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VOLUME 38, NUMBER 6

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ZOOMER MAGAZINE IS PUBLISHED BY

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Zoomer magazine is published six times a year by ZoomerMedia Limited. It is distributed by publications mail agreement number 40050499. Indexed in the Canadian Periodical Index ISSN 2293-8583. All rights reserved. No part of this publication may be reproduced without the written permission of the publisher. Copyright 2022. We acknowledge the financial support of the Government of Canada for our publishing activities. Zoomer magazine is an independent publication and, unless otherwise clearly stated, its contents imply no endorsement of any product or service. Opinions expressed are those of the writers. In Canada, a one-year subscription to Zoomer magazine is \$19.95 plus applicable taxes. Return undeliverable mail to: Zoomer magazine, 8799 Highway 89, Alliston, ON L9R 1V1.

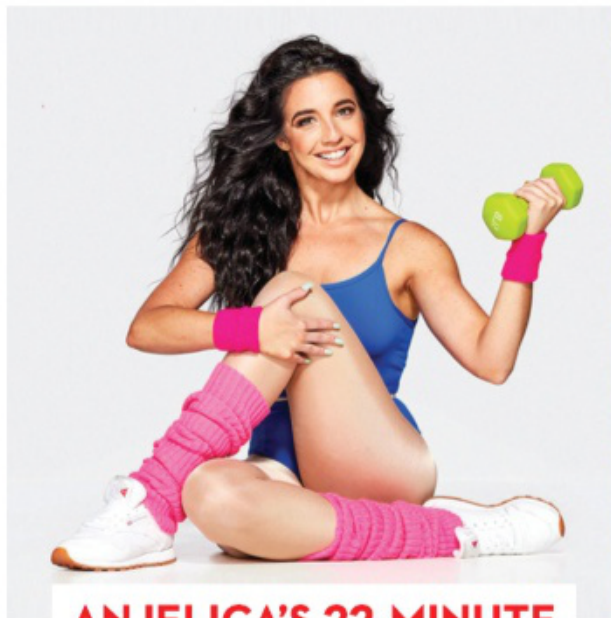
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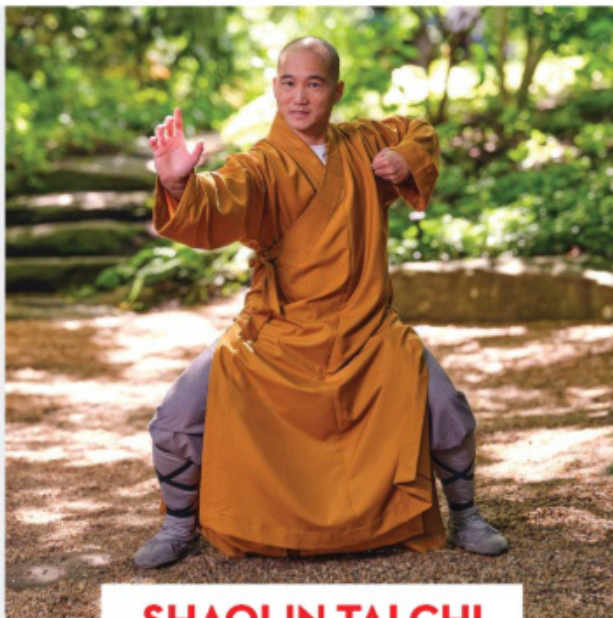
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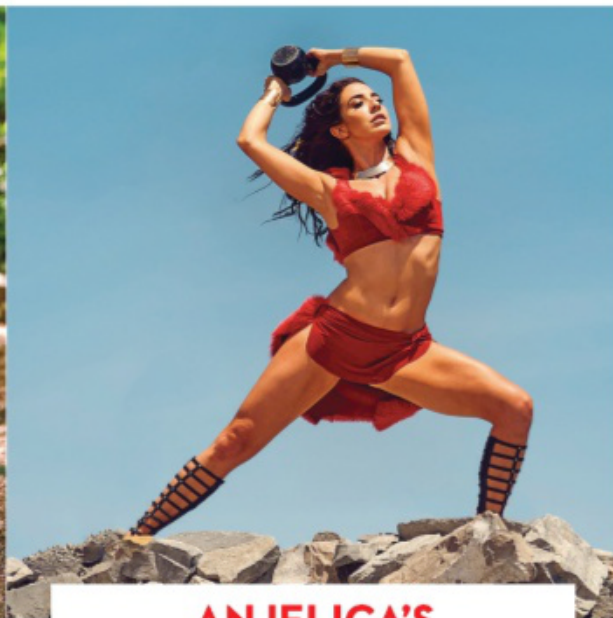
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Contents

October/November 22

ON THE COVER

A Force of Nature

36 Marilyn Lightstone
Talking reinvention
and becoming a
podcast star at 82

13 Queen Elizabeth II
Long did she reign

Big Fall Books

**26 Zooming Body Mind
Spirit** Books for your
health and happiness

48 A Good Run John Irving
discusses his biggest,
boldest novel yet

54 Novel Pursuits The
season's best fiction

**56 Succession, 19th-
Century Style** Ann-Marie
MacDonald's latest opus

58 Origin Story Leonard
Cohen's unpublished
first novel sees life

**60 Taking Their Word
for It** Catch up with the
latest celebrity memoirs

64 Win at Sea The heroes of
the Battle of the Atlantic

66 Recipe for Success
From Canadian culinary
legend Bonnie Stern

Body, Mind & Spirit

70 Body Work Seven ways
to stay strong, longer

**72 The Magic of
Mushrooms** Could
shrooms on the brain
improve mental health?

76 The Heart of Giving
Volunteering abroad
and donating online

Travel

96 Hola Holbox
A reinvention in Mexico

Style

90 Bond Ambition Decoding
the timeless appeal
of the suave spy

Moses Znaimer

106 Prophet of Zoom
Climbing Mount Z

ZOOM IN

16 Scott Thompson The
Kid in the Limelight

18 Hearts (Still) on Fire
Bryan Adams has
never been busier

SPOTLIGHT



Elizabeth Renzetti is the author of the bestseller *Shrewed*, an essay collection about how feminism changed in the #MeToo age. She is a former *Globe and Mail* columnist who wrote extensively about gender equity, and she also reported from Los Angeles, London and Berlin. For

this issue, she writes "Dyeing to Fit In", an opinion piece about the Lisa LaFlamme fiasco and the cost of going grey in an ageist world.



In this issue, **Bronwyn Cosgrave** draws upon her experience co-curating the museum exhibition, *Designing 007: Fifty Years of Bond Style* for "Bond Ambition", on the spy's enduring allure at 60. The Toronto-born journalist is the author of several bestselling books on the fashion industry, including 2007's *Made for Each Other: Fashion and the Academy Awards*, and produced two documentaries, *Manolo: The Boy Who Made Shoes for Lizards* and *Larger Than Life: The Kevyn Aucoin Story*.

PHOTOGRAPHY: PAUL ALEXANDER (IRVING)

20 Rezoning the Mind
A Canadian architect reimagines the city

Opinion

84 Dyeing to Fit In The debate over gender and going grey in the workplace

IN EVERY ISSUE

10 From the Editor-in-Chief & Publisher Suzanne Boyd

24 Body Mind Spirit
Muscle up; vitamin sunshine; good habits

28 Public Affairs Saving health care; out with the old; goodbye to Horgan

30 Go Where You Want to Go Paris confidential; the world in a glass; Pacific parable

32 Libby Znaimer

34 Later in Love
Rosemary Counter

100 Brain Games #86

VIA EMAIL



I have just read your latest magazine and came across the article 'Reinvent Retirement'. I just turned 85 and I am still working...

because I love what I do and the people in my environment. Why not work when you can and do something that really interests you? Respectfully,
—Shirley G. Brown

Your article, "Cinephile Season," (August/September 2022, pg. 14) mentioned the Atlantic Film Festival and the Vancouver Film Festival but overlooked Alberta's THIRD ACTION Film Festival (which celebrates aging and older adults).
—June Read



YOU TOLD US



VIA INSTAGRAM

Thank you @suzanneboyd_ for your vision and curating this historic cover!!! I'm so blown away by you and your team. What an honor 🙏 Gratitude 🙏

VIA TWITTER



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"The figures for the last quarter are in. We made significant gains in the fifteen-to-twenty-six-year-old age group, but we lost our immortal souls."

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Trevor Boddy FRAIC is a Vancouver-based architecture critic/curator who is working on a book, *The Constructed Landscape: Canadian Architecture Since Expo 67*, a collection of his writings on buildings and cities. For "Rezoning the Mind", he visited

architect Gregory Henriquez in his Georgia Street studio in Vancouver, asking him to share his futuristic city-building vision.



ON THE COVER Marilyn Lightstone, in a silk shawl and vintage necklaces from her own wardrobe. Photographed by Paul Alexander on location at Lightstone's Toronto home; fashion director, Derick Chetty; creative director, Stephanie White; prop stylist, Daniel Onori/P1M.ca; hair, Janet Jackson for L'Oréal Paris/P1M.ca; makeup, Tana D'Amico for @maccosmetics.ca. Beauty note: Replenish the skin and rejuvenate the eyes. Try: Clarins' Super Restorative Night Cream, StriVectin's Advanced Retinol Multi-Correct Eye Cream and Clarins' SOS Lashes Health and Growth Serum Mascara.

THANK YOU, MA'AM

QUITE SIMPLY, THE QUEEN WAS OUR MUSE.

When we launched *Zoomer* magazine in 2008, Elizabeth II was 82, well into what many would consider old age. But there she was, year after year, hiking her estates, driving her Land Rovers, riding her horses and assiduously tending to her red boxes and other affairs of state and Commonwealth. She was the embodiment of the *Zoomer* philosophy.

To me, her family life was defined in terms of succession and she will forever embody duty – the actual work of majesty. It's telling that she signed off her Platinum Jubilee statement as “Your Servant, Elizabeth,” and worked up until two days before she died, meeting with her 15th Prime Minister, Liz Truss, to invite her to form a government. That the Queen died at Balmoral Castle, her favoured Scottish retreat, can itself be seen as her final act of service to the United Kingdom.

As it's been noted, a fairly robust independence movement there may be quelled by the outpouring of respect and emotion shown as her funeral procession made its royal progress slowly through the Scottish countryside, arriving in Edinburgh six hours later. That Anne, the Princess Royal, who travelled in the second car of the cortège dropped into a deep curtsy as the coffin was carried into Holyroodhouse (the Monarch's official residence in Scotland), was a grace note.

We are honouring the Queen's life and legacy with a special commemorative edition, but we also thank her with a tribute in these pages for all the years of inspiration and example.

May you rest in peace and power, Your Majesty.

Syanne





QUEEN ELIZABETH II

1926 – 2022



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QUEEN ELIZABETH II
APRIL 21, 1926 – SEPT. 8, 2022



Her Majesty with
HRH Charles
Prince of Wales,
photographed to
mark her 90th
birthday, 2016

"I remain eternally grateful for, and humbled by, the loyalty and affection that you continue to give me. And when, in the fullness of time, my son Charles becomes King, I know you will give him and his wife Camilla the same support that you have given me."

QUEEN ELIZABETH II IN A STATEMENT MARKING THE 70TH ANNIVERSARY OF HER
ACCESSION TO THE THRONE ON FEB. 6, 1952





The beginning and end of an era. Queen Elizabeth II bestows her two most significant royal waves from the balcony of Buckingham Palace, (left) on her coronation day, June 1953 and (right) her final public event, 70 years later on her Platinum Jubilee; (below) King Charles III and his siblings mourn their mother at the Vigil of the Princes, Edinburgh, September 2022.



LONG DID SHE REIGN

QUEEN ELIZABETH II, who ruled with aplomb and grace, had a long, illustrious life, bookended by two seismic global catastrophes: the Second World War and the COVID-19 pandemic.

In a statement released soon after her death, King Charles III said: “We mourn profoundly the passing of a cherished Sovereign and a much-loved Mother. I know her loss will be deeply felt throughout the country, the Realms and the Commonwealth, and by countless people around the world.”

Forged by the war of her youth and the ramifications

of the shocking abdication of her uncle, Edward VIII, Elizabeth II was steadfast of character and stoic in her resolve. These exemplary qualities enabled her to guide a nation, and a world, that looked to her for re-

assurance during her record-breaking reign of 70 years. Her life’s work was crystallized in the dark, early days of the pandemic, when she offered a beacon of solidarity and hope, underscored by unwavering public service.



Juxtaposed with his mother’s pragmatism, Charles, 73, was seen as a quirky environmentalist and sensitive aesthete, as he waited to take on the mantle of his destiny. The times, however, have caught up to the new King, whose passions and focus are uniquely suited to address our imperilled planet and a less emotionally calibrated era. —*Leanne Delap*

PHOTOGRAPHY, THE PRINT COLLECTOR/GETTY IMAGES (CORONATION DAY); CHRIS JACKSON/GETTY IMAGES (2022 PLATINUM JUBILEE); JANE BARLOW/POOL/AFP/GETTY IMAGES (VIGIL)

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The Kid in the Limelight

Scott Thompson is basking in it with a hot new series, *The Kids in the Hall* revival and taking on *Ah-nold*. And he's just getting started **By Kim Hughes**

SCOTT THOMPSON is having his moment. Actually, he's having several. At 63, the comedic actor, best known for his work with the sketch comedy troupe *The Kids in the Hall*, is poised to dominate small screens across North America now and into 2023.

Beginning with two back-to-back episodes airing Nov. 15, Thompson will appear in the hotly anticipated second season of the CBC series *Sort Of*, carried state-side on HBO Max. The trailblazing, shot-in-Toronto show centres around a queer Pakistani Canadian millennial named Sabi (played by show co-creator Bilal Baig, who, like their character, uses gender-neutral pronouns) and the eclectic characters in their orbit. These include two children Sabi cares for as a nanny, patrons at the bar/bookstore where they also work, as well as 7ven (Amanda Cordner), their garrulous best friend and confidant.

Sort Of won a prestigious Peabody Award this year “for its blazingly original comedic sensibility and its tender portrait of a queer non-binary individual embracing the multitudes they contain within.” More monumentally, *Sort Of* is the first Canadian prime-time show to star a queer South Asian Muslim actor. In Season 2, Thompson plays Bryce (right), a gay investor backing a nightclub venture Sabi is pursuing. Thompson describes the moustachioed Bryce as “rich, abrasive, funny, arrogant and fierce.”

While the character wasn't specifically created for Thompson, *Sort Of* co-creator, executive producer and co-showrunner Fab Filippo confirms the show's producers immediately thought of casting the highly versatile actor for the role. He was hired without an audition.

“This show doesn't have an agenda, which is the enemy of storytelling,” Thompson says from Toronto. “I also think this show had to come out of Canada. We are always an adjunct to other, greater powers. When you're not the biggest person in the room, you have to listen to everyone else. Canada is a listener, and this show tries to listen to everyone. That, to me, is a very Canadian value.”

Thompson is also set to star opposite Arnold Schwarzenegger in the actor-cum-politician's first-ever

scripted television series, headed to Netflix. Though the plot outline and release date have yet to be announced, Thompson confirms he is playing Dr. Louis Pfeffer, Schwarzenegger's therapist (also moustachioed) in the series, which was shot in Toronto this summer.

All this comes on the heels of *The Kids in the Hall* reboot, a comedy series that premiered to great fanfare on Amazon Prime Video last spring and is certain to be renewed for a second season. (The original series ran from 1989 to 1995.) It was teed up by *The Kids in the Hall: Comedy Punks*, Toronto director Reg Harkema's com-

prehensive documentary on the troupe, which premiered last March at the SXSW Festival and irrevocably demonstrated the Kids' massive impact on a generation of contemporary comedy creators.

While Thompson appreciates how *Sort Of* has brought the conversation about sexual identity to the masses – Season 1 of the show is available to stream free on CBC's online platform, CBC Gem – he allows that being openly gay has pigeonholed him into being cast as gay throughout his career. Actors, he argues, should be allowed to be actors, whether that's gay playing straight or straight playing gay.

“I get the biggest kick out of playing a character I couldn't possibly be,” he says. “I think this contemporary idea that actors should be playing roles that reflect their lived experience is nonsense. That's a war on the imagination. Those outside a specific community can bring a more objective eye.

“I am playing Bryce as a gay guy, but I am not at all like him. Except maybe that he's also funny and hates pretension. I would love to be cast as a married man who is a womanizer.”

While he waits for that plum opportunity to materialize, Thompson is happy to be working, especially on a show that celebrates personal-life transitions of all sorts. “Nothing in life is fixed, including our identities. We have no idea where we are going to be in our 30s, 40s, 50s or beyond.”

Like, for example, not being able to predict being massively in demand at 63? “Yes,” Thompson howls. “It is weird to suddenly be hot. But it's fun, I'll tell you, and it makes you feel young. Success is the greatest tonic.”

“I get the biggest kick out of playing a character I couldn't possibly be”





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With four news albums, a cross-Canada tour and a new clothing collab, Bryan Adams is busier than ever

By Mike Crisolago

SASKATOON IS GOING to be lit. Literally. That's because, on Nov. 5 – the day he turns 63 – Bryan Adams touches down for a stop on his *So Happy It Hurts* North American tour. “I think everyone forgot that it was my birthday,” the legendary Canadian rocker says of performing that day during a recent Zoom interview. “We’ll have a party. I like to have a bonfire on my birthday,” he says of the date that also happens to be Guy Fawkes Day. Could his middle name Guy possibly be a coincidence. “Hopefully I’ll find someone somewhere that’ll be able to light a fire for me.”

Despite the passage of time, this year “could be my most productive time ever,” Adams admits because, in 2022 alone, he’s released four albums – his 15th studio album. *So Happy It Hurts*, the soundtrack to *Pretty Woman: The Musical*, for which he and songwriting partner Jim Vallance, 70, wrote the music, and *Classic* and *Classic Pt. II*, which saw him re-record songs from his immense back catalogue, including “Summer of ’69,” “(Everything I Do) I Do It For You” and “Cuts Like a Knife.” He also made new music videos for the recent and classic tunes.

Of course, you don’t assemble a set list of classics without receiving recognition. Over the years, Adams has earned a Grammy, Junos, Oscar nominations and countless other honours for his music. Adding to those, on Sept. 24 Adams and Vallance were inducted into the Canadian Songwriters Hall of Fame – a pantheon of homegrown artists that includes Gordon Lightfoot, Joni Mitchell and Leonard Cohen. Adams is humble about the honour – “the winning bit was writing the songs” – and says that seeing Vallance receive recognition is “the best thing about it.”

“I just owe so much to him as my early sort of teacher,” Adams says. At 18, in 1978, he famously met Vallance at a Vancouver Long & McQuade store. “When we met, we hit it off; and the first day we got together, we wrote a song. So that’s how fast it happened.” Their musical partnership still earns Adams fans today – including superstar admirers like Taylor Swift, who called “Summer of ’69” “one of



Hearts (Still) on Fire

Bryan Adams in the Elk Parka, one of three pieces from his new Wuxly x Bryan Adams BAD Collection

my favourite songs ever written” before duetting with Adams on the tune at a Toronto concert in 2018.

“It’s really happened in the last few years: Different artists have sort of tipped the hat, if you like,” Adams laughs. “It’s really sweet and it’s quite surprising, because I always thought of myself as the person that was being influenced by other people, not vice versa.”

When it comes to re-making his hits on the *Classic* albums, Adams says, “it was really sort of a recording exercise to see if it could be done – how

close it could be made to the original.” He had found a box of instruments and gear that he used to record some of his hit tunes in the ’80s. “And I plugged it all in and it still worked and away we went. And a lot of the sounds were almost identical.”

Adams incorporates new elements into the songs, but his voice on the resulting tracks sounds, remarkably, as it did almost four decades earlier. “I am nostalgic to the music because it’s a big part of my life.”

If releasing four albums in a year isn’t enough, Adams is also on his aforementioned tour, crossing Canada before heading to Europe and then to the U.S. in the new year. “The thing that’s most impressive is just being able to look down at the set list of all these songs and be able to rattle ’em off one at a time,” he explains. It’s a testament to Adams’ staying power and creative output, for which he still follows the guiding principle: “You have to sort of go with your gut ... And you have to trust your intuition.”

That includes putting his name to products that resonate with his personal beliefs. Last year, Adams, an avowed vegan, partnered with the Vancouver company bettermoo(d) to help promote their dairy-free, plant-based oat milk. And recently, he teamed with the Toronto-based animal-free clothing brand Wuxly for the Wuxly x Bryan Adams BAD Collection, featuring a hoodie and two jackets, which launched in October.

“I’d been given one of their coats a while back and just thought, ‘Wow, these are great.’ And so we got talking together and ... they offered me this opportunity,” Adams says.

Just in time for a November bonfire in Saskatoon. **Z**

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Philosopher and entrepreneur, Canadian architect Gregory Henriquez brings “GHETTO,” his futuristic city-building vision, to the AGO **By Trevor Boddy**

WHEN GREGORY Henriquez was growing up in the '70s in Vancouver's Oakridge neighbourhood, he was mesmerized by a Toronto-produced Saturday morning cartoon, a space-age take on the classic English tale about an outlaw and his band of Merry Men but set in the year 3000.

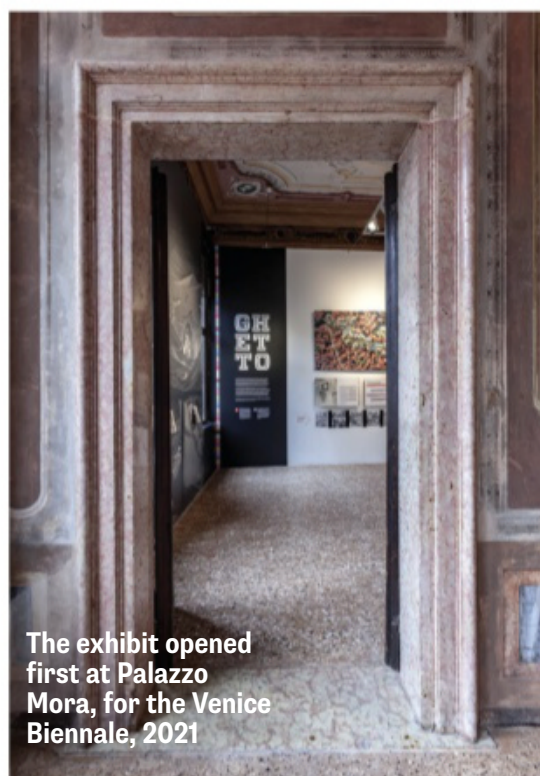
“It all begins with *Rocket Robin Hood*,” Henriquez says about his conceptual proposal called “GHETTO: Sanctuary for Sale,” an exhibition and graphic novel proposing a visionary scheme for new buildings in Venice, combining housing for refugees with time-share apartments for wealthy tourists. “The GHETTO project is exactly the same idea: a futuristic comic proposing stealing from the cosmic rich to give to the suffering galactic poor.”

The son of prominent architect Richard Henriquez, and now managing principal of their firm, Henriquez Partners Architects (HPA), the intense but gracious 59-year-old has built one of the most unusual practices in the country, specializing in complex rezoning negotiations

for massive complexes such as the \$5-billion-plus Oakridge Park, mere blocks from the duplex where he was raised. His pro bono efforts – pushing out books arguing for community-led “Citizen Cities” and serving as an advocate for the human rights of the poor and homeless – are all financed by designing luxury condominiums that fulfill the financial dreams of some of Canada's richest developers. As in his GHETTO proposal for Venice, these towers often include some affordable housing within their walls. This creative and social class tension is crucial to how Gregory Henriquez thinks and works.

GHETTO was first shown as part of the 2021 Venice Biennale of Architecture, and the installation will be displayed in the Art Gallery of Ontario's Annex from Oct. 19 to Nov. 19. The drawings and writings were commissioned by the United Nation's Refugee Agency and the European Cultural Centre and were first shown in the centre's space in Palazzo Moro, near the Jewish Quarter in Cannaregio. This was the world's first legally designated ghetto. “Ghetto comes from the Venetian word for foundry, or ‘gheto,’ which were formerly located in what was then, and remains now, a less fashionable end of the city,” Henriquez explains. The 1516 laws establishing the boundaries of this first ghetto were a response to a refugee crisis, a time when Jews were fleeing the Spanish Inquisition and religious wars and began flooding into Venice.

Crucial to the emotional importance of this proposal to Gregory, the Henriquez family were Jewish refugees expelled from the Iberian Peninsula around the same time, who ended up in Jamaica, where they became planters, and where his father Richard was born. Richard left the palms for the snow piles of Winnipeg to study architecture, followed by graduate work at MIT, a brief stop ➤



The exhibit opened first at Palazzo Mora, for the Venice Biennale, 2021



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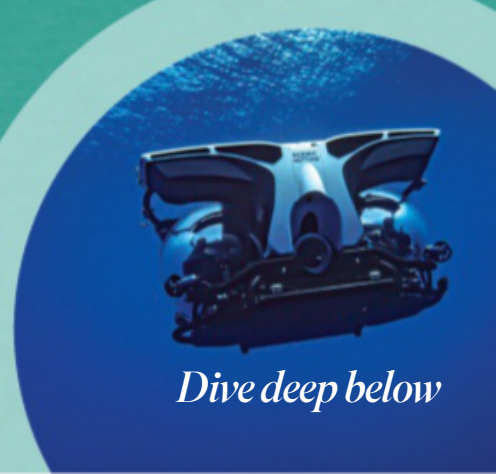
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Zoom In Etc

in Saskatoon to design the Mendel Art Gallery and to get married, and he has had a career based in Vancouver ever since. He is currently compiling a 500-year history of his family, and awaits the release of the documentary *Richard Henriquez: Building Stories* at design film festivals later this year.

Gregory Henriquez is a vital combination of sophist and entrepreneur, philosopher and hard-nosed city-builder. “I have long-held beliefs in the intersection of justice and beauty, ethics and aesthetics,” he says in a recent interview in HPA’s Georgia Street studios. Henriquez tries to solve many of Venice’s pressing issues with his GHETTO proposal: low-spending cruise-ship and day-tripping tourists clogging its canals and piazzas all summer long; a shortage of service workers and winter residents that threaten its economic lifeblood; and waves of refugees from the Middle East and Africa who have spilled awkwardly into Italy, a country unused to immigrants. His visually linked designs for the Piazza San Marco, the Giardini della Biennale, the train station, and the heart of the former ghetto propose the sale of time-share apartments to wealthy North Americans and Europeans, who could use these bases to have longer and deeper experiences of “La Serenissima.” Under his “one for one” model, the funds raised from each time-share sale would build one permanent apartment for refugees, providing needed all-year residents and potential service workers – the Robin Hood ethos at work.

The heart of the Henriquez proposal is a detailed pro forma, or financial proposal, indicating a cost of \$1.4 billion if constructed for all four sites. “By the scale of contemporary development, that is not such a huge number – our Oakridge Park now being built is nearly four times that size,” Henriquez says his may well be the first pro forma ever displayed in a Venice Biennale, but that may say more about top architects avoiding financial reality than his personal vision for how to make things work.

Untangling urban messes is a




Henriquez specialty, expressed in his design for the Woodward’s redevelopment of Vancouver’s Downtown Eastside. It combines a private luxury condo tower, premises for Simon Fraser University’s School for the Contemporary Arts, affordable multi-bedroom family housing, offices for community organizations and a wing serving those with severe addiction and mental-health problems, all combined into one near-city-block-sized package. The Woodward’s architecture is at best serviceable, but its pro forma – a utopian financial package that uses private development to mix diverse citizens and solve deep problems – is one of the most brilliant documents in recent Canadian city building.

HENRIQUEZ LOOKS forward to next year’s opening of Mirvish Village in Toronto, another project with Vancouver’s Westbank Corp. (the same developer with Woodward’s and Oakridge Park), a retail-rental housing development on the site of Honest Ed’s gigantic bargain emporium. There is a streak of the utopian here, too – when it was first conceived nearly 10 years ago, it was the first large, all-rental new residential complex proposed for downtown Toronto in decades. It preserves nearly all the historic houses on the

ROOFTOP RENDERING Henriquez’ vision combines housing for refugees and tourists

site, includes a micro-retail “Honest Ed’s Alley” for emerging, mainly immigrant, small retailers, and the unusual variety of its pre-cast concrete detailing ensures it fits into the dynamic corner of Bloor and Bathurst streets.

Henriquez is convinced Venice’s social differences and financial challenges can be breached, which is most evident in GHETTO’s graphic novel, illustrated by Canadian artist Wei Li, about the intertwined lives of Iranian refugees and American time-share visitors. A graphic trope used in illustrations is essential to his focus on this idea, not the architectural means to achieve it. “It is not designed to be built,” he says of the forms shown in his drawings. “They are intended to be taken conceptually, not literally.”

Henriquez is clear his architectural forms are an intended riff on Moshe Safdie’s Habitat 67, which was constructed for Expo 67 and still stands on Montreal’s waterfront. Impressed, ever since he visited it as a Carleton architecture student, he wanted to advance the key principles of Habitat’s maze of boxy pre-cast units with liveable decks and a freeing up of the ground plane, and the Safdie shapes were a means to that end. Linking the Venice proposal with the rest of his work, Henriquez labels the GHETTO project “a re-zoning of the mind.” This is paper architecture – a conceptual proposal raising valid ideas – at its best. As the cartoon theme song proclaims: “Send a joyous shout throughout the land! For Rocket Robin Hood!” 

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MUSCLE UP

Faster muscle loss leads to steeper cognitive decline, according to research from McGill University involving more than 8,000 older adults enrolled in the Canadian Longitudinal Study on Aging. But muscles are a modifiable factor, says Anne-Julie Tessier, a registered dietitian and lead author of the study published on *JAMA Network Open* this past summer. “Exercise, especially strength training, and good nutrition can help to gain or at least maintain muscle mass over time,” she said in an email.

Lindsay Nagamatsu, director of the Exercise, Mobility, and Brain Health Lab at Western University, whose research focuses on this bi-directional relationship, explained it is a never-ending loop: “If our muscle mass is declining, that means that we’re less able to get up and do things; that’s going to cause a decrease in cognition,” and vice versa. To determine muscle condition, she recommends seeing a registered kinesiologist to assess physical function. But there are a few simple things you can do to break the cycle:

- 1]** Build lower extremity strength by doing squats – this helps to prevent falls and to climb stairs.
- 2]** For those with mobility issues, try resistance bands to exercise your chest, back, arms and legs.
- 3]** Protein, protein, protein. To maintain muscle mass, Tessier advises that you have a good source of high-quality protein at each meal, such as milk products, eggs, fish, meats, legumes and nuts. –Susan Grimbly



VITAMIN SUNSHINE

Fall in Canada may be pretty, but daylight, a natural source of vitamin D, is on the wane. We know light deficiency can alter our moods (hello again, seasonal affective disorder), but now researchers say they’ve found a link between vitamin D deficiency and dementia risk. In a study published in the August issue of the *American Journal of Clinical Nutrition*, the authors reported that 33,000 U.K. participants aged 37 to 73, who had a genetically higher level of vitamin D – blood concentrations of over 50 nanomoles per litre (nmol/l), an amount considered sufficient to maintain healthy bones – had a decreased dementia risk, “with the odds of dementia decreasing with higher ... concentrations.” In this group, the researchers observed that up to 17 per cent of dementia cases might have been avoided by boosting vitamin D levels to a normal range. But modifications to diet may not be enough, and supplementation may be needed.

