

## RIVERS OF DREAMS THE TOP FIVE REASONS

TO SAIL EUROPE'S WATERWAYS



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OMETHING EXPERIENCED RIVER cruisers know as they sail on Emerald Cruises' modern and intimate ships. They also know award-winning Emerald Cruises are small ship experts who bring exceptional value together with a hearty splash of fun. With a myriad of promotions and offers for Canadian travellers, now's the perfect time to book your river adventure for 2023.

Need more reasons to get in on postcardperfect vistas, storied destinations, and mingle with like-minded travellers?

Here's five to start:

#### AN INTIMATE EXPERIENCE: SMALL ON CROWDS, BIG ON SPACE

Personal space became paramount to our health and wellbeing due to COVID, and Emerald Cruises' innovative Star-Ships were built to provide ample space for guests. In your spacious suite, generous public spaces or roomy dining areas, you'll always feel comfortable.

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Just one of many fine details considered by Emerald Cruises.

#### 2 LIVE IT UP, DON'T LINE UP: LESS QUEUING, MORE DOING

Onshore excursions and activities also embrace the small-group spirit or offer the option to explore on your own. Not only is this safer, but you'll spend less time waiting to see fascinating sights and more time delving into their handcrafted experiences. Bonus: it's all included. Looking to get your heart pumping, slow it down, or a bit of both? Emerald Cruises has an option for you.



#### GET A BIGGER BUCKET LIST: LESS COMMUTING, MORE COUNTRIES

With no oceans to cross, river cruises show you captivating new destinations each day, and you only need to unpack once. Imagine – five countries, four colourful capitals, three beloved rivers and dining on delicious locally inspired cuisine on board. Emerald Cruises' most popular itinerary for Canadians new to river cruising is their 15-day Splendours of Europe sailing all the way from Amsterdam to Budapest. Different European locales pique your interest? View their complete collection of European itineraries, designed with you in mind.

#### 4 HAVE IT ALL: SPEND LESS, GET MORE

As winner of Cruise Critic's Editor's Choice for "Best River Cruise for Value" five years in a row, Emerald Cruises excels at optimizing value for your money – all your gratuities are included. With so many inclusions, you can focus on enjoying your experience. From airport transfers and delicious meals paired with wine, beer and soft drinks to insightful excursions and on board activities, Emerald Cruises has it all.

Guests love the active options and mingling with like-minded travellers. Embark on hikes to castles, walks to beer gardens, or a guided bike tour, passing ancient ruins and vineyards along the way.

#### 5 YOU DESERVE A PROMOTION: EVEN MORE FOR LESS

Emerald Cruises agrees it's time for you to get a promotion, and you can discover their current offers by hopping onto their website – www.emeraldcruises.ca. You'll not only find great offers here, but a starting point for exploring an abundance of adventures paired with Exceptional EmeraldVALUE.

#### **READY TO FIND YOUR PERFECT GETAWAY?**

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#### LOOK AND FEEL YOUR BEST FROM TOP TO BOTTOM



Go for a polished one-and-done outfit in a silhouette that suits your shape. It may be a little black dress, jumpsuit, co-ord or tailored separates in figure-flattering fabrics.

Put your best foot forward in shoes you can comfortably move in, whether they're killer heels, classic pumps, preppy loafers, trendy flatforms or leather sneakers. You do you.



The wardrobe hero for women with bladder leaks, TENA Stylish™ has a body-hugging fit and triple protection against leaks, odour and wetness.



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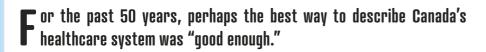




**OUR POST-PANDEMIC GOAL** 

## AIM HIGHER FOR HEALTH

COVID has exposed the high cost of mediocrity in our health system — it's time to rebuild for healthcare we deserve

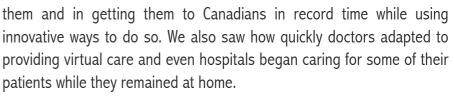


Now, however, the COVID-19 pandemic has shown us that "good enough" was not really good enough. It was mediocre at best and Canadians paid a high price as a result — and will continue to do so until we aim higher for a better healthcare system that embraces innovation and technology to deliver better, faster and more efficient care.

Unfortunately, Canada's healthcare has been notoriously slow in embracing innovation, and Canadians pay the price in diminished care and health outcomes. Among the most shocking results, Canada ranks 18th out of 20 comparable countries for the time it takes for us to have access to new medicines (i.e., two and a half years after a medicine first gets approved in the world). That's more than a year longer than in Switzerland and Sweden and almost two years longer than in the United Kingdom, Germany and Japan.

In technology, compared to other comparable countries, Canada ranks near the very bottom in number of MRI scanners, CT scanners and radiotherapy equipment per capita, while also severely lagging in hospital beds per capita, as the pandemic made very clear. At the most basic level, more than 4.6 million Canadians don't have access to a regular family doctor, a recipe for a lack of prevention and care for problems when they could be most simply dealt with at the least cost.

Canadians know their health system needs to be better and want to seize this pivotal time to make it happen. During the pandemic we learned it doesn't have to be like this, with Canada speeding up its processes for COVID vaccines and treatments and being a world leader in approving



**EDUCATIONAL FEATURE** 

In a recent survey of C.A.R.P. members, there was near unanimity that innovative treatments should be available to Canadians at the same time as in other major countries and that using the model for COVID vaccines and treatments would be a good way to achieve that. Almost 96 per cent said having new medicines and vaccines is important for helping us better treat serious diseases such as cancer and dementia.



"We can't afford to wait any more for fundamental changes to our health system to ensure Canadians have fast access to quality care and treatments," said Bill VanGorder, Chief Operations Officer of C.A.R.P. "History demonstrates that major disasters can help inspire and drive change. We now have a unique opportunity to make the new investments and embrace the new technologies required to build the system Canadians want, need, and deserve."

We all need to do our part to make this happen.

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#### ZOOMING

#### **SPOTLIGHT**



**Shinan Govani** A longtime cultural voyeur and professional people watcher,

Shinan Govani is known for his regular missives in the *Toronto Star*, as well as bylines in *Tatler*, *Town & Country*, and *Air Mail*, among other outlets.

Taking on the Netflix show Bridgerton, in this issue of Zoomer, he was eager to delve into the different ways gossip has churned throughout history - in this case, via the "scandal sheets" of Regency-era London. "Writing about the ravenous appetite for dish back then, it struck me how those columns were the social media of the day," Govani says. "The way information flowed, morphed and was leveraged."



**Linda Barnard** is a National Newspaper Award-winning journalist and former

PHOLOGRAPHY, CHRIS ADAIR (SWINIMER); GEORG PIMENTEL (GOVANI); HANS PELLIKAAN (BARNARD)



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Toronto Star entertainment reporter based in Victoria, B.C., who explores the province and beyond to write about travel, food and drink, and the movies. In "Eat Your Sea Vegetables", she talks to chefs, scientists, harvesters and First Nations about the myriad virtues of seaweed.



ON THE COVER
Dame Helen Mirren,
photographed by Liz
Collins/Trunk Archive
Stylist, Nicola Knels;
Hair by Oyndell
Mansfield; makeup
by Wendy Rowe.
For the fashion
and beauty credits,
go to pg. 34.





Isn't it contradictory to have a cover photo (Dolly Parton, Feb./Mar. 2022) from 38 years ago if you're message is that getting older is OK? The cover photo should have shown her as she is now, not then.

Carol Secter

Correction: In
"50 and Fabulous"
(Feb./Mar. 2022),
we mistakenly
identified a picture
of actor Rogelio
Balagtas, the star of
the movie Islands, as
filmmaker Martin
Edralin, while the

Movie Night

For Annual State

Movie Of Control

For Annual State

story said Edralin played the lead role. Balagtas was the star of the film. Our sincere apologies.

#### Children from his 2nd wife: Frank & Olga Stella, Rose & Mike JOE & HANYA'S GREAT GRANDPATHER DIED, (vas his name Chorney?) Great grandmother remarried-(the man she married wanted to marry her before, but his parents were wealthy 5 didn't him to marry her because she was poor, so he married some wealthy Woman. After she died, he married Great Grandmother Cirka.) FATHER remarried as mentioned prefrom 2nd marriage:Stashka 6 Tadyk. Stashka had 3 daughters 6 son. Daughter Eva came on a 1 yr. visit. Stashka had 3 daughters 6 son. Stashka came on a 1 yr. visit. Stashka had 3 daughters 1 Stashka came on a 2 yr. visit. Stashka had 3 daughter Isabella. She had to JOE & HANYA'S FATHER remarried as mentioned previously

met her daughter.Apparently, Stashka's

### Canada & settled. Stashka Came on a 1 yr. visit

**WEEK INTO** Vladimir Putin's war on Ukraine, I called up my friend John-Paul Ricchio. I had seen his Instagram posts of outrage and despair, with information about protests, and links to donate.

os a serciad. Stashka came on a 1 yr. visit 140 brought Eva's daughter Isabella.She had

Children: from 2nd marriage:StashKa & Tadyk.

JOE & HAN 1930. He

When th

Ukraine were ch

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GRAND fami

THIS LIT

He was also sharing memories of a 1991 trip his mother, Marianne Ricchio (née Eurke), and grandmother, Mary Stephanie Eurke (née Wozney) and grandfather, Michael Eurke, had taken. It was their first visit to Ukraine.

One photograph shows the group in front of the family's ancestral home in the village of Horodnytsia in the

Ternopil region of Western Ukraine. His grandmother is meeting her father's sister, Stephanie — holding the traditional greeting of bread and salt — who is the last living link to J.P.'s great-grandfather, Dmytro Wozney, who made his way to Canada in 1913 as the First World War loomed.

"To think my great-grandparents left Ukraine for the exact same reason, and here we are in 2022 and a dictator has bombed our sovereignty," laments J.P. When Dmytro could, he sent for Anna Wozney (née Lukasywich), J.P.'s great-grandmother, who was just 17 in 1923 when she crossed the ocean alone to join him in Canada. It's journeys like theirs that helped make Canada home for the second-largest Ukrainian diaspora of 1.35 million people.

Though his father is Italian, J.P. identifies with his mother's nationality: "I'm proud to be Ukrainian. I went to Ukrainian school. I went to Ukrainian church, St. Demetrius the Great Martyr" in Toronto, where his grandmother played the organ and where Prime Minister Justin Trudeau visited on March 4 to meet with the community.

Even though JP was not on the 1991 trip, it is still a seminal moment in his life. For one, his mother brought him back a Ukrainian sewing machine. "It's this tiny little machine you have to use by crank. And that's how I learned to sew," sparking his passion for beauty and fashion. "It smells of Ukraine. The wood smells of it." His grandmother and mother's bond to the culture and country became his bond.

"And those two weeks also made me hyper aware of what was going on in Ukraine. The country was in severe disarray." There was political unrest and fallout due to events in the Soviet Union. And on the day his family flew back, "the county became free," with Ukraine officially declaring its independence from the Soviet Union on Aug. 24, 1991, after a landslide referendum. In December that





**UKRAINE REUNION Ricchio's** grandmother (top row in yellow) meets her aunt (holding bread) while his mother (in white and stripes) smiles; (right) Anna and Dmytro Wozney

year, Canada and Poland became the first countries to recognize Ukraine as an independent state. This is the history that Putin is attempting to erase

with boots on the ground and atrocities against civilians. "I have photos of my grandmother and my mother as they toured the country at places that no longer stand."

J.P., who works on a television morning show, and creates pop-culture content for a variety of media outlets, was on his way to the set at 3 a.m. on Feb. 24 when the news came out that the invasion was underway. "I was trembling and sobbing," he says. J.P. frantically contacted his father to make sure he was with his 75-year-old mother when he called to break the news.

"My mother is of a generation where they keep a lot in and I know that this horrible, disgusting, unprovoked war has ripped off Band-Aids that have been on for years and years and years," he says, adding the war has caused "so much emotion, so much pain." It's also terrible to receive worsening news from relatives: a 77-year-old cousin who had a stroke because of the stress from the bombing; two other cousins who are fighting on the front lines; others taking refuge in Poland. It's a place that no longer fits the Ukrainian phrase his grandmother always used to describe it — "it is heaven and earth" — because war is hell.

His grandmother, who died in 2013, and his grandfather, who died in 2014, spent the last 10 years of their lives making "identical, physical, gigantic albums of photos," for each member of the family, including their six grandchildren. "It started with my great-grandfather, who had photos from 1913, and my grandmother want-

ed to continue his work. She documented everything. She wanted this story to live on."



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### HERE'S WHAT HAPPENS WHEN WE GET MAD

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

And we have big plans for 2022!

#### Here's just one example:

When covid devastated Ontario's woefully unprepared nursing homes, C.A.R.P. demanded that the Premier

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

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



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

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

#### Here's what's next for 2022:

#### Fixing the healthcare system

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

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

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

#### • Improving financial security

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

C.A.R.P. fights for meaningful action <u>now</u>. Your membership makes us even stronger.



**JOIN NOW AT CARP.CA** 



#### **GLORY TO UKRAINE**

KRAINIAN PRESIDENT VOLODYMYR **ZELENSKYY** is being hailed as a hero after the 44-year-old former actor refused to surrender his country - and any hope for democracy - to Russia. More accustomed to Dancing With the Stars than sparring in the geopolitical ring (former U.S. president Donald Trump, 75, blocked military aid to Ukraine in 2019 in an attempt to bully Zelenskyy into digging up dirt on Joe Biden; Russian President Vladimir Putin, 69, invaded Ukraine on Feb. 24), Zelenskyy is two generations removed from the Second World War. When Putin said he wanted to "denazify" the country, Zelenskyy - who is Jewish - was incredulous, since his grandfather fought the Nazis for the Soviet army, and three great-uncles were executed by Germans who occu-

pied Ukraine. The world has drawn parallels between Zelenskyy and former British prime minster Winston Churchill, who was 64 when he was elected in 1940, rallied the world with rousing speeches and created the "Grand Alliance" with the United States and the Soviet Union, which was pivotal in the Nazi defeat. The Ukrainian president, who uses social media and speeches to issue his fighting words, has galvanized his citizens - and inspired the world - by standing up to Putin. He even invoked a famous Churchill quote in a video address to the British House of Commons, in March. "We will not give up and we will not lose," he said, paraphrasing the prime minister's speech to Parliament in June 1940. "We will fight till the end at sea. In the air. We will continue fighting for our land whatever the cost." -Kim Honey



ailing It When Fleetwood Mac first made it big, drummer Mick Fleetwood dressed in open-necked shirts and wide-leg jeans, but the 74-year-old has a trippier look these days as a model for Pleasing, Harry Styles' beauty and lifestyle brand. Fleetwood loves the psychedelic hues of the new Shroom Boom collection, saying the nail polish reminds him of the Summer of Love days, when he used to sport the odd manicure. Well, who are we to keep you down?

New Wordle Order A San Francisco man was shocked to discover his Wordle! app was getting 50,000 downloads a day, until he realized it was one punctuation mark away from the wildly popular New York Times brainteaser that has millions staving off cognitive decline by madly typing five-letter words into their phones. Copycats jumped on the craze, but whether you get a Wordful or Wurdle, they rack your brains just the same.



#### **DOWN**

Earth to Kardashians This clan has no problem flaunting their wealth on social media, with momager Kris Jenner bragging about the plane she chartered for a surprise "aviation scavenger hunt" for her four girls. Now Kris will travel on private jets recently purchased by billionaires Kylie and Kim, who don't seem to get that their ostentation has an environmental price tag. "Climate change is real," Kim tweeted back in 2020; that was before she left Earth behind in Kim Air's contrails.

## INTUNE WITH THE TIMES



USIC HAS BEEN a pandemic salve, but, in the coming months, fans will finally be able to enjoy many of their favourite artists in person again.

Among the performers touring Canada on the strength of new albums in 2022 are Cali funk-rockers Red Hot Chili Peppers, who drop the Rick Rubin-produced *Unlimited Love* (April 1); it reunites them with prodigal guitarist John Frusciante, who'd left the group for a decade. Former White













Stripes front man and Detroit native Jack White, who's been sporting turquoise locks to match the record promo, releases Fear of the Dawn (April 8), a hard rock banger and the first of two albums he has scheduled this year. Effervescent New Orleans' ambassador Trombone Shorty delivers *Lifted* (April 29), a set of funk, soul and psychedelic rock dedicated to his mother, who died of lung cancer last fall. Alberta country singer Corb Lund issues Songs My Friends Wrote (April 29), interpreting tunes penned by pals like fellow troubadour Ian Tyson. Toronto post-grungers Three Days Grace, inspired by COVID-19-era anxieties and upheavals, are back with Explosions (May 6). San Francisco rockers Train, whose AM Gold (May 20) is their first collection of original music in five years, will be joined on tour by special guests Jewel and Blues Traveler, promising a show that is "strong, beautiful, encouraging."

If you're still loath to brave the crowds, now that COVID mandates are easing, take a trip down memory lane with Rock & Roll Hall of Famer and erstwhile Hall and Oates co-founder Daryl Hall's *BeforeAfter* (April 1), a two-disc set spanning his five solo albums, along with never-released live recordings from the web and television series *Live* 

From Daryl's House. Finally, travel back to 1976 with a 4K digitally restored Blu-ray edition of *The Last Waltz* (March 29), Martin Scorsese's documentary about The Band's farewell concert, featuring Bob Dylan, Joni Mitchell, Van Morrison, the Staple Singers, Muddy Waters and Neil Young. —Ashante Infantry

and Kris Jenner

## FOREVER MIGHTY

#### CONSCIENTIOUS (AND FABULOUS) TRAVEL IN UTAH

WORRIED ABOUT YOUR IMPACT AS A TOURIST? UTAH IS A LEADER IN RESPONSIBLE TRAVEL, ENSURING PHENOMENAL VISITS WITH A POSITIVE IMPACT

A trip to stunning Utah will whisk away everyday concerns. Whether you are surrounded by astounding red rock hoodoos beneath an endlessly starry night, exploring

the urban, or enjoying the Greatest Snow On Earth® (folks, this is science, not mere hyperbole), you'll have no trouble staying put in the present. Not that Utah's past won't also reel you in. There is much to explore, for instance, in ancient petroglyphs, rock dwellings, or dinosaur fossils.

When it comes to the future and responsible travel, Utah also leads the charge. The beehive state (named after the solidarity and industriousness of bees) embraces a travel ethos called Forever Mighty which protects its natural wonders and vibrant cultures for generations to come.

**LEAVE NO TRACE** - Utah's Forever Mighty ethos incorporates the seven principles of Leave No Trace: plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife and be considerate of others.

In some places like the Red Cliffs Desert Reserve, protected species rely on a fragile living microbe-covered surface to keep their ecosystem healthy. Sticking to the marked trails is key to protecting the living landscape. Even in

> less sensitive areas, small actions like taking your garbage with you (including leftover food, which visitors sometimes misguidedly leave behind for animals) is key to preserving the balance of natural areas for generations.

Visit Utah offers many responsible travel how-to guides, including ones like how to camp responsibly, how to prevent fires, and even how to poop in the outdoors (don't worry - for those who like their amenities you don't have to go without).

RESPECT THE POWER OF NATURE - Utah's outdoors is beautiful and there are countless ways to enjoy it (hiking, cycling, rafting, ATV, snowshoeing, you name it). However, nature can be unpredictable, and good preparation is responsible travel. The last thing you want is a day of fun that turns into a rescue scenario. Before heading out for an activity, check the weather conditions, bring layers of clothing for temperature changes, and always pack enough water. For the more adventurous activities, familiarize yourself with your equipment, pack the right provisions, and know the hazards particular to your terrain. Whatever you need, you can be sure there will be local outfitters to help you with your preparations and provisions. If you're in one of the five national parks, you can check with a park ranger to make sure you are good to go, or hire one of many trustworthy local guides.

HONOUR LOCAL COMMUNITY, HISTORY, AND HERITAGE - Did you know that Utah is home to approximately 60,000 Native Americans, representing more than 50 Tribal Nations? Each has their own contemporary traditions, festivals and lifestyles. You can find out whose land you are on and learn about the past and present of the tribal nations who still enjoy this land by reading, visiting local museums, and being a respectful and curious visitor.

Another way to honour local is to support local. You will have a more personalized experience while also helping to strengthen local economies.

Travelers can also consider the way social media is used when visiting a place. There's a growing trend, especially among photographers and locals, to not disclose the geographical location of lesser-traveled areas and, instead, encourage using a guide. This helps to slow visitor flow, conserve fragile areas and boost local businesses (Read: "Perks of Going with a Guide").

You can book your next Forever Mighty itinerary with Intrepid Travel, Kensington Tours, Authentik USA who are 3 of Canada's top travel companies that align with the State's ethos

#### ALONE IN THE GASLIGHT

THEY CALL IT the "Martha Mitchell Effect." An actual term in psychology circles, it's the misdiagnosis of patients as delusional when, in fact, they are telling the truth. And the woman who bears its name is set, again, to get her close-up, played by none other than Julia Roberts in the Starz limited series Gaslit (April 24), which is based on the U.S. podcast "Slow Burn."

Mitchell was the canary in the coal mine in the time of the Watergate scandal (1972-74). The socialite wife of President Richard Nixon's loyal attorney general, John Mitchell, she was the first person to publicly speak out about the president's crimes. She was an unlikely whistleblower, and her decision prompted no end of blowback.

