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FOR QUEEN & COUNTRY

*Honorary Lieutenant-General
of the Canadian Armed Forces*

RICHARD ROHMER

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times with the monarch

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Inside the Palace with **TINA BROWN**

Plus! A Royally
Good Celebration

**MOSES'
LAST WORD**
CAN WE AFFORD
TO FIX LONG-TERM
CARE?

**PROCEED
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THE CRYPTO
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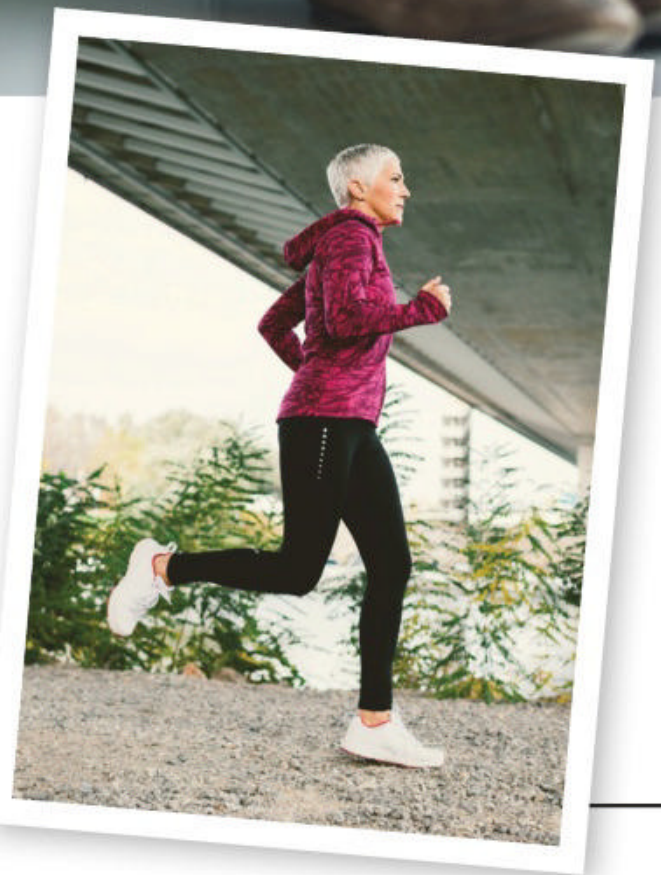


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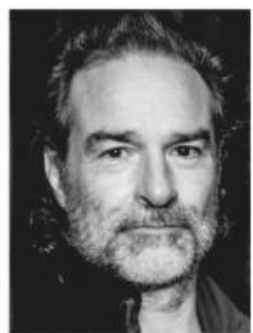
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SPOTLIGHT

Toronto photographer Paul Alexander is known for his candid celebrity portraiture, and has shot everyone from Prince Charles to Barack Obama to Avril Lavigne, for magazines such as *Zoomer*, *Vogue U.K.*,

Maxim, *British Elle* and *Cosmopolitan*. He captured General Richard Rohmer, 98, for our cover story, "A General Fit for a Queen". "When I heard about the man, all I could think was how many tears were not shed by Allied soldiers' families because of his bravery, and how his actions would alter the trajectory of the Second World War."



Ian Coutts is an award-winning book editor, as well as the author of five books and co-author of two, who has written for *Toronto Life*, the *Globe and Mail*, *Broadview*, *Canada's History* and *Canadian Geographic*.

An avid fan of the Royal Family and a Second World War history buff, he jumped at the opportunity to combine his two interests with his profile of Richard Rohmer, "A General fit for a Queen", for this issue of *Zoomer*. He lives in Kingston, Ont.

PHOTOGRAPHY, COURTESY: PAUL ALEXANDER; COURTESY IAN COUTTS; COURTESY JONATHAN CHEVREAU

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Toronto-based Jonathan Chevreau is the investing Editor-at-Large for *MoneySense* magazine, founder of the Financial Independence Hub website, author of *Findependence Day* and co-author of *Victory Lap Retirement*.

For “The Crypto Conundrum”, he writes about the pitfalls and psychology of investing in cryptocurrency such as Bitcoin, inspired by his 2021 foray into the crypto market.



VIA EMAIL

Being a former east coast resident the dulse article (“Eat Your Sea Vegetables”) actually hit my funny bone as I remembered pinning dulse to the clothesline.

Jane Matthews

Love your LAST WORD/FIRST WORD, Moses! However, the April-May 2022 issue addresses the shortage of geriatric doctors in Ontario only and Zoomer’s readership is cross-Canada. What about other provinces, like B.C., where I live?

Barbara McDonnell



What an excellent editorial! (April-May 2022) And it was so timely, with the Ukraine crisis affecting all of us. Ricchio’s story could be mine! I’m very impressed with him and his family’s story.

Jan Olesko

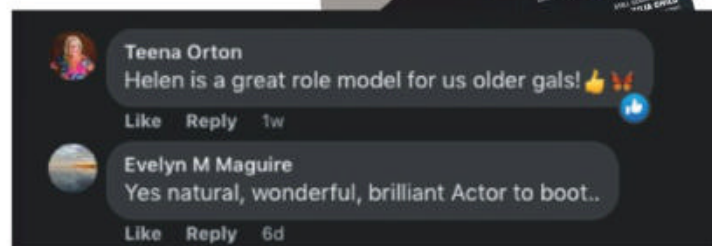


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ON THE COVER
Major-General (Ret'd) Richard Rohmer, photographed by Paul Alexander on location in Collingwood, Ont.



FROM THE EDITOR-IN-CHIEF & PUBLISHER



T

HERE IS NOTHING LIKE statistics to dash the construct that age is just a number and a matter of opinion – your own.

The 2021 Census results released in April showed that, although you may be as young as you feel, aging marches on. Those 65 and over now make up 19 per cent of the population, while those 85 and up (members of the inter-war and greatest generations) are the fastest-growing age group, with a 16 per cent increase in centenarians since 2019.

But boomers who have long enjoyed flexing their demographic might are on their way to losing the leverage of scale. For the first time since the end of the baby boom in 1965, they make up less than a quarter of the population, with millennials born between 1981 and 1996 powering up as the fastest-growing generation.

This magazine was founded in 2008 to track and reflect on a particularly 21st century story – the great arc of boomer longevity. Our name is a nod to the phenomenon, but also presents the idea that aging is a moving target and, as the years progressed, our philosophy and content would eventually service readers who hit middle age, whatever the generation. We marked the lift-off point at age 45, and now Generation Xers – who are between 41 and 55 – are well into our cohort.

Like boomers, who have been unfairly stereotyped as grasping and self-centred, Gen Xers have been saddled with a perception that they are couch surfers with low expectations – “they will never be the largest generation,” sniffed one newscaster report-

ing on the Census – and millennials have been routinely mocked for being coddled and oversensitive. The only thing that seems to unite the two younger generations is their resentment – the feeling that the boomers’ continuing control of the economy and the culture has left them in a stasis of arrested development.

Royals are just like us, and Prince Charles can probably relate. As the heir to the British throne, he has been a generation away from the “top job” (as the late Diana cheekily described it when she rocked the monarchy with a 1995 BBC interview, and professed her belief that Charles was unfit to be king) for much longer than imagined. Charles’ personal and professional mid-life missteps signalled a frustration with the wait in the wings, but as Leanne Delap writes in “Succession”, time has allowed his future subjects to get used to his idiosyncrasies and appreciate his forward thinking. The relationship between the 96-year-old Queen and her 73-year-old son has been famously complicated. How could it not be so, as his destiny can only be fulfilled by her death?

That will come “in the fullness of time,” to quote the Queen, when Charles will be the oldest Prince of Wales to take the throne. Time has also seemed to mellow their generational divide, as she becomes increasingly withdrawn due to mobility issues and he takes on more of her duties. But as we dedicate this issue to marking her 70 remarkable years on the throne, I’m sure Prince Charles agrees with my hope, “Long May She Reign.”

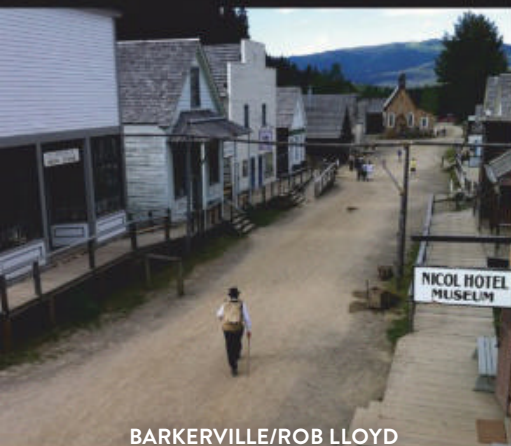
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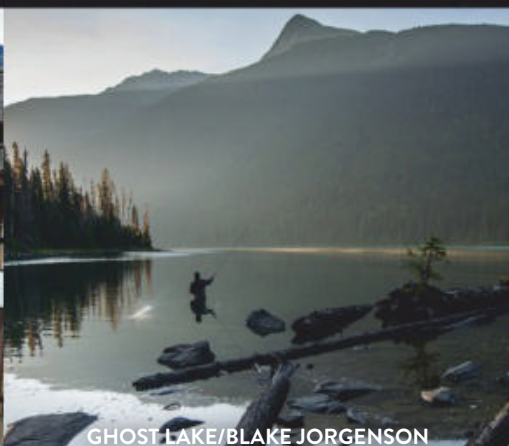
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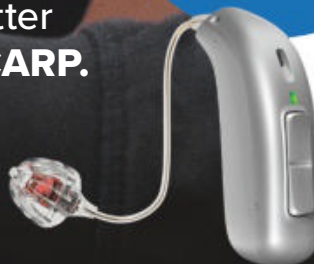
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Zoom In

Focus



CANADIAN PRIDE

PHOTOGRAPHY, THE CANADIAN PRESS/PATRICK DOYLE

I KNOW HOW TO DO PRIDE WELL. I can run a mile in a cork wedgie – and have, repeatedly, even as I slid into my late 50s. I marched in New York at an unsanctioned parade to mark AIDS activism and the 25th anniversary of Stonewall, the 1969 riot sparked by a police raid on a LGBTQ2S+ club. This uprising by a group of white, brown and Black queer and trans folk is commemorated by all Prides, like the one in my hometown of Winnipeg, which I skipped through in a sarong. Or the parade in Toronto that my boyfriend and I, dressed in ridiculous outfits, pranced through for 18 years in a row, a tradition that stopped in 2020 due to the COVID-19 pandemic. To say that I yearn to reconnect physically with legions of other LGBTQ2S+ folks at Pride is a gross understatement.

That desire among queer and trans folk is palpable across the country. There is a special energy generated when we gather en masse. And while we have shown incredible ingenuity and tenacity in maintaining connections through social media and other physically distant means, nothing can replace that face-to-face, skin-to-skin, high-heels-on-pavement connection.

After a two-year hiatus, Pride festivities return to in-person events across Canada this summer, with parades being planned from Victoria (June 26) to Winnipeg (June 5), Toronto (June 26) to St. John's (July 24).

Granted, many Canadians are still wary of COVID-19 and may prefer to show their Pride online or at more private affairs. But those who do venture out are going to ►

Zoom In Etc

devour every flirty look, every awkward encounter with our exes, every moment of campy excess.

At the heart of Pride's exuberance beats an ignoble secret: pain. That's why queer and trans joy is so intense; it's the flip side of pain. And that's why Pride has always been a party and a protest, whether it was during the AIDS crisis of the '80s and '90s, the calls for racial justice and defunding the police in the last few years, or our current crisis of violence against trans folk, where a rash of legislative attacks on trans youth march in lockstep with physical attacks, especially against trans women of

The author (left) with boyfriend Maurice Vellekoop



colour. A lot of intersectional politics courses through the seemingly frivolous festivities at Pride. Many in our communities are besieged. But when the world is out to get you, there is something vitally radical about just being alive. It's a simple truth, hard won. Pride is a celebration of life.

Have the past two years been challenging for you? Come join us queer and trans folk at Pride. Shake out the sorrow. We know how to do this, and why. —Gordon Bowness

PROGRESS & WAR

Photographer Edward Burtynsky fights the Ukraine invasion with art



EDWARD BURTYNSKY'S career is dedicated to documenting how nature has been transformed by human activity, and collectors worldwide covet his large-format photographs of industrial landscapes.

It is fitting that the première of his multimedia art installation, "Edward Burtynsky's In the Wake of Progress," will be projected on the giant advertising billboards at Toronto's Yonge-Dundas Square, (above) arguably this country's epicentre of commercialism, on June 11 and 12 for the Luminato arts festival. A powerful, non-verbal sound and visual experience about the environmental consequences of all the stuff we consume, the art installation will later embark on an international tour of festivals and museums from California to Australia. A truly made-in-Canada immersive project, it was co-produced by Bob Ezrin (Pink Floyd's *The Wall*), with an original score by composer Phil Strong and vocals by Cree Métis performer iskwē.

The Luminato project follows the renowned Canadian photographer's fundraiser for humanitarian relief efforts after Russia's Feb. 24 invasion of the country where his parents were born. His mother, Mary, survived the genocide unleashed on Ukraine by Stalin, but Hitler's army consigned her to forced labour during the Second World War. After years as a displaced person, Mary made it to safety in Canada, where she tirelessly fundraised

to support Ukrainian liberation. So when Russia attacked Ukraine, Burtynsky was inspired by her example. "People see this beyond a war in Ukraine," he says. "It's a battle against authoritarianism. To be free and be able to self-actualize."

In February, he offered special editions of his most popular photographs in exchange for donations to the Red Cross Ukraine Humanitarian Crisis Appeal. The release sold out overnight and, together with pledge-matching from the federal government, raised nearly \$700,000. "It spoke to me about the willingness for people to give," Burtynsky adds, noting that when he told his mother, 98, about the donation, she was thrilled. I suggest it's the equivalent of selling about eight billion pierogis and cabbage rolls a day; with a laugh, he agrees. In addition to supporting the work of Ukrainian photographers on the ground, like artist Maxim Dondyuk, in April Burtynsky said he was sharing his Sony World Photographer Award for outstanding contribution to photography to "the artists of Ukraine, many of whom are bravely documenting the desecration of both their people and lands."

Burtynsky, who planned to travel to Ukraine until COVID-19 intervened, feels more compelled than ever to visit, and as of April, hoped to go "when the shooting stops - and hopefully it will stop." —Nathalie Atkinson

PHOTOGRAPHY, LUCINDA WALLACE (PRIDE); CASSANDRA POPESCU (DUNDAS SQUARE); BIRGIT KLEBER (BURTYNSKY)



INVESTING IN WOMEN
AND FOR WOMEN:

WOMEN & WEALTH MANAGEMENT

AT A PIVOTAL MOMENT IN ECONOMIC HISTORY, INGRID MACINTOSH, VICE-PRESIDENT AT TD WEALTH AND EXECUTIVE SPONSOR OF THE *TD WEALTH FOR WOMEN* PROGRAM, TALKS ABOUT WOMEN, MONEY AND THE IMPORTANCE OF LOOKING AHEAD.

Many women have never-ending to-do lists running in their heads. These might include household tasks and medical appointments, but they often leave out planning for their financial future. "You might be able to defer a lot of things in life," Ingrid Macintosh suggests. "But deferring your financial plan is dangerous to your financial health."

By 2026, it's estimated that women will hold more than half the personal wealth in Canada. At some point, nine in ten Canadian women will be the sole financial decision-makers for their families. Inheritance, divorce or widowhood can all impact a woman's financial picture, often suddenly.

Some women don't feel prepared for these momentous shifts. "They're intelligent, they're educated, and they're competent," says Macintosh, a passionate advocate for helping women understand and engage with their finances. "But they perhaps haven't looked into long-term issues of savings and investment."

"Systemically, the financial journey is more difficult for women," Macintosh points out. "Just in terms of building wealth, women tend to be out of the workforce for longer periods, between childcare and eldercare. They are more likely to be in part-time work without pensions. And we can't forget the all-in earnings gap." For these reasons, it's even more important for women to build their financial literacy and develop a financial plan.

"At the same time, we have an industry that has not always been woman-friendly," Macintosh explains. This history of being underserved and misunderstood by financial service institutions can affect women's financial confidence and preparedness. "For women aged 45 to 55, only about 40% in that critical pre-retirement period said they have a written financial plan." That's why TD is working to create a connected, differentiated experience for women, with advisors trained to identify and address women's financial

concerns and challenges. TD's *Wealth for Women* website also offers on-demand financial resources geared specifically to women.

Often all it takes for women to feel more engaged and informed is that first conversation with a financial advisor who focuses on getting to know them and their individual needs. "When women are thinking about money management and building their financial knowledge, it's powerful," Macintosh states. And like any good investment, "it's power that just compounds over time." Once women feel informed and confident, they are often better than men at navigating market volatility and turbulent economic



NO MATTER WHAT AMOUNT OF MONEY YOU HAVE OR HOW 'LATE' IN LIFE YOU'VE STARTED TO TAKE CHARGE OF YOUR FINANCES YOU JUST NEED TO START

- INGRID MACINTOSH, VICE-PRESIDENT AT TD WEALTH AND EXECUTIVE SPONSOR OF THE TD WEALTH FOR WOMEN PROGRAM

conditions, she points out. Macintosh rejects the common trope that women are "risk averse." In her experience, women are "risk aware," preferring to make educated decisions.

The belief that "there's not enough time, not enough knowledge or not enough money can trip people up," Macintosh acknowledges. That's why TD Wealth is ready to meet women wherever they are in their financial journey, with experience, knowledge, resources and advice. As Macintosh says, "No matter what amount of money you have or how 'late' in life you've started to take charge of your finances, you just need to start. Your future self will thank you."

Zoom In Etc



I want to know more about Bertha; 92-year-old TikTok star Grandma Droniak posted a video outlining three rules for her funeral. Don't cry too much, get drunk after and don't invite Bertha, a woman she dislikes.

THIS WAY UP

THE PEAKS AND VALLEYS IN THE JOURNEY

By Mike Crisolago

(AND DOWN)

Turns out the Fountain of Youth comes from a deep fryer.

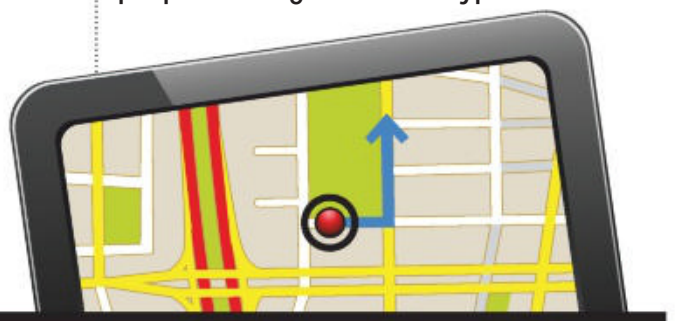
An Illinois couple found a bag of 63-year-old McDonald's french fries in the wall of their home during renovations, telling NBC News "they were very well preserved."

A 100-year-old Brazilian man sets a world record after working for the same company for 84 years: Which made the timing of his downsizing the next day all the more unfortunate.

Walk this way. A U.K. study showed people could shave up to 16 years off their biological age with regular, brisk walks.

DOWN

"So Grandpa's not crazy. His GPS really was mocking him." Experts say artificial intelligence algorithms can perpetuate ageist stereotypes.



The Changing Course of History



A HOLE IN NONE Maurice Flitcroft (above) is the focus of a new film on his faux pro infiltration of the 1976 British Open

IN CASE YOU missed it, golf is back. When contemporary pop stars are spotted on the fairways – guys like super-influencer Harry Styles, who spends part of his downtime on tours exploring local courses – you know millennials are following boomers, who've been keenly observing rockers like Alice Cooper and Bob Seger chasing birdies for decades. (Styles' former One Direction band mate Niall Horan is also a keen golfer; he co-founded golf management company Modest! Golf in 2016.)

celebrity, decades before social media made that a thing.

The film, starring Mark Rylance, Sally Hawkins and Rhys Ifans, opens June 17, neatly prefacing the 150th edition of the Open Championship, slated for the "home of golf" at the Old Course in St. Andrews, Scotland, from July 10 to 17. As it happens, Styles, who is touring Europe this summer, has no shows booked on the Open's opening and closing days. Coincidence? We shall see. —Kim Hughes

Of course, cinema has a long and lively history with the game, from classics like the Dean Martin and Jerry Lewis vehicle *The Caddy* (1953) to Bill Murray in *Caddyshack* (1980), not to mention Adam Sandler's inimitable *Happy Gilmore* and Kevin Costner's *Tin Cup* (both, 1996), *The Legend of Bagger Vance* (2000) and *The Greatest Game Ever Played* with Shia LaBeouf (2005).

Joining the canon is *The Phantom of the Open*, an absurdly charming, fact-based dramedy about Maurice Flitcroft, a British crane operator and family man who – despite no prior affinity or experience – posed as a professional golfer and gained entry to the British Open in 1976. He scored 121, the worst qualifying round in Open history, cementing his status as a folk hero and, briefly, an in-demand D-list



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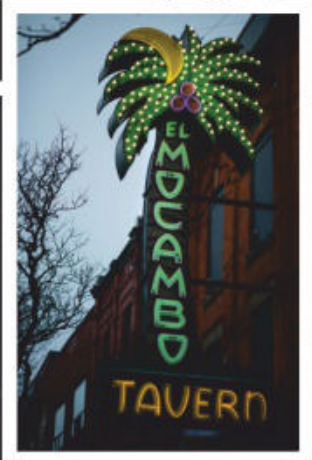
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HONKY TONK Scenes from the El Mocambo Tavern concert, March 4, 1977; (below) Margaret Trudeau in New York City, a week later



PHOTOGRAPHY, KEN REGAN/CAMERA 5/CONTOUR/GETTY IMAGES (CONCERT AND MICK JAGGER); GALIT RODAN/BLOOMBERG/GETTY IMAGES (SIGN); BORIS SPREMO/TORONTO STAR/GETTY IMAGES (TRUDEAU); PAUL POPPER/POPPER/GETTY IMAGES (RICHARDS)

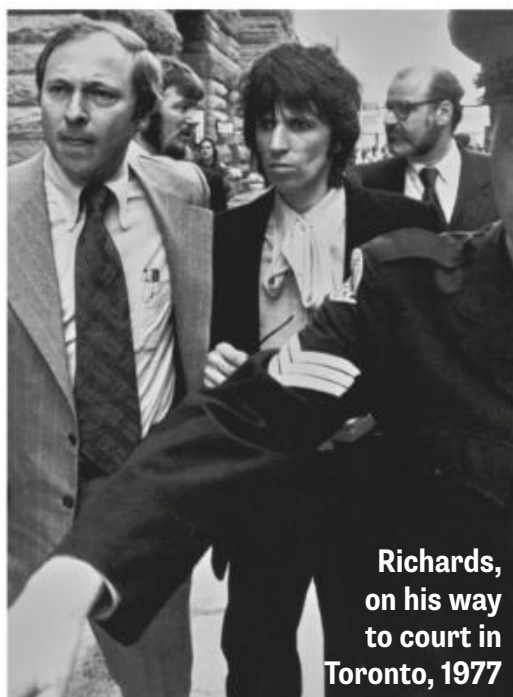
After 45 years, the Stones release a live double album from a legendary gig

IT WAS A MARCH night in Toronto in 1977. On stage at the El Mocambo Tavern on Spadina Avenue was a band that had been billed as the Cockroaches, opening for Canadian rockers April Wine. But wait: The guy in the white jumpsuit unzipped to the navel looked a lot like Mick Jagger and the guitar player to his left, standing in front of a Jack Daniels bottle on top of an amplifier, sure looked like Keith Richards. Then the band started to play “Honky Tonk Women,” and the ruse unravelled.

More than 300 people, many of them winners of a contest held by a radio station, were stunned to find themselves at the first of two secret gigs by the Rolling Stones. (Margaret Trudeau, wife of then-prime minister

Pierre Trudeau, was also in the audience, taking photographs and feeling, she later wrote, “like an aging groupie.”)

The Stones played their early hits, covers of the blues standards that gave them their start, and songs like “Hand of Fate” and “Melody” from 1976’s *Black*



Richards, on his way to court in Toronto, 1977

and *Blue*. Bootleg recordings of the El Mo concerts have circulated among Stones fans for years, and four tracks were included on the 1977 *Love You Live* album. But on May 13, a two-album set called *The Rolling Stones Live from the El Mocambo* arrived to officially document those wild nights in Toronto.

It was a riotous time, but also a distressing one for the Stones: A week before the concerts, Richards was arrested in Toronto and charged with possession of heroin with the intention to traffic. It was not at all clear, as the Stones took the stage in Toronto, whether the band would survive. As it turns out, there was no need to worry. When *Live from the El Mocambo* is released, the Stones will be rehearsing for their upcoming 60th anniversary tour of Europe. This time, they might be playing to more than 300 people.

—Elizabeth Renzetti

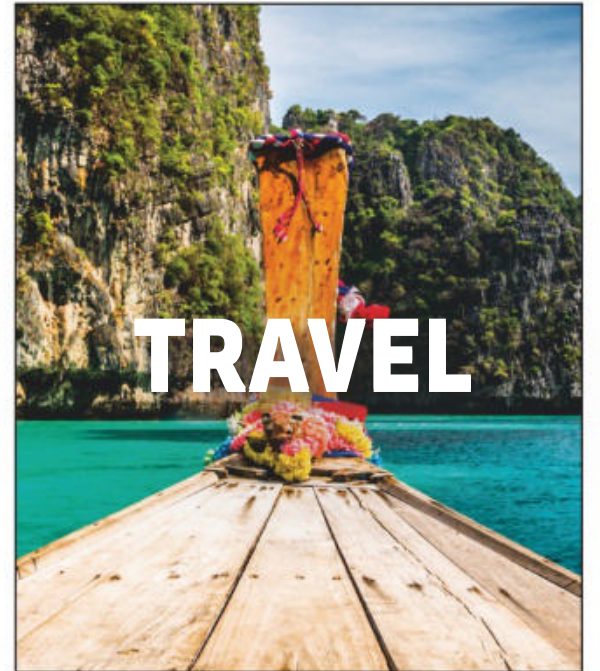
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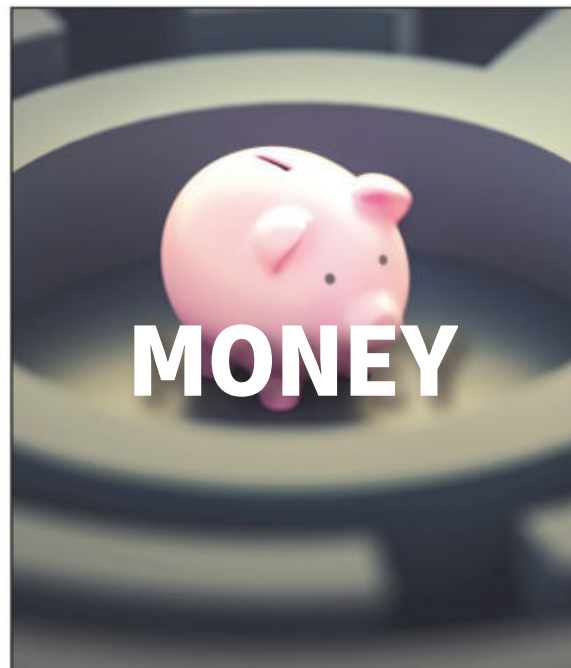
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Zoom In Etc



The hotly anticipated Baz Luhrmann biopic will resurrect the King for a new generation
By Shinan Govani



Austin Butler plays Elvis; (below) in 1957, fans went wild for Presley's performance at Toronto's Maple Leaf Gardens



press conference. "He's held up to superhuman status. To get to explore that and learn the way he was, and find the human within that icon, that was really such a joy."

