³² H	Е	L	G	Α			³³ G	R	1	Т	³⁴ S			
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			³⁹ Y	М	С	Α	S			⁴⁰ V	Ι	Т	⁴¹ A	⁴² S
⁴³ A	⁴⁴ B	⁴⁵ S		⁴⁶ E	Ι	N		⁴⁷ T	⁴⁸ O	Е	Р	Ι	С	Κ
⁴⁹ C	Α	Р	⁵⁰ A	N	D	G	⁵¹ O	W	N		⁵² P	R	Е	Υ
⁵³ T	R	Ι	0				⁵⁴ G	0	S	⁵⁵ E	Е			
⁵⁶ S	0	С	K	⁵⁷ S	⁵⁸ A	⁵⁹ N	D	S	Α	N	D	⁶⁰ A	⁶¹ L	⁶² S
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⁶⁵ N	Е	D		66 G	L	Е	N		⁶⁷ E	S	Р	0	R	Т

ANSWERS TO SUDOKU (PG.92)

4	2	5	3	1	6	7	8	9
9	7	6	4	5	8	3	2	1
1	3	8	7	9	2	5	6	4
5	4	9	8	6	3	1	7	2
7	6	2	5	4	1	9	3	8
3	8	1	9	2	7	4	5	6
6	5	3	1	8	9	2	4	7
2	9	7	6	3	4	8	1	5
8	1	4	2	7	5	6	9	3

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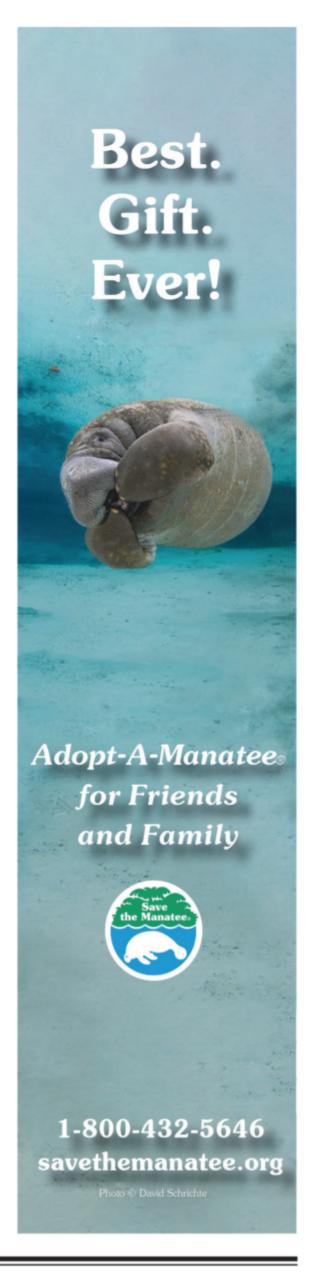
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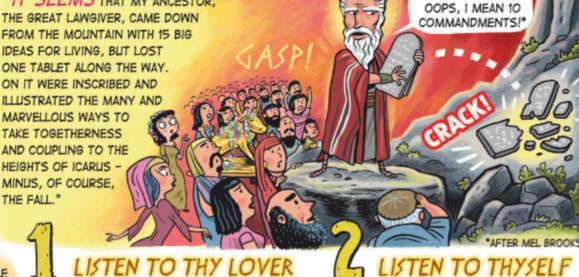
THE BEST SEX, CHARACTERIZED BY INCREASED SEXUAL WISDOM, GENEROSITY, AND INTIMACY. HOW DO WE BRIDGE THIS APPARENT DIVIDE? THAT'S WHERE THE FIVE LOST COMMANDMENTS OF LOVE (5LCOL) COME IN."

I HAVE HERE 15,

"THESE POWERFUL AND ENLIGHTENING 'THOU SHALTS,' WHICH I AM HONOURED TO CARRY NEXT TO MY TWO TABLETS BEARING

THE ORIGINAL 10, CONTAIN PROPHETIC SUTRAS AND ARE JUST WHAT ZOOMERS NEED TO DISCARD THE ELECTRONICA AND DISTRACTIONS AND ANXIETIES OF OUR MODERN AGE."