**Attorney General John Mitchell** and President Richard Nixon at the White House, 1969

Calling her an unreliable narrator, Nixon's allies alleged she had a substance-abuse problem and was on the verge of a nervous breakdown. Her life was turned upside down, effectively, and her face splashed all over magazines and newspapers.

A stranger-than-fiction, only-in-D.C. story, as the series demonstrates, Gaslit is also a rumination on marriage (Sean Penn, virtually unrecognizable, plays Mr. Mitchell). Braiding the political and the personal, we get love, betrayal and the search for truth. -Shinan Govani

> Julia Roberts as Martha Mitchell in Gaslit; (above) Mitchell during

the Watergate

scandal

MAKING THE OFFER.



**HIS SPRING MARKS** a big birthday for The Godfather, which premiered 50 years ago in March 1972 at Loew's State Theatre in New York City, becoming one of the highest-grossing films of all time and spawning the better-than-theoriginal sequel, The Godfather Part II. But fans know all that. We don't know,

perhaps, the dramatic turmoil behind Francis Ford Coppola's camera that almost sabotaged the film's (three-monthslate) release. For that,

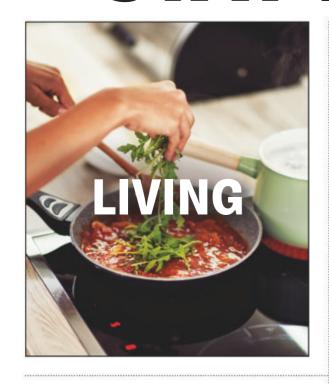
there is a pair of tea-spilling takes this year. Francis and The Godfather, starring Oscar Isaac as Coppola and

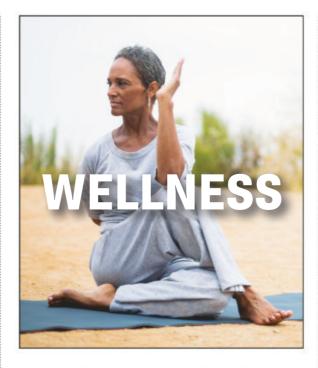
Jake Gyllenhaal as Paramount exec Robert Evans, is currently in production. While fans await its release, they can watch *The* 

Offer on the small screen, a new 10-episode biographical miniseries from Paramount+ chronicling the near-firing of Coppola, writer Mario Puzo's public screaming match with Frank Sinatra, opposition from Italian Americans claiming discrimination and run-ins with the actual mob. This version, told through the young, green (and Canadian!) producer Albert S. Ruddy, stars Miles Teller as Ruddy and Dan Fogler as Coppola, alongside supporting cast members Giovanni Ribisi (crime-boss Joe Colombo), Matthew Goode (Robert Evans) and the ever-fabulous Juno Temple of Ted Lasso fame (talent agent Bettye McCartt). Mark your calendar for April 28 to learn why Ruddy, alive and well at 92,

quipped, "Every day of making *The* Godfather was the worst day in my life." It might have taken a halfcentury, but as Don Vito Corleone says, "Revenge is a dish best served cold." -Rosemary Counter

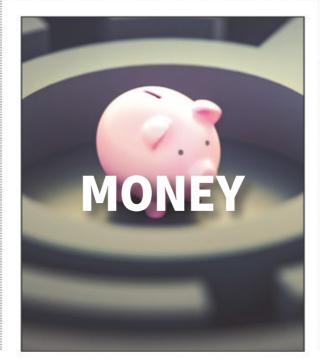
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The life of culinary giant Julia Child continues to feed our fascination **By Nathalie Atkinson** 

**EVERAL NEW PROJECTS** - and our pandemic nesting tendencies – have put Julia Child on the cultural menu again. In late 2021 there was Julia, a mouthwatering documentary available on digital platforms from the filmmakers behind the Ruth Bader Ginsburg doc, RBG, which offers a comprehensive look at the late American chef's fascinating life and legacy. Now, a new eight-episode HBO series, also called *Julia* (on Crave, March 31), traces how the insouciant host of The French Chef, who stood a gawky six-foot-two, became an unlikely TV star at 50 and altered the

landscape of American food and the course of television.

Like the backstage drama *Being the Ricardos*, the series revolves around the production of her influential show. Episodes retrace Child's ear-

ly TV career, beginning in 1962, when a last-minute appearance on a Boston public TV station talk show to promote her first cookbook, *Mastering the Art of French Cooking*, proved so popular that it spawned the Emmy-and Peabody-

ROLLING WITH IT The chef in 1975; (above) David Hyde Pierce and Sarah Lancashire in *Julia*; (below) a new book on the cook

winning educational culinary program, and won the hearts of home cooks across the country. The story is anchored by the loving marriage between Julia (Sarah Lancashire) and Paul Child (David Hyde Pierce), and her friendship with Avis DeVoto (Bebe Neuwirth), Child's culinary editor and longtime confidante.

Warming Up Julia Child (out April 5) goes even deeper to explore six key relationships that shaped Child's legendary career, in a book that Pulitzer-nominated author Helen Lefkowitz Horowitz says is about friendship and collaboration.

Child's continuing appeal, fuelled by reruns of *The French Chef* or streaming Nora Ephron's 2009 movie *Julie and Julia*, is rooted in the reassuring belief that anyone can cook, and it doesn't have to be perfect. Child often made mistakes on-air, like flipping a potato pancake onto the stove top, and ad libbed them into self-deprecating moments that endeared her to viewers. "If you're alone in the kitchen, who is going to see?" she said, scooping it up with her hands and patting it back into the pan.

The chef, who died in 2004, would likely be amused by the new real-

ity cooking competition, The

Julia Child Challenge
(airing on Food Network
March 22), but heartened that the winner will
follow in her footsteps to
Le Cordon Bleu in Paris,
where she learned to cook
and her passion for food
was ignited. As Child would
say, bon appétit!





TORONTO FILM CRITICS ASSOCIATION

#### CELEBRATING THE BEST OF 2021 AT THE 25TH ANNUAL TFCA AWARDS

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David Cronenberg

TFCA EMERGING CRITIC AWARD

Rachel Ho

**BEST PICTURE** *Drive My Car* 

**BEST ACTRESS**Olivia Colman, The Lost Daughter

**BEST ACTOR** 

Denzel Washington, The Tragedy of Macbeth

**BEST SUPPORTING ACTRESS**Jessie Buckley, The Lost Daughter

**BEST SUPPORTING ACTOR** Bradley Cooper, *Licorice Pizza* 

**BEST DIRECTOR**Jane Campion, The Power of the Dog

**BEST SCREENPLAY, ADAPTED OR ORIGINAL**Drive My Car

The Lost Daughter

**BEST ANIMATED FEATURE** *Flee* 

BEST INTERNATIONAL FILM

Drive My Car

ALLAN KING DOCUMENTARY AWARD

Summer of Soul



**Jennifer Baichwal**, director; **Meredith Vuchnich**, Executive Producer, Co-Writer, *Beans*, Winner Rogers Best Canadian Film; **Phil Lind**, Vice-Chair Rogers; **Sarah Polley**, actor, director, author; **Anne-Marie Gelinas**, Producer, *Beans*, Winner Rogers Best Canadian Film



J'net Ayayqwayaksheelth,
Director Indigenous Relations and
Community Engagement, NFB
Cameron Bailey, CEO TIFF
Dori Tunstall, Dean of Design, OCAD



Sangita Patel, Host of ET Canada Maitreyi Ramakrishnan, Actor (Never Have I Ever, Turning Red)



James Fraser, VP and GM Company 3 David Cronenberg, Director Don McKellar, Presenter



**Rachel Ho**, Winner TFCA Emerging Critic Award **Rick Mercer**, Presenter



Johanna Schneller President TFCA



Serena Ryder, Musician



Meredith Vuchnich, Executive Producer, Co-Writer, and Anne-Marie Gelinas, Producer, Beans, Winner Rogers Best Canadian Film



Top-row centre: Rogers Vice-Chair Phil Lind surrounded by winners and presenters





























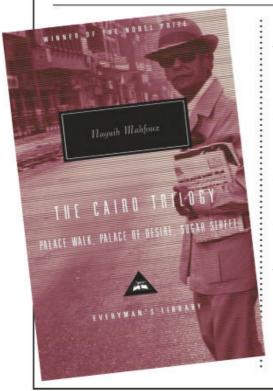




#### Who's Reading What

Fancy some reading suggestions with your Chicken Tikka? **Gulshan Alibhai**, the woman behind Lahore Tikka House, a sprawling, masala-coloured restaurant that seats 450 people on a good day - and a lodestar for Toronto's Little India neighbourhood - is just the person to ask.

The one-time social worker, who stepped up to the plate when her restaurateur husband, Alnoor Sayani, died suddenly in 2013, is not only a fixture on Gerrard Street East, but a vital voice within the Indo-Canadian populace. She takes on the community's Old Boys Club, and even did a 2020 TEDxToronto talk on preserving heritage communities like Little India. When she's not feeding the masses, Alibhai is happiest ensconced in a good book.



#### > What's the best book you've read this year?

The Cairo Trilogy: Palace Walk, Palace of Desire and Sugar Street - written by Egyptian Nobel Prize winner Naguib Mahfouz. The family saga was medicine for those lonely nights during the lockdown. I was immersed in the complex characters that came alive through his brilliant writing on themes such as tradition, culture, society, faith, religion, politics, love, pain, rejection and grief. Set amid

Cairo's magnificent alleys, architecture and gardens, it filled my soul. The emotions I felt provided a catharsis, as only Mahfouz can invoke in his readers.

> What book can't you wait to dive into?

Timothy John
Marshall's *Prisoners*of Geography. It's
a fascinating view

of geopolitics and a complex study for me. My hope is that Marshall will take the complex and make it simple to digest.

Laura Esquivel

#### > What's your favourite book of all time?

A Suitable Boy by Vikram
Seth is the closest read to
Anna Karenina by the great
Leo Tolstoy. Seth takes
the reader on a journey
through all the intricate
dimensions of love: friendly,
companionable, parental,
passionate, romantic and
intimate. Bravo to Seth, who
courageously surfaces issues
of social divisions, adultery,
sexual abuse, oppression and

religious intolerance in an era and a culture where, too commonly, these issues are swept under the carpet.

> What book
completely changed
your perspective?
Laura Esquivel's *Like*Water for Chocolate
portrays how food
is not just fuel

for the body, but unequivocally a language of love. The heroine infuses her beautiful dishes with tears, passion and emotion for her elusive, inaccessible love, Pedro, through recipes that nourish the heart.

> If you could have dinner with any author, living or dead, who would it be? Israeli professor Yuval Noah Harari (Sapiens, Homo Deus), one of the most profound thinkers of our time.

—Shinan Govani

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**Alberta's Fairmont Banff Springs, pictured** in the 1930s, was one of Canada's first grand railway hotels

#### **SEEKING SUSAN**

Celebs of a certain vintage have long been the faces for fashion and beauty brands and now they're selling the glamour of globetrotting as well. Boldface names include Morgan Freeman, 84, for Turkish Airlines; Giorgio Armani, 87, Italy's ambassador for tourism; and Robert DeNiro, 78, teaming up with tennis legend Roger Federer, 40, for the Swiss Tourist Board. Susan Sarandon, 75, is

now a brand ambassador for Fairmont Hotels & Resorts.

Susan Sarandon

> The Oscar-winning actor also helped develop the brand's latest campaign. Based on the feeling travel experiences bring, it acknowledges the visionaries who created Canada's first grand railroad hotels in the 1880s. "It started in Canada," said Sarandon, at the launch at The Plaza in New York in

late 2021, "when the American railroad baron Sir William Cornelius Van Horne had the dream of bringing tourists to what were some of the most remote and pristine parts of the Canadian landscape." Those first hotels, built by Canadian Pacific Railway (CPR), acted as a social network between key cities and the wilds. In 1999, CPR acquired Fairmont and merged its properties under the Fairmont banner. It's since been flipped - now one of Accor's 50+ brands, along with Raffles, it ups the hospitality giant's luxury game. For Sarandon, that landscape still represents

untouched nature and a connection between historic and modern. The Empress in Victoria and Alberta's Banff Springs are among her favourites. In a world that's finally opening up again, she expressed what's at the heart of travel: "That feeling of exploration is something that brings us together as a global society." fairmont.com

COME SAIL AWAY

Emerald Cruises has launched the Emerald Azzurra, its first superyacht. Super, because, at 110 metres in length, it dwarfs typical yachts (which usually clock in at about 12 metres). It won't be crossing the Atlantic, but Azzurra's custom design allows it to smoothly navigate open waters such as the Mediterranean, and also dock at smaller ports that large ocean liners can't reach. The ship features a marine platform with direct access to the sea for swimming, snorkelling and kayaking. And, with only 50 cabins, most

with balconies, Azzurra is akin to a floating boutique hotel. Its inaugural spring/summer season launches with sailings in the warmer waters of the Med, the Adriatic and the Red Sea via the Suez Canal. A sister ship, Sakara, will join the Emerald fleet in 2023. emeraldcruises.ca

FESY OF FAIRMONT (BANFF SPRINGS); JAMIE MCCARTHY/GETTY IMAGES (SARANDON); VLADIMIR ZAKHAROV/GETTY IMAGES (DUBROVNIK); CSQUARED STUDIOS/GETTY IMAGES (PICKLE BALL); DIA DIPASUPIL/GETTY IMAGES (DICAPRIO); COURTESY OF HAMMOCK COVE IES (FOXX); SAMIR HUSSEIN/GETTY IMAGES (AMAL CLOONEY); LISA O'CONNOR/GETTY IMAGES (GEORGE CLOONEY); DIA DIPASUPIL/GETTY IMAGES (DICAPRIO); COURTESY OF HAMMOCK COVE

**Go Where You Want To Go** 

Inspiring ideas for the globetrotter By Vivian Vassos

**IN YOUR COURT** 

Antigua, the largest of the Lesser Antilles in the Caribbean, is renowned for its annual Sailing Week yachting

regatta, but two of the island's resorts are now catering to active fans on dry land. Guests at Hammock Cove, on Antigua's northeast coast, and St. James's Club, in the southeast, can play pickleball on new courts. One of the fastest-

growing sports for the 55-plus set in North

America, the '60s backyard favourite uses a badminton-sized tennis-like court, with a net, a perforated plastic ball and rackets that look like oversized pingpong paddles. Hollywood is in on the revival: Leonardo DiCaprio and Jamie Foxx regularly play, while George and Amal Clooney have a purpose-built court at their L.A. home. visitantiguabarbuda.com





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#### **STAND TALL**

Seven pages into Sit Up Straight: How to Future-Proof

Your Body Against Chronic Pain with 12 Simple Movements, I was using a book to prop up my monitor and keep my screen as close to eye level as possible. It's author Vinh Pham's first tip to correct "iHunch," the forward head posture screen time can cause. This slouching, the physical therapist writes in his book (out April 26), not only stresses back and neck muscles, as well as the spine, but can also contribute to depression, chronic fatigue and chronic pain.

Pham gives readers a posture hygiene plan, with stretches and exercises that can help 10 common ailments, including headaches and lower back pain. He also dedicates a chapter to specific needs. For instance, to combat bone and muscle loss - culprits for stooped posture as we age - he recommends exercise that focuses on legs and hips (walking, climbing stairs) and improving stability in everyday activities, such as using sit-tostand exercises that strengthen legs so you can sit down without "collapsing."

Balance, Pham tells me, is also necessary for good posture. To improve it, try the following exercise.

Stand with weight evenly distributed on both feet. Maintaining your best upright posture, lift one leg for 2-3 seconds, put it down for 2-3 seconds. Repeat 10 times, then do the same with the other leg. -Tara Losinski

**AN RX FOR NATURE** A walk in the park is exactly what the doctor can order. Health-care providers in four Canadian provinces are being urged to prescribe time in nature twice a week, at least 20 minutes each

well-being. The Park Prescriptions (PaRx) program launched in British Columbia in 2020 and expanded to Ontario,

Manitoba and Saskatchewan in 2021.

time, to improve mental and physical

This year, the first in a three-year commitment, Parks Canada chipped in 100 free annual Discovery Passes for adults, which will go to patients who live near more than 80 national parks, marine conservation areas and historic sites and can't afford the \$72.25 fee.

More than 4,000 doctors, nurses and health-care practitioners have signed up to PaRx. "There's a strong and growing body of research on the health benefits of nature time, from better immune function and life expectancy to reduced risk of heart disease, depression and anxiety," says Dr. Melissa Lem, a Vancouver-based family physician and director of the PaRx initiative.

People who are connected to nature are also more likely to help conserve it, and Lem likes to think "that every time one of my colleagues writes a nature prescription, we're making the planet healthier, too." -Jennifer Bain

**GIVING = HAPPINESS** Why are we kind? Several studies suggest it leads to a healthier cardiovascular system and longer lifespan - possibly because when we care for others, we release hormones such as oxytocin that reduce stress and inflammation and promote healing. Other potential benefits are reduced blood pressure and better immune function. And people who perform acts of kindness have a greater sense of purpose and better self-esteem, and a lowered risk of

depression and anxiety.

In a 2020 meta-analysis of 201 different studies, led by the University of Hong Kong, researchers confirmed these associations between pro-social behaviour and well-being. They also found that doing good doesn't have to mean structured stints of volunteering. By comparison, people seemed even happier when doing informal, face-toface favours, such as bringing soup to new parents, maybe because it strengthens our relationships, or it's less routine. Interestingly, older people were more likely to reap benefits to physical health than younger folk.

If you're not quite ready for inperson charity, you can just relive your memories. A 2019 experiment at the University of California demonstrated that dwelling on a kind act you performed in the past could increase well-being as much as doing the deed itself. -Lisa Bendall





#### SHINGLES DOESN'T CARE

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## : COLLECTIONS/GETTY IMAGES (ICONS); JIM (HOSPITAL); SERGEYRYZHOV/GETTY IMAGES (EKG)

#### The ER **Diaries**

**Dr. Zachary Levine** gives us the 911

THE CASE A woman brought her 85-year-old mother to the ER. The patient didn't know the date or where she was, and the daughter noted her mother had had difficulty remembering things for the past few months. The patient, generally healthy, was an independent person who lived alone. She took medication for high blood pressure as well as over-the-counter medications, as needed, for pain, nausea and allergies.

#### THE SYMPTOMS

Altered mental status is a common reason for ER visits. The patient was confused and disoriented; she was also disorganized and could not focus, symptoms that had come on rapidly and been present for two days. The daughter noticed her mother wasn't eating well or enjoying her regular activities, and she was also moody and wanted to stay in bed all the time.

#### THE TESTS

A medical history was taken, largely from the daughter, and a physical examination confirmed the disorientation. The patient's vital signs were good; and blood and urine tests to check for metabolic disturbances and infection, an EKG to get information on the heart, a chest X-ray to rule out lung issues, and a CT scan of the head to assess the patient's brain were all normal. A geriatric medical team, consisting of a physician, liaison nurse, physiotherapist, occupational therapist, pharmacist and social worker,



assessed the patient's level of function and safety at home in order to optimize the patient's well-being.

#### THE DIAGNOSIS

By questioning family and friends, the geriatric team determined her memory issues were caused by pseudodementia, where a patient seems to have dementia, but, in fact, the symptoms are the result of depression. The clues were that the memory problems were accompanied by other symptoms of depression, such as sadness, lack of energy and motivation, and decreased appetite. She was also delirious, meaning a sudden change in the way a person acts or thinks. Possible causes for this include metabolic disorders such as abnormal electrolytes, oxygen, carbon dioxide or glucose levels, as well as medications, infections, heart issues, stroke, severe constipation, urinary retention and being in unfamiliar surroundings. The team discovered the patient had been taking over-the-

counter antihistamines for seasonal allergies, which can cause delirium, particularly in older people. It happens more commonly with "older" or more established antihistamines, such as diphenhydramine, a.k.a. Benadryl, which may have anticholinergic properties. The effects of this, to which older people are more susceptible, include blurred vision, dizziness and confusion caused by decreasing acetylcholine activity in the brain.

#### THE OUTCOME

The patient stopped using antihistamines and began treatment for depression. Within a day, she was no longer confused and disoriented. And, within a month of treating the depression, her apparent memory issues had resolved. She was back to her old self.

Dr. Zachary Levine is chief of emergency medicine at McGill University Health Centre and associate professor of emergency medicine at McGill.