Part of the allure, too, is that Elvis helped invent the modern notion of teenagers, with their own market whims and taste-making muscle; before him, the bridge between children and adults was a foggy one, at least as a distinct demographic. But can Elvis make the king of rock 'n' roll new again for the TikTok generation? That's part of the calculus here.

The movie purports to tell the story of Elvis Aaron Presley, born Jan. 8, 1935, in East Tupelo, Miss., 35 minutes after his identical twin brother, Jesse, who was stillborn. The one who was the first member of his family to earn a high school diploma, and after graduation, worked in a machinist shop before diving into music with the 1954 recording of "That's All Right." The star on the rise who, at 22, shelled out US\$102,500 for Graceland, the five-hectare (14-acre) Memphis, Tenn., property with a mansion that served as his private playground until his demise at 42. (His 1977 bathroom death gave fodder to supermarket tabloids for years and years to come.)

Elvis first fell into the fangs of extreme fame when he made a seminal appearance on the *Ed Sullivan Show* on Sept. 9, 1956, with approximately 60 million people – more than 80 per cent of the entire TV-viewing audience at the time – in his thrall. A year and a half later, he was drafted into the U.S. army for the Korean War, which attracted unreal media coverage as he served in Germany, where he met his future wife, Priscilla Beaulieu, the 14-year-old daughter of a U.S. air force captain. (Ten years her senior, Elvis had a relationship with Priscilla that would raise eyebrows today. They dated long distance until she moved to Memphis at 18, but in her 1985 biography *Elvis and Me*, she said she didn't have sex ➤

AFTER TAKING ON *The Great Gatsby* in the 2013 screen adaptation of F. Scott Fitzgerald's famed novel, Australian director Baz Luhrmann now turns his lens to the mega-star behind "Blue Suede Shoes."

Much like *Gatsby*, Elvis is a one-word entrée into Americana. Both, after all, instantly summon up a host of associations and feelings, even if they are sometimes only implied, or adjacent to the truth. Just think of the daffy invites sent out for *Gatsby*-themed '20s parties, as if hosts are oblivious to the novel's tragic ending, with a dead man floating in the pool.

Likewise, Elvis, the man, is whisked so thoroughly into Elvis, the myth – with all the weirdness and excess, the camp factor and the conspiracy theories – that the person behind the personality seems almost nonexistent.

That is precisely what attracted U.S. actor Austin Butler, 30, to take on the role in the jukebox biopic, *Elvis*, which is scheduled to have its première at the Cannes Film Festival in May and its theatrical release in June. The challenge was "to explore the humanity of someone who has become the wallpaper of society in a way," he explains in a virtual



Priscilla Beaulieu, 1960

PHOTOGRAPHY, MICHAEL OCHS ARCHIVES/GETTY IMAGES (SIGNATURE); BETTMANN/GETTY IMAGES (FANS); BETTMANN/GETTY IMAGES (PRISCILLA)



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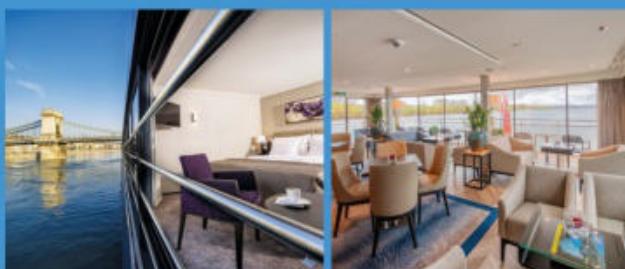
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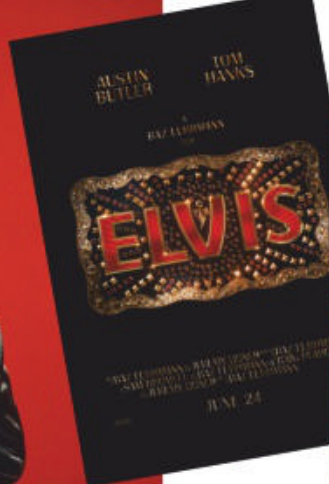


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With his manager (above), Colonel Tom Parker; (from far left) backstage at the Milton Berle Show, 1956; the comeback special, 1968

until they married when she was 21.) Amazingly, Elvis, a bona fide global star who sold some 40 per cent of his records outside the U.S., never performed anywhere but North America – and only staged a handful of concerts in Canada.

THE FILM FOCUSES LARGELY on the making and selling of Elvis, and uses his manager – one-time carnival barker Colonel Tom Parker (played by Tom Hanks) – as a way into the story. It is told from Parker’s point of view, a familiar device for Luhrmann, who, as Fitzgerald did in the book, relied on Gatsby’s neighbour to narrate his 2013 film. “It might be called *The Great Gatsby*, but it’s actually Nick Carraway’s story,” Luhrmann says during the press conference, adding that he was drawn to Elvis because his “life is culturally at the centre of the ’50s, and socially the ’60s, and actually the ’70s. It’s a great canvas on which to explore America.”

The newly revived talk about appropriation of Black culture hasn’t tarnished the star’s legacy, and Luhrmann shows the symbiosis between Elvis and African-American culture: In the movie’s trailer, Elvis, as a boy, ducks into a revival tent and joins Black worshippers as they sing and dance. The singer was also inspired by the blues, and forged relationships with people like James Brown, who called him a “soul brother.”

If the new biopic is going to resurrect Elvis in pop culture, it is going to do so by calibrating his legacy as a style icon, since Luhrmann’s movies are known for their visual punch, and his wife, four-time Oscar-winner Catherine Martin, is designing the costumes. While the image seared into our collective memories is Elvis, in his later years, wearing a Vegas-happy white jumpsuit with sequins and flared pants, his style was something else in the 1950s. Elegantly clean-cut, with a dash of punk. High-waisted trousers with pleats. Oxford button-downs. Shirtsleeves lackadaisically rolled up to give good bicep. Polo shirts in a blast of colours, including pink (uncommon for men, before him). Patterned socks. Two-toned shoes. The odd pinkie ring or metallic bracelet. A look so timeless that you

see guys like singer Nick Jonas and actor Ryan Gosling working it today.

His greatest style contribution, though – and one that continues today – is the popularization of the Cuban-style bowling shirt. *The Heartbreak Hotel* heartthrob rocked those hard and made them a full-on menswear trend (as seen in a popular picture taken backstage at the 1956 *Milton Berle Show* in California). The shirts have never really fallen out of fashion since, popping up cyclically on both runway models and fashionable hipsters.

His influence on hairstyles was no exception. The mid-century Elvis pop pompadour (or quaff, as it was called then) was a staple, and you can still see it on stylish blokes like DJ and record producer Mark Ronson. One look associated with Elvis, which has been adopted by some rappers, is the famous gold-lamé suit (as seen on the previous page), donned for his 1957 concert tour across the U.S. and Canada, and later worn on the album cover for *50,000,000 Elvis Fans Can’t Be Wrong*. The gold tuxedo, which included a jacket, trousers, belt, shoes and necktie, was custom-made by Nudie Cohn at Nudie’s Rodeo Tailors and cost US\$10,000 at the time. As a single look, it is only rivalled by the head-to-toe black leather ensemble he wore as he lip-curved his way through his “’68 Comeback Special” TV show – an aesthetic later detected in Robert Mapplethorpe photographs and any miscellany of kink. It is clear from many of his more theatrical looks that, without Elvis, there would have been no Bowie.

But even if the DNA of Elvis is wired into pop culture at this point, to what extent do younger people really know the intricacies of this boomer giant? As American culture writer David Deal mused recently in an essay for the online publishing platform Medium: “I wonder how many Gen-Zers [the generation born after 1997] know who Elvis is beyond a vague memory of his music being in *Lilo & Stitch*?”

That is the importance of a big production like Luhrmann’s. Movies, as Deal writes, “can rewrite history by reintroducing us to an artist in a different context,” boosting the value of an artist’s brand, and ratcheting up sales of music and merchandise. It happened with the release of *The Doors*, *What’s Love Got to Do with It* (Tina Turner), *Bohemian Rhapsody* (Queen) and *Rocket Man* (Elton John), among other music-heavy biopics.

Expect Elvis to join that club, courtesy of the always-rhapsodic Luhrmann, as the late great icon gyrates into the zeitgeist once more. **■**



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1

CAPITAL SPIRIT

At Mādahòkì Farm in Ottawa, Indigenous Cultural Ambassador Maggie Downer leads an Ojibwe spirit horse named Kitagokons (both above) to us for a few precious pats. Four males – Mukaday-Wagoosh, Makwa, Migizi and Gwiingwiishi – romp across the field to get closer to the pretty mare.

These beauties, with their trademark dorsal stripes, extra ear fur and an extra nose flap, roamed North America before colonization. The spirit horse breed was almost extinct by the early '70s and, while it is slowly being saved, is still endangered. “They pretty much inspired us to get a farm,” says Trina Mather-Simard, the executive director of Indigenous Experiences, which leased the property in October 2021 and has plans to grow it into an agritourism offering, with culinary and cultural experiences. “They used to run wild and live in partnership with our community.”

Mādahòkì (Ojibwe for “share the land”) has a Legacy Trail that showcases plants and medicines, and its Indigenous marketplace sells the work of 40-plus craft, art and food vendors, like spirit horse advocate and artist Rhonda Snow. Four annual festivals will celebrate the seasons, including the long-running Summer Solstice Indigenous Festival, which relocates here from Ottawa’s Vincent Massey Park, from June 21 to 26. indigenous-experiences.ca –Jennifer Bain



Cheryl Strayed



Gillian Flynn



Christopher Moore



Sailing the Seine and Paris with Bushnell and Avalon



Candace Bushnell

Go Where You Want To Go

Inspiring ideas for the globetrotter

a cottage near the third hole – called it the fairest test of championship golf he had ever designed.

The true champion of his 7,000-yard (6.5-kilometre) Pine Needles course, which opened in 1928, was LPGA charter member and golf instructor Peggy Kirk Bell. A staunch defender of a woman’s right to tee off, Bell died in 2016, but her family still owns the property she and her husband, Warren Bell, bought in 1954. pineneedleslodge.com –Vivian Vassos



The third hole at Pine Needles, in North Carolina

LADIES OF THE LINKS

From June 2 to 5, women golfers will take over the fairways at Pine Needles Lodge & Golf Club in Southern Pines, N.C., for the 77th U.S. Women’s Open. The course was designed by the revered Donald Ross, who started as greenskeeper at the birthplace of the modern game, Scotland’s St. Andrews, and created more than 400 golf courses by the time he died in 1948.

It’s just 8.6 kilometres from another storied Ross creation, Pinehurst No. 2, which opened in 1907. The golf-course architect – who lived in



Peggy Kirk Bell

2

3

READ ME A RIVER

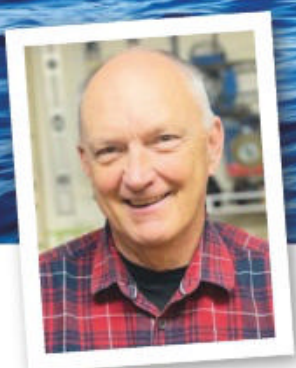
Avalon Waterways is introducing the Storyteller Series to its 2022 European river cruise itineraries, featuring bestselling authors on board ships with panoramic window suites. In July, *Sex and the City*’s Candace Bushnell will be the celebrity host for the Paris sailing on the Seine, while Cheryl Strayed (*Wild*) will sail the Danube; in September, Gillian Flynn (*Gone Girl*) will also do the Danube, and satirist Christopher Moore (*Shakespeare for Squirrels*) will float his boat down the Rhine. avalonwaterways.ca/storyteller –VV

PHOTOGRAPHY, LIZ BEDDALL (HORSE); MATTEO COLOMBO/GETTY IMAGES (PARIS); COURTESY CHERYL STRAYED; COURTESY GILLIAN FLYNN; COURTESY OF HARPER COLLINS (MOORE); JIM SPELLMAN/GETTY IMAGES (BUSHNELL); JIMMY SIME/CENTRAL PRESS/HULTON ARCHIVE/GETTY IMAGES (BELL); KEVIN MURRAY (GOLF COURSE)

"I CAN SEE BRILLIANTLY NOW"

How the right lenses can change your life

Intraocular lens innovations meet high expectations for exceptional vision and a renewed quality of life after cataract surgery.



← Meet Eric! This is the story of his journey to regaining clear vision with cataract surgery.

Last spring, Eric Sunstrum and his wife were sailing their boat, and Eric noticed he couldn't see navigation aids out on the water. Assuming it was time for new glasses, Eric made an appointment with his optometrist. To his surprise, he was diagnosed with cataracts.

Eric says he did some research online and went to meet with his surgeon under the impression that when choosing lenses, he'd need to prioritize distance or near vision.

"I mentioned that I need to see in the distance on our sailboat. My surgeon said, 'Well, that's all very good, but what if you want to look down and check something in front of you?' He explained that in my particular case I could regain vision at all distances."

Cataract surgery has improved a great deal over the years. Today, there's a high expectation of good vision without glasses, and there are many more options for multifocal intraocular lenses, like Alcon® PanOptix® lenses, which allow you to see clearly whether something is close up, mid-range or far away with less reliance on glasses.

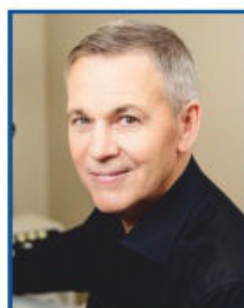
According to Dr. John Blaylock, Medical Director & Chief Surgeon at Valley Laser Eye Centre in BC, one size does not fit all when it comes lenses. "Your surgeon needs to understand what you as a patient want, the kinds of activities you engage in and your expectations. For example, do you rely on near vision as a reader or distant vision as a cyclist?"

Eric was amazed at how easy the surgery was. "I'm a guy who's afraid of the dentist," he says, "But it went swimmingly." During cataract surgery, the surgeon removes the cloudy lens and replaces it with an artificial lens tailored to your eyes and vision needs. The surgery, which Eric described as "painless," generally takes less than 30 minutes.

Eric says the surgery's impact was almost immediate. "After 50 years, I no

longer have to put my glasses on first thing in the morning. Everything is so much clearer."

"The options and the process is going to be a little different for everyone," he adds. "Pay attention to your eyes and trust the professionals to guide you."



DR. JOHN BLAYLOCK
Medical Director & Chief Surgeon,
Valley Laser Eye Centre

Hear what Dr. Blaylock has to say about cataracts and the different lens options available

- Symptoms of cataracts include blurry or cloudy vision, halos, glare or light sensitivity.
- Annual appointments with eye specialists are recommended for those over 40.
- Cataract surgery is highly technical and typically very safe, with a predictable outcome.
- There are four major classes of lens:

MONOFOCAL LENSES: Designed to provide clear distance vision. Will likely require glasses for reading and potentially for distance vision.

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PLEASURE PRINCIPLES

“Even as we get older and our bodies change, we never age out of sexuality,” says Joan Price, 78, a California-based author, sex educator and so-called senior sexpert. She is adamant that, rather than giving up, we should adjust and try new things, “so we can enjoy sex for the rest of our lives.”

Price, the author of *Naked at Our Age: Talking Out Loud about Senior Sex*, acknowledges physical changes may be challenging. “The penis doesn’t work the way it used to, the clitoris doesn’t work the way it used to, penetration is not as pleasurable, we’re not feeling sensation the way we used to, arthritis may mean the hands aren’t working as easily as before.”

She adds, “That’s why sex toys and vibrators were invented. Stop stressing your wrist already!” But some things never change. At any age, “75 to 80 per cent of vulva owners don’t experience

orgasm through penetration alone.”

Women shouldn’t be embarrassed to talk about how they require more sensation. On your next “sex date,” she suggests bringing a vibrator and sharing it with your partner, saying: “This is what I need for sexual response and orgasm. It’s a threesome, you, me and the vibrator.”

The design and marketing of sex toys is making them more popular. “I call them pleasure products,” says Johanna Rief, global director of sexual empowerment for Lovehoney, an online retailer of “electronic products for adults,” like the Womanizer, and We-Vibe for couples. Some, she says, “even look like a facial brush; you can leave it on the nightstand, and no one would realize it’s a sex toy.”

Will we reach the point when grandma gets a vibrator for her birthday? “I’d rather they give her a certificate to a sex shop and let her pick out her own,” Price replied. —Judy Gerstel



SWITCH IT UP

Maintaining a healthy brain as you age is about more than just besting your daily Wordle score. Brainteasers can help, but so does reading, visiting a museum or learning an instrument. “Variety is key,” says Atlanta-based neuropsychologist and gerontologist Vonetta M. Dotson. “It’s better to add different types of mentally engaging activities to your week than it is to do more and more of the same thing.”

After 20 years treating older patients with cognitive issues, she wrote *Keep Your Wits About You: The Science of Brain Maintenance as You Age*, a comprehensive guide to healthy behaviours that help sharpen your mind, improve your mood and reduce the risk of dementia.

No matter the diagnosis, from stress-induced lapses in memory to Alzheimer’s disease, Dotson’s recommendations are the same: Be physically active, stay socially connected, engage your brain and eat a healthy diet. If she had to pick one no-no? Screen time before bed. Research, she notes, shows blue light emitted by digital devices interferes with melatonin production. “Sleep is really important for brain health, and other aspects of health, such as a strong immune system. So we should stop behaviour that interferes with falling asleep or staying asleep.” —Tara Losinski



POSITIVE THINKING

Life satisfaction generally increases from mid- to late life, and our emotional experiences may be more positive as we age, but it doesn’t always feel that way. Illness, family issues, loss and regret can interfere with happiness, and may also contribute to why life satisfaction tends to decrease after 70. That said, there are ways to boost happiness as the decades pass, says Dr. John Tholen, 74, a retired California cognitive therapist and author of *Focused Positivity: The Path to Success and Peace of Mind*.

Although our emotions and motivations seem to be directly linked to the events and circumstances we encounter, he suggests we’re reacting to our interpretation of our experiences. It’s our internal monologue, our self-talk that determines how we feel about what’s happening in our lives.

Changing that self-talk with focused positivity starts with being mindful of our thoughts; identifying the dysfunctional ones; and refocusing our attention on positive ones, like gratitude, and motivating convictions, such as hope and self-assertion, that can bring us some peace of mind. —JG

WALMART PHARMACISTS BRING KNOWLEDGE AND CARE TO THE JOB

Next time you head out to Walmart, don't forget to visit the pharmacy. Why? Because of pharmacists like Daman reet Kaur

Daman Preet Kaur has been a pharmacist for over twenty years. Simply put, Daman was drawn to the career because she has a mindset of helping other people. "I wanted to serve people in a community setting," she said. Her career at Walmart has allowed her to do exactly that.

Through accreditation, pharmacists bring broad and deep knowledge to their role. But as well as these core skills, supplemental credentials are also possible. For instance, Daman also has additional prescribing authorization (APA) and is a Certified Diabetes Educator (CDE). "One of Walmart's pharmaceutical services is to offer quarterly diabetes clinics, and most Walmart pharmacies have a Certified Diabetes Educator (CDE) who is there on an ongoing basis to support patients with knowledge and help manage their care." While many may have a go-to image of a pharmacist as someone counting pills, the reality is the role involves far more than that.

Daman says, "There's so much more. For one simple prescription, there are many steps that pharmacists will undertake before filling a prescription. We check drug interactions that might impact the customer, ensure there are no allergies or other conditions that might interfere with the medication and sometimes check blood pressure." Depending on the province, pharmacists can also check kidney function, liver function and even have the authority to adapt a prescription if need be.

"Walmart has some really helpful services customers aren't always aware of," Daman notes, "like compliance packaging (also known as blister packs) which group prescribed medications together for those who might need that extra reminder." Select locations also offer: curbside pick-up and free prescription delivery to customer's homes, vaccinations of all kinds, pre-travel consultations, COVID vaccinations, rapid antigen tests and PCR testing.

Daman talks a lot about her relationships with customers, and the qualities a pharmacist exercises, like empathy, active listening and good communication.

"We always offer a private consultation room, where customers can have more privacy to share their concerns or if they are caregivers, information about their loved ones. Just last week a customer came in with swollen legs. She felt her medicine wasn't working properly. We went into a private consulting room and I was

DAMAN TALKS A LOT ABOUT HER RELATIONSHIPS WITH CUSTOMERS, AND THE QUALITIES A PHARMACIST EXERCISES, LIKE EMPATHY, ACTIVE LISTENING AND GOOD COMMUNICATION

able to take a look and she was part of the decision-making process to address the issue. After the consultation, she agreed to a follow up call and a few days later we checked in and all was going well. The role of the pharmacist isn't just the moment in time where a customer is standing in front of us – it's about understanding what happened before the customer came in as well as ensuring he or she is okay later."

WALMART PHARMACY SERVICES

Did you know that Walmart offers private consultation services? It's just one of the great service that they offer - here are some more:

- Medication Management and Blister Packaging
- Administer Flu Shots and Immunizations
- Blood Glucose Meter Training
- Prescription Renewals
- Smoking Cessation Consultation
- Naloxone Emergency Kit Training
- Medication Disposal
- Initiate Prescription Drug Thereapy

The ER Diaries

Dr. Zachary Levine
gives us the 911



THE CASE

A 74-year-old woman is brought to the ER by ambulance after she dropped her fork at lunch and was barely able to speak. Her husband wasn't sure what was wrong, but he did recall the stroke warning signs, so he looked for face drooping, arm weakness and speech difficulty. Given she had two of the three signs, he called 911.



THE SYMPTOMS

She seemed to be awake and alert and tried to respond, but was unable to speak properly. She could not move her right arm or leg. When she tried to stand up, she almost fell, but her husband caught her. The ambulance arrived 10 minutes later. The paramedics took her vital signs and, when she arrived at the hospital, her status was unchanged.



THE TESTS

The ER nurse and doctor quickly assessed the patient and called a “code stroke,” which mobilizes resources for people who may have had an acute (a few hours' old) stroke. She went for a CT scan, and the neurology team was called in. The physical exam confirmed complete paralysis of the right arm and leg and speech impairment. Blood tests, including glucose levels, were normal.




THE DIAGNOSIS

The CT scan showed what appeared to be a clot in a major artery supplying blood to the left hemi-

sphere of the brain, which controls the right arm and leg and, in most people, speech. The neurologist and the patient had to decide whether to proceed with thrombolysis, where a very powerful blood thinner is administered in an effort to dissolve the blood clot. (The longer the brain is without blood, the less likely it will survive without residual damage.) But, like any powerful treatment, there is the potential for significant side-effects, including the risk of internal bleeding, since the medication is usually given intravenously and spreads throughout the body. After discussing the risks and benefits with her family, they decided to proceed.



THE OUTCOME

Thrombolytic therapy was given intravenously. Over the next 24 hours, the patient was monitored closely for signs of internal bleeding and neurological changes. After a day, she was speaking and her strength was back to about 60 per cent. After one week, her speech was normal and her strength back to 90 per cent; she was discharged to a rehabilitation centre, where she stayed for a month. She is now home, living independently, with her family. 

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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INFLATIONARY PRESSURE

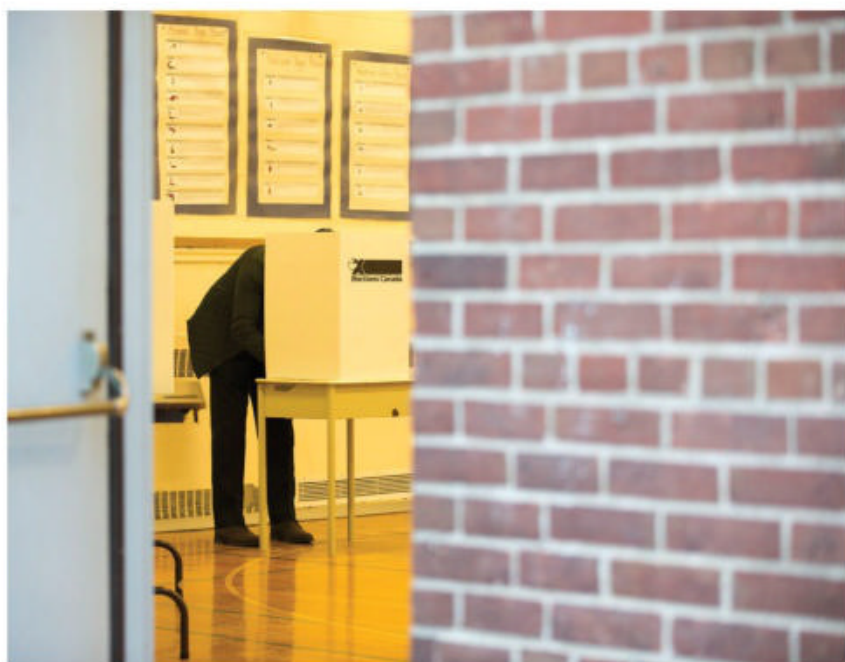
MANY CANADIANS, ESPECIALLY retirees living on fixed incomes, are wondering when prices will fall back to Earth as they gape in shock at their latest grocery or gas bills. With the war in Ukraine, as well as unresolved supply chain blockages putting upward pressure on food and energy costs, the inflation rate has risen to alarming levels not seen since the early 1990s. In March, prices were up by 7.5 per cent in Europe, 8.5 per cent in the U.S. and 6.7 per cent in Canada, compared with 2021, prompting the Bank of Canada to hike interest rates in April to one per cent to curb inflation. Bank governor Tiff Macklem acknowledged that inflation is “affecting the everyday living of all Canadians,” but warned we might not get any relief



until the second half of 2023. Those hardest hit have been doing everything they can to stretch their budgets by dining out less, scaling down the grocery list and leaving the car in the driveway. Some economists are predicting that, if inflation persists, older Canadians may have to put off retirement or return to the workforce to make ends meet. —Peter Muggeridge

Public Affairs

Taking the pulse of inflation, the NDP-Liberal alliance and the Ontario election



KEEP IT SIMPLE

AS ONTARIANS WERE preparing to go to the polls on June 2 to decide whether to give Premier Doug Ford a second term, CARP's chief policy officer, Bill VanGorder, was hearing the usual complaints from members. (CARP is a seniors advocacy organization affiliated with ZoomerMedia.) “They’re fed up,” he says. “They feel sidelined during most elections because parties routinely fail to address their issues.” For their platform in this election, he’s introducing “The CARP 5,” a clear, concise list of priorities that includes: funding better home care; fixing long-term care; cutting wait times for health-care services; making COVID-19, shingles, pneumonia and flu vaccines more accessible; and funding fitness for seniors. VanGorder hopes that by simplifying the message, politicians will pay more heed to this powerful voting bloc and “our priorities will become a dominant force during elections.” —PM

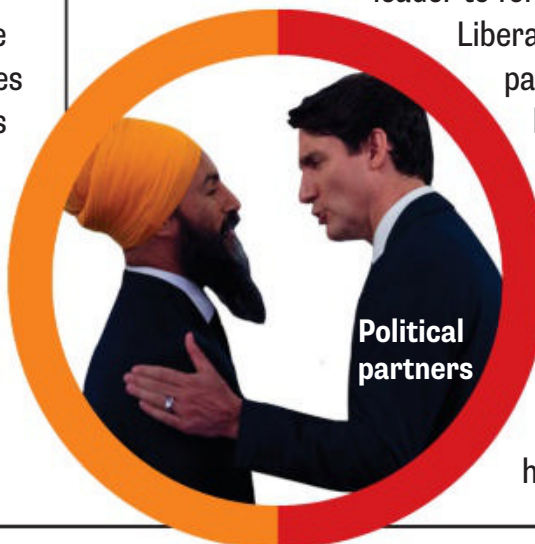
UNHOLY ALLIANCE?