According to a 2013 report from Statistics Canada, 34 per cent of the population took a supplement containing vitamin D; 85 per cent of those pill poppers were above the 50 nmol/l cut-off compared with 59 per cent of non-supplement users. For those under 70, Health Canada’s recommended dietary allowance (RDA) for vitamin D is 600 IU (15 micrograms), while the RDA increases to 800 IU (20 mcg) for people over the age of 70. If you’re not already taking the sunshine vitamin, ask your doctor to check your levels to see if supplements are right for you. –Tara Losinski



HABIT FORMING

There is a simple nugget of good advice in James Clear’s massively bestselling guide to happiness and success, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*.

If you have habits that make you unhappy, or lack habits that might make you happier, don’t leap from one scheme and break through to another; change one small thing every day, and be patient. It takes years to break habits like smoking or overeating. So it should be no surprise, he says, that it takes just as long to make new ones.

Clear was a teen athlete when his face got smashed by a rogue baseball bat. He almost died.

Trying to recover and excel in spite of his accident, he was forced by physical and mental obstacles to take it step by small, careful step.

Six years later, he was one of the top athletes in the U.S., and got his college’s medal for academic achievement.

To pass his hard-won wisdom along, he brings in lessons from pioneering psychologists Edward Thorndike and B.F. Skinner, neurologist Viktor Frankl and even German philosopher Friedrich Nietzsche to formulate his own four laws: Make it obvious; make it attractive; make it easy; and make it satisfying.

No gimmick, just example after solid example making a convincing case that this might actually work. –Bert Archer

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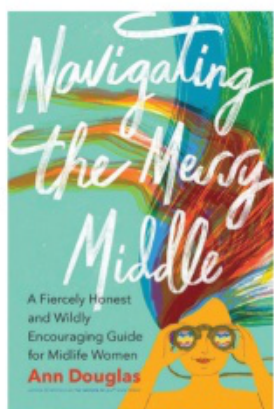
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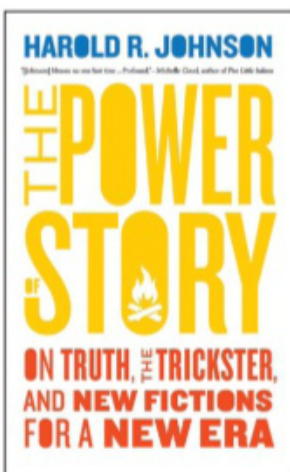
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► **NAVIGATING THE MESSY MIDDLE** by Ann Douglas
• Popular Canadian parenting author

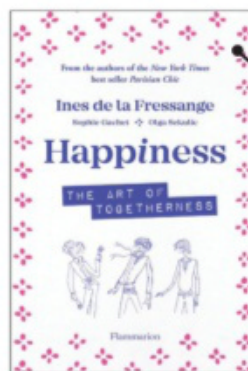
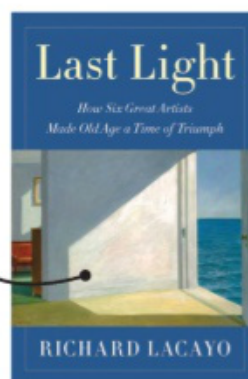
Ann Douglas, best known for her 2015 autobiographical book, *Parenting Through the Storm* – a guide for parents of children with mental health, neurodevelopmental or behavioural challenges – takes on the myth of the mid-life woman. Through personal stories drawn from interviews with dozens of diverse women, she breaks down stereotypes and examines the economic, political and social power of mid-life women, with strategies to thrive.



► **THE POWER OF STORY** by Harold R. Johnson • When the late Harold R. Johnson was asked by a multi-denominational ecumenical society to host a talk about the power of storytelling, this book resulted from the gathering at his home community, the Montreal Lake Cree Nation in northern Saskatchewan. Part memoir and part history lesson, it is a call for creativity



Bathers by a River by Henri Matisse, 1917



and healing from the author of multiple fiction and non-fiction books, including *Firewater: How Alcohol Is Killing My People (and Yours)*, a finalist for the 2016 Governor General's Literary Award for non-fiction. "We are all story," he writes. "We are the stories we are told and we are the stories we tell ourselves. To change our circumstances, we need to change our story."

► **LAST LIGHT: HOW SIX GREAT ARTISTS MADE OLD AGE A TIME OF TRIUMPH** by Richard Lacayo

• The former long-time art critic for *Time* magazine, Richard Lacayo profiles the later-in-life work of six renowned masters and shows how they produced some of their greatest masterpieces, changing the course of art history. Titian, Goya, Monet, Matisse, Edward Hopper and Louise Nevelson had the determination to go on creating. "Young artists may experiment because they have nothing to lose. More established ones can do the same because they have nothing to fear," Lacayo writes.

► **HAPPINESS: THE ART OF TOGETHERNESS** by Inès de la Fressange

• French fashion designer Inès de la Fressange, the one-time model and muse for Chanel's Karl Lagerfeld, charmed readers with her bestselling 2011 book, *Parisian Chic*, and its literary offspring: *Parisian Chic Look Book*, *The Parisian Field Guide to Men's Style* and *Parisian Chic Encore*. Known for her smiling,



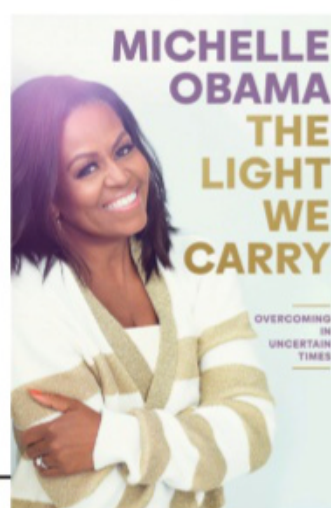
Inès de la Fressange with Karl Lagerfeld, 2011

upbeat presence on the catwalk, de la Fressange is so iconically French that she was chosen in the '90s as the

likeness for "Marianne," the face of the republic, joining the ranks of other French beauties such as Brigitte Bardot and Catherine Deneuve. In her latest, co-written with fashion journalist Sophie Gachet and actress Olga Sekulic, the 65-year-old French businesswoman – who started modelling in 1974 at 17 and continued to walk the runway well into her 50s – shares secrets for finding joy and personal growth in strong connections with family and friends.

► **THE LIGHT WE CARRY** by Michelle Obama

• This follow-up to *Becoming*, Michelle Obama's bestselling 2018 memoir, is a collection of practical wisdom and powerful strategies for staying hopeful and balanced in an uncertain world. In a message to her 50 million followers on Instagram, Obama says the global pandemic, political insurrection in the U.S. and a rising tide of hate and intolerance left her feeling vulnerable and, at times, afraid. "How do we overcome our fears? How can we channel our frustration into something positive?" she asks. The answers are found in the personal and inspirational stories culled from Obama's conversations with loved ones. 





LIVING WELL WITH COPD

People with Chronic Obstructive Pulmonary Disease are living longer and better lives than ever before. With proper management, you can breathe easier and live a full life.

Paddy O'Brien knows you can lead a full life with Chronic Obstructive Pulmonary Disease (COPD). Diagnosed ten years ago, he enjoys time with his family and even plays hockey twice a week.

When first diagnosed with the disease in his 50s, Paddy dismissed his breathlessness and lingering cough, "I blamed it on age and allergies." The fact that he used to smoke also added to his reluctance to talk to his doctor. COPD is the name for a group of lung diseases where people have difficulty breathing because their airways have been narrowed. It includes chronic bronchitis and emphysema.¹

Approximately 1.6 million Canadians are living with COPD but have yet to be diagnosed.¹ Dr. Ken Chapman, Director of the Asthma and Airway Centre of the University Health Network and President of the Canadian Network for Respiratory Care, says stigma is part of the problem. "People are worried their doctor's response will be, 'you did this to yourself.' But doctors want to help their patients."

Getting a diagnosis as early as possible is key to getting on the right treatment plan so people can continue living their lives. Dr. Chapman believes COPD would be better diagnosed if more family doctors used spirometry to test patients. A spirometer measures how much air you can

blow out of your lungs and how fast you can blow it out. This simple test can be done in a doctor's office and is the only way to diagnose COPD.²

Once a patient receives a diagnosis, it is important to keep the

PADDY O'BRIEN KNOWS YOU CAN LEAD A FULL LIFE WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD).



lines of communication open with your doctor. A diagnosis of COPD means that your airways have become partially blocked and you may experience episodes of flare-ups caused by many triggers.⁵ Knowing how to avoid those triggers and how to treat them are incredibly important.

After he was diagnosed, Paddy tried different combinations of medications with little success. It was only when he demonstrated to his doctor how he was using his inhaler that they discovered he was using it incorrectly. Once he started using his inhaler properly, he began to breathe much easier.

It's not uncommon. Up to 52 per cent of COPD patients struggle to inhale their medications.^{3,4} "It's very important to take their medications exactly as directed," says Dr. Chapman. "For a medication to work, it needs to get to the right spot to open your breathing passages and prevent exacerbations. If you're not sure if you're inhaling the medication correctly discuss it with your doctor to make sure you're getting the intended benefit."

While breathlessness, or shortness of breath are common for patients with COPD,¹ patients do have some control. Eating well, exercising regularly,¹ keeping indoor air clean,⁵ and getting enough sleep⁵ can go a long way to help manage COPD triggers.⁵

When it comes to medications, Dr. Chapman says there are options. "If you are relying on quick relief inhaler several times a day, you could look into a once-daily, longer-acting one."

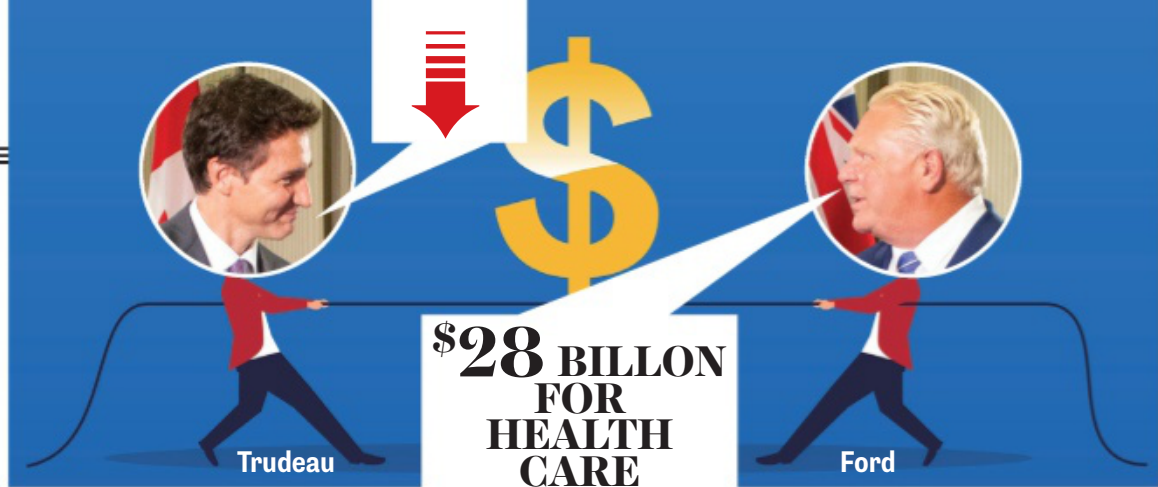
While the diagnosis of COPD was initially overwhelming for Paddy, he now has a positive outlook. "You can have a full life with COPD," he says. "Make goals for yourself, find support networks and keep moving in whatever way works for you."

Says Dr. Chapman, "It's important to know that people with COPD are living better and longer lives than ever before."

Learn more about how you could be breathing easier at [MyLungsMatter.ca](https://mylungsmatter.ca) or speak to your doctor

¹ Lung Health Foundation. COPD. <https://lunghealth.ca/lung-disease/a-to-z/copd/> Accessed April 26, 2022; ² Canadian Lung Association. Spirometry. <https://www.lung.ca/lung-health/lung-disease/spirometry> Accessed April 26, 2022; ³ Ghosh S, Pleasants RA, Ohar JA, Donohue JF, Drummond MB. Prevalence and factors associated with suboptimal peak inspiratory flow rates in COPD. *Int J Chron Obstruct Pulmon Dis*. 2019;14:585-595; ⁴ Loh CH, Peters SP, Lovings TM, Ohar JA. Suboptimal inspiratory flow rates are associated with chronic obstructive pulmonary disease and all-cause readmissions. *Annals ATS*. 2017;14(8):1305-131; ⁵ Canadian Lung Association. Chronic Obstructive Pulmonary Disease (COPD). <https://www.lung.ca/lung-health/lung-disease/copd/flare-ups> Accessed May 12, 2022

AFTER LIVING THROUGH A summer marked by emergency-room closures, Canadians are hoping the federal and provincial governments can put aside their endless jurisdictional bickering and concentrate on saving health care. The list of ailments plaguing the system are many, starting with a pronounced nursing shortage and long wait times for diagnostic tests, treatments and surgeries as the system struggles to catch up from the two years of pandemic backlog and the fact that more than 4.6 million Canadians do not have access to a family doctor. In B.C., the physician scarcity has become so pronounced that Michael and Janet Mort, a senior couple from Central Saanich,

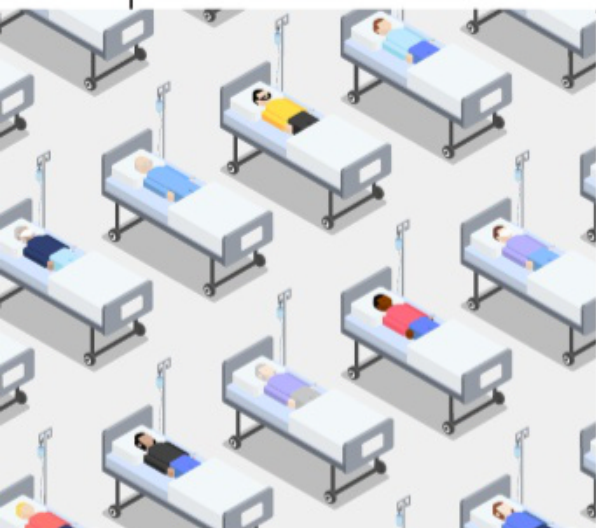


actually placed a Doctor Wanted ad in the *Victoria Times*. While the Morts' ploy worked, it only highlights the need for timely and practical political solutions. At a meeting in Victoria in July, the premiers issued a statement claiming that Prime Minister Justin Trudeau can ensure the health system's sustainability by forking over an extra \$28 billion a year to the provinces without any strings attached, on top of the \$45.2 billion it already doles out annually

through the Canada Health Transfer (CHT). Trudeau served notice that he will increase the CHT to the provinces if they agree to work with Ottawa on how the money is spent. There are some signs that a spirit of compromise is in the air. When two old adversaries like Ontario Premier Doug Ford and Trudeau emerged from their late-August meeting with both pledging to do whatever it takes to save health care, then anything is possible. —Peter Muggeridge

Public Affairs

On policy, personalities and politics



OUT WITH THE OLD WHEN ONTARIO

PREMIER Doug Ford was asked in the legislature to justify a controversial bill that would free up beds in crammed hospitals by forcing seniors to transfer into long-term care facilities, he responded bluntly: "We need them in a home." Ford contends

that there are 2,000 patients languishing in hospital who no longer need acute care but are still waiting for a spot in the nursing home of their choice. The government wants these patients (disparagingly referred to as "bed blockers") out in order to free up precious hospital beds for those who actually need acute care. This resulted in the controversial *More Beds, Better Care Act 2022*, legislation that empowers hospitals to "temporarily" transfer patients to any nursing home, even if it's not one the family has chosen. Bill VanGorder, chief operating officer at CARP (an affiliate of ZoomerMedia), understands that patients will likely fare better in the more peaceful nursing home environment than in the chaos of a hospital. But he worries that the bill, which was pushed through without public consultation, is "heavy-handed" and could see patients transferred to homes that are either "miles away or that are substandard in quality." And he vehemently disagrees with the province's threat to charge patients up to \$400 a day if they refuse to budge from hospital. —PM

"PREMIER DAD" BIDS ADIEU

WE'RE LIVING IN AN ERA where the political centre seems to be rapidly shrinking. The federal Liberals, who have joined forces with the NDP, have shifted to the left while the thinking goes that the Conservative Party of Canada, under new leader Pierre Poilievre, will likely veer sharply to the right. That's why many were saddened when B.C. Premier John Horgan announced that he would be stepping aside from politics. After battling throat cancer earlier this year, the 63-year-old NDP leader, nicknamed "Premier Dad" for his folksy, centrist approach, found he lacked the energy required to endure the rigours of his demanding job. Announcing his retirement, he said he'd rather spend more time taking walks on the beach with Ellie, his wife. A 31-year survivor of the province's fierce political wars, Horgan will be remembered politically for his work on climate change, forging bonds with Indigenous groups and steering the province through the pandemic, wildfire and flooding disasters - prompting Vancouver Mayor Kennedy Stewart to tweet a fond farewell to "the best premier British Columbia has ever had." But it was Horgan's common touch and ready supply of terrible jokes ("Why don't lobsters give to charity? Because they're shellfish") that ensured his popularity ratings never cratered. Because even if you disagreed with his politics or didn't share his lame humour, you couldn't really hate

Premier Dad. In these polarizing political times, the country could do with a few more leaders like him. —PM



Entering: The Tories' new leader, Pierre Poilievre

Exiting: B.C. Premier John Horgan

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- ☒ Fought to replace Ontario Minister and Deputy Minister of Long-Term Care
- ☒ Fought to raise CPP amounts
- ☒ Fought for increased fines and penalties for Ontario long-term care homes that failed inspection
- ☒ Fought for one-time payments worth \$7.4 billion to alleviate financial hardship of GIS recipients who received CERB
- ☒ Fought for high-dose flu vaccine availability at no charge (Ontario, Yukon, NB, PEI)
- ☒ Fought for negotiated settlement between Ontario government and optometrists
- ☒ Fought to create separate Ministry of Long-Term Care in NS

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- ☐ Significantly more funding for home care
- ☐ Transform long-term care from institutional model to person-centered model
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- ☐ Fund fitness for seniors
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- ☐ Increase CPP Survivor's Pension by 25% for those 65+
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A WAITER IN PARIS

ADVENTURES in the
DARK HEART of the CITY



EDWARD CHISHOLM

1

PARIS CONFIDENTIAL

Even the world's most glamorous places can be the site of crummy jobs. Witness *A Waiter in Paris: Adventures in the Dark Heart of the City*, Briton Edward Chisholm's unvarnished memoir chronicling his four back-breaking years

slinging haute grub in the French capital. In 2011, a desperate and broke Chisholm memorized a few stock French phrases and landed a job as a busboy in a chic bistro, while nurturing dreams of writing. He discovered that life "on the other side of the swinging door marked 'PRIVÉ', was brutal: vindictive managers, assaultive chefs, frantic co-workers clamouring for tips, interminable hours, scant food (ironically) and undocumented staff too terrified to complain. Yet a camaraderie developed as Chisholm ascended the ranks and slowly mastered the language, while tunnelling into the seldom-seen soul of workaday Paris. Yet Chisholm was able to enjoy the famed sights. "Paris is a city that inspires you to walk," he writes. And eat. Perhaps there's a perverse comfort in knowing your snooty French waiter is maybe not so much judge-y and xenophobic as starving, exhausted and feebly remunerated, despite the perceived cachet of his role in the planet's most divine metropolis. —Kim Hughes



Go Where You Want to Go

Inspiring reads for the
armchair traveller



2

THE WORLD IN A GLASS

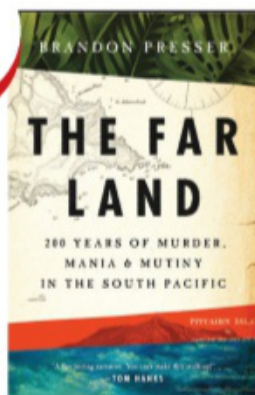
From slinging burgers to smuggling Peychaud's bitters in her suitcase, award-winning bartender and now author Lauren Mote (above) has clocked some hospitality-industry mileage over the years. But it was as a youngster at the elbows of her grandmothers while they cooked – Rose's Jewish deli delights and Florence's British classics like Sunday roast – that her education in taste and the importance of food began. "These meals linked me to two very different sides of my family," she writes in *A Bartender's Guide to the World: Cocktails and Stories from 75 Places*. Mote worked up from a junior job at Toronto's Le Select Bistro to main mixologist for Vancouver top chef Rob Feenie's Lumiere in the mid-2000s, gaining a rep as one of Canada's best bartenders. No small feat, as the industry is still dominated by men. In 2012, the now Amsterdam-based Mote also created Bittered Sling, her bitters and extracts company co-founded with her husband, chef Jonathan Chovancek. Then, in 2015, she eclipsed the gender gap, becoming the first woman to win Diageo's Reserve World Class Canada competition. Through 75 travel-inspired cocktail recipes (including low- to no-alcohol) and anecdotes, Mote shares her expertise and secrets for the at-home mixologist and takes the reader "on a journey to flavour town." —Vivian Vassos

PHOTOGRAPHY, JONATHAN CHOVANCEK (MOTE); KAVALENKAVOLHA/GETTY IMAGES (PARIS); SILVER SCREEN COLLECTION/GETTY IMAGES (TERIIPAIA; BRANDO AND CASTANEDA)

3

PACIFIC PARABLE

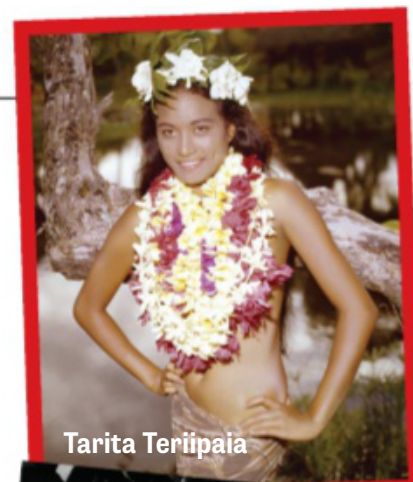
For *The Far Land: 200 years of Murder, Mania and Mutiny in the South Pacific*, Ottawa-born journalist Brandon Presser spent part of 2018 on Pitcairn Island, living among the descendants of rebel Fletcher Christian and his lot, made infamous via *Mutiny on the Bounty* – the Marlon Brando film based on a book. The island,



where the mutineers landed after putting out Captain Bligh and crew in 1789, is almost as remote now as it was back then – a freighter journey is the only way on or off this home to fewer than 50 people.

Presser examines the legacy of the mutineers and the curse of Pitcairn, which, over seven generations, touched *The Bounty Trilogy's* co-author James Norman

Hall, who survived a shipwreck en route to the island in 1933. Brando, too, suffered: he twice divorced women who were in versions of *Mutiny*: Movita Castaneda (the 1935 original), and Tarita Teriipaia (the 1962 Brando remake). Their daughter Tarita Cheyenne died by suicide in 1995. A few years prior, Christian, his son from a previous marriage, was jailed for the murder of Cheyenne's boyfriend. —VV



Tarita Teriipaia



Movita Castaneda
& Marlon Brando

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Absent Friends

Why keeping in touch has never been more important **By Libby Znaimer**



I HAD NO IDEA ARLENE STACEY, my long-time editor at *Zoomer* magazine, was sick. So it was a big shock when I finally saw her death notice, two months after the fact. Our relationship was strictly work-related and sporadic – we only connected after I filed my columns. I had a few conversations with her at company events, but that was it. So it was another surprise that the relationship was more important than I realized.

I lost another former colleague around the same time. Marcus Eliason was a very important mentor, friend and leader when I had my first full-time reporting job at The Associated Press in Tel Aviv. We reconnected – when he was posted in New York – on an afternoon so vivid in my memory that I was convinced it was just recent. Checking back, I wrote about that meeting more than a decade ago. It was in a 2009 column, edited by Arlene.

That gives me a bit of insight. I write about things and people that are important to me. If Arlene was the first person I shared them with – if she asked questions and made comments – obviously our relationship was very personal, if a bit lopsided. She certainly knew more about me than I knew about her. I never thought of her as the “consummate grammarian” with a disdain for exclamation marks – I learned that from Bonnie Baker Cowan’s lovely tribute in the August/September issue of this magazine.

I’ve begun checking myself for exclamation marks and find that I’m an overly liberal user of those dreaded punctuation marks – certainly in emails if not professional writing.

MARCUS WAS A LARGER-THAN-LIFE character from a previous generation of wild, politically incorrect journalists. I learned about his death, at the age of 75, in a lengthy obituary on the AP wire. It was especially sad that he had been in a nursing home at that age and had received a diagnosis of Alzheimer’s. The piece de-



tailed his many professional accomplishments. But it did not capture his quirky, funny, sweet personality. Marcus was a high school dropout who became a brilliant writer. He was a great mimic who could skewer all sides in the Middle East conflict with just a touch of his native South African accent peeking through. He had a wooden leg, which he used to take off when the air conditioning failed. He drove an old *deux-chevaux* with a door held together by gaffer tape. He called it the douchebag. It was another era.

I was surprised that Arlene decided to retire in the spring of 2021. She was always so engaged and enthusiastic when I dealt with her – not at all like someone ready to pack it in. Of course, that was the height of the pandemic and I made a mental note to make sure to get together when it was over. At that point, almost the entire *Zoomer* team was working from home and I didn’t see the email that she sent about her illness.

The pandemic has highlighted the importance of what psychologists call weak-tie interactions – relationships that involve low emotional intensity and less frequent contact – like saying hello to a grocery store clerk, waving to a neighbour or talking to your editor every few months. The pandemic also normalized never seeing acquaintances you would run into or make plans with occasionally. At the best of times I am bad at staying in touch, good at picking up dropped threads, which I inevitably drop again. But I always think there will be a next time.

I was sure I would enjoy more New York lunches with Marcus and have a drink with Arlene. Instead I’ll attend a memorial for her – for Marcus, I can’t even do that. Hopefully I’ll take a lesson from this – not to keep putting off that meet-up or that trip – that it’s up to us to make the next time now. **Z**

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



I was so forgetful but...

I NOW REMEMBER THINGS *more easily!*

Bogumil is 70 years old and in good health, but he was having a hard time remembering the most basic things. It was getting so frustrating, that he went looking for some help.

THINGS CHANGED WHEN I TURNED 70

"My name is Bogumil and I live in Montreal. I have always been in good health and exercise routinely, but after turning 70, I started to notice that I forgot things like people's names and some of my daily chores. My doctor told me that it's part of getting older, but I refused to accept this.

I DECIDED TO TAKE ACTION

I decided to research the problem and started looking for natural health products that could support my cognitive health. It was by luck that I read about New Nordic's product called Clear Brain™. It caught my

attention as the product contains plant extracts that have been proven effective. So, I decided to give it a try.

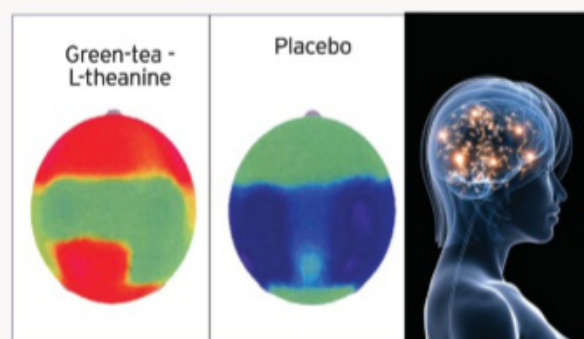
IT WORKED!

After a few weeks of taking Clear Brain, I noticed a real improvement. I was having an easier time remembering and felt more alert and concentrated than ever. I was thrilled! I have been taking Clear Brain now for a few months and even my wife has joined me. We have every intention of continuing to take this great supplement and recommend it to anyone who wants to enhance their memory and cognition, like us."

-BK, Montreal

BRAIN SCAN IMAGE

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DENNIS MARUK, who turns 67 in November, and Emilia Greco, 64, connected online and hit it off right away. After some banter, the ex-hockey player and the events co-ordinator realized they'd met before. Here, the newlyweds tell *Zoomer* about their whirlwind love story that was 40 years in the making.

Emilia Greco: Dennis and I connected on EliteSingles. He told me he used to play hockey in London, Ont., which intrigued me because I used to go to those games when I was young. He told me his last name and that he'd played for the London Knights. That's when I realized we'd met before. He was amazing on the ice and kind of famous. Everyone in London knew Dennis.

Dennis Maruk: I had long hair and a moustache. It was my signature.

EG: It was a brief encounter after a game. I said hello and although he was so charming and cute, that's where it ended. I was only 15. And Dennis had a girlfriend.

DM: She was Miss London Knights and I married her a few years later. I was married for 21 years, then I got divorced. Then I married another lady for seven years, and we divorced too. Then I decided to be single for a while.

EG: I was married twice, too, so it's the third marriage for both of us.

DM: Like a hat trick.

EG: When I met Dennis, it felt very different. He was so honest, authentic and open. Finally, he asked me on a date.

DM: It was Aug. 23. I asked if she liked Bertoldi's, my favourite spot in London

[which closed in 2019]. She said she knew the owner. I was impressed.

EG: We met at the bar. He told me my hair looked like Amy Winehouse's. I didn't recognize him at first because he looks very different. His hair was very dark before, now it is very white.

DM: Being with her felt so familiar and comfortable. It felt like we'd known each other for years.

EG: Dennis gave me a copy of his book, which he published in 2017. I read it cover to cover and felt like I caught up on his whole life through his book. It felt like I had finally come home.

DM: Just before COVID, we moved in together. We quarantined together, which was lovely. We love cooking, dining, drinking wine and watching sports.

EG: It was nice to be mature, to not

Hat Trick

From a brief encounter as teens at the rink to meeting again online in their 60s: for Emilia Greco and Dennis Maruk, the third time's the charm



From far left: On their wedding day; Maruk, 17, as a Knight; Greco, at 16; the ring designed by Greco

play those dating games that young people do. We wake up every morning grateful, and we both realize how fortunate we are. Finding Dennis at this stage of my life is something I cherish.

DM: On Dec. 14, we had a little party and I surprised her with a proposal. Everyone at the party knew it was happening except for her.

EG: I designed the ring. It has two outside bands that signify the road we walked alone, and two bands that crisscross that represent when our lives converged. The centre diamond is the symbol of our love and togetherness.

DM: We got married on June 25 this year. We had 45 friends and family, and rented a 21-room mansion in London and had the reception on the patio. It was an absolutely beautiful day. The master of ceremonies was Ken Reid, who was also my book's co-author.

EG: His book is called *The Unforgettable Story of Hockey's Forgotten 60-Goal Man*. Dennis calls himself that, but I don't. I like to remind him that I never forgot him. —As told to Rosemary Counter

HAVE YOU HAD ANOTHER CHANCE AT LOVE? *Zoomer* wants to hear from you! Send your story and contact information to comment@zoomermag.com for a chance to be featured in the magazine.

TYPE 2 DIABETES

DON'T MISS A BEAT WHEN IT COMES TO HEART HEALTH

PAUL NAUD SPENT MORE THAN THREE

weeks on vacation in British Columbia this year and never once ate at a restaurant. Instead, he and his wife cooked all their meals in their camper van.

"One night we had filet mignon with baked potatoes," recalls Naud, who retired 12 years ago from a management role at a Quebec university. "On another occasion we had roast chicken with rice and couscous."

These self-prepared meals are a critical part of Naud's travel regimen, along with regular physical activity that includes cycling, golf and hiking. For Naud, 68, this regimen helps him manage his type 2 diabetes while also lowering his risk of cardiovascular disease.

An estimated 90 per cent of Canadians with diabetes have type 2 diabetes,¹ which occurs when the body does not effectively use insulin and the pancreas does not produce enough insulin to compensate.² Unfortunately, people with type 2 diabetes have a higher risk of heart disease – with one in two dying of heart disease –³ and are three times more likely to be hospitalized with cardiovascular disease.⁴

"Heart attacks, stroke and heart failure are the most prevalent heart diseases among people with diabetes," says Dr. Alice Cheng, an endocrinologist at St. Michael's Hospital and Trillium Health Partners in the Greater Toronto



“THE LINK BETWEEN DIABETES AND HEART DISEASE CAN BE TRACED TO HIGH BLOOD GLUCOSE LEVELS FROM DIABETES”



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Area. "Because the number of people living with type 2 diabetes is far greater than those with type 1, we're going to see more patients with type 2 developing heart disease."