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#### **RUSSIAN ROULETTE**

LADIMIR PUTIN'S military assault on Ukraine in February, and his quest to reconstruct "historical Russia," came as no surprise to an older generation of Ukrainians who retain vivid memories of how terrible life was under another authoritarian madman, Joseph Stalin. In the 1920s and '30s, Stalin's genocidal agricultural collectivization policies uprooted farmers from their land, resulting in a punishing famine that killed millions of Ukrainians and forced others to start a new life elsewhere, with many eventually settling in Western Canada. In the hopes of avoiding a similar tragedy, many European and NATO countries, in-



cluding Canada, imposed economic sanctions on Russia, banning imports of natural gas and oil. While this move will likely increase our heating and petrol bills, a far lar-

ger concern is how NATO countries plan to counter Putin's aggressive behaviour in the future, without eventually resorting to arms. —Peter Muggeridge

#### **Public Affairs**

On the cult of personalities and politics



**ELECTION PITCH** Ford says he'll fix long-term care

#### **BIG PROMISES**

**ONTARIO PREMIER DOUG FORD** addressed C.A.R.P.'s annual general meeting (C.A.R.P. is an affiliate of ZoomerMedia) in February, joining a long list of high-profile politicians - including Prime Minister Justin Trudeau, NDP Leader Jagmeet Singh and former Conservative Leader Andrew Scheer - who have used the annual event to speak directly to older Canadians, an allimportant constituency that has the numbers to swing elections. With a provincial election coming in June, Ford promised in a virtual presentation that his government would "spare no penny" to overhaul

Ontario's long-term care system. You may recall an earlier pledge the Premier made in March 2020 about building an "iron ring" around seniors, which failed to materialize, and more than 4,000 older Ontarians died in long-term care facilities from COVID-19. While his latest promises - building 30,000 new beds, hiring 27,000 workers and providing four hours of daily care for each resident - sound promising, Bill VanGorder, C.A.R.P.'s chief policy officer, said that he will hold the Premier's "feet to the fire" to make sure he follows through. —PM

#### **ROAD TO NOWHERE**

■ HE FEDERAL CONSERVATIVE party is once again in disarray, looking for someone who can stop the Liberal minority machine. Later this year, the Tories will go back to the drawing board and hold their third leadership convention in seven years to replace Erin O'Toole, whom they unceremoniously dumped in February after he failed to stake out a clear position on the "Freedom Convoy" trucker protesters in Ottawa. O'Toole, often accused of being a wishywashy conservative, had become an easy target for discontented Tories after his efforts to shift the party to centre during the last election failed to attract voters where they need them most - in Ontario and Quebec. When the party chooses a new leader (Ottawa-area MP Pierre Poilievre and Jean Charest emerged as early candidates), he or she will have the daunting task of uniting the competing western, social conservative, libertarian and centrist voices within the party. But without higher-profile leaders like Ontario Premier Doug Ford and Stephen Harper-era cabinet star Rona Ambrose (both of whom have suggested they're not interested in the job), can anyone successfully steer this party off the road to political oblivion? —PM



RA PEARPRAI/GETTYIMAGES (FLAGS); SANDER MEERTINS/GETTY IMAGES (NIGHTINGALE); RYAN MCVAY/GETTY IMAGES K/GETTY IMAGES (BANDAGE); THE CANADIAN PRESS/CHRIS YOUNG (FORD); THE CANADIAN PRESS/JUSTIN TANG AN PRESS/ADRIAN WYLD (POILIEVRE); KADRI MOHAMED/ANADOLU AGENCY VIA GETTY IMAGES (TRUCKERS)



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Strategy #2: Life Insurance Policy Owned Personally, Tax Savings Later

As above, use the CPP benefits to pay the premiums on a joint-and-last-to-die Life Insurance policy for \$1.5 million. The charity, as beneficiary, will receive the insurance payout on the death of the second spouse. Their estate will receive a donation receipt for \$1.5 million and save the family about \$750,000 in estate taxes.

Strategy #3: Donate RRSP/RRIF By Will or Beneficiary Designation RRSP/RRIF will be fully taxed as income (53.53% in Ontario) on the second death.

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On the second death, the family receives the \$1.5 million tax-free. This produces an additional \$940,000 for the family (compared to \$460,000) and a \$1 million gift to charity!

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WATCH "The New Philanthropy", Mark's talk at Moses Znaimer's ideacity conference: www.ideacity.ca/video/mark-halpern-the-new-philanthropy

#### Kith & Kin

The community spirit of giving together **By Libby Znaimer** 

history we're trying to unearth. In the meantime, it may inspire a charitable commitment my brothers and I will make as a family. It started with a letter the Jewish Immigrant Aid Service (JIAS) Toronto sent to Moses (founder and CEO of Zoomer Media). "Given your family history and connection to JIAS, we would love to find a meaningful way for you to be engaged in our 100th anniversary." This raises the question: What was our family's connection to JIAS?

Our parents, Chaya and Aron, and Moses landed in Halifax aboard the SS Falcon on June 26, 1948. They proceeded to Montreal, where our father's first cousin lived. They'd been living in a displaced persons camp in the American Zone of Occupied Germany. When the war ended, they escaped the Soviet Union, where they had found a precarious refuge, and where they met, married and had Moses after the Nazis overran their respective homes in Poland and Latvia. Chaya and Aron had planned to return to their homes, but there was nothing and no one to go back to.

Canada's shameful record turning away Jewish refugees during the Holocaust is well known. Those policies were liberalized after the war, allowing the sponsorship of European Jewish refugees through programs to bring in close relatives and workers. Between 1947 and 1955, Canadian Jews sponsored and resettled 35,000 Holocaust survivors and their dependants. JIAS had a leading role in that work.

Our parents prided themselves on leaving us an inheritance, and we started making charitable donations in their honour shortly after they died. The first recipient was an obvious choice. All three

of us frequently used Montreal's Jewish Public Library when we were growing up – more importantly, so did Mom and Dad, especially when they went back to school after retirement. Since then, we've supported Jewish cultural events, cancer charities, the Holocaust film *Prisoner 88*, among others. The idea of doing it together is as important as the deed itself.

We do it through a family fund at a community foundation. Family philanthropy was once the exclusive domain of Rockefellers and Bronfmans, but community foundations have lowered the barriers for entry. You can start a fund with the Toronto Foundation, one of 191 community foundations across the country, with a minimum of \$10,000. CEO Sharon Avery lowered the threshold from \$25,000 when she took over five years ago. "Making philanthropy more accessible is our goal," she told me.

The money is deemed to be donated and you get a tax receipt for the full amount as soon as you set it up. Then you can take your time deciding how to allocate the money. Private foundations have to pay for investment fees and management, accounting, taxes and audits. A community foundation does all the administration for a fee. Started in 1914, it was the brainchild of lawyer Frederick Harris Goff, whose idea was to develop charitable endowments that would be flexible enough to respond to changing community needs.

Which brings us back to JIAS Toronto. I was surprised when executive director Elise Herzig told me that



Five-year-old Moses (left) with Nasha Rosenberg, photographed as they arrived with their families by ship at Pier 21 in Halifax, 1948. The photo appeared on the cover of *The Standard Review* with the caption, "DP's With Future."

WOMEN'S FEATURES - SPE

still, nearly 60 per cent of the organization's clients are Jewish. They come from countries including Turkey, Mexico, Brazil and Israel, and they may more likely need help with social connections rather than more basic assistance. These days, JIAS is engaged in helping a different, profoundly traumatized community the Yazidis, the victims of a genocide perpetrated by ISIS. JIAS has also sponsored more than 200 refugees from Syria, Iraq, Rwanda and Eritrea. They are preparing for the next wave from Afghanistan and, as of this writing, there are also thousands of Ukrainians fleeing their country. They will likely need the same type of assistance that our parents did.

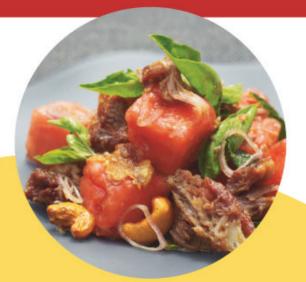
We want to know if JIAS helped Mom and Dad learn English or find work or housing, or to address their emotional needs as they recovered from genocide. It was not difficult to find friends with the same experience. Montreal became home to the world's third-largest community of Holocaust survivors outside of Europe. That was the community we grew up in. Our parents shielded us from the trauma of losing everything, and now we are trying to recover the information. "We're working on it," Elise said. In the meantime, she is asking us to pay it forward by helping the immigrants and refugees of today.

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

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# That Launched A Thousand Pictures

Helen Mirren has played queens and sexpots, but the lauded actress, who transforms into a frumpy Newcastle wife in *The Duke*, explains her method is more akin to painting a portrait than impersonating a character **By Rosemary Counter** 

from the National Gallery in London, it would be a Wassily Kandinsky. "I *love* Kandinsky," she says of the Russian painter, known as the father of 20th-century abstraction, although if you strolled through a gallery of his work, you might never know it's all from the same man's brush. Among his oeuvre, you'll find art that incorporates impressionism, expressionism, surrealism, Art Nouveau and Bauhaus.

Similarly, the many, many facets of Dame Helen were showcased in the spliced compilation reel shown at the 2022 Screen Actors Guild (SAG) Awards before she collected her Lifetime Achievement Award in February: Shakespearean thespian in *Antony and Cleopatra* and *Hamlet*; drunk and gruff Detective Jane Tennison in *Prime Suspect*; regal as Queen Elizabeth I and II; a fully naked Caesonia in the 1979 *Penthouse*-funded erotic film *Caligula*; campy criminal mastermind Magdalene Shaw in the even campier *Fast & Furious* franchise, movies seven through nine; and, in *The Duke*, her new film that opens this spring, a frumpy and sour-faced wife who discovers her husband is hiding a stolen painting by Mirren's second choice of artist to loot, Francisco de Goya.

The Duke is based on the true story about a disabled British pensioner, Kempton Bunton, who is incensed to learn his government paid millions to keep de Goya's portrait of the Duke of Wellington, a Tory prime minister and war hero, from being sold to an American collector. Nineteen days after its display at the National Gallery in 1961, the masterpiece disappeared. Was it the cunning work of an heist expert? Or the accidental misadventures of a good-hearted, working-class retiree on a crusade for free TV licences for seniors?

"You couldn't sell this story if it were a work of fiction," says actor Jim Broadbent, who plays Bunton in *The Duke*. Portions of Bunton's sensational trial – no spoilers! – were used verbatim, delivered in perfect Newcastle accents. Since Mirren's ever faithful to her real-life characters, she required a serious make-under for her turn as Bunton's wife, Dorothy. "When I first saw her in her wig and costume, it made me laugh," he admits during a Zoom press conference from London, where they're promoting *The Duke*. "She's always been a glorious and glamorous actress. You see past the cardigan and her inner beauty comes shining through."

Okay, okay, we get it: At 76, Mirren is beautiful, in-

side and out. She's aging like a badass, no eternal youth serum required, and she looks better in a red swimsuit than all of us. So I'm not sure what – or who – to expect when Mirren appears on screen, but, obviously, she looks way better than I do on today's video call, where I'm regretting wearing my sartorial choice of glasses and ponytail (in my defence, it's 8 a.m. in Toronto, and the glasses are Chloé, a small saving grace). Mirren, meanwhile, may as well have walked directly off a red carpet in a parakeet-green pleated silk dress from ME+EM with a Jane Taylor headband that sparkles like an actual crown. I'm certain she's long sick of questions of the "how do you possibly look so good?" variety, though truthfully it's the first thing that pops to mind.

That said, it could be worse, and not too long ago, it really was. In 1975, during Mirren's very first talk show appearance, U.K. journalist Michael Parkinson introduced Mirren as the Royal Shakespeare Company's "sex queen," known for "projecting sluttish eroticism." Parkinson then asked if her "equipment" hinders her pursuits as a "serious actress" (he indeed uses air quotes). "You mean my fingers?" she asks, though she'd surely rather have shown him the middle one. Mirren kept her impressive composure for 36 long years, when, in a 2011 interview with *The Telegraph*, she publicly called him a "sexist old fart."

Vowing to be nothing like Parkinson, I toss the Dame a curveball in a follow-up email: "What question does nobody ever ask that you really wish they would?" In an audio file she sent in reply, Mirren mulls a minute and then answers, kind of. "My favourite interview would be one with no questions at all, quite honestly," she says. "One where you just sit down and have a conversation about gardening or sewing. I love sewing."

Sewing? It's suddenly very clear to me that I don't actually know anything about Helen Mirren. This feels deliberate. "It's a mistake to confuse the actress with the

crats exiled to England during the Bolshevik Revolution, the formerly rich Mironov family started over in London's East End and soon Anglicized their last name to Mirren. Ilyena Vasilievna Mironov entered this world with top honours – the middle child of three was born in just 20 minutes, the fastest birth on record at Queen Charlotte's and Chelsea Hospital. When she turned three, the family moved to the more affordable Essex County, although they still couldn't afford a car, central heating, a washing machine or a refrigerator. Needless to say, there was no TV, so the family visited art galleries for a free dose of art and culture.

Mirren excelled at drama, even though she didn't particularly like it at first and begged her mother for permission to quit. An impressed English teacher suggested she apply for the National Youth Theatre, where she was so convinced of inevitable rejection that she auditioned in secret. At 17, Mirren made the cut. Her portrayal of Cleopatra earned her an agent, and though she finished teacher's college so she wouldn't have to repay a grant, it was clear Mirren would never be a schoolteacher.

Instead, she joined the Royal Shakespeare Company and began carving a niche as Shakespearean thespian in – and this is just a short sampling here – *Hamlet*, *All's Well That Ends Well*, *Macbeth*, *Richard III*, *Henry VI*, and *Much Ado About Nothing*. On screen, she has appeared in *As You Like It*, *The Tempest*, *A Midsummer Night's Dream* (twice) and *Hamlet* (again). Were Mirren any other actress, she probably would have settled into the theatre scene and safely stayed put.

But Mirren, like Kandinsky, does not believe in artistic monogamy. So when she was asked to appear in her first film, she couldn't resist a substantial pay raise and trip to Australia to film *Age of Consent*, which paired her, at

#### "Mirren required a serious make-under for The Duke. When I first saw her in her wig and costume, it made me laugh"

person on the red carpet," she cautions, with no mention at all of the real person behind the actress. I think of how much I know, with nary a Google search, about the actresses of my generation, like Jennifer Lawrence (new baby!), Lena Dunham (endometriosis) and Drew Barrymore (thrice divorced and too nervous to date). Each of them is a friendly open book, bless their hearts, but they are forever fated to play slightly different versions of themselves.

For details on Mirren, you have to dig into her 2008 biography, *In the Frame*. Descended from Russian aristo-

24, with 60-year-old James Mason, who'd also starred in Kubrick's *Lolita*. (Gross fact: Lest she seem too mature, producers billed her as 22.) Her 1969 film debut featured so much revealing nudity that it required editing for a North American audience, and projectionists stole the cut frames to take home as keepsakes.

Age of Consent solidified Mirren's sexpot status for decades to come, but if she regrets her more provocative choices, she's not saying so. "The reality is we all make mistakes in life and you live with it," she tells me in the email. "There are, of course, roles I've been asked





to do that I didn't and regret bitterly." Which ones, out of respect for her fellow actors who got the parts, she's not saying.

In 1984, Mirren crossed the Atlantic to Hollywood for the sequel to Kubrick's *2001: A Space Odyssey*, where she played a Soviet astronaut on a mission to Jupiter in the hilariously-titled-in-retrospect *2010: The Year We Make Contact*. Although Captain Tanya Kirbuk is not one of Mirren's more memorable roles, it was significant because it caught the eye of her future husband, American

director Taylor Hackford. Theirs was not a meet-cute: Mirren was furious that he was 20 minutes late to a meeting and loudly said so. More importantly, Hackford was already married, with two children from two marriages, and Mirren feared matrimony so much she suffered recurring nightmares about weddings.

She returned to London to escape their attraction, but six months later, Hackford separated from his wife and followed her there. "My fate was sealed," Mirren wrote in her biography. She conquered her fears to



EXIT, STAGE LEFT
Fringed cape,
Dries van Noten;
shirtdress and
shoes, Dior; hat,
Panizza; (Opposite)
Shirtdress, Dior;
jewelry, Boucheron.
Beauty note: red lips
and defined brows
frame the face. Try:
L'Oréal Age Perfect
Hydrating Core
Lipstick in Sublime
Red and Brow Pencil
in Dark Blonde.

wed Hackford in 1997, and the couple is going strong to this day. "We've been together 40-odd years, a ridiculous amount of time," Mirren tells me. Still, they manage to amuse each other, if only for the always-entertaining cultural divide. "We're constantly finding words that we don't understand in each other's language – American and English – and we can still sometimes be surprised by words that we've never heard coming out of each other's

Needless to say, there was no consensus, which is just fine by Mirren. Rather than shy away from the controversy, she told the *Daily Mail* the discussion was "utterly legitimate," and welcomed new opinions, particularly from younger generations. "The job of the young is to stand up and say, 'No, we're not having that. It's wrong," she says. "I love it when they do that. The desire for change is there and I'm full of admiration for them."

### "My favourite interview would be one where you just have a conversation about sewing or gardening"

mouths." Mirren only recently discovered Hackford likes Marmite, she tells me, which is a nice coincidence, since she also likes the savoury spread.

ITTINGLY, THE COUPLE SPLITS their time between London and Lake Tahoe, where Mirren recently shooed a black bear cub off the porch ("Go on! Naughty bear!" she commands in the viral video, and the bear immediately complies). They vacation at their restored, 16th-century farmhouse in Tiggiano, Italy. It's here, surrounded by olive trees and a vineyard, where Mirren feels her best self. "I feel utterly comfortable there, amongst our neighbours in our local town," she told the press group, asking us to kindly mention the little town she loves so much by name. Mirren was recently seen cleaning garbage off the side of the road.

If the above image is hard to conjure, it might be because the glamorous almost-EGOT winner – she only needs a pesky little Grammy – is almost synonymous with Queen Elizabeth I and II, who have never been spotted picking up litter. It's a daunting task to play the most famous woman on the planet, since failure can feel inevitable. "I used to think it's a no-win game playing living characters, because you're never as good as the person is at being themselves," she tells me. Whatever the role, from Her Majesty Queen Elizabeth to *The Duke*'s working-class Dorothy Bunton, Mirren has freed herself by thinking of her performance "the way a painter paints a portrait, where they put their understanding of that person into the painting. It becomes not just an impersonation, but an observation."

She will soon transform again, this time into former Israeli Prime Minister Golda Meir, in the upcoming biopic *Golda*. The casting choice prompted criticism from actress Dame Maureen Lipman. "The Jewishness of the character is so integral," she told the *Jewish Chronicle*. "I'm sure she will be marvellous, but it would never be allowed for Ben Kingsley to play Nelson Mandela." The comment reignited a familiar debate about representation, with Jewish actors, playwrights and even rabbis weighing in with opinions from all sides and walks of life.

Mirren is a very serious actress who doesn't take herself too seriously – an irresistible combination and one that lends itself perfectly to the social media age, where Mirren gleefully pokes fun at herself at every opportunity. For a 2021 Zoom interview with Jimmy Fallon, she logged in from her bathtub. ("I'm running out of bubbles, though. That's the problem.") She's got an ongoing flirtation with Ryan Reynolds (on one particularly amorous shot on Instagram, his wife Blake Lively joked, "Should I be concerned that my husband's never looked at me this way?") Even a candid snap by a stranger of Mirren riding the NYC subway in 2015, oversized tote held gracefully on her lap with gloved hands, went viral on Instagram. There, Mirren balances glamorous red carpet shots with #nomakeup selfies, which she posts with a purpose. "In return for this pic of me literally first thing in the morning, please donate to intensive care support at," she wrote, with a link to a COVID fundraising site, alongside a sleepy 2020 selfie taken in bed.

Even on the SAG Awards stage, following a fawning introduction from Kate Winslet, Mirren accepted her Lifetime Achievement Award with characteristic humour and humility. "I suppose I'm still alive, so by that measure I'm eligible," she cracked. In a custom floorlength Dolce & Gabbana gown, ballet pink with shimmering floral details at the shoulder and waist, she continued, slyly spelling out "S-A-G," because, she noted, "I hate to say the word 'sag' at my age." She dedicated her acceptance speech to "our tribe of rogues and vagabonds," that is, her fellow actors, whom she thanked "for your wit, your humour, all the laughter and the giggles, your perception, your emotional generosity, your great intelligence, your incredible energy and your helpless dedication to our chosen profession."

Right back at ya, Dame Helen. For your ability to be anything and anybody, for saying yes to Oscar-calibre roles and a Drop the Mic rap battle with James Corden with equal enthusiasm, for building a body of work that defies classification, for never, ever being boring. And hardly at all for looking fabulous while doing it.



# D); PRAIRIE PORTER INC./SIENNA FILMS PORTER INC. (SCENE)

## SOULTRAIN

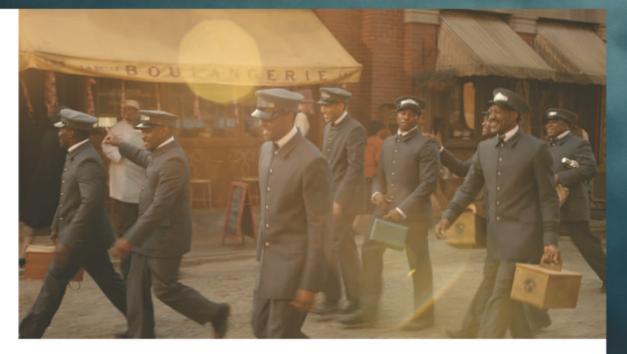
Actor Alfre Woodard talks to Ashante Infantry about the TV series The Porter, and shared connections to Canada's Black history

HIS IS DEFINITELY YOUR STORY; it belongs to you, my sister," Alfre Woodard enthused, when I told her that my grandfather worked on Canada's passenger trains. The Emmywinning American actor is an executive producer for *The Porter*, a TV drama about 1920s-era Black railway workers in Montreal. The CBC series animates tales my maternal granddad, Artley Charles Roach, who joined CN Rail as a sleeping car porter in 1965, shared about his quarter century of service. I wish I'd paid more attention and probed beyond the stories about cross-country sights, big tippers and celebrity encounters, like Sammy Davis Jr. buying rounds for passengers.