WHEN THE CONFIDENCE-and-supply agreement between Prime Minister Justin Trudeau and NDP Leader Jagmeet Singh was announced March 22, Conservative leadership hopeful Pierre Poilievre condemned it as “a socialist coalition power pact,” while a *Globe and Mail* editorial fumed that Trudeau’s deal had “subverted the role of Parliament.”

The rest of the country seemed largely unfazed; an Ipsos poll released soon after found most Canadians (63 per cent) supported the deal, which will see the Liberals push NDP priorities in return for NDP support on budget and confidence votes. Trudeau argued the arrangement provided the “predictability and stability” he needs to govern, but didn’t mention it virtually guarantees he’ll remain in power until 2025. It also endows his Liberal minority government, which garnered slightly less than a third of the vote in the last election, with all the trappings of a majority.

Many felt Singh, in trading his party’s independence for a few policy baubles, was badly outfoxed by Trudeau. Supporters, however, point out the NDP leader has already leveraged the deal to get a national dental plan in this year’s budget and a national drug plan, slated for next year – two senior-friendly policies that otherwise would never have seen the light of day. Plus, Singh isn’t the first federal NDP leader to forge an alliance with the

Liberals. In the 1960s, when NDP party founder Tommy Douglas held the balance of power in a Liberal-led minority Parliament, he negotiated a similar governing arrangement with then prime minister Lester B. Pearson. The big payout from that deal? A universal health-care system. —PM



ONTARIO ELECTION DAY IS THURSDAY, JUNE 2, 2022

Before you mark your ballot, hold the party leaders accountable.



Doug Ford,
Progressive Conservative



Andrea Horwath,
NDP



Steven Del Duca,
Liberal



Mike Schreiner,
Green Party

Will they publicly support CARP's priorities? If they won't come out and say it, change your vote!

CARP members can decide the outcome of the Ontario election this year. Over 95% of our members vote. And over 5 million voters are over the age of 60. **We have the power!**
It's time to make our issues the dominant focus of the campaign.

THE CARP 5 – Top 5 issues demanding action now.

1

Fund better home care

Home care is the real solution to long term care. It delivers what people want – to stay in their homes as they age.

2

Transform long-term care

Long-term care needs totally new thinking that will transform it into a *patient-centered* culture, instead of an institutional one.

3

Drastically cut wait times

We wait too long in emergency rooms. Too long to access diagnostics. Too long to see a specialist. We spend near the top of all OECD countries, yet our results are near the bottom.

4

Make vaccines more accessible

We need wider availability at lower cost, particularly for high-dose flu and shingles. We also need streamlined access so vaccines are easier to get.

5

Fund fitness for seniors

Make it easier for seniors to stay physically fit. Better health outcomes for seniors, lower health costs for the province.





The Crypto Conundrum

This notoriously volatile investment is not for the faint of heart.

Jonathan Chevreau advises caution

WHEN IT COMES to money, nothing's more infuriating than watching others make big, easy bucks while you're on the sidelines. The biggest source of FOMO (fear of missing out) for investors these days is cryptocurrency, which includes two of the most popular coins, Bitcoin and Ether, as well as tokens.

At last count, the Delaware-based price tracker CoinMarketCap listed more than 10,000 coins and tokens, which can be used to process payments and hold value. You can swap coins for tokens and vice versa, but there are things you can do with tokens that you can't do with coins, and some marketplaces will accept coins and not tokens.

While so-called native cryptocurrencies, like Bitcoin and Ether, which run on their own, dedicated blockchains, are digital money used to buy and sell goods and services, most coins and tokens are also securities. (Non-native cryptocurrencies run on another blockchain network.) They are like shares of private companies, but without shareholder rights, explains Arthur Salzer, CEO of Oakville, Ont.-based Northland Wealth Management. "If a token or cryptocurrency has a founder, a board of directors or foundation that can change the protocol of the network, and modify or delete transactions, then the token or cryptocurrency is a company or security," Salzer says.

Given the limited lifespan of many tokens, "these should be classified as venture capital at best and a scam at worst," he warns.

With cryptocurrencies going mainstream, you may consider a cautious, initial stake this year, before they come off their 2022 lows and breach new highs. Keep in mind, crypto is notoriously volatile, and has had many peaks and valleys since a single bitcoin started trading at less than a penny (US) in 2009. So far this year, it has been trading between US\$35,000 and US\$48,000, well below the all-time high of US\$68,000 in November 2021. At press time in May, it had sunk to US\$38,527 after briefly touching 2022 highs at more than US\$45,000.

Paul Mampilly, a former Wall Street hedge fund manager, whose Profits Unlimited newsletter motivated my first experimental crypto investments in mid-2020, predicts a bitcoin will be worth US\$1 million by 2030. So does celebrated fund manager Cathie Wood, of Florida-based ARK Funds, while New York-based investing management firm VanEck is even more optimistic, declaring a bitcoin could be worth US\$1.3 million by 2030.

WHAT IS CRYPTOCURRENCY?

Bitcoin, the first digital money, was invented by an anonymous Japanese person, or people, as "a purely peer-to-peer version of electronic cash," says former financial adviser Dale Roberts,

who writes a blog called Cut the Crap Investing. It was introduced to the public in a 2008 white paper published under the pseudonym Satoshi Nakamoto. The point, Roberts says, was to bypass financial institutions that, until then, were trusted third parties for processing electronic payments. That confidence was eroded by the 2007-2008 global financial crisis, sparked by low lending standards for subprime mortgages in the U.S., when money was funnelled to people with no assets or ability to repay.

Cryptocurrency is built on blockchain technology: a series of shared, public ledgers, run by massive networks of computers that store and verify transactions. Instead of writing a cheque or exchanging cash, you start a transaction by sending a signed message transferring ownership to a public "key" owned by a receiver, such as another person, a store or an online platform that buys and sells crypto, says Roberts. You lock each coin with a private key through a password you can keep in a digital wallet. If you lose your key, you lose your coin.

A wallet hosted by a third-party crypto exchange, like U.S.-based Coinbase Global Inc. or Israel-based ZenGo, is the easiest to use, and holds your coins just like a traditional bank holds your cash in a savings account.

Although native crypto was invented to securely buy and sell goods and services online by publicly recording, time-stamping and verifying each transaction, so-called crypto miners made money by verifying transactions on the blockchain, while ordinary people who invested early made money by buying low and selling high to subsequent buyers, Roberts explains. Then there are financial companies making money through crypto exchanges by charging fees on transactions, or management fees for funds that hold crypto.

In November 2021, Bank of Canada deputy governor Paul Beaudry told the Ontario Securities Commission Dialogue conference that Canadians are acquiring crypto "mainly to speculate." ➤

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Almost 30 per cent of Canadians owned some crypto by the fall of 2021, according to the investing information website, Cryptopotato.com. Another investing site, Motley Fool, says Canadians own some 5,500 different cryptocurrencies.

But it's mainly held by younger Canadians, according to Bank of Canada data collected from 2,000 people in its 2017 Bitcoin Omnibus Survey. It found that 11.1 per cent of those aged 18 to 34 owned Bitcoin, compared to 3.2 per cent for 35-to-54-year-olds, and just 0.5 per cent for those 55 and older.



HOW TO INVEST

First, forget the minutiae of blockchain, or even the notion of using native crypto to buy and sell stuff through wallets. For investing purposes, you want to hedge against inflation by diversifying beyond stocks and bonds, with a shot at making large, long-term gains (compared to bonds or GICs).

Based on my experience, the only two worth investing in initially are Bitcoin and Ether (BTC and ETH on crypto exchanges). Ether, the cryptocurrency, was launched on July 15, 2015 – six years after Bitcoin – and was trading at US\$2,841 at Coinsmart at press time.

In Canada, you can buy native Ether or Bitcoin directly through a self-directed investment platform like Toronto-based Wealthsimple Trade, where I opened a taxable crypto account in 2021. The easiest way for newbies to invest is to use crypto ETFs, or exchange-traded funds. Canada was the first country to develop ETFs, in-

cluding the first Bitcoin and Ether ETFs. You can buy the Purpose Bitcoin ETF and Ether ETF at any brokerage and hold them in RRSPs or TFSAs.

By holding them in these accounts, you can take partial profits without immediate tax implications. If you luck out and recoup your initial investment, let the rest ride, hopefully for the proverbial 10-bagger (when your money multiplies by 10).

After that, you'll be playing with the house's money, as former Wall Street money manager and Mad Money podcaster Jim Cramer likes to say.

ADVICE FOR A NEOPHYTE

Salzer's company, Northland Wealth Management, has an asset allocation primer that warns Bitcoin is four or five times more volatile than other asset classes like stocks or gold, but a little can go a long way to lower portfolio risk. "Even a five per cent Bitcoin allocation taken at the expense of equities can result in a more balanced portfolio," it says. "At a five per cent weight, even if Bitcoin were to go

to zero, the most it would impact our portfolio is five per cent. The upside is unconstrained, however."

Temper greed with an equal portion of fear. Some celebrity investors, like Canadian Kevin O'Leary, hold as much as 20 per cent of the total value of their portfolios in crypto, but I think that is too much for us mere mortals. I prefer the more conservative guidelines from billionaires like U.S. hedge fund managers Paul Tudor Jones or Stanley Druckenmiller, who suggest investing one or two per cent of your total wealth. Being semi-retired, I went with an initial one per cent stake, and reminded myself it could go to zero.

A sign of the times is that some popular all-in-one asset allocation ETFs are adding small amounts of crypto to portfolios normally in stocks and bonds. In January 2022, Fidelity Investments Canada had two per cent in its Fidelity All-in-One Balanced ETF (FBAL on the Toronto Stock Exchange) and three per

cent in its more aggressive Fidelity Growth Opportunities ETF (FGRO). To me, these are prudent allocations for investors who want a sliver of crypto.

Unlike crypto super enthusiasts, Roberts is not expecting massive gains. "I simply see Bitcoin as another portfolio asset," he says, likening Bitcoin to "digital gold ... It is default insurance against a basket of fiat currencies." That's because there's no limit to printing paper money, while Bitcoin is, by design, limited to 21 million coins, and 19 million have already been created. So he believes a modest two to three per cent position makes sense. (Roberts himself holds around five per cent of his portfolio in crypto, including Ether.)

True enthusiasts use another acronym – HODL – which stands for hold on for dear life. They pledge not to sell their crypto on periodic stomach-churning drops, keeping their eye on the spectacular long-term gains they're convinced are ahead.

I suggest modest initial stakes and be quick to take profits. If you do so in taxable portfolios, you'll pay capital gains taxes at tax time. That's the case if you own crypto ETFs in taxable accounts or if you hold native crypto. Once you have some experience with the big two cryptos, Wealthsimple or Toronto-based Bitbuy are good places to get up to speed with dozens more obscure coins, like Dogecoin.

And yes, those companies do send you – and the government – tax slips reminding you of any capital gains or losses you may have incurred. So keep it simple at first: hold crypto ETFs in registered portfolios.

The bottom line? It's never wise to buy at the top of the market. If the price of Bitcoin massively corrects below its current trading range, maybe you can jump on board. Remember, Bitcoin is the standard, and all the others should be viewed as speculations. Take a flyer if you want, but, initially, keep it under one per cent of your total portfolio.

The sooner you're playing with the house's money, the better. Just don't forget your password. **■**

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Mark Halpern, Certified Financial Planner, Trust & Estate Practitioner, Master Financial Advisor-Philanthropy and CEO of WEALTHinsurance.com and ZoomerMedia partner, shares his knowledge

You don't have to be rich and famous to leave a substantial charitable gift and enjoy significant tax savings. Many fortunate readers don't need their monthly Canada Pension Plan (CPP) benefits to pay bills. That 'never spend money' only gets taxed, re-invested and then taxed again.

The CPP Philanthropy™ strategy uses your CPP benefits to fund a permanent tax-exempt Life Insurance policy, creating a substantial windfall for your family and the causes you care about.

A RECENT CASE

Sue and Al, both 65, are married. Each receives \$1,100/monthly in CPP benefits, for a total of about \$26,000 a year. They live in Ontario and pay tax at the highest marginal tax rate, 53.53%.

Strategy #1: Life Insurance Policy Owned by Charity, Tax Savings Now
Create a charitable gift of \$1.5 million using joint-and-last-to-die Life Insurance, with the charity as owner and beneficiary of the policy.

Use the CPP benefit to pay the policy premiums and receive an annual charitable donation receipt of \$26,000, mitigating the tax payable on the pension benefit and replacing it instead with a large gift.

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.

A \$1 million RRSP/RRIF will be worth only \$460,000 to their family.

This strategy designates a charity as beneficiary of the RRSP/RRIF which mitigates the RRSP/RRIF taxes. Use the CPP benefits to buy a \$1.5 million joint-last-to-die insurance policy, naming the family as beneficiary.

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!

Strategy #4: Charity begins at home. Create a "pension" for your children and grandchildren

Use the CPP benefits to buy a \$1.5 million joint-last-to-die insurance policy. Designate your children and grandchildren as beneficiaries. Assuming the insurance proceeds earn 5% annually, your descendants will receive a \$75,000 "pension" every year in perpetuity.

Aside from compelling financial metrics, you will demonstrate and teach by example the importance of charitable giving. That's real legacy planning for your children and future generations. Please contact us for a no-obligation consultation. Philanthropy is our passion. We'd love to help.

Mark Halpern can be reached by phone at 416-364-2929, or by email: Mark@WEALTHinsurance.com

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

War Stories

The Ukraine invasion has **Libby Znaimer** reflecting on her family's refugee history



The author's parents, Aron and Chaya, during wartime

I FINALLY GOT SOME BUY-in from one of my brothers. For several years, I have been keen to take a trip to the places our parents came from, and the places where they met and made a life together as they ran away from Hitler.

We don't know much – they did not pass on many memories, fond or otherwise. They were lucky to escape Poland and Latvia with their lives.

It's definitely a journey to take with siblings. Sam, Moses (the founder and CEO of ZoomerMedia) and I agreed that Tajikistan, where my parents married and Moses was born, was too dangerous to visit because crime is rampant. As for Dubienka and Lodz in Poland, where my mother grew up, and my dad's hometown of Kuldiga in Latvia, we know we are unlikely to discover anything about their lives there and that's always been a reason to postpone this trip. In early February, Sam suggested this summer was the right time to go – just weeks before Russian President Vladimir Putin invaded Ukraine.

I've thought a lot about our parents while watching this horrific, brutal and unjustifiable war. It gives me insight into what their lives must have been like – the constant fear, and moving from place to place in search of an elusive safety. I was around 14 when my mother, Chaya, told me some of their story as we sat in the kitchen of our Montreal home. It was the only time. I don't have the sequence straight and I am missing parts.

Chaya said she was working in a munitions factory in Russian-occupied Poland; it would have been 1940 or 1941. A supervisor who liked Chaya advised her to learn as much Russian as

possible and to forget her "bourgeois" upbringing. The shop was evacuated to the Soviet Union in the middle of the night, ahead of the advancing Nazis. She had acquired a *Komsomol* (Communist League of Youth) card that enabled her to get work and food.

She and a girlfriend – they were both around 20 – were sent to a *kolkhoz* (collective farm), where they were terrified of sexual assault by Russian men; I have no idea if they were there for a week or a month or a season. Enter another, older guy, who also liked Chaya; he managed to get her and her friend off the farm, and then she said she had to get away from him.

I don't recall the friend's name or how they got separated in Kharkiv, Ukraine, which was in the USSR back then, but I remember how Chaya teared up when she told me about that parting – maybe because her friend did not survive? Chaya got on a boat heading south, and that's where she spotted our father, Aron, humming a Jewish song, and the rest – as they say – is history.

I don't know how long that trip lasted or how many stops there were, until they settled in Kulob, Tajikistan. She told me about being in cafeterias for Communist party members, grabbing an apron and pretending to work there so she could feed their friends. Did that happen once or 10 times?

There were close calls in Kulob. Aron was arrested by the fearsome Soviet NKVD security service when a co-worker tried to frame him for stealing wheat. Then they were going to escape to Afghanistan with some friends, but the organizers remembered Chaya couldn't swim and didn't wake them up. The others were caught and shot. Our


dad did tell us about that several times.

The war on Ukraine has brought many comparisons with the Second World War – the tanks, bombs and slaughter of civilians. Putin's disinformation and suppression of dissent is reminiscent of Stalin's terror.

The millions of refugees in neighbouring countries also conjure the post-war period. Dad had the foresight to adopt Chaya's last name, Epelzweig, when they married, although he later changed it back to Znaimer. He assumed, correctly, that Poles would be allowed to leave, but Latvians would not. They spent 100 rubles – a fortune – on chocolate to give Moses as they crossed the border to prevent him from speaking Russian.

At one point, they had decided to separate and go back to their respective homes in Poland and Latvia, but soon found there was nothing to go back to. Today, displaced Ukrainians still hope to return home.

I have often wondered why I didn't ask more questions and probe further to get the story right. Was I trying to protect my mother or was she protecting me? A few days before her death, I realized what I was missing. I rushed to her bedside with a tape recorder, but she said it was too late. That is one of my greatest regrets.

I know that seeing the places she and Aron inhabited won't fill in the blanks. I still want to go, but with the war on in Ukraine, the new plan is to skip Poland and go to Latvia. 

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

THE POWER TO CHANGE HOW YOU LIVE WITH

DIABETES

How Real-time Continuous Glucose Monitors Can Help Regulate Glucose Levels

Rick Feehan, a retired accountant (CPA) from Nova Scotia, was 66 years old when he was diagnosed with type 2 diabetes, which he describes as, “a complete shock to the system,” and he wasn’t alone. Everyday nearly 500 Canadians are diagnosed with diabetes and start their journey of managing the disease, which can be challenging and stressful. If left untreated or improperly managed, diabetes can lead to many life-threatening complications.

There are several risk factors for developing type 2 diabetes including simply being over the age of 40. When you have this disease, it means that your body cannot make enough of the insulin hormone, or does not properly use the insulin it makes. This important hormone helps your body control the level of glucose (sugar) in your blood. Early warning signs can include frequent urination, increased thirst, extreme fatigue, weight change, and more.

“My signal was continually drinking orange juice and a friend who was familiar with the disease advised that I should get tested,” said Rick. “The next day I went to the pharmacy to get my blood sugar checked and it was off the charts, I was a type 2 diabetic. This was an absolute shock and the start of a big lifestyle change.”

Being an accountant, Rick knew he could tackle getting his blood glucose numbers under control to continue his regular life and hobbies like gardening and pickleball. For people living with diabetes, monitoring glucose levels is one of the most important steps in managing the disease to ensure they stay in the desirable range[†], which can limit

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RICK!



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complications. As levels can be impacted by many factors including nutrition, exercise, stress and sleep – this is a continuous requirement.

Traditionally, checking your glucose levels has meant pricking your finger and placing a drop of blood on a test strip and into a blood glucose meter. This can be painful and especially hard on people who need to check their levels multiple times a day and at night.

“I grew frustrated pricking my finger and I simply wasn’t comfortable doing it,” continued Rick. “In my quest to better manage my diabetes I started using the Dexcom G6 Continuous Glucose Monitoring System. This is a small wearable sensor and transmitter that sends glucose numbers right to my smartphone[‡] without the need for calibration* or scanning. I simply bring up the app and I can see in real-time where I’m at – it also alerts me when my levels are too high or too low, which is life changing.”

A real-time continuous glucose monitoring (rtCGM) system like Dexcom G6 takes glucose measurements every five minutes, day and night. This technology helps users manage highs and lows and lets them see the impact that certain behaviours have on their glucose levels – all from their smartphone.

The latest *Diabetes Canada Clinical Practice Guidelines* recommend the use of this device for blood glucose monitoring, especially in individuals requiring several daily injections of insulin, or those using insulin pumps. Dexcom G6 is now covered under many provincial health plans and by most private insurers, helping more people with diabetes access this life-changing technology.

*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions. [†]Speak to your healthcare professional to learn what your target range might be.

[‡] For a list of compatible devices, please visit dexcom.com/compatibility.



PLATINUM JUBILEE

A GENERAL *fit for a* Queen



HIGH FLYER Aircraftman 1 Class Rohmer sits for a photo in 1943 in Windsor, Ont., where he learned to fly. (Top) A Mustang 1, which is the type of plane he flew. Stripes were painted on aircraft the day before D-Day, so they would not be attacked by Allies. (Opposite) Rohmer escorts Her Majesty to a walkabout with veterans at the first commemoration of D-Day at the new Juno Beach Centre in France, June 6, 2004.

At 98, legendary veteran Richard Rohmer has forged a unique bond with the monarch over almost 50 years **By Ian Coutts**

RICHARD ROHMER has some weighty accomplishments. The events he's seen and the things he's done in his life have a genuine heft. That thought occurs to me as I help him into the blue tunic of his air force uniform for the photographer. At 98, one of the most decorated living Canadians is long past the military's retirement age of 60, but he still has occasion to don his fancy rig as the Honorary Lieutenant-General of the Canadian Armed Forces. "Even though it's ceremonial, it's a role I cherish," he says. "Not bad for an air force officer."

He was granted that rank in 2015, while serving a three-year appointment as Honorary Adviser to the Chief of the Defence Staff, a role created specifically in recognition of Rohmer's years of distinguished service, and the history he represents. "With his background, his passion, he was the type of person needed to assist the Chief of the Defence Staff [the senior officer commanding all the Canadian Armed Forces] on matters involving all three services," says Richard Mayne, the director and chief historian at Royal Canadian Air Force (RCAF) History and Heritage. "He's exactly the type of person we're proud of."

The tunic is heavy – far heavier than you'd expect for what is essentially a four-button, wool suit jacket. The reason is the medals: I count 16 in a row on the tunic's left breast, including the Distinguished Flying ►

PHOTOGRAPHY, COURTESY OF ROHMER; ABACA PRESS/ALAMY STOCK PHOTO (QUEEN)



Cross, which he won as a 20-year-old reconnaissance pilot serving with the RCAF during the Second World War. It is followed by a slew of campaign stars and other medals from the war years through to the 1967 Centennial medal, which is trailed by various medals that mark the Queen's Silver, Gold and Diamond Jubilees, the 125th anniversary of Confederation and the Canadian Forces' Decoration. It builds to a big finish with the Légion d'honneur, awarded by the French government for his role in the liberation of France. "I did some research on the Légion d'honneur," he tells me as I fiddle with the Velcro bits on the ends of his sash. "I found out that Napoleon, when he created the decoration, also created the red sash. When I got the decoration, I went out and had the sash made. I'm the only one

who wears a sash." He also typically wears the Order of Canada around his neck and dangles the Order of Military Merit and the Order of Ontario off the silver buttons on the front of his tunic. Incredibly, like an art gallery with an extensive collection, not all his medals are on display. When the late Prince Philip, himself a highly decorated veteran from his service in the Royal Navy in the Second World War, met Rohmer at the 60th anniversary of D-Day, he jokingly remarked, "You've got more medals than I have."

The Royals are one of the reasons we are visiting the condo in Collingwood, Ont., which Rohmer, a widower, shares with Charlie, a small fluffy white Yorkie-poo that his daughter, broadcaster Ann Rohmer, describes as resembling "half of a pair of bedroom slippers." This past February was the Platinum Jubilee of Queen Elizabeth II – marking 70 years since her father died and she inherited the throne – and Rohmer has developed a real bond after meeting her several times. But there's more to it than that. The Japanese have an intriguing term, *Ningen Kohuhō*, for "living national treasures," which refer to those who embody the values and the history of its culture. Through her dedication to duty and her willingness to carry on, no matter what is happening around her (and to be honest, longevity helps), the Queen embodies this ideal for people in the U.K., Canada and around the world; so, in his way, does Rohmer, who represents patriotism and public service, with a big dollop of history mixed in. He's also a pretty good example of how to age successfully.

THE PHOTOGRAPHER has set Rohmer up in his office chair, where he is surrounded by an amazing selection of photos, commemorative scrolls and the sorts of things that a 12-year-old kid would be instantly drawn to: a model of the Mustang 1 fighter he flew during war operations, a miniature naval officer's sword (he was in the naval reserves after the war), and an elaborate plinth from friends commemorating his role in knocking German Field-Marshal Erwin Rommel out of action and (very possibly) changing history. Flying a reconnaissance mission over France in the days after the Normandy invasion, Rohmer spotted a German staff car racing along a country road. Ordered not to engage enemy targets, he dutifully radioed in a report. A Spitfire shot up Rommel's car, which crashed as a result. Rommel suffered a head injury that sidelined the Nazi officer during a key period in the battle for France.

The doorbell seems to ring every few minutes, and Rohmer is off at a slow and steady pace, calling, "Don't let Charlie out!" In the space of a few minutes, he welcomes the former mayor of Collingwood and the man who is fixing his mobility scooter. He no longer drives and only stopped flying about two years ago.

Rohmer has done a great deal over the years that would certainly earn him the adjective "distinguished" – his military service, right up to the rank of Major-General, com-



LAW & ORDER

The cover of *Generally Speaking*, Rohmer's memoir; (inset) he was appointed Queen's Counsel (Q.C.), in 1960, in recognition of high distinction in the practice of law; (above) in his formal mess kit as honorary deputy commissioner of the Ontario Provincial Police, 2009.