The link between diabetes and heart disease can be traced to high blood glucose levels from diabetes, which can damage blood vessels and the nerves that control the heart.⁵ Controlling blood sugar levels may not be enough to ward off heart disease, says Dr. Cheng.

She recommends a strategy that combines active management of blood glucose, blood pressure and cholesterol with medications that lower blood sugar and protect the heart and kidneys. A heart-healthy diet focused on foods such as leafy greens and whole grains – along with regular exercise – is key.

That's what Naud continues to practise consistently, whether he's travelling or at home in Quebec. Since shedding about 170 pounds 18 years ago and adopting a healthier lifestyle, he has kept his blood sugar under control and cut his insulin intake to zero.

His doctor monitors his heart health regularly – something all healthcare providers should be doing with patients who have type 2 diabetes, says Dr. Cheng.

"It's not always easy," says Naud. "But my doctor told me that by losing weight and changing to a healthier lifestyle I've regained more than 10 years of my life.⁶ I want to hang onto that."

¹ Diabetes Canada. "Diabetes in Canada: Background" https://www.diabetes.ca/DiabetesCanadaWebsite/media/Advocacy-and-Policy/Backgrounder/2022_Backgrounder_Canada_English_1.pdf; ² Diabetes Canada Clinical Practice Guidelines Expert Committee. "Definition, Classification and Diagnosis of Diabetes, Prediabetes and Metabolic Syndrome." <http://guidelines.diabetes.ca/cpg/chapter3>; ³ Einarson, TR, Acs, A, Ludwig, C et al. Prevalence of cardiovascular disease in type 2 diabetes: a systematic literature review of scientific evidence from across the world in 2007–2017. *Cardiovasc Diabetol* 17, 83 (2018). <https://doi.org/10.1186/s12933-018-0728-6>; ⁴ Diabetes Canada. "Diabetes in Canada: Background" https://www.diabetes.ca/DiabetesCanadaWebsite/media/Advocacy-and-Policy/Backgrounder/2022_Backgrounder_Canada_English_1.pdf; ⁵ National Institute of Diabetes and Digestive and Kidney Diseases. "Diabetes, Heart Disease and Stroke." <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke>; ⁶ Kianmehr H, Zhang P, Luo J, et al. Potential gains in life expectancy associated with achieving treatment goals in us adults with type 2 diabetes. *JAMA Netw Open*. 2022;5(4):e227705. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2791200>



MARILYN LIGHTSTONE IS leading the way to her sanctuaries, plural. There are six outdoor “rooms” in her breathtaking, multi-level garden, an oasis spread across a hidden acre in the west end of Toronto. It is close to civilization, yet remarkably silent, save for a soothing natural soundtrack: rustling leaves, water trickling down a rock face into the koi pond, the periodic chirrup of birds. It is cool and breezy under the sun-dappled canopy of trees, despite the relentless summer humidity.

Lightstone is the ultimate multi-hyphenate: actress of stage, screen and television; painter; writer; podcaster; singer; and TV and radio host. She floats down the hill in her gauzy white summer tunic and trousers, her Indian-style thongs lightly tapping out a rhythm on the meandering rock path. Sure of foot and strong of voice, with a glowing complexion and almost unnerving poise, she defies her 82 years.

The lush gardens are anchored by the sprawling but cosy Arts and Crafts-style house she has shared with her partner, media mogul Moses Znaimer, the founder and CEO of Zoomer ►

A FORCE OF NATURE

The creative soul of Marilyn Lightstone illuminates a long and storied artistic career that is all about reinvention
By Leanne Delap

Photography By Paul Alexander
Fashion Direction By Derick Chetty
Creative Direction By Stephanie White

Media, since they bought the place in 1974. The transformation of the grounds is ongoing and evolving, and mimics her prolific career arc.

Lightstone plucks a sarsaparilla leaf and waves it in the air, admiring its wondrous complexity. “Nature is an endless inspiration,” she says, and indeed, the fruits of her gardens are often the subjects of her paintings. The gardens are a reflection of the artist who has reinvented herself through so many branches of the arts.

HER VOICE IS RICH, round and burnished, and when she leans in, it is as if you are being taken into a confidence. “I get called for parts these days, playing the Jewish grandmother,” she says. “That doesn’t interest me.” Now that acting is on the back burner, she has a wellspring of new projects to feed her soul. “Nobody is interested in an aging actress, especially a character actress. The kind of actresses agents and casting directors interest themselves in are young things. So I made up my own things to do.”

Many listeners wind down to Lightstone’s voice every

night at 11 p.m. ET with *Nocturne*, her radio show on The New Classical FM, where she opens with a monologue, plays themed classical selections interspersed with poetry readings and recitations of writings about the musicians she’s selected. I confess I listened to her every night after I left the hospital when my mother was ill. Lightstone’s voice lowered my pounding heart rate and kept me company on those long, lonely, late drives home, my stomach churning with sour coffee.

“Oh, I thought you were going to say *Your All Time Classic Hit Parade!*” she interjects when I tell her I’m a fan of her work, name-checking her Friday-night VisionTV musical ensemble show, filmed before a live studio audience that sings along. Built around the Great American Songbook – the big band and show tunes of the early- to mid-20th century – it has been an unexpected hit, and is about to start filming its fourth season. “We get a lot of letters thanking us, from families who connect with their parents over the show, and who come together around the TV on a Friday night,” she says.

But it is a newer venture still, her pandemic-era podcast *Marilyn Lightstone Reads* – launched in September 2020 and available on this magazine’s book club website – that is having a moment. There have been some 400,000 downloads of her renditions of classic novels such as *The Age of Innocence*, *Jane Eyre*, *Pride and Prejudice*, *The Woman in White*, *Show Boat* and, of course, *Anne of Green Gables*, where you can hear Lightstone reprise the role of Miss Muriel Stacey, for which she is beloved by international audiences. “I act out every part,” she says. “I’ve always loved reading aloud, to whoever was willing to listen.” This is where you really experience the range of her voice and her skill as she transforms from one character to the next, and then deftly back to the narrator. Her nuanced tone is so beguiling, she is also the voice of numerous Zoomer Media radio and TV properties – The New Classical FM, VisionTV and ONETV – recording station intros and taglines, promos and coming-soons.

It was her acting career that took centre stage this summer, when the 30th annual Toronto Jewish Film Festival (TJFF) honoured Lightstone with a tribute, and programmed a slate of her classic films. “It was a wonderful day to share with people from different moments of my career, and my life,” she says, settling in with an iced coffee to one of the many discreet seating areas dotting the garden.

Lightstone is probably best known as the maternal and inspirational teacher Miss Stacey in the popular TV series *Anne of Green Gables* and *Road to Avonlea*, which aired on CBC. But in the ’70s and ’80s, she also starred in a run of critically acclaimed films, from 1975’s *Lies My Father Told* ►





ON GOLDEN POND

Lightstone with her garden's koi. Style note: Fall's key looks layer on textures, tones and metallics for day-to-night drama.

Beauty note: Replenish and recharge the skin. Try: *Clarins reformulated Super Restorative Day Cream.*

Me (for which she won a Genie Award for Best Actress) to *In Praise of Older Women* (1978) and *The Tin Flute* (1983), based on the novel by Gabrielle Roy, which earned her an Award of Merit at the Moscow Film Festival. This was a fertile and febrile moment in nascent Canadian cinema and Lightstone was in the middle of it. *Older Women*, in particular, in which Lightstone played a divorcee who seduces a younger man (played by Tom Berenger) was the subject of roiling controversy over nudity and sex scenes, and the

Lempicka, in the elaborate home of Italian war hero, poet and lover Gabriele D'Annunzio, where he was under house arrest. Much drama ensued. It also travelled to Buenos Aires, Portugal, Warsaw, Mexico City and Rome, and starred, at various points, Anjelica Huston, Helen Shaver, and co-starred Cynthia Dale. "It took place over four floors; we would run 26 sets of stairs, in heels," Lightstone remembers, adding there were 10 characters and 100 scenes, with the audience moving between "sets" so no one ever saw the

"I never wanted to walk the path. I was just allowed to follow my heart"

cuts required by the Ontario Censor Board, before it could be premiered at the 1978 Festival of Festivals (which later became the Toronto International Film Festival).

One of the films shown in the TJFF series was *The Wild Pony*, a seldom-seen 1983 Pay-TV movie directed by Kevin Sullivan, with whom Lightstone would go on to make the Green Gables series. "I immediately fell under Marilyn's spell as she expressed her ideas and determination to play this very independent character," says Sullivan, describing a desperate mother trying to keep her tiny family together by convincing the man responsible for her husband's accidental death to marry her. "Marilyn had such warmth and transparent honesty as we discussed the complexity of this character, that I kind of knew immediately she could bring the woman to life with enormous aplomb."

The stage was her first love, though. As Stuart Hands, programme director of the TJFF, says, "It is a shame so little of her theatre work has been preserved." To Lightstone, however, the ephemeral nature of the work is part of its magic in her memories. Highlights include the role of Goneril in *King Lear* at the Lincoln Center in New York (opposite Lee J. Cobb) in 1968; Masha in Chekhov's *The Seagull* with William Hutt at the Stratford Festival, also in 1968; and Leah in *The Dybbuk*, winner of a Los Angeles Drama Critics Award for Best Production in 1975. As she says to the crowd at the TJFF tribute: "There I was, lying on the floor, possessed, surrounded in the synagogue by rabbis in ram's heads," noting that was the moment she realized what a cool thing she got to do for a living. "Most of the things women get to play are so limited in scope. This was like somebody has handed you a great big present; you just unwrap the ribbons and wrapping paper with great relish."

Lightstone spent a big chunk of her theatre life as an original cast member in the New York and Los Angeles productions of *Tamara*, the three-dimensional, audience-interactive play, produced by Znaimer, which debuted in Toronto in 1981 and ran for more than 10 years around the world. The plot featured the Polish painter, Tamara de

same play. As part of the show, she cooked an omelette with French chef Daniel Boulud, who was relatively unknown then, but would go on to become a Michelin-starred celebrity. Audience members often stayed around after the scene and ate it, much to her amusement.

The *Tamara* years led Lightstone to extended stints in the entertainment capitals of Los Angeles and New York, working on commercials and voice roles in animated films, and she's glad she took her dreams to Hollywood and the Big Apple. "I had to get it out of my system."

She pauses to express gratitude to her life partner of six decades, a sentiment she repeats several times over the course of our conversations. "None of this would have happened without Moses," she says. "Even as someone younger, as an actress, you have to have someone who is on your team. You have to have a champion."

THE OTHER SOURCE OF BALLAST for Lightstone's creative life came early on. Her parents were unusually supportive of their daughter doing her own thing, as in becoming an actress, a field not known for inspiring joy in the hearts of parents, especially in the early 1960s.

She takes us back to her working-class childhood in what was then the Jewish ghetto in Montreal. Her world view was formed on Clark Street, just a few blocks from where *Lies My Father Told Me* was filmed. Her father was a printer by trade; her mother, a housewife. They lived, with her two younger brothers, in a small flat, along with her maternal grandmother, "with no privacy."

High school was Baron Byng. "It was a school that was really built in order to house immigrant kids, and Jewish kids in particular." Lightstone stood out. "In contrast to many of the other kids in my high school, who were either immigrants themselves or their parents were, my parents were Canadian-born and my grandparents came to North America when they were very small children. So a lot of the parents of the kids I knew in high school, they thought I was a gentile girl because I didn't sound like them." ➤



PORTRAIT OF A LADY Lightstone, flanked by her Arts and Crafts-style home's stained-glassed windows; above her is the portrait by painter Heather Cooper, which appeared on the cover of Lightstone's novel, *Rogues and Vagabonds*. Beauty note: Give hands special attention. Try: StriVectin's *Crepe Control Brightening and Firming Hand Cream*.

Many of her classmates' parents had been through horrendous ordeals – some had been in Nazi concentration camps – and had lost, or been separated from, family members. “[Their kids] were under pressure to live safe, conventional lives, because their parents just wanted them to be safe and conventional and happy, and didn’t want them to take any risks of any kind.”

Perhaps, she muses, without that heavy legacy, the Lightstones were freer to encourage their daughter to be the artist her soul demanded, which was remarkably progressive for the era. It is easy to forget how rigid things used to be, when the professions open to women of her era were teaching, nursing, physiotherapy and library science.

“I never wanted to walk the path. I was just allowed to follow my heart, with tremendous support,” says Lightstone. “Nobody told me what I could and couldn’t do. Or if they tried, they didn’t get very far.”

Lightstone met Znaimer in 1960 when they were both

students at McGill University and acted together in a Player’s Club production, even though they tell slightly different versions of the beginning of their romance. “Moses always likes to make a story better,” says Lightstone, “but we won’t contradict him.”

Znaimer cottoned on to the attractions of the thespian lifestyle early. “All the independent women were in show business,” he says, recalling the pivotal moment he connected with Lightstone at a cast party. “She was a star on campus. She was very mature, and an older woman, two years ahead in school. She affected a rather serene and much more professional demeanour compared to all the others.” He walked her home. “It was rather a long walk, as she lived on the other side of town. It’s been 62 years. I’m thinking of asking her to go steady,” he jokes. For her part, Lightstone recalls how he caught her eye, with his feet up confidently on a chair in the rehearsal room. She waited for him to indicate interest; if he showed up at the cast party,

she says, it was meant to be. She doesn’t recall the long walk home, but deeply enjoys Znaimer’s embellishment here.

After Lightstone graduated, she had a successful audition with the National Theatre School (NTS), which had just opened the year before “in the old Canadian Legion Hall” on rue de la Montagne. “The timing was very lucky,” she says, adding that, before that, you would have to go to London or to New York to make your career. She couldn’t do that; there just wasn’t the money. “I just loved it. It was just where I should be,” she says. “What else I would have done, I have no idea.”

She went into the NTS “completely green, and maybe that is a good thing,” since students who had taken acting lessons were promptly told to unlearn them. There were some extraordinary people, including a teacher who had taught Christopher Plummer and that legend of the Stratford boards, William Hutt. Lightstone credits the school with instilling discipline – “to this day, I can’t tolerate sloppy” – and the ability to work in an ensemble. “You only get your best performance if someone else is really good, too. It is like exchanging energy back and forth.”

The hows and whys of acting inspired Lightstone to write her 2001 novel, *Rogues and Vagabonds*. “I wanted to explain what it was like to be an actor. How we do what we do, the process and the craft.” In it, the theatre brings together an unlikely group of characters – a Lothario, a gay variety-show performer, a temptress and a rule-breaking mentor – in an intricate story with loads of



READING ROOM Lightstone with a stack of the classics she enacts on her podcast. Books, Karol Krysik, Krysikbooks.com Beauty note: Add density and shine to long, natural waves. Try: L'Oréal Professionnel Pro Longer Conditioner.



HIGH PROFILE Portraits of Lightstone and Moses Znaimer, by Canadian painter Charles Pachter. Style note: A plucked-from-the-garden boutonniere replaces the more expected brooch.

deftly written sex scenes, abundant interpersonal dramas and precipitous plot twists. In this world, passions run high, but artists stumble over the more mundane stuff of life. The cover of the novel features a painting of her by artist Heather Cooper that hangs in Lightstone's kitchen. The book isn't autobiographical, and there is no discernible "Marilyn" character, but the choice of cover links it to her artistic mythology.

When asked why she is compelled to create in so many mediums, she answers: "Because I have to. It has to come out somewhere, somehow." Znaimer says living with Lightstone reveals her "relentless drive" to create. "She doesn't have to work. She doesn't have to work that hard. That is what is admirable."

LIGHTSTONE LEADS me inside the house to explore. There are several paintings of the couple, together and separately, but one stands out. Just inside the front door, lit up at the top of a stairway, is a unique

double painting of Lightstone and Znaimer, by Canadian art legend Charles Pachter, who is also a long-time friend of the pair (they met in the early '70s). "The painting of Moses is at a table, looking straight at the viewer," says Pachter. The second canvas is positioned on the adjoining corner wall. "She is looking straight at him. I painted them on two canvases, in case they break up," he jokes.

"I painted it years ago. She called me the other day, out of the blue, to tell me how much she loves it," Pachter says. "That means a lot, to hear someone continues to appreciate your work." Lightstone has known Pachter so long, she was one of his "handmaidens" at his 2018 wedding to Keith Lem, alongside Margaret Atwood, who was the "head handmaiden," a.k.a. maid of honour.

"She is a terrific writer, artist, gardener, epicurean," Pachter says of Lightstone. "But mostly she is affable, kind and elegant."

She talks about the life of a working actor away from home, how a community builds up around a production ►

or film or TV set, then everyone disperses. “It can be lonely at times,” Lightstone concedes.

For a while after Lightstone stopped travelling back and forth from L.A., she had an art studio in an industrial area of town. She has since taken up photography, plays around with digital compositions on her iPad and has an enthusiastic presence on Instagram, but she still paints regularly. “I’m increasingly attracted to doing abstract. I somehow always kind of scoffed at abstract art, I never sort of believed in it,” she says. “One night, I went to my studio, turned on the radio to JazzFM. Jazz had never been my favourite. But I got a canvas ready and started. Suddenly, I looked down; I [realized that I had] just painted an abstract painting. And I liked it. There is an intellectual aspect to it that I never twigged to before. I discovered my quintessential style in doing abstract work.”

The abstracts stuck, the jazz not so much. The Great American Songbook remains the soundtrack of Lightstone’s life. “These are the songs that move me,” she says. It was a desire to work with her long-time collaborator, David Warrack – a composer, conductor, pianist, musical director and vocalist – to explore the popular songs of the early 20th century that drove Lightstone to create *Hit Parade*.

Warrack, who is the musical director on the program, met Lightstone 50 years ago when she was playing the lead in *Mary, Queen of Scots* at the Charlottetown Festival and he was the musical adviser. They’ve collaborated ever since, and he arranged Lightstone’s 2018 poetic take of “In Flanders Fields,” which she recorded with the Canadian Men’s Chorus, accompanied by Warrack on the piano, and “The Light Shines All Over the World,” her non-denominational holiday carol. “She’s got class,” Warrack says. “Sometimes she can be as annoying as hell, because she demands the best.”

He says Lightstone suspected *Hit Parade* would strike a chord in people, and she was right. “Maybe it is something as simple as the fact that in a very complicated world, there is an appeal to something so accessible and nostalgic.”

AS SHE LEADS me out of the house, we pause to admire the tiny, gilt-framed newspaper advertisement that drew her to the place. It is part of the house’s mythology now, its origin story. Back in the garden, the same muffled hush falls over us like a spell. The lush, multi-levelled greenery is an apt metaphor for Lightstone and the creative tendrils that shoot out in so many directions. She seems to have boundless faith that the buds of new ideas and projects will continue to bloom. Her confidence floors me, as it is rare to have that kind of faith in oneself, and it certainly is foreign to me.

Being different doesn’t faze her. “All my life I wanted to be an artist of some kind. I thought I was going to be a painter, and I continue to be,” she says. “Artists are different from other people.” ■



GARDEN OF EARTHLY DELIGHTS Lightstone with two of her works. Style note: A metallic “platform” sandal adds a cool fashion edge to a men’s pinstripe suit. Beauty note: A red lip adds playful confidence. Try: *MAC Cosmetics’ soft matte, moisturizing and line-blurring Powder Kiss Lipstick in Lasting Passion.*

All wardrobe for this portfolio, Lightstone’s own. Prop Stylist, Daniel Onori/P1M.ca; Hair, Janet Jackson for L’Oréal Paris/P1M.ca; Makeup, Tana D’Amico for @maccosmetics.ca





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THE WORLD ACCORDING TO JOHN
Deputy and book club editor, Kim Honey
with the venerable author John Irving

After a long, languid summer, it's time to settle into a comfy chair, put on your reading glasses and immerse yourself in all the books Zed, The Zoomer Book Club, has hand-picked for you. We've got a **Q&A with Ann-Marie MacDonald** about her epic new novel, *Fayne*; a look at the story behind *A Ballet of Lepers*, **Leonard Cohen's** first novel; a Second World War history by **Ted Barris** called *Battle of the Atlantic*; as well as lists of the hottest celebrity memoirs and latest fiction titles.

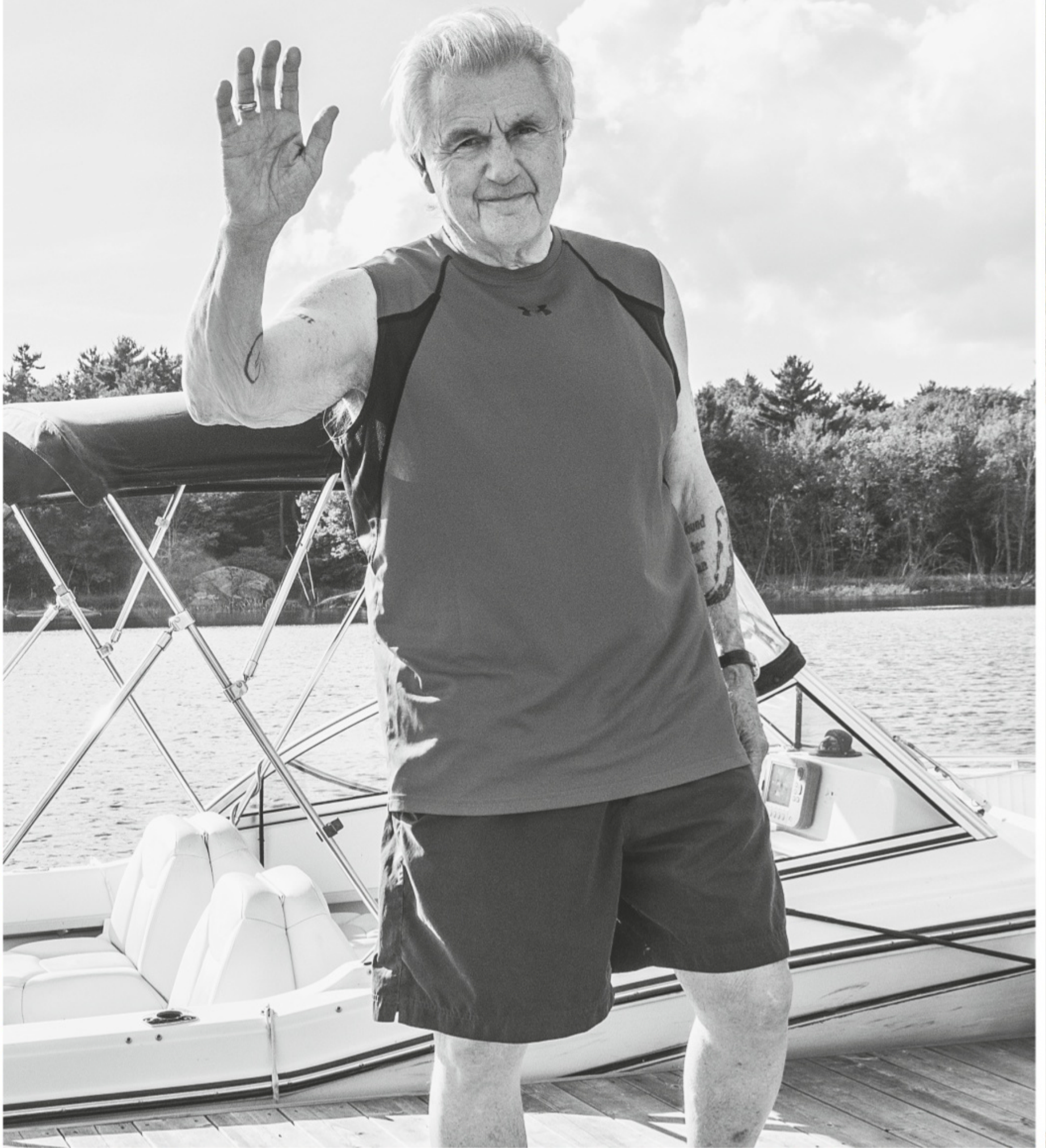
I spent a glorious afternoon with celebrated author **John Irving** at his cottage on Georgian Bay, Ont., where we talked for hours about his 15th novel, *The Last Chairlift*, and you don't want to miss the video from our conversation and a longer version of my story on [➤ everythingzoomer.com/zed-book-club](https://everythingzoomer.com/zed-book-club). That's where you'll find more lists of notable non-fiction, finance, style and CanLit books, as well as my interview with **Emma Donoghue** about her new novel, *Haven*. Bookmark the Zed home page so you don't miss another word. ➤

Kim Honey

A GOOD RUN

In *The Last Chairlift*, John Irving writes his biggest, boldest novel yet, slaloming through a breathtaking family saga set in New England ski country

By Kim Honey / Photography By Paul Alexander



Irving writes seven days a week in the former bunkie (below and inset), where he's already at work on his next novel. (Opposite) "I'm not on vacation," the 80-year-old author says about summers on Georgian Bay.



I F THIS WERE A JOHN IRVING NOVEL, I would meet a cataclysmic and undignified end before setting foot on the rocky island north of Parry Sound, Ont., where the venerated American Canadian author spends summers at the cottage with his wife, Janet Irving. In my script, the boat hits a shoal, I catapult into Georgian Bay and, before a monster muskellunge as long as I am tall mistakes my silver earrings for a lure and drags me under, I surface briefly to glimpse a man on a boat called *The Octopussy* shooting off flares and exposing himself.

I can't make this stuff up – muskies have been known to attack humans, and the exhibitionist on the James Bond-themed boat was arrested by police this summer about 100 kilometres away – but John Irving can.

In *The Last Chairlift*, his first novel in eight years, a wedding rehearsal dinner at the Exeter Inn in New Hampshire is disrupted by an ungodly loud orgasm from a nearby room. Minutes later, a wayward cupcake launched from a lacrosse stick hits a traumatized server, who thinks she's been shot because her uniform and hands are smeared with blood-red cranberry frosting. The next day, after ski instructor Rachel Brewster weds English teacher Elliot Barlow, the bride's brother-in-law almost chokes to death on a massive piece of Westphalian ham, and her dementia-addled father – wearing only a diaper – is electrocuted by lightning as he beats a rhythm on a cast-iron barbecue with metal croquet hoops.

The boat ride from the marina is uneventful, and Janet expertly noses the craft into the dock as Irving comes out of the house and makes his way, surefootedly, down the weathered granite outcrop of the Canadian Shield, wearing a dark-green T-shirt, lightweight grey pants and burgundy running shoes. His shock of white hair is receding and the laugh lines around his mouth are etched a little deeper, but Irving's dark-chocolate eyes shine with all the wonder and little of the darkness he's conjured in his 80 years.

Pandemic isolation has been hard, even for a writer used to spending seven hours a day alone, so he seems happy to have company. Because of his age and a mild case of asthma, his respirologist advised him to be extra careful of COVID-19. Janet, who is his agent, jokes that they bubble-wrapped him. The Canadian and American book tour planned for *The Last Chairlift*, which comes out Oct. 18, has been pared back, and Irving will do more Zoom events and only leave Toronto one or two nights at a time. He saw sons Colin and Brendan, who live in the U.S., for the first time in two years when they came to Toronto last October, but he hasn't hugged his 98-year-old stepfather, Colin Irving, who lives in New Mexico, in three.

When Irving's 80th birthday rolled around in March ►

Muskoka chairs provide lakeside seating on summer evenings for Irving and his wife Janet; (below left) the couple in their screened-in addition (also seen opposite), which holds a large dining table, a sitting area and his tiny home gym.



2022, it was just John, Janet and their daughter, Eva, who lives in Toronto, sharing the cake. That means there are a lot of stories pent up in the mind that has given the world 15 wildly inventive novels, including *The World According to Garp*, *The Hotel New Hampshire*, *The Cider House Rules* and *A Prayer for Owen Meany*, and he tells one after another as he shows me around the island property before sitting down for a three-hour conversation.

WE SETTLE IN TO TALK about *The Last Chairlift* after touring Irving's writing shack and the one-room gym where he still works out at least an hour every day. The routine has changed since July 2020, when he suffered a compression fracture in his spine "just rolling around on a mat, doing some warm-up exercises that I had done since I was 14 years old." Irving had been diagnosed with low bone density, but

that was upgraded to osteoporosis after he cracked a vertebrae. Skiing is now off limits, but he still lifts light weights, walks on the treadmill and has managed to get back on the stationary bike.

It's a sobering injury for the former wrestler who takes pride in being in fighting trim, despite surgeries on his knees, hands and rotator cuff. Two years later, he's still going to the orthopaedic therapy clinic. Time marches on, and Irving can manage the arthritis in his hands for now – although he concedes there may be a time when he can't write longhand anymore – but what he can't countenance is the psychological impact of his latest mishap. He handles it with his customary gallows humour, though. "I'm 80, but I wasn't prepared to feel afraid of slipping in a shower. But if you can break your back on a mat, well, you better be afraid of the shower!"

Irving's story about Rachel's son, Adam Brewster, numbers 912 pages, and when I show him the grass burn I got in a park as I tried to save it from toppling over and losing my place, he laughingly suggests I need a slanted Posturite board like the one he has on his writing desk, where he's on page 185 of his next novel, tentatively titled "Honour's Child." The text is handwritten in blue pen on unlined, eight-by-11-inch paper, and covered with old-school copy editing marks like carets and paragraph markers, highlighted in yellow.

"I like to be a good ways into a new novel by the time I start talking about the one I've finished," he says, "so that when



I've finished the talking-about-writing part, I have something that I can step right back into, that I know where I am and I know where I go next."

As we begin talking about his first novel since *Avenue of Mysteries* in 2015, he notes that, like most of his family sagas, it involves a familiar arc. "I try to find a naturalness in the beginning, but things quickly begin to go off course from the usual or the natural," he says. The meaning of the title isn't revealed until deep into the book, so no spoilers, but there are clues in its working titles, "Darkness as a Bride" and "Rules for Ghosts."

In *The Last Chairlift*, Adam is an average kid who resents his mother's job because, from November to April, the petite ski instructor leaves him with his grandmother in Exeter, N.H., to work at a northern mountain resort. In protest, he refuses to learn to ski beyond the intermediate level, because skiing "is what my mom does instead of being a mother." Her father, Lew Brewster, stops talking when, at 19, Rachel announces her pregnancy without a man in sight. As she tells Adam, "I wanted a baby – all mine, my one and only, no strings attached."

Although Adam was born in 1941, the storyline is far from chronological, and jumps back to the late 1800s in Aspen, Colo., as he pursues the ghosts that come to him in images that look like black-and-white photos, while the future terminus is 2019, after Adam marries, has a child at 50, divorces, finds his soul mate and settles in Toronto.

When Adam, then 13, meets Elliot Barlow, a diminutive English teacher at Phillips Exeter Academy, he plots a meeting with his mother, telling her, "I know you'll think he's handsome – good-looking and small." After the wedding, Elliot adopts Adam, who goes on to attend Exeter as a "faculty brat," wrestle for the prep school's team and spend most of the novel tracking down the biological father he never knew and his mother refuses to talk about. If this sounds familiar, that's because Irving, who was born in Exeter, N.H., in 1942, never knew his biological father, was adopted by his stepfather, Colin Irving, an English teacher at Phillips Exeter, and wrestled as a lightweight for the school team. Like Adam, he became a Canadian citizen in 2019, but kept his American citizenship. "There's never been a more important time to vote, and I don't want to lose that," says Irving, who supported Democrats Abroad, the U.S. Democratic Party organization for millions of Americans living outside its borders, in the 2020 election, when he urged expats to vote for Joe Biden "at a time when President Trump is trying to discredit the election results – in advance of the election, in case he loses."