Until I read Cecil Foster's 2019 book, They Call Me George: The Untold Story of Black Train Porters and the Birth of Modern Canada, I knew little about the history of the male domestics who made beds, cleaned toilets, shone shoes, and the meagre-paying jobs that improved their families, communities and country.

And I could never reconcile the shuffling, "yessuh" Hollywood, trainporter trope with our late patriarch's leonine bearing, Holt Renfrew suits and the financial support he spread across the family.

The Porter, partly inspired by the Black Canadian Pacific Railway por-



ters who fought to join the whites-only Canadian Brotherhood of Railway Workers, and the subsequent organization of the first Black labour union in Canada - the Order of Sleeping Car Porters, in 1917 – fleshes out how Black men challenged institutional racism on the railways, where they were overworked and underpaid. The series also provides a broader examination of Black life in Canada during the '20s, exploring romance, family life and artistic ambition against the backdrop of political and economic pursuits.

As executive director, Woodard was content to support the show as a "stealth Fairy Godmother," but was reluctant to take an acting role. However, she was "floored" by the scripts. "Thank God. Somebody speaks my language in a way that I hear it, with the intelligence, with the humour, with the depth that I hear it," she recalled during a Zoom interview from the brightly lit dining room of her L.A. home.

Comfortably chic in a long-sleeved, ivory tunic, pearly drop earrings and light makeup, Woodard was buoyant, chatty and teasing, with a pocketful of jokes about the Great White North.

"I've spent the majority of my time in Canada shooting, either [in] Vancouver or Toronto; that's why I do poutine references," she said mirthfully about her adventures on location here since the '80s for movies like Scrooged, Down in the Delta and the current Apple TV+ sci-fi series See, which also stars Jason Momoa.

The Porter team proposed the Oscar-nominated performer, who has balanced a broad and prolific acting career with human rights work, play an associate of A. Philip Randolph a real-life U.S. labour union organizer who inspires one of the show's porters. But Woodard wasn't interested in a high-minded character. "It's easy to be an upstanding woman. Let somebody who really can work



that do it," she explained. "I only get dressed up for the stuff that requires thinking past the obvious. I said if I could play the 40-year whore, I'm in!"

So, Woodard, who turns 70 this year, is the fictional Fay, a pleasure-loving feminist, and the longest-working resident of a brothel in the St. Antoine neighbourhood of Montreal, known then as "Harlem of the North," now Little Burgundy. She turns in a vivacious, scene-dominating performance, delivering the most risqué lines of the program, which premiered on CBC TV in February, is streaming on CBC Gem, and will appear on BET+ later this year.

**HEPORTER**, touted as the country's biggest Blackled TV undertaking, educated the show's doyenne about the history of the Black people in Canada. And she enjoyed the ensemble's offcamera camaraderie.

"A lot of times, we end up just talking smack - I can't say it for your upstanding publication," the married mother of two jested about her synergy with younger colleagues. "And when we talk seriously, it's usually about love, about relationships, whether they're our partners, or our children, or, for them, parents. We very seldom have a sit-down about the business. I think they see me operate and [observe] how an actor can have control in a space where you're really not given control; where you could be bleeding from the ears and [the director may say], 'Just wipe it off, give her a cup of coffee. Okay, here we go."

This wasn't the case with The Porter, which was shot in Winnipeg. The production modelled the inclusivity promised by the television and film industry in the wake of the #OscarsSoWhite movement and the George Floyd reckoning. Producers ensured at least one BIPOC member was hired in each department; a therapist was on hand for delicate scenes that employed the N-word or police callousness; and a cultural sensitivity consultant held bi-weekly Zoom meetings with cast and crew.

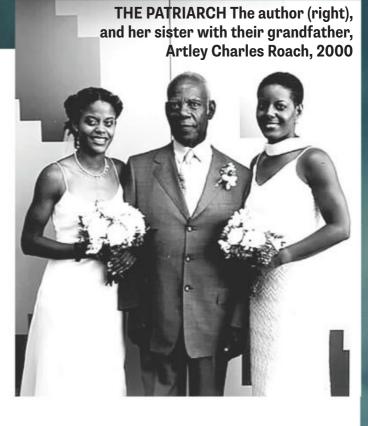
I'm not a fan of "When we was coloured" cinema; I find it about as entertaining as the roller coasters I avoid. Watching Roots as an 8-yearold in the late '70s was petrifying. I can still recall the panic that groundbreaking TV series aroused in me: that on a whim, Black people could easily be enslaved again. So, I'm sparing about exposure to dramatized racial terror. But I do appreciate that efforts like *The Porter* are critical to a deeper under-

standing of Black history, and thankful that such programming is now often accompanied by trigger warnings and parental discussion guides.

The last survivor of 18 children, my grandpa, who retired from VIA Rail in 1990, didn't play favourites among his four kids and 12 "grandpics" (pickney is Jamaican patois for child). He always had something delicious simmering on the stove, and a mint \$50 or \$100 bill to hand off, but was tight-lipped about his struggles and vulnerabilities. It is likely he benefitted from the courageous agitation of his forerunners, as explored in The Porter. After he emigrated from Jamaica to Toronto in 1963 with a basic education, within two years and on the strength of portering - he purchased his first home in Toronto. That property and others netted a healthy sum when he died, benefiting his descendants in ways few Black men of his generation were able to do.

Woodard, on the other hand, grew up in Tulsa, Okla., where an estimated 300 residents of a prosperous Black neighbourhood were murdered and their businesses and homes razed in 1921 by a mob of white men. Woodard helped lead the 100th-anniversary remembrance ceremony for the Tulsa Massacre and also narrated a CNN documentary about it called Dreamland: The Burning of Black Wall Street.

The actor recalls how her interior designer father instructed her to be



courteous to people in service, particularly railway workers. She learned that train porters – one of the best available jobs for Black men at the time – played an invaluable role as they travelled from city to city. "The way that we think of the internet now, the porters kept everybody informed, connected, and that meant saving our lives most of the time, and all the way up into when I became active in the civil rights movement as a young teenager," Woodard explained.

A five-decade veteran of the industry, Woodard has been a beacon for generations of the Black creative class. It was her young friend and See castmate, Canadian actor Nesta Cooper, who lobbied Woodard on behalf of the show's co-creator, Arnold Pinnock, who was eager for Woodard to visit *The Porter* writing room.

"I didn't quite get it," Woodard said about the interest from the Black members of the series' team - Pinnock, showrunners Annmarie Morais and Marsha Greene, and directors Charles Officer and R.T. Thorne. "You forget that people saw you [on TV] when they were little, and it meant something to them ... We all grew up to be good, productive people in our societies, but we didn't have images of ourselves on screen.

"When I got to Hollywood, I remember Sidney [Poitier] and them trying to get [a] porter story told 45 years ago. So you know, I'm excited about this one." 2



# BEAUTIFUL MUSIC TO HEAL A CRAZY WORLD





N A Q&A WITH Margaret Atwood about her new book, Burning Questions: Essays and Occasional Pieces 2004-2021, Susan Swan talks to her old friend about the climate crisis, the Steven Galloway scandal at the University of British Columbia (UBC), tarot cards and growing old.

Swan, whose ninth book of fiction, *The Dead* Celebrities Club, was published in 2019, is the co-founder of the \$150,000 Carol Shields Prize for Fiction. It is North America's first literary award for women and nonbinary writers, which will be awarded for the first time in 2023; Atwood is both a literary and honorary patron.

Swan is also writing a memoir, *Too* Big: Fate, Feminism and Life with a Large Body, about how, at six-foottwo, size shaped her life. Atwood and screenwriter Susan Coyne have taken out a television option for the section set in Toronto's performance  ${\rm art\, scene\, during\, the\, '70s.\, Meanwhile,}$ playwright Hannah Moscovitch is working on a pilot for an upcoming CBC-TV series based on Swan's 1983 debut novel about Nova Scotia giantess Anna Swan (no relation), The Biggest Modern Woman of the World.

Atwood is the award-winning author of 17 novels, including Canadian classics such as The Edible Woman, Cat's Eye, Alias Grace and The Blind Assassin. Her Governor General's award-winning 1985 book, The Handmaid's Tale, was made into a hit Hulu TV series and propelled Atwood to international stardom as a cultural luminary. In 2019, she won the Booker Prize for its sequel, The Testaments. Atwood's latest projects include a short story with graphic artist David Mack to celebrate the 30th anniversary of singer Tori Amos' debut album, Little Earthquakes, and an eight-week course called "Practical Utopias: An Exploration of the Possible" for the live learning platform, Disco.

Susan Swan: Your new book Burning Questions is a fascinating and funny cultural temperature taking. It's also your third essay collection since your first collection, Second Words, came out in 1982. Congratulations! Margaret Atwood: Thank you. It was a lot of work! I average 30 occasional pieces a year, so we had to go through 500 pieces to make the selection.

SS: The essays in your new book include discussions of Western literary classics, lesser-known East European writers like Ryszard Kapuscinski, and astonishing scientific facts like pig-human heart transplants. How do you know all that you know? Do you set aside hours in the day for reading books and searching online? MA: Stuff accumulates, as in your granny's attic. I'm also curious: I go down rabbit holes, I turn over damp logs. Amazing what you find! Sometimes a newt, sometimes a scam, sometimes a many-gendered fungus, sometimes a fight over whether Pluto is a planet. You never know. (Don't ask whether Pluto is a planet. I'm keeping out of that bun fight.)

**SS:** And how do you retain it? Do you have a photographic memory? You must have received high marks in school.

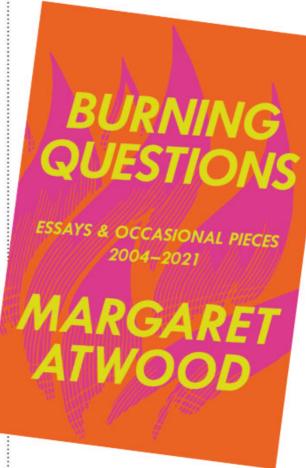
MA: No photographic memory. And I wasn't an assiduous student in high school. I did well enough, but I lacked focus. Procrastination. Easily distracted. Boyfriends. Nail polish. All that.

SS: Most people aren't aware that you're skilled in reading palms and tarot cards. In your essay, "Three Tarot Cards," you talk about meeting a young female Dutch art historian in Edmonton who introduced you to the esoteric arts. Can you describe that experience with Jetskye Sybyzma and how it affected your view of literature?

MA: I already knew tarot via modernist writers such as T.S. Eliot.

Jetskye specialized in Hieronymus Bosch, and had learned astrology through that. I added the palmistry because they're all part of the same planet-centred, early-Renaissance belief system. As I said, stuff accumulates. (It didn't affect my view of literature. Though I like to cast horoscopes for my fictional characters, as did the Portuguese writer Fernando Pessoa.)

SS: Burning Questions, with its essays, speeches and reports, is a jigsaw portrait of the contemporary world from 2004 to 2021. What is the biggest political change you've seen since you published your first collection?



MA: I'd say there are two: the foregrounding of the climate crisis, and the rise of an extreme right in North America bent on the destruction of democracy. They're related: Big oil money doesn't want to relinquish its power.

SS: How do you think you've changed, besides the change in hair colour you mention in your introduction to Burning Questions?

MA: I got older. Next Q?



Atwood and Swan at the 2019 Center For Fiction awards, New York City, where the television adaptation of *The* Handmaid's Tale was honoured; (left) Atwood's first collection of essays, 1982

SS: In your recent essay "Am I a Bad Feminist?" you pointed out that it's a mistake to assume women are always truthful or good. And you insisted that both men and women are entitled to human rights. When did you first start forming a view about the way Western culture treats women? And has it changed over the years?

MA: About 1960, when I was reading Paradise Lost and the myth of Medusa and parrying quips about my wanton curls and snaky hair. But I never much believed stuff about what women could or couldn't do. Mostly I made fun of it. I had a tomboy mother, which helped. Yes, opportunities have expanded and norms have changed, at least for middle-class women and in the sphere of genderbased harassment and assault. But there's now pressure from the right to change back. Autocrats always downgrade women.

SS: While we're talking about the bad feminist essay, have you changed your opinion about how UBC handled the allegations of sexual assault | tall order.

against author and former creative writing professor Steven Galloway? Why or why not?

MA: "Handled" means UBC members held a Star Chamber inquisition without informing the accused, believed a string of now proven falsehoods without doing any due diligence, passed judgment while violating their own process, and went public before there was any inquiry. Yes, I still think that's awful. Now I've seen the documents produced during the SLAPP (strategic lawsuit against public participation) hearing, through which those labelling Galloway a rap-

ist hoped to avoid a defamation trial.

UBC's behaviour is much worse than we thought: "... rumours, gossip, fabrication of evidence, innuendo and malicious speech ... hardly compatible with facilitating a fair and safe investigation." That quote is from Judge Adair's judgment [available at www.bccourts.ca] with a summary by Vancouver writer Carmen Aguirre on Brad Cran's Substack account, Truth & Consequences.

If being a good feminist is wiping your feet on the need to seek out truth, then I'm a terrible one. You'd almost think this bunch had been hired by men's rights activists to give feminism a bad name. Has UBC offered any apology for its mess-up? Nope.

SS: Burning questions, burning world. In this collection, you're telling us that we better get our act together on climate change or we're going to become extinct. Is survival the major theme in your writing? Or is the question, "Is it true and is it fair?" a better guide to your writing? **MA:** Those two things are joined. In order to mitigate climate change, we'll need the truth. But any action taken will have to be fair enough, or most people will refuse to act. It's a

**SS:** You sum up the survival theme in the hilarious essay, "Greetings, Earthlings!" In this essay, you're a monster-like creature from the planet Mashupzyx, appearing in an old lady disguise. As old feminists, we know conventional thinking assumes we grow more detached - and irrelevant - as we age. Yet you're more engaged than ever. Why haven't you given up on us?

MA: There are as many ways of growing old as there are old people. I embody some of the stereotypes, though I haven't yet taken up hobbling. I do lure younger people into my gingerbread cottage and eat them, but one needs a hobby.

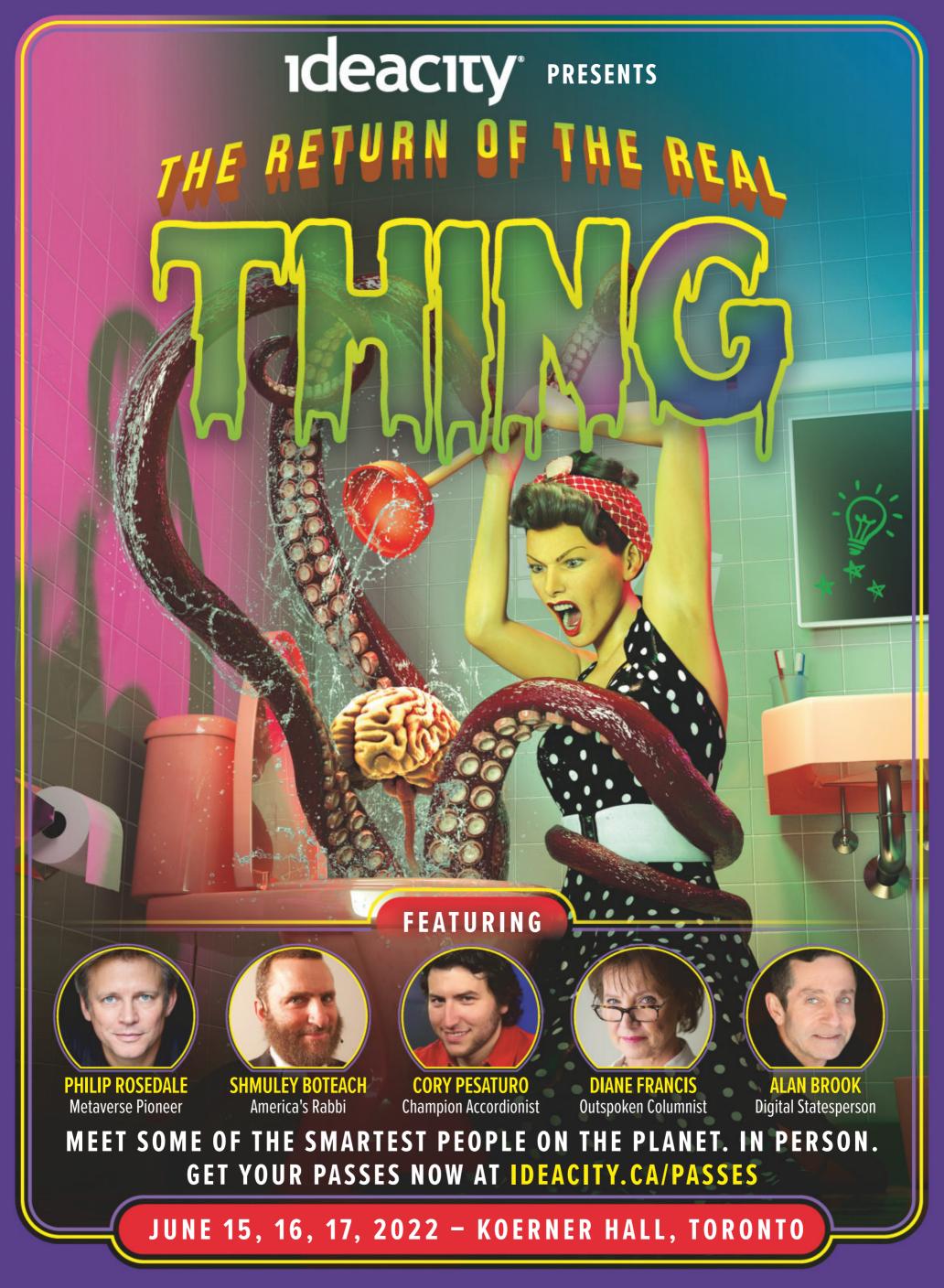
As for not giving up on our species, what choice do I have? I tried joining a wolf pack but they rejected me. "You smell funny," they said. "It's the Jo Malone. Feh."

SS: A few years ago, I watched two young feminists in New York press you to tell them what was going to happen to America. Is this a regular occurrence, and how do you handle those who want you to be a prophet?

MA: I tell them that for my prophecies I need goat entrails. So far, they haven't provided any.

SS: You warn in your essay "Polonia" that it's never wise to give advice to the young. All they want is our blessing. And yet Burning Questions often reads like a lot of witty and rollicking advice to the world: Grow up, act fairly and responsibly, and for god's sake, save the planet. Is there anything else you would like to add?

MA: You can give advice to the young, if they ask. For Burning Questions, people asked! But I don't always follow my own cautions. I overheard two guys in a supermarket bemoaning their malfunctioning dishwasher. "Have you cleaned the filter?" I interjected. They looked at me with a wild surmise. "There's ... a filter?"







GOSSIP IS NEWS RUNNING AHEAD OF ITSELF IN A RED SATIN DRESS."

This is the most acute definition of scuttlebutt I ever did hear, coming via Liz Smith, one of the greatest merchants of gossip, circa finde-siècle 20th century Manhattan.

It's a maxim that swam through my head, more than once, as I made my way through the first season of the Netflix sensation *Bridgerton*, beamed through our screens in 2020. Brought to us by the crowd-pleasing producer Shonda Rhimes, and set in an alternate-reality Regency era – where people of colour are members of the *ton*, a.k.a. fashionable society – the series got going during the thrust of the London social season in 1813. The show, based on Julia Quinn's popular novels, is presumably about love and courtship, sexcapades and status anxiety, but really, at its core, it totters the line between tittle and tattle.

This is particularly true when it comes to the romantic travails of debutante Daphne Bridgerton (played by Phoebe Dynevor), part of a well-titled brood facing money problems, and the arrival of one smoldering duke, played triumphantly by Regé-Jean Page.

But with the series saying adieu to the duke in Season 2 (out March 25), all eyes are turning to the marriage marketplace ebbs and flows of Daphne's brother, Lord Anthony Bridgerton (Jonathan Bailey). Complete with new objects of fascination, c/o the Sharma family – fresh from Bombay – the whisper campaigns show no signs of dulling. In fact, they begin anew.



PHOTOGRAPHY, HAPPY (PEN); LIAM DANIEL/NE (DANIEL DEFOE); HERIT

Information as power. Hearsay as leverage. Fanned, in particular, by the stylings of Lady Whistledown, the *nom de plume* powerhouse behind the city's leading scandal sheet – voiced by Julie Andrews, no less. The world of *Bridgerton* is all about "spilling the tea," as the kids say these days.

This crowd, they chinwag. They speak *sotto voce*. They dish the dish. All of it is presented in a way that reminds us that gossip, as we know it, did not originate with TMZ or *Page Six*, or arrive with *Real Housewives*, and is not the exclusive terroir of social media (the pipelines through which gossip largely flows and morphs these days, like the wildly popular Instagram handle, @deuxmoi), but has existed as long as humans have talked.