FIRST ENCOUNTER A significant moment for Rohmer as it began a sequence of meetings over time with the Queen. In Tortola, British Virgin Islands, where he had an ambulance flown in from Canada, she asked to see inside but the doors were locked. She was amused. From left: Sir Philip Moore, the Queen's private secretary; Deputy Minister H. Lavity Stoutt; Queen Elizabeth II; Richard Rohmer (ambulance behind him); Duke of Edinburgh, in white; Chief Minister Willard Wheatley; Mary-O Rohmer (white hat)

manding the reserves; his years as a corporate lawyer that stretch into this century; and his work for politicians like former Ontario premier John Robarts (1961-1971), whom Rohmer served as a special adviser. He even played a role in the creation of the McMichael Art Gallery in Kleinburg, Ont., and was instrumental in rezoning the land around the CN Tower, paving the way for its construction. But it's the books on the shelves outside his office that made him genuinely famous, particularly the first four novels that he wrote back in the 1970s. (At last count, he'd written 32 books.)

He was partly inspired to write when he chaired a provincial royal commission on book publishing in 1971-72, and the first, *Ultimatum*, was published in 1973. "It was a success, and so I carried on," he says. He resolved to write a book a year, and adopted a novel technique, in both senses of the word. "For my novels, I would dictate onto a small machine that I carried with me. When I was driving a car or I was someplace where I was flying, I could take the time to bark it into a machine and it seemed to work." An understatement. *Ultimatum* was followed by *Exxoneration* (1974), *Exodus UK* (1975) and *Separation* (1976), which was later turned into a made-for-TV movie.

The '70s gave birth to what we now call CanLit, a time when Margaret Atwood, Robertson Davies and Margaret Laurence were creating some of their most famous works. There was a hunger for Canadian stories, but not everyone wanted a sensitive tale about, say, coming of age in Coboconk, Ont. That's where Rohmer came in. Canadian literary historian and author Brian Busby, one of the driving forces behind the website "*Reading Richard Rohmer*," can still recall discovering his novels.

Busby didn't get Canadian books in school, "so my intro-

duction came through paperback racks. I remember as a kid buying the first four novels he wrote and gobbling them up. They were fun books." Rohmer wrote fast-paced, political potboilers that were improbable, verging on the fantastical, at the time; in *Ultimatum*, the United States wants our oil, and will seemingly do anything to get it. This leads ultimately to war in *Exxoneration*, but it's okay, because we outsmart them militarily and then buy Exxon. In *Exodus UK*, the Saudis reduce Britain to penury, so the British prime minister, looking for a way to shed citizens, wants to send two million to Canada. They fetch up here in *Separation*, which triggers a constitutional crisis with Quebec.

Critics hated the novels, with one calling *Ultimatum*, "a book only because it has printed pages between hard covers." It didn't matter, because *Ultimatum* was the No. 1 best-

selling Canadian book in 1973, and *Separation* stayed on the *Toronto Star's* bestseller list for 22 weeks. "They were very successful commercially, in a way that is very rare," says Busby. "It was rare back then, it is rare now. He was a real bestseller."

Rohmer has kept it up over the years, pumping out a succession of fiction and non-fiction on everything from the life of Canadian millionaire and racehorse breeder E.P. Taylor, to a novel featuring Sir John A. Macdonald, to his own memoirs. His subsequent books didn't make the splash of his big four, but they had secured his position. "I still see *Ultimatum* at church rummage sales," says Busby.

ROHMER CLICKS ON THE COMPUTER, and the photo he wants to show me slowly snakes out of his printer. He has two "workstations," as he calls them – one in his office and one set up next to his open-plan kitchen, where you'd generally put the dining room table. It probably comes in handy when he is seized with inspiration or a sudden desire to Google something.

Rohmer has a great line: "When you get to be 98," he says, "you know everybody." His memoir, *Generally Speaking*, abounds with encounters with the great and famous, from American actress Rosemary Clooney to Sir William Stephenson, the legendary spymaster dubbed the "Man Called Intrepid." He had his photo taken by American Canadian celebrity portraitist Yousuf Karsh, not once, but twice. Just pointing at something in his condo sparks a memory. "That is me with the chairman of the Joint Chiefs of Staff of the United States [Gen.] Mark Milley," he says of a picture of his wall. "We met five years ago at a change of command parade in Ottawa, became instant pals." ►

To the right of it is a picture of the famed Red Baron, the First World War German flying ace Manfred von Richthofen, at age 25. Rohmer believes that an adjacent head-and-shoulders shot of him as a young RCAF pilot shows a strong resemblance to the legendary flyer. It does, but the real connection is as members of the fraternity of fighter pilots – a brotherhood that connects friend and foe alike. But if there is one person, outside his immediate circle of family and old friends, who holds a special place in his heart, it's the Queen.

The picture he was printing off was one he'd recently rediscovered, showing him meeting the monarch for the first time in 1977 on Tortola, British Virgin Islands. He'd raised money through St. John Ambulance for a new emergency vehicle and flown it down there on a CAF Hercules to present the vehicle in the presence of the Queen. It wasn't a flawless encounter. Rohmer wound up leading the Queen, her arms full of flowers, along a narrowing causeway three metres (10 feet) off the ground to take a look at the vehicle – because, as a former ambulance driver with the Auxiliary Territorial Service during the Second World War, she had expressed an interest in seeing it – only to find that someone had locked the door. As a result, the Queen never did inspect the vehicle.

But from such modest beginnings, a personal connection was forged. Over the years, they have met repeatedly; their next encounter was at the dedication of the Canadian Memorial in London's Green Park in 1994. Rohmer was the driving force behind her visit to Juno Beach in 2004 for the 60th commemoration of the D-Day landings, an operation that included 6,000 Allied veterans and their families, and featured both the Queen and her representative in Canada, then-Governor General Adrienne Clarkson. In 2007, at the 90th anniversary of Vimy Ridge, he was the first person the Queen spoke to after her speech. "I can still see her marching down with the prince, way up the hill, and I was down at the fence," he says. "So that was very nice." In 2010, they met again for a small audience at Queen's Park in Toronto. "There was an immediate recognition on her part of him," says Ann, who was there with her mother, Mary (or Mary-O, as she was always known), who died in 2020. "It was lovely to see that connection. She has a special twinkle in her eye when she admires someone, and you could see that very clearly when she spoke to my father." In 2019, he stood on stage before the Queen for the 75th anniversary of D-Day in Portsmouth, England. The oldest of 25 survivors of "the Longest Day," he was the only one in military uniform, as the Honourary Lieutenant-General of the Canadian Armed Forces. When the Queen gave her televised Christmas speech on the BBC that year, Rohmer was front and centre, in a video clip from the ceremony that rolled as she recounted the event.

I wondered if there was a chivalric element to Rohmer's attachment to the Queen. Here, after all, was a man who had sworn to be loyal to the sovereign when he joined the air force, so I ask if he sees himself as an unofficial knight pledged to his sovereign? But no. "I don't feel that kind of serving thing."

"This Queen is quite remarkable in all aspects," he says. "She is forthright, easy to talk with, just a superb woman." ➤



MEET AND GREET Prince Charles and the general chat after the official British commemoration of D-Day in Portsmouth, England, 2019; escorted by then premier Dalton McGuinty, Her Majesty greets Rohmer, his wife Mary-O and daughter, broadcaster Ann Rohmer, at Queen's Park, 2010; Gen. Rohmer welcomes the Queen and the Duke of Edinburgh to the 60th anniversary of D-Day at the Juno Beach Centre, France, 2004.

PHOTOGRAPHY, POOL/GETTY IMAGES (ON STAGE, QUEEN'S ADDRESS); COURTESY OF ROHMER; AFP/GETTY IMAGE (VETERANS)



Before taking the ferry to D-Day events in France on June 6, 2019, veterans took to the stage at the British commemoration, in Portsmouth, England. Rohmer is second from right. (Opposite) A video of this moment played while the Queen gave her 2019 Christmas address.



Making news in 2016 for a plan to populate a wide part of the north and west of Canada.



ON GUARD FOR THEE
(Clockwise from top right) A painting of Rohmer's Mustang 1 over a German staff car that would soon be strafed, after Rohmer reported the sighting. This took injured Field Marshal Erwin Rommel - the "Desert Fox" - who was a passenger in the vehicle, out of the battlefield at a critical time; Rohmer (right) photographed for our cover by Paul Alexander, Collingwood, Ont., March, 2022.; Rohmer, who performed 135 low-level, flak-filled missions during his tour of duty as a reconnaissance pilot, received the Distinguished Flying Cross and sits for a portrait in early January 1945. A photo of Manfred von Richthofen, the Red Baron, top ace German fighter pilot in the First World War, who was shot down at age 25, above a photo of Rohmer, age 19 or 20.



When he met her the first time in Tortola, “she was really in command.”

“I think, the way she has carried herself personally, with warmth and understanding, with great intelligence, doing the job she had to do, she has been a remarkable example for all of us in the Commonwealth in terms of how to live one’s life.” It’s probably fair to say that’s how Rohmer has tried to conduct himself, and what compels him to put on the general’s uniform and stand stiffly at attention. “As a highly decorated veteran himself and the honorary Lieutenant-General to the Canadian Armed Forces, Mr. Rohmer represents all that Canada has to offer to a larger global community,” says Mayne. At the meeting between the Queen and Rohmer in 2010, Ann recalls: “You see these two incredible human beings, similar in age; and their passion for their people and their country and the Commonwealth was apparent. It was just a moment.”

Rohmer doesn’t see Canada shedding the Monarchy any time soon. And from what he’s learned first-hand about Prince Charles since they met in 1978, Rohmer is confident in the prince’s ability to take his mother’s place when the time comes. He spoke with Charles extensively at the D-Day 75th anniversary celebrations and says, “I don’t think there’ll be any problem at all.”

WHEN WE TALKED in late March, Rohmer was busy trying to organize a celebratory parade to mark the Queen’s Platinum Jubilee. One thing’s for sure, he’s certainly not standing still. While Busby notes one of the trademarks of Rohmer’s novels is their settings in the near future, his daughter Ann uses an analogy to explain her father’s perspective. “I call it the windshield of life. He’s always looking through the windshield as opposed to the rear-view mirror.” As we wind down the interview, Rohmer hands me the dazzling, fiery abstract cover design for the non-fiction book he is working on, about high air temperatures in the Rockies and melting permafrost. Talk turns to recent events in Ukraine and what it means for us. “Canadians can’t get it through their heads that Russia is our northern boundary.

As a former pilot, he has an idea to defend our sovereignty. “The Americans are replacing an aircraft called the Harrier, which is a vertical take-off and landing fighter,” he says. “So all of those aircraft are going to be surplus, and what I want to do is to buy 100 of those used fighters for a dollar each and use them in our North. They don’t need runways. You can put six of them in a pod and they will look after everything ... from an air defence point of view.” He’s drawn up a plan and hopes to send it to every Member of Parliament. And because it’s going to MPs, “I don’t even have to put a stamp on it.”

As he says, with a little smile, “I’ve got one or two things going on.”



WARTIME ACES (From top) A 19-year-old Rohmer, sitting on the wing in a sheepskin jacket and cap, at Gatwick Airport, London, with the 430 Squadron, after receiving a letter from the mayor of Sudbury, Ont., saying the city was adopting the squadron; a carved RCAF “wing” hangs among many mementos in the General’s office; the Queen smiles as former RAF air marshal Michael Beetham (centre) reminds her about meeting Rohmer (right) in Tortola in 1977. The occasion was the 1994 unveiling of the Canada Memorial in Green Park, London, England, honouring Canadians and Newfoundlanders who served alongside British forces in both World Wars.





PHOTOGRAPHY, COURTESY OF ROHMER

STAND AT ATTENTION
Rohmer, photographed
by Paul Alexander,
Collingwood, Ont.,
March 2022.



PLATINUM JUBILEE



A Life in Pictures

The defining moments of Queen Elizabeth II's 70-year reign have been well documented by historians and monarchists, but as these news photographs show, the images speak volumes

By Shinan Govani





A NEW QUEEN
In Bermuda with Prince Philip, 1953. (Opposite) With her grandmother, Queen Mary, and her mother, Queen Elizabeth, at the funeral of her father, King George VI, 1952

THREE QUEENS

➤ Seventy years ago, this iconic image captured Queen Mary (Queen Consort), Queen Elizabeth (the Queen Mother), and Princess Elizabeth (the future Queen) outside St George's Chapel at Windsor Castle. Britain's wartime king was just 56 when he died on Feb. 6, 1952.

The picture - which came to be known as "Three Queens in mourning" - is a haunting photograph: It is a trio of grief, with the King's mother, wife and daughter draped in their veils, three generations representing the stability and continuity of the British monarchy. Although photos exist of the three queens together, nearly all of them are official portraits. This news photo revealed a rarely seen side of royalty, as

humans, with emotions. The next day, it made the front pages of every single national paper, and subsequently became one of the most widely distributed British images of the 20th century. For Elizabeth, who would be crowned a little more than a year later, the photo is an enduring reminder of the vicissitudes of life. Had her uncle Edward VIII never abdicated, her father would never have been the monarch and she would never have ascended the throne.

FLY AWAY

➤ When Prince Philip and the newly crowned Her Majesty Queen Elizabeth II landed in Bermuda in 1953, it kicked off an epic, six-month tour of the Commonwealth. More than that, it was a

harbinger of a queen in perpetual motion, as Elizabeth would become the most widely travelled monarch in history, covering more than a million miles by land, air and sea.

While the monarchy had long loomed over disparate parts of the world, someone like Queen Victoria, for instance, had her name and likeness papered all over Canada without ever actually setting foot in the country. Queen Elizabeth, meanwhile, has been everywhere - where she ruled, and where she did not - travelling to 116 countries to date. She was the first to go to the Vatican. The first to set foot in Moscow's Red Square. The first to travel to Saudi Arabia. In Canada, alone, there have been 22 official visits. ➤



FOR THE PEOPLE
Visiting Aberfan
after disaster
struck the small
Welsh town, 1966

TEARS OF A QUEEN

➤ In a lifetime defined by the old British adage, “Keep Calm and Carry On,” one of the more harrowing moments for Elizabeth came in 1966, following the tragic mining accident in Aberfan, South Wales. After rain-soaked coal waste rushed down a mountain and buried a primary school in its path – killing 116 children and 28 adults – Her Majesty did not immediately travel to the village, sparking criticism in the press and beyond. Eight days later, she relented, paying a visit that remains memorable, largely because she was visibly rattled. Four decades later, the Queen – in a rare moment of candour – admitted that not visiting Aberfan sooner was her “biggest regret.” Sir William Heseltine, who worked in the royal press office at the time of the tragedy, once surmised, “It was a sort of lesson for us that you need to show sympathy and to be there on the spot, which I think people craved from her.”

She must be seen.

THATCHER AND ME

➤ From 1979 to 1990, a worthy candidate for the greatest show on Earth may have been the spectacle of seeing the United Kingdom fronted by two women, powerful in different ways: Margaret Thatcher, the first female prime minister, and the Queen, then well into the middle decades of her reign. Born just six months apart, but in wholly different circumstances – Thatcher, a grocer’s daughter; Elizabeth, the very essence of to the manner born – their personalities often collided: The Queen’s “dry wit,” for one, versus the stony bravado of the so-called Iron Lady.

And while the monarch always tiptoes around anything overtly political, a memorable exception occurred when, behind the scenes, the Queen pushed for sanctions against South Africa over apartheid, which did not end until 1994, while Thatcher opposed them. Despite their differences, the Queen attended Thatcher’s funeral, even though, according to tradition, the monarch does not usually attend such services because it causes too much disruption.

LIVING HISTORY

➤ Elizabeth and Philip and Jack and Jackie. This photograph – taken during a dinner the Windsors held for the Kennedys at



THE OTHER MARGARET
A typically deep curtsy
from Prime Minister
Thatcher at 10 Downing
Street, London, 1985



CHARM OFFENSIVE
The Windsors
hosting the Kennedys
at Buckingham
Palace, 1961

Buckingham Palace in June 1961 – is all the more striking because Elizabeth is the last living member of this quartet. For the glamorous evening – royals meeting royals, you could say – Jackie was sleekly modern, wearing an ice-blue silk Chez Ninon gown, while the Queen pulled out all the stops, relying on her long-time couturier, Norman Hartnell, to provide a much more traditional A-line tulle dress in cobalt blue. Both completed their looks with long, white gloves.

The Queen played her part in facilitating what is sometimes called the “special relationship” between the U.S. and the U.K., and this photo reminds us Her Majesty has seen 12 American presidents come and go during her reign (not to mention 14 British and 13 Canadian prime ministers). Indeed, the Queen – the living, breathing personification of the monarchy – has witnessed so much cultural history in her lifetime that she is one of the few people who has met everyone from Marilyn Monroe and Judy Garland, to The Beatles, Elton John and Lady Gaga.

IMAGE CONTROL

► Times change, and so has the monarch’s style, but while the coats have become narrower and the hemlines longer, the shoes are timeless. Her classic black numbers, made from the finest calf leather – usually adorned with a clasp or small bow – are made by Anello & Davide of Kensington. (They cost the equivalent of \$1,600 a pair, but the Queen uses the same pair for years, re-heeling them when they wear out!)

Since the coronation, the fashion items most synonymous with the Queen are the gloves she dons for engagements, her brightly coloured frocks (all the better for spotting her at public affairs), and her beloved Launer London handbags. (It’s said she uses these to send subtle signals to staff. For instance, if she moves the bag from her left arm to the right, it means she wants to move along.) Style watchers might remember her turbo-’70s fashion phase, evidenced by this moment-in-time image from a stop in New Zealand. The shades! The turban! ►



PICTURE PERFECT
Wearing her
trademark gloves
for a visit to New
Zealand, 1977



PRINCESS ROYALS A 1946 portrait by Dorothy Wilding, the first female royal photographer, who took their parents' wedding photos; (above) Avid equestrians Elizabeth and her sister Margaret, who were close until Margaret died in 2002, at a friend's house in Gloucestershire, 1959



CINÉMA VÉRITÉ
A breakfast scene from
the '60s BBC production,
Royal Family

SISTER, SISTER

➤ If there has been one central relationship in the Queen's life, it might be the one with her sister, Princess Margaret, who understood Elizabeth better than anyone else. Margaret could be exceptionally frank with Elizabeth, but her destiny as second in line to the throne relegated her to a perpetual supporting role. It was a dynamic that inevitably prompted an emotional see-saw between the two, particularly when Margaret, a rebel princess long before Diana or Fergie, showed flickers of indiscretion, or moved the world of the royals into the jet-set realm.

While Elizabeth was able to marry the man of her dreams – the dashing Greek naval student she was married to for more than 70 years – Margaret, of course, was denied her original love. Captain Peter Townsend, a one-time pilot who was an equerry inside

Buckingham Palace, was off limits because he was divorced. Facing pressure to call off their engagement from all sides, particularly from the Church of England – of which Elizabeth is the titular head – duty triumphed over sisterly bonds inside “The Firm.”

KEEPING UP WITH THE WINDSORS

➤ The documentary that only aired once is presumably sitting in a vault somewhere, and constitutes one of the most interesting chapters in British royal history: A TV special, dubbed *Royal Family*, that ran in the spring of 1969. Filmed over the course of a year for the BBC by Richard Cawston, with all scenes agreed to by a committee chaired by Prince Philip, the premise for it, presumably, was to let the public into the life of the modern royal court just as interest in the royals was beginning to wane during the Swinging Sixties.

There were scenes ranging from the truly quotidian to the pretty exceptional: The family was shown eating breakfast at the palace, while the Queen bought one of her children an ice cream, exploding the myth that she never carries money. Voyeuristic to the max, the production was watched by a third of the U.K.'s population when it aired, but had many traditionalists in a snit because they were afraid it might take the varnish off the monarchy.

The Queen herself was not amused, hence the reason the documentary was never seen again. The film popped up on YouTube in 2021, before it was quickly taken down “due to a copyright claim.” Ironically, it foreshadowed increasing interest in the private lives of her children, and even opened the palace doors to the tabloids as well, since it had already invited cameras inside the royal corridors. ➤



**CROWNING
MOMENT** Her Majesty signs the patriation of Canada's constitution, with Prime Minister Pierre Trudeau, 1982

O CANADA

➤ With the stroke of the pen in 1982, Queen Elizabeth II unyoked Canada from Britain after 115 years of nationhood. It was a rainy day in April when she arrived on Parliament Hill, where, in the presence of then-prime minister Pierre Trudeau, she signed the historic patriation of the constitution.

With all the pomp usually associated with royal coronations or weddings, the 33-minute signing ceremony was preceded by the Queen and Prince Philip, riding to the Hill in a century-old, open landau drawn by four matching black horses, escorted by 47 Mounties on horseback. Dressed in a blue coat and matching hat, offset by three strands of pearls, she waved to enthusiastic crowds lining Wellington Street. After the ceremony, the royal duo even waded into the crowd to greet people, with affection radiating

from all sides. It was evidence this was not as much a divorce between Canada and the United Kingdom, as it was a change in living arrangements.

A MATTER OF RACE

➤ Her life's work has been the Commonwealth, 54 "free and equal" member states of mostly Black and brown people. And an interlude early in her reign demonstrates the monarch's capacity to send messages of reconciliation and friendship – the night in Ghana in 1961 when she danced with its president, Kwame Nkrumah to "highlife" (a local style of dance music that combines jazz with West African rhythms).

The image of the Queen and Nkrumah, an anti-colonialist with ties to the Soviet Union who led the country to independence from Britain four years earlier, was an unforgettable Cold War *mise-en-scène*. It was a moment set against the backdrop of continuing

tensions with the Commonwealth and, of course, the larger British history of colonialism and race.

Famously friendly with the late South African anti-apartheid icon, Nelson Mandela, in more recent times the Queen has signalled a path forward by flouting custom. When, in 2009, the first African American First Lady Michelle Obama, known for her charismatic spontaneity, put her arm around the Queen, Her Majesty simply returned the gesture – averting what otherwise could have been a protocol faux pas. And then, in 2018, despite the monarchy usually moving at a glacial pace, she invited her biracial granddaughter-in-law, Meghan Markle, to their first joint solo event, only a month after she married Prince Harry (to open a bridge!).

The Sussexes would go on to accuse the Royal Family of racism – but on that day the history and hopeful symbolism spoke for itself. ➤



SHALL WE
DANCE With
President Kwame
Nkrumah on
her visit to
Ghana, 1961



ROYAL INFLUENCER
A photograph of the Queen giving her pandemic speech, 2020; her stunt double parachuting into Olympic Stadium, 2012



RULE BRITANNIA

➤ Having been going “viral” before viral was a thing, the monarch has shown her prowess even in the most recent decade of her life and deftly uses Brand Britain and her meta role in it with wit and purpose. Take her 2012 London

Olympic moment when she teamed up with a tuxedo-clad James Bond, actor Daniel Craig, for an ironic sketch screened during the opening ceremonies. The video shows Bond picking up the Queen at Buckingham Palace – the corgis have a cameo – and ostensibly escorting her to a waiting helicopter that flies across the city, where stunt doubles dressed as the duo skydive into the Olympic Stadium. Cut to the real-life Queen pretending to straighten her ensemble as she takes her seat of honour and bingo: Her Maj was again parachuted into the pop-culture canon. More recently, in April 2020 at the beginning of the COVID-19 pandemic, as Prime Minister Boris Johnson, stricken with the virus, fought for his life in a hospital bed, the Queen made a poignant address from Windsor Castle to rally her nation. Urging unity and hope, she drew allusions to the

country’s hardiness during the Second World War and, powerfully, her own wartime service as a young woman. Compared by many to Churchill’s “finest hour” speech, it was watched by 24 million in the U.K., five million on Twitter alone, and millions more on YouTube and Instagram.

QUEEN ALONE

➤ When Prince Philip was laid to rest in 2021, after a scaled-down funeral procession, this photograph of his widow sitting alone inside St. George’s Chapel became an iconic, pandemic-age image.

The reality hit that the Queen, dressed in black and wearing a face mask, had lost her partner of 73 years, but it also underlined the extent to which she has always been a solo flyer. With no real peers to speak of, and a lifetime devoted to service and duty that often put her at odds with her nearest and dearest, the Queen has been forever socially distanced. [Z](#)



ONE QUEEN
IN MOURNING
Elizabeth at
Prince Philip's
funeral, at St
George's Chapel,
Windsor, 2021



PLATINUM JUBILEE

Succession

In *The Palace Papers*, her latest book about the Royal Family, legendary British-American editor Tina Brown appraises the Queen's heirs, spares and legacy **By Leanne Delap**

THE QUEEN is the Crown incarnate, and any story about the monarchy is de facto a story about the monarch. The story of the Queen, 96, after bearing the weight of the Crown for 70 years, has become one of succession, as she nears the end of her reign. That's why legendary British-American editor Tina Brown's provocative new book, *The Palace Papers: Inside the House of Windsor – The Truth and the Turmoil*, stands out among a crowded field of titles being churned out in the Queen's Platinum Jubilee year. Brown's take is refreshingly nonpartisan, unlike most royal books, which tend to be hagiographies or hit jobs.

The Palace Papers, which picks up where Brown's 2007 book, *The Diana Chronicles*, left off, is an intensively researched, episodic history of the highs and down-and-dirty lows of the past 25 years in the British monarchy, with some flashbacks to the key cir-

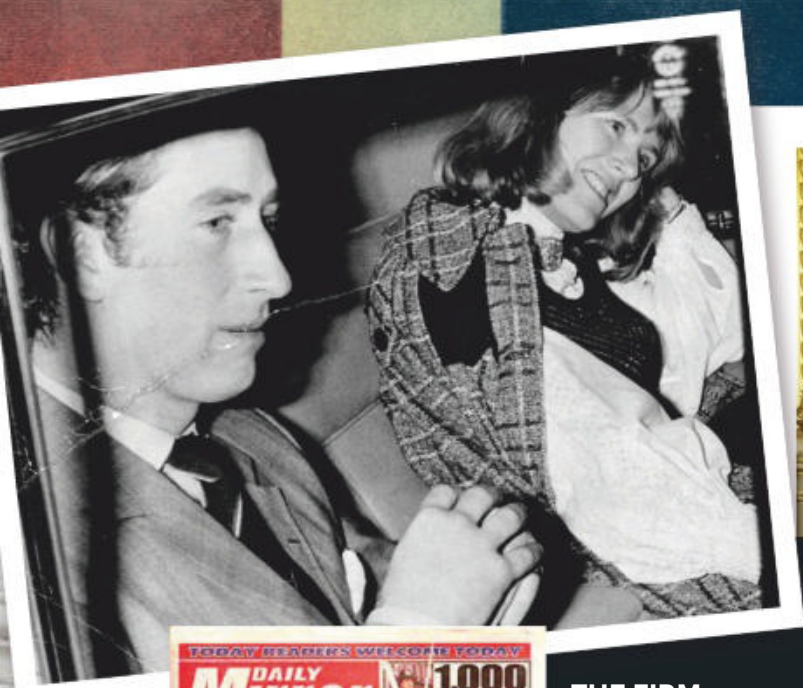
cumstances that forged these larger-than-life personalities. A deep dive into the motivations and machinations of the Queen's successors, it explains how they fit into the larger royal narrative, and it offers a measured take of the likelihood of their success when it is their turn to be anointed.