"IT SEEMS THAT MY ANCESTOR, IDEAS FOR LIVING, BUT LOST ONE TABLET ALONG THE WAY. ON IT WERE INSCRIBED AND ILLUSTRATED THE MANY AND MARVELLOUS WAYS TO TAKE TOGETHERNESS AND COUPLING TO THE HEIGHTS OF ICARUS -MINUS, OF COURSE,



"AFTER MANY MOONS, THE 5LCOL WERE MIRACULOUSLY REDISCOVERED IN THE TEMPLE OF MITHRIDATES OF PARTHIA! MY SCRIBE AND I WERE ABLE TO PIECE TOGETHER THE BROKEN FRAGMENTS AND COPY THEM FOR ETERNITY. SINCE THEN I HAVE WALKED THE LAND SHARING THESE POTENT LESSONS WITH ALL THE PEOPLE



LISTEN TO THY LO

COMMUNICATION AS WE AGE IS MORE IMPORTANT FOR SEX THAN EVER. "FOR WOMEN," ISABEL ALLENDE WROTE, "THE BEST APHRODISIACS ARE WORDS. THE G-SPOT IS IN THE EARS."

"STUDIES ABOUT DECLINING SENIOR SEXUAL INTEREST OFTEN OMIT SELF-GRATIFICATION. THERE ARE NO RULES ABOUT YOUR PURSUIT OF PLEASURE. 'IF GOD HAD INTENDED US NOT TO MASTURBATE, SAID GEORGE CARLIN, HE WOULD HAVE MADE OUR ARMS SHORTER."



OPENETH AND GIVETH

IN ARISTOPHANES' PLAY, LYSISTRATA, WHEN ATHENIAN WOMEN TRY TO STOP THE PELOPONNESIAN WAR BY DENYING THEIR HUSBANDS SEX, ONE DESPERATE HUSBAND WAILS: 'BY ZEUS, I DON'T NEED ANYTHING, I JUST WANT TO GET LAID!' HE DOESN'T APOLOGIZE, NOR SHOULD WE.





THE PRESSURE FOR INTERCOURSE/ORGASM FREQUENCY IS A TYRANNY. HAVING SEX IS REACHING OUT, TOUCHING, AND GIVING PLEASURE. MY PROPHET'S MANTRA? LIVE FOR WHAT'S STILL THERE, NOT FOR WHAT'S MISSING



ART BY WES WORDS BY MOSES



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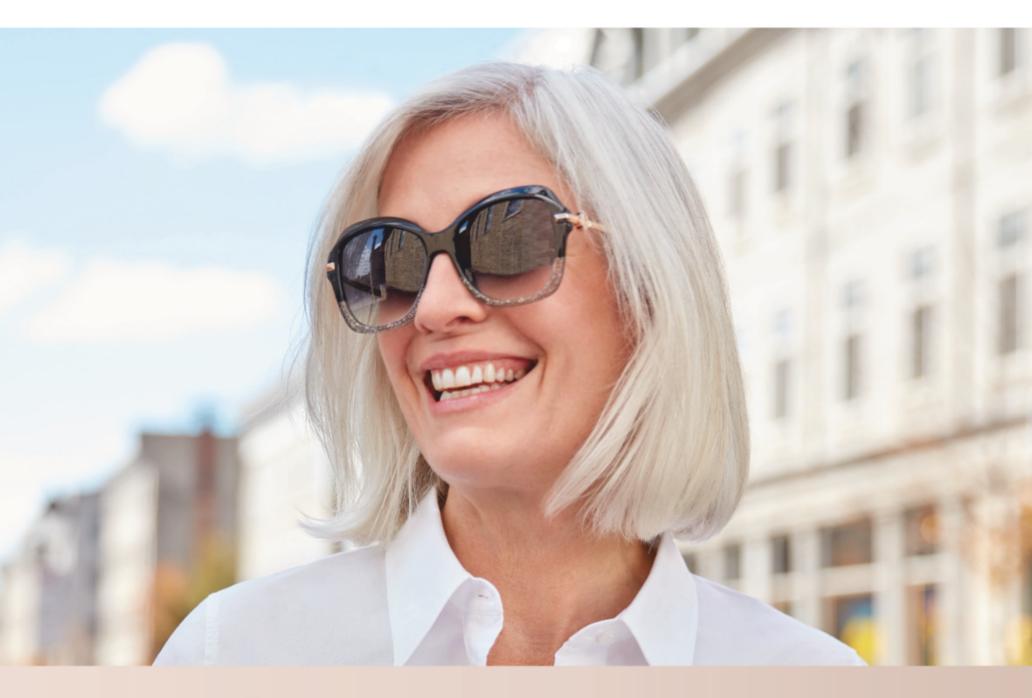
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