Still, he is always careful to make the distinction between autobiography and autobiographical. "There's a lot that's familiar or looks or begins to sound autobiographical about the circumstances, but I use the only few things that were ever interesting to me about my autobiography. I use that to set up things that are fantastical and never ►

happened to me.”


With a glint in his eye, he says he often gets fan mail where the writer claims their life is like a John Irving novel, meaning they identified with “the calamitous dysfunction” in a story. “I always write them back and I commiserate, but I have to watch out that I don’t say, ‘Oh, you think that’s bad. I could make your story much worse.’”

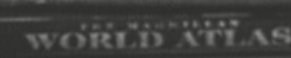
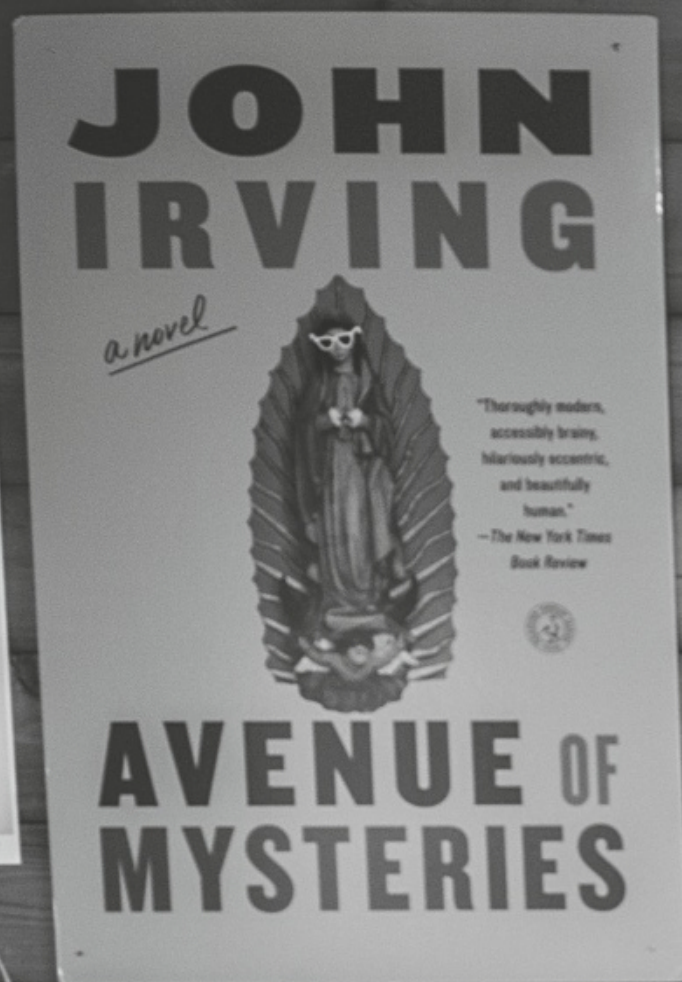
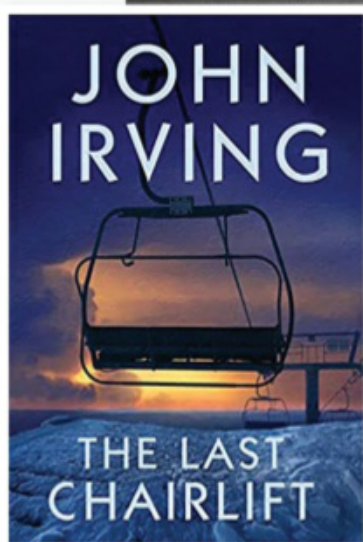
If there’s an architectural frame to his novels, “it is the trajectory of a worsening dilemma,” Irving concedes. The crux of *The Last Chairlift* is that Adam is surrounded by an extended family that is so unorthodox, he spends too much time wishing he had a normal life and not enough time appreciating the one he has.

“This is a story about a straight guy who, in his world, is the odd man out, he’s the weirdo in the family,” says Irving. “... The straight guy is the dumbest guy in the room, and he’s also arguably the dumbest, and he’s also the person who is the most badly sexually behaved. So I like the idea of putting that on its head and just having fun with that proposition.”

THE LAST CHAIRLIFT is an elegant masterpiece about love, tolerance and empathy, shot through with all the political commentary we’ve come to expect from Irving. It has a sense of urgency to it, as if he wants to download everything he knows, and wants us to remember. Just don’t call it his magnum opus. “It makes it sound like nothing else you’ve done matters to you,” he says. Irving uses a train analogy to describe all the ideas in his head, where the next stories are boxcars waiting to be coupled to an engine and sent on their way. Once he turned 65, he started to choose the harder ones first. “I know this is my last long novel,” he says of *The Last Chairlift*, adding that “the next two trains out of the station” will be shorter.

There’s purpose in the way the author commands the reader to invest in his characters. “The emotional impact of a story has always mattered more to me than the intellectual reasons for writing it,” Irving says, explaining that his books about families contain “an abiding worst-case scenario,” because “in my real life I fear the thought of anything terrible happening to the actual people I know and love.”

As the Berry family says in my favourite line from *The Hotel New Hampshire*, “keep passing the open windows.” The phrase that will stay with me from *The Last Chairlift* is “there’s more than one bend in the road,” which has a similar sentiment. We have to put one foot in front of the other, even when the world is in tatters, until we decide – like several characters in *The Last Chairlift* – it’s time to go. Deep and abiding compassion will buoy us, and there is no greater impetus for it than love. We’re lucky Irving is here to remind us there is an antidote for xenophobia, misogyny, transphobia, homophobia, sexism, religious moralism and Trumpism. His masterful narratives will command our attention long after the last train has left the station. 



Irving, surrounded by memorabilia and family photos in his bunkie-turned-writing shack, complete with modern tech and old-school pen and paper



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John Irving

Die wilde Geschichte vom Wassertrinker
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sind weniger langweilig

John Irving

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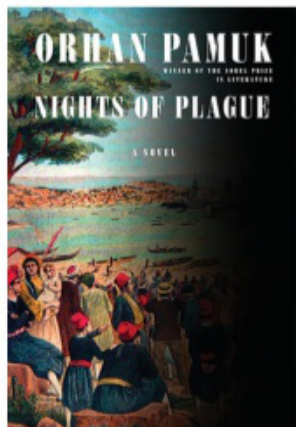
JOHN IRVING
AVENIDA DE LOS MISTERIOS

«Un des ...»
«Un des ...»
«Un des ...»



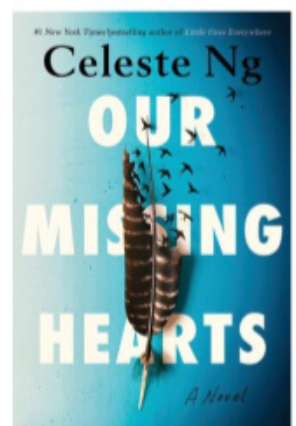
Novel Pursuits

The season's best fiction is grounded in mystery, history and dystopia, so let your imagination take flight **By Shinan Govani**



➤ **NIGHTS OF PLAGUE** by Orhan Pamuk • From the mind of Turkey's most famous living novelist and Nobel Prize laureate comes this story of a plague wreaking havoc on the fictional island of Mingheria

in the Ottoman Empire, where half the population is Muslim, the other half Orthodox Greek. To control the epidemic, the sultan sends his trusted medical expert to the island. But some of the residents, because of their beliefs, refuse to follow quarantine mandates. Sound familiar? Adding to the chaos is a mysterious murder. With themes certain to echo in our time, expect a sobering tour de force.



➤ **OUR MISSING HEARTS** by Celeste Ng • Leaving the 1990s – the setting of her mega-hit, *Little Fires Everywhere* (made into a well-received TV series starring Kerry Washington and Reese Witherspoon) – Ng

heads into a near-future dystopia. The author's latest effort, set during a time when Asian Americans are hounded and vilified by the government and by their neighbours, concerns Bird, who was nine when his mother left, without an explanation, and his dad destroyed every sign of her. Fast-forward three years, when Bird gets a letter from his MIA mom. Cue a journey of blistering self-discovery.

➤ **WE ARE THE LIGHT** by Matthew Quick • Grief and hope tangle in this cosy novel from the author best



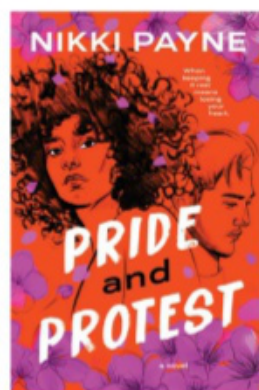
known for *The Silver Linings Playbook*. Lucas is a widower who lives in a quaint suburb shaken by a recent tragedy. The townspeople view Lucas as a hero, but he doesn't feel that way. Then there's Eli, an 18-year-old shunned by the town, who is now camped out in Lucas' backyard. The two form an unexpected alliance and work to heal both themselves – and the town.



➤ **ANON PLS.** by DeuxMoi • Blind items – news hits that conceal a subject's identity – meet the world of the infinite scroll in this fizzy romp, courtesy of

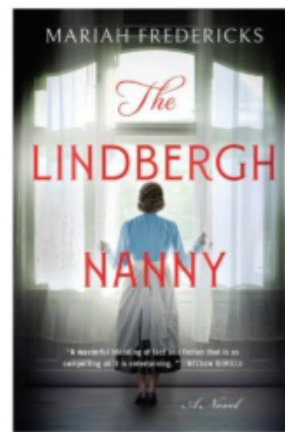
the anonymous *sotto voce* creator of @DeuxMoi, the all-too-real Instagram account with all the celebrity buzz. One part *Gossip Girl*, one pinch *The Devil Wears Prada*, it purports to be a rabbit hole of a novel, taking on the rich, the famous and the striving.

➤ **PRIDE AND PROTEST** by Nikki Payne • Jane Austen, but make it woke. A contemporary retelling of a familiar story, this shrewd, steamy novel follows Liza B, an African American DJ who, in an attempt to



reclaim her Washington, D.C., neighbourhood from a property developer, has her plans for a protest upended when “she mistakes the smouldering hot CEO for the wait staff.” Dorsey Fitzgerald, the adopted Filipino son of a wealthy white clan, has always felt a bit out of place.

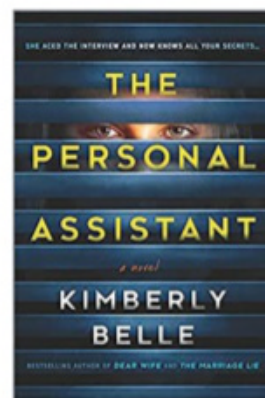
The two butt heads. They swap barbs. Gender, gentrification and racial politics fill out the rest of this foes-to-lovebirds narrative.



➤ **THE LINDBERGH NANNY** by Mariah Fredericks • Lifted from history, but giving it a new lens, this *roman à clef* zeroes

in on the most notorious kidnapping in American history: when Charles Lindbergh Jr., was taken from the family home in New Jersey in 1932 and murdered. The case, dubbed “the crime of the century,” made international headlines, largely because the toddler's father, Charles Sr., was the celebrated aviator. It has been mined endlessly, but now Betty Gow – an obscure Scottish immigrant known as the Lindbergh Nanny, who was often under a cloud of suspicion – gets her own voice in this stranger-than-life tale.

➤ **THE PERSONAL ASSISTANT** by Kimberly Belle • This is a psychological thriller where the boogeyman is not the killer next door, or the husband you thought you knew, but social media. The nightmare gets going when Alex – an Instagram influencer with a million followers and an enviable family – wakes up one morning and finds a scathing post she doesn't remember writing. But if she didn't post it, who did? Immediately, trolls are blowing up her Instagram page and messing with her personal life. Subterfuge and murder ensue, carried along by dual timelines and alternating POVs. Going viral has never been so chilling. 📺



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Succession, 19th-Century Style

Canadian writer Ann-Marie MacDonald's new opus, *Fayne*, is a sweeping family saga about inheritance and kinship

By Kim Honey

MacDonald, photographed
by Bryan Adams for *FLARE*
magazine, 2004

WITH *FAYNE*, Ann-Marie MacDonald's first novel in eight years, the best-selling Canadian author creates another spellbinding tale with a powerful story arc and more layers than Victorian undergarments.

Due to her "condition," the precocious Honourable Charlotte Bell of the DC (disputed county) de Fayne, 11, is being raised in seclusion at the family's expansive estate on the contested border between Scotland and England in the late 19th century. She is being educated by her eccentric father, Lord Henry Bell, the 17th Baron of the DC de Fayne, a bird nerd who encourages her to read through his library, from A to Z.

The plot twists and turns on the fact that female heirs cannot inherit titles or property in England, so Fayne's fate rests on the shoulders of the ineffectual baron, who must produce a son.

MacDonald, who turns 64 in October, has been writing stories since she was kid, but after she graduated from the acting program at the National Theatre School in 1980, her 20s were defined by a drive to write "really fast and perform it as well." In her 30s, she published *Fall on Your Knees* – which won the 1997 Commonwealth Writers Prize for Best First Book and was an Oprah Book Club pick in 2002 – which she calls her "mid-life, workaholic prime time," when "things really deepen." In her mid-40s she had two daughters with her wife, Alisa Palmer, the artistic director for the National Theatre School's English section, and now that they are young adults, "it's time to get playful again," she says. "What kind of world do I want to splash around in? Where would I like to spend some time?"

Fayne, which comes out Oct. 11, is a bold beautiful book with a grand architectural frame built on themes of succession, identity, feminism, magic and environmentalism.

In a conversation from Stratford, Ont., where MacDonald and Palmer were preparing for the summer première of their new play, *Hamlet-911*,

the author told *Zoomer* why she is fascinated by the time period, how *Fayne* is a bit of a mystery and why Lord Henry Bell infuriates her.

KIM HONEY: When I'm talking about your new novel – and this is a 722-page book – how do I avoid giving the story away?

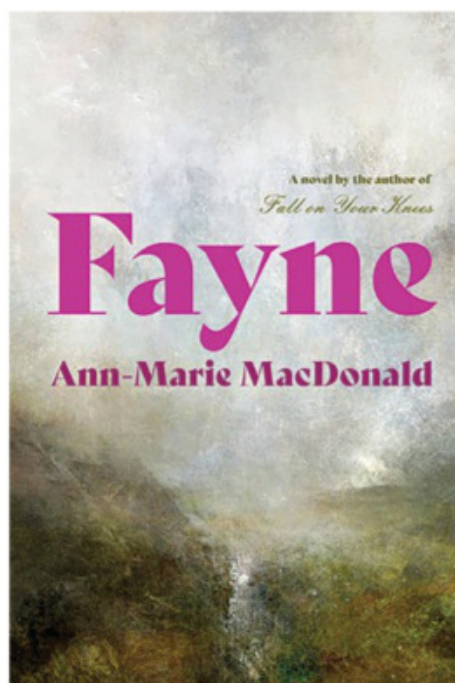
ANN-MARIE MACDONALD: There are some things you don't need to treat as spoilers: for example, the fact that Charlotte is born with what we would now term an intersex trait – at the time, they called it pseudo-hermaphroditism; and the fact of that being why she's been kept sequestered, and the fact that her father is determined to have her surgically "cured." So gender, gender identity, sex, sexual identity – all of these things are obviously very much a part of the story. She doesn't know that she's "different." For me, that is very familiar territory, as somebody who's a lesbian. I'm queer. I'm on the side of inclusivity, and I'm a feminist."

KH: Why are you returning to a time and place you explored in your 2005 play, *Belle Moral*, also about a 19th-century Scottish home with family secrets?

AMM: I love the period. It appeals to me because the era into which I was born, the mid-20th century, was being invented then – all the conditions that would give rise to the explosion that was the First World War, which would create the conditions for the Second World War, which would create the conditions for the Cold War, which would create the conditions for the time we're in. Now I see all these links.

KH: Why are there so many characters in *Fayne*?

AMM: I love the scope of real narrative fiction. When you're looking at the late 19th century, you're really looking at these disparate people, with their disparate values and lives. And yet there's a web that connects them all, such that, touch one of them and the effects are brought to bear on lives seemingly distant from one another. And for me,



that is a defining and inclusive metaphor for all of us and what we're doing here in this world.

KH: *Fayne* reminds me of a mystery. There are crumbs to follow, and red herrings. The painting of Charlotte's mother, Mae, and brother Charles is a clue, isn't it?

AMM: It's a mystery with all kinds of different layers about who knows what and when. Very few people have the whole story. For example, [Bell family nanny] Knox thinks she has the whole truth, but she doesn't. And then there's always the mystery of what really happened to that beautiful young American heiress. That's the first thing you want to know when you see a portrait of a dead mother.

KH: Who shopped for a husband in Europe?

AMM: Exactly. They could purchase them, and Mae did. She really doesn't know what she's in for. And I love her moxie. She's really spoiled and she's kind of obnoxious, but I still love her. She's very, very traditionally feminine. She's following all the rules. She's going to get all the rewards.

KH: And it all goes swimmingly, until ...

AMM: Until she's not able to produce the heir in any good time, and things go south, because [society] is still about the control of women's bodies. She's been obtained in order to do one thing, and that is produce the heir.

And all of her fortune and her lovely gowns and her personality, it's not going to get her anywhere now.

KH: Henry seems like a good guy, but fathers are usually big, ominous characters in your work. So how does meek and mild Lord Henry fit in?

AMM: He is not willing to part with the entitlement and power he knows has oppressed him and everyone he loves. And neither is he going to grab hold of the power with both hands and be accountable for what he's going to do with it and to be decisive. And that's what makes him dangerous.


KH: So, he is selfish; but is he evil?

AMM: Mae says [he's selfish] because it's convenient. You can hate [his sister] Clarissa, but it's very hard to hate Henry, who actually has the power and who's done the damage here.

KH: But Clarissa plots murder, and Henry just kills by small cuts?

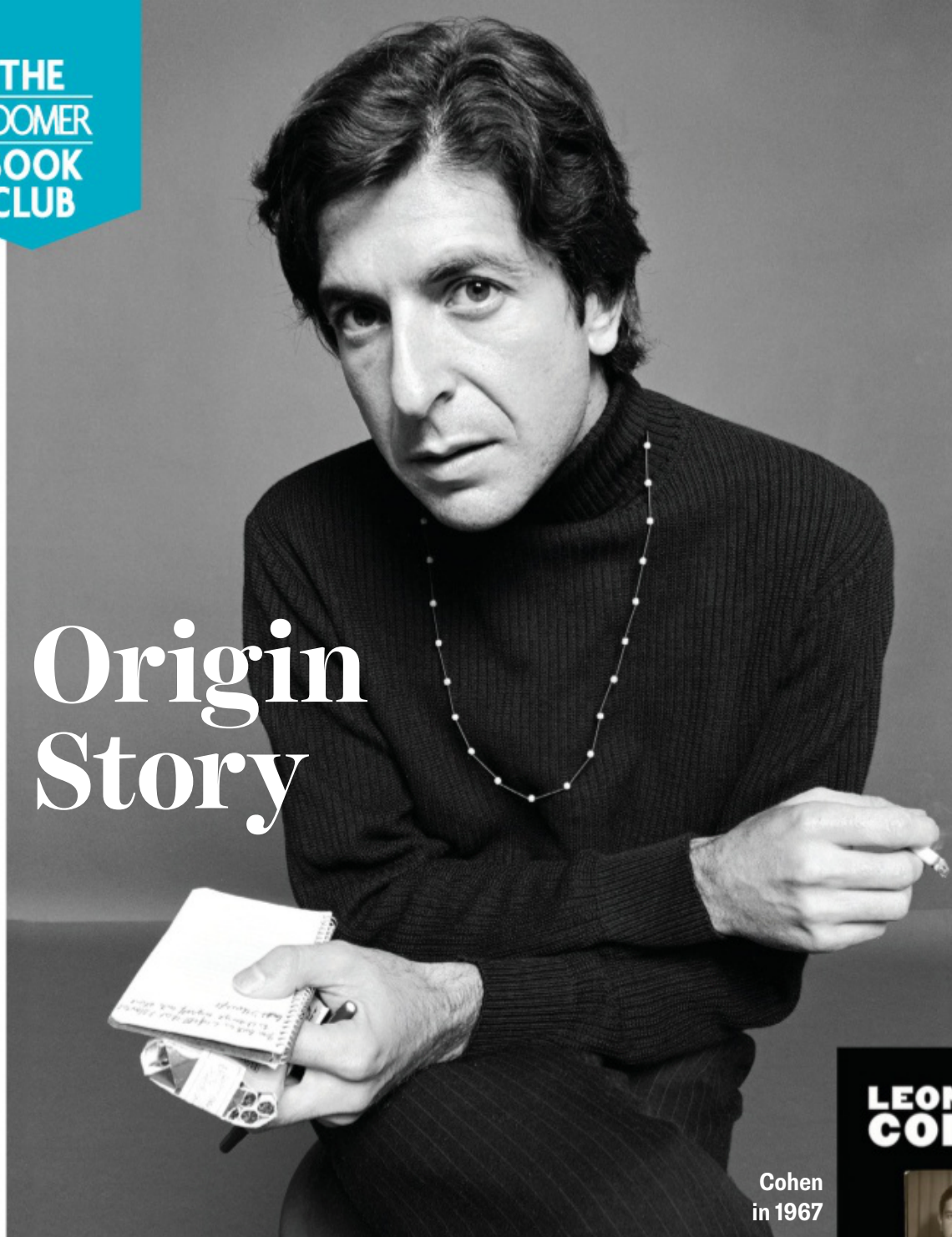
AMM: But why does she do that? She's powerless otherwise, right? She's got her agenda, which is *Fayne* [the estate and title] must continue. What does Henry do? Henry goes, "I just don't want to think about those unfortunate things, and as long as I don't think about them, they're not really happening." I'm so frustrated by Henry, because I love him, but I go, "Dude, it's not good enough. You wreaked all the damage here. That's on you." Clarissa is the accomplice and she's got her hands dirty. The person who does more damage and tries to keep their hands clean, that's even worse.

KH: I really loved the book. On the Goodreads website, a reader wrote: "Best book of 2022, calling it now. Prove me wrong."

AMM: Oh, that's lovely, thank you. It means so much at these vulnerable pre-publication moments, where I go, "Well, what are other people going to think?" 

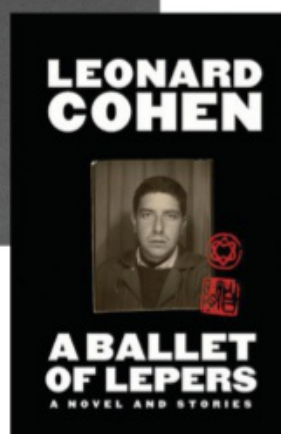
 For the complete interview with Ann-Marie MacDonald, go to everythingzoomer.com/am-macdonald

Origin Story



Cohen
in 1967

The Montrealer's first rejected novel is published 60 years after he wrote it
By Rosemary Counter





– fiction, poetry, art or music – is a sentiment that always followed him. “Leonard, we know you’re great,” the head of Columbia Records, Walter Yetnikoff, famously quipped in 1984, when considering Cohen’s seventh studio album, *Various Positions*, which includes his masterpiece “Hallelujah”. “But we don’t know if you’re any good.” He initially decided not to release it in the U.S.

Readers shouldn’t expect to finish this book with any clarity into the ultimately unknowable artist, which is kind of the point. “There’s something totally ineffable about Cohen, but it just contributes to our fascination with him,” says Posner, a Toronto-based writer. He argues that, when it comes to posthumous publications, maybe harsh criticism isn’t fair since the author never signed off on the work. “There will always be people who ask if

Leonard Cohen himself would have given his blessing to publish this book,” says Posner. “We’ll never know.” Cohen was a notoriously slow writer and meticulous about every word, which makes peeking at a raw draft even more alluring. “With Cohen, there are always areas of ambiguity, so we can just add this book to the list.”

How perfectly poetic that Cohen is long gone and yet still with us, a dichotomy he would have appreciated. “Cohen was so interested in an orchestration of opposites,” Posner says, citing popular works like *Beautiful Losers* and *Parasites of Heaven*. “He uses contradiction and paradox, right there in the title, and *Ballet of Lepers* is no different.” As always, complex and contradictory themes like love, longing, rejection, demons and desire are woven throughout, and only time will tell if his 60-year-old writings will resonate today.

For the record, Columbia did release *Various Positions* in 1990 in the U.S., and “Hallelujah” is now one of the most covered and beloved tunes of the past century. The deceptively simple song took seven years and 180 verses until Cohen got it just right.  

UPON THE FANFARE-filled publication of *The Favourite Game* in 1963, Leonard Cohen unabashedly told reporters it wasn’t his first foray into fiction. “He called it ‘a third novel masquerading as a first novel’ – meaning there were predecessors,” says Michael Posner, whose third volume of a trilogy, *Leonard Cohen, Untold Stories: That’s How the Light Gets In*, comes out Nov. 22.

Six years after the famed troubador’s death, the once-rejected novel will finally be released into the world. *A Ballet of Lepers* is a vivid, haunting, experimental and quintessentially Cohen-esque novella, penned somewhere between 1956 and 1961, which tells the story of an unnamed mid-life bachelor who moves his violent grandfather into his

Montreal boarding house. The novella is followed by 15 short stories and a radio play, all uniquely distinct, except for some form of Cohen alter ego in each one. Each piece was plucked with precision from the archives at the University of Toronto by Cohen scholar Alexandra Pleshoyano, who edited them with a modern eye and much care, and compiled them into Cohen’s second posthumous work.

The other, *The Flame*, a collection of poems, lyrics and sketches, was published in 2019 to mixed reviews. It had “a little of everything for Cohen fans and nothing for anyone else,” a *New York Times* reviewer wrote in a scathing take on the “monotonous scribbles of the moody undergraduate.” Whether Cohen was a genius or a neophyte in whatever medium he chose



FRUIT EXTRACT HELPS TO

INCREASE HAIR COUNT & SUPPORT NEW HAIR GROWTH

Hair loss is common as we age, but few treatment options have been available or effective. Supplements have been able to nourish the hair, but few help promote new hair growth. However, newer studies are finding some hope.

THE FRUIT EXTRACT

Scientists at the University of Kuala Lumpur have identified compounds in palm fruits, called tocotrienols, which significantly help promote new hair growth. These “super antioxidants”, from the vitamin E family, are thought to reduce inflammation levels in the scalp, which is a condition commonly associated with alopecia.

THE STUDY RESULTS

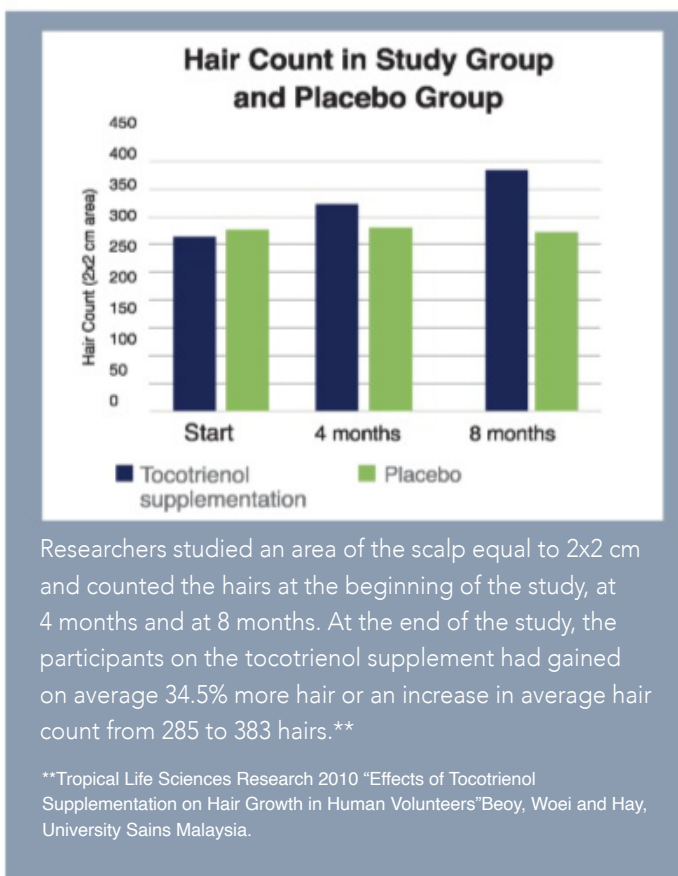
Repeatedly, clinical studies are confirming the effect of tocotrienols in helping to increase hair count. In a clinical study done to obtain a patent, scientist could show that everyone in the study group taking 50 mg of a tocotrienol complex, had positive results after 5 months, and the mean increase in number of hairs was 42%*.

Individual number of hair at baseline and 5 months after tocotrienol and placebo supplementation							
Tocotrienol				Placebo			
Volunteer	Baseline	5 months	% change	Volunteer	Baseline	5 months	% change
1	290	477	64.5	1	194	244	25.8
2	380	463	21.8	2	391	385	-1.5
3	496	603	21.6	3	358	369	3.1
4	223	370	65.9	4	354	296	-16.4
5	110	133	20.9	5	223	258	15.7
6	266	358	34.6	6	286	267	-6.6
7	110	274	149.1	7	307	275	-10.4
8	258	298	15.5	8	219	223	1.8
9	314	344	9.6				
10	287	316	10.1				
11	179	274	53.1				
Mean	264.8	355.5	42.4	Mean	291.5	289.6	1.4
SD	112.9	124.7	40.9	SD	73.6	58.2	13.8

*11/120,268, US PATENT, HAIR GROWTH FORMULATION, HOVIS, SDN BHD

THE SECOND STUDY

A second, and larger study, was done to confirm these results. The study group was monitored for the number of hairs in a pre-determined scalp area at 0, 4 and 8 months. The results were impressive. The number of hairs increased significantly as compared to the placebo group, recording a 16% increase at 4 months and a 34.5% increase at the end of the 8-months, compared to a 0.1% decrease in the control group.**



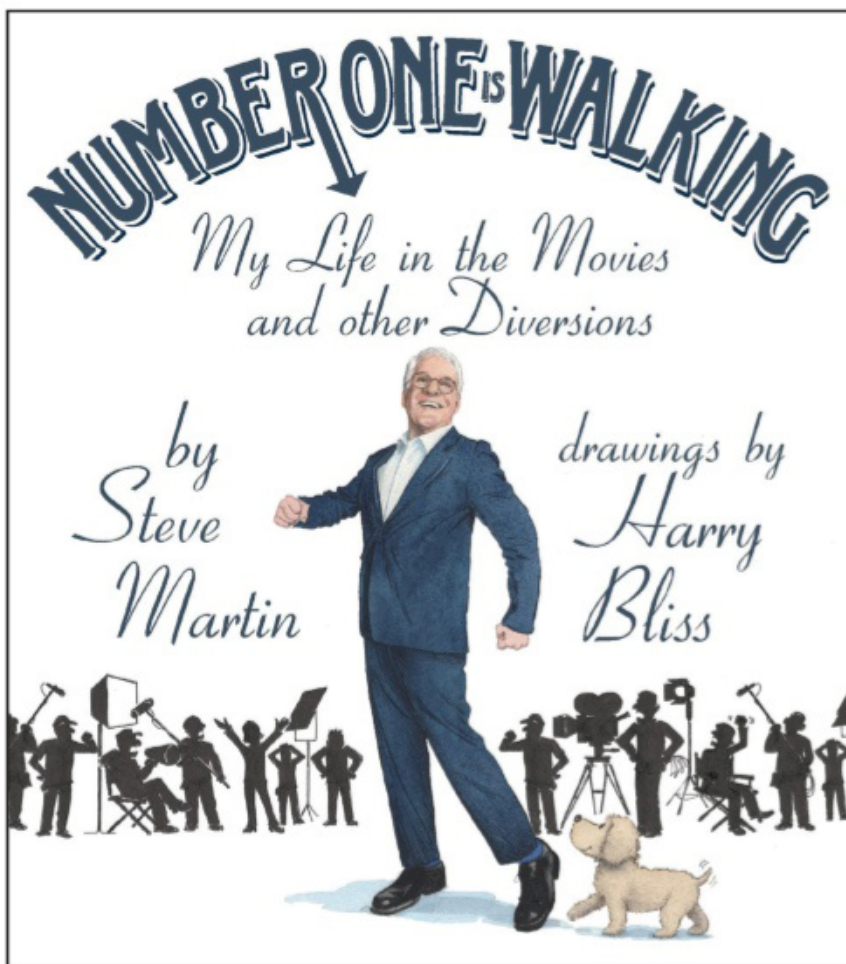
Both studies in Malaysia used a tocotrienol complex, now patented and sold as a supplement. In Canada, this tocotrienol complex is available in the product Hair Gro™, available at pharmacies across the country.