One of the biggest differences between the Queen and her heirs, as Brown – the former editor of *Tatler*, *Vanity Fair*, *The New Yorker* and founder of *The Daily Beast* news site – well knows, is that younger generations of the Royal Family have not enjoyed the deferential media treatment afforded the Queen for most of her reign. "I'm not sure anybody again can have the mystique of royalty in the sense of the way the Queen has, because we just know too much about them now," Brown says in a Zoom interview from her home in New York.

Then, she duly heaps on more texture and details culled from her research, which included interviews

with some 120 (mostly nameless) courtiers and social fixtures who had ringside seats to what happened behind palace doors. The Royal Family lives in another dimension, one that Brown likens to *The Truman Show*, the 1998 movie about an insurance salesman who discovers his whole life is being directed, and filmed, for a reality-TV show.

The modern monarchy is pinned under glass by the endless curiosity, and sense of ownership, of the people it serves. The framework for this scenario was in place long before Instagram Live; as the British Empire began its inexorable crumble, the monarchy needed to find a new *raison d'être*. In her book, Brown notes this was a functional shift. "In the reign of George V, the monarchy, shorn of its executive power, had been reinvented as the protectorate of national morality and guardian of the British way of life. The personal had become the institutional." And thus, the curtain was raised.



THE FIRM
Charles and Camilla in London, 1975 (above); their wedding day, Windsor, 2005. (Opposite) Only the direct heirs for the Diamond Jubilee, 2012



Charles' great-great-grandfather, Edward VII, has captivated the Prince of Wales for a lifetime now. In her first royal book, Brown often references the fact that Camilla looks quite a bit like Charles' beloved

spirited country girl in "tight white breeches and shiny black dominatrix boots," a combination that was irresistible to Charles. Throughout their affair, and the years she spent in the wilderness waiting for the home wrecker outrage to die down, Parker-Bowles was also, as an (unnamed) neighbour in Sussex described her to Brown, "absolutely constant and unflinching," with a dignity "that has earned her a lot of quiet praise."

The author goes behind the scenes following the 1993 release of the "Camillagate" tapes: the tabloid-purloined wiretaps of private phone conversations between Charles and Camilla published a month after Charles split from Diana, offering proof that he and Camilla had been carrying on while they were married to others. This is the raunchy six-minute call where he expressed his desire to live in her trousers and be reincarnated as her tampon. Women spat at Camilla in supermarkets after Diana's death, when she was hiding out at her house in Wiltshire, not far from Charles' Highgrove House. In the ever-green journalistic trope of "follow the money," Brown unravels the mounting bank overdrafts that Camilla gradually offloaded to her princely lover. Camilla, she maintains, was just as profligate with cash as Diana, but Charles was motivated to cover his lover's bills to avoid more scandal and hasten her public acceptance, so he could marry his one-time mistress.

The Camilla relationship "vexed" the Queen for many years, according to Brown, who quotes "a Highgrove regular," referring to a guest at Charles' Gloucestershire retreat, on the difference between Charles and his mother. "Charles is absolutely desperate for his mother's approval and knows he'll never really get it. He's the wrong sort of person for her – too needy, too vulnerable, too emotional, too complicated, too self-centred, the sort of person she can't bear."

Brown can be harsh, and often is. Notably, in describing some of Prince Harry's youthful antics, including a naked frolic in a hotel room, she in- ➤

TO SURVIVE this new, more exposed milieu, temperament and training became paramount in grooming a great successor. With such a long windup to his accession day, Charles has adopted some, er, eccentricities along the way. He was derided as a nutter for talking to his flowers and banging on about architecture, but history has come around to prove Charles was far ahead of the conventional wisdom on organic farming, preservation and environmental issues. As Brown writes: "The Queen has been known to comment to advisers that she finds him 'maddening,' and only in the last decade, when she has depended on him to share the burden, has she seen him as more than a recalcitrant child." The Queen and Prince Philip's efforts to instil discipline, duty and emotional reserve – monarchical qualities Brown says the Queen was blessed to be born with, and have served her exceptionally well – into the esoteric young Charles, backfired.

Charles found comfort in Camilla Shand, turned Parker-Bowles, turned Duchess of Cornwall, before, during and after his marriage to Lady Diana Spencer. The great-great-granddaughter of Alice Keppel, the mistress of

nanny, Mabel Anderson. Make of that what you will, but it is clear Charles had been perpetually seeking motherly nurturing.

Camilla is the character you learn the most about in *The Palace Papers*, as Brown shows how the devoted and passionate divorcee became his bastion of support as the Queen grows more fragile and the Crown looms. Camilla's saga, though, is about the merry chase she deftly led to seal the deal with her prince after his divorce from Diana, which was greatly complicated by the Princess of Wales's tragic death in the 1997 car crash in Paris.

In a rare, attributed quote from the late German Princess Margaret of Hesse and by Rhine, who attended the wedding of Charles and Diana, we learn about the demise of the Wales's marriage. "One day, he'd had enough. It was as simple as that. One day – a day neither she [Diana] nor anyone else can identify – she pushed him over that invisible line. He didn't realize it at the time, but she'd goaded him past the point of endurance. After that, he retreated into himself." In due time, Charles was drawn back to his old flame.

Brown describes the then-married Camilla Parker-Bowles as a high-



LOVE AND MARRIAGE
Kate and William, on
their wedding day
2011, the same day Her
Majesty gave them
the title of Duke and
Duchess of Cambridge



serts, “What was he f--king thinking?” into the narrative about the Duke of Sussex, now a private citizen in Montecito, Calif. She also gives praise where due, and allows her subjects multiple dimensions without trying to make real live humans conform to the prevailing theories of partisan royal coverage. “I’m very fond of all these characters,” she explained in the interview. “They are characters in a novel. I feel their difficulties, their struggles. I’m sort of empathetic to all of them in their different ways. Some of them are not very lovable. But I did feel affinity and depth about the issues that they are dealing with, and did get very involved with them as characters.”

FOR ALL HIS FOIBLES and quirks, Brown says Charles’ reign will ultimately be successful, because he is diligent and does not resent his destiny as king. “There is a lot of gloom essentially from many people saying we should just skip over Charles. I don’t agree. I think that Charles and Camilla are very good shock absorbers, if you like, from the Queen’s going to [Prince] William [Duke of Cambridge] ascending.”

The Cambriges, she foresees, will be very charismatic as King and Queen. Kate is beloved for her beauty, her elegant fashion sense and, along with their three lovely, well-behaved children, the Cambriges make a modern-day “us five,” a repeat of Queen Elizabeth’s own tight-knit and

domestically stable nuclear family, which her father called “us four.” But, in the meantime, Charles’ reign “gives William a chance to breathe without having to take on this tremendously heavy legacy of the Queen, and will allow him a little bit of time and space to understand what he really wants to do when he is king.”

William, who turns 40 this summer, has already had to be fleet on his feet, pivoting recently when the Jubilee royal tour he and Kate undertook in the Caribbean faced stiff headwinds of republicanism and provided some wildly inappropriate post-colonial photo ops. As Brown told me: “There is no doubt the royal tour is a sort of antique. Because it implies people aloft waving at people down below, which, of course, is exactly what they shouldn’t be doing in today’s world.” She added from her sources that “I know actually that William is extremely unhappy with the way that tour was constructed and wants to tear that thing apart. I think that is the last of those kind of royal tours for this generation anyway.”

The Cambriges will, she thinks, reconstruct tours in a new way. She cites Kate’s recent success meeting with Crown Princess Mary in Copenhagen as a triumph; two women who had a mission and stayed on message. “I think in today’s more modern world looking like a crisp diplomat is a much better look than being the touring monarchs in big hats. That’s finished, that’s done.”

Kate, and the stable domestic partnership she provides, was exactly the tonic to heal a prince wounded by his unstable childhood. William was the peacemaker throughout his parents’ tempestuous divorce, and Brown shares his heartbreaking line, from a meeting with Charles and Diana in his headmaster’s sitting room at Ludgrove, when they came to tell him they were splitting up. “I hope you will both be happier now,” the 10-year-old said, with remarkable maturity.

The Queen gave William tremendous latitude when he and Kate (now Catherine, Duchess of Cambridge) were dating, since she wanted to ensure he was choosing the right wife. (The ghost of Diana, Charles’ fateful mismatch, forever looms large over the Royal Family.) They were allowed to live together at Clarence House and have trysts at a Balmoral cottage. Brown describes William’s desire to have a few unfettered career years as an air ambulance pilot before he settled into full-time royal duties, countered by what she calls Kate’s “undisguised clarity of romantic mission,” in which “rarely did she overplay her hand.”

The story of their long courtship, she writes, is that “Kate had won by observing every old-fashioned rule of courtship: patience, resilience, and giving her man the space he needed.” As for William, “the rawness, rage, and confusion he had suffered since his mother’s death were soothed by something old-fashioned and rare in his fiancée: her constancy.” Slow and steady wins the race.

Frankly, aside from a few topless vacation photos taken with a telephoto lens and one rumoured affair, William and Catherine have remained remarkably scandal free. About that affair rumour – that William strayed with a neighbour from their country-house circle – Brown debunks this myth, saying “The Cambriges believed it was all being spread by the older generation in Norfolk whose own years of sub-rosa activities made them assume most rumours were true.” She also writes that “well-sourced royal scribe” Richard Kay “affirmed ►



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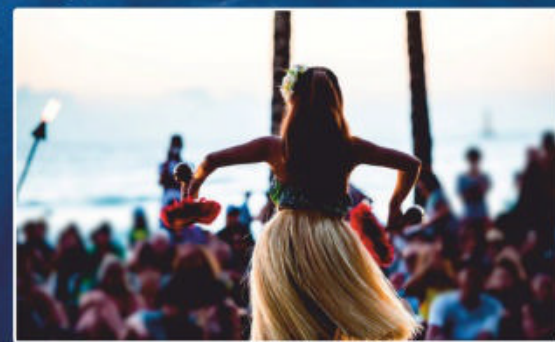
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to me that he strongly believes there was nothing there.” William sent a warning letter to the press. It was clear that, as Brown writes, Kate, “a national icon of flawless motherhood” must be protected, because “in the social media age, the monarchy would be unlikely to survive a messy rift in the House of Cambridge.”

William and Kate have both benefitted from the Queen’s personal mentorship and just don’t bring the drama. Brown admires Kate’s acceptance of her role in the Royal Family as a support for William and a faithful representative of the monarch. She smiles unflaggingly on rope lines and at hospital openings, never shirking her duties. She has created effective initiatives for early childhood education and mental health. Most importantly: She never complains, and she never explains.

Even as Charles sets about streamlining the working family so only key senior members remain on the payroll, no one has yet solved the issue of what to do with the “spares” and other minor royals. Again, Brown demonstrates, it comes down to the money. There is a haunting scene in the book where Brown describes the Queen meeting with the keeper of the Privy Purse to discuss allocations of the Sovereign Grant (the payment given annually to the monarch by the government to fund her official duties).

“The way she doles it out is remarkably personal. Members of the family wait in trepidation to hear if they are going to get a raise. The Queen meets annually with the chancellor of the exchequer alone, at a small table in her second-floor receiving room with the corgis running around, and produces a piece of paper on which she has written her list.” The amounts are arbitrary, and at her sole discretion. This illustrates how beholden relatives are to her, as those further down the line of succession really have few ways to earn money. The Palace shut down minor royals’ entrepreneurial arrangements after a series of high-profile front page embarrassments: cash-for-access scams involving Prince Andrew’s ex,

Sarah Ferguson, and Prince Edward’s wife, Sophie; Andrew’s penchant for dictator-adjacent favours, not to mention the Epstein saga; and Edward’s film company milking his connections and skirting press rules to film his nephew William at university. The palaces really are gilded cages.

CALAMITOUS Andrew gets a thorough examination under Brown’s canny pen, but his distance from the throne makes him irrelevant to the succession story, although he does present a threat to the respect the monarchy relies upon for its preservation. But it is worth noting that the author finds just the tiniest titch of understanding for the lost man-child, even as she provides en-



thusiastic details of his naiveté and her role in uncovering the Andrew-Epstein connection when she was editor at *The Daily Beast*.

Today, Andrew stands banned from his royal duties and stripped of his patronages, his fate sealed in February when he settled the lawsuit against him in a New York court brought by Virginia Roberts Guiffre, who had accused him of sexual assault when she was underage. The multimillion-pound settlement did not include an admission of guilt, but it was the final straw for the Palace.

Queen Elizabeth has shown private

affection for her son, but his place in the Firm is gone. This was a decisive, efficient clean-up ahead of Jubilee year celebrations; the one wobble being when Andrew, live on camera, walked his mother down the aisle and took a front-row seat at Prince Philip’s Westminster Abbey memorial service in March.

There is no comparison between Andrew and his nephew Harry, this generation’s royal spare. Yes they both had distinguished military careers, but that is where the comparison ends. Brown demonstrates a great deal of sympathy for Harry. “I think he’d been boiling up for a long time as I describe it in that chapter of just how much he was suffering,” she says. “And I think no one really understood how much Harry was suffering until he married Meghan Markle.”

As any follower of modern royalty knows, Meghan’s arrival and fresh perspective was greeted with great excitement, and she was seen as a much-needed injection of diversity into the monarchy. *The Palace Papers* is the book, Brown writes, she wishes Meghan, now Duchess of Sussex, had read before marrying Prince Harry, to prepare her for royal life and insight into the cultural divide between Britain and North America. The Queen is the monarchy, and her job is to represent Britain to the world. Understanding that would have saved Meghan a lot of heartache.

Then there is the question of celebrity, with Brown drawing a distinction between palace celebrity and Hollywood-style celebrity, which, as a successful actor, was Meghan Markle’s universe before she joined the royal family. She is writing about Princess Margaret in this quote from the book, but the lesson holds for anyone outside the line of succession: “The peril of celebrity is that it curdles.” It also threatens the Crown: A central thesis in this book is the lesson the Queen and powerful palace courtiers learned from Diana’s blinding wattage, which was encapsulated by a simple, two-word mantra: “Never again.”

Meghan upset a lot of apple carts.

KINGS AND CONSORTS Charles and Camilla attend the *No Time to Die* première with William and Kate, 2021; The Queen on the balcony at Buckingham Palace for her Diamond Jubilee, 2012



“Her major problem was impatience,” Brown says. “I think that if she had just simply chilled out for a couple of years and sort of learned the lie of the ground – made her alliances, made her allies [and] figured out more careful strategy – I think she would have been a knockout success. Frankly I think she was a knockout success in the beginning, but it was really her impatience. She just didn’t like it,” she says, as in didn’t like being a royal.

Brown feels for Meghan, and praises both her acting and writing on *The Tig*, the blog she shut down in 2017 after she and Harry were publicly dating. “I understand how tough she found the press and how negative and how isolated she felt as a woman of colour. All of those things are true. But she also had a great platform for change, which is something she was very committed to. Diana gave it 16 years, she gave it 20 months.” She thinks Meghan was overly blamed as architect of their exit. “I think Harry was very, very eager to get out of there. He could not take it anymore.” It is, she adds, a more complicated situation than is currently “the stereotype and the received wisdom in the story, and that was the thing I was interested in challenging.”

“Megxit” – the decision by Harry and Meghan to quit their royal duties

able effect of rebuilding the British public’s relationship with the monarchy, says Brown, who calls it a regenerative moment. “For everyone in the U.K., there was a throwback sense to WWII. A sense of the Queen as comforter, the Queen, like her mother, who stayed at the palace as the bombs fell. England was united in this dark new crisis.” The Queen consciously plucked at memories of wartime valour to rally courage for the COVID battle, paraphrasing lyrics from Vera Lynn’s famous song “We’ll Meet Again.” The Royal Family were all impressive during that time, says Brown, which was “ironic for Harry and Meghan, because they had made all this noise and made a sort of rival court in Montecito, and England turned completely back to the Queen and the Royal Family for what they have always provided, which is stability.” The Queen, Brown concludes, has been saddened by what has happened to her family in recent years. Worse, perhaps than her *annus horribilis* of 1992 when fire and multiple royal breakups rent the House of Windsor. Andrew’s disgrace, Harry’s departure, Philip’s death – these have been heavy burdens to bear on top of failing health and her own bout with COVID. But, continues Brown: “The Queen is so pragmatic.

– was occluded overnight by the COVID-19 pandemic, a tragedy that had the remarkable

effect of rebuilding the British public’s relationship with the monarchy, says Brown, who calls it a regenerative moment. “For everyone in the U.K., there was a throwback sense to WWII. A sense of the Queen as comforter, the Queen, like her mother, who stayed at the palace as the bombs fell. England was united in this dark new crisis.” The Queen consciously plucked at memories of wartime valour to rally courage for the COVID battle, paraphrasing lyrics from Vera Lynn’s famous song “We’ll Meet Again.” The Royal Family were all impressive during that time, says Brown, which was “ironic for Harry and Meghan, because they had made all this noise and made a sort of rival court in Montecito, and England turned completely back to the Queen and the Royal Family for what they have always provided, which is stability.” The Queen, Brown concludes, has been saddened by what has happened to her family in recent years. Worse, perhaps than her *annus horribilis* of 1992 when fire and multiple royal breakups rent the House of Windsor. Andrew’s disgrace, Harry’s departure, Philip’s death – these have been heavy burdens to bear on top of failing health and her own bout with COVID. But, continues Brown: “The Queen is so pragmatic.

She knows her reign is coming to its twilight moment. The announcement she would like Camilla to be known as Queen: that was estate planning.” As Camilla was only supposed to be named Princess Consort when Charles becomes King, this may be the nicest thing the Queen has done for her son. True to form, it will also stabilize the monarchy in her wake. Camilla, who turns 75 this year, is his own “strength and stay” as the Queen said about Philip. As she said at the couple’s wedding reception in 2005: “My son is home and dry with the woman he loves. They are now on the home straight: the happy couple are now in the winners’ enclosure.”

Brown thinks the Queen is focused on leaving her legacy of maintaining the Crown’s relevance intact. During her entire reign, she has fought to adjust to changing times. She has also fought the existential threat of republicanism at home, and throughout the Commonwealth, with stoicism and devotion to duty. “It won’t be easy, because her family have not shown the same self-discipline,” says Brown. “Except for William and Kate.”

They say temperament skips a generation. The Queen, who Brown says has long been resigned to the fact she will never understand her son, must hope for a horizon where crisp diplomacy replaces dirty laundry. But that would likely mean the next book would be a lot less of a page-turner. **2**



TROOPING
At Windsor for
the Queen's
birthday, 2021;
(left) the White
Drawing Room,
Buckingham
Palace



PLATINUM JUBILEE

A Royally Good Weekend



The who, what, when and where for
celebrating the Queen **By Vivian Vassos**

THE HORSES ARE GROOMED, the instruments are tuned and the Royal Air Force jets are at the ready as the United Kingdom prepares for a blow-out Platinum Jubilee weekend to mark Queen Elizabeth II's 70 years as the reigning monarch.

While there are a plethora of official events to mark the milestone, U.K. residents will have their pick of unsanctioned activities, including a baking competition, a pop-up corgi café in London for the Queen's favourite breed and planting trees for the Jubilee.

The Queen, who has been spending most of the COVID-19 pandemic at Windsor Castle, will be at Buckingham Palace to take part in the celebrations. They kick off Thursday, June 2 with Trooping the Colour – a 260-year-old tradition where the reigning monarch's birthday is marked by a parade with soldiers, bands and members of the Royal Family on the palace balcony for the obligatory wave, ending with an RAF flypast.

At 9:45 p.m. on June 2, the palace will fire up the Platinum Jubilee Beacon, setting off a chain reaction where more than 1,500 beacons will be lit throughout the U.K., as well as another 54 in the capital cities of the Commonwealth member states. Similar to fire signals, an ancient form of communication across long distances, the beacon was adopted as the traditional way to mark a jubilee in 1897, for Queen



PUPPY LOVE
The Queen and corgis
leaving the royal
train, London, 1968

PHOTOGRAPHY, PA IMAGES/GETTY IMAGES (BUCKINGHAM PALACE); MAX MUMBY/INDIGO POOL/GETTY IMAGES (GUARDS); WPA POOL/GETTY IMAGES (CAKE); JIM GRAY/KEystone/GETTY IMAGES (QUEEN WITH CORGIS)

Victoria's diamond event. Beacons were also sparked for Queen Elizabeth's 90th birthday, in 2016.

All eyes will be on Epsom Downs in Surrey on the afternoon of June 4, where derby hopefuls owned by the Queen – Reach For The Moon, Educator and General Idea – are three of 91 entries vying for a spot in the prestigious 243-year-old race for £1.5 million (\$2.4-million) in prize money. Although the Queen has entered many thoroughbreds in the Cazoo Derby over the years, she has never had a first-place finisher. The monarch and some of her family are expected to be in the Queen's Stand to cheer on the jockeys and their mounts.

In the evening, the Platinum Party at the Palace, which will be broadcast live by the BBC, will see 10,000 guests enjoy a concert that promises “state of the art technology” and “the world's biggest entertainers” headlined by Ed Sheeran, paying tribute to the Queen's seven decades of public service.

If you didn't get a ticket, and you're in the U.K., head to Sandringham in Norfolk. Sandringham, which is open to the public for tours when the Queen is not in residence, will host a screening of the Platinum Party (as will Balmoral, the royal estate in Scotland). Sandringham is especially historic, as it's the royal estate where the Queen spent her 96th birthday on April 21, and where her father, King George VI, died in his sleep on Feb. 6, 1952, cementing her destiny as Queen. It is where she often celebrates Christmas and returns every year on Accession Day, the annual Feb. 6 celebration. Take a stroll down to the mews, where the Queen Mother's custom golf cart is parked. Her Majesty recently ordered her own cart, with all the bells and whistles, to get around the grounds.

The extra-long weekend – Thursday and Friday are bank holidays in the U.K. – culminates with the yearly Big Lunch on Sunday, June 5, where communities are encouraged to get to know their neighbours by sharing a cup of tea in the garden or hosting street parties. This year, it's been renamed the Big Jubilee Lunch, and as part of the event, organizers at the 2,020-hectare Windsor Great Park will attempt to break the Guinness world record for the longest picnic table – currently held by Memphis, Tenn., for a 1,300-foot table with approximately 1,000 guests – along the mall leading up to the castle gates.



CHEERS, MA'AM! SPECIAL EVENTS, SIGHTS AND EXHIBITIONS IN THE U.K.

➤ Kensington

Palace, London: A new photo exhibit, *Life Through a Royal Lens*, features

pictures from the Royal Family's personal archive taken over the last 200 years, including a portrait of Prince Albert, one of the first photographs of a royal ever taken by a camera; a never-before-seen image of Diana, Princess of Wales, by English fashion and portrait photographer David Bailey; “just-like-us” photos of the royals at play (Prince Philip grills hot dogs!), as well as images by Lord Snowdon, Cecil Beaton, Mario Testino and more. *March 4 – Oct. 30*

➤ Palace of Holyroodhouse,

Edinburgh: Some of the Queen's past jubilee ensembles will be exhibited at the *Platinum Jubilee Display*, including her outfits for the silver, golden and diamond jubilees, as well as a retrospective of past jubilee celebrations. *July 3 – Sept. 25*

➤ Windsor Castle, Windsor:

As part of *The Queen's Coronation* exhibit, visitors will see the Queen's white duchesse satin coronation gown, designed by Norman Hartnell, and the purple velvet robe of state, made by royal robe makers Ede & Ravenscroft and embroidered in gold by the Royal School of Needlework, as well as significant memorabilia from her coronation day in



1953. It's in St. George's Hall, the only room in the castle open to the public that's large enough to accommodate the coronation gown and the robe, which is 6.5 metres long. (In St. George's Hall, look out a window, across the quadrangle, to the room above the porte-cochère. It is part of the Queen's apartments, and she's occasionally been spotted at work there.) *July 7 – Sept. 26*

➤ Buckingham Palace,

London: When the palace opens 19 state rooms and its gardens to the public this summer, check out *The Queen's Accession Exhibition*. You can see the first official portraits, taken by Dorothy Wilding a few weeks after Elizabeth became Queen in 1952, as well as the jewelry she wore for the sitting and the tiara Queen Mary gave then-princess Elizabeth as a wedding gift in 1947. Wilding, the first female royal photographer, took many portraits of the Queen, which inspired countless stamps and hung in embassies around the world. *July 22 – Oct. 2*

And stop in at The Queen's Gallery for *Masterpieces from Buckingham Palace*, with works from the likes of Rembrandt, Van Dyck and Rubens. *March 25 – Sept. 25* ➤

➤ **The Royal Mews at Buckingham Palace:** Visitors can see all the Queen's carriages and automobiles until Oct. 2. The focus will be on carriages used for previous jubilees, but do take a look at Her Majesty's collection of Rolls-Royces, Bentleys and Land Rovers – each a work of art in their own right.

➤ **The Tower of London:** *Superbloom* opens Jubilee weekend, when 20 million seeds planted in the moat by the Historic Royal Palaces charity will create a field of flowers. (You may recall images from *Blood Swept Lands and Seas of Red*, the 2014 art installation viewed by the Queen, featuring more than 888,246 ceramic poppies, each symbolizing a British fatality in the First World War.) The landscape will change as each variety is in bloom, part of a permanent transformation to make the grounds more of a public green space. *June 1 – Sept. 18*

➤ **Leith, Edinburgh:** The Royal Family's former floating home-away-from-home, the decommissioned *Royal Yacht Britannia*, is now open to the public year-round. Prince Philip loved the ship so much that he moved the dining room – everything from art to candlesticks – to Frogmore Cottage after *Britannia* weighed anchor in 1997 for good. Much of the original furniture and fixtures are still on board, and give a glimpse of the Queen's famously unflashy side. *Pre-booked tickets daily.*

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MARK THE OCCASION AND THROW YOUR OWN BIG JUBILEE LUNCH

THE DRINKS

➤ **Champagne:** Bollinger has had a royal warrant – given to companies that do significant business with the Royal Family – since Queen Victoria's days. Pol Roger also holds a royal warrant and the Queen has been known to serve the bubbles at her functions.