As evolutionary psychologist Dr. Robin Dunbar posits in his 1996 book, *Grooming, Gossip, and the Evolution of Language*, it is a form of social grooming, long used by groups to establish bonding and chisel hierarchies inside communities.

#### T'S PART OF OUR NATURE, EVEN IF YOU SIT BACK AND INSPECT THE GREAT MYTHS –

Roman, Greek, Hindu, take your pick – that animate world cultures. When you consider it, these parables are, more or less, gossip. Which son betrayed which father? Whose love was unrequited by whom? Who flew too close to the sun, and was torched by hubris?

I, too, always like to say gossip has pretty much existed since the cave people, in that it *only* takes three – two in one cave talking about that one a few caves over. Playful conjecture. Run-of-the-mill voyeurism. The cataloguing of resentments. People talk about other people; it's Humans 101. In politics and business alike, the hum of gossip is constant.

Bridgerton's genius is the way it provides a particular window into the history of the gossip arts – a perfect alignment of demographics, technology and the law. Long before Twitter, Facebook or Instagram, newspapers were everything; they grew exponentially with the rise of printing in the late 17th and early 18th centuries, and reached a new high in 1695, when the British Parliament revoked a law that limited

the number of printing presses. A new yen for scuttlebutt – the badder, the

better - was suddenly in vogue.

It did not hurt that London was booming and new laws had weakened the monarchy by limiting its powers. So there was a loosening of mores, in general, when it came to speaking out against powerful people. According to Joseph Epstein, author of the 2011 book *Gossip: The Untrivial* 

Pursuit, "many of the new specialists" – among them Daniel Defoe, author of Robinson Crusoe – "camouflaged their victims by describing them but not mentioning their names. Much of this new journalism divided itself by political party, with Whig publications digging up dirt about Tories, and Tory publications doing the same with Whigs. Then there were the calumniators who worked gossip for purposes of blackmail, threatening to release damaging information about a person unless he or she agreed to pay to suppress it."

As literacy grew across the classes, and appetites were heightened for news of the rich and powerful, there was, from the lower rungs of society, a hankering for validation that "one's betters weren't, at bottom, really any better at all," Epstein writes.

Female readers supplied a fresh audience, as their interests were not limited to the standard gossip kernels of politics and crime. Instead, "they preferred the details of everyday and of private life, with a special interest in the so-called polite world and its denizens: who was seen with whom at assemblies, playhouses, operas, and the rest of it. Naturally, anything scurrilous that could be turned up was a bonus, and as such much welcomed."

A London publication called *The Morning Post* was the most famous of these sources, according to Epstein's book. "It thrived on bawdy, light-hearted stories about high-society personalities ... they even allowed 'puffs,' or flattering paragraphs about individuals one could pay to be placed in a story."

In *Bridgerton*, even Queen Charlotte cannot resist the honey trap of gossip. Essayed by British actress Golda Rosheuvel, in one example of colour-blind casting that is a hallmark of the show (in her case, a nod to historical speculation that the Regency Queen was, in part, Black), she keeps close tabs on Lady Whistledown. At the same time, she is determined to expose her identity. "Charlotte is the queen," executive producer Betsy Beers has said, "but in the world of gossip, Lady Whistledown has a leg up, because she always knows things the Queen does not. Whistledown has the platform to alter the way the *ton* see society and themselves."

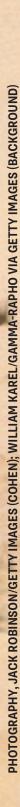
But that was then. "We're still doing the same stuff," Claudia Jessie, who plays Bridgerton sibling Eloise, recently said about the universal need to peer into the lives of others.

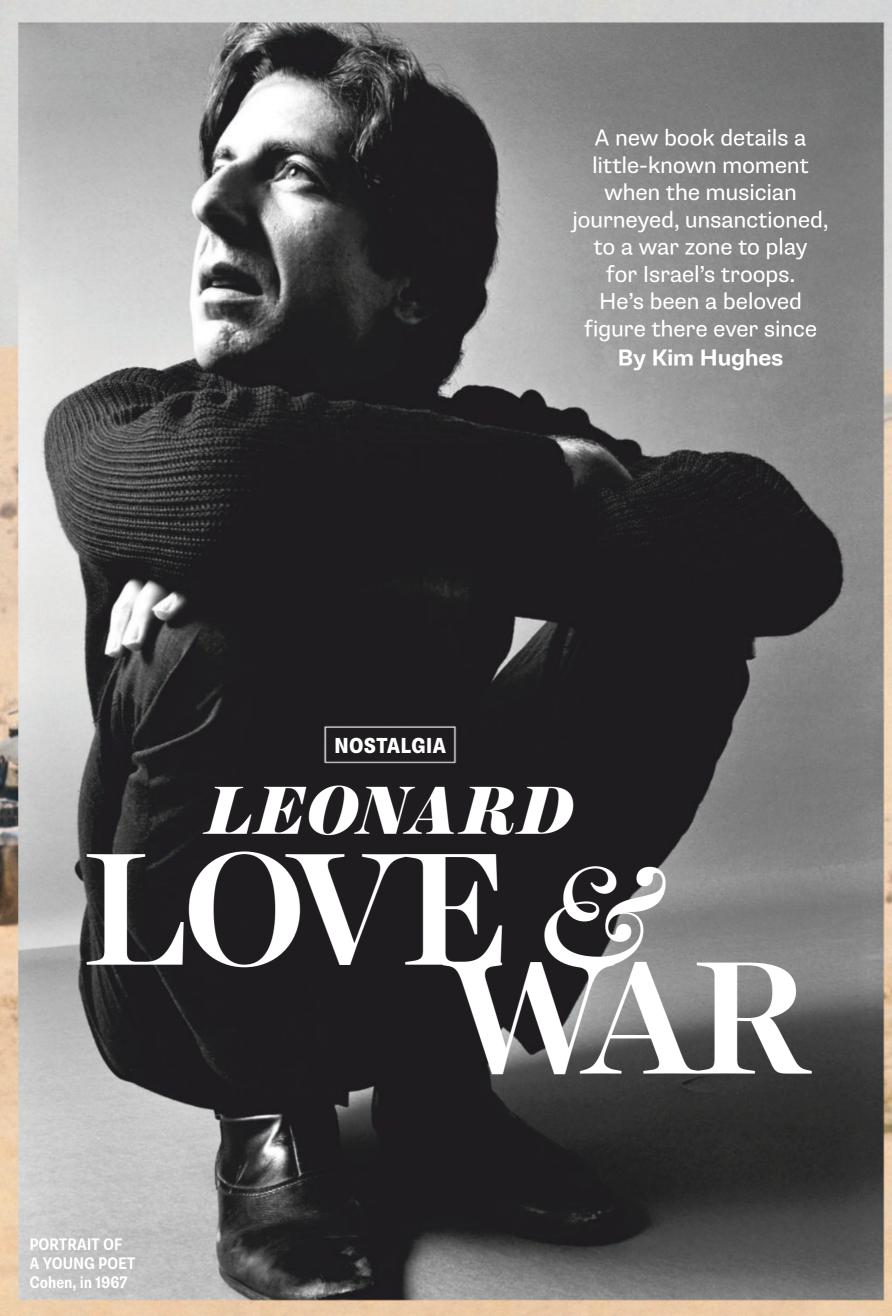
Reinforcing the idea that so much of this is evergreen, she added, "Where they would go to dinners or balls, we just do it with social media. It shows how adorably pathetic we are. We want validation or escapism."

Plus ça change. 2

"Gossip, as
we know it,
did not originate
with TMZ or
Page Six"







a life chronicled as exhaustively as Leonard Cohen's could yield a riveting untold chapter almost six years after the singer-poet's death at 82. In Who By Fire: War, Atonement, and the  $Resurrection \ of \ Leonard$ • Cohen, Canadian-Israeli journalist and author Matti Friedman provides a richly detailed account of the late musician's momentous and very risky concert tour for soldiers serving on the front lines of the 1973 Yom Kippur War as they fought Soviet-backed Egyptian and Syrian

T SEEMS unlikely that

Hastily organized and not sanctioned by the Israeli army, Cohen's desert tour didn't get much coverage from local or international media. Friedman says it was relegated to a "footnote" in Cohen's career, athough it was, in fact, "a crucial moment both for Cohen and for people in Israel.

forces over the Israeli-occupied Sinai

peninsula, which the Israelis had

wrested from Egypt during the Six

Day War of 1967.

"[Its impact] was awful, incredible, unforgettable and immortal," Friedman says in an interview from Jerusalem. "I am lucky no one noticed it until now."

Its significance registered on Friedman's radar in 2009, when 50,000 people showed up for a Cohen concert in Tel Aviv. "It was his last reunion with Israel. He'd turned his back on the crowd, retreating to the monastery on [California's] Mt. Baldy [in the '90s], and then, upon discovering that his manager had stolen his savings, came out to tour for the first time in fifteen years," Friedman writes. "Just like Cohen's 1972 tour [when he played Europe and Israel in April, after 1971's Songs of Love and Hate], this one ended in Israel."

Unlike 1972, Cohen – born into an Orthodox Jewish family in Montreal in 1934 – was in his 70s. He was also a globally revered, bona fide pop icon.



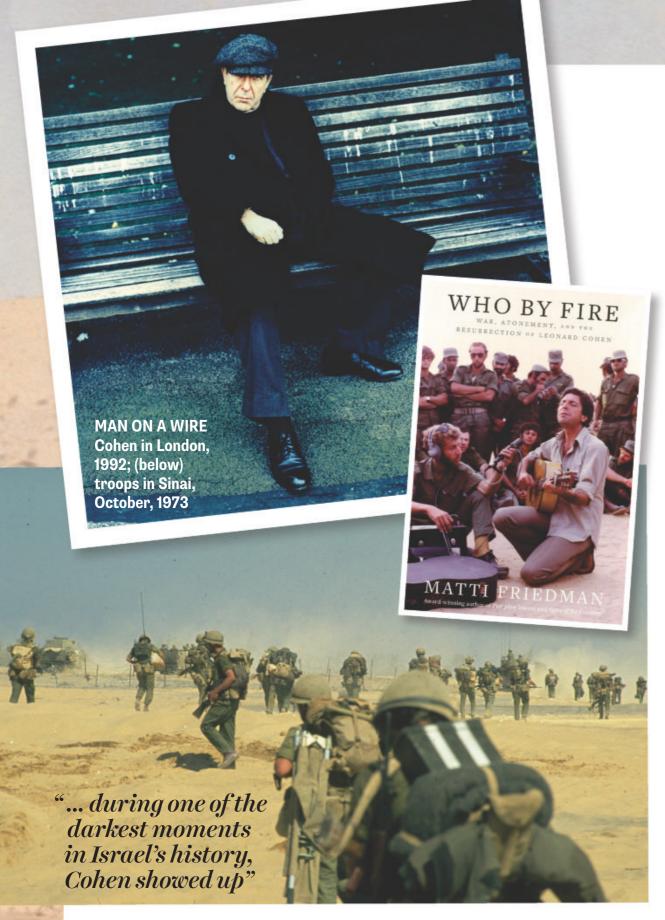
"The [Tel Aviv] concert went down as one of the best ever held here, and people speak of it in almost religious terms," says Friedman, 44, who was raised in Toronto. "I didn't appreciate the extent to which Cohen remains a music god in Israel, like Canada. But people remembered that during one of the darkest moments in Israel's history, Cohen showed up."

VEN IF the backstory was begging to be told, it wasn't easy. For one thing, Cohen didn't detail it in his notebooks, which Friedman flew to Los Angeles to read. He had to piece together the narrative through interviews with those who saw Cohen play or who had performed in his local pick-up bands; through photographs snapped by soldiers at the shows (many included in Who By Fire);

and through a deep dive into the archives of his publisher, McClelland & Stewart, at the McMaster University library in Hamilton, Ont. At McMaster, Friedman uncovered a 45-page manuscript, housed in a box, that Cohen typed on the Greek island of Hydra (where he lived with his partner, Suzanne Elrod, and their son, Adam), shortly after he got back from Israel.

"The entire document is too long to print in full," Friedman writes, "so I've taken the liberty – with great trepidation – of abridging the text to distill the narrative of his journey to Sinai."

Even so, the manuscript is cryptic and impressionistic. It is also, as Friedman writes, "often livid and obscene. The way he writes about women, and the way he related to them, was part of the style of >



those days, but it is out of step with our own times."

In the book, Friedman notes that the 39-year-old poet, "the one who travelled to Sinai and who typed this manuscript, is in the grip of anger and urges. He's trying to lose himself with women and drugs. He's a harder character to love."

Friedman speculates Cohen's reticence about documenting the tour might stem from the complex reasons for undertaking it. Facing 40, Cohen was apparently unhappy at home and feeling washed up, careerwise. The stakes were high.

"I think the tour was very significant, but also disturbing, upsetting, exhilarating, and he didn't really know how to talk about it," Friedman says. "He never offered a journalistic account of what happened. Maybe he thought that would reduce his work; he wanted to channel the essence of the experience into art."

Friedman also suspects performing for soldiers might have been an afterthought. Cohen, he writes, arrived in Israel without a guitar, and told some people he wanted to work on a kibbutz like other foreigners had done in 1967, picking oranges, for example, so men on the communal farms could join the war. "There are hints in the manuscript that he wanted a place to start again, and he thought that might happen here," Friedman says. "But I don't think he had a concrete plan of how he was going to go about it. It just kind of came together as if by magic."

NDEED, COHEN'S grandest artistic achievements were yet to come, which makes the dangers he faced during the Yom Kippur War even more heartstopping. "This wasn't like Bob Hope playing to troops on bases," Friedman says, alluding to the famed American USO tours.

It's unclear exactly how many shows Cohen performed in 1973; Friedman speculates it was dozens. But their impact on the soldiers who saw them, many quoted in Friedman's book, was incalculable.

He speaks to a grizzled former field commander, Amatzia Chen – known as Patzi to his soldiers - who saw Cohen play.

"What touched me very deeply was this Jew hunched over a guitar, sitting quietly and playing for us," Patzi, now in his 80s, tells Friedman. "I asked who he was and someone said he was from Canada or God knows where, a Jew who came to raise the spirit of the fighters. It was Leonard Cohen. Since then, he has a corner of my heart."

"Officially, the tour never happened," Friedman says. "Everything was so chaotic and there was such disarray in the army that no one thought to write down who came and where they went. I tried to track down a list, but none seems to exist."

And what would Cohen have made of Who By Fire? "I constantly ask myself that question," Friedman laughs, adding that Cohen's last manager, Robert Kory, who runs the Cohen estate and knew the musician well, "thought I got it right. So, I hope, somewhere, Cohen is smiling.

"Even if he wouldn't have signed off on every word, I hope he would respect my attempt to understand the soul of a great artist at a crucial moment in his life."



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sky-high." Mama didn't know a pandemic was about to do that in ways she could not understand or imagine.

Back in the fairy-tale days, each of the four bears had their own bed, chair, bowl of porridge, laptop and iPhone; a cosy bear setup, although sometimes things were too hot or too cold or too big or too small, which could make the four bears fractious. One day a blond named Goldilocks wandered through – bouncy curls, lively personality, snappy overalls, the whole getup – looking for something

that was "just right." After she left, nothing was just right,

holding her second glass of Pecorino as the night breeze gently ruffled her neck fur. "It's the least co-operative liv-

ing arrangement ever created and has long since outlived

its benefit for bear society. It's time" - Mama liked to drive

home a point - "to blast the whole outmoded construct

and pretty soon Papa Bear moved out to a condo nearby. In those early, post-separation days, when her family was still evolving from four bears to three, it was a new kind of life. Humbling was one way to put it. The baby bears often seemed angry with Mama, like it was her fault they were no longer a family. Mama was doing everything she could to keep them happy and on track and felt like they might have been a teensy tiny bit more grateful. She did her best to keep this thought to herself. When Baby Boy Bear came home after university to lie on the couch for a year before he set out for the woods to work and travel, Mama maintained a cheerful demeanour.

"How was your day?" she would call out, as she arrived home from work lugging bags of organic honey and blueberries for dinner.

"Mama, why are you always grilling me?" he would say.

"Well, why *are* you grilling him?" Jungian Bear asked at Mama's weekly therapy session.

"Pardon me?" Mama tried not to bare her teeth.

"When you say – 'How was your day?' – are you looking for the answer to that question? Or are you really saying, 'Do you intend to waste your life in my den and become a feckless drifter who will make me miserable for all my dying days?'"

After that, Mama talked to Baby Boy mostly about hockey. In one of his off-the-couch periods, Baby Boy travelled to the mountains of Guatemala, and one night he FaceTimed home, sounding light with happiness. "Mama, I've met Sweetheart Bear." She heard the awe in his voice from 5,000 kilometres away and marvelled at how love can find you. Soon after that, he found a good job with a Canadian company and worked remotely as he and his sweetheart prepared to move to Toronto.

The news from Baby Girl Bear in these bright days when the world felt knowable was just as good. She'd set up her own bachelor cave, small but well-appointed, got a steady job in retail, and thrived under the routine. And guess what, one of the guys in shipping turned out to be her sweetheart and moved into her cave. "My baby bears have love and work," Mama Bear liked to say in this period. "They're all set up."

This turned out to be false hope.

Somebody once said to Mama, or maybe she heard it in a movie, "North American bears expect happiness and are shocked when unhappiness comes. But most of the world is used to unhappiness and is surprised when happiness lands in their life." The idea that all happiness is fleeting was instructive, especially when the next thing that happened was COVID-19.

Baby Girl Bear had to stop work and go into lockdown in her small cave three times. Her routines were upended and replaced by endless exhausting existential uncertainty. The former joy of retail service eluded

her, especially when customers roared at her because they had to wear masks. Wearing her own mask eight hours a day made breathing in and out feel like an effort. It felt like there was no relief. It felt like no one cared. Things became dire for Baby Girl. She stopped trusting anyone, especially the government, and the upshot was she decided not to get vaccinated.

"That's stupid!" snapped Mama on the phone, and Baby Girl said, "You are impossible to talk to," and hung up.

Meanwhile Baby Boy, as a foreigner in Guatemala, couldn't get vaccinated because there weren't enough vaccines for Guatemalans - "just one example of the glaring inequity of world vaccine distribution," said Mama (wine, balcony). "Bears there are protesting in the streets to get the vaccine. Bears here are protesting in the streets not to get the vaccine," she said. "How did my nuclear family get to this place? Two unvaccinated baby bears in a world pandemic, one *can't*, and one *won't*. Grrrowl!"

When Baby Boy FaceTimed a few days later to say they'd booked flights home (they'd have to test negative before they boarded and quarantine for 14 days once they got here), her elation was cut short by what came next.

"So, Mama," Baby Boy began. "Sweetheart Bear feels uncomfortable when you talk about her having cubs. We'd like you to ease up on your cub agenda after we move in with you."

"I do not have a *cub agenda*." Mama couldn't seem to put a paw right.

"Mama, it's all you talk about. The truth is, Sweetheart isn't sure she wants cubs."

"Grrrrow-ouch." Mama disguised an involuntary growl by clutching her carpal tunnel-ravaged wrist and complaining about her constant pain. "Too much fishing for salmon in the river to feed my family," she said, deflecting and guilt-tripping at the same time. "But what about you, Baby Boy. Don't you want a cub?'

"I want whatever Sweetheart wants."

Mama struggled to adopt the smiley-face expression she used when virtual work meetings became irksome. Because what she was thinking was: Maybe I will need to

he can find some other bear to have cubs with. She was not proud of this thought. "A lot of bears are deciding not to have cubs," her friends said at one of their balcony sessions. "Climate crisis, deadly viruses, uncer-

tainty about the future. Going cubless is a modern choice."

Later that night, as she sat in her den, Mama Bear looked sadly down at her front paws and wondered where she'd gone wrong. She had a memory of sitting alone like this not long after Papa Bear moved out, the baby bears in their bedrooms with their laptops, and their doors closed; socially distanced by their desire to be apart from Mama, who, let's face it, could be at the end of her tether some days and not the easiest bear to be around. She'd worked hard since to be a better Mama but needed reminding sometimes. "Work in progress," she said out loud.

"Baby Girl," she began on the phone the next day. "Can we go for a walk and talk?"

> STHEY ROAMED THE CITY PARKS, they chatted about this and that. Fur styles, mostly, and how long it had been since they'd had a decent grooming. After a while, Mama attempted to move them toward the subject of vaccinations, in a neutral fashion: "I think you should tell your doctor about being an antivaxxer." Baby Girl was quick with her response.

"This is what I'm talking about! I am not an anti-vaxxer! Why do you use that *negative terminology*? I just don't feel confident about these COVID vaccines."

This back-and-forth created tension. But then Mama remembered her \$150-an-hour therapy - "hold on to what is being said" and "avoid creating binary choices" – and resisted the urge to give advice. As she listened, she began to understand how badly Baby Girl needed to talk without everyone becoming furious with her. Mama thought about the way liberal-thinking bears everywhere said things like, "Those anti-vaxxer yahoos should be muzzled and put in cages," sounding like the anti-vax bears they disparaged. And how frightening that must sound to Baby Girl.