Results may vary. Always read and follow instructions prior to use.



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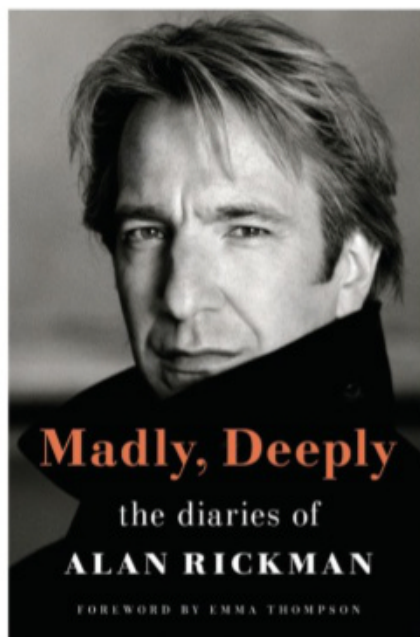
Take Their Word for It

From silver screen and music icons to beloved TV actors and legendary space travellers, these celebrity memoirs are the talk of the town

By Nathalie Atkinson

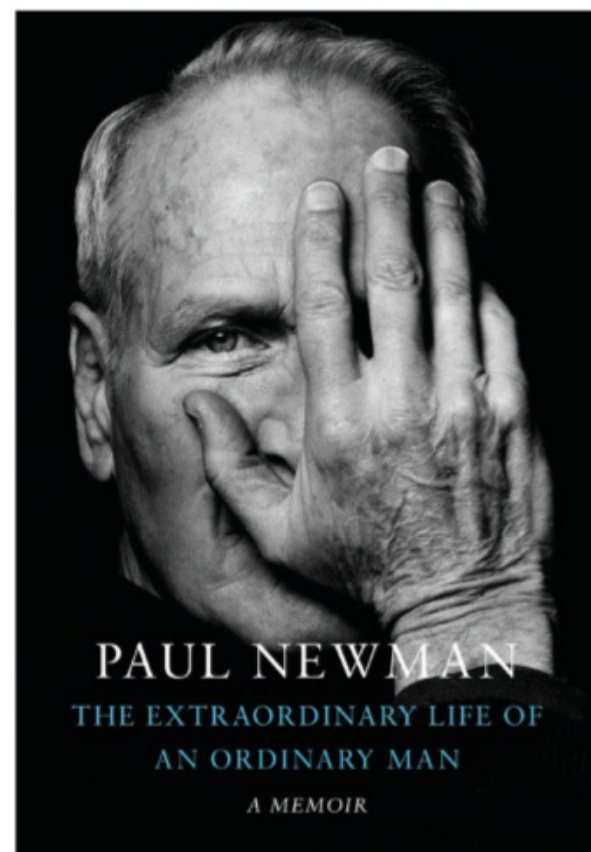
THOSE WHO CAN'T GET ENOUGH droll and urbane quips from Charles Haden-Savage, the retired TV star played by Steve Martin on the hit series *Only Murders in the Building*, will love his new memoir, *Number One Is Walking: My Life in the Movies and Other Diversions* (Nov. 15). The title refers to how actors are listed on the call sheet in order of importance, numbers that the crew use as shorthand on their walkie-talkies. It's our hint that this is more of a riff than a straight-up memoir like Martin's 2007 autobiography, *Born Standing Up*. His anecdotes and observations from a colourful career – including filming *Roxanne* in Nelson, B.C. – are illustrated, graphic-novel style, by cartoonist and *New Yorker* cover artist Harry Bliss.

➤ The Gen-X romantic classic *Truly, Madly, Deeply* lends its name to this posthumous memoir from its star, Alan Rickman, but the esteemed British actor's appeal cuts across



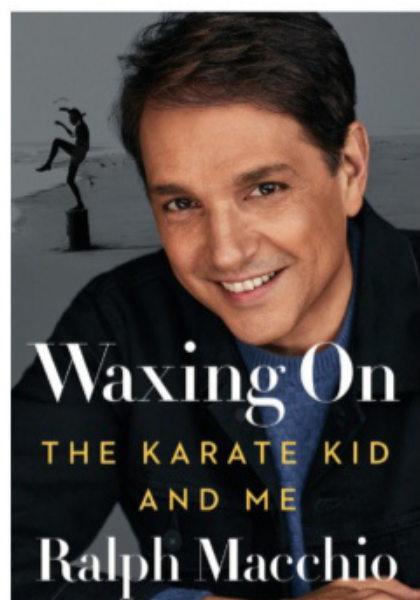
generations, and genres – from his breakout role as villain Hans Gruber in the 1988 film *Die Hard* to Severus Snape, the complicated Hogwarts professor in the *Harry Potter* movies that made Rickman a household name. Since the early '90s, he kept handwritten journals he intended to publish; at the time of his death from pancreatic cancer in 2016, they totalled 27 volumes. *Madly, Deeply: The Diaries of Alan Rickman* (Oct. 18) condenses his thoughts on friendship, politics and acting into a single volume that editor Alan Taylor promises will be “anecdotal, indiscreet, witty, gossipy and utterly candid,” and includes a foreword by his close friend Emma Thompson.

➤ Hollywood icon Paul Newman likewise tells his own story from beyond the grave in the hotly anticipated



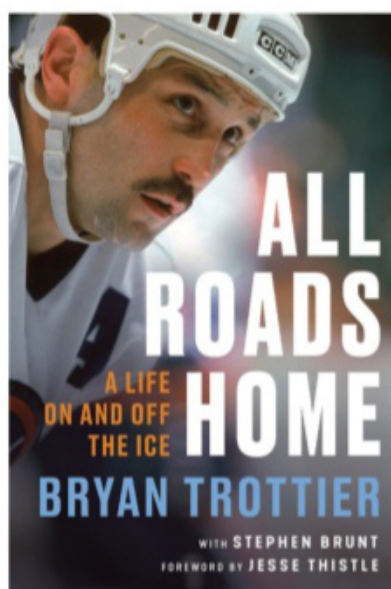
The Extraordinary Life of an Ordinary Man: A Memoir (Oct 18). Like the acclaimed recent docuseries, *The Last Movie Stars*, about Newman and wife Joanne Woodward, it's based on transcripts of recordings Newman began making more than 30 years ago with a close friend, in preparation for a memoir project he abandoned before his death, in 2008, at the age of 83. Personal territory like the blue-eyed icon's troubled relationship with his parents, his failed first marriage and

the overdose death of his son Scott are covered with frankness, as are the inner workings of his storybook marriage to Woodward (now 92, and living with Alzheimer's). Edited with the help of the couple's three daughters, the book also includes previously unreleased family photos.



➤ In *Waxing On* (Oct. 18), Ralph Macchio, 60, considers how his 1984 martial-arts movie, *The Karate Kid*, resonated in pop culture and catapulted the young working-class actor from Long Island, N.Y., to global fame. *Karate Kid* was one of the first modern franchises: the crane-kick move made by his underdog character Daniel LaRusso was a meme decades before there were memes. Macchio stars in Netflix's enormously popular continuation series, *Cobra Kai*, which picks up the story and characters where they are now, and explores the evergreen themes of bullying and mentorship - with much of its original (and now middle-aged) cast. With just enough nostalgia, Macchio's full-circle perspective on his long-time relationships to the other actors (such as the late Pat Morita, who played on-screen mentor Mr. Miyagi), the franchise and its fandom is refreshingly unpretentious and enthusiastic.

➤ As a lifelong New York Islanders fan,



Macchio will want to pick up *All Roads Home: A Life On and Off the Ice* (Oct. 25), Bryan Trottier's moving account - written with noted sports journalist Stephen Brunt - of his life in hockey. Growing up in rural Saskatchewan, the son of an Irish Canadian mother and Cree Chippewa Métis father, the seven-time Stanley Cup champion, 66, is Canada's most decorated Indigenous athlete. He has stories and lessons to share about the challenges, triumphs, famous teammates, coaches and unseen influences (like his high school guidance counsellor) of his storied career.



➤ Through her Institute on Gender in the Media, which examines onscreen representation, outspoken Oscar-winning actor and activist Geena Davis, 66, had been campaigning for gender parity in Hollywood long before the #MeToo movement. But as Davis describes in *Dying of Politeness* (Oct. 11), hers was a gradual "journey to badassery." While the Best Supporting Actress tells stories of *The Accidental Tourist* (and ex-husband Jeff Goldblum), she also chronicles how acting and, in particular, playing strong female characters in movies like *Thelma & Louise* and *A League* ➤

LIVING WELL WITH COPD

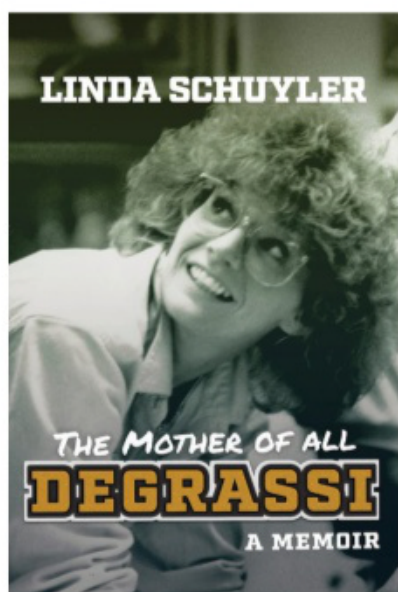
over
830,000*
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have been
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COPD

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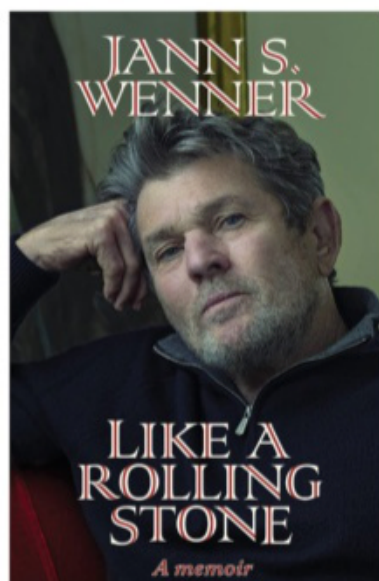


*www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310009619

of *Their Own* helped shape her character and, now, her life's work.

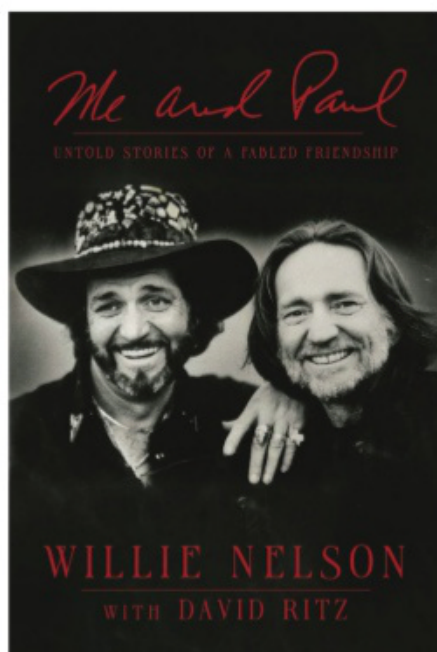


➤ Teaching junior high at a diverse downtown Toronto school provided Linda Schuyler, 74, both the opportunity and fodder to co-create *Degrassi*, the teen drama that is one of Canada's most successful and cherished television franchises, spanning five series across four decades (and counting). In *The Mother of All Degrassi* (Nov. 15), Schuyler talks about surviving a near-fatal car crash, growing up in small-town Ontario, and the making, and various iterations, of the series that counts Drake as an alumnus, all while pushing the inclusive *Degrassi* message: "You are not alone."



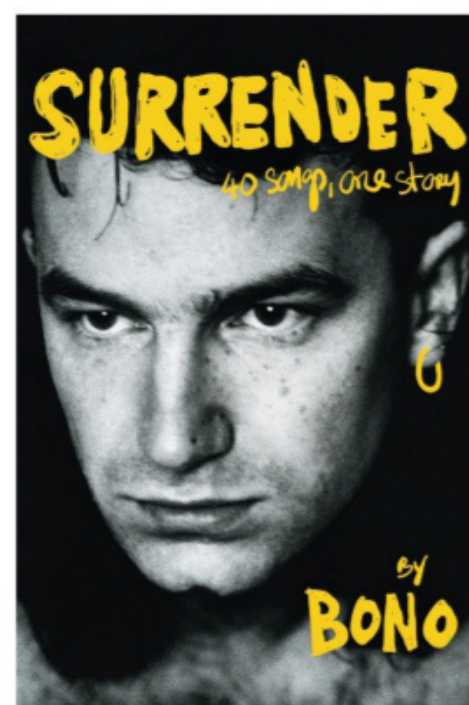
➤ In 1967, San Francisco college dropout Jann Wenner borrowed US\$7,500 and bought a few second-hand typewriters to launch *Rolling Stone* magazine – and pioneered journalism that took rock 'n' roll music seriously. Jet-set excess and regrets flavour *Like a Rolling Stone* (Sept. 13), in which Wenner, now 75,

reflects on the freewheeling days of the counterculture generation. He's open about leaving his wife of more than 25 years for a man, his front-row seat at the birth of modern celebrity culture and, in the wake of the financial fallout from the botched reporting of an unproven gang rape at the University of Virginia, regrets around his 2017 sale of the magazine.

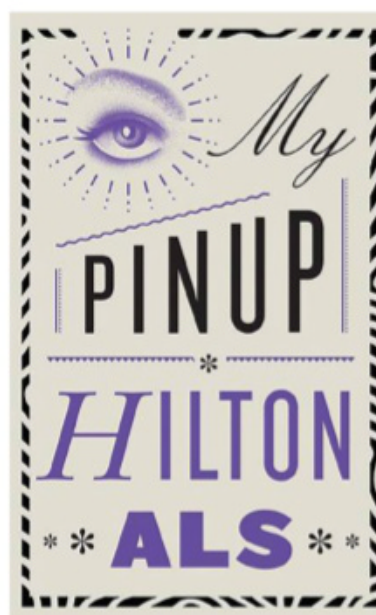


➤ "There's something about my friendship with Paul that reminds me of Tom Sawyer and Huck Finn," Willie Nelson, 89, recently told *Rolling Stone*. Nelson was talking about one of his signature tunes, which is now the name of a heartfelt memoir. Like his 1985 song, *Me and Paul* (Sept. 20) is a tribute to the maverick country musician's enduring friendship with drummer Paul English, who died in 2020. The two began playing together in 1955 and spent decades on the road touring, and the book promises to expand on the misadventures alluded to in the song's lyrics.

➤ "When I started to write this book, I was hoping to draw in detail what I'd previously only sketched in songs," U2 frontman Bono, 62, writes of his forthcoming autobiography, *Surrender:*



40 Songs, One Story (Nov. 1). Each of the chapters is named after a U2 song, and systematically explores the inspiration behind many of the group's indelible tunes, intermingling their origin with the life story of the man who fronted the band formed more than 45 years ago. The Irish singer-songwriter – born Paul Hewson – has led an eventful life, not only as a rock star but as a philanthropist and activist for HIV/AIDS and global anti-poverty, so it tops out at nearly 600 pages.

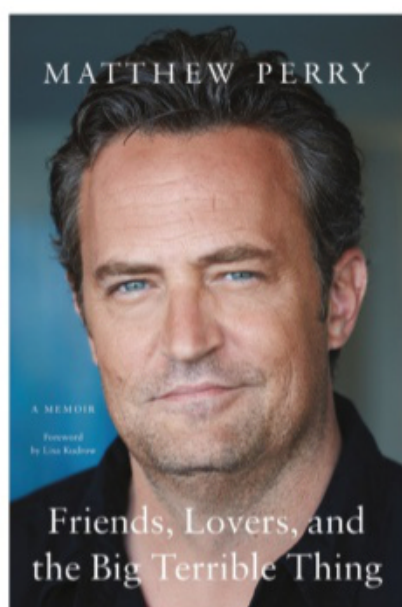


➤ In contrast, Pulitzer Prize-winning theatre critic Hilton Als needs only a few dozen pages to pierce the heart. *With My Pinup* (Nov. 1), the *New Yorker* writer deftly transforms a paean to Prince into a lyrical, shape-shifting memoir about his sexuality and desire as a queer Black man. It's a prism that refracts facets of Prince's identity and his profound cultural impact.

➤ As one of the celebrity entrepreneurs on the CBC reality show, *Dragons' Den*, Wes Hall, 52, is a famous face and business leader. But before his arduous climb up the corporate ladder to the boardrooms of Bay Street and onto prime-time TV, his journey began in a plantation worker's shack in Jamaica,

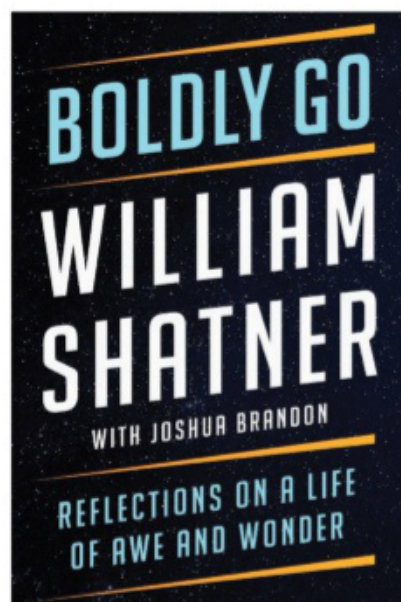


where his grandmother Julia raised him. *No Bootstraps When You're Barefoot* (Oct. 4) recounts how he overcame many disadvantages: being born into poverty, escaping childhood abuse and abandonment, overcoming obstacles faced by newcomers to Canada – then the ones in business – as a Black man. “My aim in describing how I navigated a system created to limit Black achievement isn’t to draw a map for those coming up after me,” the founder of the BlackNorth Initiative (which provides a Racial Equity playbook to help companies increase Black representation) writes in this bracing business autobiography. “It’s to prove that no one should ever have to make the same journey.”

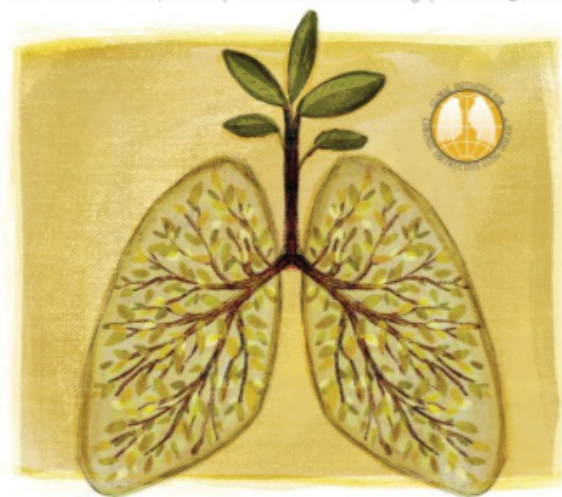


➤ During last year’s HBO Max *Friends* reunion special, Canadian American actor Matthew Perry revealed the intense anxiety and performance pressures he felt making the series. Now the

star of the hit ’90s comedy ensemble goes deeper in *Friends, Lovers and the Big Terrible Thing* (Nov. 1). Billed as an unflinching memoir (“the highs were high, the lows were low”), Perry takes readers behind the scenes of the beloved sitcom, opens up about his long-time struggle with addictions to painkillers and alcohol – and may even revisit his childhood growing up in Ottawa and attending school alongside Justin Trudeau.



➤ “I get a tingle down my spine when I’m presented with an opportunity to learn something new,” Canadian actor William Shatner writes about his long-time philosophy of saying yes to new possibilities in *Boldly Go: Reflections on a Life of Awe and Wonder* (Oct. 4). The personal essays reveal a man still engaged and curious about the world at 91, and cover topics from the nature of happiness to his impending mortality. The Montreal-born legend may have won Emmys for *Boston Legal*, but he’s forever James T. Kirk from the original *Star Trek*. Science fiction became reality last fall when the planet’s most famous space captain completed a 10-minute voyage on a private Blue Origin capsule to become the oldest person to travel to space. So while there’s a self-deprecating reappraisal of his music (including his much-derided 1968 debut album, *The Transformed Man*), he also contends with the overwhelming feeling of grief – known as the Overview Effect – that confronted him at the edge of space. You’ll want to splurge on the audiobook: Shatner narrates it himself, with his customary thespian flair. [E] ➤



YOUR LUNGS FOR LIFE

November 16, 2022

World COPD Day is organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups throughout the world.

Each year GOLD chooses a theme and coordinates preparation and distribution of World COPD Day materials and resources with organizations in each participating country.

This year’s theme is:

YOUR LUNGS FOR LIFE

Continuing to keep your lungs healthy is an essential part of future health and well-being.

Access to accurate health information is the first step. Visit www.copdcanada.info/6 for a list of COPD Resources





Top: HMCS *Orillia* launched in Collingwood, Ont., 1940, one of 543 warships built in Canada during the war.

Below left: **MURRAY WESTGATE** was posted to Gaspé, Que., the location of the first U-boat sighting in the Gulf of St. Lawrence in May 1942.

Below centre: **MARGARET LOS** joined the Women's Royal Canadian Naval Service in 1942 and eavesdropped on German U-boat transmissions from HMCS *Coverdale*.



Below right: **ROBERT RAE** served aboard the Canadian Park (merchant marine) ships, which carried everything from explosives to food and fuel for British civilians. The merchant navy suffered the highest per capita losses (one in eight) of any Canadian wartime service.

On the 80th anniversary of the victory in the Atlantic, historian **Ted Barris'** new book tells the story of ordinary Canadians who were unhailed heroes

Remembrance Week this year marks the 80th anniversary of the climax of the Battle of the Atlantic, the longest continuous battle of the Second World War, which lasted 2,074 days, from Sept. 3, 1939, to May 8, 1945. Regular contributor and author Ted Barris has just published his 20th book, *Battle of the Atlantic: Gauntlet to Victory*. It's a tribute to Armed Forces and civilian Canadians who helped secure North Atlantic sea lanes – the lifeline to Britain – and a chance the Allies could win the war. Here, Barris offers a glimpse of three unsung heroes featured in the book.

WHEN 24-YEAR-OLD Murray Westgate joined the Royal Canadian Naval Volunteer Reserve in 1941, his fervent wish was to get as far away from

his home in Regina as possible. He hoped wartime service as a telegraphist might take him at least to where the mighty merchant navy convoys bound for Britain assembled in Halifax, or possibly aboard a Canadian warship in an overseas theatre of war. Instead, after training, he accepted the rank of sub-lieutenant and a posting to a signal station near HMCS *Fort Ramsay*, in Gaspé, Que., where “we challenged all ships that came into our vicinity,” he said.

At first, he wondered, “Why would enemy German ships come to such a backwater place? What kind of heroics could possibly be performed perched on the sleepy coastline of Quebec?” Except that, on May 8, 1942, just days after Westgate arrived, KptLt Karl Thurmann, captain of U553, chose to pass through Cabot

Strait (the first enemy Germany vessel to do so) and attack merchant ships in the Gulf of St. Lawrence for the first time in the war. “Suddenly we got a report of a U-boat. It was in the gulf,” Westgate said. Overnight, his tiny signal station was directing Canadian air and navy forces against Kriegsmarine wolf packs (flotillas of U-boats) that had extended the Battle of the Atlantic right onto Canada's maritime doorstep. In six months, Kriegsmarine U-boats sank 17 merchant ships, three U.S. Navy ships, two Canadian warships and the SS *Caribou*, the ferry between Nova Scotia and Newfoundland, all in the Gulf of St. Lawrence.

For a time, it didn't look as if Toronto resident Margaret Los would ever see wartime service. The first three years of the war, she'd watched

young men in her neighbourhood enlist and go away – some never to come back. But in 1942, when the federal government organized the Women’s Royal Canadian Naval Service (Wrens), 20-year-old Los saw the opportunity “to go places, see things, do jobs that had always been exclusively men’s jobs ... And around Toronto there were five women to every man; if you were sent to Halifax there were 10 men to every woman.”

The Navy didn’t send her to Halifax, but to HMCS *Ste-Hyacinthe* in Quebec, a base where they trained Wrens to become signallers, telegraphists, coders, radar operators and radio artificers. She learned Morse code, and eight months later, Petty Officer Los was proficient in high-frequency radio direction finding – or Huff-Duff – and posted to a listening station at HMCS *Coverdale* near Moncton, N.B.

“The Germans didn’t know or believe our equipment could pick up [U-boat transmissions] in the middle of the Atlantic,” she said. On May 4, 1945, “we intercepted [Grossadmiral Karl] Dönitz’s message, sent in plain German, that their dear führer had died a hero’s death ... and that the U-boats were to surface and surrender.”

Allied merchant navy sailors, perhaps the least celebrated but most vital cog in the delivery of wartime supplies to Britain, completed 25,343 transatlantic voyages in six years, off-loading 90,000 tonnes of food, freight and fuel in the U.K. every day of the war. Robert Rae admired the heroism of merchant seamen – who often returned to serve after being on ships attacked and sunk – and so he became a radio operator aboard several Canadian Parks ships when he was 22. He learned he’d be the last man off the ship if it were ever torpedoed.

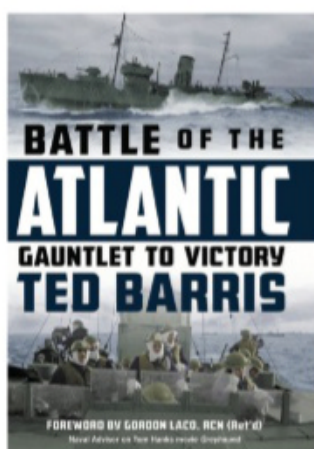
“We had these metal containers with the books of all our codes, and if we were sinking, it was my job to stow the codebooks in the

boxes – all with big holes in them – and pitch them overboard so they wouldn’t be captured. It was the last thing [I’d have to do]. Then I’d hammer out an S.O.S.”

Following two years in convoys on the North Atlantic, he never had to heave those secret codebooks overboard or telegraph that final distress call. After the U-boats surrendered in May 1945, Rae got his medals and applied for veterans’ benefits, including further education, but he was denied because the Canadian government did not recognize merchant sailors as veterans. “I threw my medals in a box in the bottom of a drawer,” he said.

Despite his frustration with the system, Rae joined the campaign for merchant navy veterans’ rights. In 1992, Ottawa finally recognized merchant sailors’ service and granted them the same benefits as other veterans. Even more satisfying, on Nov. 11, 1994, Rae helped unveil the first Merchant Navy Book of Remembrance on Parliament Hill. For the ceremony, he retrieved his discarded medals and wore them proudly for the first time since the war.

A N AXIOM OF WAR IS: “First you win at sea, then you may hope to win on land.” In the 20th century’s deadliest war, the Battle of the Atlantic proved to be a turning point. Despite the odds, Allied crews aboard warships, reconnaissance bombers and merchant vessels beat back the U-boat wolf packs and secured supplies for the war effort in the U.K., the U.S.S.R., and the invasion of Nazi-occupied Europe. ➤



SYMPTOMS OF COPD ARE OFTEN UNDER-REPORTED!

Symptoms such as breathlessness, chronic cough and bringing up phlegm are often mistaken as a normal part of getting older.

Are you or a loved one living with COPD? Download this free checklist to help better manage your Chronic Obstructive Pulmonary Disease.

SCAN THE QR CODE OR VISIT:
www.copdcanada.info/3



BONNIE STERN, who has run one of Canada's most prestigious cooking schools for 37 years, is also known for a dozen best-selling cookbooks. Her last book, *Friday Night Dinners*, came out 14 years ago. She was in no rush to write a follow-up.

Then the pandemic hit in 2020, and the 74-year-old began teaching cooking again, only much more informally on Instagram, where she would demonstrate the best way to cut an avocado or share a recipe for a newly concocted dish like French Toast Bites. "So many people had to cook that didn't really want to cook, or never had to before." She couldn't resist. She had to help them.

It was her daughter, Anna Rupert, who suggested it might be a good opportunity to write another cookbook, and offered to pitch in on what would become *Don't Worry, Just Cook*. "Neither of us had any idea I would be the co-author," says Rupert, 37, a health-care manager. "It was just, 'I love to write and I'm happy to help.'"

The book, which contains more than 125 recipes, was blurbed by two celebrity chefs who taught at Stern's Toronto cooking school: the queen of Indian cuisine, Madhur Jaffrey, and debonair French master Jacques Pépin, who called it "a welcome addition to anyone's cookbook collection." Stern says Pépin wasn't well known when he taught in 1980, and it was "a little bit harder to sell his classes." That wasn't a problem once word got around about the charismatic chef. "He was so sexy that people brought all their friends out the second year."

Rupert was amazed at how many different components went into the creation of *Don't Worry, Just Cook*. "A cookbook needs a project manager," she recounts. She helped with every aspect, from styling to photog-

Recipe for Success

Pandemic angst over cooking from scratch and a nudge from her daughter inspired Bonnie Stern to write a new cookbook
By Ivy Knight

raphy, to the all-important taste testing. According to Stern, writing a cookbook never gets easier, and this time around it had its own particular challenges. "This was before home [COVID-19] tests, so people had to go to testing centres," she says. "I didn't have the cooking school to test recipes, and the whole main floor [of the house] was just covered in props." Other than that, it was a joy, especially once her long-time food stylist, Olga Truchan, came out of retirement for the shoot, and her daughter came on board. "Anna turned my writing into something that sounded so much better," Stern says.


Rupert's favourite recipes in the new cookbook come from those she and her mom make most often for the family's Friday night dinners: green rice, beef kebabs and pavlova. "Not just because [pavlova, a meringue cake] is my favourite thing to eat on the whole planet, but when we do it, we decorate it together. So it's not just delicious, it's also an activity." Her mother explains that decorating the dessert is more "throw it on" than

fiddly artistry. "I like my food to look like it fell from heaven," says Stern.

Her go-to recipe in the book comes from the late Giuliano Bugialli, another former cooking school instructor, who was a scholar of Italian Renaissance *cucina*. "It's delicious and unusual; it has all kinds of herbs in the mix; it's thicker; and it's baked, not fried," says Stern. "I'll eat any schnitzel, but this is my favourite schnitzel."

Don't Worry, Just Cook makes it a baker's dozen for one of the country's most prolific food writers, and it's especially close to her heart. "Cooking is a connection to other people. Sharing food is important. I mean, you cook for people to give them a part of yourself." She turns to Rupert, "Don't you think?"

Rupert responds by recounting a blind date. "I was set up with someone, and it wasn't the right match. He was so excited because there were these new condos being built with no kitchens. I was horrified!" She and her mom share a laugh.