➤ The Royal Stag

Courtesy of Denis Broci, Claridge's Bar, London

Provenance When I visited Claridge's this spring, I discovered staff at this storied Mayfair hotel have long called it the “annex of Buckingham Palace” (because the Windsors, et al, often come here to party). To celebrate the Jubilee, visitors can view some of its royal memorabilia: hand-written letters from the Queen Mother, entries from Queen Victoria's diaries, a vintage fan created for the coronation of King George V (Queen Elizabeth's grandfather) and photographs from Queen Elizabeth's 1953 coronation. Stop in at Claridge's Bar or The Fumoir, a snug secret bar off the lobby, where they are mixing up special cocktails, including a modern take on the Windsor Rose, served during the coronation year, as well as the Royal Stag.

Makes 1 drink

40 ml (1½ fl oz)
The Dalmore 15
(or 15-year Scotch of your choice)

20 ml (¾ fl oz) Sweet Vermouth Blend
20 ml (¾ fl oz) Campari
2 dashes of Bénédictine
2 dashes of Chocolate Bitters
1 dash of Roasted Almond Tincture

Square of 75% dark chocolate, to garnish

Stir all the ingredients but the chocolate in a mixing glass, then strain into a chilled rocks glass over an ice block. Garnish with chocolate.

THE FOOD

➤ Coronation Chicken Sandwich

Courtesy of chef Christopher Hannon, Cliveden House, Berkshire, England

Provenance Cliveden House was home to Harriet, the Duchess of Sutherland, a confidant of Queen Victoria and her Mistress of the Robes. Nancy Astor, the American heiress who was the first woman to sit in the British Parliament, was lady of the house in the 1920s and '30s, where she hosted politicians of the day, dubbed the Cliveden Set. But some may remember it as the centre of the scandalous Profumo Affair, where, in the early '60s, British secretary of state John Profumo began his “business” with 19-year-old model Christine Keeler, who was also dating a Russian operative. The mess eventually brought down prime minister Harold Macmillan's government a few years later.

➤ Scotch Eggs

Courtesy of Mark Drummond, Holborn Dining Room head chef, The Rosewood London

Provenance The Rosewood London, a gorgeous example of Edwardian architecture, was home to the famous, including philosophers Sir Francis Bacon and Sir Thomas More, poet John Milton and Charles Dickens, who wrote *The Pickwick Papers* there. Bloomsbury, where Virginia Woolf held court, and the University of London are a stone's throw away.

➤ Victoria Sponge

Courtesy of Luke Matthews, executive head chef of Chewton Glen Hotel & Spa, Hampshire, England

Provenance Situated next to New Forest National Park, William the Conqueror's hunting grounds, Chewton is also home to a renowned cooking school. The hotel has treehouses as part of its accommodations: If you recall, it was Elizabeth who went up to bed in a treehouse in Kenya as a princess, and came down the next morning as Queen.

➤ Chocolate Biscuit Cake

Provenance *Courtesy of Carolyn Robb, who for 10 years, was the personal chef to Charles, Diana, William and Harry. Her cookbook, The Royal Touch: Simply Stunning Home Cooking from a Royal Chef, is a collection of 100 recipes – including the Chocolate Biscuit Cake Prince William chose as his groom's cake – as well as anecdotes and letters from Kensington Palace. One of Her Majesty's favourites, try it at The Park Room (formerly the ice rink where Elizabeth learned to skate as a young girl), at JW Marriott Grosvenor House London, as a version using Valrhona chocolate is on the hotel's Jubilee tea menu. visitbritain.com*





GREAT SCOTS! Her Majesty, dancing with Prince Philip at the annual Ghillies Ball that she hosts at Balmoral, Scotland, 1972



CHEERS! The Royal Stag cocktail, Claridge's Bar;
(left) Coronation Chicken sandwich, Cliveden House



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THE *Royal* TOUCH



Former Personal Chef to TRH The Prince and Princess of Wales and TRH Prince William and Prince Harry

CAROLYN ROBB



**CHAMPAGNE OR
SPARKLING WINE**

COCKTAILS

**CORONATION CHICKEN
SANDWICHES**

SCOTCH EGGS

VICTORIA SPONGE

**CHOCOLATE
BISCUIT CAKE**

➡ For these recipes, go to:
everythingzoomer.com/jubilee-menu



SUNNY SIDE UP Scotch Eggs, Rosewood London



The Great VIRGI

1

RAISE A GLASS

Home to more than 300 wineries, Virginia's wine country is yours to explore. With self-paced wine trails that let you curate your own experience, you can combine tastings with guided horseback rides, oyster crawls or heritage music events.

Virginia's beer-making tradition goes back to 1607, and its vibrant craft brewery scene now ranges from hip urban spots in Richmond to rustic rural breweries in the foothills of the Blue Ridge mountains. Pair your beer flights with everything from upscale pub grub to farm-to-fork tasting menus.

Some of Virginia's distilleries are steeped in history: John J. Bowman's, founded the day after Prohibition ended in 1934, is known for its award-winning single barrel bourbon. Others trend toward contemporary cool, offering artisanal cocktails made with small-batch pink-peppercorn gin or honey-infused rye. Following a venerable Virginia tradition, some distilleries even sell moonshine. (Don't worry – it's legal!)



SPONSORED CONTENT

NIA

Everyone knows Virginia is for lovers: Here are 10 reasons to fall in love with this all-season vacation destination

Getaway



RELAX AND
INDULGE AT
IRON HEART
WINERY, A
FAMILY-OWNED
FARM IN THE
APPALACHIAN
MOUNTAINS.



2

WELLNESS & MINDFULNESS

Virginia's many spas, resorts and retreats offer relaxation, rejuvenation and a range of services for physical and emotional wellness, from good old-fashioned salon pampering to new-fashioned CBD-infused massage treatments.

Experience the mineral-rich hot springs at the Omni Homestead Resort Wellness Center, or head to the Seahill Spa in Virginia Beach for innovative treatments like heated quartz sand poultices.

Or keep things simple and look to Virginia's serene natural beauty to slow your pace and lift your mood.



3

GARDEN VARIETY

From formal hedge mazes to naturalized wildflower meadows, from delicately beautiful butterfly gardens to acres of old-growth forests, Virginia's public gardens and arboretums will inspire and delight.

As with so much in Virginia, many of the Commonwealth's gardens are deeply connected to history. At Thomas Jefferson's Monticello, now a UNESCO World Heritage Site, the gardens reflect his inquiring mind, with a botanical laboratory of beautiful and useful plants. The Lynchburg home and gardens of Anne Spence, a civil rights activist and poet of the Harlem Renaissance, offer an intimate look into her life and work.

For intergenerational travellers, kids will love the WOW Children's Garden at the Norfolk Botanical Garden, with its plant safaris and hands-on adventures.

ABOVE: PAMPER YOURSELF AMONGST THE GRANDEUR OF THE OMNI HOMESTEAD RESORT; WANDER THE LUSH PATHWAYS OF NORFOLK BOTANICAL GARDEN.

4

LIVING HISTORY

You can feel the past in Virginia, not just in its many museums and monuments but in its well-worn byways and time-mellowed buildings.

Look around and you'll see the foundations of American history, from the 1600s to the civil rights era.

At Colonial Williamsburg, you can explore 18th-century taverns, houses, workshops, gardens and farms. At Mount Vernon, the estate of George and Martha Washington, and Montpelier, the home of James and Dolley Madison, the earliest years of the American Republic and its presidents come to life.

Virginia is also home to four centuries of Black history. The Black History Museum & Cultural Center of Virginia in Richmond tells stories of African American lives, sometimes famous, sometimes forgotten but always inspiring. The U.S. Civil Rights Trail runs through the heart of Virginia, highlighting sites that were at the forefront in the fight for racial justice and equality in the 1950s and '60s.

THE LEGAL SYSTEM CAN FORCE OPEN DOORS AND SOMETIMES EVEN KNOCK DOWN WALLS. BUT IT CANNOT BUILD BRIDGES. THAT JOB BELONGS TO YOU AND ME.

JUSTICE THURGOOD MARSHALL

DELVE INTO THE HISTORIC PAST OF THIS STATE WITH A VISIT TO THE VIRGINIA CIVIL RIGHTS MEMORIAL.

5

HAPPY TRAILS

With 41 state parks, 22 national parks and swaths of state and national forests, Virginia is a paradise for hiking and biking.

High Bridge Trail State Park features a 50-kilometre trail that follows a former railway track, with a bridge crossing the Appomattox River 38 metres over the water, allowing for incredible vistas of the surrounding woods. For a more challenging hike, take on the peak of Hawksbill Mountain and be rewarded with stunning views of the Shenandoah Valley.

Cyclists can enjoy a gentle meander along the Virginia Creeper Trail, which runs 56 kilometres through meadows and trees, while hardcore mountain bikers will want to head to Douthat State Park in the Allegheny Mountains, where the trickiest trails offer steep climbs, fast descents and unexpected switchbacks.



TAKE A UNIQUE STROLL IN HIGH BRIDGE TRAIL STATE PARK; BELOW LEFT: EXPERIENCE A NIGHT IN A TIPI; BELOW: EXPLORE VIRGINIA'S SCENIC ROADWAYS AT YOUR OWN PACE.



6

LET'S GO GLAMPING

If you want starry nights, campfires and s'mores, as well as hot showers, soft sheets and reliable wi-fi, Virginia offers lots of creative options for getting close to nature without roughing it.

These alt-accommodations include Rose River Farm's cedar and glass yurts, nestled at the base of the Blue Ridge mountains, with over 1,100 square feet of space and all the mod cons. Primland Resort's three luxe treehouses let you sleep close to the sky and take your morning coffee on a forest perch with spectacular views of the Dan River Gorge.

The tipis at Sandy River Outdoor Adventure Resort are climate-controlled and can comfortably sleep six people, while The Depot Lodge in northern Virginia can fix you up with a tricked-out vintage 1967 Airstream.

7

ROAD TRIP

Whether you're renting a car or bringing your own, the classic Virginia road trip allows you the freedom to pack up and go whenever and wherever you want, from slow rambles over gravel backroads to spectacular rides along mountain freeways.

Lucky Route 13 takes you along the iconic Chesapeake Bay Bridge Tunnel, while Skyline Drive, which cuts through Shenandoah National Park, features 170 kilometres of scenic overlooks and frequent sightings of black bears, whitetail deer and wild turkeys. Blue Ridge Parkway, which winds through the Appalachians, is often called "America's Favourite Drive," while Back of the Dragon, a zippy 50-km road with 438 turns, is a blast for motorcycle lovers.

And if you're driving farther south to a snowbird destination, why not break up your journey with an extended stopover in Virginia? You may just decide to stay longer.



8

ON THE
WATERFRONT

With pristine coasts and white sand beaches along the Atlantic Ocean and Chesapeake Bay, as well as tidal creeks, inland rivers and pure mountain lakes, Virginia's waterways have everything you need to craft your perfect blend of relaxation and recreation.

Waterside accommodation ranges from luxe beach resorts to quaint coastal-town B&Bs to charming lakeview cabins that can sleep a big family. After a day in the sun, unwind with an oyster roast, check out some of the popular oceanside food trucks or head to the Hunt Room at the historic Cavalier Hotel in Virginia Beach for a classic cocktail.

Anglers can explore Virginia's 4,500 kilometres of trout streams, or head to the coast and charter a boat for blue-water marlin fishing. Naturalists can take a guided kayak trip through marshes, barrier islands and coastal streams, taking in subtly beautiful landscapes and an abundance of birds and other wildlife.

Thrill-seekers can choose from white-water rafting, wakeboarding, scuba diving or parasailing. For those looking for peace and quiet, some smaller lakes have a ban on gas-powered boats.

When it comes to intergenerational travel, Virginia has lots of family-friendly water spots. The islands of Assateague and Chincoteague feature wild beauty, educational activities and a chance to see the island's famous wild ponies. Virginia Beach's family-friendly kayak tours let you paddle alongside playful bottlenose dolphins.

Take teens on a tubing trip along an easy-flowing river or introduce youngsters to fishing at a stocked pond where a catch is (almost!) guaranteed. Virginia's many waterparks will keep kids busy and happy for hours, with slides, water playgrounds and splashpads, plus water fun specifically designed for the under-five crowd.

And if you're bringing a four-legged friend on your Virginia trip, look for the list of pet-friendly beaches.



SOAK UP THE
SUN ON ONE
OF VIRGINIA'S
MANY BEAUTIFUL
BEACHES.

9

INDULGE YOUR INNER FOODIE

Virginia is a foodie paradise, from all-day brunches to late-night tipples at a rooftop bar, from casual, affordable street eats to elegant and innovative farm-to-table dining.

The Commonwealth's rich and varied culinary traditions might be the most delicious way to experience Virginia history, whether that's in Gordonsville, where women used to sell the town's legendary fried chicken through railcar windows to hungry travellers, or in Topping, where the Rappahannock Oyster Co., a fourth-generation family business, has been celebrating Chesapeake Bay shellfish since 1899. Heritage BBQ, down-home Southern cooking and soul food all tell the stories of places and people.

For up-to-the-minute culinary trends, head to urban hot spots like Richmond and Alexandria, where you can find global small plates, new-school deli, deconstructed Indian classics, vegan taquerias and organic patisseries.

THIS PAGE: TREAT YOURSELF TO SOME OF VIRGINIA'S FABULOUSLY FRESH SEAFOOD. RIGHT PAGE (CLOCKWISE FROM TOP LEFT): VIEW THE CHERRY BLOSSOMS IN SPRING, HIT THE GOLF COURSE IN SUMMER, MAKE A COZY WINERY VISIT IN WINTER, AND SEE FALL FOLIAGE AT ITS FINEST.





10

FOUR SEASON STATE

Celebrate spring at Burnside Farms in Nokesville, with over 50 kinds of tulips, or explore the ephemeral beauty of Alexandria's cherry blossoms with a Potomac River cruise.

Summer promises long sunny days and clear nights made for stargazing at one of five designated "Dark Sky" state parks.

Fall brings a show of colour along country roads, or the relaxed off-season pleasures of the beach, whether that means a leisurely shore lunch or biking along the boardwalk.

For northern golfers shut down by snow, Virginia offers mild winter weather and courses that include classic Golden Age designs as well as modern layouts.

If you're looking for one destination that offers endless possibilities, Virginia is the perfect spot, with 12 months of temperate weather, and nature, culture and history all within easy reach.

**VIRGINIA
IS FOR
LOVERS****TO PLAN YOUR TRIP GO TO
WWW.VIRGINIA.ORG/CANADA**

TRAVEL WITH US!

Italy's Tuscan and Umbrian Countryside, hosted by Zoomer's executive editor, Vivian Vassos, September 24 - October 4, 2022

Ciao, foodie fans, this one's for you! Join me as we meander our way through some of the most charming hill towns and iconic areas of Italy, from the olive-tree-lined fields of Umbria to the vineyards of Tuscany. Naturally, Italian cuisine is at the heart of this Collette Explorations trip. We'll experience the culinary nuances of this part of Italy, from breaking bread with locals as we are invited into their homes, to a cheesemaker's farm, to discovering the secret for making the most delicious breakfast cakes.

But that's not all. We travel in smaller groups, so there's room to be spontaneous. When you come with me, there's a very good chance our local guides will go off book and share their

off-the-beaten-path hidden gems, along with their knowledge of the history and the culture of the people and places we are visiting.

We've worked with Collette to tweak the itinerary so we spend more time in each of the places we're staying. After a day and night in Rome, we board our coach for three nights in art- and architecture-filled Umbria, with its ancient Etruscan influences, then two nights in Pienza – a UNESCO heritage renaissance town in the Tuscan hills – and then three nights in Tuscany's Chianti region (Wine! Food! Florence!), so it gives you an opportunity to really get a feel for what life is like in this beautiful part of the world. La dolce vita, indeed!



VIVIAN VASSOS



A DAY IN FLORENCE



OLIVE OIL



TOUR HIGHLIGHTS

Here, a few more highlights, especially for Zoomer readers.

- ♦ An olive oil-tasting at a family-run olive mill in Umbria, followed by a cooking class in a former 12th-century abbey
- ♦ A visit to Assisi, the birthplace of St. Francis, and its Basilica
- ♦ Tour a vineyard in Chianti before a chef-prepared Tuscan lunch and wine pairing

For more travel stories and inspiration, or if you haven't already signed up for our newsletter, go to everythingzoomer.com/signup, so you don't miss a thing.



CHEESE TASTING



FARM TO TABLE

Travelling *Back in Time*

Reconnecting with the past can be daunting, but as **Diana Ballon** discovered, for her mum, who has early stage dementia, it also evoked delightful memories

Head Harbour
Lightstation, Bay
of Fundy, N.B.

I WAS A LITTLE WORRIED when we arrived at the Algonquin Resort in Saint Andrews, N.B. last September, and my mum, Heather, didn't seem to remember anything about the hotel where she worked 69 years ago.

"It's like a foreign country," she said the first evening as we roamed the elegant grounds. We saw the silhouettes of six deer grazing in front of us, while the red slate roof of the 233-room, Tudor Revival-style hotel loomed in the background.

This trip was important to me and hopefully to her. A year and a half before, in a different world, my siblings and I had to cancel a family trip to Portugal with my mum because of COVID-19. She was 86 then, and had recently been diagnosed with possible early stage vascular dementia. It was relatively stable, but she had a very limited short-term memory and some difficulty recalling the more distant past. And while mum has always been agile, a painful back meant too much walking could be uncomfortable and tiring.

The night before we left Toronto, I called one of my sisters, Daphne, in a panic. "I'm worried that this dream may be more my dream than hers. What if this trip is too stressful for her?"

Daphne calmed me down: It was all going to work out, because I had planned the itinerary so carefully. When I searched online for guidance on travelling with someone with dementia, I found lists of tips, but no real stories about what that looks like. So, as a writer who specializes in both travel and mental health, I decided to write the narrative myself.

I had to consider how memory issues and related feelings of disorientation and anxiety could be compounded by unfamiliar surroundings. I decided to invite my husband and 16-year-old son for support. It would be fun, and we could split up if some of us wanted to do different things at differ-



The author's mum
snapped her Algonquin
Hotel dorm mates, 1952.



Algonquin Resort,
Saint Andrews, N.B.

ent times. We arranged for a suite with a connecting door, so mum would be close, but have her own space and bathroom. The night before, I helped her lay out the things she needed to pack, and brought home anything that could derail the trip if forgotten: her pills, ID, vaccination record and new, portable wheelchair.

We scheduled main activities and tours in the morning, when she is most alert, with time for a rest in the afternoon. One added complication: I had suffered a tibial plateau fracture of my knee a few weeks before the trip and had just gotten off crutches, so my knee instability was ►

The author
with her mum,
at Kingsbrae
Garden, Saint
Andrews

*“Darling,
you can cope
with anything
when you are
determined!”*

– LOVE YOU,
OLD MUM



Historic Seal
Cove, Grand
Manan Island

stressing me out. But mum, as always, was reassuring. In an email before the trip, she wrote:

“Darling, you can cope with anything when you are determined! I am glad that the diagnosis has given you a path to follow, and since you are always 10 steps ahead of me anyway, it means that maybe I can keep up with you now! And now when I am tired, I can just say I am giving you a rest. I am confident we will have a ball!

Love you, and hug you (carefully).

– Old Mum”

THE DAY OF our flight, I booked mum an Uber to our house, and we took a cab to the Toronto airport. Although it was a busy travel day – with a two-hour flight to Fredericton, and then almost two hours in a rental car to Saint Andrews – mum took everything in stride. She seemed okay wearing her mask, although it was undoubtedly the longest period she would wear one. She took umbrage with the wheelchair, because she’s used to walking (and, in the end, rarely used it on the trip).

We didn’t get to the resort until evening. The original Algonquin Hotel was built in 1899, and although it has gone through significant renovations since mum worked there

in the summer of 1952, the character of this “castle by the sea” has been preserved. It sits on a hill overlooking the Passamaquoddy Bay, an inlet of the Bay of Fundy, in the historic seaside town. Once upon a time, guests in long dresses and waistcoats arrived by train from Boston, Montreal and Toronto.

Mum remembered little of the hotel’s interior, but that’s because she wasn’t sure if she ever walked through the front doors. “I was such a minor staff member,” she said. “I served the senior staff in a staff dining room behind the main hotel.” She seemed to remember the tunnel under the hotel we saw on the “ghost tour,” which staff had used to get to and from work, out of sight of guests.

An old black-and-white picture in a dog-eared photo album shows the five other members of Room 6, a dorm in the residence behind the hotel, where mum stayed the summer after her first year at the University of Toronto. Mum, then 19, is behind the camera, and her co-workers are wearing their uniforms with white aprons, pointy collars and caps.

As we walked the grounds, she surprised me with a new story about dating the night auditor. “He wouldn’t get off work until about 10:30 p.m. God, he was dull. But I guess I wasn’t so exciting either. He was someone to go out with.

“The glamorous ones were the bellhops, but there weren’t enough of them to go around. They were the attractive ones, the top brass of the staff, and got huge tips.”

We drove to Katy’s Cove, the Saint Andrews’ beach where mum used to go to bonfires, and the Algonquin Golf Course where she used to play, but they didn’t look familiar. However, she did remember some details, like which golf clubs she had in her bag. “You must have had a driver?” my husband asked. “No, a three wood, dear,” she replied. “It was a short course. A five iron – I can hit anything with ➤

TIPS FOR TRAVEL WITH PEOPLE WITH DEMENTIA

IT IS IMPOSSIBLE to predict how people with dementia will handle travel, says geriatric psychiatrist Nathan Herrmann. Each type of dementia has mild, moderate and severe stages, which can vary from one individual to the next, as can their behaviour. With so many variables, travel can be anything

from “fantastic to stimulating to agitating and distressing.”

People who have milder dementia without a lot of neuropsychiatric difficulties such as anxiety or depression are likely to have the easiest time. And it is key to plan a holiday that achieves a balance between stimulating

and overstimulating. Here, some of his expert advice:

➤ Plan ahead, and don’t be overly ambitious. Consider a short bus trip, or a trip with a one- or two-hour flight to a destination with a minimal time difference, before trying an international holiday. ➤



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that – and a nine iron and a putter.”

Over four nights at the Algonquin, mum was as enthusiastic as any traveller. She shrugged off all but a couple of naps, saying she didn’t want to miss anything. When she did sleep, I left a note saying where we would be and when we would return, in case she woke up disoriented, but she was always freshly showered and dressed by the time we got back.

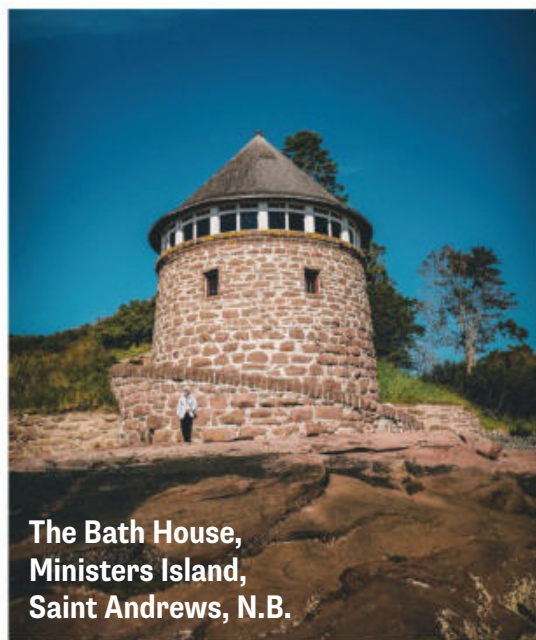
Admittedly, not everyone with dementia can or should be left alone, says Dr. Nathan Herrmann, a geriatric psychiatrist at Sunnybrook Health Sciences Centre in Toronto, since some people could become confused and leave the room if they felt panicky.

But having the opportunity to travel, and to visit places where the person has had positive experiences – of childhood, or growing up, for example – can evoke happy memories, since long-term memory can remain intact, even in moderate to severe phases of dementia. However, he cautioned that any changes to places or things may render some places unrecognizable.

For our trip, I chose activities I knew mum had enjoyed in the past, like being in nature and learning about history. Our first morning in Saint Andrews, we got a guided tour of Kingsbrae Garden, and mum sat in the front seat of the golf cart beside our guide. She marvelled at the Scents and Sensitivity Garden, where the textures and smells of the plants are designed for the visually impaired, and enjoyed the tranquillity of the Peace Garden.

We visited Ministers Island, the 200-hectare (500-acre) summer home of Canadian Pacific Railway president William Van Horne, a name and a company mum remembered. This time, she rode next to our tour guide in the passenger seat of the ATV as we followed bumpy trails through the wildlife reserve, unfazed by the choppy drive. She asked questions and was very engaged during our tour of the buildings.

Midway through our time in New Brunswick, we drove 35 minutes to Blacks Harbour and boarded the one-and-a-half-hour ferry to Grand Manan Island. It is beautiful and rugged, with fishing villages reminiscent of Newfoundland’s outposts. It’s also the childhood home of Mina, the help-



The Bath House,
Ministers Island,
Saint Andrews, N.B.

er hired by mum’s parents when they lived in Toronto during the Second World War.


As we relaxed with a glass of wine at the Compass Rose Heritage Inn, mum called her 92-year-old brother Dave, in Toronto, to reminisce. “We’re looking out over the bay, and at the lovely inlets,” she said, describing the view from our room. Her thoughts turned to her childhood in Toronto and the wartime years, when food was scarce. “I’m remembering Mina with her long [bladed] racing skates, and how she taught us to skate on our

rink in the backyard. And remember her boyfriend, Bob the Butcher? He had a lot of good meat that we couldn’t have gotten otherwise.”

“He couldn’t keep step, so he ended up a butcher,” Uncle Dave added, recalling Bob marching in the militia at the armoury in Toronto.

I AM STILL learning about dementia, in all its forms and stages. Mum can’t recall the meal she just ate or what she did yesterday, but she knows the history of the CP Railway. She remembers the cuts of meat Bob the Butcher supplied to the family. When I hurt my knee, she is uncannily present and concerned about my struggles. And she is always up for a good laugh.

For many of us, COVID-19 flattened our experiences and limited our options. In some way, I think dementia does the same. With isolation and lack of stimulation, minds can become dulled and turn in on themselves. But travel opens us all to new worlds and experiences. My mum always loved to travel, but after having five children in five years (and with a husband who lacked her curiosity), she didn’t have the opportunity.


We have been back in Toronto for eight months and I can truly say we had a ball. As a travel writer, so many of my memories are tied to a sense of place. For my mum, who turns 89 in July, some of these tethers may slip. But while the details may be lost, mum remembers the trip and, of course, the strong mother-daughter bond, and our love will always remain. 

tourismnewbrunswick.ca

- > A plane is an enclosed space with constant noise and movement. Think of ways to **reduce stimulation**; bring a sleep mask, noise-cancelling headphones, and favourite snacks and music. You may also want to bring calming medication that has worked for them in the past, but only after discussing it with their doctor.
- > **Consider travelling with one or two**

- other family members or friends** to reduce pressure on the person with dementia to talk if they are tired or overstimulated.
- > **Choose activities you know the person has enjoyed** in the past. “People don’t lose appreciation for the beauty of nature, for children playing, for interacting with animals, even in later

stages of the illness,” said Herrmann.