"I wonder," Mama said, interrupting her friends on the balcony not long after her walk with Baby Girl. The conversation had turned to the idiocy of the 12 per cent of Canadians who refused to get vaccinated. "I wondrive a wedge between Baby Boy and his sweetheart so that \( \delta \) der, whether or not we agree with one another" - Mama



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Bear's voice was suddenly too loud – "if we need to go beyond *binary equations* and find a place where *ego* and *non-ego* are less *opposed* in this vaccine conversation." Everyone stopped talking and stared at her. "You, know, a place where things aren't *too hot* or *too cold*. The *middle* way," Mama stammered. She found that for the first time when she repeated things. Institute the first time when she repeated things.

her. "You, know, a place where things aren't too hot or too cold. The middle way," Mama stammered. She found, not for the first time when she repeated things Jungian Bear said, that it was like trying to explain string theory, and her words drifted into the night air like the thinnest trail of smoke.

(Speaking of Goldilocks, the story of the three bears is sometimes described as the "dialectical three," where the first option is wrong in one way, the second is wrong in another, or opposite, way, and only the third option – the middle path between opposites – is just right. It's called the Goldilocks Principle and is used in biology, economics, psychology and astronomy. Stephen Hawking said, "Like Goldilocks, the development of intelligent life requires that planetary temperature be *just right*.")

Things got darker still. Sweetheart Bear was not allowed on the plane to Toronto after airport officials rejected her paperwork, and Mama was as sorry as a bear could be about the whole driving-a-wedge thing. Meanwhile, Baby Girl worried about her brother bear, and about another lockdown in Ontario. "I can't do it, Mama. I can't survive another lockdown." Mama was overwhelmed with an urge to hibernate. "I just need to sleep for six months," she said to Jungian Bear, her eyes drooping. But like any parent who knows when to let go and when to hold on to their baby bears for dear life, she got to work with lawyers and doctors as her sisters and friends rallied around to help.

ABY BOY BEAR AND HIS SWEET-HEART DID MAKE IT HOME ON THEIR SECOND ATTEMPT. Mama rejoiced, until Baby Boy said, "Mama, I have to tell you something." He was very sombre when he spoke, and Mama muttered to herself, What next?

"Yes, Baby Boy," she said, looking into the eyes that were as blue as the first day she stroked the fur on his tiny head. "What is it?"

"You are going to be a Grandma Bear. Sweetheart is pregnant."

Mama cried so hard she surprised herself with her big joy. She really bawled her head off. Baby Boy couldn't stop laughing. "And you know what, we figure we'll live here with you in your cave for a couple of years,

because you know all about raising cubs." Mama dried her eyes. *Two years*, she said to herself. She imagined what freedom could look like after 40 years of toil. Greece, say, where she'd thought she might live on a sparsely populated island for six months after she retired; or maybe Ireland, where she had distant cousins.

"So," said Blond Bear, whose lustrous coat Mama sometimes coveted. "Isn't it interesting that after all this time you will be the Four Bears all over again. Just the way you started."

Mama hadn't thought of it that way, although it was true that when the cub was born, they would be four bears. Six, when Baby Girl and her sweetheart came over. Also, Mama forgot to mention, her nephew and his sweetheart had recently moved into Mama's basement apartment with two cats. "Oh, and Aunt Bear," her nephew said, "We're getting a new dog!" *A dog*, thought Mama, fondly remembering the precise and quiet home she'd had to herself all through COVID. *A dog could be a step too far*.

Then Mama thought about the bears she knew who were trying new things since COVID slid its way into the world. A lot of them were creating room in their homes for their adult kids or grandparents or siblings, sometimes moving to places that would accommodate their extended families. Gradually, Mama opened her heart to a new idea: They might be the four bears again, but this time they would be an open and sprawling family designed to invite bears in instead of a closed and small family designed to keep bears out.

"COVID has changed the way we live together," Mama said to her friends on the balcony as the nights got colder and the pale fall moon hung in the sky above them like a hat on a hook. "The lockdowns, the quarantines; kids and parents moving in with each other again. All of us welcoming and making room for each other." She took a breath. "You know, carrying on together, whatever lies ahead."

"It's made us think about what matters and what doesn't," said Blond Bear. "Not the way bears live now, but the way bears want to live now." The friends nodded sagely to each other, and then moved on to the alarming decline in honey bees, the best place to buy berries and the crazy price of caves. otin 2





#### THE FOOD ISSUE

From hot new ingredients to a surprising climate-friendly superfood, the post-lockdown culinary world is buzzier than ever. Try recipes by a global female chef and learn how to unleash your inner sommelier. So let's power up, starting with Leanne Delap's take on this year's biggest food trends, which reflect a seismic shift in the way we shop, cook, eat and drink

# Constant Cravings

HEN THE PLEASURES OF DINING OUT were restricted by the pandemic, we had to improvise, turning to food photography, cooking videos and gorgeous table settings for solace and inspiration, and travel via our palates. We are now obsessive specialty-food shoppers, driving all over town seeking out rare ingredients, and standing in line for limited edition, pop-up treats.

We are cooking more, growing our own food, and reckoning with the food waste we <mark>generate. We are embracing old-f</mark>ashioned homesteading tips and tricks to preserve food, out of respect for what we have, and fear of what we might not be able to get on the shelves. We are more conscious of eating locally and seasonally, yet yearn for rare and exotic fruit and vegetables.

There is no question the pandemic is shifting our relationship with food. Here is a look at the biggest food trends this year.



#### **Exotic Fruit**

Last summer, there was a run on cucamelon seeds, a tiny green fruit that looks like a miniature watermelon but tastes like cucumber. The folks at @gastroobscura, the foodie Instagram account for the online magazine Atlas Obscura, listed cucamelon among other hot garden fare such as black apples. Most of these specialty fruits are unlikely to appear in even the highest-end grocery stores soon, but you can seek out seeds or plants and, with some greenhouse finesse and jiggery, manage to grow them north of the 49th parallel. Other fruits on the upswing, according to Gastro Obscura, include Peanut Butter Fruit, a red-orange berry from the Andes, and Chocolate Pudding Fruit, a.k.a. black persimmon from Mexico and Central America. This year, you may see kiwi berries, white strawberries, pink lemonade blueberries and finger limes in garden stores and gourmet produce shops.

2.2 MILLION TONNES OF EDIBLE FOOD WORTH \$49 BILLION IS WASTED IN CANADA EACH YEAR

#### **Fighting Food Waste**

The Vancouver-based National Zero Waste Council estimates some 2.2 million tonnes of edible food worth \$49 billion is wasted in Canada each year, not to mention the \$51-billion cost to the environment (from unnecessary landfilling, energy to grow or make the food, and greenhouse gas emissions from production and distribution). The popular app, Too Good to Go, arrived in Canada, where suppliers in Toronto, Vancouver and Montreal post daily "surprise packs" of prepared meals or grocery items at deep discounts, diverting unsold food from the garbage bin. At home, technology is transforming the composting sector with countertop units - by Canadian brand Tero and U.S. brand Vitamix - which turn food scraps into fertilizer in just a few hours. The units are relatively expensive (\$500 to \$700), but fill a niche for people without room for large backyard composters.



#### **Homesteading**

Old-school food preservation is a major revival trend. The fermentation frenzy came first, circa 2018, driven by coverage of Noma's lab in Copenhagen and its bestselling cookbook. In the first spring of the pandemic, canning was on the upswing as we put up tomato sauce, pickles and pie filling. New on the horizon? The return of the cold cellar and a vogue for freeze drying food, which is not just for camping (or survivalist prepping)

> anymore. Sometimes we can't eat all those homegrown veggies and boxes from Community Supported Agriculture (CSA) allotments when they are fresh,

Cucamelon

Preserving is the old-fashioned way to retain nutrients, so you can enjoy the fruits of the field year round and stave off fears of food shortages. There are a remarkable number of newfangled homesteaders on social media, both the rural moms with soccer-team-sized families and a new, young, urban contingent that is making pantries chic again. The "shelfie," or bathroomshelf photo of covetable beauty products, has been replaced by racks of mason jars filled with vibrantly coloured contents.







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#### Japanese Cheesecake

#### **Supercharged Food**

The current frontier is where nutritional science meets ancient foraging and healing remedies. Superfoods are health-enhancing edibles that can enrich cocktails, desserts, salads, sauces and smoothies, from collagen to the medicinal herb ashwagandha (winter cherry) to spirulina algae. Hibiscus, the traditional Mexican food flower, is a hot topic, since its zesty, citrus-like flavour cuts through fatty meats and fishes and is loaded with vitamin C and antioxidants. Former Canopy cannabis CEO Bruce Linton has teamed up with investors (most notably, fashion titan Joe Mimran) to bring Strangelove x Mood Science Wellness Tinctures to market, which it describes as "mushroom-powered drops." Made from non-hallucinogenic species such as cordyceps, Lion's mane and chaga mushrooms, they purport to do everything from rev up focus, energy and memory, or help you sleep.

#### **Couture Bakeries**

The pandemic made our carb fantasies come true, as amateur bakers across the land tended to sourdough bread starters and started churning out loaves. It also made our sweet teeth all fancy. In Toronto, customers lined up around the block for anything and everything at the bakery and sandwich boîte Emmer before it sold out every day (their coveted twice-baked croissants would be at home in Paris). Paul, a 100-year-old bakery from France, has opened its first, now bustling, location in Canada, in Vancouver. In Montreal, Au Kouign-Amann is treasured for the famed Brittany pastry of the same name. Japanese milk bread, those slightly sweet, square, white slices beloved by millennial food TikTokers, is moving east from Vancouver and going mainstream, while soufflé-like Japanese cheesecake continues to stoke palates. Meanwhile, buckwheat is having a dessert moment, with, for instance, the oldfashioned seed being puffed up and served atop a Korean barley tea mousse.

MADE FROM NON-HALLUCINOGENIC SPECIES SUCH AS CORDYCEPS, LION'S MANE AND CHAGA MUSHROOMS, THEY PURPORT TO DO EVERYTHING FROM REV UP FOCUS, ENERGY AND MEMORY, OR HELP YOU SLEEP

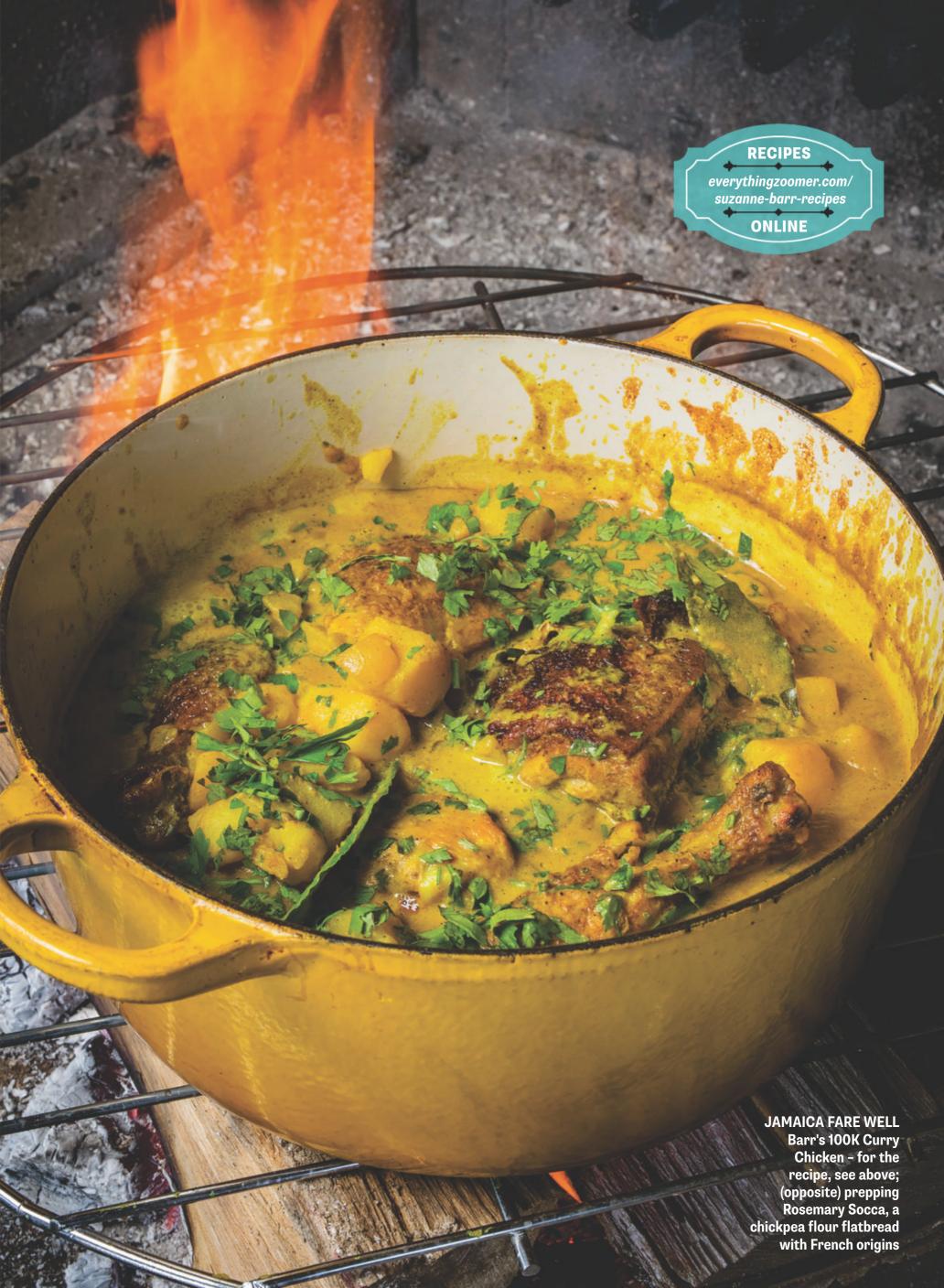


#### **Tablescaping**

This is the catchall term for a new obsession with laying a dramatic and thematic dining table. After a few years of minimalism – remember bare tables and naturaltoned pottery? – maximalism is in, now that we are able to show off our pent-up homemaking skills and hobbies. Use a tablecloth and a place mat, add a charger plate and centrepiece made of cabbage roses, and serve cabbage on cabbage-shaped plates as the brassica theme carries over into tableware. Sprinkle food, like clusters of grapes, berries or whole nuts, around the table, and go big on flowers and greenery. Develop tablecloth and napkin "wardrobes." The British label Mrs. Alice is a big proponent of the trend to go joyously overboard on tablescapes (as seen on the left), with a catalogue exploding with chintz and seasonal colourways.









**OU MIGHT KNOW** Toronto chef Suzanne Barr as a judge on television shows like Top Chef Canada and Wall of Chefs, or, if you're a foodie, eaten her comforting Afro-Caribbean fare at the Gladstone Hotel, Saturday Dinette and True True Diner, which Barr has said was unceremoniously closed by her financial backers in 2020 during the first wave of COVID-19.

Her cooking honours her Jamaican heritage, while her restaurants acknowledged the pivotal role lunch counters played in the civil rights movement as places where sit-ins were staged in the fight for desegregation. The walls of the Saturday Dinette and True True Diner featured iconic black-and-white pictures of leaders like Martin Luther King Jr. and a shot of everyday heroes like "the lone Black man refusing to leave the counter at Woolworth's in Greensboro, North Carolina," she writes in her memoir, My Ackee Tree. "Those photos meant everything to me."

An advocate for racial and social justice, she sees herself as a change maker, raising funds for community food programs in low-income neighbourhoods, mentoring female chefs and chefs of colour, and paying staff a living wage.

Born in Toronto and raised in Plantation, Fla., Barr got her start as a private chef in New York, Miami and Paris, and met her husband, Johnnie,

at a cooking school in France. She found out she was pregnant with their son, Myles, the day Saturday Dinette opened in Toronto in 2014.

In her memoir, Barr entwines food with her family's Jamaican roots and recounts the stereotypes she battled as a Black female chef. In the following excerpt, Barr describes how she and her sister learned to prepare ackee and saltfish, the island's breakfast staple that evokes bittersweet memories of her mom, Eunice Adassa Facey – also known as Nicey – who died of pancreatic cancer when the chef was 30. —Kim Honey

Y PARENTS DIDN'T make a conscious effort to teach me how to cook. They were just cooking all the time, and I was there watching. Staring at my mother's hands around that bowl.

The sky was always blue in Florida. Royal, sapphire, Egyptian, olympic, electric. Tanya and I wanted seasons, to watch leaves fall in autumn and wear snow boots in winter. We sometimes shuffled through family photos of a life before, memories of winters in Toronto with our cousins before we moved to Florida. But the view out my window in Plantation was pretty constant. Blue from the sky and green from a tree that never changed.

Barr's brother, London, England, in the 1960s;

the chef/author at her True True Diner, Toronto

The tree, though, was something special: ackee. Jamaica's national fruit. The poor thing rarely fruited, but it was still like a Jamaican flag in front of our house.

Of all the jobs Mummy asked me to do in the kitchen, cleaning ackee was my favourite.

Returning home from a Caribbean market, Daddy places a whole sack of ackee on the table. Bright-red fruit peeks from the bag. Each pod is the size of Mummy's palm, and they look like beautiful undersea flowers, opening.

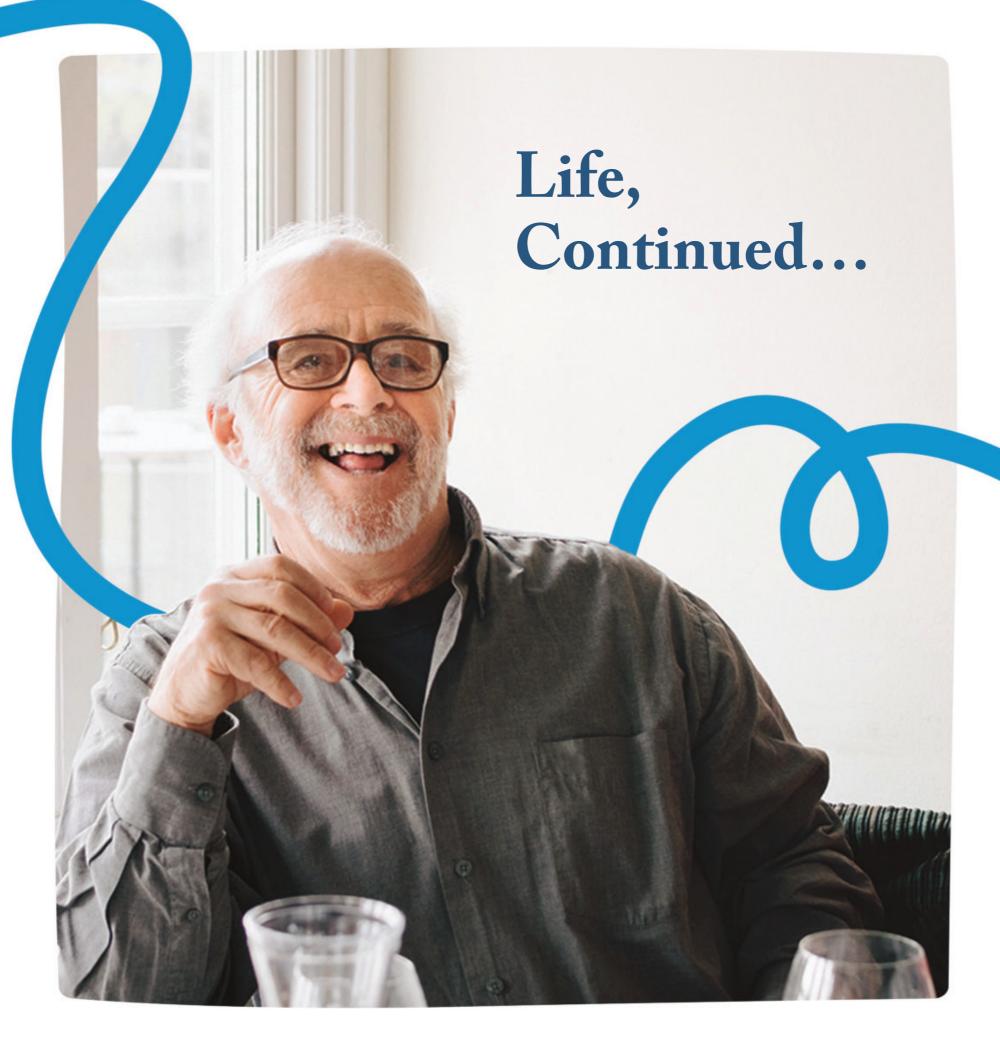
Tanya and I stand beside her at the counter.

"Don't mash up de ackee."

We roll our eyes. "We know, we know. You tell us every time."

She sucks air through her teeth from behind pursed lips, then lets out a short, sharp kiss. It's a technique my mum mastered before my time. Jamaicans are experts at kissing teeth.

A short kiss means minor irritation. A longer, deeper kiss means that Mummy is vexed. Kissing teeth can indicate annoyance, anger,



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and even joy ...

It's only a short kiss this time, and Mummy is showing us that she disapproves of our eye-rolling and our sass.

"Put the seeds here in this bowl."

Heraccent was subtle, but Jamaican Patois would shine when she was vexed, or when she was reminiscing with one of her friends. "Cha" (no, man) was one of her staples.

"Cha, cant bada with de childe, pickney de too facety."

Mummy had an arsenal of dialects and accents for everyday use.