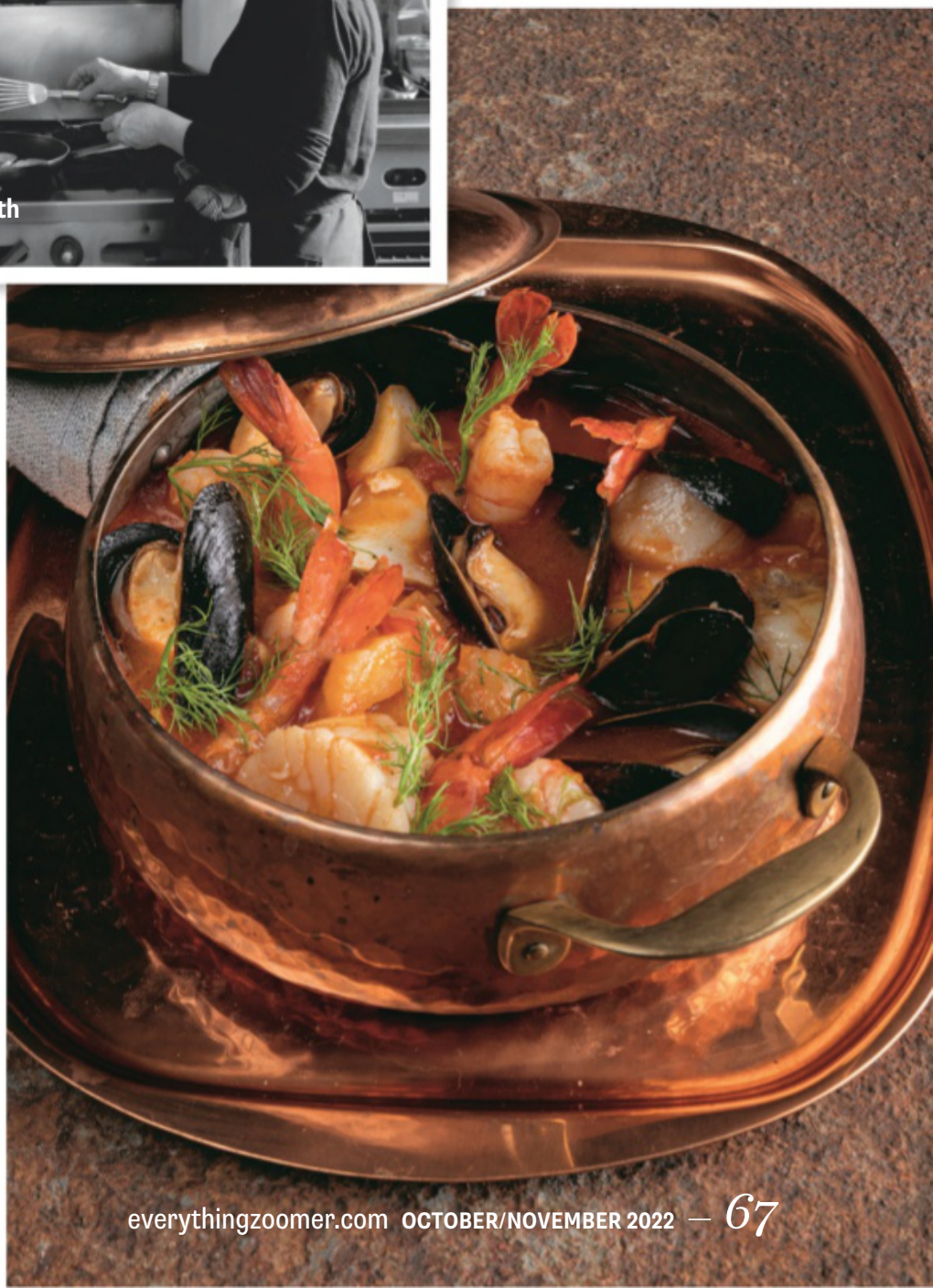
"I've always known how much she cares," Rupert continues, "and that permeates everything she does. ... Cooking together has always been a thing for us. It's a connection we've had my whole life, and it brought us together for this book." 



Recipes include (clockwise from top left):
S'mores Chocolate Bark; Grilled Corn
Salad with Cauliflower and Broccoli; Port
Medway Shellfish Stew; Grilled Miami
Ribs with Sticky Pomegranate Marinade



Bonnie Stern (right) in her kitchen with
her daughter, Anna Rupert



DIAGNOSED WITH CANCER? IS SOMEONE MISSING FROM YOUR CARE TEAM?

Could it be YOU? In today's patient-centred healthcare, patients have a key role to play in decisions about their treatment at every stage of their cancer care journey

No one likes to think about being diagnosed with cancer. However, the reality is that it will happen to about 230,000 Canadians this year, 90 per cent of them people aged 50 or more. They are among the two in every five Canadians who will get cancer in their lifetime.

Cancer may be one simple word but it is really many very different diseases. Every cancer is as unique as the person who has it. Indeed, the more we learn about different types of cancer, the more we discover how many new treatment options there are.

That's why one of the most important people to be involved with decisions about your cancer care needs to be you. Through the process of "shared-decision making," you can play an active role with your healthcare team to make these important decisions. Working together, you can ensure that the care and treatment decisions are right for you, considering your cancer situation and overall health but also your personal values and life goals. A great way to start is by having a conversation with your healthcare team to let them know more about you and what's important to you. For instance, your goal may be to stay well enough through treatment to play golf, take a vacation, or to attend an important milestone like a wedding.

"As a patient with metastatic cancer, I've found it really helpful to repeat my goals to every specialist involved in my care," said Deb Maskens, patient advocate and co-founder of Kidney Cancer Canada. "Whenever we discuss treatment options, it's important that we have this conversation again so that together we can choose a path that meets my goals going forward."

An important first step is to understand as much as you can about your specific situation. Your healthcare team can provide you with the details you need about your diagnosis. Many cancer patients in Canada have access to an online patient portal at their cancer centre. If you don't have online access to your files, be sure to ask for a printed copy of reports related to your diagnosis. You may also want to get in touch with a patient group that provides resources and support for your type of cancer.



Here are some important aspects you and your healthcare team will want to consider together when making a decision about your care and treatment:

- ➊ **Type and stage of cancer you have:** This information is essential to determine which treatment options may be available to you.
- ➋ **Your overall health status:** This helps determine what type of treatment might be best for you.
- ➌ **Side effects and risks of treatments:** All treatments come with side effects and risks. You will want to consider those that you are prepared to accept and those you would like to avoid.
- ➍ **Quality of life vs. how long you can live:** In addition to considering whether a treatment will extend your life and by how much, you will also want to know how a treatment will affect your overall wellbeing and enjoyment of life.
- ➎ **Your priorities, values, beliefs and goals:** Before making a decision about your care, consider what is important in your life at this time – your personal priorities, values, beliefs and goals. Share this information with your healthcare team so they can recommend the best treatment and care that meet your needs.

This article was made possible with support from MERCK CANADA INC.

TO LEARN MORE ABOUT CANCER CARE, VISIT: [EVERYTHINGZOOMER.COM/TAG/ITS-IN-YOU-TO-FIGHT-CANCER](https://everythingzoomer.com/tag/its-in-you-to-fight-cancer)



5 QUESTIONS

EVERY CANCER PATIENT SHOULD ASK THEIR DOCTOR



CHECKLIST

- ☐ **❶ WHAT ARE MY TREATMENT OPTIONS AND WHAT ARE THEIR BENEFITS AND RISKS?** There are many different treatment options available, each with their own pros and cons. Work with your doctor to find the best treatment choices for your type of cancer.
- ☐ **❷ HOW WILL I KNOW IF MY TREATMENT IS WORKING?** Make sure you understand your overall treatment plan, the goals of each stage and what happens if a treatment is or isn't working.
- ☐ **❸ HOW WILL THIS TREATMENT MAKE ME FEEL?** Maintaining a good quality of life during treatment is important. Talk to your doctor about what's important to you – work, travel, fatigue, sex life, etc. – and ask if there are treatment options that best meet your unique needs and preferences.
- ☐ **❹ CAN I GET A SECOND OPINION?** Arriving at a treatment plan that's right for you can involve input from multiple doctors. Don't hesitate to ask your doctor to put you in touch with other specialists.
- ☐ **❺ ARE THERE ANY CLINICAL TRIALS I COULD BE A PART OF?** Clinical trials can offer access to newer treatment options. If you are interested in participating, be sure to ask your doctor if you are eligible for any current trials. To find a cancer trial in Canada, visit www.CanadianCancerTrials.ca

USEFUL TIPS

- Bring this list of questions to your next doctor's visit (the list can also be downloaded at: EverythingZoomer.com/tag/its-in-you-to-fight-cancer)
- Write down any additional questions you may have
- Don't be afraid to ask your doctor to re-explain things multiple times
- Bring a trusted friend or family member to medical appointments
- Take notes during your visit
- In most cases, there is no need to rush. Take your time. Remember that there are no wrong decisions, only decisions that are right for you

APPOINTMENT NOTES:



BODYWORK

As we age, it's more likely many of us will face common health disorders. Here's how to handle them **By Anna Sharratt**

HAVING LESS-THAN-desirable medical conditions is part of the territory when it comes to aging. The good news is many embarrassing or stigmatizing health issues can be managed, whether through lifestyle changes, exercise, medication or surgical intervention.

If you notice symptoms of the following conditions, get a doctor to assess the issue and offer advice. And skip the red face – medical professionals have seen it all.

1. DYSPHAGIA

WHAT IT IS: Up to 35 per cent of older adults have difficulty swallowing, says Jen Raman, a speech language pathologist at Baycrest, a Toronto health sciences centre for older adults. While dysphagia is related to diseases that affect the swallowing muscles, like Parkinson's and dementia, certain medications such as antidepressants, as well as head and neck surgeries, can cause it, too. The danger is, people with dysphagia can easily aspirate food into the lungs, leading to pneumonia. They are also at risk of dehydration and malnutrition, says Raman.

SYMPTOMS: Coughing, sputtering and choking while eating; drooling; losing weight; avoiding certain foods or family dinners to prevent social embarrassment; taking longer to eat; frequent chest infections.

HOW TO HANDLE IT: “Many seniors don't immediately seek help because they think it's a normal part of aging,” says Raman, “but it can be a first sign of serious disease.” She suggests seeing a doctor and employing strategies that can help, such as drinking with food, using a technique called “swallowing hard” and eating softer food.

SYMPTOMS: Leaking or gushing urine when coughing, sneezing, laughing or lifting; an increasing or sudden urge to pee.

HOW TO HANDLE IT: Avoiding diuretics like coffee, tea and carbonated beverages can help reduce the urge to urinate.

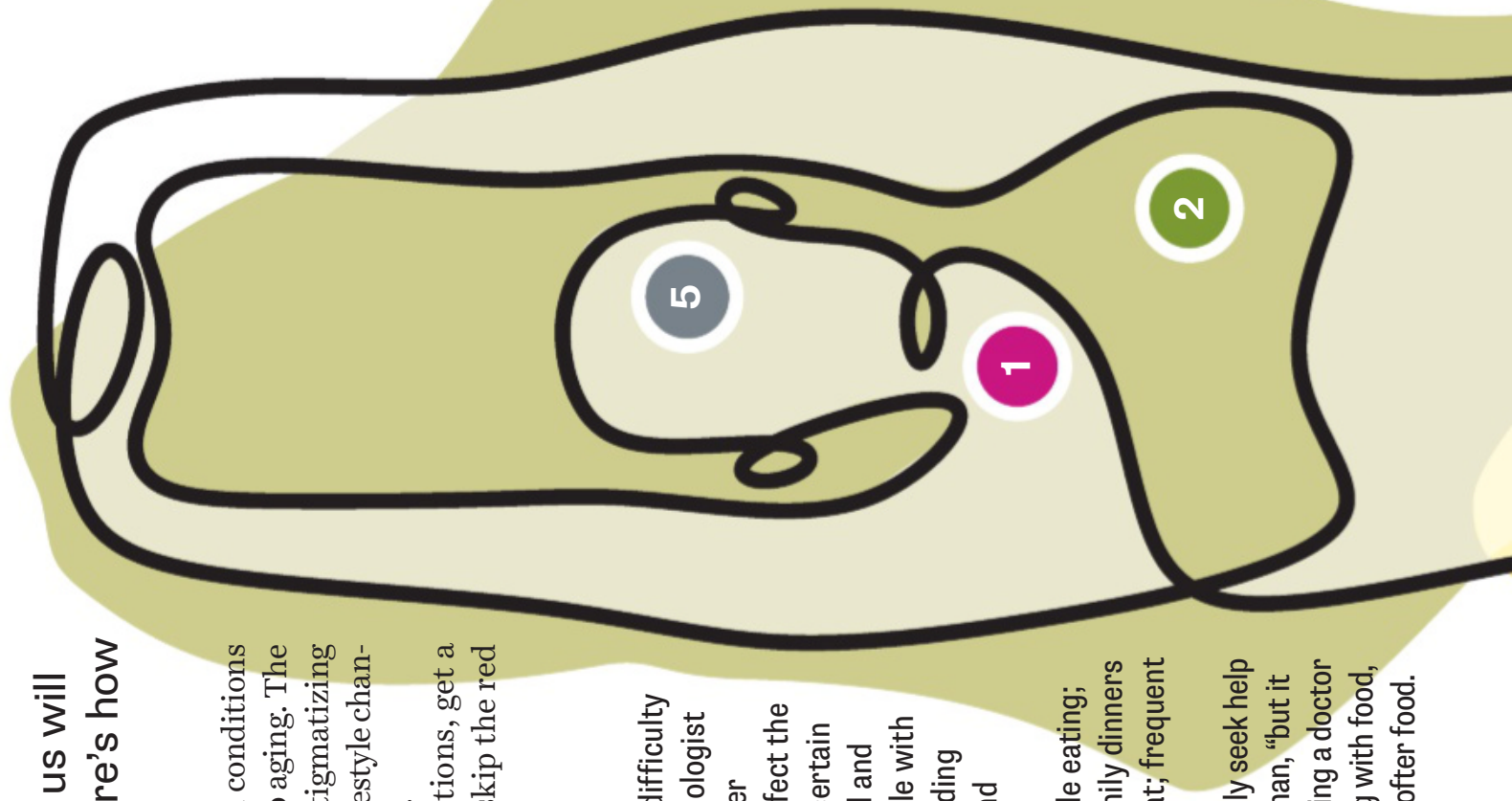
Pelvic floor exercises, medications and medical devices, such as pessary rings for women, can also help. Leak-proof underwear, adult diapers or incontinence pads can absorb urine.

5. DEPRESSION

WHAT IT IS: Depression is so much more than feeling sad. A multi-factorial mood disorder, which can be caused by genetics, trauma, brain chemistry and seasonal changes, it affects an estimated 15 per cent of adults 65 years or older, according to a 2018 Mental Health Association of Canada report. And it can have a profound effect on a person's day-to-day life. “It's quite a prevalent illness,” says Dr. Robert Madan, the chief of psychiatry and executive medical director at Baycrest. “There was a doubling of depressive disorders during the pandemic,” he adds. Madan says the risk factors for developing depression include having few friends, multiple chronic conditions and pre-existing depression.

SYMPTOMS: Loss of appetite, insomnia or sleeping too much, a lack of interest in activities that were once enjoyable, an inability to experience pleasure, negative thoughts, poor concentration and the feeling of not wanting to live.

HOW TO HANDLE IT: Because of the stigma, many people are reluctant to discuss isolation, sadness and disinterest in life, and hide their symptoms. As a result, friends and family members often miss the signs. “Other conditions, such as arthritis, diabetes and dementia, can also confound symptoms of depression,” says Madan. Yet, there are effective treatments, such as psychotherapy or antidepressant medications, and lifestyle remedies – regular exercise, meditation, socializing.



2. SEBORRHEIC KERATOSES

WHAT IT IS: Harmless, wart-like growths that can be mistaken for skin cancer. About 75 per cent of people by the age of 70 will develop one – or even hundreds – measuring 1 to 2.5 centimetres across.

SYMPTOMS: Often itchy, with round or oval shapes. Can be brown, black or light tan, and scaly or slightly raised – on the back, face, neck or chest.

HOW TO HANDLE IT: These skin patches may resemble melanomas, so they need to be checked by a doctor. A physician can safely remove large, irritated or multiple keratoses in the office, using liquid nitrogen or by scraping off the lesion.

3. DIVERTICULITIS

WHAT IT IS: As people age, their intestines may develop marble-sized, bulging pouches called diverticula, which can trap stool, according to Dr. Lindy Romanovsky, staff geriatrician and clinical associate with Toronto's Sinai Health and the University Health Network. If these pouches become inflamed or infected, it's called diverticulitis.

SYMPTOMS: Severe abdominal pain, fever, nausea and changes in bowel habits. Twenty-five per cent of people can develop complications such as an abscess, when pus becomes trapped in a pouch; a bowel blockage; or a fistula, when an abnormal passageway forms between the bowel and another organ. Romanovsky says complications may result in surgery, which could include removing parts of the colon.

HOW TO HANDLE IT: Antibiotics fight the infection and prevent sepsis, when the body overreacts to an infection. To prevent diverticula, she suggests eating a fibre-rich diet, drinking plenty of water, exercising and, if constipated, taking osmotic laxatives, which draw water from the body to help stool pass through.

4. INCONTINENCE

WHAT IT IS: At age 85 or older, 19 per cent of men and 22 per cent of women experience incontinence, or loss of bladder control. It is caused by weak pelvic floor muscles, diseases like diabetes or multiple sclerosis, or an enlarged or inflamed prostate in men.

6. INGUINAL HERNIA

WHAT IT IS: Caused by lax abdominal muscles, some of the intestines push between muscles, becoming trapped. Hernias affect three to four per cent of the population, although 27 per cent of men will experience it in their lifetime. “The muscles can relax with age,” explains Romanovsky, adding that obesity, chronic obstructive pulmonary disorder (COPD) and asthma can be risk factors. She warns bulging intestines can be deprived of blood flow, a dangerous situation that can lead to necrosis, where the tissue dies. This is considered a life-threatening medical emergency.

SYMPTOMS: A bulge in the groin between the lower abdomen and thigh. “If the intestine is strangulated, the pain will be significant,” says Romanovsky, adding that vomiting and nausea may also be present.

HOW TO HANDLE IT: Preventing a hernia involves having regular bowel movements, maintaining a healthy weight, getting treated for a persistent cough. “If the hernia gets too big, it needs to be surgically managed.”

7. HEAVY-LEG SYNDROME

WHAT IT IS: Also known as chronic venous insufficiency (CVI), it occurs when blood pools in the legs because small or narrowed veins don't allow blood to flow back up to the heart. It is most prevalent in people who are overweight, smoke, have a family history of heavy-leg syndrome or have had previous leg injuries or blood clots. It affects 40 per cent of people over age 50, and strikes more women than men.

SYMPTOMS: Leg swelling, pain, muscle cramps, leg ulcers and varicose veins. Difficulty moving the legs. Skin can also turn brown near the ankles.

HOW TO HANDLE IT: CVI can be exacerbated by standing or sitting for long periods, so it's good to walk around as much as possible. You can also get relief by raising your legs when lying down or wearing compression socks or stockings. Treatments include medications that dilate blood vessels; radiofrequency ablation, when a catheter is inserted that burns off tissue and closes a vein; sclerotherapy, when a chemical is injected into the veins to prevent blood from pooling; and ligation, when veins are surgically tied off. [Z](#)

Are mushrooms the new magic bullet? **Dene Moore** investigates the pros and cons of psilocybin therapy

SHROOMS ON THE BRAIN

A GLOBAL CITIZEN SCIENCE project led by Canadian researchers has found small doses of psilocybin – the psychedelic compound found in magic mushrooms – may help to improve mental health and motor skills in people over the age of 55.

While not conclusive, the results of the observational study are interesting enough to merit follow-up research, says Dr. Zach Walsh, a registered psychologist and a professor in the psychology department at the University of British Columbia's Okanagan campus.

"It's an important first step, but it's far from getting us to the place where we're going to start prescribing microdosing for people," Walsh says. However, the study "gets us to a place where we can say, 'Hey, maybe we need to do the kind of clinical trial where we could make some more definitive assertions around what this does.'"

The researchers followed 953 people who regularly take psilocybin in small doses – small enough to have no hallucinogenic effects – as well as a control group of 180 people who do not. The study says surveys have identified diverse practices when it comes to microdosing, but it generally involves taking 0.1 to 0.3 grams of dried mushrooms three to five times a week. Determining the dosage gets more complicated with all the products for sale, which include wild and cultivated magic mushrooms, psilocybin extract capsules, supplements and teas.

Magic mushrooms are illegal in Canada, and the researchers did not supply any psilocybin extract or mushrooms to participants or suggest where or how to obtain them. Rather, the study relied on voluntary self-reporting from people who use psilocybin of their own accord.

Over 30 days, participants were asked to complete ►

SEX NEVER GETS OLD

DON'T LET VAGINAL DRYNESS
HOLD YOU BACK.



The 2022 Zoomer sex survey revealed that 30% of respondents believe sex gets better with age, and 42% described their current sex life as somewhat or very satisfying. But for some women, vaginal dryness is keeping them from having satisfying sex. Let's bring pleasure back.

Vaginal dryness is most often associated with the normal decline or fluctuation of estrogen, particularly in perimenopause (the years leading up to menopause) and postmenopause. "Drops in estrogen cause changes in the vaginal tissues, leading to loss of elasticity, vascularity and lubrication," explains Dr. Yolanda Kirkham, assistant professor in the Department of Obstetrics and Gynecology at the University of Toronto. Hot flashes, trouble sleeping, skin and hair changes, and inexplicable moments of sadness and irritability are other symptoms.

"Perimenopause is an important life transition. Unfortunately, there's still stigma in discussing it and not enough awareness about treatments," she says. It's time to normalize the conversation. "We can't ignore the six million women who enter menopause every year worldwide or the soon-to-be one billion postmenopausal humans."

Those who've experienced vaginal dryness know how raw and uncomfortable it can feel and how the irritation, itching and burning can interfere with everyday life and cause painful sex.

"Treating vaginal dryness is incredibly

rewarding when patients no longer have to be aware of their vagina, daily discomfort or the compounding negative effects of painful sex that can affect their most important relationships," says Dr. Kirkham.

To relieve dryness symptoms, she recommends easy at-home solutions, such as using a water- or silicone-based lubricant during sex and/or using a vaginal moisturizer regularly.

Replens Long-Lasting Vaginal Moisturizer provides both immediate and ongoing relief, preventing dryness from recurring. "Just as we care for our hands and face, we should treat our vulvas and vaginas," says Dr. Kirkham. "Moisturizers with bioadhesive ingredients used every few days keep the vaginal tissues plump and resistant to the tearing and burning from friction. Replenishing the water content of vaginal cells improves and hydrates vaginal tissue and decreases pain."

Physician-recommended* *Replens* provides immediate alleviation of dryness and delivers continuous moisture for up to 3 days. Since it's long-lasting, you don't need to apply it right before intercourse, allowing you the freedom to be spontaneous.

For women who wish to try hormonal options for their vaginal dryness, Dr. Kirkham says that prescription estrogen creams, rings or tablets are safe and effective.

"Sex can be pleasurable again," she says. Book time away with your partner to escape home, work and other distractions. Connect over a romantic meal or read an erotic story together. Remember that only 30% of women climax from intercourse, so focus on outercourse. And keep at it. Practice makes perfect.

**A LONG-LASTING INTIMATE MOISTURIZER
FOR A LONG-LASTING SEX LIFE**

TO LEARN MORE VISIT US AT WWW.REPLENS.CA

* The Medical Post and Profession Santé 2022 Survey on OTC Counselling and Recommendations (re: physicians)



a series of assessments of mental health, mood, cognition and psychomotor skills. That included a simple test, where they tapped their fingers on a cellphone.

Participants showed small to medium improvements in mood and mental health, but those over 55 showed measurable improvements in psychomotor skills in the tap test, says the study, recently published in the online peer-reviewed journal *Scientific Reports*.

Walsh says a loss of psychomotor skills is associated with neurocognitive decline, such as tremors earmarking the onset of diseases like Parkinson's, so the slightly better performance on the tap test among microdosing older adults is intriguing. At the very least, participants who were using psilocybin in small doses did not appear worse off.

"That's not to say it's safe, but based on our data, we don't see any big warning signs," he says.

The study is the latest from a larger international collaboration involving UBC and Maastricht University in the Netherlands called the Microdose.me project. More than 20,000 citizen scientists around the world are taking part to study the effects of psychedelic substances, such as magic mushrooms and LSD, on cognitive performance and mental health.

THE PROJECT also involves Paul Stamets, the well-known mycologist and co-founder of the Oregon/Washington/B.C.-based biotech company Myco MedicaLife Sciences, who, at 67, has been studying mushrooms for most of his life. He is also an advocate for the healing and transformative power of psilocybin.

"My lifelong journey has been resplendent with many episodes and personal experiences with psilocybin mushrooms that greatly informed me to be a better person, a better citizen; and I believe that psilocybin mushrooms make nicer people," he says in a telephone interview from California. He notes psychedelics have been used for thousands of years by Indigenous peoples around the world for both medicinal and ceremonial practices, and even in modern times they have been of interest for their effects on a host of ailments.

Many older adults experimented with magic mushrooms in their youth and are rediscovering psychedelics for their potential health benefits. "The baby boomers are getting older ... and as people get older, they're very concerned about memory, agility and the ability to pass on the wisdom that they've gathered," he says. "We have to have controlled clinical studies to prove that psilocybin therapy can improve these age-related neurodegenerative consequences."

**PSYCHEDELICS
HAVE BEEN USED
FOR THOUSANDS
OF YEARS BY
INDIGENOUS
PEOPLES AROUND
THE WORLD FOR
BOTH MEDICINAL
AND CEREMONIAL
PRACTICES**

Although the production, sale and possession of magic mushrooms is against the law in Canada, they are readily available online. In Vancouver, some city dispensaries started selling psilocybin mushroom products once city police and politicians announced their support for decriminalizing possession of small amounts of illicit drugs in 2020. Health Canada has also licensed B.C.-based Optima Health to grow, make and market psilocybin – among other psychedelics – for research, and for patients who obtain exemptions for medical purposes.

Dr. Pamela Kryskow, a co-founder of MycoMedica Life Sciences with Stamets, is a family doctor and adjunct professor at Vancouver Island University and the lead on VIU's new psychedelic-assisted therapy program, including the use of psychedelics in the treatment of alcoholism, post-traumatic stress disorder, depression and anxiety. She is a collaborator on the Microdose.me project, which was inspired by the volume of people who wrote to Stamets, to share details of their experiences.

Stamets says finding the correct microdose of psilocybin depends on potency of the mushrooms and body weight, not to mention its effects can decline with age, and some people are more sensitive to it than others. "Rarely, but it happens, some people feel no effects even at high doses, for unknown reasons."

While Kryskow believes there may be treatment potential in psilocybin and other psychedelics, she says anyone curious about them should consult their physician first, especially if they are taking medications or supplements that could interact with them. If your primary care provider is not knowledgeable about psilocybin, you should consult a clinical pharmacologist, an expert in drug interactions.

She believes Microdose.me is a strong foundation for moving to clinical studies, "It's important to study these medicines, because people are using them, so let's find out what's really happening. What are the benefits? Are there risks? Who should use them and who shouldn't use them?" she says. "We need to know more." ■

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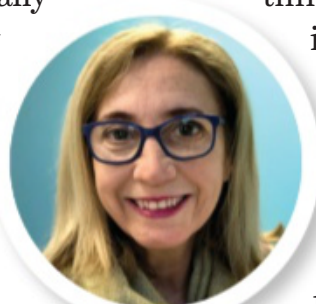
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ALL ABOARD!

Volunteering overseas is as much about helping yourself as doing good deeds. Just ask these three older recruits **By Nick Rockel**

WHAT'S NOT TO like about giving your time, skills and experience to benefit other people and the planet, while visiting another country? Volunteering overseas is picking up again in the wake of the pandemic, according to Andrea Fiorito, Cuso International's manager of volunteering for development. "We are recruiting normally now," says Fiorito, whose Ottawa-based charity works with local partners to improve economic opportunities, with a focus on empowering women and girls and advancing their equality. The goal is to send 80 Canadian volunteers overseas by the end of the fiscal year, compared with 150 in 2019. During the pandemic, Cuso focused on mobilizing volunteers who were already abroad.



Andrea Fiorito

Since it launched in 1961, Cuso has mobilized more than 14,000 volunteers for some 18,000 placements in 100-plus countries. Retirees are one of its three major volunteer groups, along with mid-career professionals and recent university grads. "We have a lot of people who are retired. They have the experience we need. They want to do something interesting and exciting in their lives, perhaps in another country," says Fiorito.

The WE Charity scandal prompted Canadians to look more closely at where their donations were going. The international development organization, founded in 1995 by brothers Craig and Marc Kielburger, made headlines during the pandemic over a multi-million dollar contract it received from the federal government ►

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for a student grant program. WE was also accused of misleading donors – a charge it denies – and criticized for a lack of transparency around the relationship between its non-profit charities and its for-profit ME to WE social enterprises, which include ME to WE Asset Holdings Inc., a subsidiary that once controlled \$40-million worth of property in Toronto.

So Canadians might be skeptical about philanthropic groups. How can would-be overseas volunteers find a reputable operator? “Do your research to ensure that the organization works with local partners and develops their positions based on the partners’ needs,” Fiorito advises. “It’s also important to see what type of training and support the organization provides.”

Fiorito recommends talking to volunteers, too, so we connected with three Canadians who have shipped out for long and short assignments.

A TRIP OF SELF-DISCOVERY

ORGANIZATION: Cuso International

THE MOTIVE: A former medical social worker who earned four degrees while working full time, Sally Hughes, 74, began volunteering abroad when



she retired. Hughes, whose PhD dissertation examined how older adults find personal meaning by volunteering in developing countries, says big life changes prompt people to seek new purpose. She can relate, having suffered a separation and a life-threatening car accident. “There’s a need to emerge from that and re-identify

who you are,” says Hughes, who lives in Victoria. “Older people are a huge untapped market for volunteers.”

THE EXPERIENCE: Besides volunteering in Malawi before her Cuso days, Hughes has represented the charity in Ethiopia and Laos, and plans to go to Tanzania this fall. In western Ethiopia in 2018, she helped develop a research initiative at Assosa University to explore gender-based violence and worked in a refugee camp near the Sudanese border.

THE TAKEAWAY: Using her skills brings a sense of satisfaction and well-being, Hughes explains. Thanks to placements that typically last six to nine months, she’s become healthier, too, given frequent walks and a plant-based diet in Ethiopia, where meat is scarce.

And she feels valued, noting ageism is less common in the developing world.

THE COST: Volunteers contribute or fundraise \$2,000.

PRO TIPS: Prospective volunteers who worry about their safety should know that they’re never alone. “People are so happy to have you that they’ll go over backwards to help you,”

Hughes says. Oh, and check your entitlement. “I became very much aware, during my time back at school, of my whiteness and my privilege ... you’re never the same as them. Many volunteers feel instantly that they’re adopted into this family and they’re the same. But you’re not. You have so many more privileges.”



BUILDING A GLOBAL VILLAGE

ORGANIZATION: Habitat for Humanity Canada

THE MOTIVE: Johanna Fernandez, 52, began volunteering with Habitat for Humanity in 2008, after her eldest son took a school trip abroad with the housing-focused non-profit. Her first place-

ment was in Tajikistan as part of Global Village, an international program that brings people together to renovate and build homes. “I think it’s just human nature,” the retired entrepreneur from Mississauga, Ont., says of the urge to volunteer. “It’s instinctive to help each other.”