- > **Don’t leave the person with dementia alone.** That means sleeping in the same hotel room or suite with them, and doing all activities together, unless you divide up your group and at least one person can be with them.
- > Be sure to **have medical coverage** for emergencies. 



MULBERRY LEAF EXTRACT NEWS

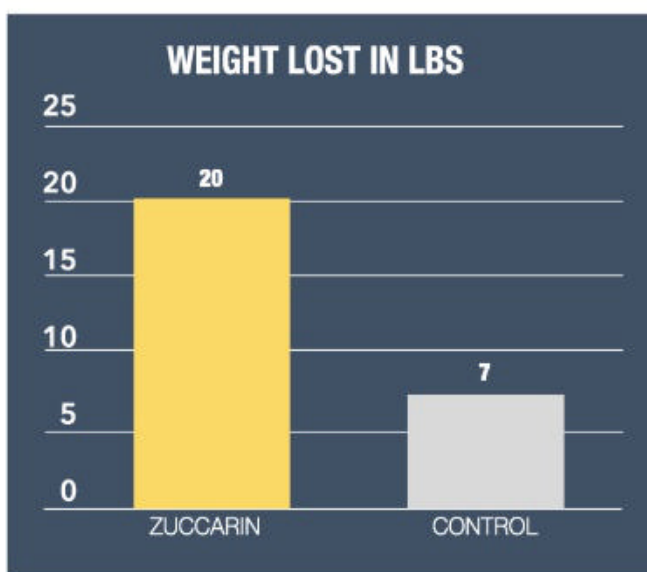
Key ingredient helps **BLOCK CARBS**

Are you struggling to lose weight or to better stabilize your blood sugar? Then consider mulberry leaf extract. This less known herb has been used for centuries in Asia.

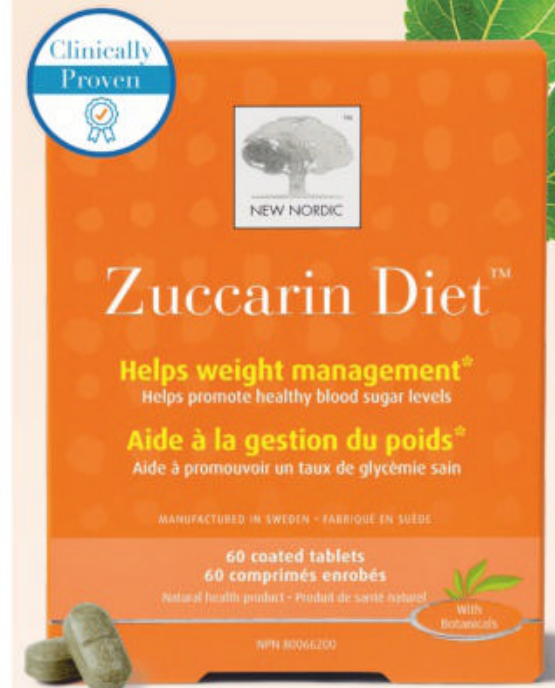
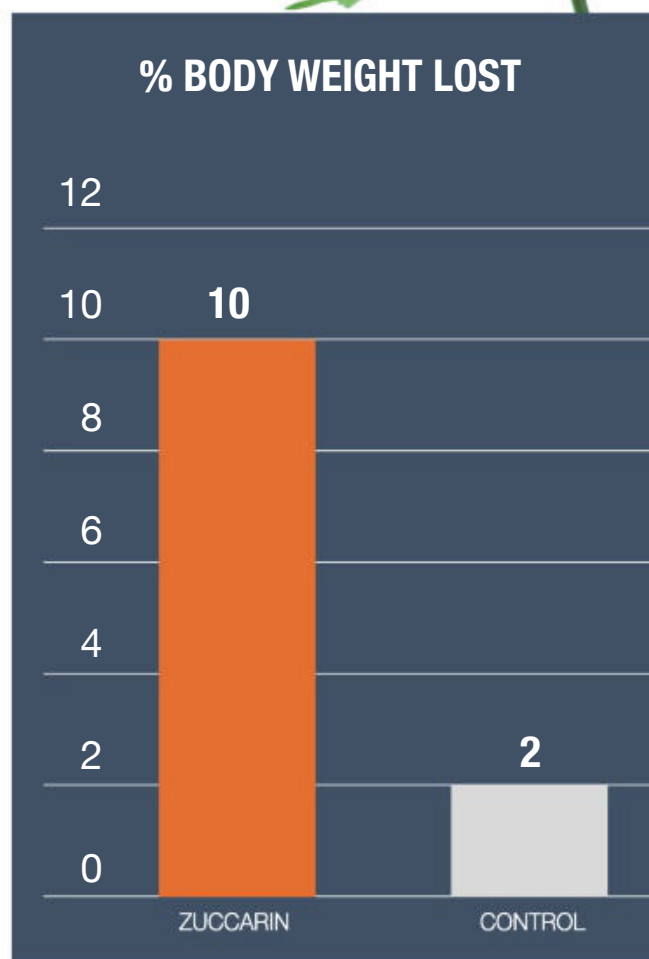
In recent studies, scientists have found a compound in mulberry leaves called 1-DNJ, which helps reduce carbohydrate digestion. This compound simply interferes with regular breakdown of carbs, so they may pass through you, instead of being absorbed. This is good news for your blood sugar levels and even more, your weight!

In Italy, scientists set out to test the weight loss power of mulberry leaf. They conducted a 90-day study with two larger groups of people. Both were put on a calorie-controlled diet, but one group took a mulberry leaf supplement (Zuccarin Diet™) at each meal. The results were impressive.

STUDY RESULTS



After 90 days the mulberry leaf group showed an average weight loss of 20 pounds. They lost 10% of their total body weight and 3 times more weight than the control group (people not taking mulberry, but on the same diet).¹



Mulberry leaf extract is sold in Canada as the product Zuccarin Diet™. Its available at participating pharmacies, groceries, health food stores and online. For more information or a discount, please visit www.newnordic.ca

TESTIMONIAL

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- Josephine T., Toronto, ON

¹- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents, Vol 28, no.1, 2014.

*Results may vary. Always read the information on the box before taking any product. Zuccarin Diet can be taken as a compliment to a healthy lifestyle that incorporates a calorie reduced diet and regular physical activity.



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as Marvel's first
Asian superhero

WHEN CANADIAN ACTOR Simu Liu went to the 2022 Oscars in a custom red Versace tux and black patent leather loafers, he looked “smoking hot,” a phrase he employs liberally in his memoir, *We Were Dreamers: An Immigrant Superhero Origin Story*. In

an intimate, conversational writing style peppered with F-bombs and lots of jokes, the guy Canadians know and love as Jung Kim on the CBC-TV sitcom *Kim's Convenience* digs deep into the pain of a kid trying, and repeatedly failing, to live up to his parents' impossibly high expectations. The boy who would be Shang-Chi, the first Asian Marvel superhero, spent a lot of time feeling like a burden.

Liu was a “left-behind child” – a term non-governmental organizations use to describe children raised apart from their parents – who was entrusted to his grandparents' care in the northeastern city of Harbin when his mother and father emigrated from China to seek a better life. When he was almost five, his father plucked “máomao” (a pet name for children, which, roughly translated from Mandarin, means little furry caterpillar) from his grandparents' home in Harbin, and they flew to Canada to join his mother. He started life here – in a new culture and a new language – with two people who were essentially strangers with no parenting experience.

Liu, 33, does not gloss over the verbal and physical abuse he endures from his parents, who never show affection. “I became convinced that my parents did not love me; they loved having a child who was ‘gifted,’” he writes. And so, as a teenager, he rebels. When he gets into the elite University of Toronto Schools, he's obsessed with being “the cool kid on campus” and gets a disappointing 82.6 average; at Western University's Ivey Business School, he blows a chance to get a good summer internship; when he calls in sick to play Xbox and work as an extra in the Toronto film industry, he loses his accounting job. Luckily, the acting gigs pick up and, when he is 27, he lands the *Kim's Convenience* role.

An activist for more normalized Asian representation in the entertainment industry and media, and less racism towards Asian immigrants, Liu hopes his frank depiction of his family's experience will help others “learn from us and steer themselves from the same mistakes.”

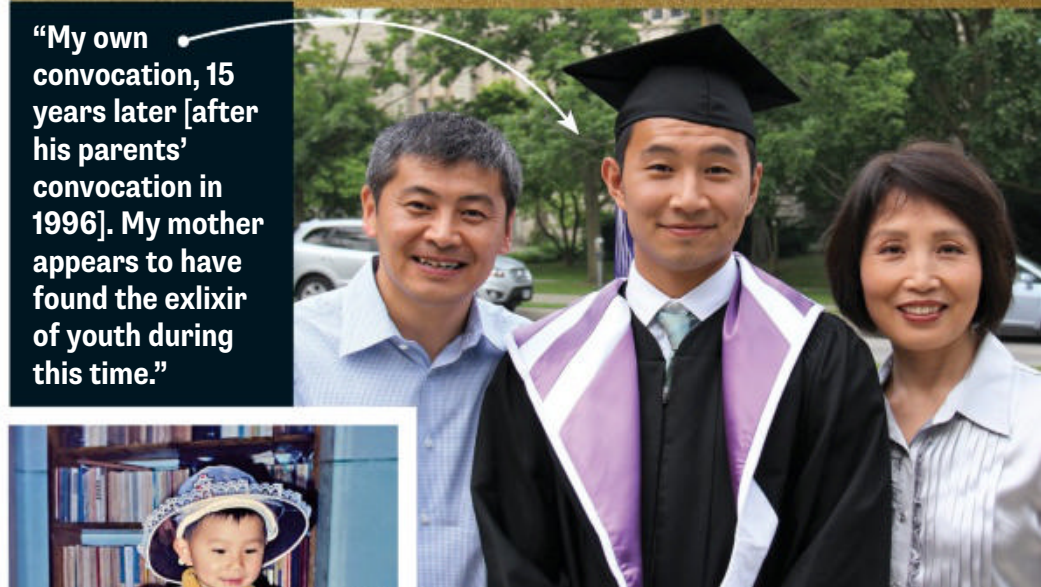
Liu did reconcile with his parents, and they were the first people he told about getting the lead in the 2021 box-office hit *Shang-Chi and the Legend of the Ten Rings*.

“On that day I became more than just a comic book character – I became a part of an idea that everyone deserves to see themselves as superheroes, as the leads of their own stories, or simply, just as multifaceted beings with hopes and aspirations and flaws,” he writes.

In this excerpt from the book's prologue, Liu relates the FaceTime call to his mom and dad to break the news, and how he and his best friend, actor Jason Chan, try to trick them into saying “I love you.” —*Kim Honey*



RING LEADER Liu with fellow *Kim's Convenience* actors (from left) Andrea Bang, Paul Sun-Hyung Lee, Jean Yoon and Nicole Power, at the 2019 Canadian Screen Awards



“My own convocation, 15 years later [after his parents' convocation in 1996]. My mother appears to have found the elixir of youth during this time.”



“Three-year-old me throwing gender norms out the window and wearing the s--- out of this gorgeous dress. Sorry Harry Styles; Simu did it first!”



RED HOT Mastering the step and repeat at the 2022 Oscars

AFTER JASON AND I HANG UP the phone, he races over to my apartment and we hatch a plan to record my parents' reaction to the news over FaceTime. He stands just out of my camera's view as I dial my dad's cell, anxious to break the news to the people who raised me. Like me, I know they've probably had a bit of trouble eating and sleeping these past couple of days. I want this call to bring closure not only on this movie, but to their entire lives spent in the pursuit of a better life for our family.

I want to tell them that their better life has finally come.

The call connects: "Wei, Máomao! What's going on?"

The moment I see my dad, a slender fifty-nine-year-old man with more salt than pepper in his hair, I feel my throat begin to close up. It's been thirty years since he left his home in China to eventually settle in a suburb outside Toronto – over twenty of which he has been a working professional with dental coverage – and yet, the man has never bothered to fix his horrendously crooked teeth. I think he was too busy paying for my braces, my education and my apartment to notice that he looked like a jack-o'-lantern whenever he opened his mouth. I should also mention that he cuts his own hair – don't ask me how.

"Hey, is Māma home? Can you put her on, too?"

Mom hates when people know her real age, so let's just say she's not exactly a spring chicken anymore. You'd never know it looking at her though – she's got a smile that radiates youthful energy and a flawless complexion that owes itself to religious use of Estée Lauder's Night Repair Serum. A white man mistook her for my wife many years ago during a family ski trip, and she hasn't shut up about it since. I don't have the heart to tell her that he was probably just trying to hit on her.

"Máomao! What's wrong?"

"Nothing's wrong, I, uh . . ." I take a deep breath.

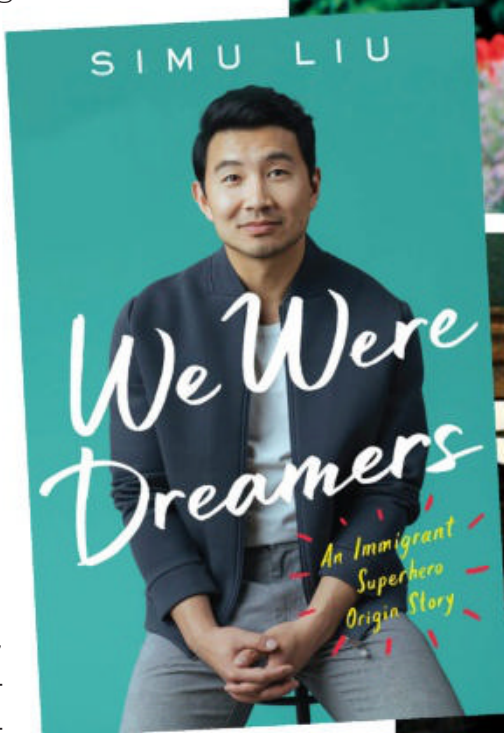
". . . I just wanted to tell you that I got it."

It feels like eons before my parents respond. When my dad finally speaks, it sounds like someone's just told him his dry cleaning would be ready on time.

"Oh . . . okay! That's good!"

Four days from now, after watching a livestream of me walking out onto the stage of the infamous Hall H at the San Diego Comic-Con to the thunderous applause of eight thousand die-hard fans, my parents would finally understand the significance of landing a role like Shang-Chi. For now, though, they are simply happy that I got a job. We talk for a few more minutes about stupid things like money when I see Jason motioning for my attention. Say I love you, he mouths. I nod, already knowing what my parents'

"Mother and son, circa 1996; still one of her favourite photos of us."



"I call this one the Joe and Hunter Biden."

response to this will be.

Exchanging I love yous was a uniquely Western custom, and I had long ago come to terms with the fact that my parents expressed their love in a very different way – by telling me to put on a jacket, asking if I had eaten yet, or yelling at me when they felt like I wasn't studying hard enough. The actual words were not a part of my family's vocabulary growing up at all.

Still, it would've been pretty nice to hear them say it.

"I gotta go, so I just want to say goodbye, and of course, I love you."

"Yeah, yeah – stay calm," my mother says.

"A new day has begun," my dad adds, wistfully.


Maybe they just didn't hear it? Just to be sure, I double down.

"I love you. Bye."

There's a short pause. Jason and I look at each other, wondering if one of them is going to prove us wrong . . .

"Yes, go go go," my mom says. "Thank you for letting us know."

"Yep," my dad chimes in the background. "Bye-bye!"

BEEP. The call ends, and Jason and I burst out laughing. 

Excerpt from We Were Dreamers: An Immigrant Superhero Origin Story by Simu Liu ©2022. Published in Canada by HarperCollins Publishers Ltd. Reprinted with permission. All rights reserved.

WHO THOUGHT WINE WAS JUST FOR DRINKING?



Why do smart investors invest in alternatives such as fine wine?

Diversification, risk mitigation, low volatility, hedge against inflation... the list goes on. What does a smart investor's portfolio look like? Traditional schools of thought would say that the long-established 60/40 asset allocation model is the right avenue for success.

But in these increasingly turbulent times, this simplified portfolio, no longer cuts mustard with savvy investors looking for diversification, to mitigate risk, a hedge against inflation which is why many are choosing to incorporate alternative assets into their portfolios.

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With fine wine one of the most interesting alternative investments available, let's look at exactly why investors are putting it at the top of their portfolio wish-lists.

Diversification

Every investor knows you shouldn't put

all your eggs in one basket and that diversification is crucial. A diversified portfolio is not simply a case of picking a range of stocks and bonds, as these are all vulnerable to the same risk factors aligned to the stock market.

Fine wine displayed a lower volatility over the last five years compared to major markets including the S&P 500 and gold investments*

Fine wine has a low correlation to traditional markets, and therefore provides diversification through reduced risk exposure.

Potentially Higher Returns Than Traditional Asset Classes

Between its launch in 2003 and the end of March 2022, the Liv-ex 1000 index, the broadest measure of the performance of the fine wine market,

delivered a total return of 355.2%. Source: www.liv-ex.com.

A Hedge Against Inflation

Rather than increasing or decreasing exposure to fine wine depending on the prevailing inflation outlook, fine wine can form a permanent component of a portfolio that can perform through shifts in inflation and other macro conditions.

This is because the primary drivers of fine wine prices are internal factors, including supply/demand, wine quality and brand prestige. Fine wine is, therefore, less susceptible to changes in the inflation or wider economic outlook than other financial assets.

Low Volatility

Fine wine displayed a lower volatility over the last five years compared to major markets including the S&P 500 and gold investments*. This translates to peace of mind for investors who needn't worry about 'timing the market'.

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* Annualised 5-year standard deviation of monthly returns as of 31 March 2022 – Liv-ex 1000 3.88%, S&P 500 15.78%, TSX 13.89%, Gold USD/oz 12.71%. Past performance is not indicative of future results.

SPOTLIGHT

HAPPY DAYS

Are Here Again

Rufus Wainwright
sings Judy Garland
on a new studio album
By Kim Hughes

OVER THE RAINBOW
Wainwright, before his 2021
Grammy performance, Los Angeles;
(right) with Zellweger at
Capitol Studios, 2021



IF THE LATE Judy Garland needed a living ambassador to sustain her spirit on Earth, she couldn't do much better than singer-songwriter Rufus Wainwright.

The Canadian musical blueblood exalted *The Wizard of Oz* star with his 2007 album, *Rufus Does Judy at Carnegie Hall*, where he – alongside marquee guests and a 36-piece orchestra – recreated Garland's famed career-boosting 1961 concert. The soundtrack to the 2019 biopic *Judy*, which earned Renée Zellweger a Best Actress Oscar, featured a duet with Wainwright. Now he's releasing *Rufus Does Judy at Capitol Studios*, a superb, intimate recording of Garland's most famous songs, using the microphone she sang into at the famed Los Angeles venue, backed by a four-piece jazz ensemble.

Recorded during Wainwright's 2021 virtual livestreamed concert for an in-person audience of one – his pal Zellweger, who was just “hanging out” in the studio – it arrives on June 10, the 100th anniversary of Garland's birth.

“I wasn't planning on doing anything around the centenary,” says Wainwright, who turns 49 on July 22, from L.A. “But we had done this livestream, and the date crept up, so all the elements conspired. Now I have this beautiful record, which I am very proud of.”

Wainwright's “Judy Garland voyage,” as he calls it, can be traced to her signature song, “Over the Rainbow,” which Wainwright sang as a child. He was sometimes accompanied by his late mother, Kate McGarrigle, in the Montreal home they shared with his sister, Martha Wainwright, after McGarrigle split from their dad, musician Loudon Wainwright III.

“That song is the gift that keeps on giving,” Wainwright confirms. “On the new album, I begin it a cappella as an ode to my mother. It has always been deeply rooted in my heart.”

Wainwright is also back in the spotlight for another reason: Martha's recent memoir, *Stories I Might Regret Telling You*, where she reveals their

otherwise adoring mother – although bisexual herself – struggled with her openly gay son's sexuality. At one point McGarrigle shipped Rufus to a tony boarding school in upstate New York, “with a strong theatre department and lots of girls,” his sister writes. “I don't think she really believed the school would change him [but] a part of her was afraid for him, believing his orientation would make his life more difficult.”

“My mother was a very conflicted woman,” offers Wainwright, who had yet to read Martha's memoir. “[She was] a genius in many ways, but was never able to express herself fully. Ironically, that worked great for songwriting, but that's not the same as dealing with stuff, which,” he howls, “I learned myself early on.”

“Kate tried the best she could. In the end, she was full of love and adored her kids. But it could get rocky at times.



SING HALLELUJAH
Garland, performing
“Get Happy,” in *Summer Stock*, 1950; (below right) on stage at Carnegie Hall, 1961



That's what happens when you have music as the centre of your world. It's very emotional.” **Z**

For the complete interview with Rufus Wainwright, go to everythingzoomer.com/rufus-wainwright



UPKEEP

THE MANE

Thinning hair affects your looks and confidence. **Leanne Delap** evaluates the latest treatments for men and women who are losing their locks

EVENT



➤ **MATTHEW McCONAUGHEY'S** hairline has been famous almost as long as he has. Never shy about endorsements – he flogs Lincoln and Wild Turkey in his seductive drawl – the 52-year-old Texas-born actor has been touting his favourite hair growth “tonic,” Regenix, since 1999. It hit the headlines when he released his 2020 inspirational guide/memoir, *Greenlights*, where he shot down rumours he had had a hair transplant, crediting his 10-minute-a-day massage with the product, an

oil made of herbs and vitamins.

In a March interview with the British website LADBible, McConaughey shut down skeptics again, saying he had “more hair now than I did in 1999,” all due to “manual labour” with the hair tonic. The actor related that a plastic surgeon had tried to take credit for his new mane at an international conference, but McConaughey insisted his scalp was transplant-free.

How one chooses to treat baldness is a private mat- ➤



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- Donna, G.

2/3
OF MEN

EXPERIENCE
SOME HAIR
LOSS BY
AGE 35
BY AGE
> 50 IT'S AN
ASTONISHING
85%



ter, of course, but it feels unlikely that his hair regenerated with vitamin treatments alone. For most people, bigger guns are needed to achieve results.

BALDING IS NOT RARE According to the American Hair Loss Association, two-thirds of men experience some hair loss by age 35; by age 50, it's an astonishing 85 per cent. Almost all is related to male pattern baldness, or MPB, an inherited condition caused by sensitivity to DHT, a byproduct of testosterone. Women also suffer from various kinds of hair thinning, as well as hair loss, also known as alopecia.

We are newly sensitized to alopecia because of the unfortunate Jada Pinkett Smith joke at the calamitous Oscars this year. But baldness and its causes are a “very huge topic; we are talking volumes and volumes of textbooks,” says Dr. Julia Carroll, a well-known Toronto dermatologist at Compass Dermatology. Here is her breakdown of the major players in the baldness arena: *Androgenetic alopecia* is the above-mentioned inherited baldness, which affects women as well as men. *Alopecia areata*, “an autoimmune disorder that causes hair to come out in clumps the size of a quarter, and sometimes larger,” has a number of causes. Nutrition issues, extreme diets or mental and physical stress can cause another type, called *telogen effluvium*. *Traction alopecia* is “caused by prolonged or repeated tension on the scalp hair,” which could be caused by tight ponytails, weaves, extensions or braids.

Alopecia is either non-scarring (which can be treated) or scarring (where further hair loss can be stopped, although hair may not grow back on scarred areas). Non-scarring alopecia can also progress to permanent hair loss. Whatever the source, “hair loss is devastating,” says Carroll.

Toronto hairdresser Aaron O'Bryan is

our national baldness expert, appearing on *The Marilyn Denis Show* to counsel guys with MPB. “When I say I’ve tried absolutely everything, I mean everything,” says O'Bryan, who started losing his hair in a serious way at 27. That's when he began aggressively seeking solutions, so he never went bald. He tried non-prescription Rogaine; the prescription-only drug Propecia (he loved the results but quit because of rare side-effects, namely excess breast tissue and low libido); “vampire blood treatments” called PRP, where platelet-rich plasma is injected into the scalp; three hair transplants; Viviscal supplements; and a semi-permanent hair system he offers at his Toronto salon, The Cellar Salon. O'Bryan even has his own line of as-seen-on *Dragons' Den* products, called AOB, featuring volumizing shampoo and conditioner with biotin. “Losing your hair can be like losing your identity,” he says. “You just don't feel like yourself, and it gets worse over time.”

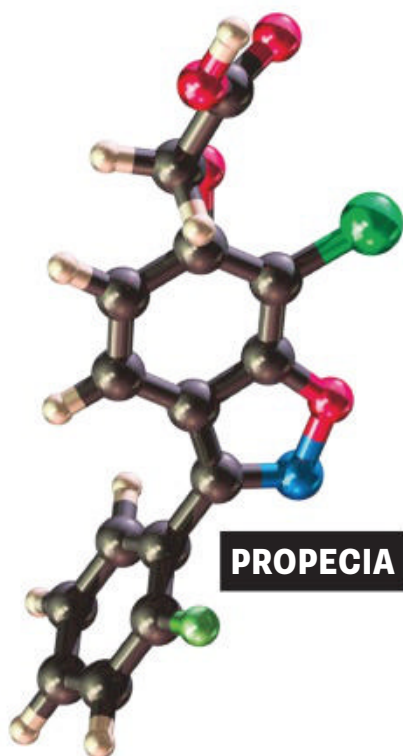
The first thing to do is see a dermatologist, because the problem is the scalp. “We take a very thorough history and get the story of the hair loss. Is it patches, shedding, thinning?” says Carroll. “Then, we take information on diet, family history, hair practices, as these can contribute to alopecia,” she says. Next, the doctor examines the scalp for signs of scarring, redness or scales. They will order blood tests to check for hormone and iron levels. “We do a pull test,” she adds, “which is exactly what it sounds like, and in some cases, do a biopsy” to come up with a diagnosis and treatment plan.

Here's a breakdown of solutions, ranging from non-invasive treatments to the big guns.

> NON-PRESCRIPTION

McConaughey's Regenix oil hasn't posted any peer-reviewed studies, and doctors are firm about recommending products with proven effects. Carroll recommends Viviscal, “a marine-based supplement with really good data,” that has been around for 30-plus years. It is, however, “for people with good hair who want to make their hair better,” meaning it can help hair thinning or shedding, but won't regrow lost hair. She recommends Viviscal for all degrees of hair loss, “because if I had hair loss, I would probably throw everything at it,” she adds. There are formulations for both men and women; the women's adds an iron supplement. It takes about six months to start seeing thicker hair with less shedding.