I didn't love the actual work of cleaning ackee – gently separating the fleshy parts of the fruit from the shiny black seeds – but I loved knowing that we'd have ackee and saltfish the next morning. Ackee has a mild flavour, kind of nutty, and a buttery texture that pairs perfectly with salted fish.

"This one isn't open, Mummy." She grabs it out of my hand.

"It's poisonous. The fumes will kill you," she says.

It always shocked me, that fact. If it's eaten too soon, before it opens on its own, it can be toxic.

She sifts through the bag, pulling out any closed pods, and places them on the marble windowsill above the sink. It's where she puts tea bags she's only used once, the kitchen sponge, her beloved spider plant.

Ackee flesh gets under my nails. It's kind of slimy but not gooey. Firm yet soft to touch.

"It looks like a brain!" Tanya and I giggle.

"Cheeky innit! Stop playing with the food and finish up," Mummy says firmly.

A seven-pound bag of ackee turns

into one pound of flesh. Shells go in the garbage, black seeds are sprinkled in the backyard in hopes of another tree.

Cooking salt cod is a process. Mummy soaks the fish overnight in water, and then drains it the next day. She adds fresh water and brings it to a boil. The water spills over, and she kisses her teeth; she drains the water, boils it again, drains again, boils it for a third time, and drains it once more. Each time she changes the water, more salt is pulled from the fish.

When the fish is ready, she parboils the ackee flesh. Then she flakes the fish into big, succulent chunks and adds crispy sliced bacon, tomatoes, thyme, and scallions. Cooked ackee looks like scrambled eggs with its firm fluffiness and light-yellow hue.

There's power and deep memories in that combination of flavours for me, and that's why I rarely cook ackee and saltfish myself. It sits too heavy on my heart. All I think about with that dish is my mum.

Nicey's Dutch Apple Pie

Makes 1 pie

My mum's strong hands on top of mine. I'm eight years old, and she's showing me how to press a mixture of flour and butter onto warm apples. I can smell cinnamon and nutmeg. Feel the soft skin of her inner arm against mine as the indentations of my fingers appear on the crust. It's a beautiful memory of our kitchen on a Sunday afternoon. Sunday night dinner always included dessert when I was a kid, and this was one of my favourites.



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Bell 1161/Fibe 1213 | Rogers 60/Ignite 221 or say "Vision TV" | Telus Optik 871 or check listings VisionTV is available with Closed Captioning and Described Video Mum always used the store-bought graham cracker shells. She was a working mum, six days a week. Office job. Then cleaning offices. Then cleaning and cooking at home. Our mothers, bless them, truly. This recipe takes me right back home.

I made my mum's apple pie when
I first met Suzanne Hancock, and it
started this whole project. Got me
thinking about Nicey, my journey, got
Suzanne thinking about her own losses
and how sharing them can be healing.
I hadn't talked about my mum's death
much before that, and it made me want
to celebrate her life.

6 Granny Smith apples, peeled and cored
2 tbsp (30 mL) granulated sugar
1 tsp (5 mL) orange zest
½ cup (125 mL) water
1½ cups (375 mL) salted butter
3 cups (750 mL) all-purpose flour, sifted
1 cup (250 mL) firmly packed brown sugar
2 tsp (10 mL) cinnamon
1 tsp (5 mL) ground nutmeg
½ tsp (2 mL) sea salt
Pinch of ground allspice
Store-bought 9-inch (23 cm) graham cracker pie shell

Preheat the oven to 350°F (180°C).

Vanilla ice cream, to serve

- Cut the apples into half-moon-shaped slices, about ¼ inch (5 mm) thick, and place them in a medium saucepan.

  Add the granulated sugar and orange zest. Toss until the apples are evenly coated. Add the water and cover. Place the saucepan over medium-low heat and cook for about 8 minutes, until the apples start to soften, making sure they do not turn mushy.
- In a small saucepan, melt the butter over medium-low heat. Continue to cook for about 12 minutes, until the butter browns slightly and begins to develop some flavour. Let cool for 1 minute.
- In a medium bowl, add the flour, brown sugar, cinnamon, nutmeg, salt, and allspice. Stir to combine. Add the melted butter to the bowl with dry



ingredients. Use a wooden spoon to stir until the mixture resembles the texture of coarse sand, with lumps of sugar, butter, and salt.

- Transfer the apples and any liquid in the saucepan to the graham cracker pie shell and level off the top. Use your hands to pile the flour and butter mixture on top of the apples, patting the flour mixture down with each addition and making sure to round the top of the mound. Don't worry if it looks dry or it cracks.
- Bake for 40 minutes, or until the top

of the pie looks golden brown and you can see the apple filling bubbling on the edges. Let cool before serving each slice of pie with a scoop of vanilla ice cream.

Excerpted from My Ackee Tree by Suzanne Barr and Suzanne Hancock. Copyright © 2022 Suzanne Barr and Suzanne Hancock. Published by Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.

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Generosity changes everything



**H, WINE.** So many attributes, so little time. Among its least desirable qualities - apart from its ability to decimate the morning after the night before – is this: Wine makes people nervous. They worry about bringing or serving the wrong bottle, sounding dumb asking a question in a shop, or that consulting a sommelier in a restaurant will result in being served something wildly expensive they won't appreciate.

Yet here's the thing I've learned after interviewing experts, writing about wine and, especially, selling it at the retail level since 2014: There are no rules.

There are so many aspects to winemaking and wine tasting and wine pairing – all of which are arguably as subjective as your taste in music or film – that there is never a definitive answer as to which is the best wine or the most value for the money. The wine you like and can afford is the best wine for you. Adopt that as a guiding principle, and you're set.

That said, here are some practical considerations, as well as tips for novices.

#### **Crowd-Pleasers**

If you're bringing wine to a party, or hosting one, and are unsure what people like, opt for Pinot Grigio or Merlot. Quality varies from bottle to bottle, but these two varietals are generic. People love or hate Chardonnay and Shiraz, but I've never met anyone who flat-out loathes Pinot Grigio or Merlot – the classic movie Sideways notwithstanding. At their worst, they're meh.

Here's another tip. If you identify as "ABC" – a cheeky acronym for "anything but Chardonnay" - try Chablis. Yes, it's made with Chardonnay grapes, but it's crisp. What people mostly hate about Chardonnay isn't the grape, but the woody, vanilla impact of the oak it's aged in.

#### Sugar Content

The amount of residual sugar in wine - that is, the sugar that remains after fermentation has stopped - is an important consideration and should be policed with the same vigilance as the amount of sodium in packaged food.

More sugar means sweeter wine, which is to some people's taste, but, as with most things, less sugar is usually better, since



ore than ever, a strong immune system IVI is important, in order to stay vital and healthy. Coughs, colds and flus can happen at any time during the year, so natural immune boosters have quickly grown in popularity.

Nature contains some specific compounds that help increase the strength of our body's immune system. They increase the immune response, add more strength to it, and even help screen the body from getting attacked in the first place.

#### **SMALL BERRY - BIG EFFECT**

The most popular natural immune booster is the elderberry. A lot of mysticism and folklore has surrounded this berry in ancient times, as it was considered a health elixir. Hippocrates even named it "The Medicine Chest".

The elderberry contains a high concentration of so-called flavanols and anthocyanins which give the elderberry its deep purple colour. Actually, the elderberry contains more antioxidants than any

> other berry of its kind. Because of this, elderberries are beneficial in supporting the body's immune system too.

#### **ELDERBERRIES & IMMUNE SUPPORT**

Recently, studies have shown that elderberries help support immune response and exhibit a direct anti-viral effect., They seem to work by inhibiting the early stages of an infection by blocking viral proteins responsible for both the viral attachment and entry into the host cells.

Furthermore, when mixed with other ingredients like lemon juice, sage, and honey, elderberries help relieve coughs, head colds and other flulike symptoms, as well as significantly shorten the duration and severity of upper respiratory symptoms. 1

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1. Hawkins J, Colby B, Cherry L, Dunne E., Black elderberry (Sambucus nigra) supplementation effectively treats upper T respiratory symptoms: A meta-analysis of



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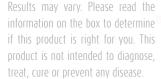








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consuming too much has been linked to a host of health issues. Doubters may consult Salt Sugar Fat, the 2013 bestseller from Pulitzer Prize-winning investigative reporter Michael Moss.

Sugar is measured in grams per litre, so if a bottle of wine has 3 grams per litre, and you're drinking one serving - defined as a five-ounce (145-mL) glass – you're not ingesting that much. Dessert wines such as ice wines are the exception, as they can contain as much as 200 grams per litre, but they are usually consumed less frequently and in smaller amounts.

Winemakers don't have to divulge calorie counts on bottles, but residual sugar adds calories on top of what alcohol already contains. (The Dietitians of Canada estimate there are 100 calories in one serving of wine with 11.5 per cent alcohol.) There are low-sugar and no-sugar wines, but they seem gimmicky when you can find a lovely French or Chilean Sauvignon Blanc with 2 grams per litre for under \$20.

Most wine retailers post a wine's sugar content online or on the shelves, even though alcohol doesn't usually require nutritional labelling. It's possible to find sweet Cabernet Francs and Viogniers, but these are two examples of reliably drier varietals, while Riesling, Moscato, Baco Noir and Lambrusco are often sweeter. A popular Australian Moscato available at Ontario's LCBO, for example, contains a whopping 64 grams per litre.

And if you think all rosés are super sweet I'm looking at you, Mateus – get over it. Whether from Provence or Niagara, bonedry rosés are glorious, complex and every bit as food friendly as their white and red cousins, and can be served with dishes like fish and meat - that traditionally call for white or red.

#### **Sulphites**

There's another reason to choose drier wines: They contain fewer sulphites, and reds typically contain fewer than white. These naturally occurring chemicals, found in the human body as well as in wine, beer and some food, are also approved additives used to maintain colour, shelf life and prevent bacterial growth.

In Canada, any wine with more than 10

parts per million must say it contains sulphites on the label, since some people are sensitive or allergic to them. American bloggers Madeline Puckette and Justin Hammack note, in their comprehensive 2018 book Wine Folly: The Master Guide, that most wines contain between 50 and 150 parts per million (ppm), while a can of pop has 350 ppm.

The authors also bust the myth that sulphites alone cause headaches. Dehydration is cast as a bigger culprit, with the authors and other experts advocating one glass of water with every serving of wine. That may also help you drink less, thus ingesting fewer calories. Those who have sulphite sensitivities or allergies might want to seek out organic wines, which are less likely to contain added sulphites.

Puckette and Hammack's book is packed with wine facts and trivia, pairing suggestions, information on buying, decanting, serving and cellaring, plus breakdowns on varietals, wine-growing regions, cooking with wine, and much more. The 2021 book Wine A Tasting Course: From Grape to Glass, by American sommelier Marnie Old, is also highly recommended reading.

#### **Vegan Bottles**

Plant-based menus are gaining traction in restaurants and home kitchens, for reasons ranging from health to climate and cost to ethics. As with meat dishes, pairing wine with vegetables should take into consideration acidity, fat, salt and sweetness in the food.

A larger issue is that, despite being made from grapes, some wines are made with filtering or "fining" agents such as casein (milk protein) and egg albumen (derived from egg whites). Although these are removed before bottling, using animal byproducts may unsettle vegans. In any event, vegan wines are almost always labelled as such, and typically aren't any more expensive.

In wine, as with anything, a little research goes a long way. But don't let anyone tell you your wine choice is wrong. Just as my Nickelback could be your Mozart, my swoon-worthy quaff could be your swill.

# VIRTUAL PHARMACIES PROVIDE UNIQUE BENEFITS FOR OLDER CANADIANS

By: Jason Kennedy, General Manager, Virtual Pharmacy at TELUS Health

ver the past two years, older people in Canada have shown resilience in response to the COVID-19 pandemic. We've seen those in this group take matters into their own hands and demonstrate more proactivity in managing the various aspects of their physical health.

Throughout the pandemic, Statistics Canada research found that older Canadians were more likely to be concerned about their health and to take precautions against COVID-19, were more likely to have gotten vaccinated, and were more likely to use delivery services to get their groceries or medications as a means of protecting themselves.

When the pandemic began, people across this country were forced to become familiar with "virtual" healthcare, as many medical appointments made the shift to online. By the end of 2020, over 50 per cent of Canadians had transitioned to receiving some part of their healthcare virtually and interestingly, in late 2021 the Government of Canada reported that older Canadians were the highest users of these services.

In some ways this makes sense as older people tend to have more healthcare appointments, and digital health services are proven to be effective and are easily integrated into one's life. This new format for receiving care also allows people to personalize how they manage their health with many app-based services providing medical support along with allowing people to track different aspects of their health regimen in real-time – cardiovascular, diet, sleep, stress, and more.

But as virtual healthcare quickly evolved in Canada, one area that proved to be slow in offering an optimal digital experience was pharmacy services. This has now changed as TELUS Health recently launched Virtual Pharmacy, a comprehensive digital service that can support people with multiple medication management, personalized support and broader pharmacy needs. This is the next evolution of Canada's digital healthcare continuum.

Making pharmacy services more accessible and giving users more time. Virtual pharmacies have great potential in improving the lives of older people. Users are able to fill prescriptions online, set up automated refills, have prescriptions delivered directly to their door, and set up private virtual video meetings with registered, Canadian pharmacists. The service allows users to get the full pharmacy experience without having to go to a physical location.

People can access this new service on a mobile device or desktop signing up for free, entering their drug coverage information, and transferring new or existing medications to their account. This streamlined process ensures prescriptions are kept up to date, refills are not missed, and the most current information about medications is at your fingertips. To simplify the experience for those taking multiple medications, services like MedPack provide a customized pill dispenser making it easy to take medications accurately.

Accessing personal healthcare can help increase feelings of independence for older people and decrease stressors associated with trips to the pharmacy – both of which can help them focus more on the important things in life – friends, family, hobbies, and uninterrupted downtime.

A service that helps improve medication adherence. Recent research has found that medication non-adherence, meaning people not taking their medications on time, is a growing issue in Canada and this is often attributed to people not being able to get to their neighbourhood pharmacy regularly to pick-up their medications.

In a recent survey, one-third of Canadian respondents said they often missed picking up their prescriptions, which translates into a lot of missed medications and an increased risk of compromised health. Sixty per cent of these respondents said they simply forgot to pick up their prescriptions, with 50 per cent citing they were too busy with work or personal activities to do so. This can be an even bigger challenge for older people, those with mobility issues, and those who take multiple medications requiring refills on different dates.

Virtual pharmacies directly address the challenges experienced by these groups as the service streamlines the process of managing all prescriptions in one place, sends reminders when refills are required, and has medication shipped directly without the need to walk, or drive, to the pharmacy.

Harness the power of digital technology to get on track in 2022. Digital health technology holds great potential for people across Canada looking for ways to better manage their health and wellness without the need to commit to timeconsuming appointments and waiting rooms. App-based pharmacy services such as TELUS Health's new Virtual Pharmacy can provide those across Canada with more freedom and control over their medication management along with helping them access other pharmacy services from the comfort of their home. Above all else, these technologies can allow people to focus on other aspects of their health, and spend time with those who mean the most to them. Pharmacy services should be made easy, and now they are.





## CRACK THE SECRET CODE OF TEEN TEXTING

#### "Hey! 143 SYS! HAK HAND!"

This gobbledygook may appear to be a series of strange typos, but it's simply written in acronyms—the secret language of young people. Believe it or not, this message

is actually teen-speak for, "Hey! I love you and I'll see you soon. Hugs and kisses! Have a nice day!"



These abbreviations really do almost feel like a completely different language, but using them is just a quick—and sometimes deliberately cryptic—way for teens to communicate via text. It's fast and easy once they've learned the lingo, but the fact that they can send texts to their friends without parents being able to sneak an over-the-shoulder peek and easily understand the message content is definitely a bonus for kids.

However, being able to monitor message content—particularly in younger teens—is important, and it's one of the reasons that it's good for parents and guardians to be familiar with the acronyms kids are using to chat with each other via text.

Of course the other reason is so that you can actually understand what the heck they're saying when they dash off a quick text to you!

#### So, what are they saying?

If you're seeing the following short forms in a message from a teen you love, it's just their way of reaching out and staying in touch with someone they obviously care about—and happily that includes you!

Here are a few common examples:

-BRB: Be right back

-BTW: By the way

-ILY: I love you

-JSYK: Just so you know

-TTYL: Talk to you later

Find out more by visiting the Tech Savvy Tips section on everythingzoomer.com

The next time you get a friendly text from a teen in your life, you can end

your response with something like, "TTYL and don't forget ILY!" You never know—they might get a kick out of seeing how tech savvy you actually are! Plus, knowing that you've made an effort to speak their language could encourage them to reach out more often, creating a richer dialogue and an even deeper bond between the two of you.

So, since you now have a better idea of what they're trying to say, make sure the lines of communication stay open by getting a wireless plan and phone deal that works for you so you can always text right back.

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# The Diet Decomer



Want to drop a few?
Experts weigh in on
the latest ways to
lose it By Sharon
Oosthoek

#### ANY OF US ARE FAMILIAR WITH THE frustration of yo-yo dieting - hello, Oprah and, as we age, it gets harder to take off the pounds and keep them off.

It's partly because changes in the endocrine system can slow the production or processing of hormones that regulate everything from metabolism to bone and muscle mass, says Heather Keller, the Schlegel Research Chair in nutrition and aging at the University of Waterloo in Ontario. We also tend to move less, "and less movement means loss of muscle," she says. "When we have less muscle in our body, this lowers our metabolic rate." Strength training, also called resistance training, builds muscle.

Cutting back on calories becomes more important as the decades roll by. Yet, trying to figure out how to eat is confusing. It can feel like a perpetual war among factions, with adherents who swear by everything from Weight Watchers to intermittent fasting, the keto diet to tech apps such as Noom.

We'll get to strategies, but first it's important to know what's at stake. Studies show a link between obesity and a menu of health issues, including the risk of severe illness from COVID-19, Type 2 diabetes, asthma, gallbladder disease, osteoarthritis, chronic back pain, several cancers, hypertension, stroke, congestive heart failure and coronary artery disease.

Some research suggests you can be obese and metabolically healthy that is, your glucose and cholesterol levels and blood pressure are normal. While a body mass index (BMI) of 30 is considered obese, "BMI is mass over height, but mass includes fat, bone, water and muscle," Keller explains. "If you have more muscle and dense bones, you might have a higher BMI." She believes waist circumference is a helpful measure. Dietitians and bariatric doctors often use waist circumference - because it's an indicator of abdominal fat - in conjunction with BMI to understand if there is increased risk.

Ali Zentner, the medical director of Vancouver's Revolution Medical Clinic, which specializes in obesity and metabolic medicine, argues that how we measure obesity is a social construct and BMI was never intended to be a medical tool. "About one-third of people with BMIs above 35 are metabolically perfect," Zentner says. "Is addressing weight important? The answer is 'not all the time.' A perfect example is, The Rock has obesity. Tom Cruise has obesity."

Genetics likely plays a role because it impacts where fat is deposited. Visceral fat that surrounds organs in the waist area - the "apple" shape - sends inflammatory signals to the rest of the body, including organs, which increases the risk of heart disease, stroke and cancer. Fat under the skin, around the hips and legs a "pear" shape - is associated with healthy obesity, but this can develop into the unhealthy kind.

**UTRITION EXPERTS** say much of obesity can be attributed to the fact we get more than 50 per cent of calories from ultra-processed foods, which are chock full of unhealthy fats, sugar, salt and preservatives.

Anesthesiologist Miriam Berchuk, who works at Calgary's Rockyview General Hospital and conducts research into whether losing weight before surgery leads to better postsurgery outcomes, points to a small 2019 study by researchers at the U.S. National Institutes of Health. It shows participants at about 500 more calories and gained weight on a diet of ultra-processed foods compared with unprocessed foods.

The study looked at 10 men and 10 women with stable weights and

an average BMI of 27 (anything between 25 and 29 is considered overweight), who were randomized to receive either ultra-processed or unprocessed diets for two weeks, immediately followed by the alternative diet for two weeks. Meals had the same calories, energy density, macronutrients, sugar, sodium and fibre, and participants were allowed to consume as much or as little as desired. Unsurprisingly, people desired more of the ultra-processed diet.

"What is it about ultra-processed foods that makes a difference?" asks Berchuk. "Is it the hyperpalatability of it? The way it hijacks our brain's reward centres? The lack of fibre? The research isn't clear on why."

The NIH study was designed to establish a causal link between ultraprocessed foods, appetite and weight gain, not to figure out how it happened. It did hint at why people ate more calories on the processed diet: The appetite-suppressing hormone PYY increased as participants ate the unprocessed diet, while the hunger hormone ghrelin decreased.

Université de Montréal professor and public health nutrition expert Jean-Claude Moubarac says the problem with most diets is they treat food as carriers of isolated nutrients, largely ignoring food processing and the cultural aspects of eating. He helped create Brazil's food guidelines, which focus on how food is made and classify it according to four levels of processing. (In Canada, the revised 2019 guide suggests "limiting highly processed foods," but doesn't quantify that or its recommendations to eat a variety of food, including protein, whole grains and "plenty of fruits and vegetables.")