THE EXPERIENCE: Fernandez became a Global Village team leader in 2010. So far, she’s done 32 trips in that role, among them a 2018 Big Build in southeastern Vietnam’s Dong Thap province, where teams from around the globe helped 26 families. “You have hundreds of [people] volunteering for two weeks,” says Fernandez, who is eagerly awaiting the relaunch of Global Village after it was suspended in 2020 due to the pandemic. “It’s just a massive involvement in the community.”

THE TAKEAWAY: “Volunteering is definitely something where you get more than you give,” says Fernandez. “The enrichment to your life is incalculable.” That includes the humility you gain from working and connecting with families who make the most of difficult circumstances. “You just come back in awe of these people.”

THE COST: A \$2,950 donation covered meals, accommodation, local transport and medical insurance. Volunteers, who arrange and pay for airfare separately, get charitable tax receipts.

PRO TIPS: “Be adventurous,” Fernandez tells newbies. “Don’t be afraid to be vulnerable,” she adds, describing travel to a new country as “a beautiful experience when you do it with a group of like-minded people.” And remember: Every small act makes a difference. “If I do one positive thing and somebody else does another positive thing, it adds up.”

CULTURAL IMMERSION

ORGANIZATION: Global Vision International (GVI) Canada

THE MOTIVE: When Mahesh Babooram, 49, decided to volunteer in 2019, he looked for a unique experience in a place he’d never visited. “I wanted to go away somewhere by myself, but I wanted to do something productive with the time, rather than just lying on ➤



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the beach and sipping margaritas all day,” says the strategy and innovation officer with Toronto-based mform Construction Group.

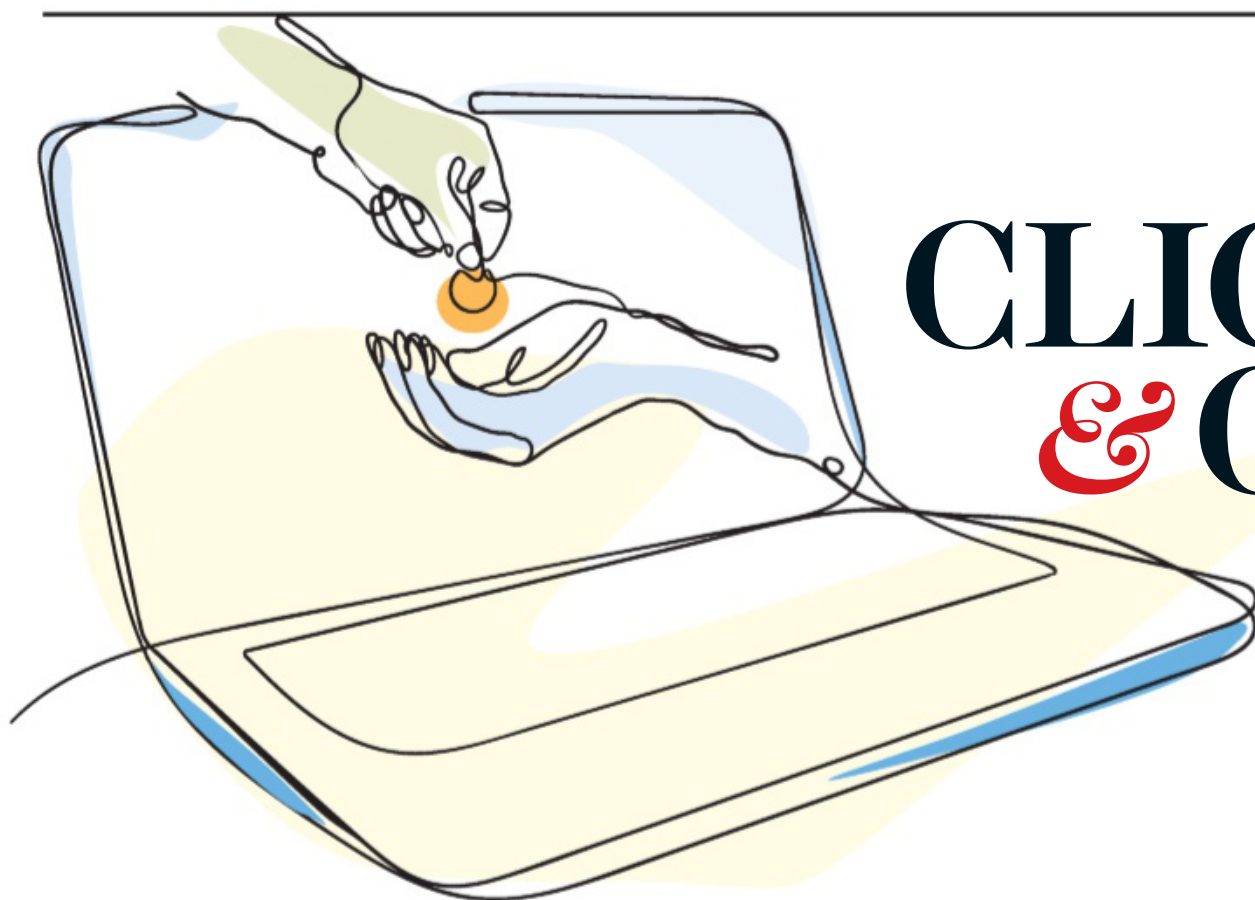
THE EXPERIENCE: Babooram joined a team of fellow volunteers for a week-long placement and homestay in northern Thailand through the conservation and community development organization, which was working with members of the Karen tribe to study the behaviour of elephants in the mountain forests near the village of Huay Pakoot. “This trip check marked all those boxes, especially the ability to live with a family in Thailand for a week and learn the customs, the traditions.”

THE TAKEAWAY: “The connection between man and nature, and the ability to live [frugally],” Babooram says.

Going on a group tour made him feel safe and removed the pressure of taking a solo trip.

THE COST: \$3,595, which covered food, accommodation and transport, excluding flights. Discounts and scholarships are available, and the longer a participant stays, the lower the cost per day.

PRO TIPS: For anyone considering a similar excursion, Babooram recommends arriving early to adjust to the climate and cuisine. He also suggests learning about your host family in advance, partly to choose a thank you gift that meets their needs. Babooram, who plans to volunteer overseas again, likes the idea of reconnecting with team members. “It would be really neat to meet up a year later to talk.” 



CLICK & GIVE

Online donations are a billion-dollar boon for charities, boosting their profiles and reducing costs
By Ian MacNeill

CANADIANS DONATE more than \$10 billion every year to non-profits and charitable organizations, and an increasing percentage of this largesse is being distributed through online platforms like CanadaHelps and PayPal Giving Fund Canada.

They allow you to donate to your favourite charity, or graze by category and location, picking and choosing from causes that support everything from arts and culture to disaster relief, the environment, education, health care, science and research. Typing “seniors Alberta” into the search bar of CanadaHelps generates more than 80 results. “Indigenous youth” brings up thousands of charities, including the Urban Native Youth Association in Vancouver (UNYA).

Digital donations have become an “incredibly important revenue stream that also reduce the administrative burden of providing tax receipts,” says UNYA director of youth engagement Lucas Riedl, referring to the way official tax receipts are generated instantly and emailed to donors (copies are always available online).


“It’s also been a low-maintenance way to raise our profile, particularly as more and more Canadians learn the truth about colonization and residential schools, and their ongoing impact on Indigenous peoples,” he adds.

The platforms were especially helpful during the pandemic, when in-person interactions were severely limited or non-existent. In 2020-21, the UNYA received a little more than \$150,000 in donations through CanadaHelps and

about \$10,000 via PayPal. The next year, those amounts increased to \$397,000 and \$122,000, respectively.

“Before the pandemic, online giving was growing steadily, but after March 2020 it leaped ahead significantly,” says Jane Ricciardelli, chief operating officer and acting CEO of CanadaHelps, adding that 55 per cent of contributors are 65 or older.

In 2020, 1.1 million Canadians donated \$480 million to nearly 30,000 charities through the CanadaHelps portal, more than double the amount donated in 2019. The same year, PayPal Giving Fund Canada helped Canadian charities raise more than \$40 million.

On CanadaHelps, those who do not have a favourite charity can direct money to umbrella-style “cause” funds – such 

A GREENER, MORE EQUAL WORLD FOR ALL CHILDREN

When 12-year-old Jacove's* home was among hundreds of thousands damaged by Typhoon Rai in the Philippines in 2021, his family was moved to an evacuation centre and he worked in the rice fields to help buy food.

"The typhoon was scary. We didn't have water, electricity and internet," said Jacove, highlighting the reality for children affected by what seems like a relentless string of climate-driven crises.

"Jacove is one of millions of children whose lives are upended by climate change. Across the world we are seeing the devastating effects of droughts, floods, wildfires and crop failures," said Patrick Robitaille, Head of Humanitarian Affairs with Save the Children. "This year we've seen more than ever that the climate crisis is a child rights crisis – it threatens their survival, learning and safety. Children are least responsible for the crisis, yet they are bearing the brunt of the climate-related impacts."

Robitaille added that the responsibility to push for sustainable solutions to the climate crisis to guarantee a greener, sustainable and more equal world for children everywhere falls on all of our shoulders.

"Children who experience poverty, inequality and discrimination are most affected yet have the fewest resources to cope," said Robitaille. "We need to push their voices to the forefront as it's their futures at stake."



MILLIONS OF CHILDREN BORN IN THE LAST YEAR WILL FACE ON AVERAGE 2 TO 7 TIMES MORE EXTREME WEATHER EVENTS THAN THEIR GRANDPARENTS. THIS MEANS MORE HEAT WAVES, FLOODING, DROUGHTS, CROP FAILURES AND WILDFIRES.



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ALMOST 160 MILLION CHILDREN LIVE IN AREAS EXPERIENCING HIGH LEVELS OF DROUGHT AND BY 2040, 1 IN 4 CHILDREN WILL LIVE IN AREAS OF EXTREME WATER STRESS.

FIRST NATIONS CHILDREN IN A CHANGING CLIMATE

Indigenous children in Canada are among those most affected by the climate crisis due to the legacy of colonialism, underfunding and geographic location. Flooding, forest fires, ice melts, severe rainfall and extreme heat are an increasing threat to the safety of and relationship to the land for First Nations, Metis and Inuit children.

In Treaty 3 area, Northwestern Ontario, **Kenora Chiefs Advisory (KCA)** is responding to the climate crisis through an emergency preparedness and climate change adaptation program. The goal of the initiative is to enhance First Nations communities' resilience to a changing climate by centering local knowledge and the perspectives of children, ensuring their voices and priorities are addressed in climate response. This program was designed and led by KCA, and supported by GSK Canada and the National Reconciliation Program at Save the Children.

“...I notice that we barely have any animals here now ...such as deer ...and barely any fish in the water...”

GENERATION HOPE CAMPAIGN FOR AND WITH CHILDREN

#GenerationHope is Save the Children's global campaign for and with children, calling for urgent action on climate and inequality.

"We need to come together and act now, before it's too late." Cinderella*, 16 from the Solomon Islands.

"Our world is at a crossroads, and it's time we follow children's lead. By putting their rights first, we'll tackle climate change and invest in a bright future for all children, everywhere. All we need now is political will."

Patrick Robitaille, Save the Children.

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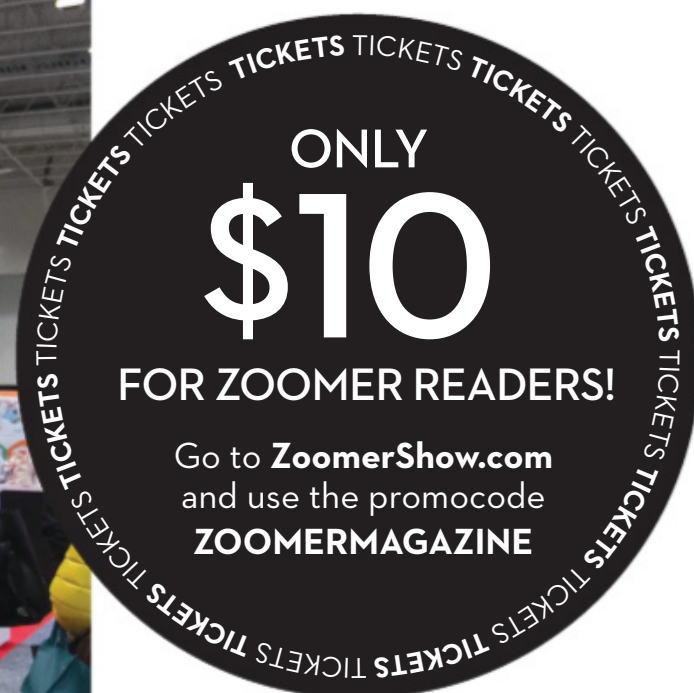
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*Names have been changed to protect identities.

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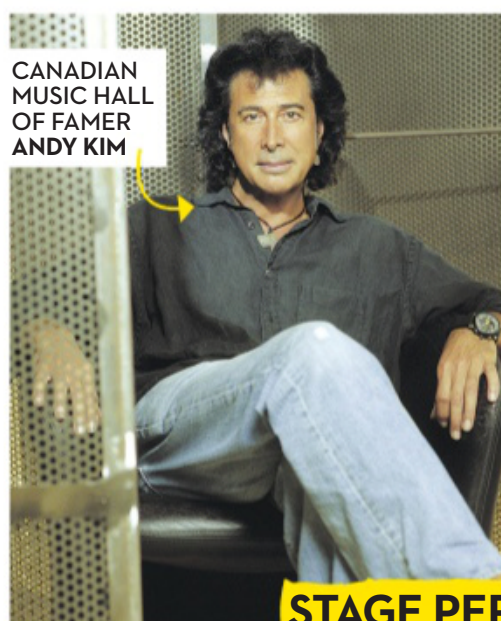
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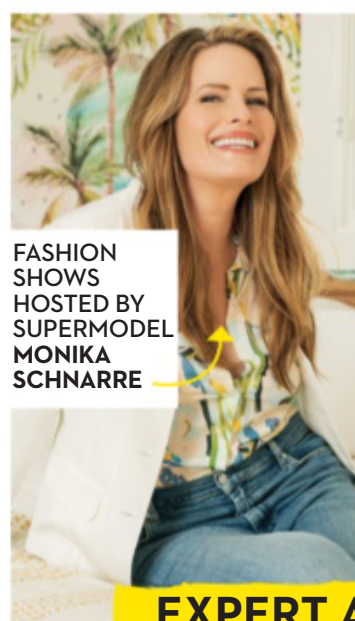


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as the Asian Solidarity Fund or the Black Solidarity Fund – where the money is distributed to related charities (the Ottawa Chinese Community Service Centre, for example, or the Black Health Alliance).

Online giving also accelerates the rate at which financial resources can be delivered to groups responding to emergencies – famine, wars or natural disasters – and are an important conduit for charities struggling to reach a wider audience, a significant consideration since there were 86,000 non-profits clamouring for attention in 2021.


Some charities have been harder hit than others over the pandemic years,

including those in the arts and recreation sector, which typically generate revenue through ticket sales or membership fees. In addition to promoting brands, online platforms help avoid the pitfall of relying on seasonal giving, because donors can set up accounts providing monthly gifts, keeping the revenue stream flowing year-round.

Donating to charities registered with the Canada Revenue Agency provides tax advantages for donors. Depending on the province, a \$1,000 contribution generates a tax credit of as much as \$500, leaving a net cost to the donor of \$500. (Donations to non-registered

charities and individuals through platforms like GoFundMe are considered gifts and are not tax-deductible.)

CanadaHelps gives donors a tax receipt for 100 per cent of their donations, but charges the charity a processing fee, which ranges from two to four per cent depending on the donation type. PayPal Giving Fund Canada does not charge recipients for donations made through its platform.

So, online giving is a fast and easy way to support favoured charities and discover new ones deserving of support. Think of it as the power of the internet to do some good. 

TIPS FOR ONLINE GIVING

FRAUDSTERS ARE lurking everywhere on the internet. Here's how to ensure safe and secure donations.

> Confirm official charitable status by searching the

Canada Revenue Agency's List of Charities.

> Use a secure payment method such as a credit card or PayPal, and ensure the website's address bar has the

padlock icon and the address begins with https (the "s" stands for secure).

> Ignore requests to donate via gift cards or money order.

> Read the platform's

privacy policy so you know how personal information will be used.

> Do not click on links from unsolicited emails asking for donations.

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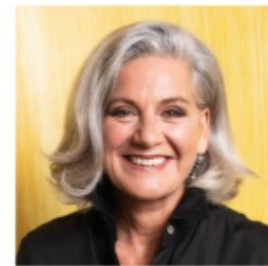


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For a middle-aged woman who needs to make a living,
dyeing her hair is a business decision **By Elizabeth Renzetti**

I **DYED MY** hair just before I wrote this. Or, more specifically, I touched up the roots (L'Oréal Magic Root Rescue, shade: light brown). The dye cost \$14 on sale at the drugstore. As I struggled to reach the roots at the back of my head – I live in fear of striding, skunk-like, through the streets of Toronto – I tried not to think about the thousands of dollars I've wasted in my lifetime dyeing my hair. Let's put it this way: I've spent enough to buy a small island, where I

could have wandered around unhampered, letting my jowls drop to the ground and my eyebrows meet in the middle.

I started colouring my hair when I was 15. Fire engine red, at first, a punky attempt to prove that I was not an insecure teenager, but cool and different. By my mid-20s, though, the first pewter warning signs began to arrive. I heeded the alarm. I was a feminist who railed against the beauty-industrial complex. But I was also complex, and vain, and perhaps a bit of a hypocrite. ➤

Life with CML: From diagnosis to long-term survival

Self-advocating and not being afraid to ask questions can make a difference.



Cadence Grace
Photo by Miranda Varricchio

In February 2018, award-winning country singer/songwriter, Cadence Grace, was busy touring with her band and preparing for a personal trip to Nicaragua, when she decided to go for a routine physical. The next day her doctor called, telling her to cancel both. "She said I had leukemia but wasn't sure which kind yet," says Cadence. A bone marrow biopsy a few weeks later confirmed it was chronic myeloid leukemia (CML).

CML is a cancer of the blood and bone marrow which develops when the DNA of a stem cell in the bone marrow is damaged and the cell becomes leukemic and multiplies, reducing the number of healthy blood cells in the body.

People with CML are able to achieve remission with treatments that help stop the production of cancer cells or slow down their growth and spread.

For Cadence, the experience was not as linear. When the initial treatment didn't work for her, she was referred to a specialist at Princess Margaret Hospital in Toronto. In April of 2019 she underwent a stem cell transplant, but a series of complications left her partially paralyzed and needing to learn to walk again – and had her in and out of hospital over the next two years.

“It's been a pretty wild ride, feeling I was running out of options, and I had a hard time picturing myself here, but now that I am, life is pretty awesome, says Cadence, who recently resumed her music career.”

A key aspect of Cadence's recovery was learning to advocate for herself. "Being proactive and educating myself on things like what tests I was having and what the results meant helped me be an active participant in my care," says Cadence, who admits bringing up concerns with your doctor can be difficult to do. "Because they're focused on treating the CML, I think sometimes it's difficult for doctors to know how much it affects your day-to-day living and quality of life, but your doctor is not going to hate you for emphasizing your concerns or for asking questions. The more candid you are, more they can help you improve your situation," says Cadence.

Communication and community are important

Communication and self-advocacy are strongly encouraged by the Canadian CML Network, a patient group founded by Lisa Machado in 2008 after she was diagnosed with CML. "It's very important for patients to understand that they have options to improve their quality of life, so my job is to sit with them and help them to ask the right questions of their healthcare providers," says Lisa.



Lisa Machado, founder,
Canadian CML Network
Photo by: Peter J. Thompson

It's important to communicate openly with your healthcare provider – on everything from symptoms to emotional concerns. ***“Talking to your doctor can help you get to the bottom of things and give you a better sense of confidence and control,”*** says Lisa. "With CML we can work with a lot of these issues and patients can have a good quality of life despite having cancer.

The mental toll it takes on a person can be challenging, especially if you keep it all to yourself," she says.

CML patients can experience different things at different times in the journey. "When you're first diagnosed you tend to have a lot of hope and take things day by day, but it can be a real blow later on to hear that your medications aren't working, especially if you have that sense of running out of options," says Lisa.

That's why the Canadian CML Network is also a strong advocate for ongoing research. "Of course, we hope that research continues. The more research there is, the more options are potentially within reach for CML patients. While the community is grateful, our greatest hope is that ultimately, nobody has to live with CML," says Lisa.

Visit <https://cmlnetwork.ca> to learn more about CML.



LaFlamme, 2015



... and in 2022

Now it's not so much about vanity. It's a business decision. I am a woman in my 50s embarking on a freelance career, and much as I love the look of a silver mane, I worry that a head of grey hair will make me look old. Past my sell-by date. My career collecting dust on a shelf.

"A business decision." Does that phrase sound familiar? It's the phrase that was used to justify the termination of CTV News anchor Lisa LaFlamme's contract, not long after the 58-year-old had won another Canadian Screen Award for best news anchor. Bell Media, which owns CTV, never adequately explained why they let a popular anchor go with almost two years left on her contract. An infuriating narrative emerged when the *Globe and Mail's* Robyn Doolittle reported that CTV's head of news allegedly asked who okayed the decision to "let Lisa's hair go grey."

The obvious answer to that question: the owner of the hair made the decision. But that question raises more questions, all of them uncomfortable, about how we view women's aging bodies, and especially how we stereotype them and refuse to acknowledge their experience and authority.

Greygate became a huge scandal in Canada and around the world. Prominent Canadians took out a two-page ad in support of LaFlamme. Wendy's restaurant and Dove Canada turned their corporate icons grey. Journalists from as far away as Australia highlighted the controversy. When female anchors covered the story, they invariably did it from beneath a helmet of expensive highlights. This is the lake of hypocrisy we find ourselves wading in.

CNN covered the LaFlamme termination by convening a panel of three female journalists and one male host. CNN national correspondent Erica Hill railed against the unfairness of the decision, while acknowledging that she has her hair coloured. The host, John Berman, noted that when he started showing salt and pepper, his producer told him to dye his hair completely grey "so that I had more gravitas." The women around the desk gawked in disbelief.

But why would they be shocked? We live in a world that is constantly telling women their bodies – their normal, aging bodies – are not good enough. We live in an economic system that gets rich off women's fears that looking older will mean they are treated as dispensable, out of touch, unworthy. People around the world spend about \$78 billion each year on anti-aging products – surgery, cosmetics, dyes. And by "people" I mean "mostly women."

I AM SURROUNDED by women who would happily go grey, if they lived in a society that did not just pay lip service to bromides about equality. My friend Karen is a 56-year-old talent manager in Los Angeles, where aging is a sin greater than eating carbs, and she put it this way: "Working women can't afford to look old. We live in an ageist society. There's a dividing line – not working and still working, grey and not grey."

The problem is worse if you're out on your own, without the power of a big corporation behind you. I had to make a business decision when I went freelance after three ➤



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decades of working at the *Globe and Mail*. I need to sell my services in a competitive world that still equates grey hair with frailty. It shouldn't, but it does.

IF YOU THINK this is harsh or untrue, ask yourself: How many famous actresses have grey hair? How many celebrated news anchors (apart from that silver fox, Lisa LaFlamme)? Christine Lagarde, the head of the European Central Bank, rocks a gorgeous head of silver, but few other female business leaders or politicians dare let themselves go grey.

Well-meaning social media teams encourage us to ditch the highlights, without understanding that lack of pigment can carry a penalty. A recent study in the *Journal of Women & Aging* examined this phenomenon, interviewing 80 women who'd stopped colouring their hair. They wanted to embody their authentic, aging selves, but were worried about seeming less competent at their jobs. As the authors wrote, "Declining to use dye and to adopt such a potent, universal symbol of age as gray hair may seem hazardous for older women who operate at the intersection of ageism and sexism."

The stigma is real. There is a well-documented "grooming gap" that penalizes working women who refuse to conform to restrictive beauty standards. They make less money, for one thing. But here's the gruesome twist: Women who do conform to these standards also hemorrhage cash. I calculate that I've spent at least \$20,000 on

hair colour over my lifetime. I should have bought that island instead.


I do see hope around me. Some women are so confident in their own skin and professional accomplishments that they've taken the plunge into the silver river. They're gorgeous, and happy with their choice.

Jennifer Robson, 52, bestselling author of historical fiction, is one of them. She'd thought about letting her hair revert to its natural grey, but stylists always warned her not to. "I had that whole worry that I'd look old," Robson told me. "That I'd be mistaken for my kids' grandma."

Then the pandemic hit and, like many women, Robson used it as an opportunity to let nature take its course. She needed a new author photo for her upcoming novel, *Coronation Year*. She wanted to look good, but her age. As a writer with a devoted fan base, she wasn't worried about her readers turning on her.

There's a double standard for authors too, of course. As Robson says, "When women [writers] go on tour, there's still pressure to look great. Men can just show up with their toothbrushes. But I had to remind myself that the readers I meet really don't care. No one is judging me."

Working with her colourist, she gradually let her natural colour come in. "I love it," she says. "And I get compliments."

This is the attitude I hope to adopt one day. I'd like to go grey. If I win the lottery or become extremely courageous, I might. But while I still live – and work – in this imperfect, sexist, ageist world, it's the gloves and the brush for me. 



“It felt like molten lava flowing over my skin...”

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04/21



Idris Elba

STYLE BOND AMBITION



FINE LINES AND WRINKLES, uneven skin tone, weakened muscles. Some of

us know what it's like to hit 60. The wear and tear that sends sexagenarians stampeding to yoga classes and plastic surgery clinics is inevitable, unless, of course, you are James Bond.

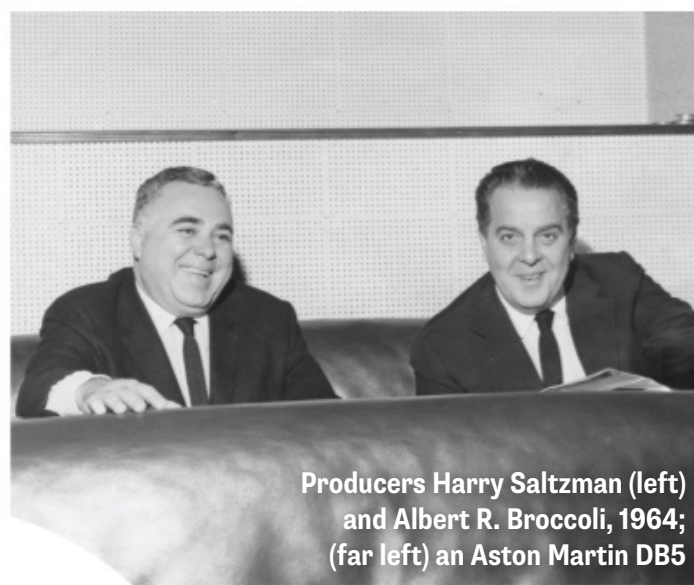
But let's leave aside 007's dazzling physical attributes, like the jaw-dropping six-pack Daniel Craig brandished in the "shirtless" scenes, which have proven to be highlights of his Bond films ever since he flaunted a skimpy pair of sky-blue La Perla trunks as he emerged from the sparkling Nassau surf in his 2006 debut, *Casino Royale*. (And if you are anywhere near 60, or over, consult a physician before testing the "military boot camp" fitness regimen devised by British personal trainer Simon Waterson to keep Craig, and his Bond predecessor, Pierce Brosnan, in fighting shape.)

Consider, instead, why the mythical MI6 officer featured in 25 films never gets old, even as Britain's EON Productions commemorates the 60th anniversary of 007 films with special events, from a Christie's auction of cars, props and wardrobe items culled from its extensive archive to a British Film Institute (BFI) series of screenings – including the premiere of Mat Whitecross's music documentary, *The Sound of 007* – plus talks with EON producers Barbara Broccoli and Michael G. Wilson, who are maternal half-siblings.

Production on Bond 26 is at least two years away, "if not longer," Broccoli told *Deadline* magazine in June. Nevertheless, the scuttlebutt that has circulated since Craig announced the end of his 15-year run on *The Late Show with Stephen Colbert* in November 2019 is heightening anticipation for the next spy thriller and maintaining Bond's relevance. The heartthrobs said to be vying for the role include Tom Hardy, Chiwetel Ejiofor and Regé-Jean Page. Reports that Idris Elba has "walked away" from talks are as frequent as tabloid headlines charting his chances as a frontrunner in the hotly contested act-

For 60 years, the spare-no-expense style of the film franchise has sustained the timeless appeal of the suave British spy

By Bronwyn Cosgrave



Producers Harry Saltzman (left) and Albert R. Broccoli, 1964; (far left) an Aston Martin DB5

ing race. "It's a reinvention of Bond," Broccoli has promised.

No matter who has portrayed the secret agent or his cohorts, 007 films radiate an inimitable escapist quality, and have a unique ability to seduce the senses.

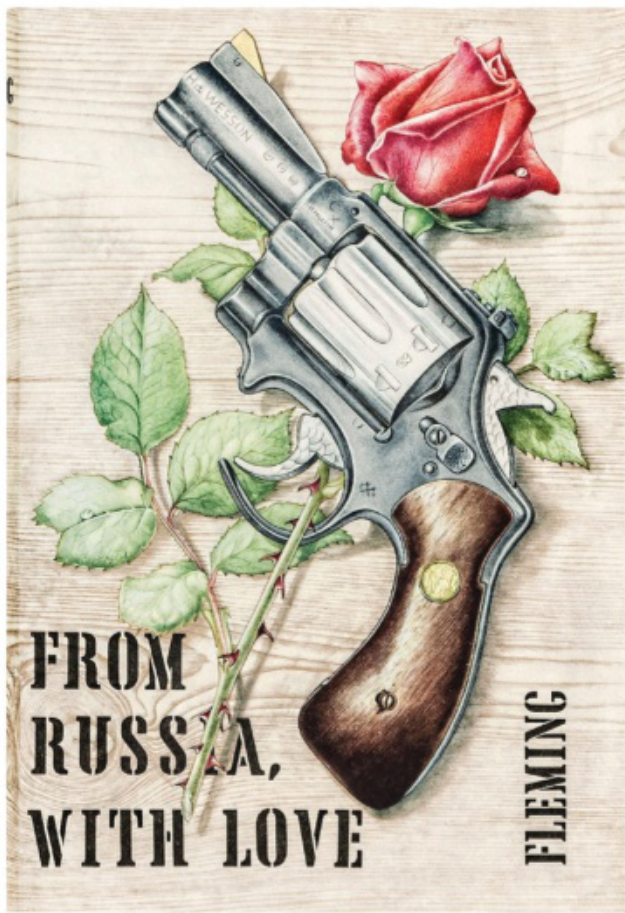
The finely tailored clothes, the sleek automobiles and sophisticated gadgets – as well as the exotic far-flung locations that Bond explores on his missions – contribute to our enduring fascination with the 007 films.

The original Bond producers, Albert R. "Cubby" Broccoli and Harry Saltzman established painstaking craft as a Bond film tradition. They spared no expense to get every detail of a 007 film exactly right, signified by the name of the company they founded in 1962, Everything Or Nothing (EON). Their no-holds-barred approach translated to the screen the alluring fantasies Ian Fleming conjured in his Bond novels – and extended to the luxe book jackets. (After Fleming's wife, Anne, noticed Richard Chopping's artworks at London's Hanover Gallery in 1956, the author and the painter worked together to conceive startling cover imagery for nine of his bestsellers, beginning with *From Russia, with Love*.)

Broccoli, a bon vivant, was an Angolophile (like the Sherbrooke, Que. born Saltzman), who got his start in 1930s Hollywood. Back then big studios like MGM and legendary producers such as Sam Goldwyn and Jack Warner made glamorous box office hits by pairing their finest in-house production talent with renowned artisans like Coco Chanel, Elsa Schiaparelli and Salvador Dalí.