In other over-the-counter news, Carroll says the topical treatment minoxidil (Rogaine), which was discovered in trials for blood pressure medication, is a first-line defence, as it increases blood flow to the hair follicles, stimulating regrowth and some new growth. Rare reactions include redness, itching and irritation. Carroll says prescription Rogaine may be bet- ➤



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Read product labelling before use. Talk to your healthcare professional about combining a topical pain reliever with your other medications.

DEEP RELIEF



TRANSPLANTS

ter tolerated, but both can cause hair growth in undesired areas, such as near the hairline on the face. She suggests washing your pillowcase often to reduce the risk of accidental transfer of the product, which can contribute to the problem.

> PRESCRIPTION

Propecia is the big name in pattern baldness pills, says Carroll, adding long-term studies show eight out of 10 men stop losing their hair, with two-thirds of study patients seeing some regrowth. It halts the conversion of testosterone to DHT, so it stops working when you stop taking it. There are notable, if rare, side-effects, including erectile dysfunction, decreased libido and male breast swelling.

The vampire blood treatment mentioned earlier is highly effective to stimulate the skin, says Carroll. And for alopecia scarring, steroid injections are an option. A new class of injectable medications, called JAK inhibitors – originally used to treat medical conditions like rheumatoid arthritis – show “a new hope” for alopecia areata.

> TRANSPLANTS

Elon Musk is another celebrity whose hairline has been tracked extensively by online sleuths trying to determine if he had a transplant. In photographs from 2000, when he co-founded PayPal in his late 20s, the billionaire tech mogul appears to have lost a significant amount of locks, but his hairline was filling in by 2012 and, in 2018, he debuted a full head of hair. For the world’s richest man, that is a pocket-change investment, since transplants can cost between \$3,500 and \$17,000, depending on the method and the size of the area to be treated.

Carroll says transplants are expensive, but a good alternative for men and women with androgenetic hair loss. “As a dermatologist, I would recommend physicians with a long history of doing hair transplants, where the doctor is very involved, and not a factory-type operation.” Another tip, she says, is to ask to see before and after pictures of previous patients. For reference: In follicular extraction transplants, single hair follicles are removed from a donor site on the head and implanted on the bald spots, while follicular unit transplantation involves removing

**CAN COST
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a strip of hair from the scalp so follicles can be separated and implanted into the treatment area.

> HAIR SYSTEMS

O’Bryan uses a brand called LordHair, available online at lordhair.com (from \$200), lasting four to six months. “My transplants worked,” he says, “but not enough for me.” He wanted an even fuller hairline, so sought out the hair system he now uses on clients. They are basically new age toupées, which he custom cuts to fit into hair-loss areas. “It is really a thin layer of artificial skin with hair, that you glue down,” he says. “It looks completely natural; you can swim and wash your hair normally.” It does require salon visits every three to four weeks at \$150 to \$200 a pop, or you can learn to do it yourself. O’Bryan has predominantly male (but a few female) clients using this approach.

> HAIRCUT STRATEGIES FOR GUYS

You have to work with hair-loss changes, not fight them, says Toronto hairdresser Tony Masciangelo, co-owner of Alcorn Salon. Shaving it all off or keeping it very short is his “reveal to conceal” strategy for male clients. The haircutting art is all in the “bald fade,” where the shaved or super short hair on top gently fades into the side of your head around your sideburns. This is a great look paired with a beard. “Just keep it very neat and tight.”

As for a balding crown, “you need to work with the overall shape of a man’s head,” he says. “I fade the cut into the bald area, to integrate the line. I always say, work with what you do have. It’s about the whole look, not about the balding parts.” 



PHOTOGRAPHY, ALLAN SWART/ALAMY STOCK PHOTO (HAIR STRANDS); FRANK CHMURA/ALAMY STOCK PHOTO (MANNEQUIN); ARTEM MAKOVSKIY/GETTY IMAGES (BEARD); CREDIT: GEORGE DOLGIKH/ALAMY STOCK PHOTO (SHAVER)

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With Charlie Dobbin, host of Zoomer Radio's *The Garden Show*.

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KNOWS

ATTITUDE

WAYS

It's been 30 years since fashion experts proclaimed the shoulders the new erogenous zone. However, for many of us, it also means it's been 30 years or more of sun exposure – beyond the face. Here, **Vivian Vassos** asks the experts what to do about it ►

WHITE HOT
Dress, Greta Constantine,
gretacostantine.com.
Beauty note: Go for a
subtle bronze contour.
Try Tom Ford Shade and
illuminate Duo in Dark.

Photography by Gabor Jurina
Fashion Direction by Zeina Esmail

SHADY LADY
Dress, Greta
Constantine,
gretacostantine.
com. Beauty note:
Give hair a natural
beachy texture.
Try *Oribe Apres*
Wave Spray.





T THE DAWN OF THE '90S, American fashion designer Donna Karan was in her mid-40s, and understood that sexy is not all about in-your-face T&A (although someone might want to tell the Kardashians that). Her designs, famously worn by former first lady Hillary Clinton and legend Barbra Streisand, suggested that a subtler hint of skin, a strategic slash of a V-neckline, a flash of clavicle and a curve of a shoulder are just as scintillating. In 2008, the late writer/director Nora Ephron, with that eternal headline, “I feel bad about my neck,” released a book of the same name, humorously musing on the state of women and aging. And currently, scarves, which Ephron famously wore to camouflage said signs, and chokers (thank you, *Bridgerton*), are back in style. With all this “exposure,” we’re reminded that the skin beyond the face – from below the chin right down to our lacy brassieres – is always in need of more TLC.

Enter integrated skin care. It’s a new approach that combines topical products and proven technology, which is at the forefront of treating sun-damaged skin from the bosom up, while fortifying and protecting it from further damage. According to Dr. William McGillivray, medical director at Project Skin MD in Vancouver, research backs this up, showing that the delivery of the products into the skin is enhanced when in combination with non-invasive fractional resurfacing lasers.

A Fellow of the American Society of Laser Medicine and Surgery, McGillivray also works with medical grade skin care lines such as Skinceuticals, and has been using this integrated approach for many years and he says “it continues to be a hot topic” for innovation. He routinely applies Skinceuticals CE Ferulic vitamin C serum immediately following fractional skin-resurfacing [lasers], such as the ►



LAID BACK Polka-dot dress, Magda Butrym, thefashionedit.com; earrings, Jenny Bird; jennybird.com. (Opposite) Dress, Alexandre Vauthier, The Room, Hudson's Bay. Beauty note: A true red works day to night. Try Lancôme L'Absolu Rouge Drama Ink in Dis Oui.

Fraxel Restore laser, which, he says, can vastly improve photo damage including pigmentation, wrinkling and actinic (precancerous) changes. Other technologies, such as RF microneedling, which combines radio frequency delivered into the skin via tiny needles to help stimulate new skin growth, are also showing promise.

Dr. Monica Li, a double board-certified dermatologist and clinical instructor at the Department of Dermatology and Skin Science, University of British Columbia, who also works with the dermatologist-developed CeraVe skin care line, understands the desire to erase the damage, but she reminds her clients to be cognizant of the limits of science. "Treatments to reverse sun damage aim to provide superficial repair, but at this time, they are unable to undo DNA damage of skin cells," she says. At her practices at City Medical Aesthetics in Vancouver and The Skin Doctor, in Surrey, B.C., she employs personalized topical prescription creams. "They can be used to deliver field therapy of cells showing early sun damage that may gradually evolve to become skin cancers over time." Li also suggests other topical agents, such as retinoids, to promote cellular turnover and stimulate collagen production, which she believes improve signs of photoaging. "Additionally, advances in laser and light-based modalities provide us with options to lighten sun-induced skin dyspigmentation, improve premature signs of aging, such as fine lines where cumulative sun exposure plays a major role, and help to slough skin cells that are showing early precancerous changes."

Both McGillivray and Li believe treatment goes beyond the clinic to the everyday. A properly prescribed skin care program, says McGillivray, complements and adds to the results obtained from all procedures performed. "Healthy skin not only optimizes one's present appearance but also can prevent future deterioration as we age gracefully," he says. "There is nothing more beautiful than healthy glowing skin."



BLOCK IT

■ **Expert Rx:** Always integrate a comprehensive sun protection strategy including a broad-spectrum sunscreen with minimum SPF 30, says Li. Seek shade, avoid the use of tanning beds, and avoid the sun whenever possible during the peak hours of 11 a.m. to 3 p.m. ■ **Li's pick:** CeraVe AM Facial Moisturizing Lotion and Skin Renewing Day Cream, both formulated with SPF 30, combining two skin care steps into one. ■ **Editor's pick:** Biotherm Lait Solaire Corps SPF 50 for the body, boosted by proprietary ingredient Mexoryl XL, which provides photostable, water-resistant and long-lasting UVA and UVB protection.

BRIGHTEN IT

■ **Expert Rx:** Topical vitamin C – also known as ascorbic acid – is a skin care ingredient with scientifically proven antioxidant effects, says Li. "It helps to build healthy col- ➤




TAKE THE PLUNGE
 Top, Balmain, The Room,
 Hudson's Bay. (Opposite)
 Dress, Greta Constantine,
gretacostantine.com.
 Beauty note: Define
 and contour. Try **MAC**
Cosmetics Glow Play
Blush in That's Peachy,
 and **Makeup Forever**
Soft Light Highlighter
 in **Golden Copper**.

lagen and elastin, fade uneven pigmentation and brighten the skin, and can be used for virtually all skin types." McGillivray integrates it into what he calls his "Trifecta:" sunscreen, vitamin C serum, and a vitamin A derivative, which may be in the form of a retinol or a retinoid. ■ **McGillivray's pick:** SkinCeuticals CE Ferulic with 15% L-Ascorbic Acid. ■ **Editor's pick:** Clarins Bright Plus Dark Spot-Targeting Moisturizing Emulsion, which uses superfruit extracts, vitamin C and the company's trademark plant extracts, such as Acerola fruit to help reduce the over-production of melanin and improve the look of dark spots; and Montreal-based Laboratoire Dr. Renaud's Retinol 0.22 Intensive Night Care.

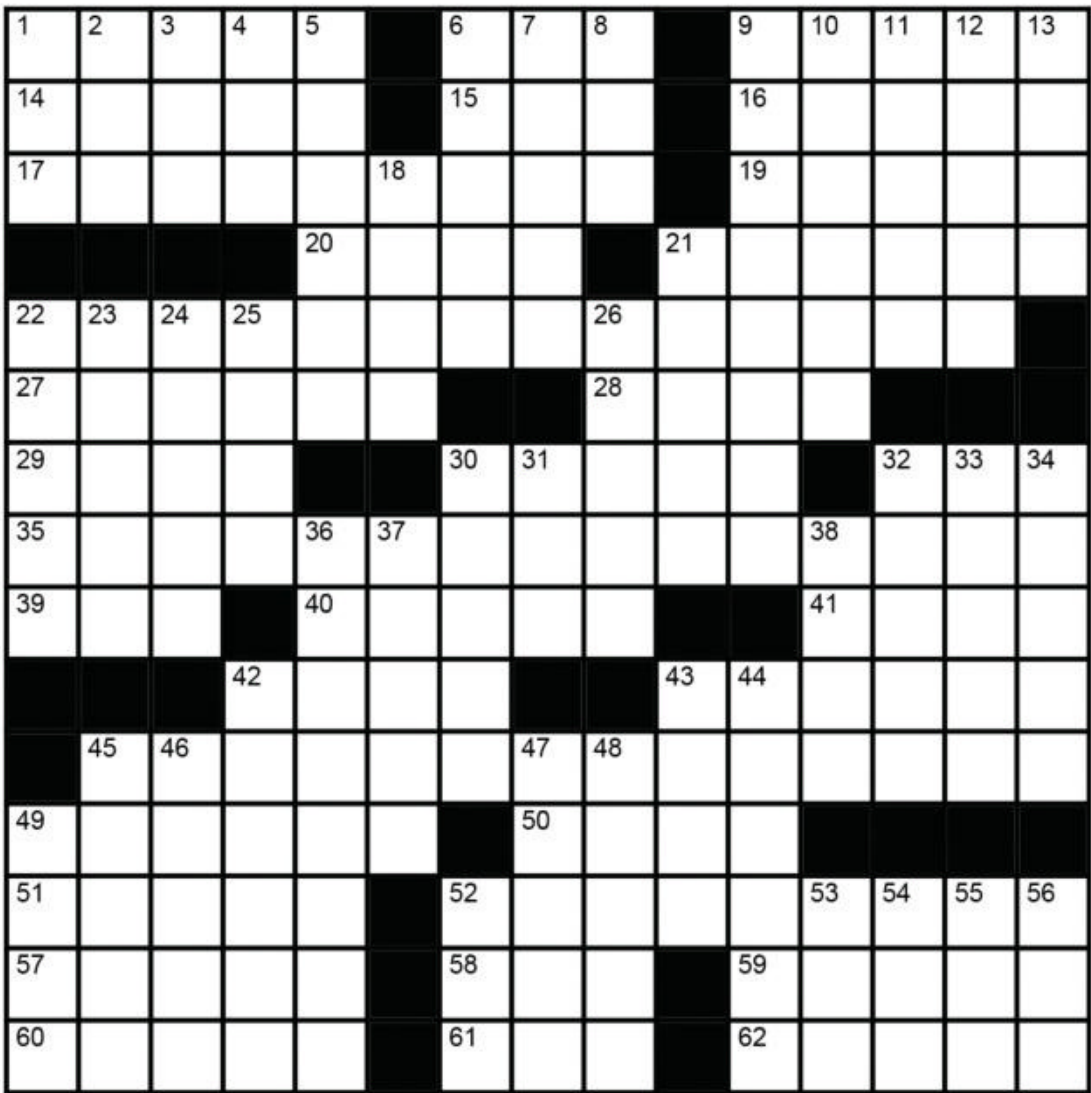
BOOST IT

■ **Expert Rx:** Skin tone and texture can also be addressed. "We are seeing more chemical peels [for sun damage] that are branching out of the pro-

fessional side into the dermocosmetic side," says Nancy Labonté, IDC Dermo's skin care specialist. The skin care line was developed in Quebec by Canadian medical science entrepreneurs, Eric Dupont, PhD, and his brother Luc. "Also, products using higher concentration of ingredients such as AHA allow a more intense chemical peel, at home." ■ **Labonté's pick:** IDC+ Glowfix Peel daily brightening resurfacing pads. ■ **Editor's pick:** La Roche-Posay's Pigmentclar Anti-Aging Dark Spot Correcting Serum for hyperpigmentation and with light-reflecting properties to add radiance; and StriVectin Crepe Control Brightening & Firming Hand Cream. 



As before, fashion director, Zeina Esmail, P1M Artist Management; sittings stylist, Brandon Laughton, P1M Artist Management; hair and makeup, Daniel Pazos, Creative Management; photography assistant, Tony Lai; photographed on location at Stardust Studio, Miami, Fla.



BRAIN GAMES #84
*Once Upon
a Time*
BY BARBARA OLSON

ACROSS

- 1 "Exactly!"
6 Quiet conclusion?

- 9 Pickup places for kittens
14 Flip ___ (choose by chance)
15 It's nothing to Pelé
16 Play ___ in (be part of)
17 Nostalgic person's favourite Beatles song, maybe
19 Ships' "spines"
20 Aluminum wrap
21 Itsy-bitsy
22 Nostalgic person's "back then"
27 Connor McDavid's
28 Feels bad?
29 Ready to move on
30 Singer Page or LaBelle
32 ___ guzzler
35 Being overly nostalgic
39 Sudbury-to-Toronto dir.
40 ___ the Cow (Borden mascot)
41 Prefix meaning "within"

- 42 Trike horn sound
43 Key with five sharps
45 Where a nostalgic person takes a trip
49 Superfan's states
50 ___ Grey tea
51 Weather station locale in Nunavut
52 Nostalgic person's favourite style, perhaps
57 Lily variety
58 Heroic pilot
59 Smirnoff product
60 Prophetess of ancient Greece
61 Movie rental format in the '90s
62 Stan Rogers' "The Mary ___ Carter"

DOWN

- 1 Hudson or Conception
2 Rocks in a rye glass
3 Tels. and exts.
4 "Skedaddle!"

- 5 Words before "the money" or "the road"
6 Took out a granny, maybe?
7 Use the last hole on a rotary phone
8 Famed English cathedral, or its town
9 Unabashed untruth
10 Where Canucks shoot pucks
11 Wordsworth's work
12 New York City island
13 Zaire's Mobutu ___ Seko
18 Oz hoppers, for short
21 Archie's "Dingbat"
22 ___ of the trade
23 Brightly-coloured, as work vests
24 Learner in la salle de classe
25 Halliwell of the Spice Girls
26 Frothy coffee
30 Compacted ski run
31 "32 Flavors" singer Difrancio
32 Marijuana, to Marley
33 ___ Martin (James Bond car)
34 Put away for later
36 Relating to newborns
37 Clings (onto)
38 Ring out, as bells
42 Spiralling
43 "I'm c-c-cold"
44 "___ is like a red, red rose"
45 Lama lead-in meaning "ocean"
46 Butter wt., often
47 Canada's ___ Lake Accord (1987)
48 Hall's musical partner
49 Job's creations
52 Toyota's ___4
53 Kurtz or Klink: Abbr.
54 "Good" cholesterol
55 "South Park" adoptee from Canada
56 Pink-slip

SUDOKU

9				1	6		4	
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			4				6	1
	8		2	6				5

FOR ANSWERS, TURN TO PAGE 96

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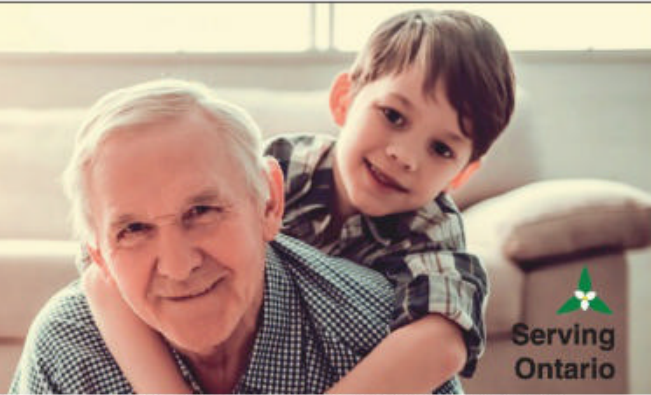
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ANSWERS TO CROSSWORD (PG. 92)

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60	S	I	B	Y	L					61	V	H	S			62	E	L	L	E	N						

ANSWERS TO SUDOKU (PG.92)

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

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GET THINGS MOVING

Does lack of bowel movements make you feel bloated or hold you back from enjoying daily activities? You're not alone. According to a survey done for SENOKOT® Laxatives, 50% of Canadians agree that constipation affects their ability to live their best life*. Read on for details about how you can incorporate three simple, healthy factors into your life to help kick-start your digestive health and steer clear of occasional constipation:

- 1. MOVE:** Keep your body moving throughout the day to help maintain healthy bowel function. The colon responds to activity and good muscle tone is important when it comes to going number two. Try setting a timer to remind yourself to move frequently.
- 2. HYDRATE:** Did you know stool is 75% water? Dehydration can cause constipation. As we age, our sense of thirst diminishes, so even when the body needs liquid replenishment, we may not realize it! Thirst signals we are already dehydrated so it's important to track how much you're drinking. Try to get sips as well as steps in daily.
- 3. EAT FIBRE-RICH FOODS:** Incorporating fibre-rich foods into your diet can contribute to a healthy bowel movement. Dietary fibre softens stool by increasing its weight and size. A bulky stool is easier to pass, decreasing your chance of constipation. Have a meal plan that incorporates a few fibre-rich options, such as bananas, carrots, chickpeas and almonds.



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IN THE NOSTALGIA DISTRICT



*"That's strange. I remember it differently,
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Moses' Last Word/First Word

Prophet of Zoom™

EPISODE 2: A NAKED LUNCH

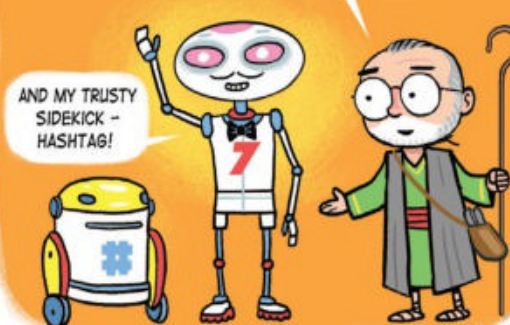
REMEMBER EPISODE 1 OF OUR FANTASY MEDICAL DRAMA, WHERE A SEXY CELEBRITY GERIATRICIAN MAGICALLY DISSECTED OUR ELDER-CARE CRISIS AND ATTRACTED YOUNG DOCTORS TO THE PROFESSION? IT WAS, OF COURSE, JUST A DREAM. A KIND OF FREE SUPPER.



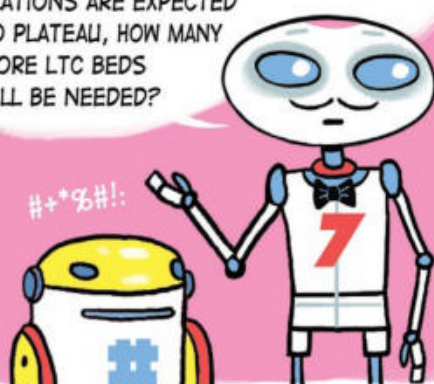
BUT, THE REALITY IS MORE LIKE **NAKED LUNCH**, SERVING COLD HARD FACTS: WHAT NEEDS TO BE DONE? WHAT WILL IT COST? WHO WILL PAY?



TO HELP, SAY HELLO TO OUR RESIDENT ANTI-DREAMER, THE MARK VII ANDROID ACCOUNTANT, MR. NUMBERS! MR. N. WILL QUIZ ME ON EACH OF THE PROBLEMS WE RAISED IN EPISODE 1.



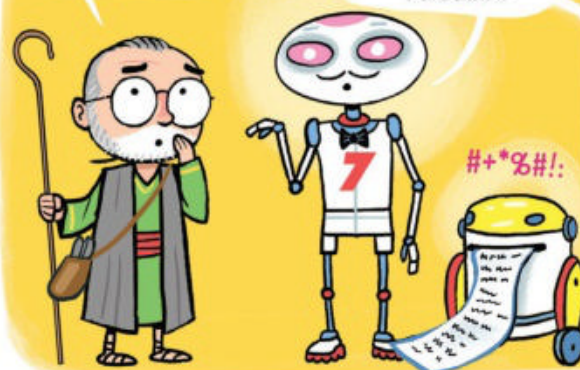
CANADA IN 2022 HAS 200,000 LONG-TERM CARE (LTC) BEDS, WITH 63,000 MORE PEOPLE ALREADY ON THE WAITING LIST. **PROPHET**, BY 2035, WHEN AGING POPULATIONS ARE EXPECTED TO PLATEAU, HOW MANY MORE LTC BEDS WILL BE NEEDED?



100,000?

WRONG!! 200,000. HOW MUCH WILL EACH BED COST TO BUILD?

\$100,000?



WRONG AGAIN! \$320,000*. TOTAL COST \$64 BILLION. PLUS \$20 BILLION FOR RETRO-FITTING HALF OF EXISTING BEDS TODAY TO SINGLE-BED, ENSUITE BATHROOM STANDARDS. SO, \$84 BILLION IN STARTUP INVESTMENT. ADD \$7 BILLION A YEAR IN OPERATING COSTS, PLUS AMORTIZATION FOR A TOTAL OF \$13.7 BILLION ANNUALLY, ACCORDING TO THE PBO.**

OY!

*CONFERENCE BOARD OF CANADA REPORT
**PARLIAMENTARY BUDGET OFFICE



BUT WAIT!! THERE'S MORE! ELDER CARE DEPENDS HEAVILY ON REGISTERED NURSES AND PSW'S*. BUT CANADA TODAY FACES CRITICAL SHORTAGES OF BOTH, LARGELY BECAUSE THE SALARIES AND THE RESPECT THEY GET HAVE BEEN INSULTINGLY LOW. **PROPHET**, WHAT WILL IT COST TO GET AVERAGE ANNUAL SALARY FOR NURSES TO \$80,000, AND FOR PSW'S TO \$50,000?



*PERSONAL SUPPORT WORKER

I'M AFRAID TO ASK.

\$6.8 BILLION. PER YEAR. PLUS THE \$13.7 MAKES FOR AN ANNUAL COST OF ABOUT \$20.5 BILLION.

ALSO, I'D ADVISE ALLOWING FOR SOME INFLATION... PLUS A LITTLE GOVERNMENT SPILLAGE HERE AND THERE... SO, LET'S CALL IT A ROUND 25!



THAT'S NOT FAR FROM THE CANADIAN MILITARY BUDGET, NOT EVEN COUNTING THE THE BILLIONS TO FINANCE THE NEW BEDS IN THE FIRST PLACE!



GOOD GUESS MY LITTLE HUMAN FRIEND.

MR. NUMBERS, WHAT ARE THE CHANCES CANADIAN GOVERNMENTS COULD AND WOULD PAY THAT ENTIRE ELDER-CARE BILL ENTIRELY FROM THE PUBLIC PURSE?

WITH RISING INFLATION AND NEW MILITARY COMMITMENTS SIR, APPROXIMATELY ZERO.



ART BY WES - WORDS BY MOSES

EXACTLY!

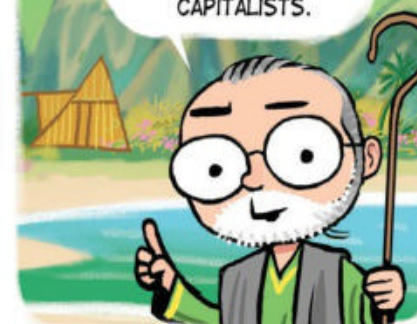
WHICH IS WHY I'M SO LEERY AND WEARY OF A GROWING SENTIMENT, AS RECENTLY EXPRESSED BY THE FEDERAL AND PROVINCIAL NDP (WHO CONVENIENTLY IGNORE THE DEBACLE IN THE MOSTLY PUBLICLY OWNED SYSTEM IN QUEBEC) THAT FOR-PROFIT OPERATORS SHOULD BE COMPLETELY BARRED FROM THE LTC SCENE. AS THOMAS WELLNER - CEO OF REVERA NOTES -



THE WHOLE RHETORIC AROUND PUBLIC VS. PRIVATE IN THE LTC SYSTEM IS A POLITICAL RED HERRING. LTC'S IN CANADA, LIKE HOSPITALS, HAVE ACTUALLY INVOLVED PRIVATE PROVISIONS TO THE PUBLIC SYSTEM FOR YEARS. TREATING PUBLIC/PRIVATE AS SEPARATE ENTITIES HERE MAKES NO SENSE.



OR, WHEN YOU'RE SHORT OF MONEY TO PAY FOR YOUR NAKED LUNCH, IT MIGHT BE A GOOD IDEA TO ACCEPT HELP - EVEN FROM CAPITALISTS.





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