Moubarac says the takeaway from Brazil's guide is to eat "minimally processed foods, mostly from plants, with limited meat," adding that the Mediterranean diet works "because it respects those principles. As long as you respect those basic principles, you can eat Chinese style, Middle East style, anything."



Coaching apps employed by Noom and Weight Watchers are a new addition to dieting strategies. The key benefit is that they make you pay attention to what you eat, experts say. "Whether it's tech, or just writing down what you eat, you can say, 'Oh my, I've eaten three cookies today. I shouldn't have any more," says Keller.

Outsourcing your inner nag can be especially important when you're trying to change your routine in some way. "Your executive function doesn't want to work all the time," says Jennifer Kuk, an associate professor at Toronto's York University who studies how obesity, nutrition and physical activity are related to health. "Reminders and tips can just make the journey simpler."

Here's how the most popular diets stack up, especially for older adults:

#### **Weight Watchers**

Oprah has long been the official spokesperson for Weight Watchers, rebranded in 2018 as WW, and the diet plan has a new, individualized personal points system that includes the foods you love. It's meant to guide you toward foods higher in unsaturated fats, fibre and protein and lower in added sugars and saturated fats. Members can chat with coaches 24/7 and connect with other dieters for support through the app or the website. Now that COVID-19 restrictions are easing, in-person workshops are starting up again at WW studios, but members can also participate online.

"It works because you're reducing calories and it tries to make it easier for people to do. The social aspect is also good – a lot of people find that helpful," says Kuk. "The issue is that it costs more than not dieting. People with obesity tend to have lower incomes, so this becomes a bigger burden. It's a weird thing that dieting costs more. You're eating less, but

healthy foods cost more."

Moubarac also sees some challenges with the WW program. "There's an anxiety over constant control of the amount of food you're eating. If you eat food that is good quality, and under good circumstances, then your body will tell you how much to eat."

#### Mediterranean Keto Diet

Unlike other low-carb diets, which are about consuming protein, a strictly keto plan centres on fat, which can make up as much as 90 per cent of daily calories. It forces your body to switch from using glucose from carbohydrates to using fat for fuel. It does this by relying on ketone bodies, a type of energy the liver produces from stored fat.

Registered dietitian Kathy McManus, director of the Department of Nutrition at Harvard-affiliated Brigham and Women's Hospital, says the biggest risk of the keto diet is that it's high in saturated fat, which should make up no more than seven per cent of your daily calories, because of the link to heart disease.

It might work for a couple months, says Keller, but is often hard to sustain. The lack of carbs in the form of unprocessed foods such as legumes, whole grains and fruit "impacts your gut microbiome and reduces fibre. The gut, which is a muscle, needs fibre to function properly," she says. "Fibre is like exercise for the gut."

The Mediterranean keto diet tries to address these concerns. "I think Mediterranean keto is just a way of trying to make the keto label less alarming to those who would say that keto is dangerous," says Berchuk. "It's a low-carb diet with less red meat and more fats from fish, nuts and seeds, dairy and olive oil."

As she points out, a ketogenic diet

has a strict medical definition – it's a diet so low in carbs that you end up with detectable levels of ketones circulating in your bloodstream. "Most people 'doing keto' aren't actually in ketosis," says Berchuk.

#### **Intermittent Fasting**

Some people on this weight-loss regimen follow the 5:2 method, where they eat 600 calories on two of seven days, while others follow the 16/8 method, where they fast for 16 hours and consume all their calories during an eight-hour window one or two days a week - although some do it seven days a week. The Eat Stop Eat version, invented by Canadian nutrition advocate Brad Pilon, requires a 24-hour fast on one or two non-consecutive days a week. No matter how it's done, the theory is your body exhausts its store of glucose when you fast, forcing it to use fat for energy.

"There is evidence in mouse models, but not humans yet, that there's some benefit to aligning food intake with circadian rhythms," says Berchuk. When it does work, she says, it's probably because it makes you restrict calories.

"Stopping eating at 6 p.m. and not eating again till 8 a.m. is good for just about everyone," notes Keller. "That's because high-calorie, high-sodium foods are what we tend to snack on at night." Research also suggests our bodies are most efficient at processing food during the day, and less so at night.

In the end, experts say endorsing one diet over another is not particularly helpful. "The question is: Why are you eating excess calories?" asks Kuk. We focus so much on cutting calories that we lose sight of the reasons we gain weight, like eating before bed or choosing processed foods when we're rushed. "Anything works as long as you stick to it," she says.



HAIR **GROWTH** 

FRUIT EXTRACT HELPS TO

### **INCREASE HAIR COUNT &** SUPPORT NEW HAIR GROWTH

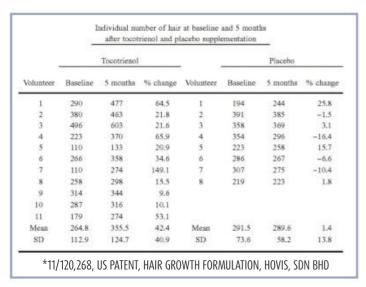
Hair loss is common as we age, but few treatment options have been available or effective. Supplements have been able to nourish the hair, but few help promote new hair growth. However, newer studies are finding some hope.



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

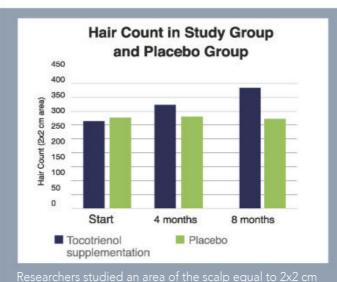
Repeatedly, clinical studies are confirming the effect of tocotrienols in helping to increases hair count. In a clinical study done to obtain a patent, scientist could show that everyone in the study group taking 50 mg of a tocotrienol complex, had positive results after 5 months, and the mean increase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



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

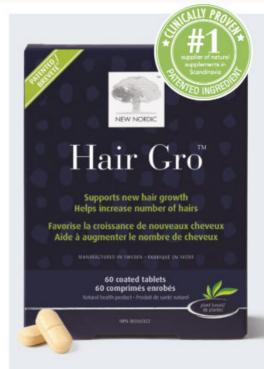
#### THE SECOND STUDY

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.\*\*



and counted the hairs at the beginning of the study, at count from 285 to 383 hairs.\*\*

\*\*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers"Beoy, Woei and Hay,



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.



















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Coastal Indigenous people have known about seaweed's benefits for thousands of years, says anthropologist and educator Candace Campo. A member of the Shíshálh (Sechelt) Nation, she's the operator of Talaysay Tours, a First Nations tourism company based in Vancouver. "It's very dense in nutrition, and we harvested it up and down the coastline," she says.

It was used as a trade item with other Nations, helped maintain Pacific herring stocks, kept a catch fresh on warm days and lined cooking pits at potlatches with thousands of guests. The quintessential northwest coast meal is fish, rice, seaweed and nutrient-rich oil rendered from the fatty eulachon fish. "You're talking about some serious superfoods," Campo says.

With her passion for seaweed, she is in good company. Dubbed the "mermaid of the Pacific," marine biologist Amanda Swinimer of Dakini Tidal Wilds has been sustainably harvesting seaweed for nearly 20 years on southern Vancouver Island. Her book, *The Science* and Spirit of Seaweed: Discovering Food, Medicine and Purpose in the Kelp Forests of the Pacific Northwest, came out last year, and her clients include winery restaurants in B.C.'s Okanagan Valley and dining rooms in Victoria. She says three-quarters of a teaspoon daily of dried seaweed contains all the health benefits you need. The trick is to eat it consistently.

Since I moved to Vancouver Island, I've become a seaweed convert and feel healthier for adding it to my diet. I put Swinimer's Mermaid Flakes (dried and flaked Pacific winged kelp and bull kelp) in my morning oatmeal, to replace the typical pinch of salt added to boost flavour. I often shred a piece of dried kelp into soups, curries and stews. My latest passion is using smoked kelp flakes from Indigenous-led Naas Foods in Tofino on fish.

Seaweed has a long history in thalassotherapy – using marine elements like mud, salt and seaweed as restoratives – and skin care. Sooke-based Seaflora Skincare makes small-batch face and body products from nine varieties of seaweed harvested in the intertidal zone by hand or in deeper water by boats. The company is adding edible dried seaweed this year, including wakame and Pacific dulse.

"It's great for a natural source of iodine and can really lower cholesterol, is gluten-free and vegan, so you've got all those boxes that you can check," says Seaflora's Chantelle Line. "But the amount of dietary fibre in seaweeds isn't talked about enough." Line likes to put a few strips of seaweed in miso soup, sprinkle the flakes on garlic bread and add it to cooked spinach to cut the bitter edge from oxalic acid and tannins.

ANADIAN CHEFS ARE now embracing seaweed for its versatility, from using blades of giant kelp instead of noodles in lasagne to adding it to pizza dough. At Culinary Concierge in Victoria, president and global culinary trendologist Christine Couvelier believes seaweed is about to become a kitchen staple with health-giving cred. "I think of seaweed almost as I would use kale in many cases. It's move over, kale, it's time for seaweed."

Couvelier says chefs often set food trends, with specialty and gourmet shops following their lead, and grocery stores catching on last. Nutrition may influence buyers, but taste seals the deal, and she says seaweed delivers both. She suggests mixing dried seaweed flakes with mayonnaise for tuna salad, as a popcorn topper or in Hollandaise sauce. It's a best friend to grilled or fried fish.

Or you can just eat sundried pieces out of a bag, like 85-year-old Jane Lee does. "I'm not given to addictions," says Lee, who makes an exception for dulse, which she ate growing up in Belfast.

Her parents believed the ocean had curative powers, but "we didn't know [seaweed] was nutritious," says Lee, who now lives in Burlington, Ont., and has been getting her fix from a friend who mails it to her from Grand Manan Island.

"We just loved the flavour of it," she says. "I've never stopped loving it."

TRY SEAWEED via these easy recipes courtesy of Atlantic Mariculture, on Grand Manan Island, N.B.

#### CLASSIC D.L.T.

Makes one sandwich

#### **Ingredients**

4 dried dulse leaves 1 tsp oil 1 ripe tomato, sliced Lettuce

Mayonnaise to taste 2 slices rustic bread Method

 Add oil to a shallow pan and fry dulse leaves over medium heat for a few minutes until they turn a deep, rich green colour. • Toast bread. • Spread with mayonnaise and layer other items to create a D.L.T. • Optional: Add chicken to make a seaside chicken club.

#### **MEXICAN-**STYLE CORN

Serves 4

#### Ingredients

4 ears fresh corn, boiled or grilled 1/4 cup mayonnaise 1 tsp minced garlic Juice of 1/2 lime 2 tbsp crumbled feta cheese

Roasted seaweed flakes

#### to taste

#### Method

 Mix mayonnaise with garlic and lime juice and spread 1 tbsp on each ear of hot cooked corn. • Sprinkle with feta cheese and roasted seaweed flakes.



## **EASTERN PROMISE** Seal Cove, an old fishing village on the island of Grand Manan in the Bay of Fundy, N.B.; (inset) seaweed for sale at the market in Saint John Fresh DULSE. **THE GOOD STUFF Dulse harvester Frances** Stanley, standing in a patch at low tide, on Grand Manan; (left) the Classic D.L.T. from Atlantic Mariculture (see recipe, opposite page) PHOTOGRAPHY, COURTESY OF ATLANTIC MARICULTURE (DLT)

#### **Zoom Out Brain Games**

The shaded answers spell out the ingredients for a classic Canadian treat

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## BRAIN GAMES #83 **Sweet Colours**

BY BARBARA OLSON

#### **ACROSS**

- 1 Popcorn drizzle, often
- Church nook near the choir

Bibliophile's array: Abbr.

#### 14 Pop star Grande15 Sailor's slammer

- Preschoolers?
- Going down memory lane
- Missing its mate, in a way
- 20 Lowest guitar player
- Convention leaders, for short
- 22 \_\_ the Dog (De Niro/Hoffman political satire)
- Lake of Barrie, Ont.
- Like a moist stamp pad
- Pretentiously cultured
- "I'm not feelin' it"
- 31 Also-\_\_ (non-electees)
- Alfonso's "au revoir"
- \_\_ Lanka
- "The dog ate my homework," for one
- Beige-brown hues
- Twentieths of a score: Abbr.
- Champing at the bit
- Loveseat lookalike
- Cherry stone

- Beckon over an intercom
- 48 Playlist selection
- Mopey genre
- 50 Mmes, of Madrid
- Pacific salmon type
- Expert with experience
- Word on the street in Québec?
- "\_\_\_ was saying, ..."
- It's taken off for a photo op
- Big shot?: Abbr.
- Classic Canadian treats made with the shaded answers
- Often-torn knee part, briefly
- "It's c-c-c-cold"
- "Aw, darn!"
- A moi
- For \_\_\_ (not gratis)
- 71 Usher to, as in a theatre

#### **DOWN**

- 1 Poker on a farm fence
- 2 Compound used in some plastics
- Roll Up the Rim chain, for short

- 4 Mai \_\_\_ (tiki bar drinks)
- "Brokeback Mountain" role

  \_\_\_ Del Mar
- 6 Some are sultanas
- XYZ counterpart
- Pasta brand name meaning "first"
- 9 Heartfelt
- Part of a lacto-ovo vegetarian diet
- 11 Sweetener with a demerara variety
- 12 \_\_ moment (photo opportunity)
- 13 Rife with reeds
- Namesake of a Halifax Catholic university
- 24 Made a peep?
- 25 LIKE THIS
- Blackjack ones or elevens
- Certain side of Chinatown?
- Pastry in mini muffin cups
- 29 Caesar's "Et tu?"
- 15-metre roadsite attraction in Nackawic, N.B.
- Dreamcast gaming system
- 1974 hit "\_\_\_Tu"
- Parliament's Upper House mem.
- Like Simon who met a pieman
- Modern way to find yourself?
- They might get stuck in a bull session?
- Common coffee whitener
- Fluid volume in the U.S.
- Fluid volume in Canada
- \_\_ double (quickly)
- 57 Supergroup that did a 2021 reunion tour
- Lee, of a baking brand
- Suffix with auto or bureau
- "\_\_\_ boy!"
- Hissed "hey!"
- Two plus one, in Turin

**FOR ANSWERS, TURN TO PAGE 94** 

**SUDOKU** 



#### **Zoom Out Brain Games**

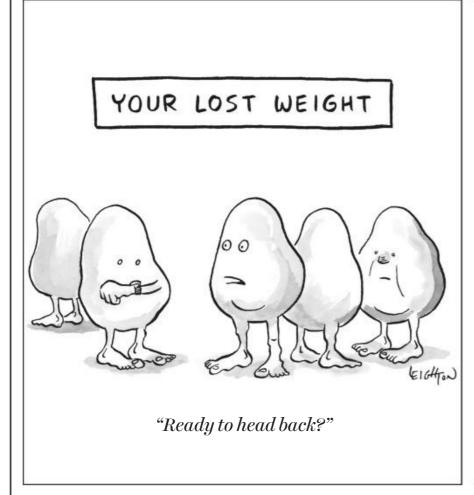
#### **ANSWERS TO CROSSWORD (PG. 92)**

<sup>1</sup> B	<sup>2</sup> U	<sup>3</sup> T	<sup>4</sup> T	<sup>5</sup> E	<sup>6</sup> R		<sup>7</sup> A	<sup>8</sup> P	<sup>9</sup> S	10 E		<sup>11</sup> B	<sup>12</sup> K	<sup>13</sup> S
<sup>14</sup> A	R	1	Α	N	Α		<sup>15</sup> B	R	_[	G		<sup>16</sup> R	0	Е
<sup>17</sup> R	Ε	М	-1	Ν	-1	<sup>18</sup> S	С	1	Ν	G		<sup>19</sup> O	D	D
<sup>20</sup> B	Α	S	S	1	S	Т		<sup>21</sup> M	С	S		<sup>22</sup> W	Α	G
				<sup>23</sup> S	-1	М	<sup>24</sup> C	0	Ш		<sup>25</sup>	Ν	K	Υ
<sup>26</sup> A	<sup>27</sup> R	<sup>28</sup> T	<sup>29</sup> Y		30 N	Α	Η		<sup>31</sup> R	<sup>32</sup> A	Ν	S		
<sup>33</sup> C	-1	Α	0		<sup>34</sup> S	R	-1		35 E	Х	О	J	<sup>36</sup> S	<sup>37</sup> E
<sup>38</sup> E	С	R	U	<sup>39</sup> S		<sup>40</sup> Y	R	<sup>41</sup> S		<sup>42</sup> E	Α	G	Е	R
<sup>43</sup> S	Е	Т	Т	Е	44E		<sup>45</sup> P	1	<sup>46</sup> T		<sup>47</sup> P	Α	G	Е
		<sup>48</sup> S	0	N	G		<sup>49</sup> E	М	0		<sup>50</sup> S	R	Α	S
<sup>51</sup> C	<sup>52</sup> O	Н	0		<sup>53</sup> O	<sup>54</sup> L	D	Р	R	<sup>55</sup> O				
<sup>56</sup> R	U	Е		<sup>57</sup> A	S	1		<sup>58</sup> L	Е	N	<sup>59</sup> S	<sup>60</sup> C	<sup>61</sup> A	<sup>62</sup> P
<sup>63</sup> E	N	L		<sup>64</sup> B	U	Т	<sup>65</sup> T	Е	R	Т	Α	R	Т	S
66 A	С	L		<sup>67</sup> B	R	R	R		<sup>68</sup> O	Н	R	Α	Т	S
69 M	Е	S		<sup>70</sup> A	F	Е	Е		<sup>71</sup> S	Е	Α	Т	Α	Т

#### **ANSWERS TO SUDOKU (PG.92)**

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

#### **Zoomerang**





"I try to eat right, but huge chunks of raw meat are all you can find these days."

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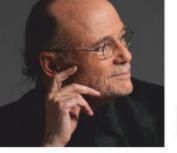
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### Moses' Last Word/First Word

#### Prophet of Zoom



"IT'S SURREAL, DR. ZACH". SPRING IS HERE, OPTIMISM IS BACK AND DEATHS IN LTC'S ARE DOWN, SO SUDDENLY THE CRISIS IS OVER, AND ELDERLY CARE IN CANADA IS FIXED? BUT IT'S NOT!!! BECAUSE THE DEMAND, ALREADY HUGE, IS CONSTANTLY GROWING, AND YET THERE ARE STILL ONLY 360 GERIATRICIANS HERE FOR THE 6.5 MILLION OF US OVER 65."



TO CHANGE THE CULTURE AND GRAB THE ATTENTION OF YOUTH, I THINK YOU'D HAVE MORE LUCK WITH A HIT T.V. HOSPITAL DRAMA STARRING A BEAUTIFUL, BUT HAIMISH ACTRESS WHO PLAYS A PASSIONATE, IDEALISTIC AND INSIGHTFUL GERIATRICIAN.



...THE SYSTEM'S! IT'S CRITICAL! DO YOU MIND IF I CALL YOU SCARJO?



"YOU NOTICE I'M THE ONLY GERIATRICIAN (GER) HERE? ACCORDING TO THE RECOMMENDED BENCHMARK OF GERS PER 10,000 PEOPLE 65 AND UP, CANADA SHOULD HAVE A MINIMUM OF 835 GERS; YOU'VE GOT 360. IN 2025, YOU'LL NEED OVER A THOUSAND GERS, BUT YOU'LL BE BELOW 300 BECAUSE OF RETIREMENTS."



MEANWHILE THERE ARE ALMOST 3,000 PEDIATRICIANS FOR THE SAME NUMBER OF KIDS UNDER 18. WE'VE TRIED EVERYTHING TO GET MEDICAL STUDENTS TO THINK ABOUT ELDER CARE. YES, WE NEED MORE SCHOOLS, MORE COURSES, MORE SCHOLARSHIPS, BUT NO DICE. I GUESS BABIES JUST SMELL BETTER.





"WHOA, THERE IT IS RIGHT THERE. ONTARIO, YOUR BIGGEST PROVINCE, CURRENTLY HAS 78,000 LONG-TERM CARE BEDS, ALMOST HALF OF THEM 1970S WARD-STYLE ROOMS, 3 OR 4 BEDS TO A ROOM. ONLY A THIRD OF ALL THE LTC ROOMS ARE PRIVATE, THE ONLY SAFE WAY TO HOUSE OLDER VULNERABLE PEOPLE.



WITH MORE OF US COMING - 1,000 CANADIANS TURN 65 EVERY DAY, AND WILL FOR THE NEXT 20 YEARS -IT'LL ONLY GET WORSE. HOW CAN WE GET PEOPLE TO WAKE UP TO THE NEED AND NOBILITY OF EC?





"YOU ALSO HAVE THE WORST SHORTAGE OF HANDS-ON CARE STAFF EVER - NURSES AND PSWS - EXACTLY THE PEOPLE WHO ARE MOST CRITICAL IN ELDER CARE. THE PROBLEM IS COVID BURNOUT AND POOR PAY\* NOT TO MENTION MY PET PEEVE, THE DOCTORS ... OR RATHER THE ABSENCE OF THEM."



(FULL-TIME NURSES IN CANADA MAKE JUST OVER 30 DOLLARS PER HOUR, PSWS JUST UNDER 20 DOLLARS)



THERE'S NO EASY WAY TO SAY THIS PROPH.

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