Importing this collaborative workmanship to British moviemaking launched the style traditions that have always set Bond films apart. Typically, for example, only megastars like Audrey Hepburn, Marlene Dietrich and Cary Grant (Broccoli's dear friend, best man and his first choice to play Bond, although Sean Connery nabbed the part after Grant declined it) could command a Hollywood studio to use their preferred couturier or tailor to make a screen wardrobe, simply because of the expense involved in the production. However, costumes for Bond, his adversaries and female sidekicks – as well as his gadgets and ➤

PHOTOGRAPHY, MICHAEL LOCCISANO/GETTY IMAGES (ELBA); DAVE M. BENNETT/GETTY IMAGES (ASTON MARTIN); PAUL POPPER/POPPERFOTO GETTY IMAGES (SALTZMAN AND BROCCOLI); AF FOTOGRAFIE/ALAMY STOCK PHOTO (FROM RUSSIA, WITH LOVE); DONALDSON COLLECTION/MICHAEL OCHS ARCHIVES/GETTY IMAGES (CONNERY)

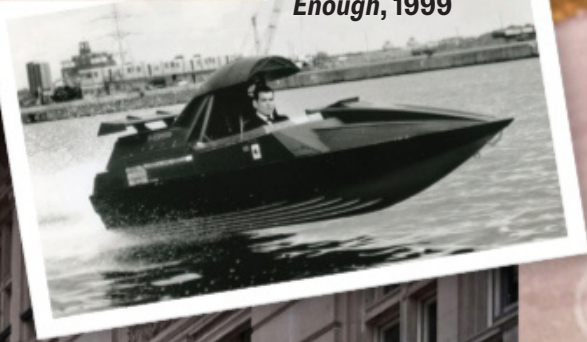


THE SPY WE LOVE
Sean Connery and the Aston Martin DB5 in 1964's *Goldfinger*; (left) a first edition cover of Ian Fleming's *From Russia, with Love*, by artist Richard Chopping

Pierce Brosnan in *The World Is Not Enough*, 1999



DRESSED TO KILL
Daniel Craig in 2021's *No Time to Die*, his final turn as 007



PHOTOGRAPHY, COLLECTION CHRISTOPHEL/ALAMY STOCK PHOTO (CRAIG 2021, 2006); SILVER SCREEN COLLECTION/GETTY IMAGES (MOORE AND BACH)

FULLY LOADED Roger Moore with Bond Girl Barbara Bach, in *The Spy Who Loved Me*, 1977



Making his debut in *Casino Royale*, 2006





NEED FOR SPEED
Moore in a classic Bond
chase scene in 1973's
Live and Let Die



LEGACY Producers and
siblings Barbara Broccoli
and Michael G. Wilson
flanked by Bond stars
Ralph Fiennes and Naomie
Harris at a BFI dinner
in their honour, 2022



TICKET TO RIDE Mick
Jagger with his midnight
blue Aston Martin, 1966

vehicles (cars and boats included) – have always resulted from special relationships between filmmakers and gifted design professionals. But like most partnerships, the early ones required some heavy lifting.

EQUIPPING BOND WITH THE “MOST FAMOUS CAR IN THE WORLD,” as his silver Aston Martin DB5 became known after it debuted in 1964’s *Goldfinger*, began as a discussion involving the film’s director, Guy Hamilton, its production designer, Sir Ken Adam, and special effects artist John Stears. (Known as the “real Q,” Stears won Oscars for *Thunderball* and *Star Wars*.) The trio reasoned that because “Fleming’s novel specified a gadget-laden Aston Martin,” it seemed natural for Connery to be behind the wheel of the British-made sports car, as U.K. film historian Paul Duncan noted in his 2012 book, *The James Bond Archives*. It was “the most expensive and sexy British sports car of the period,” Adam said in an interview about *Ken Adam Designs the Movies: James Bond and Beyond*, published in 2008 by author Sir Christopher Frayling.

Executives at Aston Martin were “sort of half interested,” Stears recalled in *The James Bond Archives*. Bond films were crowd-pleasers after *Dr. No* inaugurated the series at the London Pavilion in October 1962. Critics, however, were lukewarm, until *Goldfinger* (the third in the series) turned the tide and became the series’ first action blockbuster. The film recouped its \$3-million pro-

duction budget two weeks after its September 1964 release, and became the fastest-grossing motion picture of all time.

Building the Aston Martin, which contributed to Bond’s clout, was as nail-biting a process for Stears as the mesmerizing chases the slick silver car has conquered ever since it tore up the screen in *Goldfinger*. “It was terrifying – there were no standbys,” Stears said in *The James Bond Archives*, remembering how he equipped one Aston Martin DB5, which the company eventually relinquished, with the iconic features that inspire awe and laughter: revolving tire slashers, a smokescreen and the ejector seat, among others. “If that car had broken down, we’d have been in deep trouble,” he admitted in *Ken Adam Designs the Movies*.

Connery’s finesse behind the wheel inspired Paul McCartney, George Harrison and Mick Jagger to acquire their own DB5s. “Aston Martin’s sales went up by about 60 per cent,” remembered Adam. “We had no problems getting cars from anybody!”

I studied Adam’s work as the curator of *Designing 007: Fifty Years of Bond Style*, a touring exhibition commemorating the series’ 50th anniversary in 2012. Reflecting on the seven Bonds he helped to make – including Roger Moore’s romps, *The Spy Who Loved Me* and *Moonraker* (which are two of my favourites) – Adam reasoned that 007 films endured because they were always “one step ahead of contemporary.” Like *Goldfinger*, they showed audiences fine luxuries that were ahead of the curve – in other words, “next” rather than “now.” Adam’s words came to mind when I caught a New York premiere of Bond 25, *No Time to Die*, last year.

PHOTOGRAPHY, UNITED ARTIST/GETTY IMAGES (MOORE); DAVID M. BENETT/GETTY IMAGES (FIENNES, BROCCOLI, WILSON AND HARRIS); TRINITY MIRROR/MIRRORPIX/ALAMY STOCK PHOTO (JAGGER WITH HIS ASTON MARTIN)

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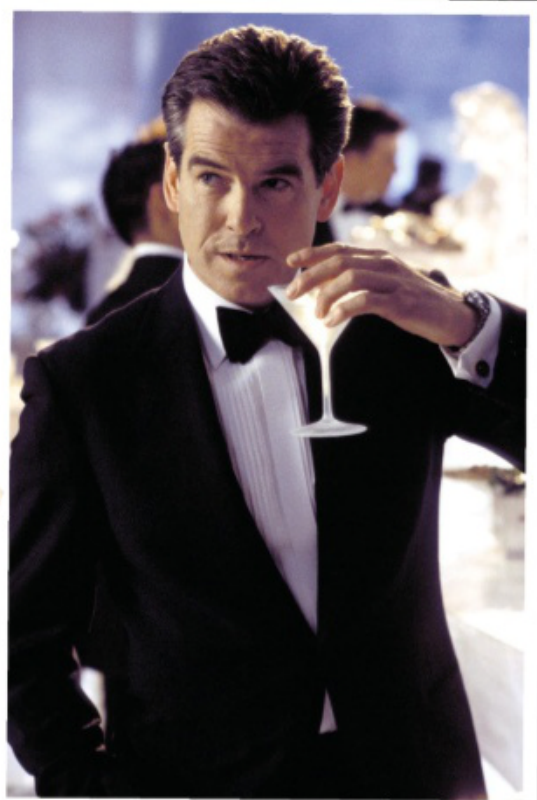
UNESCO World Heritage, Duchess Anna Amalia Library in Weimar
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Harry Styles



Billie Eilish



ROLE PLAY (Above) Harry Styles in Gucci at TIFF 2022 in Toronto; (above right) Sean Connery as Bond; (right) Brosnan, a Brioni tux and a martini, in *Die Another Day*, 2002

There's a lot to admire about the film: Cary Joji Fukunaga's perfectly choreographed combat sequences and blistering car chases; the explosive "barrage of bullet fire," which visual effects master Chris Corbould masterminded for the opening's DB5 ambush sequence; the Oscar-winning pop-ballad theme that combined Billie Eilish's heartfelt vocals with Hans Zimmer's moody orchestration.

The concrete-clad headquarters, which the film's production designer, Mark Tildesley, created for Rami Malek's Lyutsifer Safin, references the Brutalist wonders Adam dreamed up, like *Spectre*'s Volcano Lair in 1967's *You Only Live Twice* and *The Spy Who Loved Me*'s submarine station in Karl Stromberg's fictional underwater citadel, Atlantis. The 350-tonne, glass-domed Sphere Building, which architect Renzo Piano designed to house the David Geffen Theater at the Academy Museum in Los Angeles, owes something to Adam's handiwork, too.

IT WAS REMARKABLE TO ME HOW the two-year delay of *No Time to Die*'s release meant that it opened just as professionals around the world were grappling with COVID-19 re-entry in the fall of 2021. Yet there was Bond, on the cusp of change as usual, easing his way out of his own "great resignation" – namely, his early retirement to Jamaica. As many of us were still lounging around

in sweatpants, Bond was getting back to work, alternating relaxed casuals by Rag & Bone with his signature Tom Ford suits. Bond's *No Time to Die* look is perhaps the most freeform style that any 007 has yet sported on screen, although it was perfectly in tune with the eclecticism that characterized post-pandemic dressing.

"The thing about Bond films – what preserves them and makes them endure – is that they are always steps ahead, and yet they are timeless," says Suttirat Larlarb, *No Time to Die*'s costume designer, in a Zoom interview from New York. "Bond always leads the way."

It's impossible to predict where Bond will go next, who will fill his shoes or if his shoes will be made by Crockett & Jones, the venerable English cobbler who shod Craig. The 007 productions are always shrouded in secrecy, which means that even "insider" reports fuelling tabloid websites are unreliable. Craig's shoes, however, are huge ones to fill. His final three Bond films generated the series' highest box office takings. In order of rank, they are 2012's *Skyfall* (the first Bond film to gross over US\$1 billion), 2015's *Spectre* and *No Time to Die*.

Barbara Broccoli has confirmed that Bond will remain male. "We are the custodians of this character," she explained in a 2020 interview, alluding to how EON strives to maintain the identity Fleming created for 007. She has also said that Bond should be British, "although British can be any [ethnicity or race]," she told *The Hollywood Reporter*.

Even if Bond films are ageless, the next 007 has to be young, given that EON has confirmed a deal with Warner Brothers to produce the 007 series until Bond's 75th birthday in 2037. (That gives a newcomer the chance to complete a 15-year stretch like Craig, who is the longest-serving Bond.)

Ever since I watched Harry Styles' big-screen debut in Christopher Nolan's Second World War drama, *Dunkirk*, I've always thought he'd make a great 007. The 28-year-old has proven he's a film star in the making, with two movies coming out this year – the psychological thriller *Don't Worry Darling* and the romantic drama *My Policeman* – and a cameo as Eros in the Marvel Studios film, *Eternals*. He shares a gift with Sean Connery – who, according to a 2021 survey ranks as the best Bond of all time – in that Styles has an alluring physicality and a coiled grace.

In the 2019 book, *When Harry Met Cubby: The Story of the James Bond Producers*, author Robert Sellers recounts how the years the Scottish actor spent in movement classes paid off when he exited his first meeting with the producers. "Both men rushed to the window to watch him leave the building and cross the street. It was the way Connery moved that clinched it, for a big man he was light on his feet, like a big jungle cat."

Styles certainly has the swagger and a palpable charisma, and he could rock the suits and handle the Aston Martin. The question is: How does he take his martini? **2**

PHOTOGRAPHY, AMY SUSSMAN/GETTY IMAGES (STYLES); COLLECTION CHRISTOPHER/ALAMY STOCK PHOTO (CONNERY IN GOLDFINGER); MIKE COPPOLA/GETTY IMAGES (EILISH); EVERETT COLLECTION INC/ALAMY STOCK PHOTO (BROSNAN)



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Hola Holbox

A tiny island off the north coast of Mexico has transformed from a sleepy outpost into a hub of boutique hotels, boho design and barefoot chic

By Viia Beumanis

IT HAD BEEN A DOZEN YEARS since I set foot on Holbox (pronounced *Holbosh*), a slip of an island off the Yucatán Peninsula where the Caribbean Sea flows into the Gulf of Mexico. In 2010, I'd been looking for an alternative to Tulum, the hipster hot spot two hour's drive south of Cancun. Tipped off by a local, I'd driven the other way, two and a half hours north of Cancun, collecting my mother, whose 60th birthday it was, at the airport en route. Together, we set off for the dusty, nondescript town of Chiquilá near the border of the Yucatán and Quintana Roo, to catch a half-hour ferry to the unknown island of Holbox.

Forty-one kilometres long, but only 1.6 km wide, Holbox snakes along the ocean, 12 km off the coast; the island's main square ringed by a handful of restaurant patios, cheerily strung with Christmas lights. Hotels on Holbox were few in 2010, and Airbnb, launched two years prior, had not yet reached its shores. Of the trio of beachfront hotels, Casa Sandra was the luxury lodging, Mawimbi its groovy bohemian alternative and, finally, the modest, self-catering cabanas of Casa Las Tortugas. We checked into the latter because we liked the option of making some things ourselves – coffee, breakfast, the odd salad – but moreover because it was the sort of island paradise, so gorgeous and thrillingly untouched, that it didn't matter where you slept.

Thirteen years later, I remember Italian architect Gianni Golinelli, our charming host who oversaw the property shirtless and barefoot. His English as good as our Italian, he cared for us by dropping off ripe mangos and fresh ceviche he'd prepared from seabass caught by local fishermen. Turquoise waters, pristine beach, sugar-sand streets, golf carts and bicycles the only modes of transport; no cars, no pavement, no tourist hordes, no chain shops or international fast food. We could hardly believe our good luck.

Holbox was also one of

the few places on Earth – besides Australia, Tanzania, Thailand, the Philippines and Bali – where you could dive with whale sharks, something my mother had always wanted to do. After a long, choppy ride on a speedboat to the middle of the ocean, deep and navy blue, we found ourselves surrounded by these dauntingly massive creatures that date back 60 to 150 million years to the Jurassic age. Ten metres long, you could fit a Bentley into their enormous mouths, yet their diet consists of small fish, shrimp, and plankton – not humans. Utterly harmless yet wildly impressive, it was a bucket list experience for us both.

We celebrated with sunset margaritas at the Mawimbi, next door to our shack at Tortugas, perched on the tree stumps that comprised its bar stools. Between the high seas adventure, the lobster tacos and \$1 Coronas, herons and egrets blithely strolling the deserted beach, pelicans wolfing whole fish, it was a postcard, Robinson Crusoe beach escape, and I won "Birthday Holidays" that year.

FAST FORWARD to January 2022. Having (barely) survived two years of pandemic lockdown in Toronto, some travel restrictions had finally been lifted, but airline routes were still a mess. What I needed was world-class beach. Rejecting destinations that required me to connect or pay four-digit fares, Holbox sprang to mind. Tossing sandals, tunics, sunscreen and bikinis into a carry-on, I grabbed a girlfriend, and off we went.

I was surprised to find the tiny island now had an airstrip. We could skip the drive from Cancun to Chiquilá and land on the island in half an hour – if we booked a prop plane, which costs US\$800 one way, for one to five passengers, and is a great option if cash isn't an issue or you're travelling with a small group. Eye on budget, options are car hire from Cancun (\$200) or booking seats on a shuttle bus to Chiquilá (\$50). From here, the 30-minute ferry (\$15) departs every half hour, 6 a.m. to 8:30 p.m.

On the Holbox side, you hail one of the golf cart taxis that gather at the dock for every arriving ferry to take you to wherever you're staying. A pre-trip Google had revealed a shockingly wide array of lodging that ran to eclectic small hotels, bungalows, design-y holiday homes and swank villas and plentiful Airbnbs. Not travelling in peak season (April, July, August), we'd opted to book the first two nights at a beachfront hotel, a block from the main square, from ➤



A Margarita or a Mojito is just the thing.



BEACHCOMBING
(Clockwise from left) sashimi,
and seaside lounging at
Amaité; lighthouse ruins
as art; the beach bar at
Casa Las Tortugas





An image of Mexican artist Frida Kahlo, at AMA at Casa Las Tortugas

where we could wander the island and review our best options – in person.

A full day of travel – four-hour flight, drive from Cancun, the ferry – we arrived before sunset, gaggling for a cocktail. Happily, our random choice, the hotel Amaité, was far more charming than the website suggested. Its 15 unassuming rooms were fronted by a stylish seaside lounge strewn with wooden daybeds, palm-fringed rattan lamps and

speakers hidden in the palm trees playing chill tunes. It was a beachy-chic redo not reflected in online photos. We ordered a round of restorative margaritas and decided to head over to Casa Las Tortugas for dinner. Our waiter pointing us in the right direction, “just up the beach.”

Well, wow. This is not the castaway joint my mother and I’d stayed at more than a decade ago, but a stunning 24-room design hotel with an oceanfront drinks-and-dining scene awash in stylish guests. Sun-kissed children scampered around the fire blazing in a huge black cauldron, adults lounging in bean bags, downing champagne and negronis. Further research – the bartender – revealed that the property had been taken over by Golinelli’s daughter.

Francesca Golinelli, a Bologna-based fashion executive for YOOX, had quit her job and built this luxe edition of Casa Las Tortugas from the ground up. Beyond the hotel’s beach boîte, Mandarina, there was also a second-floor Japanese dining room, AMA, lined in pop art Frida Kahlo murals, and the ultra-hot spot, Luuma, directly across the street. Surprisingly, for all the tropical chic, menu prices were not outrageous and we wound up dropping by every day for breakfast, sunset drinks or dinner, given the laid-back allure of it all.

A couple nights in, we’d discerned that the best location – the best beach – was the northeast coast, where the island’s bustling beachfront gave way to the protected Yum Balam Nature Reserve and miles of unspoiled shoreline, edged by a sandbar. You walk for miles and end up in a flamingo sanctuary.

Only two hotels have outposts along this stretch of coast, Las Nubes and Villa Flamingos, where rooms range from \$500 to \$800, for the posh, isolation and private beach. On a budget, your best options are the eight-room Casa Hridaya, \$200, the very last oceanfront hotel on the east edge of town, or the family-run Villas Tiburon beside it – 24 clean, simple rooms (\$150), wrapped around a jungle courtyard with a rooftop bar overlooking the island’s best coastline, directly adjacent to the reserve and the sandbar.

Back in town, I noted that the glamour of the revamped Casa Las Tortugas, now the beating heart of town, seems to

have given the island’s original hoteliers a run for their stylish money. The next door Mawimbi has enjoyed a swish upgrade since I was last here and Casa Sandra, now known as Ser Cassandra, the elegant 17-room guesthouse owned by artist Sandra Pérez Lozano, now boasts one of the island’s most sophisticated oceanfront lounges, Mojito, where menus reflect her Cuban heritage – and include the island’s best ceviche.

Opened 19 years ago on what was then a secluded slice of beach a 10-minute stroll from town, Ser Cassandra now sits among a string of thatch-topped hotels, watering holes and restaurants that stretches one end of the island to the other. Many launched in the last decade, there’s no shortage of notable places, ex-pat- and local-owned, to drink, dine, sleep or shop on Holbox these days.

Al fresco brunches at the boho Bah Bah are a treat and everyone orders the wood-fired lobster pizza on the patio at Roots where playlists cycle between Latin and Reggae. Five out of 10 beach bars are strung with swing chairs, including the trendy, whitewashed Coquitos Beach Club, perfect for lunch and a rosé-splashed afternoon. The Caribbean-style Hot Corner is exactly that by midnight, always hopping, people dancing in the street. Milpa does a modern take on classic Mexican cuisine. Ser Esencia offers the dual pleasures of acclaimed Mexican chef Roberto Solis and elegantly rustic interiors. Aldea Kuka, a small compound of luxury palapas with, arguably, the island’s coolest rooms, is home to a swish, ocean-view eatery.

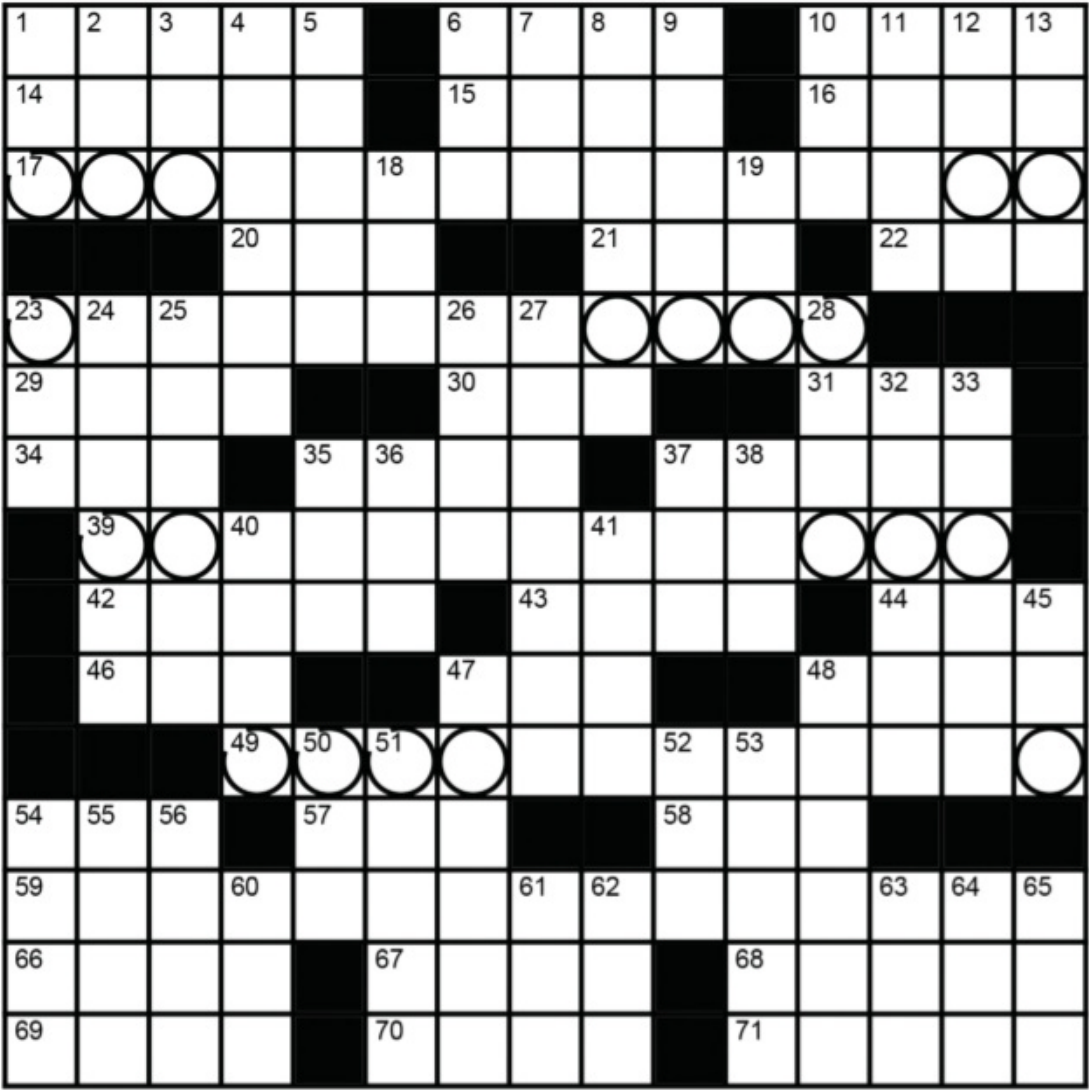
Many of these showcase the island’s distinctive, super-organic design sense: a blend of all-natural fibres like jute and hemp, wood, seashells, coconuts, rattan, opulent macrame, artfully woven twigs, densely palm-fringed everything, and enviable creativity. Truly, those with an eye for boho design will find themselves snapping endless inspo images in Holbox. At the same time, the island is lined with inexpensive taquerias and ceviche spots and remains the sort of place where few establishments, beyond fine dining rooms, care if you wear shoes.

I T’S NOT THE DESERTED CAY I’d brought my mother to more than a decade ago, that undiscovered island where we’d knocked on our hotelier’s door for salt and pepper or hot sauce, downed beers on palm tree stumps overlooking miles of deserted beach, and spent sunset drinks deciding which of the island’s five restaurants, all of which served cheap, fresh lobster, to do for dins.

Yet, for all the stylish bars and dining rooms, chic hotels and shops that have cropped up across Holbox in the last dozen years, it’s still a car-free island that’s white-sand streets are lined in hand-painted signs offering \$3 “breakfasts” of Corona and guacamole. Its core ethos – Good Vibes Only – on display everywhere, is, these days, rendered in artfully neon script at a boutique hotel beach bar rather than the casually chalked blackboards of not so long ago. 

SWING TIME
(Clockwise) Main
Beach Pier, Isla Holbox,
Mexico; the reception
at boutique hotel Aldea
Kuka; cocktail hour
at a streetside bar





BRAIN GAMES #86
Take to the Sky
BY BARBARA OLSON

ACROSS

- 1 Count of swing
6 Left on a ship?
10 Sandler of "Mr. Deeds"
14 Teen drama set in Calif.

- 15 A nephew of Donald Duck
16 Certain farm girl?
17 Drapes, blinds, valances and the like
20 Worldwide workers' grp.
21 Mauna ___ (Earth's largest volcano)
22 "Crabucket" rapper from Toronto
23 Jewelry pieces indicating marital status
29 Berne's river
30 Dark side of a Chinese circle
31 Pungent acid, in chem. class
34 "From my cold dead hands" grp.
35 Wriggling bait
37 Vowel quintet
39 Unconditional, when followed by "attached"
42 ___ water (up the creek)
43 Pre-seeded?
44 Feminine side of a señor?
46 U.S. grp. for cookie-selling tweens

- 47 A billion years
48 ___ + Alt + Del (freeze fixer)
49 Footwear resembling Oxfords
54 Visionary's gift, for short
57 The ___ (Sault Ste. Marie's nickname)
58 "Hug, hug, hug," in a letter
59 Spread your wings, as depicted by the position of the circled letters
66 Businessman, slangily
67 Skin pics?
68 Repeats another's opinion
69 "Lay it ___"
70 A single time
71 Shoulder muscles, for short

DOWN

- 1 Cousin of FYI
2 Sushi tuna, often
3 Red Chamber mem.
4 Potassium ___ (KI)
5 Bacteria prompting a food recall
6 Thesis writer's deg.

- 7 Third word of Canada's anthem
8 Land, as a fish
9 Boxer dubbed "Iron Mike"
10 Chicoutimi chum
11 Clammy and cold
12 Redblack's Ontarian foe, for short
13 Neatnick's abomination
18 Was the most below par?
19 Old mattress problem
23 Anemic-looking
24 Garden pest with pincers
25 Saps of energy
26 Souvlaki-like sub
27 Drummer's "ba-da-bing!"
28 Soccer player's protected part
32 I think, to Descartes
33 Glinting sheen
35 Band, with "The" or "The Guess"
36 Prov. of Windsor and York
37 "___ you for real?!"
38 Ramadan's wrapup festival
40 Lose its cool?
41 Captain's Tennille
45 Capp and Capone
47 Canadian filmmaker Atom
48 Decision between this or that
50 Cochrane's "Life ___ Highway"
51 Give the ___ (approve)
52 For, for Fernando
53 Scattered in a garden
54 "Tiger in your tank" company
55 Created, as a web
56 Overly proper
60 Palindromic saison
61 Available without an Rx
62 Find a purpose for
63 Org. led by Gary Bettman
64 Didn't need explained
65 Sizzling sound

SUDOKU

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

FOR ANSWERS, TURN TO PAGE 102

“I can go anywhere and
I know there's
no leakage,”
-Dolores

Boutique underwear. 8 oz of liquid.



*always
discreet*

The bladder leak underwear we deserve

ANSWERS TO CROSSWORD (PG. 100)

1	B	2	A	3	S	4	I	5	E		6	P	7	O	8	R	9	T		10	A	11	D	12	A	13	M	
14	T	H	E	O	C					15	H	U	E	Y					16	M	A	R	E					
17	W	I	N	D	O	18	W	D	R	E	S	19	S	I	N	G	S											
				20	I	L	O				21	L	O	A			22	K	O	S								
23	W	E	D	D	I	N	26	G	R	I	N	G	28	S														
29	A	A	R	E				30	Y	I	N				31	H	C	33	L									
34	N	R	A			35	W	O	R	M		37	A	E	I	O	U											
		39	W	I	40	T	H	N	O	S	41	T	R	I	N	G	S											
		42	I	N	H	O	T			43	H	O	E	D			44	I	T	45	A							
		46	G	S	A					47	E	O	N				48	C	T	R	L							
				49	W	I	N	G	T	I	52	P	S	H	O	E	53	S										
54	E	S	P			57	S	O	O			58	O	O	O													
59	S	P	R	E	A	D	60	Y	O	U	R	W	I	N	G	63	S											
66	S	U	I	T			67	T	A	T	S			68	E	C	H	O	S									
69	O	N	M	E			70	O	N	C	E			71	D	E	L	T	S									

ANSWERS TO SUDOKU (PG.100)

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

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technical error, I seem
to be getting someone
else’s comeuppance.”

ILLUSTRATION, J.B. HANDELSMAN/THE NEW YORKER COLLECTION/THE CARTOON BANK (PRAY)

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BODY AND MIND ON RYE WITH A SIDE OF SPIRIT

START!

SARAH, YOUR LAST TEST, THE TRIAL OF THE SPIRIT. YOUR TASK IS TO STARE INTO THE EYES OF THE ULTIMATE SPIRITUAL CONUNDRUM, DEATH, WITHOUT CRUMBLING INTO DESPAIR.

WHAT, ME WORRY? I CAN OUTSTARE ANYBODY!

I MADE IT! PROPHET, TELL ME WHAT IS THE SECRET OF LIFE?

THE BEST WAY TO KEEP GOING IS TO KEEP GOING.

THERE ARE ALWAYS MORE MOUNTAINS TO CLIMB.

TEST 3: SPIRIT

SARAH, FLUID INTELLIGENCE, THE ABILITY TO REASON QUICKLY AND FLEXIBLY, IS THE FIRST TO DECLINE IN SENIORS. YOUR TASK IS TO BEAT THE COMPUTER **DEEP BLUE** IN A GAME OF CHESS. REMEMBER THAT DEEP BLUE BEAT CHAMPION GARRY KASPAROV.

KASPAROV, SHMASPAROV. CHECKMATE!

WHAT WAS THAT?! THE QUEEN'S GAMBIT?

TEST 2: MIND

OKAY SARAH, THE TWO BIGGEST PHYSICAL PROBLEMS AGING PEOPLE FACE IS A LOSS OF FLEXIBILITY AND BALANCE. YOUR TASK IS TO PERFORM THE YOGA POSE "HAPPY BABY," BALANCING ON THIS VERY SMALL ROCK.

EASY PEASY!

TEST 1: BODY

EVERY YEAR, I HOST MY BMS CHALLENGE (BODY/MIND/SPIRIT) FOR ZOOMER NATION. CONTESTANTS HAVE TO CLIMB TO THE TOP OF **MOUNT Z**, AND ON THE WAY UP PASS THREE NEAR-IMPOSSIBLE TESTS THAT REFLECT OBSTACLES OUR GANG HAVE TO FACE IN OUR AGING LIVES.

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NEXT UP, SARAH. ARE YOU SARAH?

'TIS !!

HERE!

ART BY WES WORDS BY MOSES

PHOTOGRAPHY, DON DIXON; ILLUSTRATION, WES TYRELL



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